

## **ALICIA KOPLOWITZ ADVANCE TRAINING FELLOWSHIPS - 2019 CALL**

**Centre: University of Pittsburgh Medical Center, Western Psychiatric Institute & Clinic**

**Tutor: Boris Birmaher, MD**

### **Research Area:**

- *Please list and provide a brief explanation of the research projects that are currently being conducted in your department and in which the future Fellows could take part in:*

Currently, our group is doing research in neuroimaging, genetics, phenomenology, clinical course, and pharmacological and psychotherapy studies for youth with mood disorders. Other investigators from our Institute are doing research in ADHD, Autism, psychosis and other disorders. The Psychiatric as well as Psychology Koplowitz Fellows can choose to participate in these studies according to their interests.

Over the last 20 years, our group has been collecting large data bases of results from studies on mood disorders and the Fellows are encouraged to use the data to write papers. This is very important because it is going to be very difficult for them to design a new study and start recruitment since the Psychology Fellows are going to be at our Institution only 6-12 months and the Psychiatric Fellows are occupied in learning Child Psychiatry (see below). Moreover, there are restrictions regarding who can do clinical research according to their visa status. Thus, Fellows are encouraged to “mine” the available data, learn statistics, and take advantage of our Institute’s resources to write and publish papers.

- *In relation to those research projects, please specify the activities in which the Fellows will be able to take part (e.g. data collection, hypothesis formulation, data analyses, writing up papers, etc.):*

All Fellows will be able to take part in all aspects of ongoing research projects. However, given the time available, those who are going to be in full training in the Child Psychiatry Program will mainly utilize the data available from ongoing studies. They will be able to analyze the data and write papers for publication.

Also, all Fellows will have the opportunity to present posters of their results at the Annual Research Meeting of our Institution and at National and International meetings.

- *Please specify statistical support available to the fellows for the development of their research activity (e.g. statistician input, attendance to statistical courses, skills meetings, etc.):*

A statistician is assigned to work with each of the Fellows. The Fellow is encouraged to do his/her own analyses under the supervision of the statistician and her/his mentor. Also, statistical courses at the University of Pittsburgh and the Department of Public Health are available. We also have weekly meetings where we discuss the best way to do the analyses of the data and the interpretation of the results.

- *How much of the fellows’ working time will be dedicated to research activities?*

It depends on the Fellow’s interest in research. Psychiatric Fellows who mainly want to learn research can dedicate all their time to research activities. Psychiatric Fellows whose main goal is to be trained in Child Psychiatry and also want to learn more about research can dedicate

several hours a week to research, depending on their clinical responsibilities. Psychology fellows dedicate all their time in research, although they can also observe clinical activities in the areas of specific interest.

### **Clinical Area:**

- *Could you list the type of clinical placements the fellows could attend (e.g. generic outpatient services, inpatient units, specialist teams, etc.)?*

Psychiatric Fellows are offered clinical rotations and teaching activities following the same curriculum as the regular residents of Child Psychiatry. Fellows rotate at the inpatient and outpatient services as well as the Intensive Outpatient Programs (IOPs) and Day Hospitals. Examples of rotations include the Mood Disorders Clinics, ADHD clinic, OCD clinic, Substance Abuse program, Eating disorders programs, Autism clinic, and psychosis clinics.

Psychology Fellows who are also interested in clinical issues can also observe the work we do at the numerous outpatient clinics and inpatient units at our Institute.

- *Could you describe the Fellows' role in relation to participation in assessments and treatments in their clinical placements?*

Psychiatric Fellows are offered a Pennsylvania **Institutional License** which allows them to evaluate and treat patients at our hospitals under the supervision of an attending. They will be expected to be care for the patients they are seeing and to engage in thorough assessments and evidence-based treatments, with supervision.

- *What are the requirements for psychiatrists and psychologists in order to be able to have a clinical role?*

As noted above, Psychiatric Fellows are offered an Institutional License that allows them to do clinical work in Child Psychiatry within the Institute. Psychology Fellows mainly do research because they are not part of the formal Child Psychiatry Training Program. Thus, their main activity is research. However, they can attend clinical conferences, participate in daily conferences that are offered at our Institute, classes that are offered to the Residents, and shadow clinical assessments and treatment.

- *How much of the fellows' working time will be dedicated to clinical work?*

If the Fellow is going to be part of the Child Psychiatry Training Program, it is expected that his/her main responsibility will be clinical. However, as noted above, Psychiatric Fellows can dedicate some time to do and learn research as part of their training.

### **Academic area:**

- *Will the Fellows be able to join a specific academic programme? If so, could you briefly describe the structure of this programme?*

As noted above, the Psychiatric Fellows who come to our Institution to be trained in Child Psychiatry, become part of the formal training offered to all regular Child Psychiatry residents. This will include evaluating and treating patients at various outpatient and inpatient services, weekly classes, Grand Rounds and other seminars.

- Will the fellows be able to attend other training courses outside the specific academic programme (e.g. university courses, therapy workshops, etc.)?

Yes, Fellows can attend workshops and courses offered at the University and, depending on their interests, if feasible, they can attend clinics outside of our Institution as well if there is an area of interest that is not offered at our Institute. For example, Trauma Therapy for PTSD.

- *Please specify annual budget available to the fellow for training.*

The budget for the Fellow is the stipend assigned by the Koplowitz Foundation. However, as other residents, they get discounts to attend meetings such as the Academy of Child Psychiatry.

- *Please specify the clinical and research supervision offered to the fellow over the 2-years fellowship.*

Psychiatric Fellows who are going through the full clinical training have very close clinical supervision during all of their rotations. All Psychology Fellows and any Psychiatric Fellows who also want to do research will be expected to meet at least 2 times a week for individual and group supervision to review their analyses, interpretation of the results, and the process of writing and publish papers.