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**Postdoctoral Fellowship Training Program**  
**Postdoctoral Fellowship Description**  
**CLINICAL FOCUS**

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Title: Postdoctoral Fellowship in Adolescent Intensive Services  
APA Accredited: YES X NO   

Site: Bradley Hospital Adolescent Inpatient Unit

Supervisor(s): Katie Affleck, Ph.D. (prim)  
Jennifer Wolff, Ph.D.  
Claire Nicogossian, Psy.D.

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**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 Adolescent Inpatient Unit (AIU).** This rotation provides training in empirically-supported assessment and treatment of severe mood, anxiety, behavioral and co-morbid conditions in an inpatient setting. The multidisciplinary team is comprised of psychology and psychiatry residents and fellows, as well as psychologists, psychiatrists, nurses, social workers, and milieu staff. On the AIU, trainees have opportunities to assess and treat teens who present for acute services. Adolescents typically present with primary depression, mood instability, and/or PTSD with a range of co-occurring issues including suicidality, non-suicidal self-injury, substance use, anxiety, and disruptive behavior problems. The average length of stay is 7-10 days, while some adolescents may experience longer hospitalizations. Fellows are responsible for conducting an initial diagnostic assessment and functional analysis. The initial assessment is then used to develop a case conceptualization and inform the selection of specific DBT or CBT skills to deliver in short-term individualized treatment on the AIU. Fellows will also carry one family case. They will participate in family meetings, conduct evidence-based skills groups on the unit, and supervise residents, practicum students, and milieu staff who conduct individual skills training. Co-therapy with supervisors also occurs periodically. Fellows will attend morning rounds and case conferences. Fellows will also have the opportunity to be involved in program development continuing to build the group therapy curriculum using CBT, DBT, and ACT skills. Supervision includes didactics, live supervision, tape review, discussion of empirical articles, and treatment planning. Fellows maintain a caseload of 4-6 patients seen three times/week for approximately 20-40 minutes sessions and a family case that includes case management. Fellow will also be actively involved in various clinical research activities such as quality improvement and outcomes research projects.

### **Fellowship Aims**

1. To provide the fellow with broad post-doctoral training in the area of assessing and treating severe psychiatric illness in adolescence.
2. To enable the fellow to gain experience in the delivery of individual, family, and group evidence-based interventions for adolescents and their families.
3. To provide the fellow with a working knowledge and training in skills necessary to conduct clinical research.

### **Fellowship Timeline**

The duration of the fellowship is one year. *A second year of fellowship may be available, pending funding and contingent upon satisfactory progress during the first year.* The anticipated start date is August/September of the training year. Activities are distributed as follows: 70% clinical time, 20% research time, and 10% didactic time. The proposed breakdown is 28 hours a week in inpatient services (including individual and group supervision), 4 hours a week for didactic activities (grand rounds, post doc seminar, Friday research seminars), and 8 hours of research time (assessments/clinical work in ongoing treatment research studies, data collection and analysis, writing, mentorship) across the one-year fellowship.

### **Clinical Activity Plan (70%)**

70% of the fellow's time will be devoted to clinical activities on the AIU. In order 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.
  - Individual psychotherapy (8 hours/week)
  - Family psychotherapy and case management (5 hours/week)
  - Group-based psychotherapy (5 hours/week)
- Clinical assessment: The fellow will conduct clinical and diagnostic evaluations of adolescents as part of the program's intake process. 2 hours/week will 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. 6 hours/week will be devoted to team 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). 2 hours/week will be devoted to developing clinical supervision skills.

### **Research Activity Plan (20%)**

20% of the fellow's time will be spent on research activities focused on the assessment and treatment of high risk adolescents. The fellow will be exposed to various aspects of clinical research work in this area through participation in the following activities:

- Review of relevant literature, diagnostic and clinical assessment of adolescent study participants, evaluating outcomes of implementing empirically based interventions for high risk youth and their families, quality improvement projects, and manuscript preparation and submission: The fellow will be encouraged to collaborate on manuscripts and poster

submissions at national conferences. Individually tailored goals will be established in this area.

### **Didactics (10%)**

10% time (4 hours/week) is available for supervision and mandatory didactics. If the optional didactic (Academic Friday) is chosen, this time will come out of the 20% research time.

Supervision: The fellow will receive two hours/week of individual supervision and one hour/week of group supervision with AIU psychologists, as well as weekly group research supervision with supervising research psychologist.

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

#### Mandatory Didactics:

- Core Seminar Series (1 per month);
- DPHB Academic Grand Rounds (2 per month);
- Clinical Ethics Seminar Series (1 per month); and
- CCPSP Seminar Series (1 per month).

#### Optional Didactics:

- Research Seminar – Grantsmanship, Special Topics in Statistic and Alcohol Center Seminars.

In addition, the fellow will provide mentored clinical supervision for clinical psychology residents and practicum students when they are assigned to the clinical service with the fellow.

### **Supervision and Evaluation**

Supervision will be provided in the form of weekly individual and group clinical supervision with licensed psychologists on site (Drs. Affleck, Wolff, & Nicogossian). Drs. Affleck & Wolff will provide primary clinical supervision and Dr. Wolff will provide primary research supervision for the fellowship.

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.

### **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.

**Path toward licensure:** YES  NO  The fellow will receive clinical hours toward licensing through both the clinical activity plan as well as clinical research activities (structured clinical assessment and interventions with adolescents enrolled in ongoing research studies).

**Reporting and approval**

This fellowship will be part of the CCPSP. The position has been discussed and approved by the CCPSP faculty.

Director, Clinical Child Psychology Specialty Program (CCPSP)

Director, Postdoctoral Fellowship Training Program (PFTP)