# Psychology Doctoral Internship Program Brochure

Alaska VA Healthcare System
Anchorage, Alaska

2019-2020

VA | U.S. Department of Veterans Affairs

**Application deadline: November 2, 2018**
**Internship start date: August 19, 2019**
**APPIC Program Number: 2067**
**NMS Match Number: 206711**

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# WELCOME

The Psychology Training Committee at the Alaska VA Healthcare System (AVAHS) greatly appreciates your interest in our pre-doctoral clinical psychology internship. This program aims to train interns in the scholar-practitioner model to be able to provide evidenced based and recovery focused clinical care, in addition to being a critical consumer of scientific research. We have been accredited by the American Psychological Association's (APA) Office of Program Consultation and Accreditation since 2011, and our next site visit is scheduled for August, 2018. For accreditation information, you may contact the American Psychological Association's Commission on Accreditation (CoA):

***Office of Program Consultation and Accreditation***
***750 First St, NE***
***Washington, DC 20002-4242***

***Telephone: (202) 336-5979*** ***apaaccred@apa.org***

We value the contributions interns make to our training program and the care of Alaskan Veterans at the Alaska VA Healthcare System, and we have a strong commitment to promoting the development of interns' clinical skills and professional competences, all while honoring interns' individualized professional goals. Beyond the contributions interns have made during their internships, several previous interns have taken staff psychologist positions here and continue to contribute to the legacy of this program.

In addition to the benefits of our scientist-practitioner training program, living in the Anchorage and Mat-Su area offers the comfort of a metropolis, with the best of outdoor living. Situated at the base of the beautiful Chugach Mountains and bordering the 495,000-acre Chugach State Park, Anchorage residents can partake in a plethora of recreational activities, from downhill skiing at the Alyeska Resort, to salmon fishing near downtown Anchorage in Ship Creek, to hiking on the popular Flattop Mountain. Alaska also has vast entertainment and cultural opportunities, including museums, a performing arts center and an active brewery community. We truly love working and living in Anchorage.

Thank you for your interest in our program. Please let us know if you have any questions as you consider your internship opportunities. We look forward to reviewing your application.

Sincerely,

Daniel S. Gonzales
Training Director
(907) 257-6939
daniel.gonzales2@va.gov

*Psychology Training Committee*: Ian Carpenter, Jill Duke, Deborah Gideon, Carlan Gordon, Kun-Yueh (Jayson) Hsieh, Ann Hutcheson, Camilla Madden, D. Rush McQueen, Alisa Niehuser, and Cale Palmer.

# ABOUT THE ALASKA VA HEALTHCARE SYSTEM

## Overview

The Veteran's Health Administration (VHA) is the national's largest integrated health care system, providing care to more than 9 million Veterans and employing more than 300,000 full time health care professionals and support staff. The VHA is organized into 21 regional districts, also known as Veterans Integrated Service Networks or VISNs, The Alaska VA Healthcare System is a part of VISN 20 (Northwest Network), which includes the states of Alaska, Washington, Oregon, most of the state of Idaho and one county in Montana and California. This VISN covers 23% of the land mass in the United States. Within VISN 20, there are six medical centers, one independent outpatient clinic, one rehabilitation center, 20 community based outpatient clinics, and one mobile clinic. VISN 20 provides care to 1.1 million Veterans who live in the Pacific Northwest and Alaska, and has the highest total Veterans served of any VISN.

The Alaska VA Healthcare System (AVAHS) provides care to Alaska's Veterans. AVAHS offers primary, specialty, and mental health outpatient care through its main outpatient clinic, which was newly built in 2011 and offers a beautiful view of the Chugach Mountains from the main lobby. Services are provided through a Joint Venture with the United States Air Force on nearby Elmendorf Air Force Base, as well as through purchased care arrangements with the community hospitals. The facility also features a comprehensive Homeless Veteran Service, consisting of a 50 bed Domiciliary Residential Rehabilitation Program, a 24 bed Compensated Work Therapy Transitional Residence Program, HUD/VA Supported Housing, and Homeless Veterans Supported Employment Programs and Veterans Justice Outreach. In addition to our main facility in Anchorage, the AVAHS includes three Community-Based Outpatient Clinics (CBOC) in Fairbanks, Kenai and the Mat-Su, and one VA Outreach Clinic in the state capital of Juneau.

## Veteran Population

According to the National Center for Veterans Analysis and Statistics, in 2016 Alaska was home to over 68,000 Veterans, 33,000 of whom are enrollees. Alaska is more densely packed with Veterans compared to the national average, with 13.1% of the adult Alaskan population being Veterans, compared to the 6.6% of the national population who are Veterans. In fact, Alaska was the state with the highest percentage of Veterans per capita in 2016. Veterans are often drawn to active lifestyle the Alaska provides.

The diversity of Alaskan Veterans allows interns at the Alaska VA Healthcare System to gain skills in multicultural competence. Of the Veterans in Alaska, 13.3% are female (national average of 9.1%), which places Alaska in third for the state with the highest percent of Veterans who are women. While Veterans of all ages live in Alaska, this internship offers opportunities to work with younger Veterans. Compared to the national average of 46.9% of the Veteran population being above 65 years old, only 29.8% of the Alaska Veteran population is above 65 years old. The largest age groups for Alaskan Veterans includes 60-69 (23%), 50-59 (21.2%), 40-49 (15.3%), and 30-39 (14.3%). Alaskan Veteran

come from all service eras, with the most coming from the Gulf War Era (49.7%), followed up the Vietnam Era (30.8%). Approximately 21% of Alaskan Veterans are racial and ethnic minorities, with the largest minority ethnic groups being Alaska Native or American Indian (6.6%), African American/Black (5.9%), multiracial (4.9%) and Asian (2.1%). Interns at the Alaska VA will get unique opportunities to learn about Alaska Native cultures and ways of being. The Alaska VA also has a Lesbian, Gay, Bisexual and Transgender (LGBT) care coordinator to help promote patient-driven healthcare for the numerous Alaskan LGBT Veterans.

## Mission

The Mission of the Veteran's Health Administration is to honor America's veterans by providing exceptional care that improves their health & well-being.

## Vision

The Veterans Health Administration will continue to be the benchmark of excellence and value in health care and benefits by providing exemplary services that are both patient centered and evidence based. This care will be delivered by engaged, collaborative teams in an integrated environment that supports learning, discovery and continuous improvement. It will emphasize prevention and population health and contribute to the nation's well-being through education, research and service in National emergencies.

## Core Values

The Department of Veterans Affairs (VA) has Core Values that apply across the entire VA organization. These core organizational values are the foundation of VA culture and support VA's mission to provide the best care and services to Veterans, their families, and beneficiaries.

Because **I CARE**, I will….

| | |
|---|---|
| **I**ntegrity | Act with high moral principle. Adhere to the highest professional standards. Maintain the trust and confidence of all with whom I engage. |
| **C**ommitment | Work diligently to serve Veterans and other beneficiaries. Be driven by an earnest belief in VA's mission. Fulfill my individual responsibilities and organizational responsibilities. |
| **A**dvocacy | Be truly Veteran-centric by identifying, fully considering, and appropriately advancing the interests of Veterans and other beneficiaries. |
| **R**espect | Treat all those I serve and with whom I work with dignity and respect. Show respect to earn it. |
| **E**xcellence | Strive for the highest quality and continuous improvement. Be thoughtful and decisive in leadership, accountable for my actions, willing to admit mistakes, and rigorous in correcting them. |

More information on the Alaska VA Healthcare System can be found at:
https://www.alaska.va.gov/index.asp

# ABOUT THE TRAINING PROGRAM

## Psychology Setting

Psychologist positions are found in diverse settings and capacities throughout the Alaska VA Healthcare System. Alaska VA psychologists provide a broad array of clinical services in military sexual trauma, PTSD, addictions, health psychology and behavioral medicine, neuropsychology, disability evaluations, and psychosocial rehabilitation. Psychologists serve in leadership positions at the Alaska VA and several have had faculty appointments at the University of Alaska Anchorage. In addition to the Doctoral Psychology Internship, the Alaska VA also provides training for second-year Master's in Social Work Interns, Physician Assistant Clerkships, and Psychiatric Nurse Practitioner clinical rotations.

## Program Aims

Our internship is a generalist program that focuses upon preparing interns on broadening and extending their clinical and professional skills to become competent and effective professional psychologists working in culturally diverse urban, rural, and frontier healthcare environments. While some objectives are specific to each rotation, all training experiences focus on developing the following competencies:

### *Assessment:*

- Diagnostic interviewing skills
- Differential diagnostic skills and knowledge of DSM-V
- Completes interview within a reasonable time frame
- Selection of appropriate assessment approaches
- Administration/scoring of psychological tests
- Interpretation of psychological tests
- Neuropsychological Applications for Clinical Psychology practice
- Evaluates suicidal concerns and potential for violence when appropriate

- Understands effects of medical conditions and medications on psychological functioning
- Clarity and conciseness of report writing
- Integration of behavioral observations, historical data, medical records, and other non-test based information
- Formulates well conceptualized recommendations
- Communication of results to clients/family members
- Reliably manages expected work load
- Awareness of, and adherence to APA ethical guidelines and ethics in assessments

***Intervention:***

- Discusses issues of confidentiality and informed consent
- Establishes and documents therapy goals and development of a treatment plan
- Formulates a useful case conceptualization from a theoretical perspective
- Establishment and maintenance of therapeutic alliance
- Recognizes and responds appropriately to client crises
- Selects and implements appropriate cognitive rehabilitation techniques
- Effective and flexible application of therapeutic strategies
- Awareness of personal issues interfering with therapy
- Maintenance of professional boundaries
- Monitors and documents patient progress during therapy and toward goals
- Planning for, and management of, therapy termination
- Coordination of care with other providers
- Reliably manages expected work load
- Awareness of, and adherence to APA ethical guidelines and ethics in treatment

***Consultation and interdisciplinary skills:***

- Determines and clarifies referral issues
- Provides colleagues and other trainees with feedback and guidance (group supervision)
- Communication of assessment and intervention results to team, referral source, client, and/or family.
- Rapidly and effectively translates complex biopsychosocial issues to other professionals

***Supervision:***

- Provides others with appropriate feedback in group supervision
- Provides a safe atmosphere in supervision
- Provides constructive feedback/guidance to supervisees
- Effectively deals with resistance in supervisee
- Effectively deals with ethical issues in supervision
- Effectively deals with boundary issues in supervisory relationship

***Science of Psychology:***

- Seeks out professional writings regarding assessment and treatment cases

- Awareness and use of current literature, research, and theory in assessments
- Awareness and use of current literature, research and theory in interventions
- Provides quality oral presentations in case conferences, and seminars
- Proposes realistic goals for scholarly activities for the year
- Generates independent scholarly questions/hypotheses
- Demonstrates independent, critical thinking in scholarly endeavors
- Time management and discipline in the use of allotted scholarly/research time
- Works towards communicating findings of scholarly endeavors through poster presentations, professional papers, local or national presentations

***Professional values, attitudes and behaviors:***

- Aware of need for and has receptivity to supervision
- Seeks consultation/supervision as needed and uses it productively
- Well prepared for supervisory meetings and effectively presents clinical material in supervision
- Responds to consultation/supervision with constructive action or changes
- Recognizes how personal characteristics impact clinical work
- Awareness of own competence and limitations as a clinician
- Aware of continuing developmental professional goals
- Possesses an appropriate level of confidence in clinical abilities
- Develops a sense of self as a "Psychologist"
- Interacts effectively with other staff
- Accountability, dependability, responsibility
- Initiative
- Exercises good judgment as professional
- Actively participates in seminars/didactics
- Possess realistic career plans

***Ethics:***

- Overall awareness of APA ethical guidelines and ethics issues that arise in professional activities
- General ability to think critically about ethics issues
- Overall behavior is consistent with ethical guidelines
- Awareness of, and adherence to APA ethical guidelines relevant to assessment, treatment, consultation, providing supervision, and scholarly inquiry

***Individual and Cultural Diversity:***

- Sensitive to issues of ethnic, cultural, gender, or sexual diversity relevant in assessment, treatment, consultation, providing supervision, and scholarly inquiry

## Diversity

The Alaska VA Psychology Internship gladly embraces the emphasis on individual and cultural diversity that contemporary psychology training requires. We have numerous Seminar topics that cover a range of issues of diversity, a monthly Diversity Journal Club,

and a two-day immersive seminar at the Alaska Native Heritage Center.

Our dedication to the value of embracing diversity is partly driven by the diversity of Anchorage and Alaska itself. Anchorage is a city of tremendous diversity, including the three most diverse US Census tracts in the country. The Anchorage School District includes 96 different languages among its student population, including numerous Native Alaskan languages. One of the most surprising aspects about Anchorage to newcomers is the amazing diversity of cultures and cultural influences in this community, and it is noticed by "Lower 48" media:

http://america.aljazeera.com/multimedia/2015/8/most-diverse-neighborhood-in-us-is-in-alaska.html
http://www.slate.com/articles/life/tomorrows_test/2016/06/the_newcomers_center_has_made_anchorage_alaska_one_of_the_best_school_districts.html
https://www.cnn.com/2015/06/12/us/most-diverse-place-in-america/index.html

## Administrative Policies and Procedures

Our internship policy and procedure manual covers all domains applicable to our trainees, including, but not limited to (a) Administrative (e.g., training committee structure and function, intern's involvement in faculty meetings, intern selection, evaluations of interns, faculty, rotation, etc.); (b) Training (e.g., compliance with training and ethical requirements, outside placements, moonlighting, supervisor qualifications, rotation placement changes, etc.); and (c) Other (e.g., grievance procedures, disciplinary procedures.)

### *Leave/Holidays*

Our authorized leave policy is the same that applies to all VA Psychology Training Programs. Interns will have 10 days of paid federal holidays, 13 vacation days, and up to 13 sick days, as well as limited dissertation release time. Leave is accrued by each two week pay period, with interns earning 4 hours of sick leave and 4 hours of annual level each pay period.

### *Stipend*

Interns receive a stipend in 26 biweekly installments. Each internship stipends are adjusted by locality to reflect the relative cost in different geographic areas. The last stipend increase was in 2017. Currently, the annual stipend is expected to be $26,411.

### *Benefits*

As with all employment within the federal government, interns will be eligible for health insurance, and life insurance. Please see https://www.opm.gov/healthcare-insurance/ for details on available options.

### *Liability*

When providing professional services at a VA healthcare facility, VA-sponsored trainee

acting with the scope of their education programs are protected from personal liability under the Federal Employees Liability Reform and Tort Compensation Act 28, U.S.C.2679(b)-(d). Many interns also elect to get their own liability insurance through their own school's available policy.

### *Due Process*

A specific policy is established to ensure and guide due process for all interns. Grievances covered by this policy include, but are not limited to (a) challenging a performance rating, (b) grievance against clinical, teaching, supervision, or other professional behavior of faculty member(s); or (c) challenging a program policy or procedure. (This policy does not deny the intern's right to grieve directly to the Chief of Staff or the Human Resources Management Service.)

### *Privacy*

Our privacy policy is clear: we will collect no personal information about you when you visit our website. Our internship program does not require self-disclosure.

# THE TRAINING YEAR

## Program Structure

The dates for the 2019-2020 training year are August 19, 2019, to August 14, 2020. As an introduction to a sense of a work-life balance, we adhere to a Monday through Friday schedule, averaging 40 – 45 hours per week. There is no on-call duty, nor any scheduled work obligations on weekends. We believe that interns should have a training experience that closely parallels that of staff psychologists; we want to enjoy where we live, and so should interns!

The Alaska VA Psychology Internship Program is structured to provide training in core competency areas while maintaining the flexibility to provide individualized and developmentally-oriented training experiences for Psychology Interns. Training will take place in three four-month rotations:

1) Outpatient Mental Health PTSD Specialization
2) Health Psychology
3) VA Domiciliary

The Outpatient Mental Health and Health Psychology rotations take place at the main VA clinic, while the VA Domciliary rotation primarily takes place at the VA Domiciliary, located in mid-town Anhorage. The training committee seeks to consider interns' previous experience and professional goals when deciding the order of the rotations.

## Facility and Training Resources

Each intern will have a dedicated office with computers and phones in their coresponding location (main VA clinic or Domciliary); digital recording equipment will be available to support clinical supervision and training activities. In addition to the support from

psychology internship faculty and clinical staff, each intern will have administrative and program support for training and consultation with electronic medical record management, telemental health, and other clinical applications; and data management related to clinical workload, and program and facility performance improvement programs. Video-teleconferencing, “Live Meeting,” and "Smart Board" technologies are available to support seminars, clinical case conferences, and other trainings as well as clinical applications. The Alaska VA Healthcare System also has made a considerable investment in telehealth technology, which will support intern experiences in telemental health applications. Interns will also have accounts on the VA Talent Management System (TMS), which provides required and optiona onlinel training opportunities on a

The Alaska VA Healthcare System Medical Library offers access to all major psychology, medicine, and public health journals. The capacity for database searches of the card catalog, Medline, ERIC, CINAHL, HEALTH, New England Journal of Medicine, PsychLit (Psychological Abstracts), and many others is available on-site and remotely. There is an excellent electronic inter-library loan system for periodicals that are not available through the library. Interns also have access to a full array of psychological assessment materials.

The Ph.D. program in Community/Clinical Psychology at the University of Alaska Anchorage includes internship faculty and interns in seminar and other educational offerings, and options to participate in NIH-funded clinical research.

## Supervision

Formal individual supervision (scheduled face-to-face contact with primary supervisor) is provided for at least two hours per week, and scheduled depending on intern and supervisor schedules by rotation. Interns are also required to attend two additional hours of group supervision per week (held for one hour each on Wednesdays and Thursdays).

A supervision contract is negotiated between the intern and the supervisor(s) at the beginning of each rotation, focusing on the goals and competencies for the rotation.

## Evaluation

At the beginning of the intern year, interns will complete a self-study which will be provided to each rotation supervisor. This self-study will allow the intern to communicate their perception of their competencies, and outline their training goals.

The self-study will be the basis of the beginning of the supervisory relationship. During the first rotation, interns will be evaluated at the midpoint (in mid-October) and at the end (in mid-December). In subsequent rotations, they well be evaluated the end. Interns will also be evaluating their supervisor’s performance at the end of each rotation. There will also be an end of year overall evaluation of our program.

## Research

Interns are allowed to request up to 4 hours per week for research time to work on their dissertation or other research projects. Previous interns have worked with the University of Alaska Anchorage on various research projects including ethical problem-solving, and

college alcohol use. This facility does not conduct research.

## Seminars and Other Educational Opportunities

### *Intern Didactic Series*

Seminars occur on a weekly basis and are presented by various staff members, including non-psychologists. In addition to the staff presentations, interns each present two presentations (a formal case presentation and a research/literature review). Here is a partial list of Seminar topics in the past year:

- Complex PTSD and ACEs
- Military Sexual Trauma
- Prolonged Exposure Therapy – theory and practice
- Psychotherapy with Alaska Natives
- Transgender/Intersex Veterans
- LGBT Veterans
- Borderline PD and Dialectic Behavior Therapy
- Professional Boundaries
- Using Neuropsychology in Psychotherapy
- Neuropsychological Assessment
- Professionalism in Social Media
- Routine Outcome Monitoring
- Military Culture
- Intimate Partner Violence
- Mindfulness Based Stress Reduction
- Chronic Pain and Somatic Distress in Women
- CBT for Substance Use Disorders
- Psychotherapies for Women with Complex Trauma
- Cognitive Behavioral Couples Therapy
- Compensation and Pension examinations
- Recovery from Torture
- Compassion/Loving Kindness
- Smoking Cessation
- Sexual Dysfunction
- EPPP
- Rehabilitation Psychology
- Leadership Skills Development in Psychology
- Driving Capacity Evaluations
- Palliative Care
- Acceptance and Commitment Therapy
- Moral Reconation Therapy
- Mild TBI and PTSD
- Psychopharmacology
- Emotion Focused Therapy
- Tarasoff
- IBCT
- Privacy and Confidentiality in Rural Settings
- MCMI -IV
- Power, privilege, and the Supervisory relationships

### *Monthly Cultural Diversity Journal Club*

Interns are required to participate in the Monthly Cultural Diversity Journal Club. The Journal Club is held the 2nd Wednesday of each month, and is facilitated by Dr. Camilla Madden. Interns are expected to host one Journal Club meeting, where they select the article and facilitate a discussion among the group members. Recent journal articles that have been discussed in this club include:

- Human Trafficking of Children and Adolescents: A Global Phenomenon With Horrific Health Consequences
- Healing the Hidden Wounds of Racial Trauma

- American Indian and Alaska Native Mental Health: Diverse Perspectives on Enduring Disparities
- Internalized Stigma Among Sexual Minority Adults: Insights From a Social Psychological Perspective
- Contributions From Ethics and Research that Guide Integrating Religion Into Psychotherapy
- An Exploration of How Psychotic-like Symptoms are Experienced, Endorsed, and Understood from the National Latino and Asian American Study of American Life
- Crossroads: The Psychology of Immigration in the New Century, Report of the 2011 APA Presidential Task Force on Immigration
- Contributions From Ethics and Research That Guide Integrating Religion Into Psychotherapy
- Latino Veterans with PTSD: A Systematic Review

***Other off-site training opportunities***

Interns have taken advantage of various off-site training opportunities. Each year interns have participated in a two-day cultural training at the Alaska Native Cultural Heritage Center, which has been a favorite training of previous interns. Previous interns have attended the Alaska LBGT Pride Day with members from the Transgender Support Group. Interns have also presented poster presentations at conferences, such as the American Psychological Association. In the spirit of optimizing an intern's training experience, our program is committed to flexibility in the content and structure of an intern's yearlong training, as provided by the collective skills and experience of our faculty.

Anchorage was selected as the site of the 2019 National Veterans Golden Age Games, a national, multi-sport competition for older Veterans (55+), including Veterans from a wide range of abilities and disabilities. This program was designed to help improve the quality of life for older Veterans, and encourage them to be proactive in embracing a healthier lifestyle. Interns this year could participate in hosting this inspiring event.

There are also many local behavioral health conferences and trainings available that interns can participate in (some free and others for a specific training cost). While some opportunities are subject to local resources and training priorities, annual trainings opportunities or trainings that occur more regularly include:

- The Regional Alcohol and Drug Abuse Counselor Training (RADACT) program's Annual School on Addictions and Behavioral Health
- Alaska Psychiatric Association's Annual Continuing Medical Education Conference
- Southcentral Foundation's Annual Nuka System of Care Conference
- Alaska's Annual Behavioral Health Provider Education Conference
- Annual Infant & Early Childhood Mental Health Institute & Child, Adolescent & Family Behavioral Health Conference

- The National Indian Child Welfare Association's Annual Protecting Our Children: National American Indian Conference on Child Abuse and Neglect
- The Alaska Training Cooperative's Hearing Voices Workshop
- The University of Alaska's annual Behavioral Sciences Conference of the North
- Monthly Fifth Friday socials (non-CE training, colloquium, social, or collegial events) for members of the Alaska Psychological Association.

### Service Requirements

Interns are given opportunities to aid in the development of the training program and the Alaska VA Healthcare system. These opportunities include, but are not limited to, service on the Training committee during one rotation, participation in internship interviews and open house, and development of orientation and training materials for future interns. Interns have also worked with supervisors to sit in on VA committees that they belong to, such as the Medical Record Review Committee, and Disruptive Behavior Committee.

### Requirements for Completion of Internship

It is expected that each intern will attend all scheduled didactic presentations and actively engage in the training rotations for the full duration of the assignment unless there is prior approval for the absence. The intern will be responsible for assuring attendance at a minimum of 80% of all scheduled presentations including, but not limited to Seminars and Psychology Clinical Case Presentations. Where feasible, attendance will be monitored via sign-in sheets. Where applicable, attendance criteria include completion of evaluation forms.

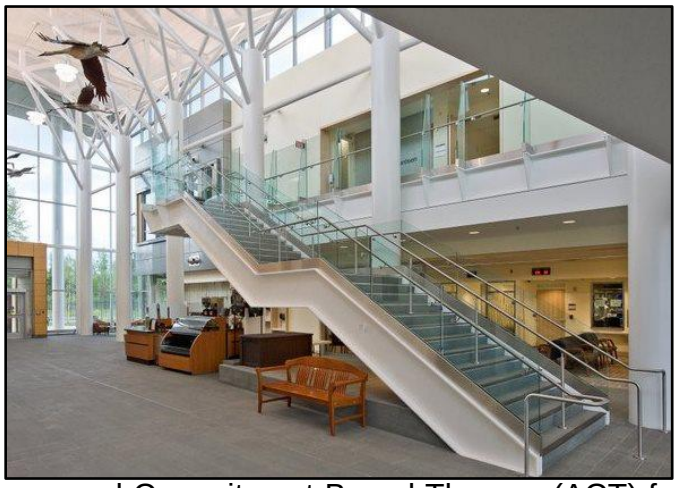
Program completion requires 2080 hours of internship training activities under clinical supervision (two hours of individual supervision, two hours of group supervision). Performance evaluation of and feedback to interns by clinical supervisors and other internship faculty is continuous; however, more formal evaluations are completed at the end of each rotation, as well as at the mid-point and end of the internship year. Maintaining good standing and completing the internship requires receiving satisfactory ratings in the clinical competencies listed above under Program Goals and Objectives.

## ROTATION DESCRIPTIONS

### Outpatient Mental Health – PTSD Specialization

This rotation, under the supervision of Dr. Camilla Madden, provides the intern a training opportunity in developing clinical competencies and experience in a broad array of clinical and clinical administrative activities in the context of an interdisciplinary outpatient mental health and substance abuse treatment program (Social and Behavioral Health Service; SBHS). SBHS is a full-service outpatient clinic that serves individuals with a wide range of emotional, social, and psychiatric problems. Clients represent a full diagnostic range with clients presenting with co-morbid substance abuse/dependence diagnoses and histories of complex trauma. A significant number of our clients are returning veterans from Operation Iraqi Freedom (OIF), Operation Enduring Freedom (OEF), and Operation New Dawn (OND). Given the complexities of living and traveling (i.e., planes, boats, snow machines) in Alaska, interns will have the opportunity to provide mental health services

through tele-mental health.



Interns on this rotation will enhance their ability to deliver recovery-oriented services to this full range of clinical presentations with specialized experience in PTSD. Rotation training experiences in PTSD treatment include evidence-based individual therapies (Cognitive Processing therapy or CPT and Prolonged Exposure or PE) and psychoeducational group therapies as well as evidence based group therapy (CPT). Interns will also get the chance to learn and implement Acceptance and Commitment Based Therapy (ACT) for veterans with PTSD. Additional experiences include co-facilitating or facilitating psychotherapy groups, providing triage for clients in acute distress, intake evaluations and treatment planning, psychological assessment and testing, and consultation to primary care providers and to other interdisciplinary clinicians. Additional experience is available for program development to enhance the PTSD program described above.

*Training in Evidence-Based Therapies (EBTs):* Our program emphasizes training in clinical skills and recognizes that clinical work is informed by well-designed research. As part of our commitment to this model, training in EBTs is a strong focus of our program. All psychologists in the Specialty Mental Health clinic have training in EBTs, and most are certified through the VA. The interns will receive both didactic training and in vivo experience providing these therapies as they move through the various rotations. Each intern will select an EBT in which he/she wants to gain in-depth training and will be paired with a clinician certified in that specific treatment modality. The clinician will serve as a mentor and will train the intern in conceptualization and techniques inherent to the chosen EBT. Particular emphasis is provided in Cognitive Processing Therapy (CPT) and Acceptance and Commitment Therapy (ACT).

In addition to PTSD-related treatment modalities, interns will have the opportunity to work with our Transgender Veterans Support Group, and participate in discussions related to numerous aspects of the transition process. We are committed to supporting and promoting the full spectrum of services to our LGBT Veteran community.

This rotation also offers training opportunities for family and couples therapies, including the REACH program (group therapy for couples in which one member suffers from a chronic mental illness), Emotion-Focused Therapy, and Integrated Behavioral Couples Therapy.

## Health Psychology

Under the supervision of Dr. Jill Duke, interns provide an array of brief, focused

psychological services for both primary care and specialty mental health patients. Additionally, interns will have the opportunity to work with a multidisciplinary staff involved in primary care, chronic disease management, and health promotion / disease prevention. In this setting, an intern will function as the mental health and behavioral change expert. Interventions include cognitive behavioral therapy for insomnia, pain management, motivational interviewing with a health-related focus, and consultation/supervision. Also, interns on this rotation participate in motivational enhancement group therapy, smoking cessation groups, weight loss support through MOVE!, and chronic and infectious disease support. Assessment activities include, but are not limited to, pre-treatment for bariatric surgery, mental health evaluations for solid organ transplant candidates, pain / spinal surgery pre-evaluations. Interns are allowed the opportunity to gain experience in a number of areas while also pursuing individualized goals.

### VA Domiciliary

The Alaska VA Domiciliary is a mental health residential rehabilitation treatment program that consists of a 50-bed facility coupled with several transitional residences that incorporate efforts to address housing, employment, and health care for Veterans within a recovery-based model. Residents often stay for several months and work toward addressing unemployment, homelessness, and mental health problems such as substance use, trauma, and depression. Accordingly, an emphasis on this rotation is for interns to expand their clinical skills to effectively deliver empirically-based interventions for Veterans' mental health needs. Opportunities exist for individual assessment and therapy, a variety of group therapies, and participation in multidisciplinary treatment teams. Interventions are typically cognitive-behavioral in nature, as well as including elements of motivational interviewing, mindfulness-based stress reduction, and integrated efforts to address comorbid conditions. Interns currently co-facilitate several groups with psychology staff, including Mindfulness-Based Stress Reduction, Talking Circles, CogSmart, and Seeking Safety. Depending on training needs and interest, there is also the opportunity to engage in local program development, assist with community outreach activities, observe justice outreach activities such as Veterans Court, and develop and implement short-term groups during the rotation. Supervision for domiciliary activities will be provided by Drs. Cale Palmer and Jayson Hsieh.

## TRAINING FACULTY

We have 11 doctoral psychologists representing diverse theoretical orientations, clinical specialties, and interests. Some have had academic appointments at the University of Alaska Anchorage. The staff is experienced and highly committed to clinical service and professional training.

**Ian C. Carpenter, Psy.D.**
Degree: Psy.D.
Date of Degree: 2015
University: University of La Verne, CA
Primary Clinical and Research Interests and Expertise: Psychological assessment, Program development, Trauma, Military psychology, Consultation, Clinical Training,

Crisis intervention, and the intersection of Technology and Psychology. DoD trained in evidenced-based treatment for PTSD (CPT & PE) and cognitive behavioral therapy for Depression and Insomnia (CBT-D, CBT-I).
Personal Interests: International travel, video games, Brazilian Ju Jitsu, hiking, and spending time with family.

**Jill M. Duke, Ph.D.**
Degree: Ph.D., Clinical Psychology
Date of Degree: 2012
University: Washington State University
Primary Clinical and Research Interests and Expertise: Behavioral Medicine, Geropsychology, Motivational Interviewing, Home-based Primary Care, Psycho-oncology, Chronic Pain, Rehabilitation psychology, Self-regulation Model of Illness.
Personal Interests: Mountain biking, snowboarding, cross-country skiing, hiking, traveling, brewing, attending concerts, mycology.

**Deborah Gideon, Ph.D.**
Degree: Ph.D.
Date of Degree: 1984
University: Auburn University
Primary Clinical and Research Interests and Expertise: Neuroscience of emotion and social cognition; neuropathology in psychiatric disorders; the use of neuropsychological information to guide psychotherapy and rehabilitation; neurotoxins and brain function; health psychology.
Personal Interests: Hiking, canoeing, playwriting, photography, gardening, piano, interior design.

**Carlan Gordon, Psy.D.**
Degree: Psy.D.
Date of Degree: 2016
University: Chicago School of Professional Psychology
Primary Clinical and Research Interests and Expertise: trauma, working with refugees and survivors of torture, military psychology, crisis intervention, intergenerational trauma, multiculturalism and diversity, psychology and spirituality, and international disaster psychology.

**Daniel S. Gonzales, Ph.D.**
Degree: Ph.D., Counseling Psychology
Date of Degree: 1988
University: University of Missouri-Columbia
Primary Clinical and Research Interests and Expertise: Psychology Training, Assessment and treatment of Post Traumatic Stress Disorder; Prolonged Exposure Therapy; Forensic Psychology, Behavioral Sleep Medicine, Animal-assisted Therapy.
*Personal Interests:* Bicycling, Cross-Country Skiing, Fine food/wine,

astronomy/stargazing (only in winter!), American history.

**Kun-Yueh (Jayson) Hsieh, Ph.D.**
Degree: Ph.D.
Date of Degree: 2014
University: Palo Alto University
Primary Clinical and Research Interests and Expertise: Rural Mental healthcare service delivery in Bush Alaska, PTSD and severe mental illness in adult populations. Areas of specialty include EMDR for individuals with traumatic history, and Mindfulness-based intervention as applied to a broad range of psychopathology.
Personal Interests: Biking, Cooking, and Meditation

**Ann G. Hutcheson, Psy.D.**
Degree: Psy.D., CADC1
Date of Degree: 2011
University: Pacific University
Primary Clinical and Research Interests and Expertise: Evidence-Based Psychotherapies, PTSD/SUD treatment, Complex trauma, VA certified in Acceptance and Commitment Therapy, VA certified in Cognitive Processing Therapy
Personal Interests: Spending time with my family hiking, fishing, boating, and hunting.

**Camilla A. Madden, Ph.D.**
Degree: Ph.D., Counseling Psychology
Date of Degree: 1990
University: University of Miami
Primary Clinical and Research Interests and Expertise: Cultural Diversity, Psychosocial Rehabilitation Recovery Model, Homeless Veterans Services, VA Therapeutic and Supported Employment Services, Acceptance and Commitment Therapy, Mental Health Consumer Advocacy and Lesbian, Gay, Transgender and Intersex Issues, Family/Couples Therapy
Personal Interests: To relax, I love cooking, reading, gardening, hiking, tennis, and boating in Prince William Sound. I enjoy attending theatrical productions and cultural fairs and being part of conservation and environmental causes such as the time I spend with the Friends of the Alaska National Wildlife Refuge participating in beluga counts and sand hill crane observations.

**D. Rush McQueen, Ph.D**
Degree: Ph.D., Clinical Psychology
Date of Degree: 2004
University: Auburn University
Primary Clinical and Research Interests: PTSD, Telemental health, Psychology training
Personal interests: Traditional archery, camping, bushcraft, gardening, and time with my family.

**Alisa L. Niehuser, Psy.D.**

Degree: Psy.D.
Date of Degree: 2013
University: Pacific University
Primary Clinical and Research Interests and Expertise: Evidence-Based Psychotherapies, PTSD treatment.
Personal Interests: Travel, hiking, biking, rock climbing, fishing, and most things outdoors.

**Cale Palmer, Ph.D.**
Degree: Ph.D., Clinical Psychology
Date of Degree: 2009
University: University of Hawaii at Manoa
Primary Clinical and Research Interests and Expertise: Motivational interviewing and cognitive behavioral therapies, evidence-based practices, military psychology, health psychology, cognitive functioning, and the development and utilization of technology within psychology.

## ALUMNI

As seen below, our interns come from all over the country; we tend to attract candidates who have variable levels of experience with Alaska, from being lifelong Alaskans to those who have never been here. All interns have had a curiosity and desire to expand their professional horizons, and had a training experience unlike any in their graduate practica. We are happy to report that of all alumni of our program who are license-eligible, 100% have gotten their license to independently practice psychology!

Although we do not have a post-doctoral fellowship in our training program, since 2008 we have directly hired 7 interns from internship as staff psychologists (N=25 total interns thus far). We feel this is as good an indicator as any of the overall quality of our training experience. Our graduates work in a variety of settings, including at five other VA Medical Centers.

**2018 Graduates**
Our Lady of the Lake University, Psy.D. Counseling Psychology
The Wright Institute, Psy.D. Clinical Psychology
Wheaton College, Ph.D Clinical Psychology

**2017 Graduates**
University of Alaska Anchorage/Fairbanks, Ph.D Clinical-Community Psychology
Florida Institute of Technology, Psy.D. Clinical Psychology
Fielding Graduate University, Ph.D. Clinical Psychology

**2016 Graduates**
Chicago School of Professional Psychology, Psy.D. Clinical Psychology
Chicago School of Professional Psychology, Psy.D. Clinical Psychology

Adler School of Professional Psychology, Psy.D. Clinical Psychology

**2015 Graduates**
Pacific University, Psy.D. Clinical Psychology
Central Michigan University, Ph.D. Clinical Psychology
California School of Professional Psychology, Ph.D. Clinical Psychology

**2014 Graduates**
Florida State University, Ph.D. Counseling Psychology
Pacific University, Psy.D. Clinical Psychology
Ponce School of Medicine, Psy.D. Clinical Psychology

**2013 Graduates**
Massachusetts School of Professional Psychology, Psy.D. Clinical Psychology
California School of Professional Psychology, Ph.D. Clinical Psychology
George Fox University, Psy.D. Clinical Psychology

**2012 Graduates**
Regent University, Psy.D. Clinical Psychology
Seattle Pacific University, Ph.D. Clinical Psychology
Pacific University, Psy.D. Clinical Psychology

# APPLICATION AND SELECTION PROCEDURES

Our internship seeks applicants who are graduate students in good standing in a clinical or counseling psychology program approved by APA (Ph.D. or Psy.D.). We are seeking applicants who are interested in obtaining a generalist training with an emphasis on cultural diversity and service delivery in urban, rural, and frontier healthcare environments. As an equal opportunity training program, the internship welcomes and strongly encourages applications from all qualified candidates, regardless of gender, gender identity, age, religion, racial, ethnic, culture, nationality, socioeconomic status, sexual orientation, disability or other minority status.

**To apply, submit the following materials electronically through the on-line APPIC Application for Psychology Internships:**

- APPIC Application for Predoctoral Psychology Internships (APPI), which includes a detailed vita describing background training, experience, and scholarly activity and research, three letters of recommendation, one of which is from your university's director of clinical training, and official transcripts of your graduate work sent directly by your university.

**APPIC Program Number: 2067**
**NMS Match Number: 206711**

## Deadlines

Deadline for completed applications is **November 2, 2018** for the fall of 2019. Applicants

will be notified of invitation for phone interviews **December 14, 2018**.

## Additional Information

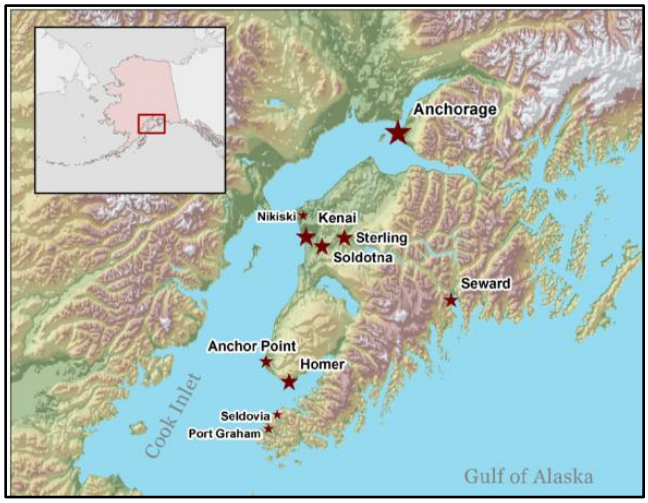
This internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant.

Note: A CERTIFICATION OF REGISTRATION STATUS, CERTIFICATION OF U.S. CITIZENSHIP, and DRUG SCREENING are required to become a VA intern. The Federal Government requires that male applicants to VA positions who were born after 12/31/59 must sign a Pre-appointment Certification Statement for Selective Service Registration before they are employed. It is not necessary to submit this form with the application, but if you are selected for this internship and fit the above criteria, you will have to sign it. All interns will have to complete a Certification of Citizenship in the United States prior to beginning the internship. We will not consider applications from anyone who is not currently a U.S. citizen. The VA conducts drug screening exams on randomly selected personnel as well as new employees. Interns are not required to be tested prior to beginning work, but once on staff they are subject to random selection as are other staff.

## OPEN HOUSE

After applicants are notified of invitation for phone interviews December 14, 2018, interviews will take place during the first several weeks of January, 2019. Once interviews are complete, we will then submit our rankings during the fourth week of January. Afterward, the internship will host an Open House for all interviewees, which will be held on **Friday, January 25, 2019**. Please note that because our rankings will have already been submitted to APPIC, there will be no evaluation of applicants during the Open House – the pressure will be on us, not you! We arrange it this way in part to offer a relaxed opportunity to get to know us better, but also to respect your time and money during the challenging month of interviews around the country. Unless you live in Alaska (or Seattle), at least two days are required to have a good face-to-face interview here, costing an average of about $2,000. We feel a sense of social and economic justice to not penalize applicants who cannot visit, as well as a desire to welcome those who do choose to visit. Attire is business casual, and we will provide lunch.

# ALASKAN LIVING



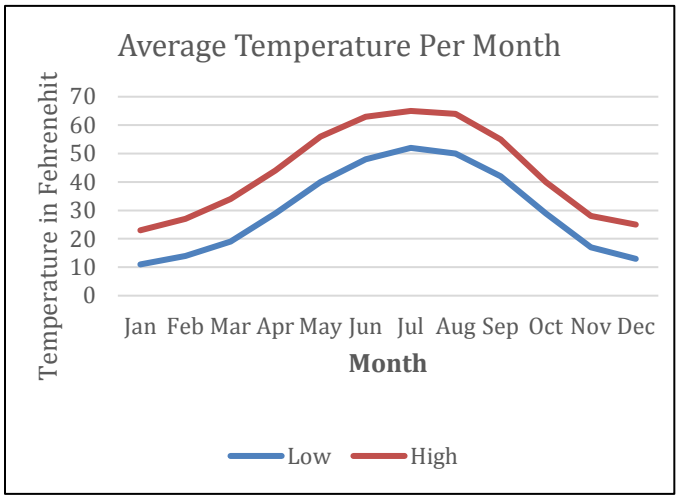

The Alaska VA Healthcare system is located in Anchorage, Alaska, a city of nearly 300,000 people, or roughly the population of Cincinnati, Ohio or Pittsburgh, Pennsylvania. Due to the large land area of the Anchorage, the city is not densely populated, with only 171 people per square mile. When considering the outlining Matanuska-Susitna Borough, the population of the total Anchorage metropolitan area is over 400,000 people. This one area is the population center of the state, and includes slightly over half of the Alaskan population. Anchorage is located on the Kenai Peninsula in south-central Alaska, bordered by the Knik Arm of the Cook Inlet to the north, and the inlet's Turnagain Arm to the South. To the east, the city is flanked by the Chugach mountains and the 495,000-acre Chugach State Park. The city has various economic sectors, including resource development, tourism, education, government and transportation. Anchorage is also home to the state's largest public university, the University of Alaska Anchorage which has a student population of almost 18,000. The city has a large military presence with the Joint United States Army and Air Force Base Elmendorf-Richardson.

One of the most surprising aspects about Anchorage to newcomers is the amazing diversity of cultural and cultural influences in the community. In terms of ethnic diversity, the U.S. Census estimates that most common racial groups in Anchorage include Caucasian (65%), Asian (9.6%), multiracial (8.2%), Alaska Native/American Indian (8.7%), Black/African American (6.1%) and Native Hawaiian/Pacific Islander (2.5%). Anchorage is a city of tremendous diversity, including the three most diverse US Census tracts in the country. The Anchorage School District includes 96 different languages among its student population, including numerous Native Alaskan languages. Anchorage also has an active LBGT community, led by the Identity Alaska organization.

The beauty of Anchorage is unquestionable. In addition to the perks of city living, Anchorage residents also have access to the magnificence of Alaskan wildlife. While many types of wildlife are readily seen within the city, residents can also travel to the various state parks and areas

outside of the Municipality to see wildlife in its most natural habitat. Anchorage has received numerous acknowledgments of its status as a great city to live in. Anchorage has won the National Civic Leagues' All-American City four times (1956, 1965-1984-85 and 2002). The Anchorage Economic Development Commission's "Live. Work. Play." Initiative recently announced that by 2015, Anchorage will be the #1 city in the country to live, work and play!

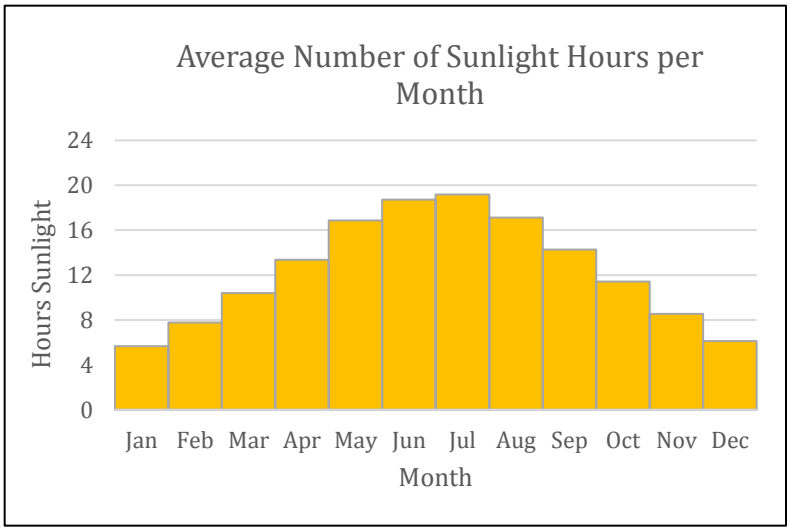
https://youtu.be/hSTp66bYa9E
https://aedcweb.com/live-work-play/
https://www.kiplinger.com/slideshow/real-estate/T000-S001-10-great-cities-for-young-adults-slide-show/index.html
https://livability.com/ak/anchorage/community/why-anchorage-ak-is-one-of-the-top-100-best-places-to-live




## Climate

Newcomers to Alaska are often concerned about the possibility of frigid temperature and icy/snowy roads. January tends to be the coldest month of the year in Anchorage, with average lows of 11 degrees Fahrenheit and average highs in the low twenties. Many Alaskans aim to take vacations during this December to February timeframe to get a brief reprieve from the cold temperatures, and many people utilize auto-starts to warm up their cars, and heated blankets to provide extra warmth. In contrast, the summer months in Anchorage have average temperatures of low 50s to mid-60s. In terms of precipitation, Anchorage averages from a high of 3.27 average inches of precipitation in August to a low of 0.47 average inches of precipitation in April. December tends to be the month with the largest average snowfall, with average 17 inches of snowfall.

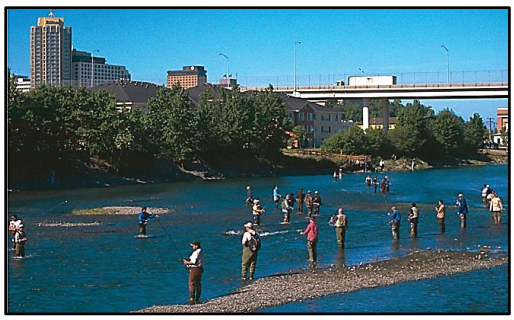
Living in Alaska offers a unique experience in the seasonal daylight fluctuations of arctic living. On the Winter Solstice in December (the shortest day of the year), Anchorage will see around 5 ½ hours of sunlight, with the sun rising slightly after 10:00 am and setting between 3:30 and 4:00 pm. Many Alaskans look forward to the Summer Solstice in June, where they bask in over 19 hours of sunlight, with the sun only briefly dipping behind the horizon below midnight until it rises again just after 4:00 am. When you consider civil twilight, the phase of twilight in which the sun is just below the horizon and there is still visible natural light, there are 24 hours of combined daylight and civil twilight in Anchorage for most of the month of June and early July. Alaskan take advantage of these extra hours of sunlight to enjoy the natural beauty of Alaska.




## Recreational Activities

The opportunity for recreational activities in Anchorage is abundant, and tends to vary by season. Local retail shops, such as REI, provide gear rents so interns can try new outdoor activities without having to purchase gear.

In the winter months, many Alaskans enjoy from downhill skiing at the Alyeska Ski Resort or Hatcher's Pass, to backcountry or cross-country skiing on many groomed and ungroomed trails both inside and outside of the Municipality of Anchorage. The 1,400-acre Kincaid Park, nestled up against the Turnagain Arm, is a popular spot. Ice skating is another popular past-time, with residents skating or playing hockey on Westchester Lagoon or local lakes such as Eklutna Lake. Other winter recreational activities include taking a dog sled tour ride, snow machining or snow shoeing. More adventurous residents also do ice climbing. The winter is also the perfect time to camp out to see the awe-inspiring starlight sky and legendary Northern Lights, which are occasionally visible from in the city, although views are almost always more impressive in the backcountry and further north.



In the summer, Alaskans have access to the wonder of the Alaskan frontier. Within the city, Anchorage residents enjoy the local Coastal and Campbell Creek trail systems, which sprawls from one side of the city to the other, to roller blade, bike, run or walk their pets. Residents can also fish in numerous municipal lakes, or Ship Creek, which is only a few minutes' walk from downtown Anchorage. People can also travel only a few hours outside the city to various fishing towns on the Kenai Peninsula including Seward, Whittier and Homer. Many people take fishing charters or wildlife tours of the Prince William Sound of Kenai Fjords National Park from these towns, witnessing the splendor of Alaskan sea life, including beluga whales, puffins, sea otters and sea lions. Many wildlife tours also show local glaciers, such as the Portage glacier. For people willing to travel a few hours outside of Anchorage, the Denali National Park, with the United States' tallest mountain, Denali (formerly known to residents of the "Lower 48" as Mt. McKinley) is available for exploration. Alaskans take advantage of the seemingly endless sunlight to hike, camp and backpack. A favorite introductory hike is Flattop Mountain, located in the Chugach range and offering breathtaking views of the city and inlet. There are many public use cabins that are available for rent. Other popular outdoor recreational activities include kayaking (lake or open water), canoeing, or rock climbing. It is also common to see people berry picking both in the Chugach Mountains and further outside the city. Anchorage also has a beautiful 100-acre Botanical Garden.

Alaskans are very active, and there are numerous sporting events available. In the summer, running races are abound. Local favorites include the Mayors Midnight Sun Marathon (5k, half-marathon, marathon or marathon relay) near the summer solstice and the Anchorage RunFest (5k, half-marathon, Marathon or 49K Ultra race). During the July 4th holiday, individuals can sign up for the Mount Marathon race, a competitive 5k race up and down the rocky 2,974-foot Mount Marathon in Seward, Alaska. Many Alaskans choose to witness this event while enjoying the local food festival. There are also several popular bike races, winter ski races or winter snow machine races.

## Entertainment, Culture and the Arts

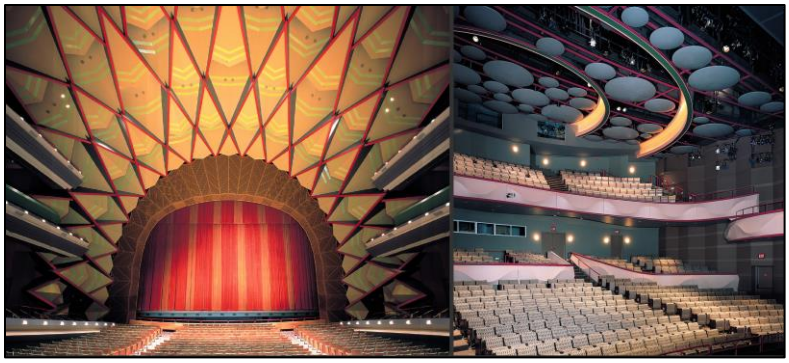
While Anchorage does provide great recreation options for active people, it also has

several opportunities for rich entertainment and cultural pursuits.

There are many festivals that are popular for Alaskans. In February people can attend the Fur Rendezvous (Fur Rondy) festival, which showcases a snow sculpture competition, a carnival, a Beard Contest, a Running of the Reindeer event, a Fur Auction and a Miner's and Trapper's Charity Ball. This festival coincides with the annual Iditarod Trail Sled Dog Race, an 1,100 race from Willow to Nome (ceremonial start in Anchorage). Other popular festivals include the Bear Paw Festival and the Girdwood Forest Fair.

Individuals who love history can enjoy various venues including the Anchorage Museum and the Alaska Native Heritage Center. The Museum even have select Sundays where admission is free. At the Alaska Native Heritage Center, people can explore replicas of traditional dwellings of Alaska Native peoples (Athabascan, Inupiaq, Yupik, Aleut, Tlingit, Haida, Tsimshian, etc.) all across the state, as well as watch Alaska Native dance and drumming performances, watch cultural films, and purchase Alaska Native art and jewelry. History lovers can also take a step back in time with gold panning pursuits, available in Crow Creek and Indian Valley, just outside of Anchorage. Another incredible cultural activity is the Native Youth Olympics. This annual event showcases Alaskan middle and high schoolers competing in 10 traditional Alaskan events that were tests of hunting and survival skills, and used to practice and refine agility balance and strength.

For the artistic types, Anchorage has The Performing Arts Center which showcases many



types of performances including Broadway musicals, dance numbers, opera and symphony performances. Recent musicals include Rodgers and Hammerstein's Cinderella, the Lion King, Little Shop of Horrors and My Fair Lady. There are also many

local theatre companies. Many musical performances come to both the Alaska Airlines Performing Center or the Alaska State Fair. Recent musical performances at these venues included the Zac Brown Band, the Goo Goo Dolls, Third Eye Blind, The Band Perry and Old Dominion. Anchorage also hosts a First Friday Art Walk in Downtown Anchorage, where people can tour downtown art galleries.

Anchorage also has a booming brewery industry - Alaska is the sixth highest per capita of craft breweries in the country. It culminates in the annual Great Alaska Beer and Barleywine Festival every January.

## Housing

According to Zillow, as of January 2018, the median cost in Anchorage for a one-bedroom rental was $855/month, $1200 for a two-bedroom rental and $1700/month for a three-bedroom rental.

## Transportation

Many Alaska VA employees either live in Anchorage or the Eagle-River/Mat-Su Valley area. Within Anchorage, commute times at the most will be 25-30 minutes, if the employee lives on the other side of town. Commute for employees working within the Eagle-River/Mat-Su Valley is approximately 35-40 miles. Free parking is provided. The local bus system, the People Mover, provides transportation within Anchorage, with a bus stop right outside the main VA clinic. However, some areas of town do not have frequent bus travel, making this form of public transportation not always practical for VA employees. The Municipality of Anchorage also provides a RideShare program that helps coordinate local carpooling and provides vanpool group subsidies. There is a free shuttle that runs between the main Alaska VA clinic and the VA Domiciliary, about 8 miles away, to which both Veterans and employees can utilize. Anchorage also has Uber and Lyft services. While there are public transportation options, many interns have found it useful to have their own car.

For travel within and outside of the state, Alaskans can utilize the road system, train and airplanes. While there are many rural villages in Alaska that are outside of the road system (and require a bush plane flight, snow machine or dog sled to get to), Alaskans can travel the 358-mile Parks Highway from Anchorage to Fairbanks, passing through the beautiful Denali National Park, home of the tallest mountain in the United States, Denali (formerly known to non-locals as Mt. McKinley). Alaskans also frequently travel on the scenic Seward Highway from Anchorage to the fishing village of Seward, a favorite spot for fishing charters and scenic tours of Kenai Fjords National Park. People who are driving from the lower 48 to Alaska often travel through Canada along the Alaska-Canadian Highway (ALCAN). Those with an interest in history can travel the 470-mile

Alaska Railroad, stretching from Seward to Fairbanks. For airplane travel, the Ted Stevens International Airport, about 13 miles away from the Alaska VA, provides international travel on many major commercial airlines (Alaska Airlines, United Airlines, Delta, American Airlines) on frequent daily schedules.