



Postdoctoral Fellowship Training Program

Postdoctoral Fellowship Description

CLINICAL FOCUS

Title:	Postdoctoral Fellowship in Perinatal Mental Health
APA-accredited:	Yes
Site/Employer:	Women and Infants Hospital
Supervisors:	Maggie Allen, PhD, Gina Erato Garza, PhD
	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 birthing parents and newborns. This major teaching affiliate of The Warren Alpert Medical School of Brown University, Women & Infants is one of the largest stand-alone obstetrical services in the country with approximately 8,500 deliveries per year. Within Women & Infants, the Center for Women's Behavioral Health (WBH) provides outpatient, intensive outpatient, and partial hospital treatment for women and birthing parents experiencing behavioral health concerns.

The goal of WBH is to provide timely, comprehensive, and culturally responsive mental health care while supporting the health and well-being of birthing parents and their families. Within WBH, the fellow will have the opportunity to work within two innovative services that were among the first of their kind in the country: the **Day Hospital**, which provides partial hospital treatment for a broad range of perinatal psychiatric disorders, as well as the **Perinatal OCD and Anxiety Disorders Intensive Outpatient Program (OCD IOP)**.

A defining feature of both programs is the opportunity for caregivers to remain with their infants throughout treatment. This model supports the development of the caregiver-infant relationship during an important period of bonding while allowing clinicians to directly observe and address the ways in which mental health symptoms may affect parent-child interactions.

This fellowship provides fellows with rich exposure to perinatal psychopathology, evidence-based interventions, multidisciplinary care, and the unique clinical considerations involved in treating psychiatric illness during pregnancy and the postpartum period.

Fellowship Aims

1. To provide the fellow with broad post-doctoral training in 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 concerns.

3. To enable the fellow to gain experience working as part of a multidisciplinary team by providing individual and group clinical services to patients in the Day Hospital and Perinatal OCD IOP.
4. The fellow will gain a strong working knowledge of evidence-based assessment of psychiatric disorders, symptoms, and related illnesses that commonly occur among birthing parents.

Fellowship Timeline

This is a one-year fellowship with an anticipated start date of September 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 Day Hospital and OCD IOP programs. If interested, 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 be able to:

1. Conduct an initial intake assessment with women and birthing parents presenting with psychiatric concerns (e.g., depression, anxiety, OCD, trauma). 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 and their families.
2. Take into consideration health, cultural, linguistic, and familial factors in assessment and diagnostic conclusions, treatment approaches, and recommendations.
3. Conduct initial and ongoing mental status exams and safety assessments among patients presenting at different levels of care (outpatient, IOP, PHP).
4. Integrate information from history, observations, clinical interview, medical records, and formal testing to formulate diagnostic impressions using the DSM-5-TR and ICD-10.
5. Implement brief evidence-based therapies (e.g., CBT, ACT, DBT, IPT) in individual and group formats to address psychological symptoms and related concerns. The fellow will be able to tailor interventions to the individual with consideration of factors specific to pregnancy and the postpartum period, as well as their specific level of care.
6. Demonstrate competence in treating perinatal psychiatric conditions and be familiar with psychotropic medication recommendations for pregnant and breastfeeding people.
7. Conduct family sessions when clinically indicated.
8. Address caregiver-baby attachment concerns, including recognizing insecure attachment styles and incorporating baby into treatment as clinically indicated.
9. Obtain collateral data from other providers and social service agencies to construct a basic medical history, full psycho-social history and aid in treatment and discharge planning.

10. Write a full intake report, including history of presenting problem, pregnancy and delivery history, social/developmental history, mental status exam, formulation, and recommendations.
11. Write accurate, concise, and timely treatment notes.
12. Communicate effectively with members of multidisciplinary teams to coordinate care, gather medical information, and to assist team members in understanding psychological factors relevant to the care of the patient.
13. Provide 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 ☒ 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 perinatal mental health.
- 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.
- Additional research tasks as outlined with fellow's Research Supervisor.

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 Clinical Psychology Program (CPP).

Director, Clinical Psychology Program (CPP)

Director, Postdoctoral Fellowship Training Program (PFTP)