



Postdoctoral Fellowship Training Program

Postdoctoral Fellowship Description

CLINICAL FOCUS

Title: Postdoctoral Fellowship in Perinatal Mental Health

	Yes	No
APA-accredited:	X	
Fellowship primarily allows for Telework:		X
Fellowship primarily allows Telesupervision:	X	
Fellowship primarily uses Telehealth:		X

Site/Employer: Women and Infants Hospital

Supervisor: Maggie Allen, PhD (primary)
[Additional supervisor pending]

Research: 20% time devoted to scholarly project. Project to be determined in conjunction with research mentor.

Description of Site:

Women & Infants Hospital of Rhode Island, a Care New England hospital, is one of the nation's leading specialty hospitals for women and newborns. The major teaching affiliate of The Warren Alpert Medical School of Brown University, Women & Infants is the 9th largest stand-alone obstetrical service in the country with approximately 8,500 deliveries per year.

In addition to providing extensive obstetrical, gynecological, and pediatric services, Women & Infants has an active Women's Behavioral Health division which includes a consultation-liaison program that services obstetric, gynecological, and oncology units, an outpatient service, and specialized mother-baby psychiatric partial hospital and intensive outpatient programs. The mother-baby partial hospital (Day Hospital) is the first of its kind in the nation. The mission of this specialized partial hospital program is to provide timely, comprehensive, culturally sensitive treatment to women and birthing people suffering from psychiatric disorders during both pregnancy and the postpartum period. We currently offer two programs, a partial hospital level of care for a wide range of perinatal psychiatric disorders, and a specialized Perinatal OCD and Anxiety Disorders Intensive Outpatient Program. These programs are designed to keep mothers/caregivers and their infants together during treatment so that 1) the critical bonding period between caregiver and baby is not disrupted, 2) breastfeeding in nursing caregivers is not interrupted and 3) direct observation of caregiver-infant interaction can occur. The Day Hospital and OCD IOP are comprised of multi-disciplinary treatment teams that specialize in perinatal psychiatric disorders and serve an economically, ethnically, and culturally diverse patient population.

Fellowship Aims

1. To provide the fellow with broad post-doctoral training in the area of women's mental health in general and perinatal mental health more specifically.

2. To provide the fellow with a strong working knowledge of the research base for treatment of antepartum and postpartum behavioral health issues.
3. To enable the fellow to gain experience working as part of a multidisciplinary team by providing individual as well as group clinical services to patients in the Day Hospital and outpatient programs.
4. The fellow will gain a strong working knowledge of evidence-based assessment of psychiatric disorders, symptoms, and related illnesses that occur more commonly in women.

Fellowship Timeline

This is a one-year fellowship with an anticipated start date of July 1, 2026 (start date is flexible)

Clinical Activity Plan (70% time)

The fellow will be expected to conduct comprehensive intake evaluations, serve as primary therapist for selected patients, facilitate both psychotherapy process groups and didactic skills groups, and participate in family therapy sessions in the partial hospital and OCD IOP programs. The fellow will also have the option to carry 1-2 long-term perinatal outpatients, as well as supervise graduate student trainees (if available).

By the end of the fellowship, fellows should:

1. Be able to conduct an initial intake assessment with pregnant and postpartum women presenting with psychiatric concerns (e.g., depression, anxiety, personality disorders). This includes conducting clinical interviews with patients and family members, contacting obstetrical providers for pertinent collateral information, and presenting clinical impressions and treatment recommendations to the patient.
2. Take into consideration health, cultural, linguistic, and familial factors in assessment and diagnostic conclusions, treatment approaches, and recommendations.
3. Be able to conduct mental status exams and lethality assessments when they are needed during assessment of adult women referred to Women's Behavioral Health.
4. Be able to integrate information from history, observations, clinical interview, medical records, and formal testing to formulate diagnostic impressions, utilizing a multi-axial diagnostic format.
5. Be able to develop an appropriate treatment plan to address psychiatric disorders based on the available treatment literature.
6. Be able to implement behavioral interventions and interpersonal psychotherapy in individual and group formats to address psychological symptoms and related concerns (e.g. lack of attachment to infant, family problems). The fellow will be able to tailor interventions to the individual with consideration of factors specific to pregnancy and the postpartum period.
7. Demonstrate competence in treating pregnant and postpartum people with depression and other psychiatric conditions and be familiar with psychotropic medication recommendations for pregnant and breastfeeding people.
8. Conduct family sessions.

9. Be able to obtain collateral data from other providers and social service agencies in order to construct a basic medical history, full psycho-social history and aid in discharge planning.
10. Be able to write a full intake report, including history of presenting problem, pregnancy and delivery history, social/developmental history, mental status exam, formulation, and recommendations.
11. Be able to write accurate, concise, and timely treatment notes.
12. Be able to communicate effectively with members of multidisciplinary teams in order to coordinate care, gather medical information, and to assist team members in understanding psychological factors relevant to the care of the patient.
13. Make effective case presentations, eliciting feedback from colleagues and supervisors to enhance care.

This position is designed to support a path toward licensure.

Path toward licensure: YES ☒ X ☐ NO ☐

Research Activity Plan (20%)

The fellow will be exposed to various aspects of perinatal mental health clinical research work. This is achieved via participation in the following activities:

- Review of perinatal mental health literature: The fellow will be provided with a series of readings in the area of perinatal mental health in general
- Manuscript preparation and submission: The fellow will be encouraged to collaborate on manuscript preparation and poster submission at national conferences. Individually tailored goals will be established in this area.

Didactics (10% time)

Postdoctoral Seminars: The fellow will participate in the following postdoctoral seminars through the Brown Post-Doctoral Training Program.

Mandatory Didactics:

Women's Behavioral Health Didactics (3 per month)

Women's Behavioral Health Case Conferences (1 per month)

Core Seminars (1 per month)

DPHB Academic Grand Rounds (1 per month)

Clinical Ethics (1 per month)

Supervision and Evaluation

The Fellow will be provided two hours per week of regularly scheduled individual, face-to-face clinical supervision with two licensed DPHB faculty supervisors. An additional hourly block of individual, face-to-face supervision will be offered for research supervision. The Fellow will have access to several additional forums for direct and indirect supervision through participation in regularly scheduled clinical rounds, peer supervision, and treatment planning with multidisciplinary teams.

Additionally, the Fellow will have the opportunity to provide formal supervision to other trainees, as circumstances permit. The Fellow will have numerous opportunities to informally supervise and consult with trainees across disciplines.

The Fellow and supervisors will develop fellowship goals and learning objectives early 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

Fellow will be provided with the following resources at Women and Infants Hospital:

- Access to space to complete clinical responsibilities
- For CPP fellows, individual office space is provided
- A computer and position-specific software
- Internet access
- Telephone

Reporting and approval

This fellowship will be part of the CPP.

Director, Clinical Psychology Program (CPP)

Director, Postdoctoral Fellowship Training Program (PFTP)