



Waianae Coast Comprehensive Health Center Pre-Doctoral Psychology Internship Program

Contact Kristy Sakai, Psy.D.
Director of Psychology Training
Behavioral Health Department
Waianae Coast Comprehensive
Health Center
86-260 Farrington Highway
Waianae, HI 96792

MATCH Number: 202411
Applications Due: December 1st

Email: ksakai@wcchc.com
Telephone: (808) 697-3469
Fax: (808) 696-1551

Program Status

The WCCHC program is currently a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC) and has been a member of APPIC since 2006.

Location

WCCHC is located along the backdrop of the Waianae mountain range, just across the road from the pristine Maili Beach. WCCHC's campus features lush gardens and walking trails, and oceanfront views of the Pacific coastline are visible from clinics. For more information about the center and campus, please refer to www.wcchc.com.

Overview of Training Program

The Waianae Coast Comprehensive Health Center (WCCHC) serves the federally designated, medically underserved communities on the Waianae coast and surrounding communities in the Leeward and Central regions of Oahu. At the WCCHC campus, integrative medicine is practiced to include primary care, pediatrics, case management, obstetrics, chronic pain management, dentistry, preventive health, a free standing 24-hour emergency room, Native Hawaiian Healing, and a fully integrated behavioral health program that includes psychiatry, psychology, primary care, health psychology, behavioral medicine, and substance abuse treatment. Within the Behavioral Health department, there are currently 11 full-time Psychologists and 1 part-time Psychologist, 3 full-time Psychiatrists and 1 part-time Psychiatrist, and 1 full-time Advanced Practice Registered Nurse, and Peer Counselor on staff. The Behavioral Health Department also includes an outstanding team of Medical Assistants and Medical Receptionists.

This site provides interns with unique and enriching training experiences. The population served is culturally diverse, predominantly of Native Hawaiian ancestry, and many possess traditional cultural ideologies and values. Interns will provide assessment and treatment for a wide range of presenting concerns including acute, chronic, severe, and complex psychological, organic, and/or substance related conditions. Interns will have the opportunity to provide behavioral health services to children, adolescents, and adults, many of whom are homeless or of low income and have histories of multiple traumatic experiences. Interns will receive comprehensive training and experience in working with a wide range of diagnoses and presenting problems to include PTSD, OCD and other forms of anxiety; depression; bipolar disorder; psychotic disorders; substance abuse and dependence; personality disorders; ADHD; behavioral and academic problems in children; and pervasive developmental disorders. These concerns often co-occur with medical conditions such as chronic pain, diabetes, obesity, hypertension, renal disease, and hepatitis C.



Interns will receive generalist training, and opportunities in various clinics may be available,



each providing unique training experiences. The Mawaena Clinic provides traditional behavioral health services. “Mawaena” means “center” in the Hawaiian language and is representative of bringing people back to their center and finding balance between mind, body, and spirit. Located near the ocean or “kai,” the Mawaena Kai Clinic provides training from a behavioral medicine model. The Little Mawaena Clinic, adjacent to the ER, provides traditional behavioral health services and crisis intervention and triage for the ER. The Women’s Health Clinic provides the

opportunity for behavioral health integration into primary care. Malama Recovery Services means “caring for self” with regard to recovery, and provides outpatient substance abuse treatment services to the community; training experiences may be available to interns. Training in the Malama Ola Clinic was previously available and opportunities may become available in the future. The Malama Ola Clinic offers health psychology and weight and chronic disease management. “Malama” means “to take care of” and “Ola” means “life” and is representative of caring for one’s health and life. The Pediatric Clinic may also be a future training option and would provide the opportunity for behavioral health integration into the primary care arena.

Interns will receive weekly didactic seminars in a wide range of topics, including but not limited to culture, assessment and treatment of various mental health conditions, ethics, and safety assessment. Interns will also participate in a year-long, weekly seminar in psychopharmacology and the biological etiologies of mental illness. Each intern will have the opportunity to develop supervision skills by providing supervision to a practicum student in professional development and attending a biweekly supervision of supervision seminar. Interns also have the opportunity to work with trainees from different levels of psychology training, including practicum students and postdoctoral fellows, as well as trainees from other disciplines such as internal medicine.

Philosophy and Goals of Training

The philosophy of the WCCHC internship program is based on a practitioner-scholar model with a focus on training the generalist practitioner, with supplemental training in specialty areas such as psychological testing, behavioral medicine (psychopharmacology and other physiological interventions), women's health issues, emergency room triage, physician consultation, and program development and research. Interns are encouraged throughout the year to develop and utilize their critical thinking skills, their knowledge of the scientific literature, and their abilities to evaluate research as a basis for clinical interventions. WCCHC psychology faculty recognize that it is essential to begin at each intern's level of professional development and provide opportunities through which existing skills may be refined and new skills assimilated. Working from a practitioner-scholar model, the goal of this internship is to train future clinical psychologists who are capable of practicing with professional autonomy in a variety of applied settings, including the community health centers in rural and medically underserved areas.

Program Goals and Objectives

The primary training objectives of our program are focused on the development of a number of core competencies identified as being essential to the practice of clinical psychology within the rural healthcare setting.

Assessment and Diagnosis: Interns develop competence in psychological evaluation skills by learning to conduct comprehensive biopsychosocial assessments. Evaluation methods include psychometric techniques, clinical interviews, observations, and analysis of collateral information. The interns will gain experience in the assessment of adults, children, and adolescents, with a lesser emphasis on couples and families. Patients present with a variety of issues and include referrals from the community and internal referrals from all WCCHC clinics.

Limited Integration of Medical Assessment and Diagnosis into Psychological Treatment: Interns will learn the rudimentary basics of laboratory tests, and also learn how acute physical illness affects mental status and how chronic disease affects the course of mental illness.

Intervention: Interns develop effective psychotherapeutic skills through refinement of existing abilities and training in time-limited and long-term interventions. Supervisors are from diverse theoretical orientations and interns are encouraged to develop within their own theoretical frameworks. In addition, interns become familiar with a variety of intervention strategies including training in psychopharmacology as part of a balanced biopsychosocial model of patient care. Every rotation emphasizes applicable and germane techniques for various forms of intervention.



Consultation: Effective skills in consulting with medical professionals, allied mental health professionals and other relevant personnel and organizations are emphasized. Interns are taught skills in rapid evaluation, appropriate disposition, and effective communication in responding to the needs and questions of the referral source.

Research: Interns are strongly encouraged to complete their dissertations or doctoral projects by the end of the internship year. The ability of interns to critically evaluate scientific research and utilize empirically-validated interventions to inform their clinical practice is emphasized. Interns may also have the opportunity to participate in mini rotations in program development, grant writing, and research activities as available.

Supervision and Teaching: Interns are responsible for developing and conducting professional presentations on psychological topics for medical staff and students or other groups as available. Interns are encouraged to assist practicum students in their study and practice of psychology. Throughout the training year, interns will practice and develop supervision skills by engaging in biweekly meetings with a practicum student, which focus on enhancing the professional development of the practicum student. Interns will also participate in a biweekly “Supervision of Supervision” seminar, to further enhance their skills and discuss their experiences.

Ethical Awareness: Ethical issues and appropriately addressing ethical dilemmas are emphasized throughout the internship training, in supervision and in didactic training.

Personal and Professional Development: Promoting each intern's personal and professional development is an integral part of all training experiences. Interns are encouraged to pursue interests and endeavors within the internship program that will enhance their own personal and professional development. Issues of professional development and growth are also addressed in individual and group supervision.

Cultural Diversity: Cultural mindfulness is a high priority in didactic training and supervision, and is integral to patient care. Interns are expected to provide culturally mindful care and consider diversity factors in their conceptualizations, treatment plans, and all other aspects of patient care.

Program Structure

The WCCHC program is a 12-month, 2000-hour pre-doctoral internship in psychology. The training year spans from September 1st to August 31st. The Behavioral Health Department and other clinics where interns work typically have regular duty hours equivalent to 40 hours per week. However, for interns to obtain the maximum training value, an additional 10 hours per week is typically necessary to complete assigned reading and the required psychological evaluations.

All interns receive a \$15,400 annual stipend paid in increments every two weeks. They also receive 10 days of personal leave (including sick leave) and up to 5 days of Personal Time Off for the purpose of attending professional workshops, meetings, and presentations or for other professional activities such as dissertation defense. Interns are also provided with health insurance.

Interns are expected to be on-site five days per week. Normal duty hours are 0830 to 1730. Clinic hours may be completed Monday through Saturday, contingent upon the selected rotation. However, interns will be required to participate in Friday supervision and didactic experiences.

About 75% of the intern's time is devoted to clinical services (intake assessment, psychological testing, individual and group therapy, clinical documentation, consultation with other providers, individual supervision with their rotational supervisors). The remaining 25% is devoted to attending didactic trainings, peer consultation, group supervision, supervision of supervision group, engaging in regularly scheduled meetings with a practicum student to facilitate his/her professional development and to practice supervision skills, peer consultation, work on special projects, research and/or program development, and other indirect service activities.

Throughout the week, 4 days are dedicated to clinical experiences and supervision with individual supervisors and Fridays are dedicated primarily to didactics, group supervision, and research, program development, or assessment. Friday schedules generally consist of 1 hour of group supervision with the DOT, 2 hours of didactic training on a variety of topics related to the practice of clinical psychology or intern case conferences (occasionally didactics and case conferences will occur on Thursdays), biweekly supervision of supervision seminars, and 1.5 hours of didactic training in the biological etiologies of mental illness and psychopharmacology. Of the 4 days of clinical work, interns will engage in a minimum of 1 day of training on the Adult Outpatient rotation, 1 day on the Child and Family rotation, and a minimum of 6 months on the Assessment rotation and 6 months on the Research and Program Development rotation. They will also select up to 3 specialty rotations further described in the following section.

Rotations

In order to provide opportunities for long-term therapeutic intervention, in-depth clinical supervision on cases, establish their caseloads and solidify rapport with their patients, and experience the reward of seeing their patients from intake through termination, interns are provided year-long training rotations rather than rotations that last for a few months. All interns will be required to participate in the Adult Outpatient rotation where they will provide assessment and treatment to adults. They will also



engage in a minimum of 1 day of training on the Child and Family rotation, providing assessment and treatment to children and adolescents and their families. They will also engage in a minimum of 6 months of psychological testing and report writing on the Assessment rotation and 6 months of research, grant writing, program development, or group participation and facilitation, and depending on the availability of each, on the Research and Program Development rotation. They will also request up to 3 of the following specialty rotations described in further detail below. Intern applicants cannot be guaranteed that the rotations and training experiences described in this brochure will be available when they begin their internship due to staffing changes and availability of space in facilities. However, efforts will be made to accommodate intern requests for their preferred rotations. Several rotations are also listed which are currently unavailable, but may become available in the future.

The following rotations are currently required rotations for the 2012-2013 training year:

Adult Outpatient Rotation: This rotation will take place in the Mawaena Clinic, which provides traditional behavioral health services to adults with a wide range of presenting problems or concerns. Interns are required to participate in a minimum of 1 day weekly on this rotation.

Intake and assessment: Interns have the opportunity to work in a traditional mental health clinic where the student will engage in intake-assessments, diagnosis, triage, treatment planning, and referrals for integrated care.

Treatment: Interns will provide both short and long term individual therapy for adults. Opportunities for couples therapy may be available. They will have the opportunity to work with a wide range of patient concerns and presenting problems which may include PTSD, Panic Disorder, and other anxiety disorders; depression; adjustment disorders; bipolar disorders; psychotic disorders; personality disorders; and substance abuse and dependence.

Consultation: Interns have the opportunity to provide consultation services to medical staff, psychiatrists, nurses, case managers, school officials, and other individuals involved in patient care.

Staff: The multidisciplinary staff in the Mawaena Clinic currently consists of psychologists, psychiatrists, a nurse practitioner, a peer counselor, medical assistants, and medical receptionists. Supervising psychologists in this rotation include: Dr. Jamie Horton, Dr. Kristy Sakai, Dr. Chad Taylor, and Dr. Dawn Tomita.

Child and Family Rotation: This rotation takes place in either the Mawaena Clinic or Little Mawaena Clinic. Interns will work with supervisors who specialize in treating children, adolescents, and their families. Interns are required to participate in a minimum of 1 day weekly on this rotation.

Intake and assessment: Interns will have the opportunity to conduct assessment with children and their family members.

Treatment: Interns will learn play therapy and sand play therapy techniques. They will have the opportunity to provide therapy to children, adolescents, and their families. Interns will have the opportunity to work with a wide range of presenting concerns which may include trauma, ADHD, behavioral and academic problems, adjustment disorders, and pervasive developmental disorders.

Consultation: Interns have the opportunity to provide consultation and will collaborate with school officials, medical providers, community agencies, and other individuals involved in patient care.

Staff: Dr. Kalei Ahokovi supervises interns in the Little Mawaena Clinic and Dr. Kyle Chang, Dr. Lisa Duke, and Dr. Michelle Kang supervise interns in Mawaena Clinic.

Assessment Rotation: Interns will have the opportunity to engage in psychological testing and assessment and will complete a minimum of 4 integrated assessment reports throughout the training year. Two of these reports must be comprehensive test batteries (a clinical interview and four or more standardized tests or instruments) and 2 may be partial test batteries (a clinical interview and one standardized test or instrument or review of collateral, archival, or observational data). Interns are required to participate in a minimum of 6-months of this rotation. Requests for extension of this rotation to obtain further training and experience in psychological testing and report writing may be considered.

Staff: Dr. Lisa Duke is the supervising psychologist for this rotation. Other faculty may assist in supervision as well.

Research and Program Development Rotation: Interns will have the opportunity to engage in research and assist in grant writing and program development. They may have the opportunity to facilitate groups and participate in outcome research. Opportunities for this rotation are based on availability. Interns will participate in this rotation for a minimum of 6-months. Participation time on this rotation vary and may be approximately 1-half day per week.

Staff: Dr. Lisa Duke and Dr. Nicole Wright are the supervising psychologists for this rotation.

Specialty Rotations: Interns may choose a minimum of 1 and up to three (if choosing the Substance Abuse Rotation) out of four specialty rotations. The following rotations are currently available for the 2012-2013 training year.

Medical Psychology Rotation: This rotation takes place in the Mawaena Kai Clinic, which is adjacent to the Mawaena Clinic. The Mawaena Kai Clinic provides services to children, adolescents, and adults and utilizes an integrated biopsychosocial approach, with an emphasis on behavioral medicine and consultation with psychiatry. This rotation is a minimum of 1-day throughout the training year.

Intake and assessment: Interns will utilize a biopsychosocial framework to conceptualize and diagnose patients. This rotation emphasizes rapid and accurate assessment.

Treatment: Interns will work with individuals with a wide range of presenting concerns including substance abuse and dependence and severe and persistent mental illness. They may have opportunities to learn and integrate traditional psychological interventions with psychophysiological interventions, such as biofeedback and relaxation training. Interns will receive training in psychopharmacological interventions.

Consultation: Interns have the opportunity to provide consultation to address specific referral questions for medical clinics at WCCHC. Interns will provide consultation to and work in collaboration with psychiatrists.

Staff: Dr. John Myhre is the supervising psychologist for this rotation. Interns will also collaborate within a multidisciplinary team of psychiatrists and other providers.

Traditional Behavioral Health with Emergency Room Triage and Crisis Intervention

Rotation: In addition to providing assessment and treatment to behavioral health patients in the Little Mawaena Clinic, interns will also have the opportunity to work in the adjacent Emergency Room and provide consultation, crisis intervention, and triage for ER physicians and nursing staff as consults occur throughout the year. Opportunities to assist in the Emergency Room will be based on availability of consults. This rotation is available for a minimum of 1-day weekly throughout the training year.

Intake and assessment: Interns will have the opportunity to provide assessment with behavioral health patients in the Little Mawaena Clinic. They may also have opportunities, as consults occur, to provide rapid assessments, diagnoses, and triage for patients in the Emergency Department. They may have the opportunity to assist with patient hospitalization if indicated.

Treatment: Interns will have the opportunity to provide brief and long-term therapy to behavioral health patients with a wide range of presenting problems and concerns. They will also have the opportunity to respond to consults from the Emergency Department and to engage in crisis intervention and triage for the appropriate level of care.

Consultation: Interns will provide consultation to Emergency Room physicians and nurses. They will collaborate with Emergency Room staff and provide consultation to other medical providers and community agencies as appropriate.

Staff: Dr. Kalei Ahokovi, Dr. Ann Huynh, and Dr. Dawn Tomita are supervising psychologists in the Little Mawaena Clinic.

Women's Health Rotation: Interns have the opportunity to work in the Women's Health Clinic, which is a primary care setting providing integrated care for women. Interns will work in a multidisciplinary team comprised of OB/GYN physicians, nurse practitioners, perinatal case managers, and medical assistants. Interns will work 1 day weekly on this rotation throughout the training year.

Intake and assessment: Interns have the opportunity to provide intake assessments, diagnosis, triage for appropriate levels of care, treatment plans, and referrals for integrated care. Intakes may occur on an immediate basis at the request of medical providers.

Treatment: Interns will have the opportunity to provide brief and long-term therapy to women with challenges such as depression, anxiety, partner relational challenges, domestic violence and trauma, and adjustment to pregnancy and parenthood. Interns will also be responsible for seeing primary care patients referred by their physicians for problems that are negatively impacting their health.

Consultation: Interns will provide consultation and immediate patient care at the request of OB/GYN physicians, nurse practitioners, or perinatal case managers.

Staff: Dr. Lisa Duke and Dr. Kristy Sakai are supervising psychologists for this rotation

Substance Abuse Rotation: Interns will work at Malama Recovery Services with patients who experience challenges with substance abuse or dependence. Interns will work in collaboration with a team of certified substance abuse counselors, a nurse practitioner, and psychologists. Interns may have the opportunity to participate in weekly substance abuse groups under the supervision of a licensed psychologist. This rotation may be available for a minimum of 2-months throughout the training year and likely will not exceed 1-half day weekly.

Staff: Rotation is supervised by licensed psychologists. Dr. Nicole Wright is the Director of Malama Recovery Services.

The following rotations are not currently available for the 2012-2013 training year but may become available in the future. Other rotations may also be developed and become available to interns in the future.

Health Psychology Rotation: Interns have the opportunity to work with the prevention and management of chronic medical conditions and to work collaboratively with medical staff in the Malama Ola clinic. The Malama Ola Wellness Center for Integrative Medicine utilizes an integrated approach to patient-centered healthcare. The integration includes a multidisciplinary team of clinicians including physicians, nurse practitioners, psychologists, registered dietitians, fitness trainers, health educators, and alternative medicine practitioners who incorporate Western, alternative, and traditional interventions into daily practice. Interns will have the opportunity to conduct weight management assessments with adult patients. Interns will learn cognitive behavioral interventions for weight management, as well as interventions for chronic disease management such as for diabetes and hypertension. Interns will collaborate with and provide consultation to physicians, nurse practitioners, registered dietitians, and alternative medicine practitioners and will make referrals as appropriate to other providers based on patient needs as well as to the Malama Ola gym. Dr. Mei Watson was the previous supervising psychologist for this rotation

Pediatric Rotation: Interns will focus on the developmental and psychological aspects of pediatric care. Interns will be introduced to problems of behavior, child development, coping with illness, and learning. Due to the variety of social, educational, psychological, and medical factors that contribute to children's well-being, interns on the Pediatric Psychology rotation will utilize a multidisciplinary approach and consult with other healthcare professionals in the clinic (e.g., pediatricians, medical assistants, and case managers). Dr. Kyle Chang and Dr. Jenny Ebesutani are currently psychologists in the Pediatric Clinic.

Didactics

Weekly didactic seminars on a variety of topics related to clinical psychology will be provided on either Thursdays from 11:00am-1:00pm or Fridays from 10:00am-12:00pm. Occasionally, didactics will occur on other days as well. A broad range of topics will be covered including, but not limited to: ethics, cultural/diversity issues, substance abuse, PTSD/trauma, assessment and treatment of children, involuntarily hospitalization, psychological testing and report writing, Dialectical Behavior Therapy, weight management and preventative health, case formulation, and supervision and consultation. Each intern will provide a minimum of 3 clinical case conferences throughout the training year as part of the Friday didactics. Every Friday from 1:30-3:00pm, interns will also participate in a course taught by Dr. John Myhre about psychopharmacology, the biological etiologies of mental illness, as well as the integration of physical and mental health. Additional specialty seminars will be provided.

Clinic Settings

At WCCHC, psychologists are integrated into different clinics throughout the Health Center. Training opportunities for psychology interns are available at some of these clinics as listed under the section about available rotations. The following are a list of clinics in which psychologists currently work.

Mawaena Clinic (main Behavioral Health clinic) offers Traditional Psychology, Child and Family Psychology, psychological assessment, and provides the opportunity for consultation with psychiatry.



Mawaena Kai Clinic is adjacent to the Mawaena Clinic and is the primary setting for the Medical Psychology rotation. This site also offers opportunity for consultation with psychiatrists.

Little Mawaena Clinic is adjacent to the WCCHC Emergency Department and often accommodates ER requests for psychological consultations. It offers traditional psychology services for children, adolescents, and adults.

Women's Health Clinic is located on the second floor of the Family Medical Building. It provides behavioral health integration into the primary care arena, individual psychotherapy, crisis intervention, psychological assessment, and consultation and collaboration with OB/GYN physicians, nurse practitioners, perinatal case managers, and other medical and behavioral health professionals.

Pediatric Clinic is located on the first floor of the Family Medical Building. It provides services to children, adolescents, and their families and provides opportunities for integration of behavioral health services with primary care.

Malama Ola is the primary site for the Health Psychology rotation, It is an integrative health clinic with emphasis on reducing obesity and managing obesity-related illnesses such as asthma and diabetes. In addition, Malama Ola provides smoking cessation programs, asthma interventions, chronic pain management, and alternative interventions.

Malama Recovery Services provides substance abuse treatment for patients who experience challenges with substance abuse and dependence. The staff is comprised of Psychologists, a nurse practitioner, and Certified Substance Abuse Counselors.

Supervision

The Clinical Psychology Internship Faculty is responsible for ensuring the provision of clinical supervision to psychology interns. All supervision of interns will be provided by Clinical Psychology Internship Faculty members.

Interns will be provided a variety of supervisory experiences throughout the year. Each intern receives a minimum of 3-4 hours of supervision per week that includes at least 2 hours of individual supervision.

Each intern is assigned at least three and a maximum of five rotation supervisors. Rotation supervisors are responsible for providing a minimum of two hours per week of individual supervision for each intern, although supervision often greatly exceeds this requirement. Rotation supervisors will also provide immediate supervision as requested by the intern.



Flexibility in supervision is encouraged such that other faculty members may participate when expertise or other factors become relevant. However, responsibility for supervision is with the rotation supervisor.

Supervision is documented by the supervisor's signature on note in EMR (electronic medical record) patient database records. A supervisor's signature signifies review of foregoing notes and treatment plans.

In addition to individual supervision, interns also participate in an hour of weekly group supervision with the Director of Training throughout the training year. They will also participate in a biweekly “Supervision of Supervision” seminar.

Interns are assigned mentor/preceptors for the entire training year. Program faculty and interns reach consensual agreement regarding intern-faculty pairings. The primary duty of mentors is to facilitate and nurture the intern’s professional development in a supportive, non-evaluative environment. This relationship is long-term and can extend beyond the internship if the intern and mentor so desire.

The Director of Training serves as an advisor for all interns and assists the interns in their adjustment to the internship to optimize the training experience. In addition, the Director of Training monitors the progress of each intern within the program.

Application Procedures

To apply for this internship program, please follow the procedures to submit the APPIC Application for Psychology Internships (AAPI) online. Instructions for completing and submitting the AAPI online may be accessed at www.appic.org. Please submit with your AAPI your graduate transcripts and 3 letters of recommendation from individuals familiar with your clinical work.

There is a strong emphasis on culture and diversity in training at this site, and the population served is predominantly of Native Hawaiian ancestry. This is a challenging site at which to train and it will be rewarding for those with a commitment and interest in working with the Native Hawaiian population, culturally diverse populations, and/or medically underserved populations.

Additional Information for Those Matched to WCCHC Internship Program

Applicants must be in good standing with APA-approved doctoral programs in clinical or counseling psychology. Interns must pass a background investigation, Office of Inspector General check, drug screening, and employee health clearance to become an intern at WCCHC. Any misrepresentation in the APPIC internship application or WCCHC application, regardless of when discovered, may be cause for dismissal from the internship program. WCCHC conducts drug screening tests randomly as well as with new employees. Interns are required to provide their own malpractice insurance coverage, which may be provided through their academic institutions. A copy of the malpractice insurance must be provided to WCCHC at the outset of internship.

Selection Process

The internship selection team will review and select applicants for interview who appear to be a good fit with the internship program. Please note that all applications are due by December 1st. After applications have been reviewed, applicants will be notified via email by December 22nd of their interview status. Interviews will be with a panel of program faculty. In-person interviews are preferred; however, phone interviews are available to individuals who are unable to schedule an in-person interview due to distance of travel or other reasons. Upon completion of all interviews, the internship selection team will meet to discuss and agree on the ranking of applicants. This internship site abides by the APPIC policy that no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant. In addition, no information regarding applicant rank is provided to applicants either before or after the match results are announced.

Applicants requiring accommodation due to hearing impairment or other disability are asked to request such assistance at the time they receive notification of selection for interview to enable our program to make necessary arrangements for the interview.

Contact Information

If you have any questions or desire further information about the training program or application procedures, please contact Dr. Kristy Sakai, Director of Psychology Training. Preferred method of contact is email.

Email: ksakai@wcchc.com

Telephone: 808-697-3469 on Tuesdays, Thursdays, and Fridays
808-697-3480 on Wednesdays

Fax: 808-696-1551

Mail: Kristy Sakai, Psy.D.
Director of Psychology Training
Behavioral Health Department
Waianae Coast Comprehensive Health Center
86-260 Farrington Highway
Waianae, HI 96792

Behavioral Health Providers and Training Faculty



(Row 1, left to right) Dr. Nicole Wright, Dr. Kristy Sakai, Dr. Dawn Tomita, Dr. Marwa Lawson, Dr. Jenny Ebesutani, Dr. Robert Young, Dr. Mei Watson, (Row 2) Dr. John Myhre, Dr. Chad Taylor, Dr. Lisa Duke, Dr. Michelle Kang, Dr. Kalei Ahokovi, Dr. Kyle Chang, Ed Maynard, Courtney East (Missing) Dr. Jamie Horton, Dr. Ann Huynh, Dr. Donald Banik, and Dr. Nalani Blaisdell-Brennan

Kalei Ahokovi, Psy.D. is a Staff Psychologist in the Little Mawaena Clinic where she works with children, adolescents, and their families. She received her Doctoral degree in Clinical Psychology from Argosy University Hawaii, her Master's in Counseling Psychology from Chaminade University, and her Bachelor's from Utah State University with a double major in Psychology and Family & Human Development. Previous work experiences include working in foster care in the group home setting, in-home therapy, adolescent sex offenders, and childhood trauma and attachment. Her professional interests include child, adolescent, and family psychology and childhood attachment and trauma. Her theoretical orientation is Client Centered. Her personal interests include going to the beach and spending time outdoors and with family.

Kyle Chang, Psy.D. is a Staff Psychologist for Behavioral Health Services in the Mawaena Clinic, Malama Recovery/Hale Kealaokekoa and Pediatric Clinic where he works with adults, adolescents and children. His theoretical orientation is integrative and cognitive behavioral. He has a primary interest in working with diverse and marginalized populations. He received his Doctoral degree in Clinical Psychology from Argosy University/Hawaii, Master's degree in Social Work from the University of Hawaii and his Bachelor's degree in Psychology from the University of San Francisco. He completed both his predoctoral internship and postdoctoral fellowship at the Waianae Coast Comprehensive Health Center.

Lisa D. Duke, Ph.D. is a Staff Psychologist who works with children, adolescents, and adults in the Mawaena and Women's Health Clinic. She completed her Master's degree from the California State University, Long Beach and her Doctoral degree from the University of Nevada, Las Vegas. She completed both her internship and post-doctoral fellowship at the Waianae Coast Comprehensive Health Center. She has numerous publications and presentations in the field of schizophrenia and trauma research. Her professional interests include depression, severe mental illness, trauma, ADHD, pervasive developmental disorders, post-partum depression, family therapy, relationship issues, and grief and bereavement. Her theoretical orientation is integrative. Aside from work, she enjoys going to the beach, hiking and spending time with family.

Jenny Ebesutani, Psy.D. is a Staff Psychologist in the Pediatric Health Clinic, where she provides integrated child/adolescent and pediatric psychology services. She works with children, adolescents, adults and families. She received her Doctoral and Master's degrees in Clinical Psychology from the American School of Professional Psychology at Argosy University Hawaii. She earned a Bachelor's degree in Human Development with a Minor in Women's Studies at Boston College. She completed her predoctoral internship at the Counseling and Student Development Center, University of Hawaii at Manoa. She completed her postdoctoral fellowship in Child/Pediatric Psychology at Tripler Army Medical Center. Her clinical interests include child/adolescent and pediatric psychology; cultural diversity; rural psychology; grief and bereavement. Her theoretical orientation is Humanistic, with an integration of other theoretical approaches as appropriate.

Jamie R. Horton, Ph.D. is a Psychologist at Waianae Coast Comprehensive Health Center (WCCHC) and also has a private practice in Honolulu. Prior to working at WCCHC, Dr. Horton was the Psychiatric Intensive Outpatient Coordinator and staff psychologist at Kaiser Permanente, Honolulu. Dr. Horton also provided psychological services for the Sex Abuse Treatment Center, an affiliate of the Kapiolani Medical Center for Women and Children. Dr. Horton received her Master's and Doctoral degrees in psychology from Colorado State University and her Bachelor's degree in Accounting from Texas A&M University. She completed her predoctoral internship at the Spark Matsunaga VA Medical Center in Honolulu, with an emphasis on PTSD and health psychology, and her postdoctoral fellowship at the National Center for Posttraumatic Stress – Pacific Islands Division in Honolulu. Dr. Horton predominantly works with adults in the Mawaena Clinic and treats a broad range of diagnoses. Her theoretical orientation is integrative and client-centered. Outside of psychology, Dr. Horton enjoys surfing, dancing, music, the arts, and spending time with friends and family.

Ann Huynh, Psy.D. is a Staff Psychologist in the recently opened Kapolei Clinic and in the Little Mawaena Clinic. She received her Master's and Doctoral Degrees in Clinical Psychology from Argosy University Hawaii. She completed her predoctoral internship at Boston University School of Medicine and her postdoctoral fellowship at Tripler Army Medical Center, with an emphasis in training in forensic and health psychology. She has presented at APA and HPA and her clinical interests include trauma; health psychology; biofeedback; PTSD, panic, and other anxiety disorders; and emergency room psychology. Her theoretical orientation is cognitive behavioral. She is fluent in Vietnamese and English and enjoys skydiving, traveling, and dancing.

Michelle D. Kang, Psy.D., CSAC is a Staff Psychologist who works with children, adolescents, and adults in the Mawaena and Little Mawaena Clinics. Her professional interests include working with individuals who have experienced trauma (rape, child sexual assault, domestic violence, PTSD, etc.), attachment, grief and bereavement, cultural diversity, anxiety, and depression. Her theoretical orientation is psychodynamic and interpersonal and she integrates other theoretical orientations and interventions as it fits different clients. She received training in play therapy, family play therapy, and sandplay therapy. She has worked in outpatient and inpatient settings as well as in forensic settings. She completed her Postdoctoral Fellowship at the Center for Multicultural Training in Psychology at Boston Medical Center and Predoctoral Internship at the University of Missouri-Columbia Counseling Center. She received her Master's and Doctorate degree in Clinical Psychology from Argosy University-Hawaii and her Bachelor's degree in psychology from the University of Hawaii-Manoa. Personally, she enjoys traveling and spending time with family and friends.

John Myhre, Psy.D. is the Director of Behavioral Health and a Staff Psychologist. He received his Master's and Doctoral degrees in Clinical Psychology from Georgia School of Professional Psychology. He received his Bachelor's degree in Communication from the University of Hawaii, Manoa. He completed his predoctoral internship at Phoenix Indian Medical Center/Arizona State Hospital and his postdoctoral fellowship at Tripler Army Medical Center. He is a Native Hawaiian Health Scholar and a Hawaii Foundation Scholar.

Kristy Sakai, Psy.D. is the Director of Training and a Staff Psychologist. She received her Master's and Doctoral degrees in Clinical Psychology from Argosy University, Hawaii and her Bachelor's degree in Psychology and English from the University of Hawaii, Manoa. She completed her predoctoral internship at Tripler Army Medical Center, with an emphasis on health psychology and community psychology, and her postdoctoral fellowship at Waianae Coast Comprehensive Health Center. Her professional interests include PTSD, Panic Disorder, and other anxiety disorders; grief and bereavement; health psychology; women's health issues; and student training and development. She primarily works with adults in the Mawaena Clinic and the Women's Health Clinic. Her theoretical orientation is cognitive behavioral and she integrates other theoretical orientations and approaches based on her patients' unique needs. Personally, she enjoys hiking, writing, traveling, and spending time with family and friends.

Chad Taylor, Psy.D. is a Staff Psychologist in the Mawaena Clinic. He received his Master's and Doctoral degrees in Clinical Psychology from Argosy University, Hawaii and his Bachelor's degrees in Biology and Psychology from West Virginia University. He completed both his predoctoral internship and postdoctoral fellowship at Waianae Coast Comprehensive Health Center. His professional interests include Eating Disorders, substance abuse and dependence, and severe and persistent mental illness. He works with his patients from a cognitive-behavioral and solution-focused perspective. On a personal level, he enjoys music and performs throughout Oahu with his band and plays golf as often as possible.

Dawn Tomita, Psy.D. is a Staff Psychologist who received her Master's and Doctoral degrees in Clinical Psychology from Argosy University, Hawaii and her Bachelor's degree in Psychology from the University of Hawaii at Manoa. She completed her predoctoral internship at Tripler Army Medical Center, with an emphasis on health psychology and community psychology, and her postdoctoral fellowship at Waianae Coast Comprehensive Health Center. Her professional interests include PTSD, sexual abuse, and other anxiety related problems; grief and bereavement; relationship difficulties; and issues related to life transition. She works with adult individuals and provides couples/marital counseling to a few clients in the Mawaena Clinic and Little Mawaena Clinic. Her theoretical orientation is integrative, utilizing psychodynamic, cognitive-behavioral, and emotion-focused interventions depending on the presenting issues and unique needs of the client. Outside of psychology, she enjoys reading, traveling, hiking, playing in the ocean, and spending quality time with family and friends.

Mei Watson, Psy.D. is a Staff Psychologist in the Malama Ola Clinic and the Mawaena Clinic where she works with adults, with an emphasis on weight and chronic disease management. She received her Doctoral and Master's degrees in Clinical Psychology from Argosy University Hawaii and her Bachelor's degree in Psychology from the University of Hawaii. She completed both her predoctoral internship and postdoctoral fellowship at Waianae Coast Comprehensive Health Center.

Niki Wright, Psy.D., CSAC is a Staff Psychologist for Waianae Coast Comprehensive Health Center and the director of their outpatient substance abuse treatment facility. She received her B.A. in Psychology from the University of Hawaii at Manoa before moving on to Argosy University/Honolulu Campus for her M.A. and Doctorate in Clinical Psychology. Her primary professional interests include working with diverse and marginalized populations, in general. Additional interests include trauma, systems, and addiction issues. She has integrated the knowledge and skills from various theories, primarily Interpersonal-Psychodynamic, Cognitive-Behavioral, and Systemic assumptions into her approach to case conceptualization, treatment planning, and intervention. Dr. Wright is currently a professional member of the American Psychological Association, American Academy of Bereavement, National Association for Alcoholism and Drug Abuse Counselors, Hawaii Association for Alcoholism and Drug Abuse Counselors, and Association of Clinicians for the Underserved.

Adjunct Clinical Training Faculty

Donald Banik, D.O., M.P.H is a Staff Psychiatrist who works with adults in the Mawaena Clinic. He received his D.O. from the University of New England College of Osteopathic Medicine (Biddeford, ME) and recently completed his residency in General Psychiatry at Brown University (Providence, RI). Prior to medical school, he was a researcher exploring quality of life issues that pertain to patients with terminal illness and their caregivers. As a National Health Service Corps Scholar, he is committed to working with the underserved and providing mental health services. During his free time he enjoys hiking, biking, and spending time with family and friends.

H.K. Blaisdell-Brennan, M.D. is a Staff Psychiatrist with a special interest in Native Hawaiian Health. Dr. Blaisdell-Brennan graduated cum laude from Harvard College in Cambridge, Massachusetts, and subsequently traveled to Aotearoa (New Zealand), on a Rotary International Graduate Fellowship. Next, Dr. Blaisdell-Brennan served ten years as a full time television journalist, before entering the John A. Burns School of Medicine as a Native Hawaiian Health Scholar in 1995. Dr. Blaisdell-Brennan was a Chief Resident at the University of California, Los Angeles, assigned to the West Los Angeles Veterans Administration Hospital in Brentwood, CA. Dr. Blaisdell-Brennan's research includes health care access for Women on O'ahu. She is the daughter of Dr. Richard Kekuni Blaisdell, who helped found the John A Burns Department of Medicine, E Ola Mau and Papa Ola Lokahi.

Courtney East, APRN is a Family Nurse Practitioner and an Adult Psychiatric Clinic Nurse Specialist. She attended Radford University in Virginia to earn a B.S in Economics, the University of Maryland to earn a B.S. in Nursing, Monmouth University for a Master's of Science in Nursing and the University of Hawaii for a Post Master's Certificate. Her training includes working in Infectious disease, particularly HIV/AIDS and Hepatitis, family practice, women's health, and community psychiatry. She has worked and trained in a variety of settings, including ambulatory clinics, jails and prisons, emergency departments, and in case management/homeless outreach. Her personal interests include running marathons, participating in triathlons, and working with animal rescue groups on the Leeward coast.

Marva L. Lawson, M.D. is a Staff Psychiatrist who works with children, adolescents, and adults in the Mawaena Clinic. She received her M.D. from the University of Cincinnati, College of Medicine and her Bachelor's degree from Xavier University. She completed both her residency and fellowship at the University of Cincinnati, Department of Psychiatry, with specialization in child and adolescent psychiatry and forensic psychiatry. Previous work experiences include Summit Behavioral Healthcare (State Hospital/BHO) and Central Clinic (Community Mental Health Center). Her clinical interests include adult, child, and adolescent psychiatry and forensic psychiatry. Her hobbies include spending time with family, beading, and movies.

Robert Young, M.D. is a Psychiatrist and the Chief of Behavioral Sciences. He received his M.D. from the University of Hawaii, John A. Burns School of Medicine and his B.A. in Chemistry from the University of Hawaii, Hilo. He completed both his residency and fellowship at the University of Hawaii, Department of Psychiatry. Prior to coming to WCCHC, he was an assistant professor with the University of Hawaii, Department of Psychiatry. He treats children, adolescents, and adults in the Mawaena Clinic.

