



Postdoctoral Fellowship Training Program

Postdoctoral Fellowship Description

RESEARCH FOCUS

Title: Postdoctoral Research Fellowship in Mindfulness and Digital Health interventions for Major Psychiatric Conditions

APA-accredited: No

Site/Employer: Butler Hospital

Supervisor(s): Brandon Gaudiano, PhD, Primary Supervisor
Ethan Moitra, PhD

Description of Site

Established in 1844, **Butler Hospital** is a private Brown University-affiliated psychiatric and substance abuse hospital located in Providence, RI. Over 6,000 patients are admitted annually. Butler Hospital also has a 24-hour psychiatric emergency department, a Partial Hospitalization Program, and an Outpatient Department. Butler Hospital is the primary training site for the Department of Psychiatry and Human Behavior at Warren Alpert Medical School of Brown University. Psychiatric residents, psychology interns, and psychology post-doctoral fellows work at and receive training at Butler Hospital. Butler Hospital is also the major training site for the Brown University General Residency in Psychiatry, the Geriatric Psychiatry Fellowship, and the Clinical Psychology Training Consortium. The hospital's innovative clinical research programs, premier teaching programs and longstanding reputation for excellent clinical care have earned Butler Hospital recognition as one of the most outstanding psychiatric hospitals in the United States.

Butler Hospital also houses several research groups, with specialty research in mood disorders, substance abuse, and OCD. The **Psychosocial Research Program** at Butler Hospital is comprised of academic psychologists, a psychiatrist, post-doctoral fellows in psychology, masters'-level therapists, project coordinators, and research assistants. Research in this group is funded by multiple NIH grants and awards from private foundations. The vast majority of research in this program centers on psychosocial treatments, particularly telehealth and mHealth interventions, for various psychiatric disorders and comorbid conditions including addiction, and the prevention of suicide. Faculty investigators meet once per week to review and discuss grant proposals, manuscripts, or other scientific projects.

Fellowship Aims

1. To offer the fellow comprehensive post-doctoral training in clinical trials of behavioral health treatments targeting severe psychiatric conditions, including depressive and bipolar disorders, psychosis, suicidality, and co-occurring substance use disorders.
2. To equip the fellow with a solid practical understanding of mindfulness and acceptance-based therapies for patients with major psychiatric illnesses.
3. To provide the fellow with research training and hands-on experience in preparing for a research career in technology-assisted treatments, such as telehealth and mobile health (mHealth), focused on major psychiatric conditions.

Fellowship Timeline

The duration of the fellowship is 1 year. The anticipated start date is July 2026. A second year is possible, contingent upon satisfactory progress and availability of funding.

Research Activity Plan (77.5%)

The fellow will be exposed to various aspects of research on clinical trials of behavioral treatments for psychiatric disorders via participation in the following activities:

- Study coordination: The fellow will collaborate with Drs. Gaudiano and Moitra, along with other project staff, with grant-funded research involving:
 - Clinical Trials (PIs: Gaudiano and Moitra; total 67.5% effort = 12.5% clinical research activities + 55% research/administrative activities). In NIMH-funded trials, patients with major psychiatric disorders are randomly assigned to an experimental condition (mindfulness-based therapy or mHealth intervention) or comparison condition. The goals are to improve psychiatric symptoms, prevent suicidal behaviors, increase treatment engagement, and reduce rehospitalizations.
 - Activities will include:
 - Conducting clinical risk assessments as needed
 - Completing therapist fidelity ratings
 - Serving as a substitute therapist if needed
 - Supervising research staff in conducting assessments
 - Conducting diagnostic and other assessments
 - Other project management tasks as needed
 - Note: Other project staff will assist with projecting directing responsibilities when the fellow is engaged in other activities.
- Develop their own line of research (20% effort)
 - Grant writing: The fellow will be encouraged to develop a grant idea and submit a grant proposal by the end of the fellowship term.
 - 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.
- The fellow will be required to participate in weekly research meetings in the Psychosocial Research Program (2.5% effort).

Clinical Activity Plan (12.5%)

- Clinical assessment: conduct suicide risk assessments and baseline diagnostic evaluations for clinical trials as described in the research activity plan above. All participants in these research studies have psychiatric disorders, and thus are a clinical population. This should comprise a minimum of 12.5% effort as part of the scheduled 67.5% total Study Coordination duties as described above.

Path toward licensure: YES X* NO

*Sufficient hours for licensure will be accrued if the fellowship is extended for a 2nd year.

Didactics (10%)

Postdoctoral Seminars: The fellow will participate in the following postdoctoral seminars through the Postdoctoral Fellowship Training Program (10% effort).

Mandatory Didactics:

- Core Seminars (1 per month)
- DPHB Academic Grand Rounds (1 per month)
- Clinical Ethics – if intending to sit for licensure (1 per month)
- Track Seminars
- Academic Friday – Grantsmanship seminars, Special Topics in Statistics

Supervision and Evaluation

Supervision will be provided in the form of both weekly individual supervision and weekly group supervision. Clinical supervision will be provided in the form of weekly individual (Dr. Gaudiano) and group supervision (Drs. Gaudiano and Moitra). Clinical supervision time will be combined with research supervision time. Total hours of weekly supervision: 1 hour individual, 1 hour group.

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 to complete research responsibilities
- A computer and project specific software
- Internet access
- Telephone
- Space for conducting clinical interviews and risk assessments

Reporting and approval

This fellowship will be part of the RFP. The position has been discussed and approved by the Adult Track faculty in their monthly meeting.

Associate Director, Research Fellowship Program (RFP)

Director, Postdoctoral Fellowship Training Program (PFTP)