**Postdoctoral Fellowship Program**

**Emphasis Area: Child and Adolescent Psychiatry (CAP)**

**Emphasis Area Clinical Supervisors: Lynette Lau, PhD, Lisa Althen, PhD, and Kaliah Salas, 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 Child and Adolescent Psychiatry (CAP) emphasis area involves core experiences in providing clinical care for a child/adolescent/young adult population with trauma/adverse-events exposure and multiple systems involvement (e.g., child protective services, education system, legal system, etc.). Fellows have opportunities to receive training in two distinct sub-areas:

1. CAP: Primary service in the CAP CBT Clinic, focusing on cognitive behavioral treatments; and
2. CAP/TIES: Split service between CAP CBT Clinic and TIES for Families-South Bay, focusing on cognitive behavioral treatments~~,~~ early childhood interventions, and foster-care/adoption (CAP/TIES).

Description of each of these sub-areas (as well as any additional training opportunities available in each sub-area) as follows:

### Child and Adolescent Cognitive-Behavioral Treatment Clinic (CAP CBT Clinic)

The Child and Adolescent Cognitive-Behavioral Treatments sub-area of emphasis provides didactic instruction and supervised training in evidence-based, cognitive-behavioral treatments for youth (ages 5-21). Fellows receive training in treatments for a range of mental health conditions, including but not limited to: Mood disorders, anxiety disorders, trauma and/or stressor-related disorders, and neurodevelopmental differences (e.g., ADHD, autism). Fellows also receive training in outpatient crisis intervention since many youth presenting with these psychological problems also experience significant crisis episodes. Depending on the youth's age, developmental level, and presenting problems, modalities may include individual, collateral, and/or family therapy. Postdoctoral fellows will supervise pre-doctoral trainees in the delivery of child and adolescent CBTs, as well as receive supervision and training in this area.

Fellows in the CAP CBT Clinic may also receive training experiences in Pediatric Consultation/Liaison where they co-manage inpatient medical patients with Child Psychiatry fellows and Pediatric residents; fellows on Pediatric Consultation/Liaison are co-supervised by Psychology and Psychiatry attendings.

Fellows in the CAP CBT Clinic may also be exposed to training opportunities in infant and early childhood mental health, as well as providing neurodiversity-affirming treatment to neurodivergent clinical populations. If available, fellows may receive exposure to Dialectical Behavior Therapy for Adolescents (DBT-A) informed or comprehensive treatment approaches.

Multi-disciplinary staff in the CAP CBT Clinic include: Psychologists (with predoctoral psychology externs and postdoctoral psychology fellows), clinical social workers (with social work interns), and child psychiatrists (with child psychiatry fellows and psychiatry residents). CAP CBT Clinic staff are trained in a range of different evidence-based models of treatment, including but not limited to: Child-Parent Psychotherapy (CPP), Parent-Child Interaction Therapy (PCIT), Trauma-Focused CBT (TF-CBT), Acceptance and Commitment Therapy (ACT), and Managing and Adapting Practice (MAP).

### Early Intervention and Foster Care/Adoption (TIES for Families-South Bay)

The Foster Care/Adoption sub-area of emphasis involves training at TIES for Families-South Bay**,** another LAC DMH clinic currently located within a mile of the Harbor-UCLA campus (Please note: There is a plan in place to move TIES for Families-South Bay onto the Harbor-UCLA campus, into the same building as CAP. We anticipate that this move will occur sometime in 2023). Fellows will be provided training and experience in the area of foster-care, adoption, family therapy, and infant mental health. The program is affiliated with UCLA TIES for Families and utilizes the TIES Transition Model (TTM), a community-defined intervention that promotes the successful adoption of foster children ages birth to eighteen when return to their biological parents is not possible.

The population served at TIES-South Bay includes high-risk infants, children and adolescents with histories of prenatal substance exposure, neglect, and abuse. A key feature of TIES for Families-South Bay is that services are offered as children are transitioned from foster care into adoptive homes, a vulnerable period for families that presents opportunities to promote attachment and prevent problems from escalating. The model includes services prior to adoptive placement, during the transition from foster care to adoption, and post adoptive services. Fellows will gain experience working with children within a system of care that includes child welfare, Regional Centers (providers of developmental services), and schools.

Multidisciplinary TIES staff includes psychologists, post-doctoral psychology fellow, clinical social workers, a mental health advocate, a developmental pediatrician, and a child psychiatrist. Services available include:

* Individual and family therapy using several evidence-based practices, such as ADAPT, PCIT, CPP, TF-CBT, RPP, and FOCUS
* Infant and early childhood mental health program that includes dyadic therapy, infant massage, and assessment (Bayley Scales of Infant Development)
* Educational consultation and advocacy
* Psychological and developmental assessments and testing
* Psychiatric services
* Medical consultation
* In-home therapy as available and appropriate
* Support and treatment groups for parents and children

**CAP Emphasis Area Prerequisites and Requirements:**

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| **CAP Emphasis Area Prerequisites**  | * Strong theoretical foundation and extensive clinical experience with children and adolescents
* Exposure to evidence-based treatments, with demonstrated skill in at least one evidence-based modality for children/adolescents
* Knowledge of commonly used psychological tests to assess children’s cognitive, emotional and behavioral functioning
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| **CAP Emphasis Area Required Clinical Experiences**  |

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| **CAP CBT Clinic** | **TIES for Families-South Bay** |
| * Maintain a caseload of 5 to 8 individual psychotherapy cases, with both individual and caregiver collateral treatment (caseload dependent on requirements of the other sub-emphasis areas)
* Provide supervision of psychology practicum students who also carry caseloads of 4 or 5 patients.
* Attend didactics on evidence-based treatments
* Attend individual and group supervision
* Attend supervision of supervision
* Co-manage the provision of Pediatric Consultation/Liaison services to inpatient medical patients
 | * Individual and/or family therapy with 4 to 6 child clients at a time
* Group therapy with parents and/or children
* Supervision of psychology externs in the area of testing
* Psychological testing (cognitive, achievement, personality, social-emotional, developmental, and neuropsychological screening) with both infants/toddlers and school-aged children with 2-3 clients over course of the year. Modality for delivery of psychological testing will depend on available resources and public health guidance given the impact of the COVID-19 pandemic
* Attendance and participation in ongoing Clinical Issues and Topics seminar
* Attendance and participation in the training/seminars on infant and early childhood mental health, group therapy, and play therapy strategies, as well as several Evidence-Based Practices including Parent-Child Interaction Therapy, Child-Parent Psychotherapy, Adoption-Specific Therapy, Reflective Parenting Program, Trauma-Focused-Cognitive-Behavioral-Therapy, and Families Overcoming Under Stress
* Leading and participating in multidisciplinary case consultations with prospective adoptive parents and children in placement

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| **CAP Emphasis Area Required Supervision** **(Per Core Training Program Required Supervision)**  | All fellows receive a minimum of 4 hours of supervision per week, as a combination of the following depending if they elect CAP or CAP-TIES:

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| CAP CBT Clinic  | TIES for Families-South Bay  |
| * 2 hours individual supervision (or 1 hour if in CAP-TIES sub-area)
* 1 hour supervision of supervision
* 1 hour group supervision
 | * 1 hour individual supervision
* 1 hour group supervision
* If leading a group: 0.5 hour group supervision
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| **CAP Emphasis Area Required Trainings and Courses** **(in addition to Core Training Program Required Trainings and Courses)**  | * Evidence-Based Treatments for Common Disorders of Childhood and Adolescent (90 minutes each week from September through May)
* Online TF-CBT training (8 hours)
* Online PCIT training (8 hours)

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| **CAP Emphasis Areas Required LAC DMH Clinical Experience**  | Fellows in the CAP emphasis area (whether in CAP CBT Clinic or CAP CBT Clinic/TIES For Families) will receive training in larger systems-focused services. Examples of such services may include the following: * Child Wellbeing Groups: Parenting and community-based groups
* Birth-to-Five and Adoption Consultation
* Neurodiversity Clinical Consultation

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.  |
| **CAP Emphasis Area Elective Courses/Clinical Experiences**  | * Child and Adolescent Psychiatry Grand Rounds
* CAP Clinic Only: CAP Disposition Meeting
* CAP Clinic Only: Child Psychological Assessment (as available)

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