



# Boston Child Study Center

*Expert Mental Health Treatment, Training & Research*

## ***Fellowship Announcement***

The Boston Child Study Center (BCSC) is now accepting applications for one-year full-time post-graduate fellows beginning September 2023. BCSC is an evidence-based treatment, training, and research center providing cutting edge mental health services to children, adolescents, young adults, and families from diverse backgrounds. Our clinicians specialize in the assessment and treatment of mood and anxiety disorders, obsessive-compulsive disorder, suicidal behavior, self-harm, trauma-related disorders, somatic complaints, school avoidance, disruptive behavior disorders, learning disabilities, and autism spectrum disorders. Through the BCSC Foundation, we are actively working to increase access to our services for marginalized and underserved populations.

BCSC provides specialized training in the following primary/major tracks: Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), DBT for Trauma (e.g., DBT-Prolonged Exposure and DBT-PTSD), Neuropsychological Assessment, Parent-Child Interaction Therapy (PCIT)/ Teacher-Child Interaction Therapy (TCIT), and training in evidence-based treatments for Tic, Trich, and OCD.

In addition, fellows can also choose to get training in several supplemental/minor tracks including: Autism Spectrum Disorder (ASD) diagnostic services, Radically Open Dialectical Behavior Therapy (RO-DBT), and Selective Mutism (SM). Fellows select a major rotation and have the option of also obtaining training in a minor track, should they wish. All training experiences occur across both standard and intensive outpatient programs. All fellows will have the opportunity to provide caregiver coaching and individual skills training.

Consistent with BCSC's commitment to training and didactics, fellows will spend at least 35-40% of their time in clinical work (both direct and indirect) and the remainder of their time will be spent receiving individual supervision, group supervision, and participating in multiple clinical rounds, consultation teams, research meetings, and a variety of peer supervisions. Working as part of a coordinated multidisciplinary treatment team, the fellows' responsibilities include providing individual, family, and group therapy to clients between the ages of 3 and 25 and their families. Fellows are expected to co-lead two different groups based upon their track of interest. The fellow will also attend workshops, weekly seminars, and continuing education opportunities held throughout the year.

Salary is competitive at \$61,000 and includes excellent benefits, such as health insurance, 20 vacation days, and sick leave. Funding is available for the fellow to attend at least one professional conference.

**Application Requirements:** Interested candidates should forward a CV, letter of interest including preferred major and minor rotations, and two letters of reference to both our Director of Training, Beth Jerskey, Ph.D., at [bjerskey@bostonchildstudycenter.com](mailto:bjerskey@bostonchildstudycenter.com) and our Director of Academic Services, Chris Gathman, at [cgathman@bostonchildstudycenter.com](mailto:cgathman@bostonchildstudycenter.com) with the subject line: **BCSC Fellowship Application**. For individuals who are sending reference letters directly to BCSC, please ask that they include the subject line: **BCSC Fellowship Application** and the last name of the applicant.

Applicants are encouraged to submit materials early, however, the regular application deadline is **December 5, 2022**. Interviews will begin in mid-December and continue through January. All interviews

will be conducted via Zoom. Applications received after December 5 will then be reviewed on a rolling basis until all positions are filled.

BCSC is passionate about building and sustaining an inclusive and equitable environment for all staff, clinicians, and fellows. We believe every member on our team enriches our community and that the diversity of experience and perspective on our team enhances the care we provide to families. We welcome any additional information you would like to share about yourself or your experiences that may not be reflected in your CV and cover letter. Inclusion of this information is completely voluntary. All qualified applicants are encouraged to apply, including applicants who identify as members of under-represented/rising groups.

### ***2023-2024 Training Program Descriptions***

#### **Acceptance and Commitment Therapy (ACT)**

This training experience will focus on the development and cultivation of fellows' skills in conceptualization, treatment planning, and intervention from an acceptance and mindfulness-based framework. Drawing largely from ACT, and including elements of other empirically supported behavioral and mindfulness-based therapies (e.g., CBT, Mindfulness-based CBT, Behavioral Analysis, Self-Compassion interventions), fellows and their supervisor(s) collaboratively outline a training plan to include these increasingly prominent, highly sought after, and flexible treatments in their clinical repertoire. ACT is adaptable to a wide range of clinical presentations – mood and anxiety disorders, substance use disorders, eating disorders, psychosis - and can lead to profound change in people's lives, which makes the process of learning and using this framework very engaging as a clinician. Additionally, ACT and these other interventions require a real commitment on the part of the clinician to acknowledge, attend to, and utilize his/her own experiences both in and outside the therapy room in service of clinical care and personal development as a therapist. This track affords fellows the opportunity to gain foundational knowledge in ACT and other mindfulness-based therapies. Flexibility is the key!

**Track Director: Ali Sagon, Ph.D.**

#### **Dialectical Behavior Therapy (DBT)**

The Dialectical Behavior Therapy (DBT) program offers specialized training in evidence-based DBT, including individual therapy with skills coaching, DBT skills training groups, caregiver guidance, and family therapy. Fellows will have the opportunity to work directly with an adolescent and young adult outpatient population with multiple problems, which may include suicidal behaviors, non-suicidal self-injury, anxiety, depression, disordered eating, substance abuse, PTSD, and borderline personality disorder. Fellows will also co-lead at least one DBT skill acquisition and/or advanced skill implementation group. In addition to weekly supervision by expert DBT clinicians, fellows will participate in a DBT consultation team with DBT trained therapists at BCSC. Fellows in this track will attend trainings in DBT and will focus on developing specialized skills as evidence-based dialectical behavior therapists, with the knowledge and ability to treat patients with a wide variety of clinical diagnoses and challenges.

**Track Director: Lyndsey Moran, Ph.D.**

#### **Dialectical Behavior Therapy for Trauma & Exposure (DBT PE & Values Based Exposure)**

##### **THIS TRACK REQUIRES PREVIOUS TRAINING IN DBT**

At BCSC we offer evidence-based trauma treatment for children, adolescents, young adults, and adults of diverse backgrounds. We recognize that trauma can take many forms. Our team has experience treating physical abuse, emotional abuse/ neglect, sexual abuse/ assault, exposure to domestic violence, intergenerational trauma, and racial trauma, as well as trauma-related issues among refugees, asylum seekers and immigrants. In assessment and treatment, we pay attention to the complex interplay between traumatic experiences, recovery, and cultural factors.

Our clinicians provide a number of evidence-based treatments designed to help individuals effectively reduce their symptoms of Post-Traumatic Stress Disorder (PTSD). In addition, we offer services for caregivers of individuals engaging in trauma treatment at BCSC.

Fellows will have the opportunity to carry individual trauma cases and co-facilitate trauma-focused groups. In addition to individual supervision, fellows will attend a weekly trauma therapy peer supervision group that includes case consultation, process, and didactic components. Fellows will receive training and supervision in the evidence-based trauma treatments that we provide at BCSC, which include: Dialectical Behavior Therapy (DBT) for PTSD (DBT-PTSD), DBT Prolonged Exposure Protocol (DBT-PE), Prolonged Exposure (PE), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Cognitive Processing Therapy (CPT), and Problematic Sexual Behavior Cognitive Behavior Therapy (PSB-CBT).

**Track Director: Sarah Samuelson, Psy.D.**

#### Neuropsychological Testing

Each fellow will learn to administer, score, and interpret a wide range of neuropsychological instruments. Fellows will gain specialized skills in understanding how emotional struggles and neurocognitive presentations affect each other and how neuropsychological assessment can be used to inform the execution of CBT, DBT, ACT, and other evidence-based interventions. Specialized training in autism diagnostic assessments is available for fellows interested in gaining experience in Autism Spectrum Disorder (ASD). Fellows will become fluent in testing protocols to differentiate skill and performance deficits and to differentiate neurocognitive and emotional outcomes of behavior. As part of this supplemental rotation, fellows will administer up to two neuropsychological batteries per month and participate in intake and feedback meetings. Fellows will also gain experience in report writing and tailoring feedback to motivate access to treatment.

**Track Director: Amelia Rowley, Psy.D.**

#### Parent-Child Interaction Therapy (PCIT) / Teacher-Child Interaction Training (TCIT)

Parent-Child Interaction Therapy (PCIT) is an evidence-based treatment for young children with externalizing behavior difficulties and their families. This rotation includes comprehensive training that aligns with PCIT International certification standards. The rotation includes a combination of didactic and clinical case training in addition to weekly individual and group supervision. Each fellow will be the primary therapist with at least one PCIT training case within the clinic and serve as co-therapist on other clinic cases. In addition, the fellow will see PCIT clients outside the clinic, as well as other young children (ages 11 and below) with disruptive behavior disorders and other childhood disorders requiring behavioral treatments. Each fellow will participate in weekly rounds with the PCIT team and clinical supervisors. The training and supervision is conducted by a PCIT Global Trainer and Within Agency Trainers and will culminate in PCIT certification. There may also be an opportunity for a fellow to conduct TCIT in at least one local preschool. Research opportunities focused on community dissemination and/or implementation of PCIT with specialized populations or settings (e.g., internet-based PCIT) may be available depending on an applicant's interests and career goals.

**Track Director: Joshua Masse, Ph.D.**

#### Tic, Trich, and OCD

Fellows begin by receiving specialized training in the neurocognitive underpinnings of tics, trichotillomania, OCD, and other impulse control disorders. Fellows receive extensive training in the Comprehensive Behavioral Intervention for Tics (CBIT), Exposure and Response Prevention for OCD (ERP), Comprehensive Behavioral Treatment for Skin Picking and Hair Pulling (ComB) and the application of the Inhibitory Learning Model in treatment. Advanced training in adaptations for the treatment of other impulse control disorders, addressing complex presentations, and treatments for common comorbidities will occur over the course of the training year. Fellows will participate in consultations and carry individual

cases implementing psychoeducation for youth and families as well as CBIT, ERP, ComB, and parent management training as appropriate for the specific presentation.

**Track Director: Nathan M. Lambright, Psy.D., BCBA-D**

## **SUPPLEMENTAL TRACKS**

### Autism Spectrum Disorder Diagnostic Services

BCSC provides evidence-based assessment and treatment specifically designed for the needs of young children with an Autism Spectrum Disorder (ASD) as well as their caregivers. Our goal is to help diagnose ASD as early as possible and partner with families to support next steps in their child's care. Our service is unique in that it integrates both a diagnostic and functional assessment. Each fellow will learn to administer, score, and interpret a wide range of diagnostic measures, including the Autism Diagnostic Observation Schedule, Second Edition (ADOS-2). Fellows will also get exposure to the development and implementation of targeted behavior interventions. Located in our Natick office, we have a special focus on early assessment and intervention in children younger than age 5 in addition to supporting individuals across the lifespan.

**Track Director: Beth A. Jerskey, Ph.D.**

### Radically Open Dialectical Behavior Therapy (RO-DBT)

Radically Open Dialectical Behavior Therapy (RO-DBT) is an evidence-based, transdiagnostic treatment for individuals with excessive self-control, or overcontrol. Individuals with overcontrol tend to avoid new situations, rigidly follow personal "rules," and have difficulty expressing or showing emotion; accordingly, RO-DBT focuses on evidence-based practices to build cognitive and behavioral flexibility, increase emotional expression, and build closeness in interpersonal relationships. As part of the RO-DBT training program, fellows will receive intensive training in the principles of RO-DBT. Fellows will have the opportunity to develop and apply their skills as RO-DBT clinicians by providing individual therapy and co-leading RO-DBT skills groups for adolescents and young adults with overcontrol. In addition to receiving weekly individual supervision from an advanced RO-DBT clinician, fellows will also participate in group supervision with RO-trained clinicians on the Boston Child Study Center faculty. This supplemental training track provides the opportunity to establish foundational knowledge of RO-DBT and gain experience providing evidence-based treatment for a wide range of clinical presentations, including chronic depression, anorexia nervosa, OCD, certain types of personality disorders, and excessive perfectionism.

**Track Director: Kathryn Roeder, Ph.D.**

### Selective Mutism

Selective Mutism (SM) Assessment and Treatment Services Fellows begin by receiving specialized clinical training in the assessment and treatment of SM in both children and adolescents. BCSC provides evidence-based treatment approaches for SM, including Parent-Child Interaction Therapy for Selective Mutism (PCIT-SM), cognitive behavior therapy (CBT), exposure therapy, caregiver coaching, and school consultation. Within this supplemental rotation, fellows will have the opportunity to assist with initial clinical assessments and to carry their own caseload of patients with SM. Fellows will also have the opportunity to assist with planning and participating in Get Heard!, a seasonal group treatment program for youth with SM and social anxiety.

**Track Director: Kaitlyn Wilbur-Smith, Psy.D.**

### All tracks

All fellows are given the opportunity to conduct individual, family-based, and group treatment for a wide array of anxiety disorders, including social and generalized anxiety, panic disorder, specific phobias, obsessive compulsive disorder (OCD), and school refusal, as well as depressive and mood disorders. Fellows use evidence-based manualized protocols with a focus on effective delivery of psychoeducation, skill-building, and exposure therapy emphasizing inhibitory learning and emotional processing.

Opportunities exist for individuals to engage in values-based exposure, community-based exposure coaching, intensive treatment for specific phobias, and intensive treatment for school avoidance.

In addition, BCSC believes that interactions between caregivers and children combine with emotional vulnerabilities to shape behaviors seen in an array of youth emotional and behavioral problems. Research indicates that addressing children's struggles alone is insufficient to affect pervasive change in many cases. Engaging, educating, and shaping the behaviors of caregivers and family systems comes with a unique set of challenges. All fellows will be expected to provide caregiver coaching with the goal of shaping effective interactions in the home to reduce emotional vulnerabilities and extinguish ineffective internalizing and externalizing behaviors. Through structured trainings and weekly supervision by clinicians who specialize in caregiver coaching, fellows will learn strategies for maximizing their effectiveness in caregiver coaching. In addition, fellows will have the opportunity co-lead skills-training groups for caregivers of adolescents and young adults who are in DBT or CBT treatment.