**Rotation Title:** Postpartum Depression Day Hospital Rotation  

**Location:** Women & Infants Hospital  

**Rotation Supervisor(s):** Shannon Erisman, PhD (Primary Supervisor)  
Margaret Howard, PhD  

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### 1 Overview of the Rotation:

The Postpartum Depression Day Hospital rotation is designed to introduce the clinical psychology resident to the recognition and treatment of perinatal psychiatric disorders. The clinical psychology resident/fellow will function as a member of a multi-disciplinary treatment team within a partial hospital setting. The mission of this specialized partial hospital program is to provide timely, comprehensive and cost-effective treatment to women suffering from psychiatric disorders during both pregnancy and the postpartum period. The program is also designed to keep mothers and their infants together during treatment so that 1) the critical bonding period between mother and baby is not disrupted; 2) breastfeeding in nursing mothers is not interrupted; 3) direct observation of mothers’ interactions with their infants can occur, while simultaneously fostering positive attachment.

### 2 Achievement of Competencies:

**Ethical and Legal Standards:** Competencies in this area will be achieved through the demonstration of ethical practice within all clinical, research, and administrative/professional activities, as well as discussion of ethical/legal issues during supervision.

**Professionalism and Self-Awareness:** Competencies in this area will be developed by participating as a professional member of the multidisciplinary team, participating in ongoing educational activities, and reflecting on professional roles and responsibilities within the context of supervision.

**Interpersonal and Communication Skills:** Residents will demonstrate competencies in this area through their participation as a professional member of the multidisciplinary team, including opportunities to communicate data, ideas, recommendations, and feedback to others.

**Assessment and Diagnosis:** Competencies in this area will be developed through conducting comprehensive intake evaluations with patients presenting to the Day Hospital. This includes collection of pertinent biopsychosocial data, review of self-report measures, evaluation of mental status and lethality, and review of data from collaborating providers to determine diagnostic and level-of-care determinations.

**Effective Intervention:** Competencies in this area will be achieved through conducting individual, group, and family therapy (when appropriate) with Day Hospital patients. Treatment goals will be operationalized and evaluated over the course of treatment based on data obtained routinely during clinical rounds, and modifications to treatment will be made based on this data.

**Consultation:** Competencies in this area will be achieved through responding to consultation requests from the multidisciplinary team related to psychological evaluations and/or questions about evidence-based interventions. Opportunities for consultation also arise in the form of collaborating with team members in order to generalize skills developed within therapy sessions to other aspects of their Day Hospital treatment and beyond.
Supervision and Teaching: Opportunities may be available for residents to discuss supervision styles, strategies, and important factors in the supervisor/supervisee relationship. The resident typically does not have opportunities to provide direct supervision to others during this rotation.

Research and Scholarly Activities: Residents typically do not have opportunities to develop these skills during this rotation.

Cultural and Individual Diversity: Competencies in this area will be developed through exposure to diverse partial hospital patients, supervision regarding assessment and treatment considerations relevant to work with diverse populations, and directed readings, when appropriate.

3 Time Commitment:
Rotations are 4 months in duration and the minimum hour requirement is 36 hours per week.

4 Duties & Responsibilities:
Regular duties and responsibilities include the following: (1) initial intake evaluations with patients presenting to the Day Hospital. The clinical psychology resident will be responsible for gathering all pertinent biopsychosocial data, reviewing self-report measures and collaborating with referring/other providers for purposes of diagnostic and level-of-care determination, (2) initially co-facilitate a daily therapy group and/or a daily skills group in the partial hospital, and after some time, the clinical psychology resident will be expected to conduct these groups on their own (3) daily individual therapy with up to 3 assigned patients and family/couples therapy as indicated, (4) weekly clinical consultation/supervision, (5) daily clinical rounds, (6) review relevant articles related to psychotropic medication use with pregnant and breastfeeding women, evidence-based psychotherapeutic treatment approaches with this population and impact of maternal mood disorders on attachment and dyadic adjustment.

5 Time Table:
Approximate weekly timetable: clinical rounds (5 hours), formal supervision (1 hour), informal supervision (2 hours), intake evaluation and documentation (6 hours), group therapy (5 hours), individual therapy and documentation (13 hours), utilization Review, D/C planning (4 hours).

6 Methods of Teaching:
The primary modalities of teaching include role modeling, feedback, and one-to-one didactic instruction, review and instruction of clinical documentation, and reading material.

7 Treatment Units of Programs Involved:
Postpartum Depression Day Hospital

8 Supervision:
Dr. Shannon Erisman is the primary supervisor for the rotation. Supervision time is as follows: One hour daily group consultation/supervision with entire clinical team, 1 hour weekly supervision with Dr. Erisman or Dr. Howard. Clinical consultation/supervision with multi-disciplinary clinical team is available throughout the day on an as needed basis.
Alpert Medical School of Brown University
Clinical Psychology Internship Training Program

Rotation Description

9 Relationships to Core Programs:
Training reflects the overall philosophy of the Brown Internship Program, which is based on the clinical science model. In addition to the outlined duties and responsibilities specific to the rotation, release time allows for attendance at various seminars, educational opportunities, additional clinical rotations, and a research placement.

10 Designation of Key Liaison Personnel:
Shannon Erisman, Ph.D., Clinical Director, Postpartum Depression Day Hospital, WIH.
Margaret Howard, Ph.D., Division Director, Women’s Behavioral Health, WIH.
Lauren Weinstock, Ph.D., Adult Track Coordinator, Alpert Medical School of Brown University Clinical Psychology Internship Training Program.
Elizabeth McQuaid, Ph.D., ABPP, Director of the Alpert Medical School of Brown University Clinical Psychology Internship Training Program.

11 Criteria for Success:
Successful residents will achieve ratings of “Satisfactory Progress” on all competencies that are available within this rotation. Plans will be made for residents to obtain further training, supervision, and/or remediation to address competencies that are rated as “Needs Improvement” or are otherwise identified as areas that require additional emphasis in training. This rotation will be one of several that is considered in an overall determination of resident "competence" at the completion of the internship period.