

POSTDOCTORAL FELLOWSHIP PROGRAM

Beck Institute's Center for Recovery-Oriented Cognitive Therapy postdoctoral training program develops professionals to be on the cutting edge of clinical practice and research!

Competencies developed over the course of the fellowship year include 1) clinical formulation and skills; 2) consultation and supervision skills; 3) research skills; and 4) overall professional development. Training program objectives are tailored to the trainee's interests and future professional aspirations.

The following are some sample objectives that may be met through our fellowship program:

1. Clinical: The clinical competency pertains to knowledge and application of the evidence-based practice of Recovery-Oriented Cognitive Therapy (CT-R). Clinical opportunities are offered across all levels of care (civil and forensic, extended inpatient, acute, residential, outpatient, community-based teams, jails, etc.).

- Trainees are expected to develop expertise in the theory and practice of CT-R
- Trainees may have the opportunity to provide individual therapy (this is not guaranteed and opportunities to do so will vary year to year)
- Trainees may have the opportunity to administer measures related to specific CT-R targets

2. Consultation and Supervisory: This is perhaps the competency area that makes us especially unique! Trainees have the opportunity to learn how psychologists function as consultants to large systems, direct service providers, managed care organizations, and others.

- Trainees are expected to develop skills in training, consulting, and making recommendation across settings, with staff from all disciplines across a variety of settings
- Trainees will be involved in the development and implementation of CT-R programs in a variety of settings, and may have opportunities to lead training projects
- Trainees will guide multidisciplinary staff in providing CT-R to individuals, groups, and on the milieu by conducting workshops, providing consultation, and modeling interventions *in vivo*
- Trainees will support provider program evaluation efforts in order to increase the effectiveness and sustainability of their CT-R programs

3. Research: Beck Institute Center for Recovery-Oriented Cognitive Therapy is involved in basic research on CT-R, recovery, and flourishing, as well as understanding and measuring empowerment and resiliency for individuals with serious mental health conditions.

- Trainees will have the opportunity to conduct and possibly publish research – the extent of involvement being dependent on the trainee’s interests
- Trainees are expected to develop a strong ability to describe and teach research supporting CT-R and the latest in psychological approaches to serious mental health conditions.

4. Professional Development: Upon completion of the training year, postdoctoral fellows are expected to meet all requirements for becoming licensed clinical psychologists and to achieve a high level of clinical and collegial competence.

- Postdoctoral fellows are expected to make preparations for obtaining a psychology license for the state in which they wish to practice (Beck Institute Center for Recovery-Oriented Cognitive Therapy’s training program experience meets all requirements for licensure in the Commonwealth of Pennsylvania – due to varied requirements across states regarding the provision of direct clinical services, it is important to discuss possible states of the desired licensure prior to or during the initial interview)
- Trainees have many opportunities to attend conferences and workshops, through which they also obtain continuing education credits
- Trainees are expected to develop and practice culturally competent consultation and care, and most projects involve collaboration with underserved systems and consumers of mental health services