



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 the Trauma and Readjustment Clinic (2 positions)
APA-accredited Yes No

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

Primary Supervisors: Caren Francione, Ph.D. and Jennifer F. Lambert, Ph.D.

Additional Supervisors: Clinical: Elizabeth Chattillion, Ph.D., Laura Fabricant, Ph.D., Nancy Brand, Ph.D., and Amy Cameron, Ph.D. (depending upon specialized trainings opportunity selected)
Research: TBD depending upon research interests

Description of Site: The Trauma and Readjustment Clinic at the Providence VA Medical Center includes the Post-Deployment and Readjustment Program (PDRP) and the Trauma Recovery Services (TRS). These programs are co-located and work very closely with each other. The mission of the PDRP involves providing high quality, accessible, behavioral health care to Veterans who have deployed to a war zone Post 9-11 (e.g., Afghanistan and Iraq) and/or recently discharged from the military. TRS is a PTSD Clinical Team (PCT) and provides services to Veterans of all eras, with military and non-military traumas, and who have been diagnosed with a Trauma-Related Disorder, many of whom have co-morbid conditions. We offer individual, group, and couples therapy to address a variety of presenting problems including PTSD, readjustment to civilian life, sleep difficulties, anger/irritability, anxiety/stress, depression, substance use disorders, relationship problems, and education/employment. The Fellow also works closely with the Transition Care Management (TCM) team as the behavioral health representative in providing care to these Veterans.

Fellowship Aims:

1. To provide the Fellow with broad post-doctoral training in the area of providing clinical care to Veterans returning from recent deployments (Post 9-11) and/or recent discharge from the military. The Fellow will be integrated into the Trauma and Readjustment Clinic at the Providence VA Medical Center (PVAMC).
2. To provide the Fellow training in evidence based cognitive behavioral therapies to treat trauma, anxiety and mood disorders, sleep difficulties, and co-occurring substance use disorders.
3. To provide the Fellow with clinical training in psychological assessment, diagnostic evaluation, individual, marital, and group therapy.
4. To increase the Fellow's knowledge and competencies with clinical research, which 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)

Seventy percent of the Fellow's time will be devoted to clinically related activities. The Fellow will be integrated into the Trauma and Readjustment Clinic. This will include providing evidence-based therapies to Post 9/11 Veterans and those with Trauma-Related Disorders, and working with our Transition Care Management (TCM) team as a behavioral health consultant. Several additional specialized training opportunities will be offered (see below) and the trainee will work with the primary supervisor to determine the final training experience.

In order to ensure that a high level of clinical training is provided, the following activities will be required:

Clinical Assessment (Up to 4 hours/ week, depending upon referrals): The Fellow will conduct diagnostic evaluations and/or psychological assessments of Veterans referred for Mental Health treatment in PDRP. 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 and/or referral sources.

Membership in an Interprofessional Treatment Team (1x a month): The Fellow will demonstrate the ability to function as an independent clinician within the context of an interprofessional 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. The Fellow will participate in treatment team meetings (1x a month) with the TCM team. Additionally, depending on the week, the Fellow will also attend PDRP and TRS team meetings.

Treatment Services (Up to 22 hours/week): The Fellow will provide individual and group psychotherapy. 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), Acceptance and Commitment Therapy (ACT) for depression, Interpersonal Psychotherapy for Depression (IPT), Prolonged Exposure (PE) and/or Cognitive Processing Therapy (CPT) for PTSD, and evidence-informed treatments for other disorders.

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. The Fellow will actively participate in the development and implementation of strategies for analyzing treatment effectiveness.

In addition, the following specialized training opportunities will be available to the fellow throughout the training year (to be determined based on Fellows interests and schedule and availability of experiences):

- Cognitive-Behavioral Therapy for Insomnia (CBT-I): A 6-month to 12 month rotation that includes training in CBT-I (1 hour per week of supervision plus 3-4 cases over the course of the rotation). Supervisor: Nancy Brand, Ph.D.
- Cognitive Processing Therapy (CPT): Fellows may attend a 2-day CPT training at the PVAMC and participate in the 6-month telephone consultation program (1 hour per week), with a regional CPT trainer in order to obtain provider status upon licensure. Supervision of these cases will be

provided by Dr. Lambert or Dr. Francione, in conjunction with the weekly CPT consultation calls.

- Prolonged Exposure (PE) Therapy: Fellow will have opportunities to be trained in PE though not through the formal VA training program. Clinical supervision of these cases will be provided by Dr. Fabricant.
- Primary Care Behavioral Health (Women's Clinic): Fellow will have the opportunity to spend 4-8 hours per week completing psychological assessments and brief interventions as part of the PACT located in the Women's Health Care Center. Supervisor: Elizabeth Chattillion, Ph.D.
- Couples Counseling: For Fellows interested in gaining experience in couple's counseling, training and supervision in Integrated Behavioral Couples Therapy as well as Conjoint Behavioral Couples Therapy (which involves treating PTSD symptoms in the context of couples counseling) are available. This will include 1 hour/week of supervision and 1-2 hours per week seeing clients, with length of rotation depending on availability of cases. Supervisor: Amy Y. Cameron, Ph.D.
- Urgent Care: This is a 6-month rotation at our Mental Health Walk-In clinic. The Urgent Care clinic is staffed by a Social Worker, Nurse Practitioners, Psychiatry Residents and Staff Psychiatrists. The Fellow will work with these team members to evaluate Veterans on a walk-in basis, conducting brief assessment, and triaging to an appropriate level of care. Supervisor: Jennifer Lambert, Ph.D. or Caren Francione, Ph.D.
- Partner Communication & Respect Program (PCRP): This is a 4-month rotation (2 hours/week). PCRP is group therapy program for Male Veterans with relational anger directed toward an intimate partner. Includes training in an evidence-based treatment for relational anger, group psychotherapy experience, conducting intake assessments for relational anger, and experience working with court-mandated treatment referrals for domestic violence. Supervisor: Samantha Collum, Psy.D.

Supervision: The Fellow will gain skills in provision of supervision. Opportunities include providing co-supervision in CBT to 2-3 psychiatry residents with Dr. Marc Celio or Dr. Caren Francione. May also provide assessment and/or group therapy supervision to the psychology resident working in the Trauma Recovery Services and/or social work interns at the PVAMC.

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.

This position is designed to support a path towards licensure.

Path towards licensure: Yes X No ___

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

1. The fellow will participate in monthly MHBSS colloquia that promote evidence-based practices and often involve guest presenters from allied disciplines, and during the first 2 months of the Post- Doctoral fellowship, the Fellow will attend a mandatory seminar for all VA Clinical Postdoctoral fellows for training on issues specific to Veterans (Mondays 9-1030 am). Finally, the Fellow will be encouraged to attend relevant colloquia in other services.

2. The fellow will be required to participate in the following post-doctoral seminars through the Brown Post- Doctoral Training Program:
 - Core Seminar (2nd Tuesday of month, 5 pm to 6:30 pm, 1.5 hours)
 - DPHB Academic Grand Rounds (1st Wednesday of month, 11 to noon, 1.0 hour)
 - Clinical Ethics Seminars (1st Wednesday of month, 10 to 11 a.m., 1.0 hour)
3. The following seminars are optional:
 - Postdoctoral Training Program Grantsmanship seminars (1 hour per week)
 - Postdoctoral Training Program 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 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 the following:

- 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 or the Fellow's dissertation).
- Conducting program development/evaluation. In past years, Fellows have started a pain assessment clinic for Veterans on chronic opiates, a walk-in sleep clinic during our Post-Deployment Clinic, a Storytelling Group culminating in a public Memorial Day event, and an LGBTQ Wellness Group. Fellows are encouraged to collect outcome data to be presented at national meetings and/or submitted for publication in a peer-reviewed journal.

Fellows may also become involved in ongoing research projects, including serving as a study therapist in an ongoing RCT, conducting assessments for an RCT, etc. 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). Finally, for 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 2 hours individual, face-to-face supervision weekly) as well as two additional hours of groups and/or individual supervision per week. 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 interprofessional teams.

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. For CPP fellows, individual office space is provided.
2. Telephone
3. A personal desktop computer with internet access
4. Access to copying equipment
5. 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)