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The Stony Brook University Consortium Post-Doctoral Program (SBU-CPP)

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Introduction

The Stony Brook University Consortium Post-Doctoral Program (SBU-CPP) offers a 12-month post-doctoral fellowship. The SBU-CPP includes two-member agencies: the Leonard Krasner Psychological Center (KPC), a psychology training clinic associated with the doctoral program in clinical psychology, Department of Psychology (College of Arts and Sciences), and the Mind Body Clinical Research Center (MB-CRC), an outpatient facility associated with the Department of Psychiatry & Behavioral Health (Stony Brook Medicine) and the Stony Brook University Hospital (SBUH).

The overall aim of the SBU-CPP is to provide advance training and education to practice professional psychology competently and based on a clinical scientist model. The training philosophy is informed by the Evidence Based Practice in Psychology approach, which encompasses the notion that best practice is based on the integration of the best available research with clinical expertise in the context of key patient characteristics (including culture, diversity, and preferences). A scientifically-minded approach informs every aspect of the SBU-CPP program. A secondary aim is to provide clinical research training in the areas of mind-body medicine, clinical trials, dialectical behavioral therapy (DBT), women's health, and trauma-focused research.

The SBU-CPP is designed to provide post-doctoral fellows with advanced clinical/research training to facilitate professional independence. Clinical training experience are provided across various therapeutic settings, including outpatient mental health facilities and hospital-based programs. Training includes experience in delivering *cognitive-behavior therapy* (including elements of third-wave models), *DBT*, *behavioral medicine*, and *integrated care* primarily with adult populations. Several supervised opportunities are available through the programs at the KPC, MB-CRC and the SBUH, as described in a later section of this brochure.

General Information

The post-doctoral fellowship program includes approximately 40-45 hours of training weekly, including direct face-to-face delivery of psychological services, didactics/clinical workshops, providing and receiving supervision, research, readings, and administrative responsibilities. Four to five paid post-doctoral fellowship positions are offered each year. These positions will focus on clinical training and service delivery at the MB-CRC and SBUH, providing clinical supervision at the KPC *and* involvement in research may additionally be available. Each appointment is for twelve (12) months, with a September 1 start date and an end date of August 31. Fellows are paid a salary of \$51,100 (including \$3,026 location pay), with university professional staff benefits (namely: the New York State Health Insurance Plan for individuals, dependents, and domestic partners; prescription, dental, and vision plans; parking; and gym and library privileges).

SBU-CPP Member Agencies and their Programs

Leonard Krasner Psychological Center (KPC)

The KPC is a psychology training clinic housed in the Department of Psychology and associated with the doctoral program in clinical psychology at Stony Brook University (SBU). The SBU clinical psychology doctoral program is ranked 3rd

among the top clinical psychology doctoral programs in the country (U.S. News and World Report, Best Graduate Schools) and is accredited by both the APA Committee on Accreditation (APACoA) and the Psychological Clinical Science Accreditation System (PCSAS). The mission of the KPC is twofold, namely, (a) to provide high quality experiential training in the delivery of psychological services to trainees in the associated doctoral program, as well as to externs, doctoral interns, and post-doctoral fellows; and (b) to provide evidence-based mental health services to the nearby campus and off-campus communities. All supervisors at the KPC are doctoral level psychologists, and all the principal supervisors for the SBU-CPP are licensed in NY.

Psychological services are provided to patients of all ages. Cognitive-Behavioral Therapy (CBT) interventions target anxiety disorders, depressive disorders, adjustment disorders, stress related problems, relationship/couple issues, disordered eating, phase of life difficulties, learning difficulties, conduct disorders, ADHD, obesity, pain management, and comorbidities; excluded are problems of acute and untreated psychosis and/or severe problems of substance abuse/addiction. In addition, KPC services include specialized treatment clinics, such as Cognitive Behavioral Analysis System of Psychotherapy (CBASP) for chronic depression, Exposure/Response Prevention (E/RP) treatments for anxiety disorders, Couples/Relationship Treatment program, and various 10-session group treatment programs (e.g., Executive Skills Training for ADHD, Social Anxiety, Academic Performance Anxiety, CBASP for depression, etc.). The KPC also provides a broad range of psychological assessment services, including comprehensive psychological and/or psycho-educational evaluations for several types of referrals, such as Learning Disabilities; co-morbidity of learning difficulties and psychological problems; and diagnostic evaluations for disability determination, mental health clearance, and giftedness.

Post-doctoral fellows will have the opportunity to become involved in providing clinical supervision to graduate student trainees from the affiliated doctoral program in clinical psychology and/or externs participating in the SBU Consortium Externship Program. In addition, post-doctoral fellows may be provided the opportunity to conduct psychoeducation/psychodiagnostic testing evaluations if they elect to strengthen their assessment practicum.

Mind Body Clinical Research Center (MB-CRC)

A 15-minute walk from the KPC, the MB-CRC is an outpatient mental health and research center associated with the Department of Psychiatry & Behavioral Health at SBU and the SBUH. The mission of the MB-CRC is to improve the mental and physical health of individuals and communities through providing holistic clinical services, conducting basic and applied cutting-edge research, and training tomorrow's clinical research leaders. The MB-CRC staff includes psychologists and clinical-researchers engaged in clinical services and research.

The MB-CRC provides individual psychological evaluations and individual and group-based treatments. Psychological services are informed by CBT approaches and include a mind-body treatment called the Stress Management and Resilience Training (SMART)/Relaxation Response Resiliency Program, DBT, and behavioral health treatments, such as weight management and acquisition of other healthy lifestyle behaviors (e.g., exercise, and sleep). The MB-CRC provides full-scale DBT services including individual assessment and therapy, skills groups, and DBT team supervision. Patients served by the MB-CRC are self-referred or referred from various departments within Stony Brook Medicine, including the SBUH and community providers.

The MB-CRC also contains an active research program including randomized clinical trials evaluating the efficacy and effectiveness of CBT and mind-body treatments, women's health research and trauma-focused research.

SBU-CPP Training Program

The SBU-CPP provides training in CBT-based clinical treatments and clinical research. As such, the SBU-CPP offers 2 training tracks: (1) Comprehensive Clinical Training/Experience and (2) Integrative Clinical-Research Training/Experience.

The Comprehensive Clinical Training track provides fellows with diverse training experiences across the member sites and associated program(s), including experiences in general outpatient psychological care and hospital-based programs. Fellows in this track will dedicate approximately 40-45 hours/week over a 12 month period, including approximately 12 hours/week of direct outpatient contact at the MB-CRC, 12 hours/week of direct inpatient contact in the SBUH, 4 hrs/week of individual/group supervision and 4 hrs/week supervising trainees; the remainder of the time is dedicated to clinical record keeping, readings, didactic meetings, consultation, and conferencing with the interdisciplinary treatment team.

The Integrative Clinical-Research Training track provides fellows with outpatient clinical training and clinical research training at the MB-CRC. Research efforts will focus on manuscript and grant writing and participation in ongoing clinical research studies. Fellows in this track will dedicate approximately 40-45 hours/week over a 12 month period, including approximately 12 hours/week of direct outpatient contact at the MB-CRC, 4 hrs/week of individual/group supervision, 4 hrs/week supervising trainees and 16 hours/week dedicated to research; the remainder of the time is dedicated to clinical record keeping, readings, didactic meetings, consultation, and research meetings.

Supervision is conducted on site by the faculty involved in both the post-doctoral fellowship program and in the parallel pre-doctoral externship and internship programs.

Next, we provide a detailed description of the clinical training opportunities across the SBU-CPP programs.

(1) Outpatient Program at the KPC

At the KPC, post-doctoral fellows may gain experience with psychological assessments including conducting psychoeducational/psychological assessments for learning problems, ADHD, or giftedness. Typical full battery psychoeducational evaluations at the KPC include the administration of semi-structured clinical interviews (e.g., MINI), intellectual/cognitive batteries (Wechsler scales and Woodcock- Johnson IV COG), achievement batteries (WJ-IV ACH/Oral Language or WIAT-III) and a number of self-report paper-and-pencil questionnaires (e.g., Achenbach scales, BASC-3, BDI-II, BAI, etc.). Evaluation of ADHD include the administration of a semi-structured interview, one cognitive/intellectual battery (usually the WISC-V or WAIS-IV), and a number of additional measures designed to assess in a multi-method multi-rater way symptoms of ADHD (e.g., CPT-II, Brown ADHD scales, Barkley ADHD and Executive Functioning questionnaires, Conners' Parent and Teacher scales, etc.).

(2) Outpatient Program at the MB-CRC

The outpatient program at the MB-CRC includes the delivery of face-to-face psychological services (assessment and treatment) to patients referred from the community and the SBUH. Post-doctoral fellows may work with child/adolescents and/or adult populations and provide supervised individual psychological diagnostic assessments and individual CBT-based psychotherapy for mood and anxiety disorders at the MB-CRC. In addition, fellows may also co-lead/lead group-based psychotherapy including the following evidence-based programs: the Stress Management and Resilience Training (SMART)/Relaxation Response Resiliency Program, Dialectical Behavior Therapy, Weight Management Program, and the Health Enhancement Program.

(2) Inpatient Programs at the SBUH

(a) Comprehensive Psychiatric Emergency Program (CPEP)

The CPEP, located within the SBU Hospital Emergency Department, provides emergency psychiatric services to people in urgent need of psychiatric evaluation, acute intervention, and referral services 24 hours per day, 7 days per week. After patients are screened for medical complications, they receive a psychiatric evaluation. Those in need of on-going care are referred to mental health services in the community, while patients who require hospitalization are admitted to the hospital or transferred to psychiatric units throughout Suffolk County. Patients who require extended observation to complete their evaluation may be admitted to CPEP for up to 72 hours. The CPEP includes a multidisciplinary team composed of physicians, nurses, and mental health professionals. Patients present to CPEP with various psychiatric emergencies related to mood disorders (including mania and suicide ideation/intent), substance dependence, and active psychosis. This hospital-based psychiatric emergency service is licensed by the New York State Office of Mental Health.

Post-doctoral fellows work closely with a multidisciplinary team to evaluate and coordinate care for individuals in urgent need of psychiatric services. Fellows receive training in conducting psychiatric evaluations, acute interventions and care coordination within the context of the emergency department. In addition, fellows will aid in the supervision and oversight of pre-doctoral psychology externs and interns training in the CPEP.

(b) Consultation and Liaison (C&L) Psychiatry

The C&L service is comprised of physicians, clinical nurse specialists, medical and physician assistant students, fellows from psychiatry, neurology, family medicine, geriatric medicine and geriatric psychiatry, and psychology interns. The C&L team provides psychiatric consultation throughout the hospital. In 2015, the C&L team provided services to over 2,200 patients. The most common problems faced are related to substance use, depression, agitation, capacity for medication decision making, and suicidal ideation. Approximately, 40% of patients are older than 65, 51% are female, and 21% have Medicaid/Managed Medicaid.

Post-doctoral fellows attend patient rounds with a multidisciplinary team and provide psychiatric and psychological evaluations, short term interventions, and consultation to patients and clinicians on medical and surgical inpatient units throughout Stony Brook Hospital. In addition, fellows will aid in the supervision and oversight of pre-doctoral psychology externs and interns training in the C&L service.

Application Postings

Comprehensive Clinical Training Track

Brief Description of Duties:

The Leonard Krasner Psychological Center (KPC) and the Mind Body Clinical Research Center (MB-CRC) in the Departments of Psychology and Psychiatry (respectively) at Stony Brook University seek a full-time Post-doctoral Associate to provide clinical services in outpatient and hospital-based settings, and aid in training activities for pre-doctoral interns. The Post-doctoral Associate will be responsible for providing psychological services to campus and community patients, clinical supervision to less advanced therapists (graduate students), attend supervision conducted by the director and other licensed clinical psychologists, didactic classes, and, providing clinical services within the Stony Brook University Hospital.

Activities will include:

- 40%-Providing evidenced-based psychotherapy services
- 40%-Providing hospital-based psychology services in the adult psychiatry inpatient unit, consultation and liaison service, and the psychiatry emergency department
- 10%-Supervision, Training and Supervising trainees
- 10%-Other duties as assigned

Required Qualifications: (Evidenced by an attached Curriculum Vitae)

Doctoral Degree (Ph.D.) in Clinical Psychology; Advanced/substantial experience in providing cognitive behavioral and/or mindfulness-based treatments via individual, family, and group psychotherapy modalities; Risk assessment/management; Psychological evaluation and psycho-educational testing; Supervision and/or teaching clinical psychology; Clinical experience and competence in working with diverse populations; and Statistical training.

Preferred Qualifications:

Accumulated 1,750 hours of pre-doctoral clinical practicum conducted in the course of a psychology internship and satisfaction of all the requirements for a Ph.D. degree in clinical psychology (from the incumbent's institution) prior to applying for the post-doctoral fellowship. Of the practicum hours, a minimum of 1,000 should include direct face-to-face treatment. Cognitive Behavioral Orientation in curriculum and practice. Prior training in a Clinical-Scientist doctoral program. Prior experience working within a hospital setting. Prior experience working with evidenced-based treatment models. Prior training in a Science-Practitioner program. Clinical psychology publications in peer reviewed journals. Practice in supervision. Experience using Titanium Schedule.

Integrative Clinical-Research Training Track

Brief Description of Duties:

The Leonard Krasner Psychological Center (KPC) and the Mind Body Clinical Research Center (MB-CRC) in the Departments of Psychology and Psychiatry (respectively) at Stony Brook University seek a full-time Post-doctoral Associates to provide clinical services and support for ongoing research studies and training activities. The Post-doctoral Associate will primarily be responsible for providing evidence-based psychotherapy services, participating in a new center for disaster mental health and resilience, preparing manuscripts and grants; and aiding in clinical and research training including supervision of pre-doctoral psychology interns and other trainees.

Activities will include:

- 40%-Providing evidenced-based psychotherapy services
- 40%-Research activities (including manuscripts and grants)
- 10%-Supervision, Training and Supervising trainees
- 10%-Other duties as assigned

Required Qualifications: (Evidenced by an attached resume)

Doctoral Degree (Ph.D.) in Clinical Psychology; Advanced/substantial experience in providing cognitive behavioral and/or mindfulness-based treatments via individual, family, and group psychotherapy modalities; Risk assessment/management; Psychological evaluation and psycho-educational testing; Supervision and/or teaching clinical psychology; Clinical experience and competence in working with diverse populations; Statistical training; and Previous publication(s).

Preferred Qualifications:

Accumulated 1,750 hours of pre-doctoral clinical practicum conducted in the course of a psychology internship and satisfaction of all the requirements for a Ph.D. degree in clinical psychology (from the incumbent's institution) prior to applying for the post-doctoral fellowship. Prior training in a Clinical-Scientist doctoral program. Experience with trauma-related research and treatment. Broad-based clinical research experience with adults. Experience with grant and manuscript writing. Experience with supervising support staff and/or trainees. Minimum 2 first authored publications.

Accepting applications now until positions are filled.

Please email a cover letter, current CV and 2 letters of recommendation to Drs. Dina Vivian (dina.vivian@stonybrook.edu) and Adam Gonzalez (adam.gonzalez@stonybrook.edu).