



ALICIA KOPLOWITZ ADVANCE TRAINING FELLOWSHIPS - 2020 CALL

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

Tutor: Dr. Boris Birmaher

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?*

- 1) Course and Outcome of Youth with Bipolar Disorder (COBY)- a large longitudinal study (about 17 years) aimed to study the phenomenology, course, predictors of course and functioning of children and adolescents with bipolar disorder
- 2) Structural/Functional Neuroimaging studies in youths with Bipolar Disorder
- 3) Prospective study (about 19 years) focusing on the risk and factors associated with increased risk to develop bipolar disorders in offspring of parents with bipolar disorder. For this study a large sample of offspring of parents with bipolar disorder are being evaluated every other years and compared with a large sample of offspring of community control parents.
- 4) Neuroimaging studies in offspring of parents with bipolar disorder
- 5) Treatments studies for children and adolescents who already have bipolar disorder and offspring of parents with bipolar disorder
- 6) Genetic studies in bipolar disorder

- *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.)*

The above studies provide to the fellows an opportunity to learn about methodology in research, administration of research instruments, making and maintaining a data base, performing their own statistics (under supervision), and learning to write and publish scientific papers.

- *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.)*

The fellows who elect to write papers will work with a statistician who will supervise all analyses. There are statistical classes at the university and school of Public Health in which the fellows can participate.

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



It will depend on the interest of the fellow. If the main goal is research, the fellow will spend 100% of her/his time in research. If the main goal is clinical training, the Fellow may spend 100% of her/his time in clinical work. However, even if the fellow is performing clinical work, she/he can also do research

Clinical Area:

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

Our Institution is the only one in all United States that allow the Fellows to do a full rotation and training at the Department of Child Psychiatry for two years. The Koplowitz Fellow attends all classes and rotations as other regular Child Psychiatry residents.

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

Also, our institution is the only one in the United States that provides to the Koplowitz Fellow an "Institutional License". This license allows the Fellows, under the supervision of an attending, to interview and follow patients during her/his two years of training.

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

In order to have full training in child psychiatry, the Fellow needs to be a psychiatrist and be very proficient in English (speak, read and write). The Fellow will need to have all clearances and requirements as any other physician at our medical center.

Training in Child Psychiatry is not offered to Psychologists. Similar to the psychiatrists, psychologist can also do research (e.g., write papers, learn a specific interview, and learn statistics). They can also attend classes and conferences at our institute. Given that they do not have a license to practice psychology in the United States they can not interview or treat clinical patients. However, they can interview research participants as apart of a study.

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

It depends on their interest. If the Fellow is mainly interested in pursuing training in Child Psychiatry for two years, as any resident, they will dedicate most of the time to clinical work. However, as other Koplowitz Fellows have done, they can also request time to do research.

Fellows who are mainly interested in research, will dedicate most of the time to research with the option of observing clinical work and attending any academic clinical activities at our center.

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, our Institution is the only one in the United States that provides training in Child Psychiatry for 2 years to Koplowitz Fellows interested in being trained in Child Psychiatry. The academic curriculum and rotations are the same as for the regular residents in Child Psychiatry.

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

Yes, similar to any resident at our Institution they can attend trainings outside our program, attend the annual conference of the American Academy of Child and Adolescent Psychiatry as well as any other conference of their interest.

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

The annual training budget at our institution is dedicated for the education of all fellows, including the Koplowitz Fellows.

Of note, the KOplowitz fellows do not require any expenses for their training.

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

As noted above, the Koplowitz Fellow will have full clinical supervision if she/he will be part of our Child Psychiatry fellowship. Also, if she/he opts to do research (full time or part time while being trained in Child Psychiatry), she/he will get supervision regarding research instruments, building a data base, maintaining a data base, statistics, writing and publishing a paper, and any other methodological issues necessary to become a researcher.