



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 Psychosocial Rehabilitation and Recovery Section
Services-Mental Health

APA-accredited: Yes No

Site: Providence VA Medical Center, Providence, RI
Research site (1 day/week) TBD depending upon research interests

Supervisor(s): Clinical: Marjorie Crozier, PsyD, Armin Azar, PhD
Research: TBD depending upon research interests

Description of Site: Psychosocial Rehabilitation and Recovery Center (PRRC) is an intensive psychosocial rehabilitation program located within the Mental Health Service at the VA. This model of care involves an interdisciplinary team approach to psych rehab to engage Veterans in skill building and wellness programming to increase engagement in the community. Within the program services are offered to address presenting problems, including bipolar disorder, schizophrenia, schizoaffective disorder, depression, PTSD, and substance use issues. The fellow will also have the opportunity to be part of the Homeless Patient Aligned Care Team (H-PACT) to provide services to the under-served homeless population at the VA.

Fellowship Aims:

1. To provide the Fellow with broad post-doctoral training in the area of providing clinical care to Veterans diagnosed with serious mental illness and experiencing significant impairment across multiple domains of functioning. The fellow will be integrated into the Recovery Section Services team at the Providence VA Medical Center (PVAMC).
2. To provide the Fellow training in evidence based cognitive behavioral therapies to treat serious and persistent mental health problems as well as anxiety and mood disorders, sleep difficulties, and co-occurring substance use disorders.
3. To provide the Fellow with clinical training in psychological assessment, recovery oriented therapy in individual, family, and group modalities.
4. To provide the Fellow with training as a behavioral health consultant as part of a multidisciplinary team in the Homeless Clinic including physicians, nurses, social workers, vocational rehabilitation specialists, eligibility staff, and community partners.
5. 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, 2021 and conclude August 31, 2022.

Clinical Activity Plan (70%) (28 hours per week)

Seventy percent of the Fellow's time will be devoted to clinically related activities. The fellow will be integrated into the Psychosocial Rehabilitation and Recovery Center (PRRC) as well as the Healthcare for Homeless Veterans (HCHV) team. This will include providing evidence-based therapies to Veterans with serious mental illness and significant psychosocial barriers to community integration as well as working with other disciplines and treatment teams as a behavioral health consultant in the Homeless Clinic. In order to ensure that a high level of clinical training is provided, the following activities will be required:

1. **Treatment Services (20 hours per week):** The Fellow will provide group, individual, and family psychotherapy services to Veterans and their families within the outpatient programs. The Fellow will demonstrate competence in evidence-based cognitive-behavioral therapies to treat anxiety, mood, and co-occurring substance use disorders as well as readjustment difficulties. Specific interventions may include Cognitive-Behavioral Therapy for Insomnia (CBT-I), Cognitive Behavioral Therapy for Depression (CBT), motivational interviewing, Acceptance and Commitment Therapy (ACT) for depression, Dialectical Behavior Therapy (DBT), Wellness Recovery Action Planning (WRAP), and evidence-informed treatments for other disorders.

An emphasis will be placed on training in working with individuals diagnosed with serious mental illness including Bipolar Disorder, Schizophrenia, and Schizoaffective Disorder, as a considerable percentage of those served in these clinics meet these criteria. Training in this area will emphasize the integration of empirically supported treatments for SMI populations, including cognitive behavioral therapy for psychosis, motivational interviewing, and Social Skills Training (SST).

The Fellow will demonstrate competency in developing evidence-based recovery plans that specify measurable benchmarks for success in community integration and progress towards recovery that reflect working knowledge of several different theoretical models. The Fellow will demonstrate competency in creating recovery plans that are Veteran centered and reflect the individuals' personal goals, strengths, and needs. The Fellow will actively participate in the development and implementation of strategies for analyzing treatment effectiveness.

2. **Clinical Assessment (4 hours per week):** The Fellow will conduct psychosocial assessments and diagnostic interviews of Veterans referred for psychiatric rehabilitation services. Competences gained include: (a) the selection, administration, scoring, and interpretation of psychological test; (b) integrating data and preparing written reports; and (c) oral presentation of psychological test findings to the team, referral sources, and community agencies involved with the patient, and the patient's family.
3. **Membership in Multidisciplinary Treatment Team (4 hours per week):** The Fellow will demonstrate the ability to function as an independent clinician within the context of a multidisciplinary team. 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 experience will be offered through involvement in the PRRC and the Homeless Clinic. The Fellow will conduct initial behavioral health assessments among Veterans who present to the homeless clinic, develop an initial treatment plan in full collaboration with the Veteran and input from other providers in the clinic, and conduct brief evidence based interventions to address immediate concerns. The Fellow also has the opportunity to participate in the interdisciplinary Early Episode Team that serves returning Veterans diagnosed with early episode psychosis.

4. Clinical Documentation: The Fellow will have the ability to maintain accurate records and to document case formulations, assessment results, recovery plans, and progress notes in a timely, concise, and clear manner.

Didactic Training Activity Plan (10%) (Approximately 4 hours per week)

1. Didactic activities: The core educational objectives are: 1) To promote clinical, professional, and personal competence in providing mental health care to veterans; and 2) To promote commitment to team-based and patient-centered care. The Fellow will participate in monthly MHBSS colloquia which promote evidence-based practices and often involve guest presenters from allied disciplines. (1 hour per week).
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 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)

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:

1. The Fellow will work with a research mentor 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 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 (e.g., by the supervisor). 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).
2. Ad Hoc Reviewing: For those 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 PRRC and the Homeless Clinic.

The Fellow and supervisors will develop fellowship goals and learning objectives early on in the year. At the midpoint and conclusion of the Fellowship, the Fellow and supervisors will provide formal performance evaluations of one another. At each point in time, the Fellow will also provide an evaluation 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. For CPP fellows, individual office space is provided.
2. Office space at the PVAMC
3. Telephone
4. A personal desktop computer with internet access
5. Access to copying equipment
6. Clinical space for meeting with patients/clients.

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)