Clinical Psychology Training Programs at Brown: A Consortium of the Providence VA Medical Center, Lifespan, and Care New England

Postdoctoral Fellowship Training Program

Postdoctoral Fellowship Description: CLINICAL FOCUS

Title: Postdoctoral Fellowship in Posttraumatic Stress Disorder (PTSD)

APA-accredited __X__ Yes ____No

Site: Providence VA Medical Center
Providence, Rhode Island

Supervisor(s): Clinical: William Unger, Ph.D., Heather Frank, Ph.D., Christy Capone, Ph.D.
Research: TBD depending upon applicant’s research interests

Description of Site:
The Trauma Recovery Services (TRS) Program (formerly the PTSD Clinic) is located in the Trauma and Readjustment Clinic at the Providence VA Medical Center (PVAMC). We are an outpatient program as a part of Mental Health and Behavioral Sciences Services (MHBSS) at the PVAMC. We serve male and female Veterans that are struggling with trauma-related mental health symptoms (especially PTSD) and other co-occurring psychiatric disorders by providing individual therapy, group therapy, and medication management treatment. We also have developed an Intensive Outpatient Treatment program for trauma-related issues which we provide to Veterans twice a year. The Fellow will work closely with all providers in the TRS program, MHBSS, and other departments of the PVAMC (Primary Care, specialty health departments, etc) to best coordinate interdisciplinary care for the Veterans we serve.

Fellowship Aims:
1. To provide the Fellow with postdoctoral training in the area of Posttraumatic Stress Disorder (PTSD) in an outpatient setting, the Trauma Recovery Services (TRS) program previously known as the PTSD Clinic. This will include: (a) a complete and thorough understanding of the nature of PTSD, Dual Diagnosis (e.g., comorbid alcohol and substance use disorders), and co-morbid psychiatric disorders; and (b) an understanding of the full range of clinical services typically required for the assessment and treatment of PTSD.

2. To provide the Fellow with clinical training in psychological assessment, diagnostic evaluation, and individual and group psychotherapy as a member of a multidisciplinary treatment team of the Providence VA Medical Center TRS program.

3. To increase the Fellow’s knowledge and competencies with clinical research. This may include serving as a study therapist or assessor, conducting data analyses and preparing manuscripts with existing data sets, writing critical reviews of articles and book chapters on PTSD, and attendance at research meetings.

Fellowship Timeline
This is a one-year Fellowship. The Fellowship will initiate on or about September 1, 2018 and conclude August 31, 2019.
Clinical Activity Plan (80%)
Eighty percent of the Fellow’s time will be devoted to clinically related activities. The Fellow’s clinical activity will be through the TRS program at the Providence VA Medical Center. In order to ensure that a high level of clinical training in the area of PTSD is provided, the following activities will be required:

1. **Membership in the Multidisciplinary Treatment Team:** The Fellow will actively participate in intake of referred patients, admission diagnostic conferences, weekly treatment review meetings, crisis clinic conferences, and follow-up contacts with Veterans.

2. **Clinical Assessment:** The Fellow will conduct diagnostic evaluations and/or psychological assessments of Veterans at the TRS Clinic. This will include: (a) competence in the selection, administration, scoring, and interpretation of psychological tests commonly employed with PTSD patients; (b) competence in integrating data and preparing written reports; and (c) competence in the oral presentation of psychological test findings to the multidisciplinary team, referral sources, and community agencies involved with the patient, and the patient’s family.

3. **Behavioral Assessment:** The Fellow will actively participate in the development, implementation, and supervision of strategies for analyzing treatment effectiveness.

4. **Treatment:** The Fellow will provide individual and group psychotherapy to Veterans with PTSD within the TRS outpatient program. The Fellow will demonstrate competence in cognitive-behavioral methods and a high level of skill in trauma processing. The Fellow will also have familiarity with specific topics such as coping skills training, anger management, and integrated PTSD-SUD treatment. Training in Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), Dialectical Behavior Therapy (DBT), and Cognitive Behavioral Therapy for Insomnia (CBTi) is available and encouraged. There is also the opportunity to participate in the TRS Intensive Outpatient Program (day program) which is offered approximately twice a year. 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.

5. **Consultation:** The Fellow will demonstrate the ability to function as an independent clinician within the context of an interdisciplinary team and the broader general medical hospital setting. She/he will be adept at reformulating referral questions into testable clinical hypotheses. She/he will make appropriate referrals for additional assessment from other specialty providers and then use the results to guide diagnostic formulation and treatment planning and implementation. The fellow will have the ability to maintain accurate records and to document case formulations, assessment results, treatment plans, and progress notes in a timely, concise, and clear manner. The fellow will be able to discuss relevant aspects of Veterans’ diagnoses.

Didactic Training Activity Plan (10%) (average of 4 hours per week)
1. The Fellow will participate in monthly MHBSS colloquia that promote evidence-based practices and often involve guest presenters from allied disciplines, and during the first 2 months of the Post-Doc, the Fellow will attend a mandatory seminar for all VA Clinical Postdoctoral fellows for training on issues specific to Veterans (Mondays 9-10:30am).

2. The fellow will be required to participate in the following post-doctoral seminars through the Brown Post-Doctoral Training Program.
   - Core Seminar (2nd Tuesday of month, 5:30 to 7:00 p.m., 1.5 hours)
   - DPHB Academic Grand Rounds (1st Wednesday of month, 11:00 to noon, 1.0 hour)
   - Clinical Ethics Seminars (1st Wednesday of month, 10:00 to 11:00 a.m., 1.0 hour)
3. The following seminars are optional:
   Postdoctoral Training Program Grantsmanship seminars (1 hour per week)
   Postdoctoral Training Program Special Topics in Statistics and Research Methods (1 hour per week)

   Professional Training: The Fellow will apply for a state licensure as a psychologist, work towards successfully negotiating all aspects of the licensure process, and obtain licensure as a psychologist.

**Research (20%) (8 hours per week)**
Twenty percent of the Fellow’s time will be devoted to research activities. The Fellow will work with a research mentor toward producing a scientific product in a content area based on the Fellow's research interests. This may include 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. Fellows may also become involved in ongoing research projects by providing clinical interventions, conducting diagnostic assessments, etc. For those 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.

**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 interprofessional teams. Opportunities exist for the Fellow to acquire supervision experience by providing supervision to a Resident (trainee) as well.

The Fellow and supervisors will develop fellowship goals and learning objectives early on in the fellowship year. At the midpoint and conclusion of the fellowship, the Fellow and supervisors will provide formal performance evaluations of one another.

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

1. Office space at the VAMC
2. Telephone
3. A personal desktop computer with internet access
4. Access to copying equipment

Postdoctoral Track Coordinator

Associate Director, Clinical Psychology Program

Director, Postdoctoral Fellowship Training Program