



# Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

## **POSTDOCTORAL FELLOWSHIPS IN CLINICAL HEALTH PSYCHOLOGY**

**2023-2024 Training Year**

### [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 full-time, 1-year programs beginning in September 2023. There is opportunity for extension to a 2-year fellowship, pending goals of the fellow, availability of funding, and satisfactory progress in the training program. 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, UC Health 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), 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 via one of two tracks. Each fellow will have a primary rotation throughout the fellowship year, and a minor rotation that changes every six (6) months. Current tracks include (1) Women's Health and Behavioral Health and (2) Psychosocial Oncology.

## **Salary and Benefits**

Clinical Health Psychology Post-Doctoral Fellows will receive a stipend of \$53,760 in their first year, subject to withholding of relevant federal, state, and local taxes. Consistent with NIH guidelines for postdoctoral fellowships, the fellows will receive an increase in their salary in their second year, if relevant, 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 <https://www.cu.edu/employee-services/benefitswellness>. 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, PhD, ABPP

Primary Mentors: Helen L. Coons, Ph.D., ABPP, Dana Beall Brown, Ph.D., Phoutdavone (Noy) Pimphasone-Brady, Ph.D., and Winnifred M. 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 settings within academic medicine.
- 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 and includes the following opportunities:

- (1) Integrated Behavioral Health in Women's Primary Care, Obstetrics and Gynecology and Specialty Settings:  
Trainees will provide curbside consultations and conduct warm handoffs and co-visits with interprofessional providers, provide brief assessment and time-limited treatment

interventions for women within integrated care settings using the Primary Care Behavioral Health (PCBH) model.

(2) Women's Behavioral Health and Wellness Outpatient Programs:

Trainees will provide individual assessment and brief, evidenced-based individual therapy to women with a variety of physical, mental health and psychosocial concerns including perinatal mood and anxiety disorders, hormonal changes impacting sleep and mood, and physical conditions. Trainees will have opportunities to co-facilitate wellness workshops and therapy groups related to women's health such as pregnancy loss, women with cancer, and pelvic pain. Outpatient services will be provided both in-person and by telehealth 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. Time-limited clinical care is provided to women across the life span for a variety of concerns including:

- Perinatal mood disorders, pregnancy and post-partum complications and loss, newborn/infant illness, or death
- Hormone related changes and conditions including menopause, PMDD, and PCOS
- Fertility concerns and preconception planning
- Sleep disorders
- Adjustment to chronic illness and stress-related physical symptoms
- Sexual health
- Women with early and advanced breast, gyn, other cancers
- Preparation for medical procedures including surgery, chemotherapy, needle phobias, and labor and delivery and c-sections
- Medically related trauma including birth trauma
- Loss and grief

The Department of Psychiatry's Women's Behavioral Health and Wellness Service Line consists of providers from multiple disciplines (e.g., psychology, psychiatry, social work, and care coordinators). We also collaborate with physicians, nurse practitioners, social workers, and other team members 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 providing care to women across the life span in integrated 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. Minor rotations in other areas of clinical health psychology are planned to align with the Fellow's interests. Examples include Women and Infants and Antepartum Unit, Solid Organ Transplant Service, Integrated Transgender Clinic, among other integrated practices. Fellows with a minor rotation in the Women's Health and Behavioral Health track will spend the equivalent of 1 day/week providing clinical services in either integrated or outpatient settings.

### **Psychosocial Oncology Track**

Track Lead: Erin Baurle, PsyD

Primary Mentors: Erin Baurle, PsyD, Benjamin Brewer, PsyD

#### **Track goals:**

- (a) Develop knowledge and skills to provide evidence-based, culturally appropriate psychosocial clinical care to adults with cancer.
- (b) Prepare for specialty clinical practice in psychosocial oncology by practicing in different modalities including individual counseling, assessment, group therapy and psychoeducational group classes.
- (c) Develop skills and receive mentorship in psychosocial oncology research specific to underrepresented populations and other areas of clinical interest to the fellow.

#### **Track Description:**

The University of Colorado Cancer Center (CUCC) is the only National Cancer Institute designated Comprehensive Cancer Center in the Rocky Mountain region. A team of psychologists integrated into CUCC supports the unique psychosocial needs of adult patients facing hematological (blood) and medical oncology (solid tumor) cancers. The team provides individual counseling, pre-stem cell transplant assessments, couples and family counseling, group therapy and psychoeducational classes aimed at improving quality of life for individuals and families facing cancer.

This training track has shared supervision and clinical training between the Divisions of Medical Oncology (solid tumors) and Hematology Oncology (blood cancers), thus providing a distinctive breadth and depth of experience in psychosocial oncology. Hematology efforts

include completing pretransplant assessments, inpatient and outpatient psycho-oncology care. Medical oncology efforts include completing new patient intake assessments, carrying a therapeutic individual caseload, leading therapy groups and leading psychoeducational classes. The fellow would spend three days per week providing clinical care.

The psychosocial oncology fellow also has the unique opportunity to participate in a research project within CUCC. The fellow will (1) Integrate with an existent psycho-oncology related research project at CUCC; (2) Work with research project PI to develop engagement plans and strategies for underrepresented populations (e.g. minorities, rural, under-resourced); (3) Consult with the Office of Community Outreach and Engagement (COE) on engagement of underrepresented patients to the research project; (4) Report on progress on working with PI and research project in the plans and strategies developed and implemented. Dependent on fellow interest, there may be opportunities for work in program development and implementation of health psychology related offerings.

### **Clinical Services and Settings:**

The fellow will provide care to patients in-person at the Anschutz Cancer Pavilion or via secure telehealth platform. Group therapy and classes are also held via secure telehealth platform or in-person, providing the fellow with training in multiple clinical modalities. Individual assessment or therapy appointments are 60 minutes in length and group therapy and psychoeducational classes are 90 to 120 minutes in duration.

Psychosocial services are provided on a multi-disciplinary team in collaboration with oncologists, radiation oncologists, surgical oncologists, nurses, social workers, psychiatrists, nutritionists and genetic counselors. Fellows have the opportunity to participate in oncology Grand Rounds, multidisciplinary clinics and tumor boards to further their integration and experience in oncology.

To read descriptions of recent psychosocial offerings please visit:

<https://www.uhealth.org/services/cancer-care/metro-denver-supportive-oncology/>

The following are common health psychology concerns addressed by the psychosocial oncology team in individual or group modalities. The fellow can expect a similar range of clinical presentations in their clinical work.

- Adjustment to illness
- Fears of cancer recurrence

- Relationship challenges and changes as a result of medical treatment initiation or termination
- End-of-life and existential concerns
- Chronic pain
- Insomnia
- Sexual health changes and challenges
- Management of pre-existing mental health conditions in addition to managing complex medical conditions
- Capacity to consent to treatment
- Cognitive challenges subsequent to cancer treatment
- Fatigue

### **Didactic Education**

The DOP Clinical Health Psychology Post-Doctoral Fellowship has strong educational components. 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 participate in monthly interprofessional women's health and 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 (approximately 1 half-days/week) - to complete a scholarly project related to their clinical interests and specialization supervised by training faculty. 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 other 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 postdoctoral 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 your interest in the Clinical Health Psychology fellowship program, the specific track(s) to which you are applying, and how training in this program and track relates to your career goals.
- Updated Curriculum Vitae
- Application Form: The PDF file requires Adobe Reader program to open and save form entries.
- Three reference letters per instructions on application form. Letters should be addressed to:
  - **Women's Health and Behavioral Health Track:** Helen L. Coons, PhD, ABPP, Women's Health and Behavioral Health Track Lead, Women's Behavioral Health and Wellness Service Line, Department of Psychiatry, CUSOM.
  - **Psychosocial Oncology Track:** Erin Baurle Psy.D., Psychosocial Oncology Track Lead, Oncology Counseling Services, CUSOM

Completed applications are due by December 15, 2022.

All application materials should be submitted by email to the following email address:

[DOP.fellowship@ucdenver.edu](mailto:DOP.fellowship@ucdenver.edu)

Applications will be considered for one of the Clinical Health Psychology fellowship positions that will start September 1, 2022. Applicants meeting our initial requirements will be invited

for interviews in January 2023. Interviews will include meetings with the primary mentors of each track, and other members of the training committee and Department of Psychiatry.