**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, 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, 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 provide layered clinical supervision (assessment and psychotherapy) for CBT/DBT graduate-level psychology practicum students/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 may also have the opportunity to participate in quality improvement, scholarly projects, planning and execution of specialized training, and other administrative and academic activities as available.

Fellows in the Adult CBT/DBT emphasis area spend their time as follows:

# LAC DMH at Harbor-UCLA CBT/DBT Clinic

* Caseload of CBT/DBT/ACT patients
* CBT and DBT outpatient skills groups
* CBT group assessment
* Oversee and supervise externs conducting group and individual evidence-based practices (EBPs)
* Co-teach the Advances in Behavior Therapies class by providing lectures and running consultation groups with trainees
* Attend weekly didactics (DBT skills group, Acceptance and Commitment Therapy, mindfulness), supervision (individual, Supervision of Supervision), consultation (trauma consultation team, ACT consultation team), and meetings (DBT team meeting, etc.)

# LAC DMH CBT/DBT Dissemination

* Conduct a lecture during 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 as well as for externs under their supervision.
* Oversee protocol for LAC DMH DBT Trainings.
* Participate in monthly coordination meetings with the County-contracted providers of the roll-out trainings.

# 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 licensed psychologists.
* Participate in Dialectic Behavior Therapy Program (skills group co-leader, individual therapist, attend weekly consultation team, track attendance, track referrals, 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.
* 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 ACT Training.
* Provide lecture during 3-day intensive trainings in CBT to LAC DMH clinicians
* Provide weekly 1-hour case consultation over conference call for clinicians in community CBT class.

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

* Two hours of individual supervision weekly (1 hour each with the two emphasis area supervisors, equaling 2 hours of individual, face-to-face supervision per week)
* CBT supervision/case conference (0.5 hour/week)
* DBT Team meeting (0.5 hour/week); DBT Team supervision/consultation (1 hour/week); DBT skills supervision (1 hour/week)
* Supervision of Supervision (0.5 hour/biweekly)
* Trauma supervision/consultation team (1 hour/biweekly)
* ACT supervision/consultation team (1 hour/biweekly)

## **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 hour/week)
* ACT seminar (1 hour/week for 4-5 months)
* Consultation group for students in Advances in CBT & DBT seminar (0.5 hour/week)
* Topics in Research (0.75 hour/week)
* Clinician Mindfulness (0.25 hour/week)
* Three-day CBT training (24 hours total)
* Three-day DBT training (24 hours total)
* One-day ACT training (8 hours total)

**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 needs 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

* Inpatient case conference