



**Postdoctoral Fellowship in Clinical Psychology  
South County Psychiatry  
2024 - 2025**

**Position:** Intensive Outpatient Program at South County Psychiatry  
**Title:** Postdoctoral Fellowship in Acceptance and Commitment Therapy/Third Wave Behavioral Treatment  
**Director:** Kristin Davidoff, Ph.D.

### **Introduction**

Thank you for your interest in a postdoctoral fellowship with South County Psychiatry! Our site offers postdoctoral level training for recent graduates of psychology doctoral programs. This placement is designed to provide fellows with an enriching training experience, a variety of opportunities for professional development, and prepare them for independent practice.

**Start Date:** July 1, 2024\*

\*flexible start/end times available, please contact us with questions/concerns

**Time Commitment/Duration:** The duration of the fellowship is 1 year, and the position is full time (40 hours/week). Monday through Friday, 8AM - 4:30PM. This program will meet the minimum requirement of 1500 hours of supervised experience for state licensure in Rhode Island.

**Compensation:** \$65,000 annually; health, dental and eye coverage; paid time off

### **Supervisor(s):**

Theresa Morgan, PhD (primary supervisor)

Kristin Davidoff, PhD (primary supervisor)

Molly Meth, PhD

Douglas Long, PhD

Olga Obrastsova, PhD

### **The Intensive Outpatient Program at South County Psychiatry**

The Intensive Outpatient Program (IOP) was founded in May 2023 by a group of values-driven psychologists (and one values-driven psychiatrist) with extensive experience treating patients at higher levels of care. We are excited to say we are currently the only generalist IOP in the state of Rhode Island. The program has also already doubled in size since its inception, due in large part to community demand and word of mouth. Our IOP is housed within South County Psychiatry (SCP), a leading private practice serving Rhode Island and surrounding communities. The program provides intensive, short-term, acute care for people with a wide variety of mental health concerns.

Our training team is comprised of psychologists at the doctoral level, all of whom come directly from positions at the psychology training consortium at Brown University Medical School. We have extensive training experience with psychology and psychiatry fellows, interns, and externs through these settings. Perhaps most importantly, training has been an integral part of our

professional identities since graduate school. We share a commitment to providing a values-based and individualized training experience to trainees rotating through our program.

The IOP was designed exclusively following evidence-based care, and nested within third-wave behavior therapies. Acceptance and Commitment Therapy is the foundational approach to treatment in the program, with other modalities (e.g., Dialectical Behavior Therapy, Cognitive Behavior Therapy, Exposure and Response Prevention, Prolonged Exposure) utilized as appropriate based on individual patients' needs. Applicants for this position should have a solid grounding in cognitive behavioral treatment and behavior therapy generally, and prior experience with ACT or ACT-based principles is preferred.

We aim to provide client-focused care that supports patients in reconnecting with valued living while coping with mental health needs. To that end, care is delivered via a virtual platform with minimal disruption to the patient's life. Patients attend a combination of individual sessions and group therapy sessions, which includes two 60-minute groups, individual therapy 2-3 times per week, and medication management as needed. The program runs daily from 9:00AM until 12:30PM, with an average length of stay around 4-6 weeks. With training and supervision, fellows will be part of a small team that provides care for approximately 20 patients total. The fellow will have an individual smaller caseload of patients, but will treat other patients in the IOP via group therapy. The program is designed so that providers have the opportunity to get to know a reasonable number of patients and the team has high communication which improves the overall milieu.

### **Population Served**

Our program serves a diverse, adult (18+) patient population of all gender identities, with the goal of providing culturally sensitive and inclusive care to all patients. Demographics are generally reflective of the broader Rhode Island community. Common presenting concerns include mood disorders, anxiety disorders, suicidality, personality pathology (e.g., BPD), post-traumatic stress disorder, obsessive-compulsive disorder, among others. Exclusion criteria include individuals who are unable to participate meaningfully in an active treatment setting, and individuals with primary substance use disorders whose concerns are more competently addressed by a dual diagnosis program.

### **Clinical Responsibilities (60-65%):**

1. Review intake assessments, create treatment plans, and function as the individual therapist for a caseload of 6 patients, each seen 2-3 times per week
2. Observe, plan, and independently conduct ACT skills and process groups
3. Function as an integral member of our multidisciplinary treatment team, including:
  - Participating in daily team consultations
  - Communicating with and providing consultation to colleagues
  - Maintaining consistency in adherence to an ACT-based treatment model
  - Supporting the development of an effective treatment milieu for all patients.

### **Individualized Training Responsibilities (30%)**

The remainder of the fellowship is tailored to the individual interests and needs of the trainee, consistent with our goal to facilitate each fellow's professional development and help them to move towards their own independent practice and career goals. We offer additional training opportunities in the following areas, accompanied by an hour of supervision:

1. **Clinical Research:** The Assessment Program at SCP was originally founded over 25 years ago in coordination with Brown University as the MIDAS Project (Methods to

Improve Diagnostic Assessment and Services), which seeks to integrate research methodology into routine clinical practice. This project recently migrated to a private practice setting at SCP. It now represents the largest existing clinical epidemiological study using standardized measures that has been conducted in routine clinical practice. Centered around rigorous clinical training, the project has amassed over 9,000 individual participants across 3 data sets of psychiatric outpatients, partial hospital patients, and pre-surgical assessments of bariatric surgery candidates. We are currently in the process of establishing a fourth, largely unstudied sample of patients referred for treatment at the intensive outpatient level, a largely unstudied but increasingly accessed level of care in US healthcare settings. Fellows that are interested in research are welcome to participate in and/or initiate research projects with these data. We take seriously our commitment to integrated clinical and research work, and actively support analysis and publication of our existing data.

2. **Outpatient Psychotherapy:** Fellows are welcome to pursue additional opportunities within the broader outpatient department at SCP to enrich their clinical training experience, including aftercare groups for IOP patients. We will do our best to facilitate opportunities with specific patient populations, clinical presentations, or treatment modalities in the larger SCP practice in whatever capacity is appropriate and aligns with training goals.
3. **Program Evaluation, Improvement, and Development Project(s):** Fellows are welcome to initiate projects that would benefit the patient experience at IOP or SCP in the areas of program evaluation, improvement, or development, based on their interests, program needs, and capacity.

### **Supervision/Evaluation (5%)**

Supervision will be provided in the form of weekly individual supervision for 2-4 hours/week, with additional opportunities for consultation available in routine team consultations, and a weekly IOP team meeting.

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.

***This training experience will be a good fit for you if...*** you are interested in developing high level competence in ACT; you love nerding out about behaviorism; you have (or are willing to develop!) a high tolerance for interesting presentations, comorbidity, and people generally; you have an interest in learning about how we translate the evidence-base to real-world clinical work; private practice intrigues you; you like the idea of working with a team in clinical work; and/or you are alternately intimidated, nervous, and excited by learning group treatment models.

### **Values Statement**

We are ACT providers, and as such we would be remiss if we did not include a clear statement of values. So, without further ado...

We pledge to make values a consistent touchstone of our clinical practice, training experiences, and professional identities. We aim to hold these values both lightly and seriously, and to not lose our sense of humor in the process.

We care deeply about providing evidence-based, compassionate care of the highest quality to people in our community who need support when they are hurting the most.

We aim to normalize and reduce stigma in seeking mental health treatment, and to provide recovery-based care to people in need.

We believe this care should be widely available and provided with sensitivity to issues of diversity, discrimination, and individual experience. To this end we are committed to providing care to individuals from all gender, race, ethnic, and other identities that is integrative, inclusive, pro-social and anti-discriminative in its provision.

As noted above, we believe these values also apply to the training experience. We share a dedication to providing a superb, comprehensive, compassionate, and thorough training experience to trainees operating within our team. We value supporting trainees' developing independence, and actively valuing their contributions to our programs as developing providers.

We take care of the team. We look out for each other. We celebrate our individual and collective successes and examine our failures, both as professionals and as people. We provide a safe place to ask for help and support, and offer it freely, genuinely, and wholly.

We actively look out for those who are at risk by dint of their role or designation within an organization or society. We believe the latter often applies to trainees and patients in our care. Therefore, it is our responsibility to advocate for those in training or treatment, knowing they often cannot speak for themselves within the current system.

We share a commitment to clinical research and evidence-based practice in both training and provision of clinical care. It is our belief that as providers, we should strive to consistently deliver treatment that is clearly linked to evidence-based processes of change, in service of patient benefit and values, and consistent with our values as an organization.

Because the evidence-base is constantly growing and changing, we therefore reiterate our commitment to learning and growth, and to holding ourselves accountable to these values as an IOP community.

**\*A Note on Virtual Treatment/Provision of Telehealth Services:**

Our intention is to provide high quality, personalized, and superior training in ACT and IOP level care in an increasingly preferred and common telehealth format. We offer patients clinical assessment using a virtual format. As such, your training experience will also be fully remote. Trainees who do not have access to a private setting with a stable internet connection may request office space in our Cranston location. Please let your supervisors know your needs and we will accommodate to the best of our ability.

Consistent with our commitment to integrative research and clinical care, our group was one of the first research programs to publish data comparing in person and virtual care. Our findings suggest that remote treatment: increases access to people who may not otherwise have presented to treatment; increases patient attendance and retention in treatment; and results in comparable outcomes to in-person treatment (Zimmerman et al., 2021). However, we have been unable to find similar studies on the experience of supervision and training in a virtual format, and recognize this may present challenges to trainees seeking a different experience.

**Resources**

Fellows will be provided with the following resources:

- Access to space appropriate for clinical care if seeing in person cases
- A computer and project specific software
- Internet telephone access

**To Apply:**

Please direct any inquiries to our Director of IOP Postdoctoral Training, Dr. Kristin Davidoff, via email at [drdavidoff@scp-ri.com](mailto:drdavidoff@scp-ri.com).

If interested, please email the following materials to Dr. Davidoff at the email address above. Put "Postdoctoral Fellowship Application" in the subject line, and ensure all files are clearly labeled with your name in the file name. For example, "CV\_JSmith"

- Curriculum Vitae
- Letter of interest
- Letters of recommendation (3)
- Transcripts (unofficial)

**Deadline:** Applications will be accepted until 1 January, and reviewed on a rolling basis as long as the position is available.

**Interviews will be conducted annually in January.**