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 Treatment of Substance Use Disorders and Co-
Occurring Mood Disorders

APA-accredited __X___Yes ____No

Site: Providence VA Medical Center (PVAMC), Providence, RI

Supervisor(s): Jane Metrik, Ph.D. (Primary Supervisor)
Robert Tilton, Psy.D.

Fellowship Aims:
1. To provide the Fellow with broad post-doctoral training in the area of substance abuse treatment in an
   outpatient setting. The Fellow will be integrated into the Collaborative Addiction Recovery Services
   (CARS) – Mental Health (MHBSS) Team providing evidence-based psychotherapy to Veterans at the
   PVAMC.

2. To provide the Fellow with clinical training in psychological assessment, diagnostic evaluation,
   individual and group therapy, as a member of an interprofessional treatment team at the Providence
   VA Medical Center.

3. 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, 2019 and conclude August 31,
2020.

Clinical Activity Plan (70%) (28 hours per week)
Seventy percent of the Fellow’s time will be devoted to clinically related activities in CARS. The CARS
is organized within the Mental Health and Behavioral Sciences Service of the Medical Center. CARS is a
multifaceted program that provides interdisciplinary treatment services that encompass a continuum of
care in the treatment of addictive behaviors. CARS directly provides access to the following services:
comprehensive intake assessment, treatment planning and case disposition, CARS consultation-liaison
clinic (servicing the medical/surgical areas of the Medical Center); inpatient detoxification;
comprehensive outpatient treatment program; Opioid Treatment Program (OTP); individual
psychotherapy; outpatient psychiatric and medication management services. Patients serviced by CARS
present with a wide range of DSM-5 Substance Related and Addictive Disorders, usually severe and long-
term in nature, often carry multiple DSM diagnoses, and typically have concomitant physical conditions
as well as chronic pain (particularly prevalent among OTP Veteran population). A major thrust of CARS
is to provide addictions treatment that is integrated with patients’ primary care PACT as well as General Psychiatry (CAPS) services. Furthermore, CARS patients are serviced both at the PVAMC and through Community Based Outpatient Clinic (CBOCs) as well as via Tele-Mental Health. In order to ensure that a high level of clinical training is provided, the following activities will be required:

1. **Treatment Services:** The Fellow will provide individual and group psychotherapy services to Veterans. The Fellow will demonstrate competence in evidence-based psychotherapies focused on the treatment of problematic substance use and co-occurring psychiatric disorders, including Cognitive Behavioral Therapy for Substance Use Disorders (SUDs), Motivational Enhancement Therapy (MET), CBT for the Management of Chronic Pain, and Acceptance and Commitment Therapy (ACT). The Fellow will receive didactic protocol-based training coupled with experiential clinical consultation-based training on individual psychotherapy cases. 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. Utilizing these evidence-based treatment modalities, the CARS Fellow will lead or co-lead: CARS groups in the 6-week Intensive Outpatient Treatment Program (IOP)—a Day Treatment Rehabilitation Treatment Program; CBT groups for Relapse Prevention and other groups focused on coping skills training; motivational enhancement treatment program; and dual diagnosis treatment group focused on two different modalities CBT and ACT in treating co-occurring substance use disorders and affective disorders (e.g., depression, PTSD, and anxiety disorders). The Fellow will have opportunities for involvement in the outpatient Opioid Treatment Program (OTP). They will demonstrate competency in providing comprehensive and individualized treatment planning, patient education, individual and group therapy, participate in community outreach and hospital-based consultation service in treatment of opioid use disorders.

   Opportunities exist for the Fellow to gain experience in other outpatient mental health clinics at the VA including the Trauma Recovery Services in the area of Posttraumatic Stress Disorder, Post-Deployment and Readjustment Program, and General Mental Health.

2. **Clinical Assessment:** The Fellow will conduct diagnostic evaluations and/or psychological assessments of Veterans referred for substance abuse treatment. This will include: (a) diagnostic assessment using DSM-5 criteria; (b) the selection, administration, scoring, and interpretation of psychological test; (b) integrating data and preparing written reports; and (d) presentation of findings to the Veteran and relevant parties (e.g., treatment team, involved family members, etc.).

3. **Membership on an Interdisciplinary Treatment Teams at the PVAMC:** The CARS Clinical Psychology Fellow will be fully integrated in the interdisciplinary clinical CARS team including psychologists, psychiatrists, social workers, and nurses with expertise and clinical interests in treatment of Veterans with substance use disorders (SUDs) and co-occurring psychiatric disorders. The Fellow will demonstrate the ability to function as an independent clinician within the context of this team and the broader general medical hospital setting. 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 will include: completing structured intakes in response to consults to the CARS and/or OTP clinics, and participating in treatment team meetings and assessment rounds. Fellows will have the ability to: make appropriate referrals for ongoing care or for additional assessment from other specialty providers and using the results to guide diagnostic formulation and treatment planning and implementation; discuss relevant aspects of patients’ diagnosis; make follow-up contacts with Veterans and their families.
4. **Clinical Documentation:** 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.

**Didactic Training Activity Plan (10%)** (average of 4 hours per week)

Didactic activities: The core educational objectives are: 1) To expand knowledge base of psychosocial and pharmacologic treatment of substance use disorders; 2) To promote clinical, professional, and personal competence in providing mental health care to Veterans with substance use disorders; and 3) To promote commitment to team-based and patient-centered care.

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

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., 1.5 hours)
   - DPHB Academic Grand Rounds (1st Wednesday of month, 11:00 to noon, 1.0 hours)
   - Clinical Ethics Seminars (1st Wednesday of month, 10:00 to 11:00 a.m., 1.0 hour)

3. The fellow will be required to participate and present in monthly CARS didactic seminars on the detection and psychosocial and pharmacologic treatment of substance use disorders with directed readings and interdisciplinary workshops held by psychologists and other mental health professionals on the CARS team as well as guest presenters from allied disciplines.

4. The following seminars through the Brown Postdoctoral Training Program are optional:
   - Grantsmanship seminars (1 hour per week)
   - Special Topics in Statistics and Research Methods (1 hour per week)
   - Center for Alcohol and Addiction Studies (CAAS) grand rounds that presents professional/research series by faculty at Brown and affiliated hospitals in the field of addictive behaviors and related fields of mental health and public health (1 hour per week on Fridays)

**Research (20%)** (8 hours per week)

Twenty percent of the Fellow’s time will be devoted to research. The Fellow will participate in the following activities:

The Fellow will work with a research mentor with the goal of ultimately improving detection and treatment of substance use disorders. The content area is flexible and can be determined based on the Fellow’s research interests. Fellows may become involved in ongoing research projects including serving as a study therapist in an ongoing RTC or conducting assessments for an RTC. Dr. Metrik will oversee the CARS Fellow’s involvement in clinical research in substance use disorders and will sign off on his/her training plans. CARS Fellow will have ample opportunities to participate in Dr. Metrik’s ongoing behavioral pharmacology research at the Center for Alcohol and Addiction Studies and work on secondary data analyses from her longitudinal investigation of the trajectories of alcohol and marijuana use, related problems, substance use disorders and concomitant affective disorders among Veterans post-deployment.

Fellows will receive comprehensive training on reliable and valid assessment instruments for substance abuse problems and disorders and mood disorders. They will develop skills in the use of assessment instruments including structured clinical interviews (e.g., SCIDs) by participating in structured research assessment protocols on the study. Fellows may work toward producing a traditional scientific product in
a content area to be determined based on Fellow's research interests. This may include initiating and collaborating on manuscript preparation and publication, and/or panel/poster submissions at a regional or national conference. Fellows will have access to existing data that has been collected. They may also receive training and gain proficiency in statistical analysis and quantitative research methodology depending on Fellow’s level of interest and knowledge in this area. Fellows interested in learning about writing a grant, seminars and mentoring opportunities are available with senior psychologists within the Department of Psychiatry and Behavioral and Social Sciences Department at Brown’s School of Public Health. Finally, for those 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 2 hours individual, face-to-face supervision weekly) and one hour weekly face-to-face group supervision with licensed clinical psychologists. An additional 1 hour 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 team. The Fellow and supervisors will develop fellowship goals and learning objectives early on in the first 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 PVAMC and at Brown University Center for Alcohol and Addiction Studies (CAAS)
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

Director, Clinical Psychology Program

Director, Postdoctoral Fellowship Training Program