



THE WARREN ALPERT
Medical School
BROWN UNIVERSITY

**Clinical Psychology Training Programs at Brown: A Consortium of the
Providence VA Medical Center, Lifespan, and Care New England
Postdoctoral Fellowship Training Program
Postdoctoral Fellowship Description: RESEARCH FOCUS**

Title: Research Training Program in Adult Clinical Psychology and Behavioral Health

APA-accredited: ___ YES __X__ NO

Site: Miriam Hospital

Supervisor(s): Jason Lillis, Ph.D., Primary Supervisor
Elissa Jelalian, Ph.D.

Description of Site

The proposed training will be carried out at the Weight Control and Diabetes Research Center (WCDRC) at The Miriam Hospital. The WCDRC is directed by Dr. Rena Wing and provides an outstanding environment in terms of both physical resources and intellectual collaboration. The Center is affiliated with The Miriam Hospital and the Alpert Medical School of Brown University. The WCDRC has 11 faculty members, all with their own independent research funding and all studying topics related to behavioral weight control. Additional staff members include postdoctoral fellows, nutritionists, exercise physiologists, and a data manager. Faculty at the WCDRC are currently conducting research related to obesity in a variety of different age groups (children, adolescents, adults), examining dissemination of interventions across a variety of settings (e.g. primary care, federally qualified health center, low-income housing) and testing a variety of different approaches (including early intervention for non-responders and on-line approaches to improving maintenance of weight loss). A number of WCDRC faculty conduct research with an emphasis on better understanding and addressing the needs of populations that are overburdened by obesity and related conditions, as well as those that are under-resourced. The WCDRC is associated with the Center for Behavioral and Preventive Medicine, which includes additional faculty members with very closely related expertise who add tremendously to the overall scientific environment.

Fellowship Aims

1. To provide the fellow with broad post-doctoral training in the area of Acceptance and Commitment Therapy (ACT) and ACT research.
2. To provide the fellow with a strong working knowledge of, and specific clinical skills for, applying ACT to the treatment of individuals with Type 1 Diabetes who evidence eating disorder symptoms.
3. To provide the fellow with research training and experience in preparation for a research career in clinical psychology

Fellowship Timeline

The duration of the fellowship is 2 years, contingent upon satisfactory progress during the first year (funding is already secured). The anticipated start date is July 1 2023.

Research Activity Plan (65%)

The fellow will be exposed to various aspects of clinical psychology research via participation in the following activities:

- Manuscript preparation and submission (30%): The fellow will be encouraged to collaborate on manuscript preparation and poster submissions at national conferences. Individually tailored goals will be established in this area.
- Grant writing (15%): The fellow will be encouraged to develop a grant idea and submit a grant proposal by the end of the fellowship term.
- Study coordination (10%): The fellow will collaborate with the site-PI (Dr. Jason Lillis) to coordinate a large clinical trial recently funded by the Juvenile Diabetes Foundation (JDRF).
- Meetings (10%): The fellow will be required to participate in research meetings on a weekly basis.

Clinical Activity Plan (25%)

Fellow will provide individual psychotherapy using a manualized protocol that utilizes Acceptance and Commitment Therapy to treat individuals who have Type 1 Diabetes and eating disorder symptoms. Opportunities for additional clinical experience will not be provided as part of the position. It is expected that the fellow will spend up to 10 hours per week providing clinical services as part of grant funded study by JDRF.

Path toward licensure: YES NO

*Note: PI mentor and clinical supervisor, Dr. Jason Lillis, is licensed in both Rhode Island and California. Dr. Jelalian is also licensed in Rhode Island.

Didactics (10%)

Postdoctoral Seminars: The fellow will participate in the following postdoctoral seminars through the Postdoctoral Fellowship Training Program.

Mandatory Didactics:

PFTP Core Seminars (1 per month)

DPHB Academic Grand Rounds (1 per month)

Clinical Ethics – if intending to sit for licensure (1 per month)

RFP Core Seminars – Grantsmanship seminars, Special Topics in Statistics

Supervision and Evaluation

Research and clinical supervision will be provided in the form of weekly, 1-hour individual supervision meetings with Dr. Jason Lillis. Clinical supervision will be provided in the form of weekly, 1-hr individual supervision with Dr. Jason Lillis. The majority of the supervision will occur remotely with Dr. Lillis via video conferencing (e.g. Zoom). In-person supervision with Dr. Lillis is anticipated twice annually. On-site supervision will be provided by Dr. Jelalian, who is also based at the Weight Control and Diabetes Research Center. Scheduled meetings with Dr. Jelalian will occur monthly and with increased frequency as needed.

Every 6 months for the duration of the fellowship, the fellow and the supervisors will provide formal evaluations, and evaluations of the program relative to the goals and learning objectives of the fellowship.

Please visit the [Brown Faculty](#) page to view supervisor profiles.

Resource Requirements

Fellow will be provided with the following resources:

- Access to space to complete research responsibilities
- A computer and project specific software
- Internet access
- Telephone
- Appropriate space for clinical care meetings
- Possible funds to travel to present at a conference, pending funding availability

Reporting and approval

This fellowship will be part of the Research Fellowship Program (RFP). The position has been discussed and approved by the Training Committee.

Associate Director, Research Fellowship Program

Director, Postdoctoral Fellowship Training Program