Postdoctoral Fellowship Description: CLINICAL FOCUS

Title: Postdoctoral Fellowship in Developmental Disabilities

APA-accredited: YES X NO ______

Site: Center for Autism and Developmental Disabilities (CADD)
Emma Pendleton Bradley Hospital

Supervisor(s): Barbara Tylenda, Ph.D., ABPP (Primary Supervisor)
Stephen Sheinkopf, Ph.D. (Research Supervisor)

Description of Site

The Emma Pendleton Bradley Hospital, founded in 1931, is the nation’s first psychiatric hospital devoted to children and adolescents. Services include a 72-bed acute inpatient program for children and adolescents with emotional, behavioral, and developmental disabilities; day/partial-hospital and intensive outpatient program for children ages newborn to eighteen years with a range of emotional and behavioral issues; and a large and active outpatient treatment program offering individual, family, and group psychotherapy, medication management, occupational and speech/language therapy, and neuropsychological evaluations to children and adolescents with complex mental health needs.

The Center for Autism and Developmental Disabilities: This one-year fellowship is a breadth experience with children and adolescents who are specifically diagnosed with an intellectual and/or developmental disability and a concomitant psychiatric disorder. The Psychology Fellow will be immersed within the Bradley Hospital nationally-regarded Center for Autism and Developmental Disabilities (CADD) Inpatient Unit (19 patients).

The CADD Clinical Team
Patients within the CADD are cared for by a mature, multidisciplinary clinical treatment team that has worked together for many years. The following professionals make up the CADD multidisciplinary treatment team: three psychiatrists (one being Unit Chief), one psychologist (also being Associate Unit Chief), one Ph.D. level psychology resident, one pediatrician, three social workers, one speech and language therapists, one occupational therapist, two behavior analysts/specialists, one clinical nutritionist, one clinical nurse director, one clinical nurse manager, a full nursing staff (24/7), and a full staff of milieu associates (24/7). A utilization management coordinator, a special education teacher, an art therapist, psychiatry residents and triple-board fellows also provide support to the CADD Inpatient Unit.

The CADD Inpatient Experience
The CADD Inpatient experience emphasizes breadth exposure to the diagnosis, assessment, and treatment of co-morbid behavioral and psychiatric problems (i.e., self-injurious behavior, abnormal movements, aggressive/destructive behavior, attention and motivational deficits, anxiety disorders, mood disorders, psychotic disorders, post-traumatic stress disorder, reactive attachment disorder, and/or adjustment disorders) in children and adolescents (between the ages of 4 and 21) presenting with the full range of intellectual and developmental disabilities (including: intellectual disability, autism spectrum disorder,
neurological disorders, genetic disorders, and other forms of developmental handicaps). Many of these children and adolescents also present with co-existing medical complications.

The postdoctoral fellow will participate as an integral member of the CADD multidisciplinary clinical treatment team. The fellow will be involved in: (1) completing assessments in the forms of (a) diagnostic evaluations, (b) functional behavioral assessments, (c) adaptive behavior assessments, and (d) comprehensive psychological assessments (if/when requested); (2) conducting individual therapy; (3) co-conducting milieu therapeutic groups in the areas of (a) relationship safety (with psychologist or psychology resident, (b) social/communication skills (with speech and language therapist), and (c) emotional regulation (DBT) (with social worker); and (4) collaborating in family treatment/support (with social worker).

The postdoctoral fellow also may assist in the development and evaluation of behavioral programs (with the behavior analyst/specialist), oversee the milieu’s daily morning meeting, consult with/provide in-services to staff (as necessary), and provide supervision to a Clinical Psychology Resident (when a resident is assigned to the CADD). Fellows coming to the CADD with a particular area of clinical expertise (e.g., anxiety disorders, obsessive-compulsive disorders, movement disorders, etc.) may be asked to design a treatment protocol for a specific CADD patient manifesting such a disorder. The fellow will participate actively in all aspects of the CADD Programming including clinical treatment team meetings, multidisciplinary diagnostic reviews, walking rounds, and crisis clinics.

**Fellowship Aims**

1. **To provide the Fellow with broad post-doctoral training in the areas of developmental disabilities and developmental psychopathology, specifically with child and adolescent populations within an inpatient setting.**

   This will include: (a) a complete and thorough understanding of the nature and types of developmental disorders including autism spectrum disorder, intellectual disability, neurological impairment, dual-diagnosis (e.g., intellectual disability with concomitant psychiatric disorder), and multiply disabled (e.g., intellectually and/or physically impaired with psychiatric disorder); and (b) an understanding of the full range of clinical services typically required by the developmentally disabled child.

2. **To provide the Fellow with a strong working knowledge of clinical research conducted with child and adolescent populations who present with pervasive developmental disabilities, intellectual disability, neurological impairment and a broad spectrum of concurrent psychiatric, behavioral, learning, and family problems. Emphasis will be on the integration of clinical service provision and the conducting of applied research.**

3. **To provide the Fellow with clinical training in diagnostic evaluation, psychological assessment, individual, family, and group evidence-based interventions for children, adolescents, and their families, and consultation as a member of a multidisciplinary treatment team for the Hospital’s nationally regarded Center for Autism and Developmental Disabilities (CADD).**

4. **To expose the Fellow to the administrative aspects essential to providing clinical service and conducting applied research within a hospital-based program for developmentally disabled children and adolescents.**
**Fellowship Timeline**
This is a one-year Fellowship. The Fellowship will initiate July 15, 2020 and conclude July 14, 2021.

**Clinical Activity Plan (70%)**
Seventy percent of the Fellow’s time (28 hours/week) will be devoted to clinically related activities. The Fellow’s clinical activity will be through the E. P. Bradley Hospital’s Center for Autism and Developmental Disabilities (CADD) Inpatient Program. In order to ensure that a high level of clinical training in the area of developmental disabilities is provided, the following activities will be required:

1. **Membership in the Multidisciplinary Treatment Team:** The Fellow will actively participate in admission meetings with patients and their families, admission diagnostic conferences, daily walking rounds, weekly treatment review meetings, crisis clinic, discharge conferences, and post-discharge (follow-up) contact with patients, their families, and receiving community agencies and schools.

2. **Clinical Assessment:** The Fellow will conduct diagnostic evaluations and/or psychological assessments of inpatients on the CADD. This will include: (a) competence in the selection, administration, scoring, and interpretation of psychological tests commonly employed with developmentally disabled children and adolescents; (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/Intervention:** The Fellow will conduct and write-up functional behavioral assessments (as necessary). The Fellow also will actively participate in the development, implementation, and supervision of behavioral programs, and will analyze outcome data for treatment effectiveness.

4. **Treatment:** The Fellow will provide individual, family, and group psychotherapy services to developmentally disabled children and adolescents and their families within the CADD Inpatient Program.

5. **Lecturing/Staff Development:** The Fellow will have opportunities to teach seminars, provide in-service training to hospital milieu staff, and participate in community speaking engagements, according to his/her interests and need.

6. **Licensure as a Psychologist:** The Fellow will make application for licensure in the State of Rhode Island and work towards successfully negotiating all aspects of the licensure process, and obtain licensure as a psychologist in the state.

In addition, there may be option for the fellow to provide clinical supervision for clinical psychology residents when they are assigned to the CADD with the fellow.

**Research Activity Plan (20%)**
Twenty percent of the Fellow’s time (8 hours/week) will be devoted to research. The Fellow will participate in the following activities:

1. **Review of the Literature:** The Fellow will complete readings on relevant historical and contemporary literature pertaining to theory, clinical practice, and research with developmentally disabled children and in developmental psychopathology. The Fellow also will be exposed to methodological/pragmatic issues in conducting DD research. The Fellow
also will become familiar with: (a) the major classes and types of drugs commonly
prescribed for DD children, including specific drug action, clinical purpose, and possible side
effects; (b) medical conditions commonly experienced by DD children and their role as an
etiological mechanism in the development of emotional and/or behavioral disorders; and (c)
the legal rights of DD children.

2. **Study Coordination:** The Fellow will develop a research proposal in an area of interest
pertaining to developmental disabilities that he/she will implement during the Fellowship
term.

3. **Manuscript Preparation and Submission:** The Fellow will collaborate on manuscript
preparation and submission (e.g., book review, book chapter, refereed journal article) and/or
panel/poster submissions at a regional or national conference with some aspect of
developmental disabilities.

4. **Grant Writing:** For those Fellows interested in learning about writing a grant, seminars and
mentoring opportunities are available with senior psychologists within the Department of
Psychiatry. In this case, the Fellow will develop a grant idea and submit a grant proposal by
the end of the Fellowship term.

**Didactics (10%)**
Ten percent of the Fellow’s time (4 hours/week) is available for supervision and mandatory didactics. If
the optional didactic (Academic Friday) is chosen, this time will come out of the 20% research time.

**Supervision:** The fellow will receive two hours per week of individual supervision with supervising
psychologist on the CADD, and one hour per week for individual supervision with supervising
psychologist on research.

5. **Postdoctoral Seminars:** The Fellow will participate in post-doctoral seminars through the
Postdoctoral Fellowship Training Program.

**Mandatory Didactics:**
- Core Seminar Series (1 per month)
- DPHB Academic Grand Rounds (1 per month)
- DPHB Child Psychiatry Grand Rounds (1 per month)
- Clinical Ethics Seminar Series (1 per month)
- Child Track Seminar Series (1 per month)

**Optional Didactics:**
- Academic Friday—Grantsmanship, Special Topics in Statistics, and Alcohol Center
  Seminars.

**Supervision and Evaluation**
Clinical supervision will be provided in the form of one-hour weekly individual supervision blocks with
the licensed clinical psychologist on site (Dr. Tylenda). Specifically, a minimum of two hours per week,
face-to-face individual supervision will be provided by Dr. Tylenda. In addition, a minimum of six hours
of group supervision will be provided, weekly (3 hours/walking rounds with CADD multidisciplinary
clinical team [one hour each on Monday, Thursday, and Friday], and 3 hours/CADD multidisciplinary
clinical treatment team meeting on Tuesday). An additional hourly block will be offered for
academic/research supervision (Dr. Sheinkopf).
The Fellow and supervisors will develop fellowship training activities early on in the first year. At every 6 months for the duration of the fellowship, the fellow and the supervisors will provide formal evaluations, and evaluations 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. Access to protected space on CADD Unit appropriate for clinical care
2. Telephone
3. A personal desktop computer with internet access and project specific software
4. Access to copying equipment
5. For CPP fellows, individual office space is provided.

**Path toward licensure:** YES __X__ NO ____ The fellow will receive clinical hours toward licensing through both the clinical activity plan as well as clinical research activities (structured clinical assessment of CADD patients enrolled in RI-CART and ADDIRC).

**Reporting and approval**
This fellowship is part of the Child track. The position was discussed and approved by the Child track faculty in their monthly meeting in 1997 (and updated, September 2019).

Postdoctoral Track Coordinator

Director, Clinical Psychology Program

Director, Postdoctoral Fellowship Training Program