

# **Columbia University Clinic for Anxiety and Related Disorders (CUCARD)**

## **Postdoctoral Fellowship Program Overview**

### **OVERVIEW**

The Columbia University Clinic for Anxiety and Related Disorders (CUCARD) is a clinic specializing in evidence-based outpatient treatment for individuals of all ages struggling with anxiety, mood, and related disorders. CUCARD is overseen by Director Dr. Anne Marie Albano and is staffed by senior clinical psychologists who are highly skilled in cognitive behavioral therapy. Central to CUCARD's mission is the training and dissemination of evidence-based treatments; our clinicians are also committed to providing a positive and high-quality learning experience for all its trainees.

Postdoctoral fellows will continue to build upon their foundation in evidence-based cognitive behavioral treatments through both individual and group formats, as well as through other specialized experiences including observation of, and co-leading therapy groups with senior staff, engagement in didactic training, role plays, participating in in-vivo exposures outside the clinic, and assisting with school observation visits. Postdoctoral fellows consult directly with our staff psychiatrist to learn effective models of collaborative, team-based care. In addition to these observational and direct contact clinical experiences, fellows participate in weekly group and individual supervision, giving the opportunity for intensive training on their own cases as well as seeing the types of problems and solutions that senior clinicians run into with implementing and adapting evidence-based practice to meet the needs of their patients.

### **FELLOWSHIP SPECIALIZATIONS**

While gaining a broad set of experiences and advanced education in the diagnosis and treatment of anxiety and related disorders, fellows will specialize in one of the following areas:

#### **1. Postdoctoral Fellowship in Anxiety and Related Disorders**

Postdoctoral fellows in Anxiety and Related Disorders will continue to build expertise in the implementation of cognitive behavioral therapy in both individual and group formats. Applicants should have a strong background in CBT and experience evaluating children, adolescents or adults using the Anxiety Disorders Interview Schedule (ADIS) interviews and treating patients across the anxiety disorders spectrum. Fellows in this track will have the opportunity to work with patients across the developmental spectrum, including children, adolescents and adults with specific phobias, social anxiety disorder, generalized anxiety disorder, separation anxiety disorder, panic disorder, OCD, trichotillomania, depression, and school refusal. Fellows will also have the opportunity to contribute to the Launching Emerging Adults Program (LEAP) at CUCARD, which integrates the core components of effective cognitive behavioral treatments for anxiety disorders in older adolescents and young adults (ages 16-28) with specific components designed to address patient-caretaker dependency, role transitions, and attainment of behaviors necessary for independent adult

functioning. The LEAP program is part of a larger collaborative across the NY Presbyterian Hospital Youth Anxiety Center.

## **2. Postdoctoral Fellowship in ADHD and Behavioral Disorders**

Postdoctoral fellows in ADHD and Behavioral Disorders will continue to build upon expertise in evidence-based treatments for children and adolescents with behavioral disorders. Applicants should have a strong background in evaluating children with disruptive behaviors using the Kiddie SADS or ADIS diagnostic interviews. Fellows in this track will have the opportunity to treat children and adolescents with oppositional defiant disorder, ADHD, disruptive mood dysregulation disorder, mood disorders, school refusal and behavioral concerns associated with autism spectrum disorders. Applicants should have previous experience in multi-modal treatments for these populations, including parent management training (PMT), parent-child interaction therapy (PCIT), cognitive behavioral therapy, and school behavioral modification. Fellows interested in obtaining certification in PCIT (according to the guidelines outlined by PCIT International) will receive training toward PCIT certification. Fellows will also receive a small caseload in treating children, adolescents, and adults with anxiety disorders in effort to offer a broader clinical experience.

### **ASSESSMENT TRAINING**

CUCARD's focus on offering the best empirically supported interventions to our patients begins with our assessments. Fellows are supervised in conducting comprehensive diagnostic assessments, using the Anxiety Disorders Interview Schedule, and instructed in utilizing the results of the assessment to develop a comprehensive case conceptualization and report. Most frequently, fellows conduct assessments with patients who become part of their caseload, although they will have the opportunity to gain additional assessment experience when situations and schedules permit.

### **CASES AND CASELOAD**

Postdoctoral fellows are expected to carry a full caseload of individual patients throughout the training year. In addition to their individual case load, fellows are expected to gain group treatment experience. Typically, this involves assisting a senior staff member in the leadership of a group; often, if the trainee has the opportunity to run a second group, he or she will take more of a leadership role under the direct supervision of a staff member.

### **DIDACTICS**

All fellows are required to attend weekly didactics seminars held on site at CUCARD on Thursdays. Seminars are led by CUCARD senior staff and invited speakers. Topics include but are not limited to: ethics, assessment, development and psychopathology across the lifespan, psychopharmacology, foundations of CBT, disorder-specific applications (e.g., social anxiety, OCD, eating disorders, trichotillomania), PCIT, professional development, and selected research topics. The didactics calendar is reviewed and updated every year, and as appropriate incorporates feedback from externs and postdoctoral fellows from the previous year.

Postdoctoral fellows are invited to attend monthly didactic seminars that are held for fellows in programs across the Columbia University Medical Center (CUMC) Division of Child & Adolescent Psychiatry. Fellows are also encouraged to attend weekly grand rounds at the New York State Psychiatric Institute, which hosts presentations from prominent CUMC faculty and expert speakers in the field.

### **INDEPENDENT READING**

All CUCARD senior staff and trainees are expected to have and maintain familiarity with research findings and key articles in evidenced-based interventions, ethics, cognitive-behavioral science and applications, child, adolescent and young adult development, as well as seminal articles from the field. At the start of the training year, fellows are provided a “Master Library” binder of curated articles and provided protected time to read and review. Additionally, in conjunction with didactic seminars, trainees are provided associated articles and references.

### **SUPERVISION**

Supervision is a central focus of the CUCARD training program. Fellows participate in staff-wide, weekly group diagnostic case conference, and receive supervision on new intakes for individual or group therapy patients. Trainees are assigned to one individual supervisor for weekly supervision (one hour, minimum), and to a supervision group that includes other senior staff and externs (one hour). These assigned individual and group supervisions are rotated at the half-year mark (January). Fellows across tracks also participate in the ADHD & Behavioral Disorders program, which includes a separate set of didactic seminars and supervision and live training with Program Coordinator Dr. Vasco Lopes. Additionally, fellows are paired with a senior staff psychologist or psychiatrist for ad hoc supervision on targeted or more specialized case needs.

### **SCHOLARLY MENTORING: MANUSCRIPT PREPARATION**

All trainees at CUCARD will be expected to prepare a case study manuscript for publication. Trainees meet regularly with the director of training to receive instruction on how to identify appropriate case studies, gather data and develop hypotheses around that case, and receive editing support throughout the training year. Trainees and supervisors also collaborate on development of their case study. By the end of the year, each fellow produces a manuscript suitable for publication in a journal such as Cognitive and Behavioral Practice.

### **FELLOW PRESENTATIONS**

All fellows are expected to present on a topic of their choice to members of the CUCARD team near the end of the training year. These presentations are included as part of the didactic calendar, and expected to last approximately one hour, with 30 minutes for presentation and 30 minutes for discussion. Trainees may select to prepare a case discussion from one of their active cases or a topic consistent with their own research and interests. Fellows are provided mentoring and feedback on topic selection, presentation format, and materials from supervisors.

### **APPLICATIONS AND INTERVIEWS**

We are not recruiting a new postdoctoral fellow for the 2019-2020 training year.