

$$\langle \psi_{Sh} | V_T | \psi_{2p-2h} \rangle = \langle \psi_{Sh} | V_T | \psi_{2p-2h}^{\Delta=1} \rangle + \langle \psi_{Sh} | V_T | \psi_{2p-2h}^{\Delta \geq 2} \rangle$$