



BROWN
Alpert Medical School

**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 Obsessive-Compulsive Spectrum & Anxiety Disorders

APA-accredited: YES NO

Site: Butler Hospital

Supervisor(s): Maria Mancebo, Ph.D. (Primary Supervisor)
Rachel Simmons, PhD
Kimberley Chiappone, MD

Description of Site

Butler Hospital, founded in 1844, is a private psychiatric hospital. Services include six acute inpatient programs, partial hospital and intensive outpatient programs, and a large outpatient behavioral health clinic. Butler Hospital is part of the Care New England Healthcare system.

The OCD & Anxiety Program provides outpatient treatment for individuals with OCD-spectrum and Anxiety disorders. The Program consists of intensive outpatient treatment as well as an Outpatient Specialty Clinic for OCD-spectrum disorders (OCD, Body Dysmorphic Disorder, and Compulsive Hoarding Disorder) and other anxiety disorders (Panic Disorder, Phobias, Social Anxiety, Illness Anxiety). The Fellow has the opportunity to develop skills in the delivery of assessment and treatment of these conditions across three levels of care: 1) outpatient (once per week 45-90 minute sessions; 2) intensive outpatient program (IOP) provides exposure-based individual and group therapy 3 hrs/day Mon-Thurs; and 3) partial hospital program (PHP) level of care provides six hours per day of treatment. The Fellow will carry a caseload of 4 patients per week (2 IOP and 2 long-term outpatients) and will provide individual therapy for those cases. In addition, the fellow will lead or co-lead 2 groups per week. Individual supervision will be scheduled for 2 hours per week with access to more time if needed. The Fellow will attend group supervision (1 hour per week) and IOP/PHP clinical rounds (1 hour per week).

Fellowship Aims

1. To provide the fellow with broad post-doctoral training in the area of assessment and behavioral treatment of OC-spectrum and anxiety Disorders across levels of care.
2. To enable the fellow to gain experience working with a multidisciplinary team by providing individual and group psychotherapy to adults with OC-spectrum and anxiety disorders.
3. To provide the fellow with a strong working knowledge and training in treatment outcomes and effectiveness research.

Fellowship Timeline

The duration of the fellowship is 2 years, contingent upon satisfactory progress. The anticipated start date is September of 2021.

Note: The fellow and the mentor will notify each other in December whether the commitment will be made for a second year. The 2nd year is not APA-accredited.

Activities are distributed as follows: 70% clinical, 20% research, 10% didactics.

Clinical Activity Plan (70% time)

70% of the fellow's time will be spent in clinical activities:

- 50% -OCD & Anxiety IOP/PHP (20 hours per week)
- 10% -Outpatient Clinic (4 hours per week)
- 10% -Clinical supervision (2 hours per week individual, 2 hour per week group supervision)

In order to ensure that the fellow receives a high level of clinical training in the area of assessment and treatment of OC-spectrum and anxiety disorders, the following activities will be required during the fellowship:

- Treatment services: The Fellow will provide evidence-based individual and group therapy (CBT/ACT/DBT). The fellow will carry a caseload of four IOP/OP patients (6 hours per week) and lead two groups (2 hours per week). The fellow will receive one hour of individual supervision and one hour of group supervision per week.
- Clinical assessment: The Fellow will conduct clinical and diagnostic assessments (2-4 hours per week) as part of the programs intake and consultation services. Dr. Kimberley Chiappone will provide supervision of assessments and consultations.
- Clinical supervision: The Fellow will receive 2 hours of individual supervision per week. Dr. Maria Mancebo will provide clinical supervision of IOP patients (1hr/week) and Dr. Rachel Simmons will provide clinical supervision of outpatients (1 hr/week). In addition, the fellow will also attend group clinical supervision meetings (1 hour per week) with Dr. Mancebo or Simmons (will alternate every 4 months) and IOP/PHP clinical rounds (1 hour per week) led by Drs. Mancebo and Chiappone.
- Licensure: The Fellow will apply for licensure as a psychologist in the State of Rhode Island.

Research Activity Plan (20%)

The fellow will spend 20% effort (8 hours per week) in research activities. The fellow will be exposed to various aspects of clinical research including treatment outcomes, effectiveness, and dissemination.

Depending on the fellows research interests, Dr. Mancebo will serve as the research supervisor or will identify another research faculty mentor. Research activities may include:

- Manuscript preparation and submission: The fellow will be encouraged to collaborate on manuscript preparation and poster submissions at national conferences. Individually tailored goals will be established in this area.
- The fellow will be encouraged to present at one national conference per year.
- The fellow will be required to participate in biweekly OCD research meetings.

Didactics (10%)

Postdoctoral Seminars: The fellow will participate in postdoctoral seminars through the Postdoctoral Fellowship Training Program.

Mandatory Didactics:

- Core Seminars (1 per month).
- DPHB Academic Grand Rounds (1 per month).

Clinical Ethics-If APA approved postdoc and/or if intending to sit for licensure (1 per month).

Child Track Seminars-If APA approved Child Track Postdoc at Bradley Hospital or RIH.
Track Seminars – e.g. Neuropsychology.

Optional Didactics:

Academic Friday–Grantsmanship, Special Topics in Statistic and Alcohol Center Seminars.

Supervision and Evaluation

Supervision will be provided in the form of 2 hours of weekly individual supervision (Drs. Mancebo and Simmons) and 1 hour of weekly group supervision (Drs. Mancebo & Simmons will alternate).

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

Fellow will be provided with the following resources:

- Access to space appropriate for clinical care
- A computer and project specific software
- Internet access
- Telephone
- For CPP fellows, individual office space is provided.

Reporting and approval

This fellowship will be part of the CPP. The position has been discussed and approved by the Adult track faculty in their monthly meeting.

Director, Clinical Psychology Program (CPP)

Director, Postdoctoral Fellowship Training Program (PFTP)