



**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: RESEARCH FOCUS**

Title: Postdoctoral Fellowship at The Pediatric Anxiety Research Center
(PARC)

APA-accredited: YES ___ NO X

Site: Bradley Hospital

Supervisor(s): Kristen Benito, PhD (Primary Supervisor)
Jennifer Freeman, PhD
Jennifer Herren, PhD
Erin O'Connor, PhD
Mike Walther, PhD

The goal of this fellowship is to provide training in the assessment and treatment of child, adolescent, and young adult anxiety and OCD, neuromodulation and neuroimaging for this population, and the conduct of multisite clinical trials. Training goals will be met primarily by working as part of a collaborative team on an NIMH-funded R61/R33 study designed to test Transcranial Magnetic Stimulation (TMS) as an augmentation strategy for Exposure with Response Prevention (ERP). We anticipate that 120 youth and young adults with OCD (age 12-21) will be randomized to receive daily ERP+TMS or ERP+sham (placebo) for two weeks. Work on this project will occur in collaboration with a multidisciplinary team of researchers at the Brown Consortium (Bradley and Butler Hospitals) and at the University of Minnesota. Neuroimaging and cognitive tasks will be conducted at baseline and post-treatment. TMS is FDA-approved for adults with OCD, but has never been tested as a treatment for youth with OCD; results are expected to provide efficacy data for youth and to inform a broader understanding of TMS+ERP effects on neurocognitive functioning in this population. The fellow will be responsible for providing ERP for study participants (all treatment arms), as well as for some aspects of study coordination. The fellow will assist with data analysis and manuscript preparation and will gain supervision experience by supervising research assistants. Opportunities exist for training related to TMS, neuroimaging, and/or neuroscience of OCD, for fellows with interest in these areas. Additional training goals related to assessment and treatment will be met through involvement with other ongoing clinical trials and clinical programs at PARC. Additional opportunities exist to participate in other lab-based research projects and clinical activity as time allows.

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; 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 children and adolescents with complex mental health needs.

Pediatric Anxiety Research Center (PARC) is a nationally recognized, integrated research and clinical program encompassing outpatient services and a range of partial hospital programs. Dr. Jennifer Freeman is the PARC Director, and Dr. Benito serves as the PARC Research and QI Lead. Dr. Jennifer Herren serves as the Outpatient Services and Operations Lead. Eight additional Ph.D.-level faculty serve as PARC researchers and/or clinicians, including Drs. O'Connor and Righi. The mission of PARC is to provide state-of-the-art assessment and behavioral and pharmacological treatment to children and adolescents with OCD and anxiety disorders. Research on the etiology, phenomenology, maintenance, and course of child OCD and anxiety is conducted at PARC and there has been ongoing grant-funded support since 1999.

Outpatient Services. The fellow will develop skills in the treatment of youth and young adults with OCD and through the TMS+ERP R61/R33 trial, which takes place at PARC and Butler Hospital. Fellows will provide daily ERP (M-F) treatment for study participants (1-2 patients per week; 60 minute sessions for two weeks). The fellow will also conduct independent evaluator (IE) assessments for youth with anxiety and/or OCD through other ongoing PARC clinical trials (IMPACT study, PI: Freeman, REST study, PI: Righi, INSPIRE Study, PI: O'Connor). The fellow will have additional opportunities for training in outpatient treatment through the PARC Outpatient Program, which serves youth with a wide range of presenting problems including Generalized Anxiety Disorder, Separation Anxiety Disorder, Social Phobia, Panic Disorder, Posttraumatic Stress Disorder, and Selective Mutism.

The Intensive Program for OCD. The Intensive Program for OCD serves children and adolescents (ages 5-18) who require more than the standard outpatient level of care to benefit from exposure-based treatment. Youth in the intensive program have a wide range of presenting problems which include: Generalized Anxiety Disorder, Separation Anxiety Disorder, Social Phobia, Panic Disorder, Posttraumatic Stress Disorder, and Selective Mutism. Other comorbid conditions are common, including mood disorders and autism spectrum disorder. The intensive program offers an opportunity to be part of an interdisciplinary care team, including psychologists, psychiatrists, nurses, social workers, and bachelor's-level mobile exposure coaches. The focus of training is on learning to provide exposure-based CBT as part of this unique service model.

Fellowship Aims

1. To provide the fellow with clinical training in the area of assessing and treating anxiety disorders in childhood and adolescence using evidence-based interventions.
2. To provide the fellow with a working knowledge of skills necessary to conduct clinical trials research. This includes study coordination, data management, supervision of staff, and working with stakeholders.
3. To provide the fellow with experiences analyzing data, presenting results at national meetings, and writing original peer-reviewed publications. The fellow will also receive training in the writing of extramural grants.
4. To provide the fellow with training in the area of neuromodulation, neuroimaging, and/or neuroscience of OCD (optional, depending on fellow interest)

Fellowship Timeline

The duration of the fellowship is 2 years, contingent upon satisfactory progress in Year 1. The anticipated start date is September 1, 2024. Activities are distributed as follows: 75% research time, 15% clinical time, and 10% didactic time.

Research Activity Plan (75%)

75% of the Fellow's time will be devoted to research activities including work specific to the NIMH-funded grant described above (TMS+ERP for youth with OCD), independent research time, and collaboration on other PARC research studies.

- Work on R61/R33 grant: duties will include daily provision of study ERP treatment (fellows will carry an average caseload of 1-2 patients) and bi-weekly group supervision related to study cases. Additional duties will include some aspects of study coordination (e.g., help with recruitment and screening, coordination with investigators at other sites, supervision of research assistants and data collection), participation in weekly research meetings, and may include involvement in TMS or neuroimaging procedures, depending on interest. (40%)
- Work on other PARC clinical trials: duties will include provision of study assessments (e.g., independent evaluator duties) for three other ongoing clinical trials at PARC. The fellow will gain IE experiences through these studies, rather than through the primary R61/R33 grant, due to the need for IEs to remain masked to treatment progress. (10%)
- Independent research activities Review of relevant literature, manuscript preparation and submission: The fellow will be encouraged to collaborate on manuscript preparation and poster submissions at national conferences. Individually tailored goals will be established in this area. The Fellow will develop a research proposal and complete a project in an area of interest within the broad area of anxiety/OCD treatment research and/or neuromodulation methods. (20%)
- Collaboration on ongoing PARC research studies: As interest and time allows, the Fellow will be able to attend research meetings for other funded projects and collaborate on data analysis and the creation of products from these studies. (5%)

Clinical Activity Plan (15%)

In order to ensure that the fellow receives broad clinical training in the area of assessing and treating youth with anxiety and OCD, the following clinical activities will also be part of the fellowship:

Outpatient Assessment and Treatment (1 case, 2 hrs/week, 5%):

- Clinical assessment and treatment: The fellow will conduct evidence-based assessment and treatment of youth in the PARC outpatient program.
- Supervision: The Fellow will receive at least 1 hour per week of group supervision (provided by Dr. Herren)

Intensive Program for OCD (1 case, 4 hrs/week, 10%)

- Treatment services: The Fellow will conduct evidence-based individual, group, and family therapy. The fellow will also supervise milieu staff and less advanced trainees in the provision of skills-based groups for patients.
- Clinical assessment: The Fellow will observe and have the opportunity to conduct clinical and diagnostic evaluations of children and adolescents as part of the Intensive Program's intake process
- Clinical administration: The Fellow will participate in rounds and staff meetings and will be actively involved in treatment planning and program development activities in addition to completing all required documentation and clinical administrative duties.
- Supervision: The Fellow will receive at least 1 hour per week of individual supervision (provided by Dr. Walther)

Licensure: The Fellow will apply for licensure as a Psychologist in the State of Rhode Island.

Didactics (10%)

10% time (4 hours/week) is available for didactics (3hrs/wk) and research supervision (one hr/wk).
Postdoctoral Seminars: The fellow will participate in postdoctoral seminars through the Postdoctoral Fellowship Training Program.

Mandatory Didactics: (approximately 3 hr/wk)

Core Seminars (1 per month).

DPHB Academic Grand Rounds (1 per month).

Clinical Ethics Seminar Series- (1 per month).

Academic Friday–Grant Writing, Special Topics in Statistics (1 per week)

Optional Didactics: (approximately 1hrs/wk available; would come out of research time if chosen)

DPHB Diversity Mentoring Program – including opportunities for mentorship from faculty within DPHB conducting work in areas of interest

Supervision and Evaluation

The following supervision will be provided each week:

- Dr. Benito serves as the primary supervisor for the fellowship and as such she will be responsible for making sure that all training objectives and supervision requirements are being met.
- 1-hour of individual, face-to-face supervision about Intensive Program clinical work (to be provided by Dr. Walther) (time already counted in Clinical Activity section, see above)
- 1-hour of group, face-to-face supervision about PARC Outpatient clinical work (to be provided by Dr. Herren) (time already counted in Clinical Activity Section, see above)
- 1-2 hours of group supervision related to administering ERP in the R61/R33 study (to be provided by Dr. Herren; time already counted in the Research Activity Section, see above)
- 1 hour of group supervision related to IE assessments (to be provided by Dr. O'Connor; time already counted in the Research Activity Section, see above)
- 1-hour of individual research supervision (to be provided by Dr. Benito or Dr. Freeman) (counted as part of the 4hrs/wk of didactic time)

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.

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

Path toward licensure: YES NO Note that clinical experiences obtained through the Research Activity Plan (approximately 8 hours per week; 20%) will count toward hours for licensure in addition to those obtained through the Clinical Activity Plan (15%). With 35% time devoted to these activities as described above, it is anticipated that the fellow will obtain sufficient hours for licensure during the first year of training.

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

Reporting and approval

This fellowship will be part of the Research Fellowship Program. The position has been discussed and approved by the Training Committee in their monthly meeting.

Associate Director, Research Fellowship Program

Director, Postdoctoral Fellowship Training Program