



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 2024. 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), and training in evidence-based treatments for Tic Disorders, Trichotillomania, 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), Selective Mutism (SM), and Program Development and Implementation. 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, 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 \$62,000 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 and our Director of Academic Services, Chris Gathman, at 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 4, 2023**. Interviews will begin in mid-December and continue through January. All interviews will be conducted via Zoom. Applications received after December 4 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 look to 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.

2024-2025 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, as well as elements of attachment theory and interpersonal neurobiology, 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, parenting and family concerns - and can lead to profound change in people's lives. ACT is process-based and principle-driven, 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 one's 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 at BCSC offers specialized training in comprehensive DBT, including individual therapy with between-session phone coaching, DBT skills training groups, consultation team, and behavioral parent training. Fellows will have the opportunity to provide individual DBT to an adolescent and young adult outpatient population with a wide range of mental health concerns, including suicidal behaviors, non-suicidal self-injury, anxiety, depression, eating disorders, substance use,

PTSD, and borderline personality disorder. Fellows will also co-lead at least one DBT skill acquisition and/or advanced skill generalization group.

BCSC is committed to providing the training and supervision necessary to help trainees develop specialized skills in the provision of DBT. At the start of the training year, fellows will complete an intensive 4-day training in DBT. Throughout the training year, fellows will receive individual supervision from a senior DBT clinician and participate in a weekly DBT consultation team. Fellows will also participate in weekly group supervision with the DBT program director and attend supplemental DBT didactics throughout the training year.

Prior experience with DBT is not necessary; however, in order to be considered for this position, applicants must be familiar with the principles of behaviorism and have previous experience with behavioral treatment. A wide range of clinical experiences could fulfill this requirement, including:

- Providing exposure and response prevention (ERP) for anxiety or related disorders
- Providing applied behavior analysis (ABA) to decrease problematic behaviors
- Providing structured behavioral treatment to families or caregivers, such as Parent-Child Interaction Therapy (PCIT)
- Providing radically open dialectical behavior therapy (RO DBT) to address emotion inhibition and social disconnection
- Providing structured cognitive-behavioral therapy or behavioral activation for depression

In your application, please be sure to specifically outline your previous experiences with behavioral interventions, so that we can accurately assess your fit with this track.

Track Director: Lyndsey Moran, Ph.D.

Dialectical Behavior Therapy (DBT) for PTSD

****THIS TRACK REQUIRES PREVIOUS TRAINING IN DBT (see details below)****

The DBT for PTSD program at BCSC offers specialized training in DBT-PE, an evidence-based protocol developed to address PTSD symptoms among clients with emotion dysregulation and increased risk for suicide. Fellows will have the opportunity to work with adolescents and young adults experiencing PTSD and comorbid concerns, including self-injury, suicidal behaviors, personality disorders, depression, anxiety, substance use disorders, and eating disorders. BCSC clients come from diverse backgrounds and have experienced a wide range of traumatic events, including: physical, emotional, and sexual abuse; sexual assault; prejudice and discrimination; neglect; domestic violence; systemic oppression; intergenerational trauma; racial trauma; natural disasters; and trauma-related concerns among refugees, asylum seekers, and immigrants. Throughout assessment and treatment, close attention is paid to the complex interplay between traumatic experiences, cultural factors, intersecting identities, and recovery.

As part of this training track, fellows will complete intensive training in DBT-PE at the start of the training year (typically 3-4 full days, offered virtually). Following the completion of this training, fellows will carry a mix of individual DBT cases and DBT-PE cases. Fellows will also have the opportunity to co-facilitate trauma-focused processing groups and/or DBT skills groups. Fellows will receive individual

supervision from a senior clinician with intensive training in both DBT and DBT-PE. Additionally, fellows will attend a weekly DBT consultation team and a weekly trauma-focused peer supervision group that includes case consultation, process, and didactic components. During group peer supervision, fellows will receive some exposure to additional evidence-based treatments for PTSD, such as trauma-focused cognitive behavioral therapy (TF-CBT) and cognitive processing therapy (CPT); however, the training experience will be focused on the provision of DBT and DBT-PE.

In order to be considered for this position, applicants must have significant prior training and experience providing individual DBT. Specifically, applicants must meet both of the following criteria:

- Formal DBT training completed prior to start of training year (e.g., Behavioral Tech foundational training, BCSC in-house intensive training, intensive in-house training at a comprehensive DBT program)
- Previous experience (at least 1 academic year) providing DBT as the primary individual therapist for Stage 1 clients. Please note that solely leading DBT skills groups does not fulfill this requirement.

In your application, please be sure to specifically outline your previous training and clinical experiences with DBT, so that we can accurately assess your fit with this track.

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)

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 serve as co-therapist or primary therapist on PCIT cases depending on prior PCIT experience. In addition to PCIT cases, fellows will implement evidence-based treatments with young children (ages 11 and below) with both disruptive behavior disorders and a range of other childhood disorders. Each fellow will participate in weekly rounds with the Young Childhood/PCIT team and clinical supervisors. The training and

supervision is conducted by a PCIT Global Trainer and Certified 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 as well as school-based presentations on general topics (e.g., separation anxiety). 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)

This track offers focused training in radically open dialectical behavior therapy (RO DBT), 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. In addition to receiving weekly individual supervision from an intensively trained RO DBT clinician, fellows will also participate in a virtual RO DBT consultation team. 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.

Prior experience with RO DBT or standard DBT is not necessary; however, previous experience with behavioral treatment is strongly preferred. A wide range of clinical experiences could fulfill this requirement, including:

- Providing exposure and response prevention (ERP) for anxiety or related disorders
- Providing applied behavior analysis (ABA) to decrease problematic behaviors
- Providing structured behavioral treatment to families or caregivers, such as Parent-Child Interaction Therapy (PCIT)
- Providing standard dialectical behavior therapy (DBT) to address emotion dysregulation
- Providing structured cognitive-behavioral therapy or behavioral activation for depression

In your application, please be sure to specifically outline your previous experiences with behavioral interventions, so that we can accurately assess your fit with this track.

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.

Program Development and Implementation

BCSC constantly aspires towards providing highly innovative, barrier-reducing, culturally sensitive, and flexible models of evidence-based care across its various treatment programs. To this end, BCSC offers a supplemental training track focused specifically on program development and implementation. Fellows within this track will partner with the Director of Innovation and Program Development on new and existing projects related to service delivery at BCSC. Opportunities can include assisting with implementing existing projects, developing novel ideas and projects, and/or a combination of these. Tasks

may include (but are not limited to) drafting and editing treatment protocols, creating novel resources for existing service lines, developing and executing implementation plans, and/or collaborating with other staff members at BCSC. Ideal candidates for this role will (1) have a strong interest in program development and dissemination and implementation science, (2) have excellent organizational and communication skills, (3) be comfortable working both independently as well as part of a team, and (4) be willing to think creatively and flexibly and challenge existing norms.

Track Director: Christopher Rutt, Ph.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 to co-lead skills-training groups for caregivers of adolescents and young adults who are in DBT or CBT treatment.