Title: Postdoctoral Fellowship in Post Deployment and Readjustment Program

APA-accredited: ___X__ Yes ____ No

Site: Providence VA Medical Center, Providence, RI

Research site (1 day/week) TBD depending upon research interests

Primary Supervisor(s): Clinical: Caren Francione, Ph.D., Elizabeth Chattillion, Ph.D.

Additional Supervisor(s): Clinical: Nancy Brand, Ph.D., Amy Cameron, Ph.D., Samantha Collum, Ph.D., Stephen Correia, Ph.D., and Meghan Spencer, Ph.D. (based on specialized trainings opportunity selected)

Research: TBD depending upon research interests

Description of Site:
The Post Deployment and Readjustment Program (PDRP) is located in the Trauma and Readjustment Clinic at the Providence VA Medical Center. Our mission involves providing high quality, accessible, behavioral health care to this Veteran population. We do this by working with local military and community members as well as other VA providers to outreach Veterans and reduce barriers to care. Additionally, we provide both individual and group therapy to address a variety of presenting problems including readjustment to civilian life, education/employment, sleep difficulties, anger/irritability, anxiety/nervousness, depression, relationship problems, substance use disorders, and PTSD. The Fellow also work with our Primary Care Providers and Transition Care Management Team as the behavioral health in the Post Deployment Clinic, which is an open access primary care clinic.

Fellowship Aims:
1. To provide the Fellow with broad post-doctoral training in the area of providing clinical care to Veterans returning from deployments in Iraq and Afghanistan. The fellow will be integrated into the Post Deployment and Readjustment Program at the Providence VA Medical Center (PVAMC).

2. To provide the Fellow training in evidence based cognitive behavioral therapies to treat anxiety and mood disorders, sleep difficulties, and co-occurring substance use disorders.

3. To provide the Fellow with clinical training in psychological assessment, diagnostic evaluation, individual, family, and group therapy.

4. To provide the Fellow with training as a behavioral health consultant as part of a multidisciplinary team in the Post-Deployment Clinic.

5. To increase the Fellow’s knowledge and competencies with clinical research. This may include conducting research (e.g., analyzing data and preparing manuscripts on existing data sets and other
involvement in ongoing research projects), critical reviews of articles and book chapters, grant writing, and attendance at research meetings.

**Fellowship Timeline**
This is a one-year Fellowship. The Fellowship will initiate September 1, 2018 and conclude August 31, 2019.

**Clinical Activity Plan (70% - 28 hours)**
Seventy percent of the Fellow’s time will be devoted to clinically related activities. The Fellow will be integrated into the Post Deployment and Readjustment Program (PDRP). This will include providing evidence-based therapies to OEF/OIF/OND Veterans and working with other disciplines and treatment teams as a behavioral health consultant in our Post Deployment Clinic. Several additional specialized training opportunities will be offered (see below) and the trainee will work with the primary supervisor to determine the final training experience.

In order to ensure that a high level of clinical training is provided, the following activities will be required:

1. **Clinical Assessment (Up to 4 hours/week, depending upon referrals):** The Fellow will conduct diagnostic evaluations and/or psychological assessments of Veterans referred for Mental Health treatment. Competences gained include: (a) the selection, administration, scoring, and interpretation of psychological test; (b) integrating data and preparing written reports; and (c) oral presentation of psychological test findings to the team, referral sources, and community agencies involved with the patient, and the patient’s family.

2. **Membership in Multidisciplinary Treatment Team (Up to 4-5 hours/week, depending on clinic needs):** The Fellow will demonstrate the ability to function as an independent clinician within the context of a multidisciplinary team. His/her interactions with other providers will demonstrate an understanding of the responsibilities and limitations of a psychologist in a general medical and psychiatric setting. This experience will be offered through involvement in the Post-Deployment Clinic. The Fellow will conduct initial behavioral health assessments among Veterans who recently returned from deployments, develop an initial treatment plan in collaboration with the Veteran and input from other providers in the clinic, and conduct brief evidence based interventions to address immediate concerns.

3. **Treatment Services (Up to 20 hours/week):** The Fellow will provide individual and group psychotherapy. The Fellow will demonstrate competence in evidence-based cognitive-behavioral therapies to treat anxiety, mood, and co-occurring substance use disorders as well as readjustment difficulties. Specific interventions may include Cognitive-Behavioral Therapy for Insomnia (CBT-I), Acceptance and Commitment Therapy (ACT) for depression, Prolonged Exposure (PE) and/or Cognitive Processing Therapy (CPT) for PTSD, and evidence-informed treatments for other disorders.

The Fellow will demonstrate competency in developing evidence-based treatment plans that specify measurable benchmarks for treatment success and that reflect working knowledge of several different theoretical models. The Fellow will actively participate in the development and implementation of strategies for analyzing treatment effectiveness.

The fellow will serve as the behavioral health provider and run the Post Deployment Clinic on Wednesdays 1-5 pm and Thursdays 11-1 pm (Fellow will usually cover a 2-hour block). Involvement includes conducting brief behavioral health screens at the clinic for OEF/OIF/OND
Veterans, who are presenting for the first time to the PVAMC. Purpose of screenings is to assess behavioral health needs in non-treatment seeking population, normalize adjustment reactions, provide brief education when appropriate, and triage (often scheduling follow-up with self to reduce transitions in care).

The following specialized training opportunities will be available to the fellow throughout the training year (to be determined based on fellow’s interests and schedule):

- **Primary Care Behavioral Health (Women’s Clinic):** Fellow will spend 4-8 hours completing psychological assessment and brief interventions as part of the PACT located in the Women’s Health Care Center. Supervisor: Elizabeth Chattillion, Ph.D.
- **Cognitive-Behavioral Therapy for Insomnia (CBT-I):** A 6-month rotation that includes training in CBT-I. Supervisor: Nancy Brand, Ph.D.
- **Cognitive Processing Therapy (CPT):** Fellow may attend a 2-day CPT training at the PVAMC and participate in the 6-month consultation program with a regional trainer in order to obtain provider status upon licensure. Clinical supervision of these cases will be provided by primary supervisor.
- **Prolonged Exposure (PE) therapy:** Fellow will have opportunities to be trained in PE though not through the formal VA training program. Clinical supervision of these cases will be provided by the primary supervisor.
- **Couple’s Counseling:** This is a 12-month experience in which the Fellow can gain experience in couple’s counseling, training and supervision in Integrated Behavioral Couples Therapy as well as Conjoint Behavioral Couples Therapy (involves treating PTSD symptoms in the context of couple’s counseling). Supervisor: Amy Cameron, Ph.D.
- **Intensive Outpatient Program for PTSD:** This is a 4-week, PTSD treatment program led by members of the Traumatic Recovery Service (TRS) and PDRP, that runs x 2 per year. The program runs 9 am-2:30 pm each day and involves multiple groups per day, in vivo exposure assignments and “field trips” in the community (e.g., may include trip to Veterans cemetery, movie, grocery store, volunteering, and attending a yoga class, etc.), a family day, etc. The fellow will have the opportunity to co-lead some groups and participate in at least one of the community outings. Supervisor: Amy Cameron, Ph.D.
- **Partner Communication and Respect Program (PCRP):** PCRP is a group therapy program for male Veterans with relational anger directed towards an intimate partner. Includes training in an evidence-based treatment for relational anger, group therapy experience, conducting intake assessments for relational anger, and experience working with court-mandated treatment referrals for domestic violence. Supervisor: Samantha Collum, Ph.D.
- **Polytrauma/TBI:** This is a 3 to 6-month rotation (Tuesdays 12:30-4:30 pm) that involves completing a semi-structured interview with Veterans who had positive screens for possible TBI during deployment. Includes assessment of current symptoms, differential diagnosis between post-concussion syndrome versus anxiety/depression/sleep deprivation or other MH issues, and treatment recommendations. Supervisors: Stephen Correia, Ph.D. and Megan Spencer, Ph.D.
- **CBT Supervisor for Psychiatry Residents:** This is an 8-month experience that involves co-leading clinic supervisor for 2 to 3 psychiatric residents. Fellow will provide psychoeducation on the CBT model and provide weekly supervision. Supervisor: Caren Francione, Ph.D.
- **Program Development/Evaluation:** This is a 6 to 12-month experience and can supplement the research component of the Fellowship. In the past, Fellows have started a pain assessment clinic for Veterans on chronic opiates, a walk-in sleep clinic during our Post-
Deployment Clinic, a storytelling group culminating in a public Memorial Day event, and a Transgender Group. Members of Supervisor: TBD depending upon interest.

4. Clinical Documentation: The Fellow will maintain accurate records and to document case formulations, assessment results, treatment plans, and progress notes in a timely, concise, and clear manner.

**Didactic Training Activity Plan (10%)**

1. Didactic activities: The core educational objectives are: 1) To promote clinical, professional, and personal competence in providing mental health care to veterans; and 2) To promote commitment to team-based and patient-centered care. The Fellow will participate in monthly MHBSS colloquia which promote evidence-based practices and often involve guest presenters from allied disciplines.

2. The fellow will be required to participate in the following post-doctoral seminars through the Brown Postdoctoral Training Program.
   - Core Seminar (2nd Tuesday of month, 5:30 to 7:00 p.m.)
   - DPHB Academic Grand Rounds (1st Wednesday of month, 11:00 to 12 p.m.)
   - Clinical Ethics Seminars (1st Wednesday of month, 10:00 to 11:00 a.m.)

3. The following seminar through the Brown Postdoctoral Training Program is optional:
   - Grantsmanship seminars, including Special Topics in Statistics and Research Methods

**Research (20% - 5 hours/week)**

Twenty percent of the Fellow’s time will be devoted to research. The Fellow will work with a research mentor toward producing a traditional scientific product in a content area to be determined based on Fellow's research interests. This may include the following:

- Initiating and collaborating on manuscript preparation and submission of journal articles, and panel/poster submissions at a regional or national conference. Fellows may use existing data that has been collected and archived (e.g., by the supervisor or the Fellow’s dissertation).

- Conducting program development/evaluation. In past years, Fellows have started a pain assessment clinic for Veterans on chronic opiates, a walk-in sleep clinic during our Post-Deployment Clinic, a Storytelling Group culminating in a public Memorial Day event, and a Transgender Group. Fellows are encouraged to collect outcome data to be presented at national meetings and/or submitted for publication in a peer-reviewed journal.

Fellows may also become involved in ongoing research projects, including serving as a study therapist in an ongoing RTC, conducting assessments for an RTC, etc. Fellows interested in learning about writing a grant, seminars and mentoring opportunities are available with senior psychologists within the Department of Psychiatry (see above under Didactics). Finally, for Fellows interested in learning about the editorial review process of manuscripts submitted to refereed journals, ad hoc reviewing opportunities may be made available with his/her research mentors.

1. **Ad Hoc Reviewing:** For those Fellows interested in learning about the editorial review process of manuscripts submitted to refereed journals, ad hoc reviewing opportunities may be made available with his/her research mentors.

**Supervision and Evaluation**

Clinical supervision will be provided in the form of one-hour weekly face-to-face individual supervision blocks with licensed clinical psychologists on site (minimum of 3 hours individual, face-to-face supervision weekly). An additional hourly block of individual, face-to-face supervision will be offered for academic/research supervision. The Fellow also will have access to several additional forums for direct and indirect supervision through optional participation in regularly scheduled rounds and treatment teams with members of the Post Deployment Clinic.
The Fellow and supervisors will develop fellowship goals and learning objectives early on in the year. At the midpoint and conclusion of the Fellowship, the Fellow and supervisors will provide formal performance evaluations of one another. At each point in time, the Fellow will also provide an evaluation of the program relative to the goals and learning objectives of the Fellowship.

**Resource Requirements**
The Fellow will be provided with the following resources:

1. Office space at the PVAMC
2. Telephone
3. A personal desktop computer with internet access
4. Access to copying equipment
5. Clinical space for meeting with patients/clients.

Postdoctoral Track Coordinator

Associate Director for Clinical Psychology Program

Director, Postdoctoral Fellowship Training Program