



Postdoctoral Fellowship Training Program
Postdoctoral Fellowship Description
CLINICAL FOCUS

Title:	Postdoctoral Fellowship in Obsessive-Compulsive Spectrum & Anxiety Disorders
APA-accredited:	Yes
Site/Employer:	Butler Hospital
Supervisor(s):	Erick Fedorenko, Ph.D. (Primary Supervisor) Aaron Kaiser, PhD Nicole McLaughlin, PhD Kimberley Chiappone, MD

Description of Site

Butler Hospital, founded in 1844, is a private psychiatric hospital. Services include six acute inpatient programs, partial hospital and intensive outpatient programs, and a large outpatient behavioral health clinic. Butler Hospital is part of the Care New England Healthcare system.

The OCD & Anxiety Programs provide outpatient treatment and assessment for individuals with OCD-spectrum and Anxiety disorders. The Program consists of an intensive outpatient program (IOP) and an Outpatient Specialty Clinic that provides exposure-based (e.g., exposure and response prevention) treatments for OCD-spectrum disorders (OCD, Body Dysmorphic Disorder, Hoarding Disorder, Trichotillomania, and Excoriation) and other anxiety disorders (Panic Disorder, Phobias, Social Anxiety, Illness Anxiety). Additionally, the programs also include an assessment clinic that provides psychodiagnostic assessment and treatment recommendations, as well as an OCD Neurosurgery Program for intractable OCD.

The fellow has the opportunity to develop skills in the delivery of assessment and treatment of these conditions across outpatient and intensive outpatient levels of care, in both group and individual formats. The fellow will also have opportunities to participate in assessments of candidates for neurosurgery for intractable OCD.

Exposure-Based Intensive Outpatient Program (IOP). The IOP is a 6-8 week intensive treatment program delivering exposure and response prevention (ERP) for OCD and anxiety disorders in individual and group formats. The program runs Mondays - Thursdays, 1:45 PM - 5:00 PM. Patients meet with their individual therapist twice weekly, meet with a psychiatrist as needed, and spend the rest of their time in groups (2-3 per day). Groups include a daily exposure group and homework report groups, and a daily skills group (e.g., mindfulness, distress tolerance, homework planning). Groups are run by program psychologists, trainees (e.g., psychology or psychiatry residents, postdoctoral fellows), or licensed social workers or mental health counselors.

Outpatient Clinic. The OCD and Anxiety Outpatient Clinic consists of psychologists and psychiatrists providing treatment for OCD-spectrum and anxiety disorders in a longer-term outpatient format (i.e.,

typically once-weekly meetings). Therapy typically focuses on ERP, but can also include habit-reversal training, CBT, ACT, or DBT.

Assessment Clinic. The OCD and Anxiety Assessment Clinic is an outpatient clinic, staffed by psychologists, providing comprehensive psychodiagnostic assessments to individuals with suspected OCD, anxiety, or related disorders. The purpose of the assessments is to provide diagnostic clarity and treatment recommendations (e.g., IOP or outpatient level of care). Assessments consist of semi-structured and structured clinical interviews.

Neurosurgery. The Psychiatric Neurosurgery Program at Butler Hospital and Rhode Island Hospital provides neurosurgical interventions for intractable OCD (e.g., deep brain stimulation or ablative procedures). Patients undergo psychological and psychiatric assessments to determine eligibility.

Fellowship Aims

1. To provide the fellow with broad post-doctoral training in the area of assessment and behavioral treatment of OC-spectrum and Anxiety Disorders across levels of care.
2. To enable the fellow to gain experience working with a multidisciplinary team by providing individual and group psychotherapy to adults with OC-spectrum and anxiety disorders.
3. To provide the fellow with a strong working knowledge and training in treatment outcomes and effectiveness research.

Fellowship Timeline

The duration of the fellowship is 1 year, but a second year can be added, contingent upon satisfactory performance in the first year. The anticipated start date is flexible, between July and September 2026.

Note: The fellow and the mentor will notify each other in December whether the commitment will be made for a second year. The 2nd year is not APA-accredited.

Activities are distributed as follows: 70% clinical, 20% research, 10% didactics. If extended for a second year, the distribution of activities can be flexible (e.g., more time on research).

Clinical Activity Plan (70% time)

70% (28 hours per week) of the fellow's time will be spent on clinical activities. This includes time for the delivery of clinical services (i.e., treatment and assessment), record-keeping, clinical meetings (e.g., IOP daily rounds), and clinical supervision.

In order to ensure that the fellow receives a high level of clinical training in the area of assessment and treatment of OC-spectrum and anxiety disorders, the following activities will be required during the fellowship:

- *Treatment services:* The Fellow will provide evidence-based individual and group therapy in the IOP and Outpatient clinic. Treatment will primarily involve exposure and response prevention, but may also integrate other components of CBT, ACT, DBT, or habit reversal training. The fellow will carry a caseload of 2-3 IOP individual patients (4-6 hours per week) and lead 2-4 IOP groups per week (2-4 hours per week). The fellow will also carry a caseload of 4-6 patients (4-6 hours per week) in the outpatient clinic. The fellow might also have the opportunity to lead or co-lead an outpatient group (1-1.5 hours per week).
- *Clinical assessments:* The fellow will conduct psychodiagnostic assessments (3-4 hours, plus report writing time) 2-4 times per month in the OCD/Anxiety Assessment Clinic or as part of

the OCD Neurosurgery Program. These assessments will involve a semi-structured psychosocial interview and the administration of structured clinical interviews (e.g., SCID, MINI, ADIS, Y-BOCS).

- *Rounds*: The fellow will attend daily IOP rounds (30-60 minutes per day, Monday-Thursday).
- *Clinical supervision*: The fellow will receive 2 hours of individual supervision and 1 hour of group supervision per week. Supervision will cover the delivery of individual and group therapy, as well as assessment services.
- *Licensure*: The fellow will apply for licensure as a psychologist in the State of Rhode Island.

Research Activity Plan (20%)

The fellow will spend 20% effort (8 hours per week) on research activities, including receiving 1 hour of research supervision per week. Research activities may include manuscript preparation and submission, preparation and presentation of research at a conference, data collection, data analysis, development of research and IRB protocols, and participation in OCD research meetings. Depending on the fellow's research interests, Drs. Fedorenko or McLaughlin will serve as the research supervisor or will identify another research faculty mentor. Potential topics of research include, but are not limited to:

- Effectiveness of exposure therapy in an IOP
- Effectiveness and predictors of outcomes of neurocircuitry-based interventions for OCD (e.g., neurosurgery, DBS, TMS)
- Examination of the relationship between clinical phenotypes and brain-based biomarkers (e.g. imaging, EEG, cognitive tasks) in OCD and related disorders

Didactics (10%)

Postdoctoral Seminars: The fellow will participate in postdoctoral seminars through the Postdoctoral Fellowship Training Program.

Mandatory Didactics:

- Core Seminars (1.5 hours, once per month).
- DPHB Academic Grand Rounds (1.5 hours, once per month).
- Clinical Ethics (1 hour, once per month).
- Clinical Postdoc Seminar (1 hour, once per month)

Optional Didactics:

Fellows can also elect to attend weekly (1 hour) seminars in grant-writing or research.

Supervision and Evaluation

The fellow will receive 2 hours of individual supervision and 1 hour of group supervision per week for clinical work, and 1 hour of supervision per week for research. 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

The fellow will be provided with the following resources:

- Access to space appropriate for clinical care
- A computer and project-specific software

- Internet access, telephone, and electronic medical record access

Reporting and approval

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

Director, Clinical Psychology Program (CPP)

Director, Postdoctoral Fellowship Training Program (PFTP)