POSTDOCTORAL FELLOWSHIP IN PEDIATRIC/CLINICAL CHILD PSYCHOLOGY

Psychology Section
Department of Pediatrics
Baylor College of Medicine

Texas Children's Hospital

Training Director: Mariella M. Self, Ph.D., ABPP
http://www.bcm.edu/pediatrics/psychology
HOUSTON, TEXAS

2019-2020
Program Overview & Setting

The Psychology Section of Baylor College of Medicine’s Department of Pediatrics is proud to offer an APPIC-member postdoctoral fellowship program designed to train scientist-practitioners in Pediatric/Clinical Child Psychology. The program offers specialized training structured according to four tracks: (1) Pediatric Health Psychology, (2) Obsessive Compulsive & Anxiety Disorders, (3) Preschool, and (4) Trauma & Grief. The fellowship is a one-year program, with potential opportunity to extend for a second year.

The mission of the Pediatric/Clinical Child Psychology Fellowship program is to advance the profession of psychology and maximize child health outcomes through exemplary postdoctoral training that launches the independent careers of psychologists who are effectively prepared to balance and integrate clinical practice, research, teaching, and other professional activities within their subspecialty field. We achieve this through facilitating advanced competencies, informed professional development, an emphasis on individualized and contextually-relevant evidence-based care, mutually-informative multidisciplinary collaboration, and scholarly inquiry. Our program seeks to develop fellows with advanced competencies in pediatric/clinical child psychology, including: diagnosis and assessment, psychotherapeutic intervention, professional consultation, scholarly inquiry/integration of science and practice, individual and cultural diversity, supervision, and ethics/professionalism. The program is designed to fulfill the requirements for licensure as a psychologist by the Texas State Board of Examiners of Psychologists, as well as other jurisdictions.

The primary site for this fellowship is the Psychology Service of Texas Children's Hospital (TCH), which is the largest children’s hospital in the United States and the primary teaching/training center for Baylor College of Medicine’s Department of Pediatrics. Baylor College of Medicine (BCM) and TCH are located on the grounds of the Texas Medical Center, the largest medical center in the world. TCH was one of only ten hospitals nationally designated by U.S. News and World Report in 2018-2019 for Honor Roll status in pediatrics, ranking 4th overall and ranking among America’s best in many specialty areas (Cardiology & Heart Surgery #1, Pulmonology #1, Neurology & Neurosurgery #3, Nephrology #3, GI & GI Surgery #4, Urology #4, Diabetes/Endocrinology #6, Cancer #6). TCH Main Campus is a 656-bed institution comprised of five main facilities and additional satellite facilities in central Houston or surrounding suburbs. Of the five main facilities, Wallace Tower is the primary outpatient services facility, whereas the West Tower is the inpatient services facility. The Feigin Center houses research facilities, including labs, administrative, and faculty offices. The Abercrombie Building houses additional patient care areas, other patient services (e.g., international patient services), and administrative offices. The Pavilion for Women houses the maternal-fetal medicine program and also connects to Wallace Tower. TCH also encompasses Texas Children’s Pediatrics (TCP) primary care clinics in various locations across the city.

For a 3.5-minute video highlighting some of what TCH has to offer, please view: https://www.youtube.com/watch?v=fDzvh4wBlsw&feature=youtu.be
With accomplished faculty including pediatric psychologists, clinical child psychologists, neuropsychologists and psychologists involved primarily in funded research that spans a variety of areas, our program provides fellows with many professional role models. The patient population served through TCH encompasses a wide range of conditions within primary and specialized pediatric medicine. The caseload of fellows is informed by their educational needs and training goals. With experiences that vary by track, fellows have opportunity to participate in evaluations and therapy with children/adolescents with mental health symptoms and disorders that may occur along with or in the absence of medical diagnoses or physical symptoms. Primary services in which fellows engage include diagnostic evaluation, individual and parent-child dyad based therapy, consultation and liaison with inpatients, multidisciplinary team-based care, and consultation with families, schools, and referring physicians.

The physical space of the Psychology Service occupies 13,000 square feet in Wallace Tower, which is adjacent and connected to both the West Tower and the Feigin Center. Space designated for the Psychology Service’s outpatient care in Wallace Tower includes therapy rooms, neuropsychological testing/interview rooms, and an indoor play area. Clinical space is equipped with observation rooms, one-way mirrors, and recording/audio capability for supervision and consultation purposes.

The Psychology Section maintains numerous trainees at various levels, offering ample opportunity for collegial interaction with peers, as well as potential for supervisory experiences. The Pediatric/Clinical Child Psychology fellowship program exists alongside a separate Pediatric Neuropsychology fellowship program (Training Director: Marsha Gragert, Ph.D., ABPP-CN). Other current departmental trainees include 5 psychology interns in our APA-accredited psychology internship program and numerous graduate practicum students.

Our program provides a firm foundation for emerging psychologists pursuing careers in academic medical centers and children's hospital settings. The majority of our graduates enter directly into positions within academic medical centers, though a range of career settings is represented. Graduates of our program typically engage in multiple professional activities in their careers, often including psychological intervention, psychological assessment, consultation, teaching, supervision, research, and program development/evaluation.

**Fellowship Activities**

The fellowship is organized such that fellows are accepted into one of four tracks: 1) **Pediatric Health Psychology**, 2) **Obsessive Compulsive & Anxiety Disorders**, 3) **Preschool**, or 4) **Trauma & Grief** (see below for more detailed track descriptions). Each track corresponds with training in the identified major training area, and fellows in each track also expand competencies through a minor training experience (may be a clinical or clinical research experience), a research/scholarship experience (all tracks), and structured didactic/professional development activities. For those with a minor clinical training experience, fellows spend approximately 80% time in activities related to clinical service provision (60% in the major training area and 20% in the minor clinical experience, including supervision), 10% in research/scholarship, and 10% in didactics/professional development. Fellows with a clinical research minor spend approximately 60% in activities related to service provision in the major training area, 30% in research, and 10% in didactics/professional development.
The tables below illustrate the tracks and structure; descriptions of training experiences follow:

### Pediatric Health Psychology Track

<table>
<thead>
<tr>
<th>Major Training Area (60%)</th>
<th>Pediatric Health Psychology Program</th>
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<tbody>
<tr>
<td>Minor Clinical Training Experience (20%)</td>
<td>Pediatric Primary Care (Example Option)</td>
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<tr>
<td>Research/Scholarship (10%)</td>
<td>Research/Scholarship experience with conference presentation or manuscript submission</td>
</tr>
<tr>
<td>Didactics &amp; Professional Development (10%)</td>
<td>Various didactic seminars, case discussion forums, professional development seminars, Grand Rounds, &amp; professional development mentorship</td>
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### Obsessive Compulsive & Anxiety Disorders Track

<table>
<thead>
<tr>
<th>Major Training Area (60%)</th>
<th>Obsessive Compulsive and Anxiety Disorders Program</th>
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</thead>
<tbody>
<tr>
<td>Research Minor (30%)</td>
<td>Obsessive-Compulsive Disorder Research (Example Option) (Fellow could also choose a 20% Minor Clinical Training Experience and would have 10% in Research/Scholarship)</td>
</tr>
<tr>
<td>Didactics &amp; Professional Development (10%)</td>
<td>Various didactic seminars, case discussion forums, professional development seminars, Grand Rounds, &amp; professional development mentorship</td>
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### Preschool Track

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<tr>
<th>Major Training Area (60%)</th>
<th>Preschool Program</th>
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<tbody>
<tr>
<td>Minor Clinical Training Experience (20%)</td>
<td>Pediatric Health Psychology Program (Example Option)</td>
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<tr>
<td>Research/Scholarship (10%)</td>
<td>Research/Scholarship experience with conference presentation or manuscript submission</td>
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<td>Didactics &amp; Professional Development (10%)</td>
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### Trauma & Grief Track

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<tr>
<th>Major Training Area (60%)</th>
<th>Trauma &amp; Grief Center</th>
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<tbody>
<tr>
<td>Research Minor (30%)</td>
<td>Trauma &amp; Grief Research (Example Option) (Fellow could also choose a 20% Minor Clinical Training Experience and would have 10% in Research/Scholarship)</td>
</tr>
<tr>
<td>Didactics &amp; Professional Development (10%)</td>
<td>Various didactic seminars, case discussion forums, journal club, professional development seminars, Grand Rounds, &amp; professional development mentorship</td>
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Major Training Areas/Tracks

Pediatric Health Psychology Program (PHPP): The Pediatric Health Psychology Program (PHPP) serves children/adolescents and their families who are having difficulty managing physical symptoms, adapting to chronic/acute medical conditions, or adhering to medical regimens. Referrals are received from a wide array of subspecialties, including: Allergy/Immunology, Bariatric Surgery, Cardiology, Diabetes/Endocrinology, Gastroenterology, Gender Medicine, Gynecology, Hematology-Oncology, Neurology, Physical Medicine & Rehabilitation, Plastic Surgery, Orthopedics, Pulmonology, Retrovirology, Rheumatology, and Transplant Services, among others. Fellows have opportunity to specify medical populations of interest to inform supervision pairings and maximize fellow training goals.

Fellows are provided with training in evidence-based practices and education regarding pediatric medical conditions, psychological sequelae, and correlates of such conditions. Common presenting problems range from adaptation to acute and chronic illness, self-management/adherence to medical regimens, procedural anxiety, reactions to accidental injury/medical trauma, and conditions related to the interaction of physical and behavioral factors such as chronic pain, feeding and elimination disorders, and medically unexplained symptoms. Fellows often gain experience with patients with pronounced medical complexity or rare conditions, and our program offers access to a patient population that is incredibly diverse. Intervention modalities include inpatient and outpatient therapy, assessment, and consultation and liaison services within the medical setting. Depending on specific clinical experiences, fellows may attend various rounds or multidisciplinary staffings/clinics and receive mentoring in effective work with multidisciplinary teams comprised of physicians, nurses, and other medical/professional staff.

Opportunities may also exist for gaining experience in supervision of interns or graduate practicum students.

Primary faculty supervisors for this major training area include Ginger Depp Cline, Ph.D., ABPP, Danita Czyzewski, Ph.D., Katherine Gallagher, Ph.D., Lisa Noll, Ph.D., Mariella Self, Ph.D., ABPP, Nicole Schneider, Psy.D., and Gia Washington, Ph.D., ABPP.

OCD and Anxiety Disorders Program (OC-ADP): The OCD and Anxiety Disorders Program provides specialized assessment and intervention services to children and adolescents with anxiety and obsessive-compulsive related disorders, including Obsessive-Compulsive Disorder, Health Anxiety/Panic Disorder, Selective Mutism/Social Phobia, and medically-related Specific Phobias. Patients may also have medically unexplained symptoms or co-morbid medical conditions that are treated by the pediatric medical specialists at Texas Children’s Hospital. The OC-ADP assessment and treatment approach is strongly evidence-based, with interventions placing significant emphasis on exposure based Cognitive-Behavioral Therapy (CBT). Interventions are either individual-focused with significant family involvement or conducted via a family-based approach. Continuous outcome assessment and judicious use of data to guide treatment are incorporated.

Fellows in the OCD and Anxiety Disorders Program have opportunity to develop clinical expertise in: 1) conducting accurate and efficient assessment of OCD, anxiety, and related issues in children and adolescents; 2) identifying and using ongoing outcome assessment to measure progress in treatment and inform treatment decisions; 3) providing modular, evidence-based interventions that are data-
driven and research-based; 4) collaborating with school personnel, psychiatrists, pediatricians, and medical subspecialists; and 5) providing training/supervision of interns. Opportunities for clinical research, program development, quality improvement, and community outreach are also available as a component of the program. Supervision is provided by clinical psychologists trained in exposure-based cognitive-behavioral and family-based approaches to treatment. Fellows interested in increased training opportunities in clinical research in Obsessive Compulsive & Anxiety Disorders have opportunity to select a research minor, allowing 30% research time.

Primary faculty supervisors for this fellowship track include: Liza Bonin, Ph.D., Karin Price, Ph.D., ABPP, and Eric Storch, Ph.D.

**Preschool Program:** The Preschool Program provides specialty care for preschool populations and provides fellows with opportunity to specialize in the individualized developmental approach necessary to work with this population. Fellows gain specialized skills in diagnostic consultation and evidence-based interventions with preschoolers presenting with diverse diagnostic presentations (i.e., both internalizing and externalizing, with and without deficits in adaptive behavior, with and without chronic illness). Training includes outpatient experience with children without medical difficulties and inpatient as well as outpatient consultation and intervention work with our medically complex population.

The typically developing healthy preschool population is often served through the Brief Behavioral Intervention, which utilizes a manualized short-term, evidence-based and goal-oriented behavioral intervention with parent training and live coaching. Fellows have opportunity to gain experience training and providing live consultation and supervision for interns and practicum students seeing patients in the intervention. Fellows also lead consultations with medical residents and fellows who regularly observe the Brief Behavioral Intervention.

Chronically ill preschool patient populations include children referred from Hematology-Oncology, Plastic Surgery, Neurology, Pulmonology, Endocrinology, Gastroenterology, and others. In this context, fellows work with multidisciplinary teams comprised of physicians, nurses, and other medical staff. Depending on the interest of the fellow, experiences with children with Autism Spectrum Disorders may also be available.

Our patient population is ethnically and culturally diverse, and specialized training is available in providing culturally competent care. Fellows have many opportunities to strengthen their multicultural awareness and translate their knowledge regarding individual and cultural diversity into daily clinical
practice. The program also includes the opportunity for bilingual (Spanish) supervision. Additionally, opportunities for scholarship are available across preschool experiences.

Primary faculty supervisors for this major training area include Marni Axelrad, Ph.D., ABPP and Petra Duran, Ph.D.

**Trauma and Grief Center:** The primary purpose of the Trauma and Grief Center is to raise the standard of care and increase access to best-practice care among traumatized and bereaved children, adolescents, and their families. The patient population includes children ages 7 to 17-years-old who are referred from within the hospital or the larger community due to concerns related to experiences of trauma (e.g., physical or sexual abuse, immigration/deportation-related traumas, witnessing violence) or loss of a loved one. The Trauma and Grief Center has three primary aims: (1) provide evidence-based assessment and interventions for youth who have experienced traumas and/or losses; (2) conduct research on adaptive and maladaptive responses to trauma and loss as well as treatment effectiveness; and (3) provide training and professional education in trauma- and grief-informed assessment and interventions using best practice teaching methods. In addition, the Trauma and Grief Center recently established the Harvey Resiliency and Recovery Program, which is dedicated to serving the needs of the many Houston-area children and families adversely affected by Hurricane Harvey and its aftermath.

In the TAG Center rotation, fellows will have the opportunity to work as part of a multidisciplinary team that includes psychology, social work, and psychiatry to provide assessments and treatments grounded in best practices in bereavement- and trauma-informed care. Fellows will be trained in and utilize our evidence-based assessment protocol and treatments for childhood trauma and bereavement. Fellows interested in increased training opportunities in clinical research in Trauma & Grief have opportunity to select a research minor, allowing 30% research time.

The primary faculty supervisor for this major training area is Julie Kaplow, Ph.D., ABPP.

**Minor Clinical Training Experiences**

All fellows participate in either a minor clinical training experience (20% time) to expand competencies in another clinical area of interest, or participate in a research minor, which combines the 20% time that would otherwise be allotted to a clinical minor with the established 10% research/scholarship time for a total of 30% research time. Research minors are available in the Obsessive Compulsive & Anxiety Disorders Program, Trauma & Grief Center, and Pediatric Health Psychology Program. Each of the four clinical programs offering major training areas/tracks (i.e., Pediatric Health Psychology, Obsessive Compulsive & Anxiety Disorders, Preschool, or Trauma & Grief) may potentially be selected as a minor clinical experience (see earlier track descriptions). Additional minor clinical training experiences in autism assessment (pending supervisor availability) or primary care may also available (described below).