



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 Dialectical Behavior Therapy for Adolescents (DBT-A)

APA Accredited: YES NO

Site: Bradley Hospital DBT-A Outpatient Program

Supervisor(s): Kerri Kim, Ph.D. (Primary Supervisor)
Heather MacPherson, Ph.D.

Description of Site

The Emma Pendelton Bradley Hospital, founded in 1931, is the nation's first psychiatric hospital devoted to children and adolescents. Its services include a 60-bed acute inpatient program for children and adolescents with emotional, behavioral, and developmental disorders; day hospital and intensive outpatient programs 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 youth with complex mental health needs.

The Mindful Teen DBT-A Outpatient Program serves adolescents ages 13-18 years who present with suicidal thoughts and/or behavior, non-suicidal self-injury (NSSI), and/or other impulsive and self-destructive behaviors secondary to emotional dysregulation and who are at high risk for inpatient psychiatric admission without intensive treatment. The program provides a minimum of 3 hours per week of individual/family treatment and multi-family skills training. In addition, 24-hour phone coaching is offered to both adolescents and their caregivers. Adolescents in this program generally present with a high level of clinical co-morbidity, most often meeting criteria for mood disorders, anxiety disorders, and/or borderline personality disorder. Providers in the Mindful Teen program have all completed intensive training in DBT and participate in a weekly consultation team.

Fellowship Aims

1. To provide the Fellow with broad postdoctoral training in the area of DBT and adolescent psychopathology.
2. To enable the Fellow to gain experience in the delivery of individual, family, and group-based DBT interventions for suicidal and self-injurious adolescents and their families.
3. To support the Fellow in continuing to develop skills in a range of empirically-validated treatment modalities for children, adolescents, and families.

4. To provide the Fellow with a strong working knowledge and training on skills necessary to conduct research in the areas of adolescent suicidality/self-injury and treatment program evaluation.

Fellowship Timeline

The duration of the fellowship is 2 years, with the second year contingent upon satisfactory progress during the first year. The anticipated start date is July or September of the training year. Activities are distributed as follows: 70% clinical time, 20% research time, and 10% didactic time.

Clinical Activity Plan (70%)

70% of the Fellow's time (28 hours/week) will be devoted to clinical activities in the DBT-A Program and in the General Outpatient Department. In order to ensure that the Fellow receives a high level of clinical training in the area of DBT treatment for adolescents, the following activities will be required during the fellowship:

- *Training:* The Fellow will participate in intensive DBT training at the beginning of their first year of fellowship.
- *Treatment services:* The Fellow will conduct DBT-based individual and family therapy, as well as co-lead multi-family DBT skills training groups for patients in the Mindful Teen Program. The Fellow will provide 24-hour phone coaching, and crisis management as needed, for patients and families enrolled in this program. Fellows will also have the opportunity to provide evidence-based treatment to children, adolescents, and families outside of the Mindful Teen Program in order to broaden their clinical experience. Opportunities may also be available to provide consultation around and/or conduct treatment with adolescents in inpatient, partial, and/or residential levels of care. **Approximately 40% of the Fellow's time/effort (16 hours/week) will be devoted to the provision of treatment services, as follows:**
 - a. **Individual psychotherapy 15% (6 hours/week)**
 - b. **Family psychotherapy 10% (4 hours/week)**
 - c. **Group-based psychotherapy 10% (4 hours/week)**
 - d. **Phone coaching/crisis management services 5% (2 hours/week)**

NOTE: As phone coaching is a core component of DBT training and treatment, the Fellow will be expected to provide 24-hour phone coaching, as needed, for the 3-4 adolescent DBT patients for whom he/she serves as individual therapist. Coverage will be provided by supervisors or other members of the DBT clinical team around vacations, holidays, conferences, and other activities with which the phone coaching requirement might interfere. Moreover, clinical supervisors will be available to the Fellow 24 hours/day as needed to provide consultation and supervision around clinical issues that may arise during phone coaching and crisis management.

- *Clinical assessment:* The Fellow will conduct clinical and diagnostic evaluations of adolescents as part of the Mindful Teen Program's intake process and will also participate in emergency evaluations of high-risk children and adolescents through the Outpatient Department's Crisis Clinic. **Approximately 10% of the Fellow's time/effort (4 hours/week) will be devoted to clinical and diagnostic evaluations).**
- *Clinical administration:* The Fellow will participate in a weekly DBT consultation team and will be actively involved in treatment planning and program development activities in addition to completing all required documentation and clinical administrative duties.

Approximately 20% of the Fellow's time/effort (8 hours/week) will be devoted to consultation team and to clinical administration and program development activities.

- *Licensure:* The Fellow will apply for licensure as a Psychologist in the State of Rhode Island. This includes applying for temporary licensure prior to starting fellowship.

Research Activity Plan (20%)

20% (approximately 8 hours/week) of the Fellow's time will be spent on research activities within the area of treatment outcomes for adolescents with suicidality and NSSI. The fellow will have access to an existing database of treatment outcome measures as part of the DBT-A Program's ongoing program evaluation research and will also have the opportunity to pursue additional research questions within the broad area of adolescent risk behaviors and outcomes. Potential areas for research participation and collaboration will include the following:

- Review of the literature on the treatment efficacy of DBT-A.
- A comparison of outcomes for adolescents involved in various components of DBT treatment (intensive outpatient + enhanced outpatient vs. enhanced outpatient only vs. outpatient skills training only).
- Literature review and pilot data collection for an fMRI study exploring neurobiological correlates of adolescent self-injury, suicidality, and treatment outcomes.
- Identification of individual and family factors associated with better treatment outcomes and with reduced risk for re-hospitalization among adolescents at risk.
- Examination of computer-based behavior tasks in predicting treatment outcome.

The Fellow will work with his/her research supervisor to identify areas of interest, to review relevant literature, and to pursue a research question by using the existing program evaluation research infrastructure and/or by implementing additional data collection techniques. The Fellow will be encouraged to collaborate with other researchers on the team around preparation of manuscripts for publication and/or for presentation at national conferences, as well as around grant writing to pursue funding for new research initiatives.

Didactics (10%)

10% 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 Drs. Kim and MacPherson.

Postdoctoral Seminars: The Fellow will participate in post-doctoral seminars through the Brown Post-doctoral Training Program.

Mandatory Didactics: Core Seminar Series (1 per month);
DPHB Academic Grand Rounds (1 per month);
Clinical Ethics Seminar Series (1 per month); and
Child Track Seminar Series (1 per month).

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

Supervision and Evaluation

Supervision will be provided in the form of weekly individual clinical supervision with licensed psychologists on site and individual/group research supervision (Drs. Kim and MacPherson). Dr. Kim serves as the primary supervisor for the fellowship.

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 CCPSP fellows, individual office space is provided.

Path toward licensure: YES 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 structured clinical assessment of adolescents enrolled in DBT treatment).

Reporting and approval

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

Director, Clinical Child Psychology Specialty Program (CCPSP)

Director, Postdoctoral Fellowship Training Program (PFTP)