**Postdoctoral Fellowship Program**

**Emphasis Area: Adult CBT/DBT**

**Emphasis Area Clinical Supervisors: Janice Jones, PhD, and Lisa Bolden, PsyD**

***\*Training is currently remote and provided through LAC DMH approved teleplatforms. Any in-person training experiences mentioned below have either transitioned to telehealth platforms or been temporarily paused. Some or all training experiences are likely to shift to in-person during the course of the training year based on LAC DMH and public health guidance for the CoViD-19 pandemic.***

The Adult CBT/DBT emphasis area provides training in the pragmatic application of Cognitive Behavior Therapies to multi-problem patients in both community mental health and hospital-based settings. Postdoctoral fellows in this emphasis area will provide a wide range of clinical psychology services including intake assessments, consultation, individual and group psychotherapy, psychodiagnostic assessment, and crisis intervention.

Fellows in the Adult CBT/DBT emphasis area receive advanced training in Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT) for borderline personality disorder, Radically Open Dialectical Behavior Therapy (RO-DBT) for inhibited disorders, Acceptance and Commitment Therapy (ACT), and trauma therapies including Prolonged Exposure Therapy (PE) and Cognitive Processing Therapy (CPT). Fellows lead groups and see individual patients utilizing the above modalities for a variety of disorders, including moderate to severe depression and anxiety disorders, post-traumatic stress disorder, borderline personality disorder, bipolar disorder, and psychosis.

Fellows carry individual clients in DBT, CBT, and ACT. Fellows also provide layered clinical supervision (assessment and psychotherapy) for CBT/DBT graduate-level psychology externs and assist in the teaching of several CBT courses. Fellows provide CBT and/or DBT training to the Los Angeles County Department of Mental Health (LAC DMH) as part of LAC DMH’s aim to disseminate state-of-the-art treatments to front-line clinicians. Fellows consult with interdisciplinary outpatient teams of psychiatrists, psychologists, social workers, psychiatry residents, psychology externs, social workers interns, psychiatric nurses, and other staff.

Fellows in the Adult CBT/DBT emphasis area spend 50% of their time in the LAC DMH Harbor-UCLA CBT/DBT Clinic and 50% of their time in LAC DMH dissemination of CBT/DBT as follows:

# Harbor-UCLA CBT/DBT Clinic

* CBT group assessment clinic
* Caseload of CBT/DBT/ACT patients
* DBT outpatient skills group
* Oversee externs conducting group and individual CBTs

# LAC DMH CBT/DBT Dissemination

* Conduct approximately 4-6 in-person or virtual three-day trainings of CBT to front line clinicians
* Lead weekly consultation calls to clinicians in the CBT roll out for LAC DMH
* Review and score Cognitive Therapy Rating Scale (CTRS) and Case Review Rating Scale (CRRS) for clinicians’ therapy sessions participating in roll out
* Oversee protocol for LAC DMH DBT Trainings
* Manage and oversee data collection of both DBT and CBT roll outs
* Coordinating team of research assistants

# Adult CBT/DBT Emphasis Area Prerequisites

* Prior experience in the assessment and treatment of persons with severe and persistent mental illness.
* Previous significant experience conducting group and individual CBT and DBT.
* Experience with ACT is preferable but not necessary.
* History of scholarly activity and interest in applied research.

# Adult CBT/DBT Emphasis Area Required Clinical Experiences

* Maintain a caseload of individual CBT/DBT/ACT outpatients under the supervision of a licensed psychologist.
* Participate in Dialectic Behavior Therapy Program (skills group co-leader, individual therapist, attend weekly consultation team, track attendance, referrals, supervise collection of data as necessary, supervise practicum students, provide after-hours skills coaching).
* Attend weekly outpatient team rounds. Responsibilities include serving as psychology representative to team. Field referrals for CBT Clinic and psychological testing for the team.
* Supervise 2-4 externs (6 months each).
* Co-teach weekly 9-month CBT/DBT course at Harbor-UCLA Medical Center.
* Co-lead seminars in Cognitive Behavior Therapy, DBT skills group supervision, and supervision of supervision.
* Attend 3-day intensive training for DBT.
* Attend 1-day intensive RO-DBT Training.
* Attend 1-day intensive ACT Training.
* Provide 3-day intensive trainings in CBT to County clinicians
* Provide weekly 1-hour case consultation over conference call for clinicians in community CBT class.
* Participate and run new and ongoing research.

## **Adult CBT/DBT Emphasis Area Required Supervision (in addition to Core Training Program Required Supervision)**

* One hours of individual supervision weekly with each of the two emphasis area supervisors, equaling two hours of individual supervision per week
* Attend DBT Team meeting
* Attend CBT Case Conference

## **Adult CBT/DBT Emphasis Area Required Trainings and Courses (in addition to Core Training Program Required Trainings and Courses)**

* Advances in CBT & DBT seminar (1 hr/week)
* ACT seminar (1 hr/week)
* Consultation group for students in Advances in CBT & DBT seminar (.5 hr/week)
* DBT Team Meeting (1.5 hrs/week)
* CBT/DBT Research Meeting (.75 hr/week)
* Clinician Mindfulness (.25 hr/week)
* DBT Groups Skills Training Supervision (.75/hr/week)
* Psychology CBT Case Conference (.5 hr/week)
* Three-day CBT training (24 hours)
* Three-day DBT training (24 hours)
* One day RO-DBT training (8 hours)
* One day ACT training (8 hours)

**Adult CBT/DBT Emphasis Areas Required LAC DMH Clinical Experience**

Fellows in the Adult CBT/DBT emphasis area will receive training in larger systems-focused services, including the following:

* Delivery of CBT and DBT trainings to the broader LAC DMH workforce.
* Delivery of trauma treatment or other evidenced-based treatments (CBT, DBT) to justice involved individuals.

Additionally, other system-focused training opportunities may develop over the course of the fellowship year based on the needs of the clinical populations served and the public mental health system.

# Adult CBT/DBT Emphasis Area Elective Courses/Clinical Experiences

* Rotate for one month full-time as primary evaluator in the Psychiatry ER (in-person only)
* Inpatient case conference
* Psychiatry Grand Rounds
* Trauma Team Rounds