



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 the Trauma and Readjustment Clinic

APA-accredited  Yes  No

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

**Primary Supervisors:** Laura Fabricant, Ph.D. and Lauren Reeves

**Additional Supervisors:** Research: TBD depending upon research interests

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**Description of Site:** The Trauma and Readjustment Clinic at the Providence VA Medical Center includes the Post-Deployment and Readjustment Program (PDRP) and the Trauma Recovery Services (TRS). These programs are co-located and work very closely with each other in clinic located adjacent to the medical center.

The mission of the PDRP involves providing high quality, accessible, evidence based care to Veterans who served post-9/11 combat operations (Operation Enduring Freedom, Operation Iraqi Freedom, Operation New Dawn, etc.), recently discharged from service, or are currently serving in the National Guard and Reserves.

TRS is a PTSD Clinical Team (PCT) and provides services to Veterans of all eras, with military and non-military traumas, and who have been diagnosed with a Trauma-Related Disorder, many of whom have co-morbid conditions.

Within PDRP we primarily offer individual therapy (occasionally groups; opportunities for couples therapy) to address a variety of presenting problems including PTSD, readjustment to civilian life, sleep difficulties, anger/irritability, anxiety/stress, depression, substance use disorders, relationship problems, and education/employment. The Fellow also works closely with the Post 9/11 M2VA Case Management Program to coordinate the care of our Veterans along with other core components (e.g., primary care, medicine, whole health, and social work service, etc.).

**Fellowship Aims:**

1. To provide the Fellow with broad post-doctoral training in the area of providing clinical care to Veterans who served post-9/11, recently discharged from the military and/or continue to serve in the National Guard and Reserves.
2. To provide the Fellow training in evidence based cognitive behavioral therapies to treat trauma, anxiety and mood disorders, irritability/arousal symptoms, sleep difficulties, co-occurring substance use disorders, and readjustment challenges following military deployment.
3. To provide the Fellow with clinical training in psychological assessment, diagnostic evaluation, individual, couples, and group therapy.

4. To provide the Fellow with training in offering clinical supervision to psychiatry residents and/or psychology residents
5. To increase the Fellow's knowledge and competencies with clinical research, which may include conducting research (e.g., analyzing data and preparing manuscripts on existing data sets and other involvement in ongoing research projects), critical reviews of articles and book chapters, grant writing, and attendance at research meetings.
6. To increase the Fellow's knowledge in program development/evaluation, system redesign, and administrative/leadership roles within the VA Medical Center, if this is an area of interest.

### **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)**

Seventy percent of the Fellow's time will be devoted to clinically related activities. The Fellow will be integrated into the Trauma and Readjustment Clinic. This will include providing evidence-based therapies to Post 9/11 Veterans and those with Trauma-Related Disorders. Several additional specialized training opportunities will be offered (please see descriptions below) and the Fellow will work with the primary supervisor to determine the final training experience that best matches training goals.

In order to ensure that a high level of clinical training is provided, the following activities will be required:

Clinical Assessment (Up to 4 hours/ week, depending upon referrals): The Fellow will conduct diagnostic, comprehensive assessments for Veterans referred for Mental Health treatment in PDRP. Competences gained include: (a) diagnostic assessment skills, (b) integrating data and preparing written reports; and (c) brief case presentations with clinical recommendations to the team and/or referral source.

Membership in an Interprofessional Treatment Team (2x a month): The Fellow will demonstrate the ability to function as an independent clinician within the context of an interprofessional team. Fellow's interactions with other providers will demonstrate an understanding of the responsibilities and limitations of a psychologist in a general medical and psychiatric setting. The Fellow will participate in treatment team meetings (1x a month) with the Post 9/11 M2VA Case Management Program team. Additionally, depending on the week, the Fellow will also attend TRC and PDRP team meetings.

Treatment Services (Up to 22 hours/week): The Fellow will provide individual and group psychotherapy. The Fellow will demonstrate competence in evidence-based cognitive-behavioral therapies to treat anxiety, mood, anger and co-occurring substance use disorders as well as readjustment difficulties. Specific interventions may include Cognitive-Behavioral Therapy for Insomnia (CBT-I), Acceptance and Commitment Therapy (ACT) for Depression, Interpersonal Psychotherapy (IPT) for Depression, Prolonged Exposure (PE) and/or Cognitive Processing Therapy (CPT) for PTSD, and evidence-informed treatments for other disorders.

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.

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

- **Cognitive Processing Therapy (CPT):** Fellows may attend a 2-day CPT training at the PVAMC and participate in the 6-month video consultation program (1 hour per week) with a regional CPT trainer in order to obtain provider status upon licensure. Supervision of these cases will be provided by assigned clinical supervisor in conjunction with weekly CPT consultation calls.
- **Couple’s Counseling:** Fellows may participate in a couple’s therapy training program. Specifically, the Fellow can learn to implement Integrative Behavioral Couples Therapy as well as Conjoint Behavioral Couples Therapy (which involves treating PTSD symptoms in the context of couples counseling). This will include 1 hour/week of supervision and 1-2 hours per week seeing clients, with length of rotation depending on availability of cases. This opportunity is typically 12 months in duration.
- **Clinical Supervision Training:** The Fellow may participate in supervision training that includes gain skills providing co-supervision in CBT to 2-3 psychiatry residents. May also provide assessment and/or group therapy supervision to the psychology residents or social work trainees.
- **Inpatient Psychotherapy:** Fellows may participate in the delivery of evidence based individual psychotherapy (e.g., CBT-I, CBT for SP, mindfulness, MI for SUD, etc.) or group therapy in our acute inpatient ward. This can be a 6 or 12 month clinical opportunity.
- **Urgent Care:** For fellows interested in experience in a mental health walk-in clinic, there is an opportunity to spend 4 hours a week for 6 months in our Urgent Care clinic. The Urgent Care clinic is staffed by a Social Worker, Nurse Practitioners, Psychiatry Residents and Staff Psychiatrists. The Fellow will work with these team members to evaluate Veterans on a walk-in basis, conducting brief assessment, and triaging to an appropriate level of care. This can be a 6 or 12 month clinical opportunity.
- **Chronic Pain:** The Fellow may participate in our Pain School program.
- **Other Areas of Clinical Individual Care Specialization:** Fellows will have the opportunities to be trained in Prolonged Exposure Therapy (PE), Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy for Insomnia (CBT-I), and Written Exposure Therapy (WET). The duration of these clinical training opportunities could range from 6 to 12 months.

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.

This position is designed to support a path towards licensure.

Path towards licensure: Yes X No \_\_\_

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

1. The fellow will participate in monthly MHBSS colloquia that promote evidence-based practices and often involve guest presenters from allied disciplines, and during the first 2 months of the Post- Doctoral fellowship, the Fellow will attend a mandatory seminar for all VA Clinical

Postdoctoral fellows for training on issues specific to Veterans (Mondays time TBD). Finally, the Fellow will be encouraged to attend relevant colloquia in other services.

2. The fellow will be required to participate in the following post-doctoral seminars through the Brown Post- Doctoral Training Program:
  - Core Seminar (2<sup>nd</sup> Tuesday of month, 5 to 630 pm, 1.5 hours)
  - DPHB Academic Grand Rounds (1<sup>st</sup> Wednesday of month, 11:00 to noon, 1.0 hour)
  - Clinical Ethics Seminars (1<sup>st</sup> Wednesday of month, 10:00 to 11:00 a.m., 1.0 hour)
3. The following seminars are optional:
  - Postdoctoral Training Program Grantsmanship seminars (1 hour per week)
  - Postdoctoral Training Program Special Topics in Statistics and Research Methods (1 hour per week)

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

Twenty percent of the Fellow's time will be devoted to research. The Fellow will work with a research mentor toward producing a traditional scientific product in a content area to be determined based on Fellow's research interests. This may include the following:

- **Conducting program development/evaluation and system redesign projects.** In past years, Fellows have started a pain assessment clinic for Veterans on chronic opiates, a walk-in sleep clinic during our Post-Deployment Clinic, a Storytelling Group culminating in a public Memorial Day event, an emotion-based Writing Group for Veterans with PTSD, an LGBTQ Wellness Group, and a survey examining barriers to EBP use among VA MH providers. Fellows are encouraged to collect outcome data to be presented at national meetings and/or submitted for publication in a peer-reviewed journal.
- **Engagement in ongoing research projects:** Fellows may also become involved in ongoing research projects, including serving as a study therapist in an ongoing RCT, conducting assessments for an RCT, etc. 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.

### **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 on site (minimum of 2 hours individual, face-to-face supervision weekly) as well as two additional hours of groups and/or individual supervision per week. An additional hourly 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 teams with members of the interprofessional teams.

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 PVAMC
2. Telephone
3. A personal desktop computer with internet access and laptop
4. Access to copying equipment
5. Clinical space for meeting with patients/clients.

### **Reporting and Approval**

This fellowship is part of the CPP. The position has been discussed and approved by the CPP faculty in Training Committee meeting.

Director, Clinical Psychology Program

Director, Postdoctoral Fellowship Training Program