



**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 Treating Adolescents with Severe Emotion  
Dysregulation and Co-Occurring Substance Use

APA Accredited:  YES  NO

**Site:** Bradley Hospital DBT-A Outpatient Program, Co-Occurring Disorders  
Outpatient Program, and ARTS Center

**Supervisor(s):** Kerri Kim, Ph.D. (Co-Primary Supervisor)  
Selby Conrad, Ph.D. (Co-Primary Supervisor)

---

**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 70-bed acute inpatient multi-disciplinary psychiatric program for children and adolescents; partial 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.

The Wave Clinic is an outpatient program for adolescents presenting with mental health and substance use issues. The program provides evidence-based treatments including motivational enhancement therapy and cognitive behavioral therapy tailored to meet the needs of each youth and their family. Modalities include individual therapy, family therapy and/or group therapy for teens, as well as skills groups for caregivers. Youth may be court-involved, school-referred, or privately referred.

The Bradley Center is a 16-bed residence for adolescents ages 12-17 who present with serious emotional and behavioral dysregulation and are in need of short-term stabilization, assessment and treatment for suicidality, substance use, and/or other unsafe behaviors. The program is designed to be a step-down

program from hospitalization or an alternative to a hospital stay. While admitted, patients receive evidence-based care that includes cognitive behavioral therapy and dialectical behavior therapy skills, motivation enhancement, and prevention planning. The program has several tracks of care including mental health and co-occurring substance use disorders. Youth may be referred from emergency department, in-patient hospital and community-based settings.

### **Fellowship Aims**

1. To provide the Fellow with specialized postdoctoral training in the area of DBT, as well as the assessment and treatment of co-occurring disorders.
2. To enable the Fellow to gain experience in the delivery of individual, family, and group-based evidence-based interventions for adolescents presenting with severe emotion and behavior dysregulation and substance use disorders.
3. To provide the Fellow with experience treating several emotion and behavior dysregulation across levels of care, particularly outpatient and acute residential, and as part of a multidisciplinary team (psychology, psychiatry, nursing, social work, milieu).
4. To provide the Fellow with a strong working knowledge and training on skills necessary to conduct research in the areas of adolescent substance use and co-occurring disorders.

### **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% of the Fellow's time (28 hours/week) will be devoted to clinical activities split between Mindful Teen, the Wave Clinic and the Bradley Center. In order to ensure that the Fellow receives a high level of clinical training in the area of treatment for adolescents presenting with severe emotion and behavior dysregulation (ie., suicidality and/or substance use), 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:*
  - a. Fellows 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.
  - b. Fellows will treat patients in the Wave Clinic using evidence-based treatments including MET/CBT. Additionally, they will be involved in diagnostic assessment, treatment planning and family therapy while also facilitating parent and teen focused groups.
  - c. Fellows will also have the opportunity to provide evidence-based individual and group-based treatment to adolescent patients admitted to the Bradley Center. This will allow for greater breadth in training, both in treatment approach, clinical presentations, and acuity.

Approximately 50% of the Fellow's overall time/effort (20 hours/week) will be devoted to the provision of treatment services, as follows:

- Individual psychotherapy 20% (8 hours/week)
- Family psychotherapy 10% (4 hours/week)
- Group-based psychotherapy 15% (6 hours/week)
- 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 they serve as individual therapist and for 2-4 parents enrolled in the multi-family skills group for which they are co-leader. 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 and Wave Clinic's intake process. Fellows will also conduct safety evaluations with their individual patients as needed. **Approximately 5% of the Fellow's time/effort (2 hours/week) will be devoted to clinical and diagnostic evaluations).**
- *Clinical administration:* The Fellow will participate in a weekly DBT consultation team. Moreover, within all three clinical programs, the Fellow will be actively involved in treatment planning and program development activities in addition to completing all required documentation and clinical administrative duties. **Approximately 15% of the Fellow's time/effort (6 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% (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, NSSI and co-occurring substance use. The Fellow will have access to an existing database of treatment outcome measures as part of the DBT-A, the Bradley Center and the Wave Clinic 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 chart review of motivation levels in COD focused treatment
- 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 and/or fMRI collected as part of a pilot study exploring neurobiological correlates of adolescent self-injury, suicidality, and treatment outcomes.

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% 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 Conrad.

*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—e.g., 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 Conrad). Co-therapy and live supervision opportunities are also included. Drs. Kim and Conrad serves as the co-primary supervisors 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 APA-accredited postdoctoral fellows (only):** Shared office space for personal use for clinical and research activities.

**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 Child track. The position has been discussed and approved by the Child track faculty in their monthly meeting of xxx.

Director, Clinical Child Psychology Specialty Program

Director, Postdoctoral Fellowship Training Program