

Department of Psychiatry  
University of Colorado School of Medicine

## POSTDOCTORAL FELLOWSHIP IN CLINICAL HEALTH PSYCHOLOGY

### 2020-2022 Training Years

#### Program Overview

The Department of Psychiatry, University of Colorado School of Medicine, offers post-doctoral psychology fellowships in the specialization of clinical health psychology. All fellowships are designed as full-time, two-year programs beginning in September 2020. The exception to this is that fellows who have already completed a full year of post-doctoral training in a different program may be eligible for an abbreviated, 12-month training experience. The overarching goal of the fellowship is to prepare trainees for practice and board certification in clinical health psychology, with focused preparation for faculty positions in academic medical centers.

The fellowship program is comprised of three primary components including: clinical training, didactic education in clinical health psychology, and scholarly, research and/or program development/evaluation. This clinically focused training experience includes 80% of time in clinical rotations and supervision. Clinical activities may take place in a variety of settings, including University of Colorado Hospital, UCHHealth or CU Medicine ambulatory specialty clinics on the Anschutz Medical Campus or in the Denver Metropolitan area, and the Department of Psychiatry faculty practice specialty services. The remaining 20% of the fellows' time focuses on didactic education and other learning opportunities, participation in clinical research/quality improvement initiatives, preparation for the Examination for Professional Practice in Psychology (EPPP) Part 1 and Part 2, and board certification through the American Board of Professional Psychology (ABPP) and other professional development activities.

All fellows will receive specialized training in clinical health psychology. Each fellow will have a primary track throughout both fellowship years, which will comprise the major rotation clinical activities. The major rotation will involve three days/week (or 6 half-day clinics per week). The fellow will also have four minor rotations over the course of the two-year fellowship (each for 6 months) consisting of one day (or 2 half-day clinics) in that setting. Current tracks include (1) Women's Health and Behavioral Health; and (2) NICU Psychology.

#### Salary and Benefits

Clinical Health Psychology Post-Doctoral Fellows will receive a stipend of \$50,004 in their first year, subject to withholding of relevant Federal, State and local taxes. Consistent with NIH guidelines for post-doctoral fellowships, the fellows will receive an increase in their salary in their second year that is in alignment with the NIH salary schedule. The University of Colorado offers post-doctoral fellows most

employee benefits. Information on University benefits programs, including eligibility, is located at [www.cusys.edu/pbs](http://www.cusys.edu/pbs). Postdoc-specific benefits are found here: [http://www.ucdenver.edu/faculty\\_staff/research/postdoctoral/Pages/default.aspx](http://www.ucdenver.edu/faculty_staff/research/postdoctoral/Pages/default.aspx). Liability insurance is provided by the Department of Psychiatry.

## Women's Health and Behavioral Health Track

Track Lead: Helen L. Coons, Ph.D., ABPP

Primary Mentors: Helen L. Coons, Ph.D., ABPP, Dana Beall Brown, Ph.D. and Winnifred Hunter, Ph.D.

Track goals:

- (a) Develop knowledge and skills to provide behavioral health services to women across the life span with physical, mental health and psychosocial challenges.
- (b) Prepare for specialty clinical practice in women's health and mental health in integrated and outpatient women's health and behavioral health settings.
- (c) Develop skills in program development, implementation and evaluation in integrated primary and specialty women's health settings.

Track Description:

In 2019, the Department of Psychiatry launched the [Colorado Center for Women's Behavioral Health and Wellness](#). This Center is committed to excellence in behavioral health services to women across the life span, research and clinical trials, education and training in women's health and mental health as well as the promotion of public policy and advocacy to advance the status of diverse of women and families. This training track will take place in the Department of Psychiatry's Women's Behavioral Health and Wellness Service Line which includes the five primary clinical services listed below with brief descriptions of the types of care provided in each:

- Integrated Behavioral Health in Women's Obstetrics and Gynecology Settings
  - Trainees will provide integrated health psychology and behavioral health screening, assessment as well as treatment and prevention interventions for women seen in obstetrics and gynecology settings. Examples include general obstetrics and gynecology (OB/GYN), family planning, urogynecology, Women's Pelvic Health & Surgery Clinic Women's Sexual Medicine Consultation Service, Maternal Fetal Medicine, gynecological oncology and onc-fertility. Trainees will provide curb side consultations to interprofessional providers, warm handoffs, brief assessment and treatment interventions as well as co-visits using the Primary Care Behavioral Health (PCBH) model in integrated care settings.
- Women's Behavioral Health and Wellness Out-Patient Services
  - Trainees will provide individual and couples treatment in the outpatient setting to women across the life span with any number of physical, mental health and psychosocial concerns listed in the section below. Evidenced-based, brief therapy is provided in this setting.
- Women's Perinatal Mental Health Services
  - Trainees will provide screening, assessment and brief interventions to women coping with perinatal mental health issues in integrated obstetrics, outpatient and telepsychology services.
- Women's Wellness and Prevention Services
  - Trainees will have the opportunity to co-facilitate wellness workshops and therapy groups on a range of issues related to women's health such as pregnancy loss, women with cancer, perinatal mood disorders, pelvic pain, among other examples.
- Women's Health and Wellness Telepsychology Services

- Trainees will have the opportunity to provide telepsychology services to women in the Denver Metropolitan region as well as rural and frontier locations across Colorado.

#### Clinical Services and Settings:

The Women's Behavioral Health and Wellness Service Line focuses primarily on health psychology and mental health consultation across these five services. Time-limited clinical care is provided to women across the life span experiencing:

- Perinatal mood disorders, pregnancy and post-partum complications and loss, newborn/infant illness or death
- Hormone related changes in mood, sleep
- PCOS, PMDD, POF, Infertility
- Sleep issues
- Stress related physical symptoms
- Sexual health issues – post-partum, menopausal transition or post-menopause, medical conditions such as cancer,
- Women with early and advanced breast, gyn, other cancers
- Preparing women for medical procedures - Cancer surgery, chemo, cardiac intervention, needle phobias, labor and delivery, c-sections, fetal surgery
- Medically related trauma
- Loss and grief
- End of life issues

The Department of Psychiatry's Women's Behavioral Health and Wellness Service Line consists of providers from multiple disciplines (e.g., psychology, psychiatry, psychiatric nurse practitioners, care coordinators). We also collaborate with a broad range of physicians, nurse practitioners and other providers in women's primary care and specialty settings. Fellows with a major rotation in the Women's Health and Behavioral Health track will spend the equivalent of 2.5 days seeing women across the life span in primary and specialty obstetrics and/or gynecology settings at the University of Colorado Hospital and/or UC Health and CU Medicine women's health locations in the Denver Metropolitan area. Another half day will be spent on the Women's Behavioral Health and Wellness Outpatient Service located on the Anschutz Medical Campus. Fellows with a minor rotation in the Women's Health and Behavioral Health track will spend the equivalent of one day/week providing clinical services in either integrated women's health settings or in the Women's Behavioral Health and Wellness Outpatient setting.

## NICU Psychology Track

Track Lead: Allison G. Dempsey, Ph.D.

Primary Mentors: Allison G. Dempsey, Ph.D. and Jennifer Paul, Ph.D.

Track Goals:

- (a) Prepare fellows for specialty clinical practice in the growing field of NICU psychology, which includes work in the NICU and in related settings (fetal care centers, antepartum and labor and delivery units, and neonatal follow-up clinics).
- (b) Develop knowledge and skills to provide perinatal and infant mental health services to pregnant women and infants with high-risk medical conditions.
- (c) Develop skills in program development, implementation and evaluation in integrated medical settings.

### Track Description:

Training experiences on this track will take place in the Connections Program. The overarching goal of the Connections Program is to improve health and wellness outcomes of infants with high risk medical conditions and their families through increased access to evidence-based behavioral health services from pregnancy through early childhood. The program includes seven initiatives: (1) provider/staff education, consultation, and wellness promotion; (2) health and behavior services for women, infants, and families; (3) perinatal and infant mental health services; (4) developmental care and follow-up of high-risk infants; (5) quality assurance and workforce development; (6) quality improvement, clinical research, and dissemination of evidence-based practices; and (7) hospital and community partnerships. The Connections Program team consists of clinicians from multiple disciplines (e.g., psychology, psychiatry, social work) and liaisons with a broad range of colleagues, including physicians from multiple specialty disciplines (OB/GYN, neonatology, maternal fetal medicine, surgery, developmental and behavioral pediatrics), nurses, medical and clinical social work, child life specialists, chaplains, and others. Services occur in both the inpatient and outpatient settings (described below). Fellows with a major rotation in the NICU Psychology track will spend the equivalent of 2 days in inpatient services in the NICU and related inpatient settings and 1 day in the outpatient setting. Fellows with a minor rotation in the NICU Psychology track will spend the equivalent of 1 day in the inpatient service setting OR the outpatient setting.

### Clinical Services and Settings:

#### Inpatient Setting

Program clinicians provide inpatient services to high-risk infants and women with high-risk pregnancies as part of the Department of Psychiatry consultation-liaison team service at UC Hospital. As part of the interdisciplinary care team in the inpatient units providing care to women with high risk pregnancies and infants with medical complications, the fellow will engage in a number of clinical activities. These include providing individual, family, and group behavioral health services (screening, assessment, and intervention) to patients and families, engaging in provider consultation, implementing systems-level programs to promote wellness and developmental and health outcomes, educating providers about aspects of trauma-informed and developmental care, and participating in quality improvement and clinical research initiatives to improve care.

### Outpatient Setting

Clinicians also provide services in the outpatient setting to women with high-risk pregnancies and infants with neonatal complications after ICU discharge to support the transition to home. The Connections Program provides a range of services, including medical provider/staff education, wellness promotion, health behavior interventions, biofeedback, and individual, family, and group psychotherapy. Post-doctoral fellows in the NICU Psychology Track will also have the opportunity to see women and families coping with pregnancy and newborn complications and loss and co-facilitate a group for couples who experienced a pregnancy loss at the Women's Behavioral Health and Wellness Outpatient Service on the Anschutz Medical Campus.

## Didactic Education

The DOP Clinical Health Psychology Post-Doctoral Fellowship has strong educational components during the two-year training. Post-doctoral fellows are required to attend weekly interactive didactics in clinical health psychology, other didactics specific to their tracks, as well as lectures on a range of professionalism and leadership topics. In addition, post-docs will attend relevant scholarly lectures during the Department of Psychiatry and other CUSOM Medical and Public Health Grand Rounds. They will also participate in monthly interprofessional integrated health care and women's behavioral health and wellness journal clubs. Trainees will also be invited to attend continuing education (CE) courses on health psychology topics which are held on the Anschutz Medical Campus.

Clinical Health Psychology post-doctoral trainees also have protected time - roughly 2 hours each week - to develop a project related to their clinical interests and specialization. Faculty will supervise post-docs on their specific project. Examples include initiatives or research on a clinical health psychology topic, patient, provider and health systems outcomes or quality improvement in a clinical setting.

## Supervision and Mentorship

Clinical Health Psychology Post-Doctoral Fellows will receive one (1) hour of supervision per week on both their major and minor rotations for a minimum of two (2) hours/week of individual supervision. They will also participate in weekly interprofessional group supervision within the major and minor tracks as part of the specific clinical service.

Within their first three months of fellowship, fellows will select a primary professional mentor from the training faculty to provide guidance and feedback in overall career development and scholarship. Mentors and fellows will meet monthly to discuss progress in clinical and scholarly goals in the program and aspects of career development.



## Eligibility Requirements

Applicants must have a PhD or PsyD in clinical, school, counseling or health psychology from an APA- or CPA-accredited program or regionally accredited institution of higher learning, and expect to complete an APA or CPA-accredited internship. Selected candidates for clinical health psychology post-doctoral fellowship positions must complete all graduate degree requirements, including dissertation, and provide proof of completion of degree requirements prior to starting the fellowship. The Department of Psychiatry, CUSOM has a strong commitment to recruiting applicants of diverse backgrounds and identities, although all Fellows must be a U.S. citizen.

To apply for a fellowship position, please submit a completed application packet with all required components.

### Required Application Materials

- Brief cover letter indicating the track(s) to which you are applying and materials included in your application packet.
- Updated Curriculum vitae
- [Application form](#) (pdf file; requires Adobe Reader program to open and save form entries) If you are having problems with the application form, try saving the original form on your computer before starting to complete it and do not complete the form in your browser. Once finalized, save the form and send it as a file attachment.
- Four reference letters per instructions on application form. Letters should be addressed to:  
Women's Health and Behavioral Health Track: Helen L. Coons, Ph.D., ABPP, Clinical Director, Women's Behavioral Health and Wellness Service Line, Department of Psychiatry, CUSOM.  
NICY Psychology Track: Allison G. Dempsey, Ph.D., Program Director, Connections Program for High Risk Infants and Families, Department of Psychiatry, CUSOM.

All application materials should be submitted by email to: [stacey.lhommedieu@cuanschutz.edu](mailto:stacey.lhommedieu@cuanschutz.edu)

### **Contact Us**

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