

Postdoctoral Fellowship Training Program
Postdoctoral Fellowship Description
CLINICAL FOCUS

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

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

Site/Employer: Bradley Hospital

Supervisor(s): Jennifer Herren, PhD (Primary Supervisor)
 Jennifer Freeman, PhD
 Michael Walther, PhD
 Andrea Gold, PhD
 Kristen Benito, PhD
 Erin O'Connor, PhD
 Sarah Morris, PhD

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 Intensive Program for OCD: In the Intensive Program for OCD, the Fellow has the opportunity to develop skills in the delivery of assessment and treatment of obsessive-compulsive spectrum disorders as well as other anxiety disorders to children and adolescents (ages 5-18) who require more than the standard outpatient level of care to benefit from exposure-based treatment. The Intensive Program offers two levels of care: 1) half-day partial: provides 20 hours per week of exposure-based individual, family, group, and home-based treatment as well as medication management, process and mindfulness groups, and 2) full day partial: provides 30 hours per week of the same exposure-based services as the half-day level of care. The Fellow will carry a caseload of 3 cases, which will entail providing individual and family therapy for those cases. In addition, the Fellow will lead or co-lead weekly process and mindfulness group therapy. Individual clinical supervision will be scheduled for 1-hour per week, with access to more if needed. The Fellow will attend team rounds 3-days per week, and this will also be a venue for offering supervision to milieu exposure coaches working on the Fellow's cases. Clinical supervision will be provided by Mike Walther, PhD and Sarah Morris, PhD. For Fellows with prior experience with dialectical behavior therapy (DBT), there will be opportunities to gain experience and develop skills within the full day partial program's DBT-X Track, which integrates exposure and DBT approaches for high-risk, multi-problem patients with OCD/anxiety co-occurring with severe emotional

and interpersonal dysregulation and suicidality/self-injury. Opportunities include carrying a subset of the Fellow's 3 cases within the DBT-X Track, and leading or co-leading weekly DBT skills training groups and/or DBT peer coaching groups. Fellows providing treatment within the DBT-X Track will participate in the weekly DBT-X consultation team meeting group supervision and individual supervision with Andrea Gold, PhD.

PARC Outpatient. The Outpatient Program at PARC will provide the Fellow the opportunity to obtain experience in the assessment and treatment of youth with anxiety disorders who are at a lower severity level than those seen in the Intensive Program. Some of these cases may be direct referrals from the Fellow's own caseload at the Intensive Program, which will allow the Fellow to treat cases across a continuum of care. In addition, the Outpatient Program serves youth with a wider range of presenting problems, some of which require treatments that are different from the core modalities used in the intensive program. Presenting problems include: Generalized Anxiety Disorder, Separation Anxiety Disorder, Social Phobia, Panic Disorder, Posttraumatic Stress Disorder, Selective Mutism, Trichotillomania, and Tic Disorders. Many patients have comorbid medical problems and/or physical complaints. The focus of training is on learning to provide principle-based CBT. Fellows typically carry a caseload of 4-6 outpatients, and patients will be seen approximately weekly. Fellows will have the opportunity to participate in peer group supervision with other trainees and/or clinical supervision of mobile exposure coaches delivering outpatient treatment services. Supervision will be provided by Jennifer Herren, PhD and Erin O'Connor, PhD and will be scheduled for one hour per week, with more available as needed.

Fellowship Aims

1. To provide the fellow with broad post-doctoral training in the area of assessing and treating anxiety disorders in childhood and adolescence across levels of care.
2. To enable the fellow to gain experience in the delivery of individual, family, and group evidence -based interventions for children, adolescents, and their families.
3. To provide the fellow with a strong working knowledge and training on skills necessary to conduct research in the areas of clinical outcomes and treatment program evaluation.

Fellowship Timeline

The duration of the fellowship is 2 years, contingent upon satisfactory progress. The anticipated start date is September of the training year. Activities are distributed as follows: 60% clinical time, 30% research time, and 10% didactic time.

Clinical Activity Plan

60% of the Fellow's time will be devoted to clinical activities in the:

- Intensive Program for OCD (16 hrs/week, 40%)
- PARC Outpatient (6 hrs/wk, 15%)
- Clinical supervision (1 hour each for Intensive Program and Outpatient supervision, 5%)

In order to ensure that the fellow receives a high level of clinical training in the area of assessing and treating youth with anxiety disorders, 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 milieu staff and less advanced trainees in the provision of skills based groups for patients. Looking across levels of care (i.e., Intensive + Outpatient), approximately 16 hours of the Fellow's time/effort will be devoted to the

provision of treatment services. The relative breakdown across types of therapy is estimated to be as follows:

- a. Individual psychotherapy (6 hours/week)
- b. Family psychotherapy (8 hours/week)
- c. Group-based psychotherapy (2 hours/week)
- Clinical assessment: The Fellow will conduct clinical and diagnostic evaluations of children and adolescents as part of the Intensive Program's intake process (2 hrs/wk), as well as completing initial assessments of any outpatients that they are treating (average of 1 per month, would occur in place of a treatment hour).
- 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. 4 hours/week will be devoted to team and to clinical administration and program development activities.
- Supervision: The Fellow will receive 1 hour per week of supervision for the Intensive Program and 1 hour per week for outpatient supervision.
- Licensure: The Fellow will apply for licensure as a Psychologist in the State of Rhode Island.

Research Activity Plan

30% of the Fellow's time will be spent on research activities focused on clinical outcomes measurement across several levels of care: full- and half-day partial, and outpatient. The Fellow will be exposed to various aspects of clinical research work in this area through participation in the following activities:

- Scholarly productivity: Review of relevant literature, refining data collection process, 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.
- Independent research project: The Fellow will develop a research proposal and complete a project in an area of interest within the broad area of clinical outcomes and evaluation of treatment effectiveness. Ideally this will be completed using existing EHR system, REDCap, and previously chosen assessment measures available within these systems to assess outcomes and durability of gains across the levels of care.
- Collaboration on ongoing PARC research studies: There are a number of federally funded grants currently being conducted at PARC. As interest and time allows, the Fellow will be able to attend research meetings for these projects and collaborate on data analysis and the creation of products from these studies.

Didactics

10% time (4 hours/week) is available for didactics (3hrs/wk) and research supervision (1 hr/wk).

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

Mandatory Didactics: (approximately 1 hr/wk)
Core Seminars (1 per month).

DPHB Academic Grand Rounds (1 per month).

Clinical Ethics Seminar Series (1 per month).

Child Track Seminar Series (1 per month).

Optional Didactics: (approximately 2 hrs/wk available; would come out of research time if chosen)

Academic Friday—Grantsmanship, Special Topics in Statistic and Alcohol Center Seminars.

Supervision and Evaluation

The following supervision will be provided:

- Dr. Herren 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 either: Drs. Gold, Morris or Walther) (time already counted in Clinical Activity section, see above)
- 1-hour of individual, face-to-face supervision about PARC Outpatient clinical work (to be provided by Drs. Herren or O'Connor) (time already counted in Clinical Activity Section, see above)
- 1-hour of individual research supervision (to be provided by either: Drs. Freeman or Benito, research supervisor selection to be based on research match for Fellow's individual goals) (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 X NO ____ The fellow will receive clinical hours toward licensing through the clinical activity plan at the Intensive Program for OCD and PARC Outpatient.

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 CPP and CNSP fellows, individual office space is provided.

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