



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 Developmental Psychopathology and Youth Intensive Intervention Services

APA Accredited: YES X NO

Site: Bradley Hospital Child Partial Hospital Services - Safequest
Bradley Hasbro Children's Research Center

Supervisor(s): Anne Walters, PhD (Primary CPHP Clinical Supervisor)
Justin Parent, PhD (CPHP Clinical and Research 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 Children's SafeQuest Program. In the clinical rotation, the clinical psychology fellow can develop competency in assessment, treatment, and consultation with children who present with serious emotional and behavioral challenges within an intensive outpatient hospital setting. The SafeQuest Partial Hospital Program is an intensive after-school program for children who have attention deficit/hyperactivity disorder (ADHD), anxiety, mood disorders, psychosis, trauma, or self-injury behaviors. Some children may participate in SafeQuest as a transition from an inpatient stay at Bradley Hospital. Participants in the SafeQuest Partial Hospital Program engage in individual therapy and group therapy three to five times a week using skills they've learned through dialectical behavior therapy and cognitive behavioral therapy for emotion regulation, distress tolerance, social skills, effective communication, and cognitive restructuring. SafeQuest runs five days a week from 3 to 7 p.m. Clinical psychology fellows will participate and receive supervision in all aspects of the partial hospital program. Fellows also 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.

The Bradley/Hasbro Children's Research Center (BHCRC) combines child and adolescent expertise from two of the major teaching hospitals for The Warren Alpert Medical School of Brown University, Bradley Hospital, and Hasbro Children's Hospital. Research projects also include collaborations with Butler Hospital, the Miriam Hospital, and the Rhode Island Department of Health.

Developmental Psychopathology Research. The Postdoctoral Fellow will collaborate on an NIMHD-funded R01 under the direction of Dr. Justin Parent. The research emphasis will be on understanding how enhancing family well-being (e.g., parenting, parental psychopathology, coparenting) alters stress-related physiological systems among at-risk youth and potentially ameliorates the biological embedding of adversity. The fellow will assist with data analysis and manuscript preparation focused on the impact of participating in Behavioral Parent Training on child DNA methylation and epigenetic clock. The fellow will also explore biomarkers of treatment response patterns. The goal of this research is to develop biological-informed, personalized approaches for risk identification and prevention/intervention, together resulting in the reduction of health disparities. The current project involves a supportive multi-disciplinary team with substantial expertise in clinical and developmental psychology, public health, quantitative methods, bioinformatics, and epigenomics.

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.
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 of translational science, including the integration of biological mechanisms and clinical intervention methods.
4. To provide the fellow with research and clinical training in preparation for a clinician scientist career that fluidly blends applied intervention and biological mechanism science

Fellowship Timeline

The duration of the fellowship is 1 year, with an additional year contingent upon satisfactory progress. The anticipated start date is July or August of the training year. The proposed breakdown is 40% research time on a parenting intervention and epigenomics R01, 50% clinical services devoted to the Children's SafeQuest Program, and 10% for didactic activities (grand rounds, post doc seminar, Friday research seminars).

Clinical Activity Plan (50%)

50% of the Fellow's time will be devoted to clinical activities. 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, 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 2 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 may 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.
- 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 (40%)

40% of the Fellow's time will be spent on research activities including collaborating on and conceptualizing research projects; analyzing epigenome and intervention/prevention data; writing scientific manuscripts for publication and presentations. Familiarity with data analysis in R or Mplus and

openness to learning epigenomic analysis is preferred. The Fellow will be exposed to various aspects of research in this area through participation in the following activities:

- Review of relevant literature, data analysis, manuscript preparation and submission.
- Coordinating epigenetic, developmental, and clinical data management across teams in Providence, Miami, and Berkeley.
- Research opportunities for clinical outcomes research related to intensive services will also be available
- Individually tailored goals will be established in this area, including support for developing independent funding.

Didactics (10%)

10% time (4 hours/week) is available for mandatory didactics. The fellow will participate in the didactic program sponsored by the psychology fellowship program.

Mandatory Didactics:

- CCPSP Core Seminar (1 per week)
- Grantsmanship Seminar (1 per week)
- Clinical Ethics (1 per month)
- DPHB Academic Grand Rounds (2 per month)
- Postdoc Core Seminar (1 per month)

Optional Didactics and Opportunities:

- Special Topics in Statistics and Alcohol Center seminars.
- DPHB Diversity Mentoring Program – including opportunities for mentorship from faculty within DPHB conducting work in areas of interest

Supervision and Evaluation

Supervision will be provided in the form of weekly individual clinical supervision with licensed psychologists on site (Drs. Walters and Parent) and individual research supervision (Dr. Parent). 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.
- \$1000 travel allowance each year will be provided to attend conferences

Path toward licensure: YES NO The fellow will receive clinical hours toward licensing through both the clinical activity plan as well as any clinical research activities in which they are involved.

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)