



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 Posttraumatic Stress Disorder (PTSD)
APA-accredited Yes No

Site: Providence VA Medical Center
Providence, Rhode Island

Supervisor(s): Clinical: Heather Frank, Ph.D. (Primary Supervisor), William Unger, Ph.D.,
Christy Capone, Ph.D., Amy Cameron, Ph.D.
Research: TBD depending upon applicant's research interests

Description of Site:

The Trauma Recovery Services (TRS) Program (formerly the PTSD Clinic) is located in the Trauma and Readjustment Clinic at the Providence VA Medical Center (PVAMC). We are an outpatient program as a part of Mental Health and Behavioral Sciences Services (MHBSS) at the PVAMC. We serve male and female Veterans of all ages and eras that are struggling with trauma-related mental health symptoms (especially PTSD) and other co-occurring psychiatric disorders by providing individual therapy, group therapy, and medication management treatment. We have developed an Intensive Outpatient Treatment program for combat-related PTSD that we offer to Veterans twice a year (when able). The Fellow will work closely with all providers in the TRS program, MHBSS, and other departments of the PVAMC (Primary Care, specialty health departments, etc) to best coordinate interdisciplinary care for the Veterans we serve.

Fellowship Aims:

1. To provide the Fellow with postdoctoral training in the area of Posttraumatic Stress Disorder (PTSD) in an outpatient setting, the Trauma Recovery Services (TRS).

This will include: (a) a complete and thorough understanding of the nature of PTSD, dual diagnosis (e.g., comorbid alcohol and substance use disorders), and co-morbid psychiatric disorders; and (b) an understanding of the full range of clinical services typically required for the assessment and treatment of PTSD.

2. To provide the Fellow with clinical training in psychological assessment, diagnostic evaluation, and individual and group psychotherapy as a member of a multidisciplinary treatment team of the Providence VA Medical Center TRS program.
3. To increase the Fellow's knowledge and competencies with clinical research. This may include serving as a study therapist or assessor, conducting data analyses and preparing manuscripts with existing data sets, writing critical reviews of articles and book chapters on PTSD, and attendance at research meetings.

Fellowship Timeline

This is a one-year Fellowship. The Fellowship will initiate on or about September 1, 2021 and conclude August 31, 2022.

Clinical Activity Plan (70%)

Eighty percent of the Fellow's time will be devoted to clinical activities. The Fellow's clinical activity will be within the TRS program at the Providence VA Medical Center. In order to ensure that a high level of clinical training in the area of PTSD is provided, the following activities will be required:

1. **Membership in the Multidisciplinary Treatment Team:** The Fellow will actively participate in intake of referred patients, admission diagnostic conferences, weekly treatment review meetings, crisis clinic, conferences, and follow-up contacts with Veterans.
2. **Clinical Assessment:** The Fellow will conduct diagnostic evaluations and/or psychological assessments of Veterans at the TRS Clinic. This will include: (a) competence in the selection, administration, scoring, and interpretation of psychological tests commonly employed with PTSD patients; (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:** The Fellow will actively participate in the development, implementation, and supervision of strategies for analyzing treatment effectiveness.
4. **Treatment:** The Fellow will provide individual and group psychotherapy to Veterans with PTSD within the TRS outpatient program. The Fellow will demonstrate competence in cognitive-behavioral methods and a high level of skill in trauma processing. The Fellow will also have familiarity with specific topics such as coping skills training, anger management, and integrated PTSD-SUD treatment.

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. Training in the following evidence-based treatments are available and encouraged:

- **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 Heather Frank, PhD, Amy Cameron, PhD, and Christy Capone, PhD.

- **Prolonged Exposure (PE):** The Fellow will have opportunities to be trained in PE though not through the formal VA training program. Supervision will be provided by William Unger, PhD.

- **Dialectical Behavior Therapy (DBT):** The Fellow will have the unique opportunity to co-facilitate a DBT skills group for women Veterans. The Fellow will co-facilitate the weekly DBT group with Heather Frank, PhD and receive on-going additional supervision in DBT and working on issues that are specific to female Veterans, and will be encouraged to coordinate care with Veterans' individual providers. Special focus will be given to the interpersonal process of within group dynamics.

- **Couples Therapy:** The Fellow may also choose to receive additional training in couples therapy, as we offer training in both Cognitive-Behavioral Conjoint Therapy (CBCT) and Integrative Behavioral Couples Therapy (IBCT). In CBCT, the focus is on treating the Veterans' PTSD within a couples therapy modality; Supervisor: William Unger, PhD. IBCT is an acceptance-based approach to couples therapy that promotes long-lasting change. The training in IBCT includes a 6-week didactic supervision group with psychiatry residents led by Amy Cameron, PhD.

- **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.

Additional Training Experiences: There is also the opportunity to participate in the TRS Intensive Outpatient Program (day program), which is offered approximately twice a year, as referrals/situation allows. Acceptance and Commitment Therapy (ACT) for Depression treatment supervision is also an option for additional training during the fellowship year.

5. **Consultation:** The Fellow will demonstrate the ability to function as an independent clinician within the context of an interdisciplinary team and the broader general medical hospital setting. She/he will be adept at reformulating referral questions into testable clinical hypotheses. She/he will make appropriate referrals for additional assessment from other specialty providers and then use the results to guide diagnostic formulation and treatment planning and implementation. The Fellow will demonstrate 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. The fellow will be able to discuss relevant aspects of Veterans' diagnoses.

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 3 months of the fellowship year, the Fellow will attend a mandatory seminar for all VA Clinical Postdoctoral Fellows for training on issues specific to Veterans (Mondays 9-10:30am).
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, 5:30 to 7:00 p.m., 1.5 hours)
 - DPHB Academic Grand Rounds (1st Wednesday of month, 11:00 to noon, 1.0 hour)
 - Clinical Ethics Seminars (1st Wednesday of month, 10:00 to 11:00 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)

Professional Training: The Fellow will apply for a state licensure as a psychologist, work towards successfully negotiating all aspects of the licensure process, and obtain licensure as a psychologist.

Research (20%) (8 hours per week)

Twenty percent of the Fellow's time will be devoted to research activities. The Fellow will work with a research mentor toward producing a scientific product in a content area based on the 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. Fellows may also become involved in ongoing research projects by providing clinical interventions, conducting diagnostic assessments, etc. 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). 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. There is also the opportunity for participation in program development or program evaluation.

The Fellow can work with a Brown faculty member or a member of the Innovations in Posttraumatic Stress Disorder (PTSD) Treatment and Research (IPTR) Lab. The IPTR Lab is a collaborative and passionate group of VA researchers and clinicians (also affiliated with Brown University) who are devoted to investigating novel approaches to advance clinical practice for Veterans with PTSD.

- The IPTR lab incorporates existing research and theory from brain science and psychotherapy to push advancement in PTSD treatment research for Veterans.
- The IPTR lab also focuses on comorbidities including shame, guilt, substance use disorders and moral injury to improve Veterans' quality of life and ability to function.
- IPTR is led by founding members Erica Eaton, PhD, Amy Cameron, PhD, and Christy Capone, PhD.

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 interprofessional teams. The Fellow is also encouraged to receive hands-on training in providing supervision to a Resident (trainee) as well in the form of assessment, therapy, and/or group supervision.

The Fellow and supervisors will develop goals and learning objectives early on in the fellowship 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 Telephone
2. A personal desktop computer with internet access
3. Access to copying equipment
4. For CPP and CNSP 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)