

VA Tennessee Valley Healthcare System



Doctoral Internship in Clinical Psychology



DOCTORAL INTERNSHIP SETTING

Founded in the middle of the last century, the VA Medical Centers in Nashville, Tennessee and in Murfreesboro, Tennessee (Alvin C. York Medical Center) were administratively separate institutions for many years. Historically the Medical Center in Murfreesboro was a large, long-term psychiatric hospital. In the 1980s an affiliation was established with Meharry Medical School and the Center's medical and surgical facilities were extensively upgraded. The Nashville VA Medical Center is adjacent to and has had a long-standing affiliation with Vanderbilt University Medical Center. The Nashville VA Medical Center and the Alvin C. York VA Medical Center trained psychology interns as a part of the Consortium since 1980 and 1994, respectively. In 2018, the Consortium dissolved, and the VA at Tennessee Valley Healthcare System has operated as a separate program since that time.

The two medical centers merged administratively, into the VA Tennessee Valley Healthcare System (TVHS), in the late 1990s. TVHS consists of two campuses, the Alvin C. York Campus and the Nashville Campus, as well as many Community Based Outpatient Clinics, which provide services closer to Veterans who live at a distance from the campuses.

When the merger was first contemplated, the Psychology Sections at both medical centers began working to integrate their training programs. As the merger progressed, the two Psychology Sections merged into one, eventually funding six intern positions, with a single Training Committee coordinating the training program. Psychology practicum training is also offered to students from Vanderbilt University and Tennessee State University.

Over the last several years, TVHS has hired a significant number of new psychologists and initiated new mental health programs. There are currently over 50 licensed clinical psychologists working between the two main campuses. Clinical services are provided in outpatient, inpatient, long-term care, and off-site settings. Veterans are seen by Psychology for a variety of mental health and physical diagnoses. TVHS has a strong tradition of providing mental health care to Veterans.

PROGRAM LEADERSHIP:

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PROGRAM WEBSITE:

<https://www.tennesseevalley.va.gov/careers/PsychologyTraining.asp>

APPLICATIONS DUE: FRIDAY, NOVEMBER 1, 2020

ACCREDITATION STATUS:

The VA TVHS internship is accredited as a doctoral internship in health service psychology by the Commission on Accreditation of the American Psychological Association. The next site visit will be in 2029.

Questions related to the program's accreditation status should be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation

American Psychological Association

750 1st Street NE

Washington, D.C. 20002

Phone: (202) 336-5979

Email: apaaccred@apa.org

Internship Program Admissions, Support, and Initial Placement Data

Date Program Tables are updated: 09/01/2020

Briefly describe in narrative form important information to assist potential applicants in assessing their likely fit with your program. This description must be consistent with the program's policies on intern selection and practicum and academic preparation requirements:

The aim of this doctoral internship program is to provide generalist training that will prepare interns to work as entry level or early career psychologists or fellows within a variety of clinical settings in the VA healthcare system. The TVHS internship training program seeks applicants who have a strong interest in working within a large, complex, and diverse VA medical center.

Does the program require that applicants have received a minimum number of hours of the following at time of application? If Yes, indicate how many:

Total Direct Contact Intervention Hours	N	YES	Amount: 550 Total Intervention/Assessment
Total Direct Contact Assessment Hours	N	YES	Amount: 550 Total Assessment/Intervention

Describe any other required minimum criteria used to screen applicants:

The applicant must come from an APA-approved Clinical Psychology or Counseling Psychology Program and have a minimum of 550 Total Assessment and Intervention hours. Additionally, federal employment requires that applicants be US Citizens, and male applicants born after 12/31/1959 must have registered with the Selective Service by the age of 26.

Financial and Other Benefit Support for Upcoming Training Year*

Annual Stipend/Salary for Full-time Interns	26,166	
Annual Stipend/Salary for Half-time Interns	NA	
Program provides access to medical insurance for intern?	Yes	No
If access to medical insurance is provided:		
Trainee contribution to cost required?	Yes	No
Coverage of family member(s) available?	Yes	No
Coverage of legally married partner available?	Yes	No
Coverage of domestic partner available?	Yes	No
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	13 working days	
Hours of Annual Paid Sick Leave	13 working days	
In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?	Yes	No
Other Benefits (please describe): Five (5) professional days to be used for professional meetings and workshops, dissertation related activities, job interviews, etc.		

*Note. Programs are not required by the Commission on Accreditation to provide all benefits listed in this table

Initial Post-Internship Positions

(Provide an Aggregated Tally for the Preceding 3 Cohorts)

	2017-2019	
Total # of interns who were in the 3 cohorts	18	
Total # of interns who did not seek employment because they returned to their doctoral program/are completing doctoral degree	1	
	PD	EP
Community mental health center	N/A	N/A
Federally qualified health center	N/A	N/A
Independent primary care facility/clinic	N/A	N/A
University counseling center	N/A	1
Veterans Affairs medical center	8	N/A
Military health center	4	1
Academic health center	N/A	N/A
Other medical center or hospital	N/A	N/A
Psychiatric hospital	N/A	N/A
Academic university/department	N/A	N/A
Community college or other teaching setting	N/A	N/A
Independent research institution	1	N/A
Correctional facility	N/A	N/A
School district/system	N/A	N/A
Independent practice setting	1	N/A
Not currently employed	N/A	1
Changed to another field	N/A	N/A
Other	N/A	N/A
Unknown	N/A	N/A

Note: "PD" = Post-doctoral residency position; "EP" = Employed Position. Everyone represented in this table should be counted only one time. For former trainees working in more than one setting, select the setting that represents their primary position.

FACILITY AND TRAINING RESOURCES

Many resources are available to doctoral interns at TVHS. The intern will be provided with a private or shared office equipped with a networked personal computer. The PCs provide easy access to patients' computerized medical records, e-mail, the internet, and statistical software for research/QI projects. The intern will also have access to printing and copying resources. Now, TVHS employs over 50 full-time Licensed Psychologists within the Psychology Section. Psychology has multiple support staff, including a dedicated program support assistant. Business office scheduling clerks assist the Psychology section with scheduling of appointments. Library access is available to interns through the Medical Center's professional library which includes an extensive on-line catalog and the ability to utilize interlibrary loan services. Multiple group rooms are available, and most are equipped with A/V equipment. Telemental health equipment is readily available in the same building as Psychology and in intern clinical offices.

ADMINISTRATIVE POLICIES AND PROCEDURES

The internship is full-time for a year beginning June 21, 2021 and ending June 17, 2022.

The stipend for the program is \$26,166 for the year, paid biweekly. VA trainee stipends are determined nationally and are locally adjusted based on cost of living differences across geographical areas. Benefits include 13 vacation days, 13 sick days, 10 federal holidays as well as any unplanned federal holidays (e.g., days of mourning), up to 5 days of approved educational or professional leave, and the ability to purchase group health insurance. Malpractice coverage is provided under the Federal Tort Claims Act. Interns can utilize their professional leave (i.e., Authorized Absence) for workshops and presentations with advanced supervisory approval; interns can apply for travel assistance money through the TVHS Education Department for these presentations.

Some interns elect to work more than 40 hours; however, if an intern's supervisor is not on site, the intern may not engage in any clinical activities.

Interns are subject to fingerprinting, background checks, and drug screening at the time of hire. Selection decisions are contingent on passing these screens. VA also conducts random drug screening on employees.

Formal complaint/grievance procedures are included in the doctoral internship handbook which is provided at the beginning of the training year.

Internship Program Admissions

APPOINTMENTS:

- The program has six (6) doctoral internship positions next year. One (1) of the internship positions is designated as a neuropsychology focused position and has a different NMS Match Number. The training year will begin on June 21, 2021 and end on June 17, 2022. A full year of training is required for successful completion.

ELIGIBILITY REQUIREMENTS:

- Enrollment in an APA-accredited doctoral program in clinical or counseling psychology.
- United States citizenship.
- A male applicant born after 12/31/1959 must have registered with the Selective Service by the age of 26 to be eligible for any US government employment.
- Interns are expected to complete all coursework prior to the start of the internship program.

APPLICATION REQUIREMENTS:

- Applicants must submit a completed APPI through APPIC.
- Three letters of recommendation are required, and it is preferred that at least one letter be from a member of your graduate school's faculty.
- No supplemental or additional application materials are required.

APPLICATION SUBMISSION PROCEDURE:

- All application materials should be submitted through the APPIC portal.
- All interns are selected in accordance with the APPIC guidelines.

RECRUITMENT/SELECTION PROCEDURES:

Review of applications will begin immediately following the November 1, 2020 deadline. A subcommittee comprised of the DOT, the ADOTs, and additional psychology supervisors involved in intern training will be formed to review applicant files, identify candidates for interviews, conduct interviews, and identify top candidates for each position. Applicants are typically interviewed in person at TVHS but will be conducted virtually this year. Applicants will virtually interview with multiple supervisors throughout the interview day at both the Nashville and Murfreesboro sites. When interviews are completed, a rank-ordered list of applicants is compiled. Applicants not deemed to be a good fit with the internship program are not included in the ranking. The TVHS Internship Program will participate in the APPIC Phase I and Phase II matching process.

Interview dates for the 2020 recruitment cycle will be 12/4/2020, 12/10/2020, 12/17/2020, and 1/5/2021.

Prior to beginning the doctoral internship year, it is necessary for the selected trainee to complete an Optional Application for Federal Employment (OF 612) and a Declaration for Federal Employment (OF 306). During the training year, doctoral interns are responsible for adhering to the policies and procedures of the Psychology Training Program and the Psychology Section. Also, many of the laws, rules, and guidelines that apply to federal employees are also applicable to trainees in federal training positions. For example, interns may be subject to random drug screening. A copy of the policies and procedures of this training program, including grievance procedures, will be made available to internship applicants at the time of their interview and is provided to each trainee during orientation at the beginning of the training year.

TRAINING MODEL AND PROGRAM PHILOSOPHY

The aim of this doctoral internship program is to provide generalist training that will prepare interns to work as entry level or early career psychologists or fellows within a variety of clinical settings in the VA healthcare system.

SUPERVISED CLINICAL EXPERIENCE

The program focuses on education and training via supervised clinical experience, placing a priority on training above generation of clinical workload. Interns will receive clinical supervision directly through the Psychology section, with a focus on improving upon their Clinical Psychology skills.

Interns will be provided with adequate clinical experiences and supervision to allow for successful skill acquisition to make the intern eligible for employment or fellowship training. At a minimum, interns will receive a total of four (4) hours of supervision per week. This will include a minimum of two (2) hours of individual, face-to-face supervision per week. Interns will also receive at least one (1) hour of group supervision per week. Other training activities will include weekly didactic presentations, case conferences, treatment team meetings, and *ad hoc* supervision. Interns may also participate in supervised supervision of lower-level trainees (i.e., practicum students) on select rotations.

SUPERVISION AND TEACHING

Interns may have opportunities to supervise practicum students from Vanderbilt University and/or Tennessee State University. Interns will also be involved in clinical education through supervision and the provision of educational presentations to trainees and possibly psychology staff and staff from other disciplines, such as Psychiatry, Pharmacy, Nursing, etc. Other training opportunities will be made available to interns (as listed below).

COMPETENCIES

PROGRAM SPECIFIC COMPETENCIES

VA TVHS interns will have specific clinical experiences and didactics to prepare them for a career in a VA healthcare system. Interns will have the opportunity to work in VA specific clinical settings, such as Primary Care Mental Health Integration (PCMHI), Behavioral Health Interdisciplinary Programs (BHIP), and the Veterans Recovery Center (VRC); while similar models of care may be available in the community, these specific models have been developed especially for the VA and are relatively consistent across VA systems. Additionally, VA TVHS interns will participate in didactics which are focused on VA recognized Evidence Based Psychotherapies (EBPs), VA practice guidelines, and leadership potential within the VA healthcare system. Supervisors will be working from the lens of preparing future VA psychologists when evaluating interns on the specific objectives on the VA TVHS Psychology Internship Evaluation Form.

PROFESSION-WIDE COMPETENCIES

Interns will be trained and evaluated in the profession-wide competency areas outlined below. Interns will receive formal, written performance evaluations at the end of all rotations by all psychologists supervising a significant portion of the intern's clinical work.

- I. Research
- II. Ethical and legal standards
- III. Individual and cultural diversity
- IV. Professional values, attitudes, and behaviors
- V. Communication and interpersonal skills
- VI. Assessment
- VII. Intervention
- VIII. Supervision
- IX. Consultation and interprofessional/interdisciplinary skills

PROGRAM STRUCTURE AND REQUIREMENTS FOR COMPLETION

Each intern is expected to complete a full year of training that includes a minimum of 2080 hours (including earned sick and annual leave and recognized Federal holidays), although an intern's training goals may result in an internship that exceeds this minimum requirement. Each intern must complete at least 500 hours of direct clinical contact during the training year.

To successfully complete the program, an intern must demonstrate, through the mechanism of supervised clinical practice, a level of competence commensurate with an early career psychologist in all the professional competencies rated by the Training Program. In practice, this will be indicated by supervisor ratings on the Final Performance Evaluation Instrument. For successful completion of the program, interns are required to achieve a minimum average score of 4.0 for each competency. This is described as "Meets early career developmental expectations/Competent to practice: Strong mastery of skills and thorough understanding of concepts. Although weekly supervision is still required by the program, could practice independently but may require consultation for more complex cases." Additionally, the intern must score a minimum of 4 on each of the items in the Ethical and Legal Standards Competency and a minimum of 4 on specific items on the Professional Values, Attitudes, and Behaviors Competency.

The intern must complete at least one research and/or quality improvement project during the training year and present their project at the end of the year on Research Day.

An internship in clinical psychology is an organized and structured sequence of training experiences. The internship program is either successfully completed or not successfully completed. No partial internship "credit" will be certified by the Training Program for any intern who voluntarily leaves or is terminated from the Training Program.

Interns are required to attend at least 80% of required didactics presentations. The required didactics include weekly Neuropsychology Seminar, weekly Case Conference, weekly Internship Didactics, and monthly Psychology Grand Rounds. Specific rotations may have other didactics requirements, as well.

GENERAL REQUIREMENTS FOR COMPLETION

- General track interns will complete at least three major rotations throughout the year, and neuropsychology track interns will complete at least two. One or two major rotations may be completed simultaneously depending on rotation requirements. Clinical rotation hours will total 32 hours/week, including 4 hours of supervision.
- An intern may be released for up to 6 hours/week to participate in a minor rotation training experience at Vanderbilt University under a reciprocal agreement/memorandum of understanding; to qualify for an exception an intern would need to demonstrate that a rotation at Vanderbilt University would be necessary to fulfill a training competency area which could not be sufficiently fulfilled at VA TVHS.
- 500 direct clinical contact hours
- Didactic seminars 2-3 hours/week
- Case presentation 1 hour/week (each intern will be required to present up to 3 cases per year)

- Research/Quality Improvement Project 4 hours/week (includes supervision) at VA with a final product such as a poster, a literature review, treatment manual, etc. Interns are required to do an oral presentation supplemented with a poster or PowerPoint presentation at the annual research day held in the Spring.
- Successful completion of the full year of training, consisting of a minimum of 2,080 employment hours to be completed in no less than one calendar year (including earned sick and annual leave and federal holidays).
- The intern must complete the rotation requirements for each rotation selected for the training year.
- The intern must complete the didactic requirements as specified in the program guidelines which includes the number of educational activities the intern must attend and how many educational presentations must be completed during the training year. This will include at least one presentation in the training program's didactics series for practicum students.

At the end of the training year and once all requirements are successfully completed, the intern will be provided with a certificate of completion stating that they have successfully completed a full year of supervised doctoral training in clinical psychology.

TRAINING EXPERIENCES

TRAINING ACTIVITIES AND ROTATIONS

Psychology interns will have the opportunity to rotate through a variety of settings including: outpatient psychotherapy through Behavioral Health Interdisciplinary Program (BHIP), Neuropsychology, Transplant, PTSD specialty outpatient clinic, the Veterans Recovery Center which offers treatment to Veterans with serious mental illnesses, and inpatient psychiatry. The internship provides opportunities at various locations which increases the ability of interns to have training experiences in both urban and rural settings; examples of these experiences include Pain Psychology being offered at both the Murfreesboro and Nashville campuses and Primary Care Mental Health Integration being offered at multiple locations. Interns are required to matriculate through at least one rotation at each campus (Murfreesboro and Nashville).

DIDACTICS

Interns are required to attend at least 80% of each didactics seminar.

- Neuropsychology Seminar: Every Friday from 8:00 to 9:15am, all interns attend a seminar focused on issues relating to neuropsychology. Topics include functional neuroanatomy, cognitive domains, neurologic and psychiatric disorders, ethical issues, and cultural neuropsychology.
- Didactics Seminar: A didactic seminar is scheduled from 9:30 to 11:30 a.m. every Friday. The presenter may be a faculty member or a professional from the community with relevant expertise. Topics include those that are unique to veterans and the VA, including veteran culture and empirically based psychotherapies (EBPs), competency-based supervision domains, and a quarterly diversity journal club. VA TVHS will team up with the Vanderbilt University Medical Center internship and the Vanderbilt University Counseling Center internship to provide shared didactics once per month.
- Case Presentation: Most Fridays, a Case Conference is scheduled from 10:30 to 11:30 a.m. During the Case Conference one intern will present a case with which they are involved. Diversity in case selection is encouraged. A faculty discussant is present to facilitate discussion among the intern class and to share their own case-related expertise with the internship class. Interns are required to present up to three case presentations per training year.

- Psychology Grand Rounds: A monthly didactic seminar is scheduled on the 3rd Wednesday of the month for all Psychology interns, fellows, and staff.
- Other learning experiences: Geropsychology journal club, Neuropsychology journal club

RESEARCH OR QUALITY IMPROVEMENT PROJECT

Interns are required to select a research/quality improvement supervisor from the VA to work with on a longitudinal project.

ROTATION DESCRIPTIONS

Nashville Campus and Annexes:

Transplant Psychology

Supervisor: Sandra Saporiti, Psy.D.

Rotation Setting: The psychologist on the liver, heart, kidney, and stem cell transplant teams is an integral part of the transplant program at this regional academic transplant center, which operates in conjunction with Vanderbilt University Medical Center. The patients seen are a diverse group in that they are referred to the Nashville VA Transplant Center from all regions of the country, including Puerto Rico, and represent various ethnicities, religious/spiritual backgrounds, and socioeconomic status. They also present with multiple medical and/or psychiatric disabilities. In this setting, psychological evaluations of potential transplant candidates and their support person(s) are performed. These evaluations involve a diagnostic interview, cognitive and personality assessment, and a collateral interview. The psychologist formulates specific recommendations regarding suitability for transplantation, and possible interventions or behavioral markers which should be met before the candidate is listed. Follow-up regarding the patient's progress in meeting intervention goals is an ongoing part of the evaluation. Results of the evaluation are presented in an interdisciplinary team meeting involving psychologists, transplant physicians, transplant surgeons, nurses, and social workers. Candidacy for transplant is decided at these meetings. In addition to evaluation, psychological interventions (psychotherapy and support groups) are provided for pre- and post-transplant patients and their families/support persons.

Training: The intern will perform psychological evaluations of potential transplant candidates and their support person(s). A goal of this rotation is the objective assessment of the risk of noncompliance, including relapse to smoking and substances of abuse, presence of dysfunctional family systems, presence of psychopathology, and cognitive impairment, any of which might be a barrier to successful transplantation. The intern must learn to communicate and report to non-mental health professionals clearly, both orally and in writing, and to work closely with medical center staff from a variety of disciplines. The intern and the staff psychologist attend team meetings together and are jointly involved in all aspects of the rotation. In addition, the intern will attend the Liver Support Group for pre- and post-transplant patients, as well as provide psychotherapy to pre- and post-transplant patients, as needed. While there is no ongoing research project on this rotation, there is potential for research if the intern is interested in initiating a project.

Behavioral Health Interdisciplinary Program (BHIP)

Supervisor: Betsy Crowe, Ph.D.

Rotation Setting: The BHIP Outpatient Psychotherapy Clinic provides care to Veterans who present with a variety of presenting concerns including depression, anxiety, PTSD, partner-relational concerns, grief and loss, adjustment, etc. The population served within this rotation is diverse in age, race, ethnicity, ability, educational background, and socioeconomic status. Veterans in this clinic also tend to have a variety of military service and life experiences.

Training: This rotation consists of diagnostic interviewing, making appropriate treatment recommendations, conducting individual therapy, and developing treatment plans. Couples and group therapy are available. The specific breakdown of these activities can be tailored to the needs of the intern. Treatment modalities utilized may include Cognitive Behavioral Therapy for depression, Cognitive Processing Therapy for PTSD, and Interpersonal Therapy.

This is an opportunity to improve diagnostic and interviewing skills, enhance therapy skills for a variety of mental health related issues, treat varying degrees of trauma related disorders, and learn about common issues that veterans face following military service as civilians.

Pain Psychology

Supervisor: Eun Ha Kim, Ph.D., ABPP

Rotation Setting: The psychology pain clinic is in outpatient psychology as a specialty service. Veterans seen in this clinic are typically referred from the Pain Clinic in Murfreesboro, the Primary Care Mental Health Integration (PCMHI) clinics, and Outpatient Psychology (BHIPs). Veterans typically seen in this clinic vary in age (early 20s to 70s) and are of low socioeconomic status. Veterans have most commonly identified as Caucasian or African American. The most common area of pain is the low back, although, Veterans with pain in other areas of the body as well as those who experience pain spread throughout the body have been seen.

Training: This rotation focuses on the role of psychology in chronic pain management. Individual and group therapy modalities teach Veterans how to cope with chronic pain conditions and engage in effective self-management methods for symptoms. Treatment options are primarily based on cognitive behavioral principles, excluding the yoga group, which is utilized as an adjunctive treatment to primary evidence-based modalities. Following completion of the rotation, interns will demonstrate understanding of the biopsychosocial model of chronic pain and utilize an evidence-based approach to assessment and treatment. Interns will be proficient in conducting a diagnostic clinical interview, developing a strong conceptualization of the case, and making appropriate recommendations for treatment. Interns will be able to effectively communicate results of assessments to Veterans, family members, and across disciplines to providers involved in the Veteran's care. Interns will demonstrate proficiency in the cognitive behavioral treatment of chronic pain. Finally, interns will understand the role of yoga and other complementary treatments for pain management.

Primary Care-Mental Health Integration (PC-MHI)

Supervisor: Rhonda Venable, Ph.D. and Robert Umlauf, Ph.D., ABPP

Rotation Setting: This PCMHI clinic supports a traditional primary care clinic and a specialized clinic for female Veterans. Primary Care-Mental Health Integration (PC-MHI) is the term VA uses to describe a set of mental and behavioral health care services that are provided to Veterans in collaboration with primary care providers. These services are fully integrated into the primary care setting (PACT), and support

PACT-based treatment of both mental health conditions and behavioral aspects of chronic medical conditions. PC-MHI programs seamlessly combine evidence-based care management and co-located collaborative care services.

Training: At the end of your training experience you will have competence in the following objectives:

1. To provide immediate access to clinical assessment and appropriate collaborative care and treatment for those experiencing mental health symptoms (either ad hoc or in response to screening).
2. To practice collaborative, stepped and measurement-based care, including appropriate longitudinal follow-up, to address common mental health conditions for the primary care population.
3. To enable optimal functioning of PACT teams through collaborative decision support and interdisciplinary consultation with co-located mental health providers.
4. To prevent the development of more severe symptoms through early recognition and intervention.
5. As a member of PCMH we also provide neuropsychological screenings for cognitive impairment prior to referral to specialty care neuropsychological assessment.
6. You will have the opportunity to co-lead short term therapy groups.
7. You will have the opportunity to learn the EBT, CBT-Insomnia, problems solving therapy and Brief Cognitive Therapy for Chronic pain.

If you are considering this rotation you should be aware that psychology in primary care requires a person who is flexible and prepared for the unexpected. You will work closely with your supervisor on your cases (perhaps initially even hour to hour). A desire to work closely across several professions is essential (nursing, primary care physicians, social work). Often your work will be in exam rooms with patients and their families. The maximum number of sessions per patient is 6 sessions.

Neuropsychological Assessment

Supervisors: Maria E. Cottingham, Ph.D., ABPP-CN, Elizabeth A. Fenimore, Ph.D., & Shereen Haj-Hassen, Ph.D.

Rotation Setting: The neuropsychological assessment rotation provides an opportunity to learn more about brain-behavior relationships, the field of neuropsychology, various methods of assessment, and the functioning of a neuropsychology service within a medical center setting. Neuropsychology is a consultative service that receives referrals from various sources including neurology, neurosurgery, psychiatry, primary care, and other specialty clinics/services (e.g., transplant). The service primarily provides differential diagnostic assessment and recommendations for treatment, with most patients being seen on an outpatient basis, though there are occasional opportunities for inpatient assessments, as well. Typical cases involve the assessment of cortical and subcortical dysfunction associated with various medical and psychiatric conditions, illnesses, and injuries, including degenerative dementias (e.g., Lewy body, Alzheimer's, frontotemporal), multiple sclerosis, cerebrovascular disease, epilepsy, traumatic brain injury, "normal aging" memory complaints, PTSD, major depression, and somatic symptom disorders.

Training: The neuropsychological assessment format employs a fixed-flexible battery approach, with typical tests including the WAIS-IV, WASI-II, CVLT-II, RBANS, COWAT, D-KEFS, MMPI-2-RF, and others (including multiple performance validity tests). Interns are expected to conduct at least two supervised assessments per week, depending upon their level of experience and training needs. Interns will gain advanced training in conducting a neuropsychological clinical interview, administering and scoring commonly-used neuropsychological tests, interpreting the results, developing useful recommendations, writing a comprehensive but relatively brief (4-6 page) neuropsychological report, and providing feedback to patients, families, and other medical staff. Through the clinical cases, neuropsychology seminar, neuropsychology journal club, and outside readings, interns will have the opportunity to gain a deeper understanding of functional neuroanatomy to integrate into the report and recommendations. Interns may attend Neurology Rounds at Vanderbilt and other didactics. Supervision includes 2 hours of scheduled individual time, as well as *ad hoc* supervision. Supervision is also provided via written detailed feedback

on each of the intern's neuropsychological reports, and this feedback is also gone over with the intern in-person. Because the services provided by neuropsychology are often communicated to the referral source solely in writing, interns will be expected to have, or be willing to develop, excellent written communication skills during the rotation. The overall goal of this rotation is to help the intern gain a broad understanding of brain-behavior relationships that will enhance their general clinical skills. For those who are interested in pursuing post-doctoral neuropsychological training, this rotation will also provide a firm foundation for the post-doctoral residency and eventual board certification. Neuropsychology track interns will spend up to 8 months in this rotation, and at least 4 of those months will be full-time (32 hours per week). Tiered supervision opportunities may also be available.

PTSD Outpatient Clinic

Supervisors: L. Alana Seibert-Hatafsky, Ph.D., Scott Fernelius, Ph.D., and Lori Simms, Ph.D.

Rotation Setting: The PTSD Clinic is a specialty clinic, providing outpatient care to veterans who have been referred variously by mental health and medical providers (e.g., PCP). Veterans have typically, but not necessarily, served in combat, and range in age from 20s to 80s. Some veterans have experienced military sexual trauma. PTSD treatment within the clinic is not limited to military-related trauma; therefore, it is expected that referred veterans will receive treatment for their most distressing traumatic stressors, which may include non-military sexual trauma or the like. Once a consult is placed, Veterans complete a PTSD evaluation to assess treatment needs and generate recommendations. Next, cases are staffed with an interdisciplinary treatment team, and final treatment recommendations are made. While evidence-based treatments for PTSD are strongly emphasized, including Prolonged Exposure Therapy, Cognitive Processing Therapy, and Cognitive Behavioral Conjoint Therapy, Veterans may also elect to engage in various coping skills groups offered within the clinic which are not trauma-focused treatments.

Training: This rotation provides opportunities to improve skills in the following areas: diagnostic assessment and cognitive-behavioral therapy in individual and group modalities. Additionally, interns will enhance skills in functioning as a member of interdisciplinary treatment teams. Due to the complexity of referrals within the specialty PTSD clinic, interns typically gain experience in treating wide-ranging comorbid pathologies including depression, substance use, medical disorders and disabilities. Interns will gain experience in evidence-based assessment of PTSD via the CAPS-5, as well as evidence-based treatments for PTSD, either Prolonged Exposure Therapy or Cognitive Processing Therapy. It is expected that interns will either co-facilitate an existing coping skills group or develop their own group based on veteran needs and intern preferences and training.

Murfreesboro Campus and Annexes:

Psychiatric Inpatient Rotation

Supervisors: Arthur Preston, Psy.D. and Lisa Lorenzen Ph.D.

Rotation Setting: The Inpatient Rotation involves working on two, 30 bed acute psychiatric units. The patient population is 90% male and ranges in age from 18 – 85. In addition to psychiatric admissions, the acute unit also functions as the detoxification unit for the Addiction Medicine program. There are 6 treatment teams consisting of a psychiatrist, clinical pharmacy specialist, social worker, utilization management nurse, and charge nurses from both units. These teams meet daily with the patients and are supplemented by nursing staff, psychiatric residents, and medical students. Admissions are assigned on a rotational basis. Lengths of stay vary from a few days to several months. Psychology works by consultation.

Training: The intern is responsible for individual psychotherapy cases. Interventions are time limited and focused. Patients are referred for issues such as PTSD, depression, anxiety, grief, coping skills training,

anger management, and relaxation training. The intern is expected to attend treatment team meetings when their patients are seen and/or discussed. There is also an opportunity for group therapy to be conducted. In addition, the intern can perform a variety cognitive and personality assessments. Timely documentation in the computerized record is expected, as is verbal communication with the treatment team.

Veterans Recovery Center

Supervisor: Brittany Lee, Ph.D., and Patrick Michaels, Ph.D.

Rotation Setting: Alvin C. York VAMC is a large medical center in Murfreesboro, TN; approximately a 45-minute drive from Nashville. This medical center provides inpatient and outpatient clinical services to Veterans with a wide range of medical and psychiatric conditions. The Veterans Recovery Center (VRC) is an outpatient psychosocial rehabilitation program that provides care to veterans with severe mental illnesses including schizophrenia, schizoaffective disorder, bipolar disorder, major depression, and chronic PTSD. There is a wide range of co-occurring conditions/problems including chronic pain, diabetes, internet gaming disorder, obesity, OSA, personality disorders, substance use disorder, traumatic relationship difficulties, and mild traumatic brain injury. The recovery-oriented mission of the VRC seeks to facilitate community integration in meaningful roles (e.g., work, education, volunteering). The VRC is part of a network of 55 such centers known nationally as Psychosocial Rehabilitation and Recovery Centers.

Training: Interns will develop skills in conducting diagnostic interviews, developing recovery-oriented treatment recommendations, conducting individual and group therapy, writing recovery plans, and collaborating with our interprofessional treatment team. There may be some opportunities for couples and family therapy. Veterans with severe mental illness often present with myriad concerns and functional impairments. Recovery, from this standpoint, involves symptom management and a growth process aimed toward connecting with natural community supports. The clinic predominantly uses a Cognitive Behavioral Therapy (CBT) within holistic attention to biological, psychological, social and spiritual factors. Adjunctive modalities include motivational interviewing, integrated dual disorders treatment, mindfulness, and equine therapy in collaboration with MTSU.

Geropsychology Rotation

Supervisor: Elizabeth Maloney, Ph.D. and Natalie Heidelberg, Ph.D., ABPP

Rotation Setting: The intern will work primarily with older veterans for assessment and intervention services. Most of the veterans seen on this rotation reside on one of the Community Living Centers (CLCs) at this VAMC. The CLCs provide comprehensive, interdisciplinary care to veterans with various needs, such as short-term rehabilitative care and long-term skilled nursing care, including dementia related care.

Training: Interns will complete diagnostic interviews, brief cognitive assessments, capacity assessments, and individual and group therapy, as well as assist in the development of positive contingency plans with veterans. As a minor rotation, all work will be with CLC residents. If chosen as a major rotation, interns would have additional responsibilities including outpatient psychotherapy and involvement with REACH VA (a brief intervention for caregivers of veterans with dementia).

Primary Care Mental Health Integration Clinic (PC-MHI)

Supervisors: Lisa Lively-Brindley, Ph.D.

Rotation Setting: Primary care setting

Training: The Intern on this rotation functions as a psychologist within the primary care setting. The central focus of this rotation is to obtain experience as a functioning member of an interdisciplinary PC-MHI team, including two psychologists, two licensed clinical social workers, a psychiatric nurse practitioner and an RN care manager. The Intern is an integral part of the team and works closely with staff psychologists to participate in many aspects of PC-MHI. The PC-MHI Intern consults with the Patient Aligned Care Teams that includes a physician, a registered nurse, a licensed practice nurse, and a medical support assistant regarding patient care. The PC-MHI Intern often collaborates with other consultants within primary care in addition to the PACT team to include pharmacy and other medical specialties. A goal of this rotation is to establish skills in brief assessment, learn to conduct a brief diagnostic interview, deliver targeted brief psychological interventions, and assess current level of functioning. The PC-MHI Intern will also gain experience in behavioral medicine and the relationship between co-morbid physical and psychological disorders. The Intern will develop skills regarding clear, concise verbal and/or written communication to medical providers and staff regarding patient care. The Intern will work with Veterans diagnosed with a range of co-morbid physical and psychological disorders, and address varying clinical presentations, including, sleep disturbances, weight concerns, chronic pain, and management of chronic illnesses. Additionally, the PC-MHI Intern may have the opportunity to co-facilitate one of our groups including Stress Management, Cognitive Behavioral Therapy for Insomnia, Walking to Wellness, Coping with Chronic Illness, or Coping with Chronic Pain.

Behavioral Health Interdisciplinary Program (BHIP) Rotation

Supervisor(s): Melissa Broome, Ph.D., Nicholas Denton, Ph.D., Tim Breuer, Ph.D.

Rotation Setting: BHIP is a team model that includes Psychology, Psychiatry, Clinical Pharmacy, Social Work, and Nursing. Within the BHIP team, veterans receive comprehensive mental health care. The BHIP level of care is available to veterans who need longer and more intensive outpatient treatment than they can receive from a Primary Care Mental Health provider and do not need to be seen in Specialty clinics. Consults for psychotherapy are received on a regular basis through the BHIP teams. Each intern is typically responsible for seeing veterans in his/her office or another designated space.

Veterans who are receiving care in a BHIP are diverse in their military and civilian life experiences. Some will have recently separated from the military and may be adjusting to life post-military while others are from the Vietnam or Korea eras. There are a wide range of diagnoses and complexity in presenting issues, such as depression, anxiety, trauma-related symptoms, substance abuse, bipolar disorder, readjustment problems, relationship difficulties, and personality disorders. This population also is quite diverse regarding age (early 20's to 80's), military experience, SES status (e.g., education, economic status, geography/community), sexual and gender identity, race/ethnicity, and physical ability/medical conditions (e.g., individuals ambulating via wheelchair, visual impairments).

Training: Interns on the BHIP rotation will have the opportunity to provide the following: individual therapy, couples counseling, personality/cognitive testing, intake evaluations, and group psychotherapy with outpatients. Both brief and longer-term treatment modalities are available with a variety of presenting problems including mood disorders, PTSD (combat- or non-combat-related), schizophrenia spectrum disorders, relationship difficulties, personality disorders, depression, addictive behaviors, adjustment problems, and more. Interns may elect to begin a new group, as well. Some examples of ongoing groups include: Anger Management, Trauma Recovery Intro, Coping Skills, and Growth and Resilience. The specific breakdown of these activities can be tailored to the needs and interests of the intern. Individual treatment modalities and approaches include but are not limited to Cognitive Behavioral

Therapy (CBT), Acceptance and Commitment Therapy (ACT), Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), Interpersonal Therapy (IPT), Brief/Time-Limited Dynamic Psychotherapy, Gottman Method Couples Psychotherapy, and mindfulness-based approaches. In addition to direct clinical responsibilities, interns on this rotation will develop appropriate psychotherapy treatment plans, make referrals for additional services out BHIP (e.g., SATP, Pain Psychology), present intake assessment cases to an interdisciplinary treatment team for disposition, and collaborate with providers from other disciplines to ensure comprehensive care.

PTSD Outpatient Clinic

Supervisors: Amy Owen, Ph.D.

Rotation Setting: The PTSD Clinic is a specialty clinic, providing outpatient care to veterans who have been referred variously by mental health and medical providers (e.g., PCP). Veterans have typically, but not necessarily, served in combat, and range in age from 20s to 80s. Some veterans have experienced military sexual trauma. PTSD treatment within the clinic is not limited to military-related trauma; therefore, it is expected that referred veterans will receive treatment for their most distressing traumatic stressors, which may include non-military sexual trauma or the like. Once a consult is placed, Veterans complete a PTSD evaluation to assess treatment needs and generate recommendations. Next, cases are staffed with an interdisciplinary treatment team, and final treatment recommendations are made. While evidence-based treatments for PTSD are strongly emphasized, including Prolonged Exposure Therapy, Cognitive Processing Therapy, and Cognitive Behavioral Conjoint Therapy, Veterans may also elect to engage in various coping skills groups offered within the clinic which are not trauma-focused treatments.

Training: This rotation provides opportunities to improve skills in the following areas: diagnostic assessment and cognitive-behavioral therapy in individual and group modalities. Additionally, interns will enhance skills in functioning as a member of interdisciplinary treatment teams. Due to the complexity of referrals within the specialty PTSD clinic, interns typically gain experience in treating wide-ranging comorbid pathologies including depression, substance use, medical disorders and disabilities. Interns will gain experience in evidence-based assessment of PTSD via the CAPS-5, as well as evidence-based treatments for PTSD, either Prolonged Exposure Therapy or Cognitive Processing Therapy. It is expected that interns will either co-facilitate an existing coping skills group or develop their own group based on veteran needs and intern preferences and training.

TRAINING FACULTY

Eric Aureille, Ph.D.

University of Minnesota

Internship: Tufts School of Medicine/Boston VAMC Consortium

Interests: PTSD, Anxiety Disorders, Forensic Psychology

Erica Barnes, Psy.D.

Indiana University

Internship: Atlanta Psychological Services

Interests: Trauma, Dialectical Behavior Therapy, Readjustment/Reintegration Issues, Depression, Anxiety, Supervision

Tim Breuer, Ph.D.

Hofstra University

Internship: Alexian Brothers Behavioral Health Hospital

Interests: OCD; PTSD; Anxiety Disorders; Postpartum Anxiety; Insomnia and Behavioral Sleep Disorders; Cognitive-behavioral, Exposure, and Acceptance-based treatment interventions

Melissa Broome, Ph.D.

University of Missouri-St. Louis

Internship: Missouri Health Sciences Center Psychology Internship

Interests: Trauma, Substance Use Disorders, Dual Diagnosis, Clinical Training, Intra-Professional Collaboration, Health/Rehabilitation Psychology

Julie Burnett, Psy.D.

Wheaton College

Internship: Chicago Area Christian Training Consortium

Interests: couples, family, trauma

Maria Cottingham, Ph.D., ABPP-CN

Fuller Graduate School of Psychology

Internship: Yale University School of Medicine

Interests: Neuropsychology, Neuropsychology of Psychiatric Illness, Differential Diagnosis of Dementias, Performance Validity, Ethnocultural Bias in Neuropsychological Testing

Elizabeth (Betsy) Crowe, Ph.D.

University of Texas at Austin (Counseling Psychology)

Internship: Atlanta VAMC

Interests: Trauma, Process-oriented/long-term therapy, IBCT (couples)

F. Nicholas Denton, Ph.D.

University of Kentucky

Internship: Southeast Louisiana Veterans Health Care System, New Orleans, LA

Interests: Personality testing, LGBT health care, Health psychology, Cognitive behavioral therapies

Jennifer Devan, Ph.D.

Pacific Graduate School of Psychology

Internship: Vanderbilt-VA Psychology Internship Consortium

Interests: Health-Promotion and Disease-Prevention, Health Psychology, Motivational Interviewing, Acceptance and Commitment Therapy, Shared Medical Appointments, Health Coaching, Patient Chronic Disease Self-Management, Health Behavior Change Issues such as Tobacco Cessation and Weight Management

Elizabeth Fenimore, Ph.D.

Pacific Graduate School of Psychology

Internship: Cincinnati VAMC

Interests: Posttraumatic Stress, Neuropsychology, Rehabilitation, Geropsychology

Scott Fernelius, Ph.D.

Ball State University

Internship: VA Gulf Coast Veterans Health Care System

Interests: trauma, substance use disorders, psychology of disability, diversity (specifically microaggressions and disability)

Shereen Haj-Hassan, Ph.D.

Tennessee State University

Internship: Phoenix VA Health Care System

Clinical interests: Neuropsychological assessment, performance and symptoms validity testing, differential diagnosis of dementia, cognitive compensatory interventions

Natalie Heidelberg, Ph.D., ABPP

Auburn University

Internship: Vanderbilt-VA Psychology Internship Consortium

Interests: Geropsychology, Interprofessional Care, Health Psychology

Jennifer Kasey, Psy.D.

James Madison University

Internship: Vanderbilt-VA Psychology Internship Consortium

Interests: Individual and Group Psychotherapy, Multicultural Issues, Supervision/Training, Relationship Issues, Depression, PTSD

Eun Ha Kim, Ph.D., ABPP

University of Mississippi

Internship: Charles Norwood VAMC and Medical College of Georgia

Interests: Cognitive Behavioral Treatment of Anxiety Disorders, Depression, and Eating Disorders, Health Psychology and Holistic Treatment of Medical and Mental Health Disorders, Yoga as a Complimentary and Alternative Treatment for Mental Health Disorders

Brittany Lee, Ph.D.

University of Memphis

Internship: University of Central Florida Counseling Center

Interests: Interpersonal/Relational Issues, Trauma, Anxiety, Issues Related to Racial/Ethnic Identity and Broader Diversity and Multicultural Concerns

Lisa Lively-Brindley, Ph.D.

Auburn University

Internship: Colorado State University Health Network

Interests: GLBTQ, anxiety, trauma

Lisa Lorenzen, Ph.D.

Tennessee State University

Internship: University of Missouri-Columbia's Counseling Center

Interests: Acute Inpatient, Clinical Supervision

Elizabeth Maloney, Ph.D.

Florida State University

Internship: VA Gulf Coast Veterans Health Care System

Interests: Geropsychology, Geriatric Depression, Interpersonal Psychotherapy for Depression

Patrick Michaels, Ph.D.

Illinois Institute of Technology

Internship: Louis Stokes Cleveland Department of Veterans Affairs Medical Center

Interests: Recovery-oriented care provision, Management of co-occurring disorders, Mindfulness, Chronic pain, and Community integration

Jennifer Moore, Ph.D.

Auburn University

Internship: University of Memphis Counseling Center

Interests: diversity/multicultural encounters, grief, identity-formation, attachment styles

Monicah Muhomba, Ph.D.

University of Kentucky

Internship: University of Memphis

Interests: DBT, mindfulness, meditation, MBSR, supervision

Amy M. Owen, Ph.D.

Auburn University

Internship: White River Junction VAMC

Interests: PTSD, Evidence-Based Treatments, Couples Therapy, Psychodynamic Therapy, Supervision

Arthur Preston, Psy.D.

Illinois School of Professional Psychology
Internship: Friends Hospital - Philadelphia, PA
Interests: Psychological Assessment, Sexual Dysfunction

Sandra Saporiti, Psy.D.

Nova Southeastern University
Internship: VA Gulf Coast Veterans Healthcare System
Interests: Psychological Aspects of Organ Transplantation, Behavioral Medicine and Health Psychology, Trauma

Alana Seibert-Hatalsky, Ph.D.

University of Georgia
Internship: Southwest Consortium Pre-doctoral Psychology Internship
Interests: EBPs for PTSD

Lori Simms, Ph.D.

University of North Texas
Internship: Vanderbilt-VA consortium
Interests: PTSD/Trauma, Severe Mental Illness, ACT, Mindfulness, Self-Compassion, Assessment

Todd Tice, Ph.D.

Texas Tech University
Internship: United States Air Force Wilford Hall
Interests: PTSD, SUD, Operational Psychology, Executive Coaching

Robert Umlauf, Ph.D., ABPP

Univ of Missouri-Columbia
Internship: Seattle VA
Clinical interests: Health, Rehabilitation (ABPP), Chronic Pain; Substance abuse

Rhonda Venable, Ph.D.

Georgia State University
Internship: Vanderbilt University Psychological and Counseling Center
Interests: PTSD, Evidence-Based Psychotherapies, Health Psychology, Behavioral Medicine, Training and Supervision

Erica S. White, Ph.D.

University of Michigan- Ann Arbor
Internship: University of Michigan- Ann Arbor
Interests: Cultural Diversity in Psychotherapy and Supervision, Interpersonal Psychotherapy

Angela White-Rahmon, Ph.D.

The Pennsylvania State University
Internship: The Pennsylvania State University
Interests: Stigma reduction, identity development, gender role socialization, trauma and recovery, spirituality

CURRENT AND FORMER INTERNS

2020-2021

Agustina Badino- Carlos Albizu University

Nardin Michaels- Spalding University

Ian Michaels-University of Detroit, Mercy

Samantha Nagy- Philadelphia College of Osteopathic Medicine

Dayana Rodriguez- Nova Southeastern University

Caitriona Tilden- Palo Alto University

2019-2020

Jessica Fett- William James College

Ashley Head- The Chicago School of Professional Psychology

Hillary Henize- Spalding University

Alexandra Teller- University of Southern Mississippi

Clara Thompson- Carlos Albizu University

Kelsee Tucker- University of Houston



2018-19

Stefan La Tulip- Virginia Consortium Program in Clinical Psychology

Ivett Lillard- Fielding Graduate University

Bryant Steury- Pepperdine University

Niki Terranova- Chicago School of Professional Psychology

Andrea Williams- Indiana State University



LOCAL INFORMATION

Murfreesboro is located approximately 30 minutes southeast of Nashville along I-24. Murfreesboro is a growing community and is home to the largest undergraduate university in Tennessee, Middle Tennessee State University (MTSU). Murfreesboro is also home to historic sites from the Civil War, including the Stones River National Battlefield. In the past ten years, Murfreesboro has grown and diversified tremendously, and it now includes several large shopping centers, two community theatres, multiple cultural events through MTSU, many city parks, college sports, a historic downtown area, and diverse local eateries. Murfreesboro boasts a greenway system that runs throughout the city along the Stones River, offering a picturesque setting for jogging, walking, or biking.

Nashville is the largest city and the economic center of middle Tennessee. The population of Nashville itself is almost seven hundred thousand, of the Nashville Metropolitan area, close to two million. The economic base is sound and varied, the rate of unemployment low, and the cost of living near the national average. Industries important to the economy of the region include government (Nashville is the state capital), healthcare, insurance, publishing, banking, tourism, and, of course, music. Nashville is rich in talent across a wide range of musical styles; outstanding musicians will be found playing regularly in local venues, and Nashville is visited by hundreds of internationally known musicians at large music venues such as the Bridgestone Arena, Ascend Amphitheatre, Nissan Stadium, and the Ryman Auditorium. Middle Tennessee is home to the Bonnaroo and Pilgrimage Music Festivals. The city is also a major academic and healthcare center, with two medical schools, Vanderbilt and Meharry, an unusual number of excellent hospitals, including Vanderbilt, St. Thomas, and Centennial, the corporate headquarters of HCA Healthcare Systems, and many colleges and universities (Vanderbilt, Belmont, Fisk, Tennessee State, and Lipscomb). This concentration of academics has earned Nashville the title "Athens of the South."

Middle Tennessee also offers a wealth of recreational opportunities. Among the more tourist oriented are the Grand Ole Opry, the Opryland Hotel, Historic Second Avenue, Riverfront Park, the Hermitage (home of President Andrew Jackson), the Belle Meade Mansion, the Parthenon, Cheekwood Botanical Garden, and numerous honky tonks. There are good public radio and TV stations, the Tennessee Performing Arts Center with year-round offerings at each of its three theaters, the Frist Center for the Visual Arts, the Nashville Symphony Orchestra with its magnificent Schermerhorn Symphony Center, the Nashville Opera, the Nashville City Ballet, and the Country Music Hall of Fame. In addition, Vanderbilt brings Southeastern Conference athletic competition to the city. The Tennessee Titans have brought NFL football and the Nashville Predators NHL hockey, including a recent bid for the Stanley Cup. Nashville is also home to the Nashville Sounds minor league baseball team. Nashville's International Airport terminal is among the most modern in the United States and provides easy access to the area from throughout the country.

The climate offers four distinct seasons with relatively mild winters. Fall brings colorful foliage. Spring with its floral display rivals Fall as the most pleasant and beautiful time of the year. For those with outdoor interests, TVA lakes suitable for recreational use are scattered throughout the region. There are rivers suitable for kayaking or canoeing, with white water to be found to the east on the Cumberland Plateau or in the mountains. There are numerous attractive and interesting state parks, while within Nashville itself there are 6650 acres of city park land. Hiking enthusiasts will enjoy exploring the many city, state, and national parks close by. In addition, the Great Smoky Mountains National Park and other areas in the Southern Appalachians are a three and one half to four-hour drive to the east.

