



THE WARREN ALPERT  
**Medical School**  
BROWN UNIVERSITY

**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 CBT and Third-Wave Behavioral Treatments for Substance Use Disorders (SUDs)

APA-accredited  Yes  No

**Site:** Providence VA Medical Center (PVAMC), Providence, RI

**Supervisor(s):** Clinical: Corinne Bart, Ph.D. (Primary), Mark Celio, Ph.D., Robert Tilton, Psy.D., Jayne Kurkjian, Ph.D.  
Research: Jane Metrik, Ph.D., or TBD depending on applicant's research interests

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**Description of Site**

The Collaborative Addiction Recovery Services (CARS) Clinic is located within the Mental Health and Behavioral Sciences Services (MHBSS) in the Providence VA Medical Center (PVAMC). CARS is a multifaceted outpatient program that provides, via its interdisciplinary treatment team, services that encompass the entire continuum of care in the treatment of addictive behaviors. Veterans serviced by CARS present with a wide range of DSM-5 substance use disorders (SUDs), carry multiple co-morbid DSM diagnoses, and often have concomitant physical conditions that directly relate to their substance-related disorder (e.g., chronic pain). CARS strives to provide addiction treatment that is well integrated with Veterans' concurrent mental health and medical care and the fellow will work closely with all members of the CARS interdisciplinary team, MHBSS and other departments of the PVAMC.

**Fellowship Aims**

1. To provide the Fellow with specialized post-doctoral training in applying evidence-based treatments for SUDs and co-occurring mental health problems in an outpatient setting. The Fellow will be a member of the Collaborative Addiction Recovery Services (CARS) Team – providing evidence-based psychotherapy to Veterans in the Mental Health and Behavioral Sciences Service (MHBSS).
2. To provide the Fellow with training in psychological assessment, diagnostic evaluation and interdisciplinary treatment planning, and in formulating complex case conceptualizations of SUDs and a wide array of comorbidities.

3. To facilitate career development through training in offering clinical supervision to psychology and/or psychiatry residents, and consultation as a member of an interprofessional team at the Providence VA Medical Center.
4. To increase the Fellow's knowledge and competencies with clinical research. This may include conducting research (e.g., analyzing data, preparing manuscripts, other involvement in ongoing research projects), writing critical literature reviews of articles and book chapters, grant writing, and attendance at research meetings.

### **Fellowship Timeline**

This is a one-year Fellowship. The Fellowship will initiate September 1, 2024 and conclude August 31, 2025.

### **Clinical Activity Plan (70%) (28 hours per week)**

Seventy percent of the Fellow's time will be devoted to clinically related activities. The Fellow will be integrated into the Collaborative Addiction and Recovery Services (CARS) Clinic. This will include providing evidence-based therapies to Veterans presenting to CARS. Several additional specialized training opportunities may be available (see descriptions below) and the Fellow will work with the primary supervisor to determine the final training experience that best matches their training goals. We prioritize individualized training plans and encourage the Fellow to customize their training experience based on their clinical interests and training goals. In order to ensure that a high level of clinical training in the area of addiction treatment is provided, the clinical activity plan will include the following:

1. **Treatment Services:** The Fellow will provide individual and group psychotherapy services. The Fellow will demonstrate competence in evidence-based psychotherapies focused on the treatment of substance use disorders and co-occurring psychiatric disorders, with a major focus on integrating CBT and third-wave behavioral treatments for the treatment of SUDs and co-occurring disorders. Therapies include Cognitive Behavioral Therapy for Substance Use Disorders (SUDs), Motivational Enhancement Therapy (MET) and motivational interviewing, CBT for the Management of Chronic Pain, Contingency Management, Acceptance and Commitment Therapy (ACT), Dialectical Behavioral Therapy (DBT), and Relapse Prevention. Utilizing these evidence-based treatment modalities, the CARS Fellow has the opportunity to lead or co-lead the following groups: the 6-week Intensive Outpatient Treatment Program (IOP)—a Day Treatment Rehabilitation Treatment Program; CBT groups for Relapse Prevention and other groups focused on coping skills training; motivational enhancement treatment program; and dual diagnosis treatment group focused on CBT and third-wave behavioral treatments for co-occurring substance use disorders and other DSM-5 disorders (e.g., depression, PTSD, and anxiety disorders). The Fellow may also elect to develop and offer their own group programming based on their clinical interests and appropriateness to the needs of the clinic.

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.

Additional Training Opportunities: During the training year the following clinical opportunities will be available to the Fellow based on interest and goals.

-Opioid Treatment Program (OTP): The fellow will have opportunities for involvement in the outpatient Opioid Treatment Program (OTP).

-EBP rollout training in CBT-SUD: If available during the training year, Fellows may attend a 3-day CBT-SUD training through the VAMC and participate in the 4-month video consultation program (1 hour per week) with a regional CBT-SUD trainer. Supervision of these cases will be provided by assigned clinical supervisor in conjunction with weekly CBT-SUD consultation calls.

-Clinical Supervision Training: The Fellow may participate in supervision training that includes providing co-supervision in CBT to psychiatry residents. The fellow may also provide tiered supervision to CARS psychology residents and/or psychology practicum students.

-Veteran's Treatment Court (VTC): The Fellow will have the opportunity to work with our justice-involved Veterans through VTC which is oftentimes an alternative to incarceration. The fellow will develop appropriate treatment plans focused on treatment engagement and recovery and work with both the Veteran and the Veteran's case management team at the RIVTC.

-Training in PTSD-SUD: There are opportunities for the Fellow to receive specific training in Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE).

-Other Areas of Clinical Individual Care Specialization: Depending on the Fellow's interests, there are opportunities for training in a variety of evidence-based approaches for SUD including PTSD-SUD treatments, Cognitive Processing Therapy (CPT), Dialectical Behavioral Therapy (DBT) and Acceptance and Commitment Therapy (ACT)

2. Membership on an Interdisciplinary Treatment Team: The Fellow will be fully integrated into the CARS Interdisciplinary Treatment Team which includes psychologists, psychiatrists, social workers, clinical pharmacologists, and nurses. The fellow will demonstrate the ability to function as an independent clinician within the context of this team and the broader general medical hospital setting. Their interactions with other providers will demonstrate an understanding of the responsibilities and limitations of a psychologist in a general medical and psychiatric setting. Fellows will actively participate in intake of referred patients, diagnostic assessments, weekly treatment team meetings, case conferences, and follow-up contacts with Veterans. The Fellow will demonstrate competency in communicating with providers of different disciplines and developing comprehensive treatment plans in full collaboration with the Veteran and their treatment team.

3. Clinical Assessment: The Fellow will conduct diagnostic, comprehensive evaluations of Veterans referred for substance use disorder treatment. Competencies gained include: (a) diagnostic assessment skills using DSM-5/ICD-10 criteria; (b) the selection, administration, scoring, and interpretation of self-report measures commonly employed with SUD patients; (c) integrating data and preparing written reports; and (d) presentation of findings with clinical recommendations to the Veteran and relevant parties (e.g., treatment team, involved family members, referral sources, etc.).
4. Clinical Documentation: The Fellow will have 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.

**Didactic Training Activity Plan (10%) (average of 4 hours per week)**

Didactic activities: The core educational objectives are: 1) To expand knowledge base of psychosocial and pharmacologic treatment of substance use disorders; 2) To promote clinical, professional, and personal competence in providing mental health care to Veterans with substance use disorders; and 3) To promote commitment to team-based and patient-centered care.

1. The Fellow will participate in monthly MHBSS colloquia which promote evidence-based practices and often involve guest presenters from allied disciplines. In addition, during the first 2 months of the Post-Doc, the Fellow will attend a mandatory seminar for all VA Clinical Postdoctoral fellows for training on issues specific to Veterans (average of 1-2 hours per month over the year).
2. The fellow will be required to participate in the following post-doctoral seminars through the Brown Postdoctoral Training Program:
  - Core Seminar (1.5 hours per month)
  - DPHB Academic Grand Rounds (1 hour per month)
  - Clinical Ethics Seminars (1 hour per month)
3. The following seminars through the Brown Postdoctoral Training Program are optional:
  - Grantsmanship seminars (1 hour per week)
  - Special Topics in Statistics and Research Methods (1 hour per week)
  - Center for Alcohol and Addiction Studies (CAAS) grand rounds that presents professional/research series by faculty at Brown and affiliated hospitals in the field of addictive behaviors and related fields of mental and public health (1 hour per week)

Professional Training: For those Fellows interested in applying for state licensure, supervision around working towards successfully negotiating all aspects of the licensure process and obtaining licensure as a psychologist will be provided during the fellowship year.

**Research (20%) (8 hours per week)**

Twenty percent of the Fellow's time will be devoted to research. Individually tailored goals will be set based on Fellow's research interests. The Fellow has the opportunity to participate in the following activities:

The Fellow will select to work with a research mentor toward producing a traditional scientific product in a content area to be determined 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 (e.g., by the supervisor or the Fellow's dissertation). Fellows may also become involved in ongoing research projects, assisting with clinical interventions, 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.

The fellow may also choose to collaborate with Drs. Jane Metrik and Brandon Gaudiano on a VA grant-funded project titled, "Post-Hospital Intervention for Veterans with Comorbid Mood and Substance Use Disorders." This Hybrid Type 1 Effectiveness-Implementation Trial evaluates the effectiveness of Integrated Treatment Adherence Program (ITAP), an innovative psychosocial intervention developed by our team designed to improve treatment adherence and reduce suicidality, mood symptoms, and substance use among high-risk patients. In this trial, Veterans with comorbid mood and substance use disorders are randomly assigned to enhanced treatment as usual vs ITAP for 6 months post-discharge from an inpatient hospitalization. Potential involvement in this study may include the following activities, as mutually determined based on the Fellow's interests: (a) study coordination, (b) conducting clinical risk assessments as needed, (c) completing therapist fidelity ratings, (d) supervising research staff in conducting assessments, (e) assisting with IRB and HSR&D documentation.

### **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 (minimum of 2 hours individual, face-to-face supervision weekly) and one hour weekly face-to-face group supervision with licensed clinical psychologists. An additional 1-hour 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 team. The Fellow and supervisors will develop fellowship goals and learning objectives early on in the first year. At the midpoint and conclusion of the Fellowship, the Fellow and supervisors will provide formal performance evaluations of one another.

Please visit the [Brown Faculty](#) page to view supervisor profiles.

### **Resource Requirements**

The Fellow will be provided with the following resources:

1. Office space at the Providence VA Medical Center.
2. Access to shared workspace for group meetings with patients or colleagues.
3. A VA laptop computer with network access to be used when working remotely.
4. Access to a range of IT services including videoconferencing, telephone, fax, printing, scanning, copying, etc.

5. Access to Brown University facilities and online resources including libraries and recreation centers as well as additional IT services.

**Reporting and approval**

This fellowship will be part of the CPP.

Director, Clinical Psychology Program (CPP)

Director, Postdoctoral Fellowship Training Program (PFTP)