



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 Clinical Child and Adolescent Outpatient Treatment

APA Accredited: YES NO

Site: Bradley Hospital DBT-A Outpatient Program

Supervisor(s): Melissa McWilliams, Ph.D. (Primary Supervisor)
Amy Kaye, Ph.D.
Melanie Stark, Ph.D.

Description of Site

The Emma Pendelton Bradley Hospital, founded in 1931 and the nation's first psychiatric hospital devoted exclusively to children, provides family-focused care to treat a range of psychological, developmental and behavioral problems via a continuum of care that includes inpatient, partial hospital, residential and outpatient programs. The Outpatient Department at Bradley Hospital has a robust multidisciplinary team that offers individual, family, and group psychotherapy; medication management; occupational and speech/language therapy; and neuropsychological evaluations to youth with complex mental health needs.

The Outpatient Department's multi-disciplinary team includes board-certified child and adolescent psychiatrists, psychologists, advanced practice practitioners, case management, and qualified trainees, all dedicated to providing evidence-based care tailored to the specific needs of the individuals and their families. Children seeking services through the Outpatient Department typically range in age from 5-18 years and present with a high level of clinical co-morbidity although acuity and diagnoses vary depending on the specialty clinic or service being offered.

For this fellowship, trainees will:

1. Carry a small caseload of 3-5 individual psychotherapy cases based on personal interests and/or training needs.
2. Co-lead a dialectical behavior therapy multi-family skills training group for adolescents (DBT-A) ages 13-18 presenting with suicidality, non-suicidal self-injury, and/or other self-destructive behaviors reflective of significant emotion dysregulation. Most often they meet criteria for a primary diagnosis of a depressive, anxiety and/or borderline personality disorder.
3. Co-lead the iFriend social skills group for youth ages 8-11, helping them build friendship skills, practice conversation, and learn to cope with social challenges.
4. Co-lead the Psychoeducational Psychotherapy (PEP) group for caregivers of children ages 7-13 with significant emotion dysregulation indicative of a range of diagnoses including anxiety, depression and/or attention deficit hyperactivity disorder.
5. Provide short-term evaluation and stabilization via a co-therapy model to youth in crisis and not yet connected to community psychiatric services (Crisis Clinic).

Fellowship Aims

1. To provide the Fellow with broad postdoctoral training in clinical child adolescent psychopathology within an outpatient setting.
2. To enable the Fellow to gain experience in the delivery of individual, family, and group-based interventions for children and adolescents presenting with significant emotion dysregulation, as well as empowering caregivers in supporting these youth.
3. To support the Fellow in continuing to develop skills in a range of empirically validated treatment modalities for children, adolescents, and families.
4. To provide the Fellow with a strong working knowledge and training on skills necessary to conduct research in child and adolescent clinical outcomes.

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 in the Outpatient Department. To ensure that the Fellow receives a high level of clinical training in treating child and adolescent psychopathology, the following activities will be required during the fellowship:

- *Treatment services:* The Fellow will conduct evidence-based individual and family therapy for their general outpatient cases, as well as co-lead multi-family DBT-A skills training, social skills and caregiver psychoeducational support groups for patients in the Outpatient Department. The Fellow will also provide short-term stabilization co-therapy to patients in the Crisis Clinic. **Approximately 40% of the Fellow's clinical time/effort (about 16 hours/week) will be devoted to the provision of treatment services, as follows:**
 - a. **Individual psychotherapy 10% (about 4 hours/week)**
 - b. **Family psychotherapy 5% (about 2 hours/week)**
 - c. **Group-based psychotherapy 25% (about 10 hours/week)**
- *Clinical assessment:* The Fellow will conduct clinical and diagnostic evaluations of adolescents as part of the Outpatient Department's intake process and will also participate in emergency evaluations of high-risk children and adolescents through the Outpatient Department's Crisis Clinic. **Approximately 10% of the Fellow's time/effort (about 4 hours/week) will be devoted to clinical and diagnostic evaluations as part of a multi-disciplinary team).**
- *Clinical administration:* The Fellow will participate in weekly Outpatient Department team meetings and Crisis Clinic rounds. They will be actively involved in treatment planning and program development activities, in addition to completing all required documentation and clinical administrative duties. **Approximately 20% of the Fellow's time/effort (about 8 hours/week) will be devoted to team/rounds and to clinical administration and program development activities.**
- *Clinical supervision:* Supervision experience will be provided through tiered supervision (i.e., supervision of a psychology resident or practicum student under the supervision of a licensed

psychologist). The Fellow will receive at least two hours per week of individual supervision with Drs. Kaye, McWilliams and/or Stark.

- *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 children and adolescents receiving treatment in an outpatient setting. The Fellow will have access to an existing database of treatment outcome measures as part of the Outpatient Department's group therapy program (e.g., DBT-A, iFriend social skills group, and/or PEP).

Potential areas for research participation and collaboration will include the following:

- Review of the literature on the treatment efficacy of DBT-A.
- Identification of individual and family factors associated with better treatment outcomes and with reduced risk for re-hospitalization among adolescents at risk.
- Evaluate the association between caregiver knowledge of and response to children's emotion dysregulation on children's clinical outcomes.
- Review of the literature on the treatment efficacy of group-based social skills training.
- Evaluate the preliminary clinical outcomes of youth completing social skills training.

The Fellow will work with Dr. Kaye 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 mandatory didactics. If the optional didactic (Academic Friday) is chosen, this time will come out of the 20% research time.

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

Mandatory Didactics: Clinical Child Psychology Specialty Program seminar (1 per week)
Core Seminar Series (1 per month);
DPHB Academic Grand Rounds (1 per month);
Child Psychiatry Grand Rounds (1 per month)
Clinical Ethics Seminar Series (1 per month)

Optional Didactics: Academic Friday–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. Kaye, McWilliams and/or Stark). Dr. McWilliams will serve as the primary supervisor 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.

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

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):** Private office space for personal use for clinical and research activities.

Path toward licensure: YES__X__ NO_____ The fellow will receive clinical hours toward licensing through both the clinical activity plan as well as clinical research activities.

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.

Director, Clinical Child Psychology Specialty Program

Director, Postdoctoral Fellowship Training Program