Commonwealth of Virginia

Department of Behavioral Health and Developmental Services

Central State Hospital

POST-DOCTORAL FELLOWSHIP IN FORENSIC PSYCHOLOGY

2027-2028

DBHDS

A life of possibilities for all Virginians

INTRODUCTION

Central State Hospital (CSH) is pleased to offer a one-year post-doctoral Fellowship in forensic psychology, with an emphasis on forensic evaluation. The primary goal of our Fellowship program is to prepare the Fellow for independent practice of forensic psychology with a severely and persistently mentally ill population. We strive to provide our Fellows with advanced training in forensic assessment and forensic report writing by promoting an in-depth understanding of the intersection of psychology and the law. We believe that, although many states have foregone the post-doctoral supervised experience requirement for licensure, in a field as complex as forensic psychology, additional training and supervision beyond the pre-doctoral level remains extremely beneficial for one's personal and professional development as a highly qualified and highly competent forensic psychologist.

Populations Served

The program is sponsored by CSH, which provides services to male and female adults with severe and persistent mental illness, many of whom also have diagnoses of substance use disorders, intellectual disability, and other mental disorders. Our patient population includes pre- and post-trial forensic patients receiving court-ordered evaluation and treatment, patients who have been adjudicated Not Guilty by Reason of Insanity (NGRI) who are receiving evaluation and/or treatment, and non-forensic patients receiving treatment under civil commitment orders. Our setting is unique in that it is the only maximum security facility in the Commonwealth of Virginia, which allows for the Fellow to be exposed to, and ultimately gain mastery over, complex evaluation cases.



CENTRAL STATE HOSPITAL (CSH)

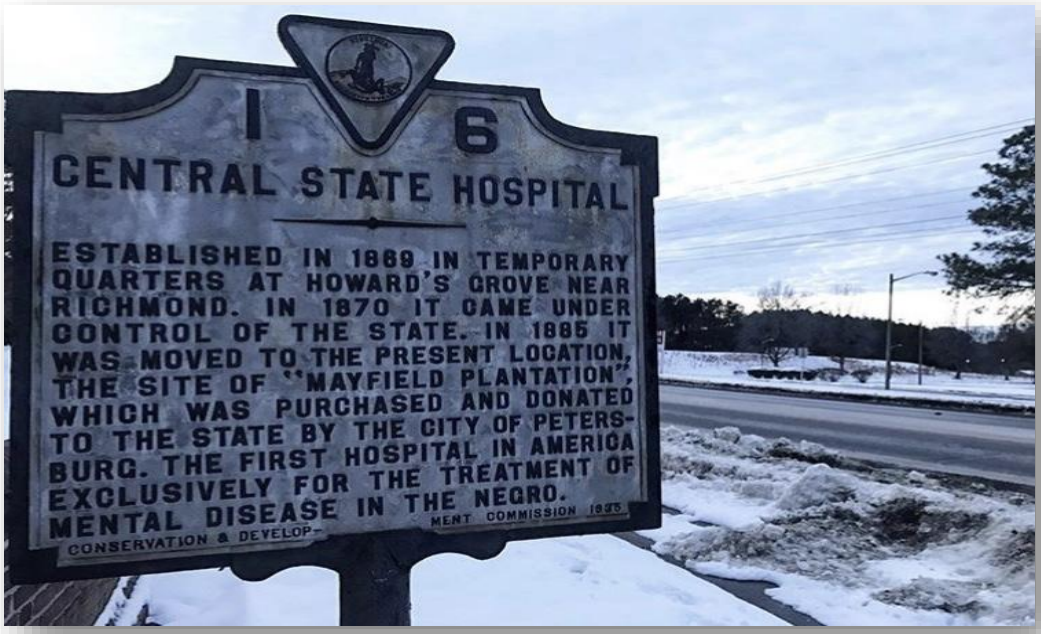
The origin of CSH dates back to the close of the Civil War in April 1865, when Congress created the Freedman's Bureau to establish hospitals, schools and other facilities for the African-American population. In December 1869, a former Confederate Facility, known as Howard's Grove Hospital, was designated as a mental health hospital for African-Americans. The name was later changed to Central Lunatic Asylum.

In 1882, the Mayfield Farm in Dinwiddie County was purchased by the City of Petersburg for $15,000 and presented to the Commonwealth for the development of a new mental health hospital. The first patients (a total of 373) were transferred to the present site of the hospital on March 22, 1885. Ten years later, the population had doubled and by the end of 1950, there were 4,043 inpatients with 691 on parole or escape status. Within a few years, the average inpatient population had reached 4,800. From its founding until the passage of the Civil Rights Act of 1964, CSH served and treated only African-American Mentally Ill, Mentally Retarded, Geriatric, and Criminally Insane from the entire state of Virginia. In 1967, the Hospital opened its doors to accept patients regardless of race or national origin.

CSH remains the site of Virginia’s only Maximum Security Forensic Mental Health Unit, which was built during the 1950's for the evaluation and treatment of patients referred by the courts from anywhere in the Commonwealth. In addition, The Civil Adult Treatment Programs at CSH provide

services to clients over 18 years of age from the Central Virginia area. The services provided range from short term, quick re-entry to the community, to long term intensive treatment for the most seriously mentally ill. Currently, CSH has approximately 110 beds in our Maximum Security Forensic Unit with additional forensic patients located in lower-level security buildings on campus.

Central State Hospital is located on a beautiful, wooded campus set on the outskirts of the city of Petersburg in rural Dinwiddie County.



PHILOSOPHY

Our training philosophy is that learning occurs through exposure, mentoring, and supervised practice with gradually increasing degrees of task complexity and trainee autonomy. Through this process the Fellow is expected to gradually increase their clinical proficiency and knowledge of the legal system, and to gradually develop a professional identity in the field of forensic psychology. The core values of the program include ethical, clinical practice and an appreciation of the ways in which clinical skills and knowledge are necessary for competently answering psycho-legal questions. It is our belief that good forensic psychologists are outstanding clinical psychologists first and foremost. Therefore, Fellows will be expected to demonstrate competence in the traditional core skills of clinical psychology, including psychodiagnostic testing, clinical interviewing, case conceptualization, report writing, and consultation, while concurrently acquiring or advancing a knowledge base of the legal issues and precedents that contribute to the competent practice of forensic psychology.

The effective practice of forensic clinical psychology is strongly linked to the scientific origins of psychological science, and therefore Fellows are encouraged to rely upon empirically supported assessment techniques, and to actively seek to link emerging clinical theory and contemporary research with established principles of assessment.

PROGRAM FOCUS

The main focus of this Fellowship is to provide the Fellow with advanced training in criminal forensic evaluations, primarily Competency to Stand Trial (both pre- and post-restoration) and Mental Status at the Time of Offense(s). The Fellow is expected to participate, and eventually independently perform all the activities involved in the process of conducting these evaluations, including conducting clinical interviews with criminal defendants, reviewing relevant documentation, obtaining collateral data, conducting collateral interviews, consulting with treatment teams and legal professionals, and writing the evaluation reports. Due to the psycho-legal context of our work, there will also be an emphasis on assessment of malingering/feigning. The Fellow will have the opportunity to utilize various testing measures that may be used in the context of forensic evaluation, as well as about aspects of the evaluation process unique to an inpatient multidisciplinary setting. At times, high-profile cases will present to the hospital for evaluation; the Fellow will be expected to participate in evaluation of these complex cases.

The Fellow may have the opportunity to complete the Initial Analysis of Risk Reports for NGRI acquittees newly committed to CSH following the resolution of their criminal cases. This process typically involves conducting an extensive clinical interview, gathering a considerable amount of collateral information, likely administering psychological testing measures, and administering and scoring the Historical Clinical Risk Management-20, Version 3 (HCR-20:V3). The Fellow will receive additional training and supervision necessary to complete these reports.

The aforementioned evaluation types constitute the bulk of the Fellow's training and responsibilities at CSH. Nonetheless, the Fellow will have the opportunity to be involved in a multitude of other training activities, outlined further in this brochure.

THE TRAINING YEAR

The Fellow begins their training year by attending a week-long facility orientation, during which time they receive education and guidance regarding working in an inpatient behavioral health setting with a severely and persistently mentally ill population. Following facility orientation, the Fellow begins working with the Forensic Evaluation Team and is provided with additional training and education related to the field of forensic psychology and forensic evaluation. Throughout the remainder of the training year, the Fellow is expected to dedicate 70% of their time to conducting forensic and psychological evaluations, and 30% of their time to other clinical, didactic, and training activities.

The Fellow begins their first four-month rotation by shadowing their primary supervisor as well as conducting clinical interviews with in-vivo supervision provided. The Fellow receives continuous feedback and guidance enabling them to successfully hone their existing skills and progress towards independent practice. At some point during this rotation, the Fellow is expected to begin maintaining their own caseload of evaluation cases, which will continue through the conclusion of the fellowship year. All reports written by the Fellow during the training year will be reviewed and co-signed by a supervisor.

Gradually, the Fellow will begin to become increasingly autonomous in the performance of their job duties, with the goal of achieving readiness for independent practice by the end of the training year. As the Fellow develops the tools to gradually become an independent and self-sufficient member of

the Forensic Evaluation Team, they eventually will be perceived more as a colleague than a trainee. The Fellow is expected to monitor their evaluation cases for readiness for discharge, consult with treatment teams and legal professionals, and identify additional steps that may need to be taken, whether it be gathering additional collateral data or consulting with other staff regarding parallel assessment of an uncooperative defendant.

As the training year progresses, the Fellow will be assigned more complex, and likely high-profile, cases. The Fellow is also encouraged to verbalize their specific preferences regarding the types of cases in which they may have a particular interest, whether it is defendants whose Native language is not English, defendants who have been charged with particular types of crimes, or defendants with particular diagnoses. While the expectation is that the Fellow will gain exposure to a broad spectrum of clinical conditions, cultural backgrounds, and legal charges, the Fellowship program strives to tailor the Fellowship experience to the Fellow's interests and needs.

The main focus of this Fellowship program is forensic evaluation and the primary goal is to prepare a Fellow to function independently as a competent and knowledgeable forensic evaluator who adheres to high standards of professional practice and is capable of producing high-quality forensic evaluation reports. In addition, the Fellowship program aims to familiarize the Fellow with the broad variety of activities and processes that take place within a state-funded behavioral health agency as well as at the intersection of the behavioral healthcare and the legal system. We firmly believe that this breadth of exposure will be instrumental in preparing the Fellow to work in many different multidisciplinary settings in the future.

ADDITIONAL TRAINING ACTIVITIES

Institute of Law, Psychiatry, and Public Policy (ILPPP) at the University of Virginia

In late September or early October of the training year, the Fellow attends the Basic Forensic Evaluation training offered by the ILPPP, a one-week intensive workshop covering the basic principles of forensic evaluation. The cost of this program is covered by the hospital. In addition to this training, a number of other training seminars may be offered by the ILPPP during the Fellow's training year. Examples from previous years include Risk Assessment, Evaluating Individuals Found Not Guilty by Reason of Insanity, Assessing Individuals Charged with Sexual Crimes, Conducting Mental Health Evaluations for Capital Sentencing Proceedings, and other advanced seminars or symposia.

Landmark Case Law Series

CSH's Forensic Evaluation Team hosts a weekly landmark case law series during the training year, typically beginning in October. The cases discussed are drawn from the recommended reading list provided by the American Board of Forensic Psychology (ABFP) for preparation for board certification in Forensic Psychology. In the beginning of the year, depending on the Fellow's prior familiarity with case law, the Fellow may be provided guidance and mentoring with regard to the structure of the seminar and preparation of legal briefs. The Fellow will then be expected to prepare case briefs and to lead the discussion each week. The case law series are open to other CSH staff, and are often attended by a number of psychology practicum students, pre-doctoral psychology interns, physician's assistant students, and psychiatry residents. *Currently being conducted virtually.

Forensic Seminar Series

In conjunction with ESH, WSH, and ILPPP, the forensic seminar series is a didactic series specifically meant to cover the areas that fall under forensic psychology to include (but not limited to) pretrial criminal evaluations (CST, MSO), violence risk assessment, post-adjudication evaluations (NGRI), civil commitment, sex offender evaluation and treatment, juvenile justice, other civil matters, malingering, psychopathy, probation, other criminal competencies, child custody, workers comp, death penalty, and treatment in forensic contexts. The creator (Betsy Hunt, Ph.D. ABPP) and collaborator of the didactic series (Tallie Armstrong, Ph.D.) have designed the series to closely parallel the required readings and areas of competence typically covered on the ABPP Forensic written exam. It is held every Thursday from 11am to 1pm. The fellow is to attend virtually. The Fellow will also be expected to present within this forensic seminar series on two occasions, such that they will present two case presentations. The first case presentation will be about a competency evaluation, and the second case presentation will be about a mental state at the time of offense evaluation.

Didactic Trainings

The Department of Psychology holds a series of didactic trainings throughout the year, covering such topics as risk assessment, the NGRI graduated release process, suicide risk assessment, cultural competency, Dialectical Behavior Therapy, substance use assessment and treatment, sex offender evaluations, assessment of malingering, trauma-informed care, ethics, etcetera. CSH also offers a variety of trainings throughout the year that are available to all staff members.

Other Training

The Fellow is encouraged to seek out other available training and continuing education opportunities. Time will be granted for completion of these trainings at the discretion of the Training Director. CSH may cover the costs of any paid trainings; however, this cannot be guaranteed.

Expert Testimony

The Fellowship aims to prepare the Fellow to testify competently in court and strives to provide the Fellow with an opportunity to provide testimony in court at least once before the end of the training year. Additionally, the Fellow has the opportunity to observe other psychologists provide testimony, and is expected to participate in three mock trial exercises during the training year (i.e., one at the end of each rotation).

Not Guilty by Reason of Insanity (NGRI)

In addition to conducting risk assessments and completing Initial Analysis of Risk Reports (ARR) for patients adjudicated Not Guilty by Reason of Insanity (NGRI) and held in Temporary Custody at CSH, Fellows may, upon their request, attend the Internal Forensic Privileging Committee (IFPC) meetings where privileging requests for acquittees are submitted by Treatment Team psychologists and reviewed by the panel.

SUPERVISION

Throughout the year, the Fellow receives a minimum of two hours of individual, face-to-face supervision per week with a licensed clinical psychologist, and they will have at least two different supervisors during the training year. Given the complex nature of forensic work, the Fellow is likely to receive considerably more supervision, both formally scheduled as well as through less formal interactions, than the aforementioned minimum amount. The Fellow's developmental needs will also be taken into consideration when allotting time for additional supervision. Furthermore, it is fairly common for CSH's forensic evaluators to collaborate on complex or unusual cases, which will provide the Fellow with additional supervision opportunities, including in-vivo supervision.

All supervisors have been approved by the Commissioner of the Virginia Department of Behavioral Health and Developmental Services (DBHDS) to conduct forensic evaluations.

Evaluation of Fellow

The Fellow will receive regular feedback from their primary supervisor during weekly supervision. In addition, the Fellow will receive written performance evaluations at the end of each four-month rotation. These performance evaluations will reflect the Fellow's progress through the program and will serve as guidance for establishing trajectories for further growth and development in particular areas. At the end of the training year, the Fellow will be able to provide written feedback about each of their supervisors, as well as about the Fellowship program as a whole. Upon successful completion of the Fellowship program, the Fellow is provided a certificate.

Licensure Requirements

The Fellow is responsible for obtaining information regarding licensure requirements in states in which they may intend to practice. Should any modifications need to be made to the existing supervision structure to meet requirements of a particular state, the Fellow should discuss this matter with the Training Director as early as feasible. Our goal is to ensure that upon completion of this training program, the Fellow will be able to obtain licensure in the locality of their choosing. The Fellow is expected to consistently document their clinical and supervision hours (previous Fellows have utilized Time2Track or Excel spreadsheets) in order to ensure that there is an accurate and complete record of their training year.

American Board of Forensic Psychology (ABFP) Waiver

Our training program is one of the few forensic psychology Fellowship/residency programs in the country that has been officially determined to meet the requirements for the ABFP Experience Waiver. This means that should the Fellow wish to pursue board certification, they would be able to do so without first being in licensed practice for a period of five years. Our waiver renewal has recently been approved and is effective until 2028.

FORENSIC EVALUATION TEAM

CSH's Forensic Evaluation Team is comprised of three full-time licensed clinical psychologists. All three psychologists have been approved to conduct forensic evaluations in the Commonwealth of Virginia and will be providing supervision to the postdoctoral Fellow. The Fellow is considered to be a full-time member of the Forensic Evaluation Team.



Helen Greenbacker, Psy.D. – Team Supervisor and Training Director – Dr. Greenbacker chose to pursue a career in psychology after deciding it was the more practical of her two undergraduate majors, the other being history. She obtained her doctorate in clinical psychology from Florida Institute of Technology. Dr. Greenbacker completed an APA-accredited internship with Southeast Human Service Center in Fargo, North Dakota, where she gained experience in pre-trial sex offender evaluations, parental capacity evaluations, and driving in snow. She then moved to Kansas City, Missouri, where she completed her post-doctoral residency as a member of the forensic evaluation team at Center for Behavioral Medicine, completing evaluations regarding competency, responsibility, and sexually violent predator determination. Following her residency year, she returned to her home state of Virginia to work as a treatment team psychologist at CSH. During her time in this position, she was placed on a ward predominantly housing Not Guilty by Reason of Insanity acquittees, and subsequently completed risk assessment evaluations. Dr. Greenbacker also briefly spent time as the Director of Psychology at CSH before choosing to pursue her passion for forensic evaluation. She has been appointed by the Commissioner to the Forensic Evaluation Oversight Review Panel, providing review and quality assurance of competency to stand trial and sanity at the time of the alleged offense evaluations completed by evaluators on the state-wide approved evaluator list. In her spare time, Dr. Greenbacker enjoys weightlifting, volunteering, and running with her dog, who is, of course, a good boy.



Jennifer Mackowski, Ph.D. – Forensic Evaluator – Dr. Mackowski received her doctoral degree in clinical psychology from Montclair State University in New Jersey. During her doctoral training, Dr. Mackowski worked in a correctional setting, a private practice focused on dialectical behavioral therapy and forensic services, and in a state psychiatric hospital that served forensic populations. Through these experiences, she formed a passion for providing evidence-based treatments and objective assessments to these underserved and diverse populations. As such, Dr. Mackowski completed an APA-accredited fellowship at Trenton Psychiatric Hospital and Ann Klein Forensic Center in New Jersey. There, she conducted psychological and forensic assessments, and provided individual and group therapy to adults diagnosed with severe mental illness. Following fellowship, Dr. Mackowksi completed her postdoctoral forensic fellowship here at Central State Hospital, where she had the opportunity to hone her skills in the evaluation of competency to stand trial and mental status at the time of offense. She also led a weekly mental health case law seminar, partook in specialized training through the Institute of Law, Psychiatry and Public Policy (ILPPP), and served as the chair of the research committee. Dr. Mackowski enjoyed her fellowship so much, that she decided to apply to the full-time evaluator position at the hospital,

where she continues to happily be a part of the forensic evaluation team. In her free time, she enjoys CrossFit, petting her furbabies, and reading psychological thrillers.



Kathia Bonilla Amaya, PsyD – Forensic Evaluator – Dr. Bonilla Amaya received her clinical psychology doctoral degree from Indiana State University and received training providing services to individuals with severe mental illness within a maximum-security prison. She completed an APA-accredited fellowship with Wellpath-South Florida State Hospital in Pembroke Pines, Florida, where she gained experience in conducting competency to stand trial evaluations and violence risk assessments. Additionally, she provided competency restoration services to defendants as well as treatment to individuals adjudicated not guilty by reason of insanity. Following completion of her fellowship, Dr. Bonilla Amaya moved back to her home state of Virginia and completed her post-doctoral residency as a member of the Forensic Evaluation Team at Central State Hospital. While completing her post-doctoral training, she conducted competency and sanity at the time of the alleged offense evaluations and assisted with providing group supervision to trainees. Dr. Bonilla Amaya enjoys traveling, hiking, weightlifting, baking, and cuddling with her dog Olaf in her spare time.



Amanda Kroll, Psy.D. – Forensic Evaluator- Dr. Kroll realized her love for forensic psychology while completing her master's degree at John Jay College of Criminal Justice. During her time at John Jay, she gained experience with a mental health diversion program offering alternative to incarceration services for individuals with severe mental illness. In addition to clinical work, she participated in a legal decision-making research lab in which she ran participants in studies exploring jury decision making and eyewitness identification processes. She went on to receive her doctoral degree in clinical psychology from Indiana State University and completed an APA-accredited internship at the Medical College of Georgia. There she completed psychological and forensic assessments within a medium security forensic psychiatric hospital. Following internship, Dr. Kroll completed her postdoctoral forensic fellowship at Central State Hospital where she had the opportunity to conduct competency to stand trial and mental status at the time of the offense evaluations. She is excited to continue as a full-time evaluator at Central State Hospital. In her spare time, she enjoys running, cuddling with her pets, and watching all of the Real Housewives franchises.

Current Post-Doctoral Fellow (2026-2027)

Kaya Reed, Psy.D. (William James College)

CSH has been fortunate to have served as a training site to many exceptional Fellows throughout the years. Our Fellows have gone on to hold leadership and administrative positions within the public sector, work as forensic evaluators in state psychiatric hospitals and on outpatient basis and as program coordinators/psychologists within the federal correctional system, and maintain successful forensic private practices. Several of our Fellows have pursued and successfully attained board certification in Forensic Psychology.

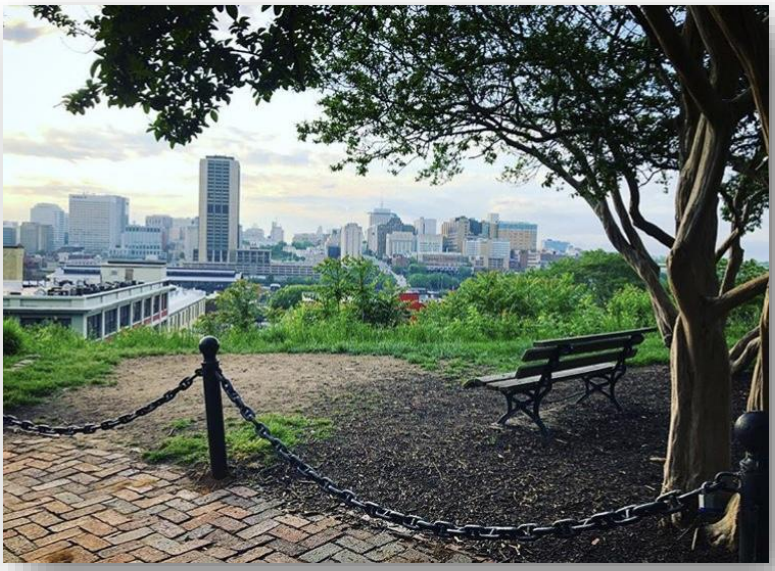
LIFE IN THE AREA

While CSH is located in Petersburg, many staff members choose to reside in Richmond or surrounding areas, such as Chesterfield or Colonial Heights. An economically progressive city and Virginia's capital, Richmond offers a wealth of amenities not easily found among other East Coast municipalities. Richmond's livability can be measured in numerous ways:

- beautiful neighborhoods with striking architecture and an abundance of rental options
- a vast cultural and educational heritage befitting its more than 200,000 citizens
- noted historic prestige tracing back to the early English settlers

Nationally recognized for its vitality and New Economy embrace, Richmond's diversified employment base extends from chemical, food and tobacco manufacturing to biotechnology, semiconductors and high-tech fibers. The city consistently ranks among "Best Places to Live and Work in America" in several national publications. Richmond is among a handful of mid-sized cities to offer a flourishing cultural community enhanced by several first-class museums and prominent universities, its own symphony, professional ballet and opera, and numerous theater companies and art galleries.

While offering easy access to the Atlantic ocean, Appalachia mountains, the Blue Hills and Washington, D.C., Richmond features countless pastimes at home. The city is home to many trendy boutiques and independent restaurants, breweries/wineries, numerous sports and entertainment attractions, outdoor pursuits among one of the nation's largest river park systems, and a treasure trove of historic landmarks provide fun times galore. This area of Central Virginia is particularly known for its spectacular Fall foliage displays, agrotoursim, and support of independent businesses.



Petersburg is an historic small city with a wealth of Civil War sites in the near vicinity and a newly burgeoning downtown area. It is located just 21 miles south of Richmond, offering additional residential options.

ADMINISTRATIVE DETAILS

Calendar

The Fellowship begins on September 10th and terminates 12 calendar months later. The granting of educational leave (beyond the required training workshops to be attended at the Institute for Law, Psychiatry, and Public Policy) shall be at the discretion of the Training Director.

Stipend

The stipend for the Fellowship ranges from $87,000 to $95,000, depending on prior experience.

Professional Liability Insurance

Professional liability insurance covering clinical activities clearly defined within the scope of the Fellowship training program is provided by the hospital at no cost to the Fellow.

Health Insurance and Leave Time

The Fellow will receive health, dental, and disability insurance as offered to all Virginia state employees. The Fellow receives four (4) days per year of family/personal leave, eight (8) days per year of sick leave, and he or she also earns four (4) hours of general leave time per pay period (1 day per month). This is in addition to twelve (12) paid holidays per year.

Pay Periods and Pay Days

The Fellow will receive two monthly paychecks for a total of 24 paychecks per year. Direct deposit is required.

Offices

The Fellow will be assigned office space and individual computer access, including a laptop. Options for telework will be discussed upon their arrival.



APPLICATION REQUIREMENTS

One Fellow per year will be accepted into the program. Forensic psychology experience and prior exposure to inpatient populations is strongly preferred. Applicants who have already completed and successfully defended their dissertation are strongly preferred.

Applicants must have completed all requirements for a doctoral degree in clinical or counseling psychology program (APA-accreditation of the academic program and pre-doctoral internship is preferred, but not required). Individuals applying prior to completion of their graduate degree must provide a letter from the Training Directors of their academic indicating that they will have completed all requirements for the doctoral degree prior to the start of the postdoctoral year. They will then be required to furnish documentation from their academic program when they have completed these degree requirements. If the selected candidate fails to complete any of their degree requirements by their scheduled start date or fails to provide documentation as such, the offer will be withdrawn and the individual will no longer be eligible to complete Fellowship training at CSH.



HOW TO APPLY

All applicants MUST complete an electronic Virginia state employment application. The website can be accessed at:

https://www.jobs.virginia.gov/

Click on Search Job Postings. Our agency is "Dept Behavioral Health/Develop." The fellowship should be listed as something to effect of "postdoctoral fellowship" and the location will be Petersburg. If there is any doubt about which position to apply for please contact the Training Director/designee for assistance.

In addition to completing the electronic application, candidates must submit the supplemental materials listed below:

- A current curriculum vitae
- Graduate school transcript(s)
- A sample report, ideally with a forensic focus
- One letter of recommendation from a past supervisor, preferably a supervisor familiar with applicant's past forensic and/or assessment experience
- A letter of interest outlining your professional interests, career goals, and the reasons for your interest in the Fellowship
- Applicants should clearly indicate the status of their dissertation in their application packet, either in the letter of interest or on their curriculum vitae.

Materials may be submitted electronically via the state application website or e-mailed directly to Dr. Greenbacker (helen.greenbacker@dbhds.virginia.gov.) The applicant may choose to mail copies of required materials to:

Dr. Helen Greenbacker
Central State Hospital
Building 39
P.O. Box 4030
Petersburg, VA 23803

Applications are currently being accepted for the 2027-2028 Fellowship year. Incomplete applications will not be considered.

APPLICATION DEADLINE: January 4, 2027

Selected candidates will be invited to interview. Interviews will be scheduled for mid to late January. Videoconference is preferred, but interviews may be conducted in person. Unfortunately, travel expenses will not be reimbursed.

For any additional inquiries, please contact Dr. Greenbacker via email: helen.greebacker@dbhds.virginia.gov