



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 Clinical Outcomes of Child Intensive Services

APA Accredited: YES X NO

Site: Bradley Hospital Child Partial Hospital Services
Bradley Hospital Outpatient Services

Supervisor(s): Anne Walters, PhD (Primary CPHP Clinical Supervisor)
Stephanie Parade, PhD (Primary Research Supervisor)
Kerri Kim, PhD (Primary Outpatient Clinical Supervisor)
Justin Parent, PhD (CPHP Clinical and Research Supervisor)
Mandy Witkin, LICSW (CPHP Clinical Supervisor)
Ryann Morrison, PhD (CPHP Clinical Supervisor)

Description of Site

The Emma Pendleton Bradley Hospital, founded in 1931, is the nation's first psychiatric hospital devoted to children and adolescents. Its services include a 72-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 children and adolescents with complex mental health needs.

The Outpatient Dialectical Behavior Therapy for Adolescents (DBT-A) Program: In the Mindful Teen program, the Fellow has the opportunity to develop skills in the delivery of DBT-A treatment to adolescents (ages 13 – 18) who present with emotion regulation difficulties and associated suicidality, non-suicidal self-injury (NSSI), and/or other impulsive and self-destructive behaviors. The Mindful Teen program provides full model DBT-A including individual/family treatment, multi-family DBT-A skills group training, 24/7 phone coaching and a weekly consultation team for providers in order to provide optimal care to adolescents who have completed or do not require a higher level of care, but who continue to struggle with impulsive/high risk behaviors secondary to emotional dysregulation. The Fellow will provide individual and/or family therapy to 1-2 adolescents in the Mindful Teen program, will provide 24/7 phone coaching (with supervision) to their individual therapy patient(s), and will also have the opportunity to co-lead a multi-family skills training group. The Fellow will participate in a weekly, multi-disciplinary DBT consultation team, supervision in DBT therapy, and attend a 5-day intensive DBT training at the beginning of their first year of fellowship as part of this rotation.

The Children's Partial Hospital Program. In the Children's Partial Hospital Program rotation, the clinical psychology fellow has the opportunity to develop competency in assessment, treatment, and consultation with children who present with serious emotional and behavioral challenges within a partial hospital

setting. The children (ranging in age from 7-12 years old) display a broad range of psychopathology and typically remain in the program for 3-5 weeks. The program aims to provide intensive therapeutic interventions with children and their families, beginning with a comprehensive family and child assessment, followed by goal setting with family and child based on this assessment. Clinical psychology fellows will participate and receive supervision in all aspects of the partial hospital program. They will complete clinical evaluations of patients and their families, as well as providing individual, group, and/or family therapies. Fellows typically have the opportunity to provide empirically-based treatments for children within individual and group formats and for families, and specifically to apply DBT knowledge to a DBT skills group in CPHP. Fellows may have opportunities to consult to program staff regarding appropriate milieu interventions and the outcome of psychological assessments. Fellows will also participate in planning and consultation regarding patient transition back to community settings (school and outpatient therapies). Clinical psychology fellows gain experience working collaboratively with a multidisciplinary treatment team that includes milieu therapists, nurses, teachers, psychologists, social workers, occupational therapist, art therapist, speech and language pathologists, nutritionists, and psychiatrists.

Fellowship Aims

1. To provide the fellow with broad post-doctoral training in the area of assessing and treating severe psychiatric illness in childhood and adolescence across levels of care.
2. To enable the fellow to gain experience in the delivery of individual, family, and group evidence-based interventions for children, adolescents and their families.
3. To provide the fellow with a strong working knowledge and training on skills necessary to conduct research in the areas of clinical outcomes and treatment program evaluation.

Fellowship Timeline

The duration of the fellowship is 2 years, contingent upon satisfactory progress. The anticipated start date is July or August of the training year. Activities are distributed as follows: 70% clinical time, 20% research time, and 10% didactic time. The proposed breakdown is 8 hours a week in outpatient services across the two year fellowship, 4 hours a week for didactic activities (grand rounds, post doc seminar, Friday research seminars) across the two year fellowship. 20 hours a week devoted to rotations on Children's Partial Hospital, during which time the fellow also has 8 hours of research release time and research/writing mentorship.

Clinical Activity Plan (70%)

70% of the Fellow's time will be devoted to clinical activities in above described service areas. In order to ensure that the fellow receives a high level of clinical training in the area of assessment and treatment, the following activities will be required during the fellowship:

- Treatment services: The Fellow will conduct evidence-based individual, group, and family therapy. The fellow will also supervise the provision of skills based groups for patients.
- During clinical rotations, 24 hours of the Fellow's time/effort will be devoted to the provision of treatment services.
 - a. Individual psychotherapy (up to 6 hours/week)
 - b. Family psychotherapy (up to 4 hours/week)
 - c. Group-based psychotherapy (2 hours/week)
- Clinical assessment: The Fellow will conduct clinical and diagnostic evaluations of children and adolescents as part of the program's intake process. 2 hours/week can be devoted to clinical and diagnostic evaluations.
- Clinical administration: The Fellow will participate in rounds, staff meetings, teams, and will be actively involved in treatment planning and program development activities in addition to completing all required documentation and clinical administrative duties. 6

hours/week will be devoted to 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% of the Fellow's time will be spent on research activities focused on clinical outcomes measurement. The Fellow will be exposed to various aspects of clinical research work in this area through participation in the following activities:

- Review of relevant literature, refining data collection process, 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.
- Study coordination: The Fellow will develop a research proposal and complete a project in an area of interest within the broad area of clinical outcomes and evaluation of treatment effectiveness. Ideally this will be completed using EHR system, REDCap, and previously chosen assessment measures available within these systems to assess outcomes.

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 supervising psychologists on treatment services, and one hour a week for individual supervision with supervising psychologist on research.

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

Mandatory Didactics:

Core Seminar Series (1 per month);
DPHB Academic Grand Rounds (2 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.

In addition, there may be options for the fellow to provide clinical supervision for clinical psychology practicum students when they are assigned to the clinical service with the fellow.

Supervision and Evaluation

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

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 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 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 CCPSP faculty in their monthly meeting.

Director, Clinical Child Psychology Specialty Program (CCPSP)

Director, Postdoctoral Fellowship Training Program (PFTP)