



POST-DOCTORAL FELLOWSHIP PROGRAM

REBECCA SCHOOL –THERAPEUTIC DAY SCHOOL FOR AUTISM SPECTRUM DISORDERS

OVERVIEW OF THE POST-DOCTORAL PROGRAM

Rebecca School is an internationally-known therapeutic day school for children 4 to 21 with neurodevelopmental delays of relating and communicating, including autism spectrum disorder. The students seen for psychotherapy have significant mental health challenges that include mood and anxiety disorders. The post-doctoral fellowship position is designed to allow early-career psychologists to gain in-depth clinical experience in psychodynamic psychotherapy and clinical consultation. Post-doctoral fellows are integral members of the department of mental health whose professional contributions extend across disciplines in a school that is committed to a transdisciplinary model. Fellows also participate in co-leading staff wellness groups, case conferences and provide some psychological testing. Rebecca School utilizes the Developmental Individual- difference Relationship (DIR) model developed by psychoanalyst, Dr. Stanley Greenspan. This therapeutic approach is based on the core tenet that relationships are the foundation of effective psychological interventions, academic learning, and social development. The program at Rebecca School incorporates this therapeutic, relational model and focuses around each student's developmental challenges and strengths. Fellows deepen their psychotherapy skills through intensive training and direct clinical service. Fellows participate in weekly individual and group supervision, didactic training, team and family meetings, and attend weekly case conferences. In addition, fellows gain experience in clinical case presentations and they have the opportunity to contribute to staff development workshops. In sum, this training site offers intensive clinical training and experience within a supportive and collegial environment.

OUR STUDENTS AND THE REBECCA SCHOOL MODEL

Most of the children and adolescents who attend Rebecca School have autism spectrum disorder or other neurodevelopmental challenges. The academic program places the relationship each staff member has with a child at the fore regardless of the neurodevelopmental level of the student. Since most of the students have difficulties with communicating and relating, the clinical and academic staff use the DIR model in their work with students to enhance students' abilities in self-regulation, frustration tolerance, problem-solving, meaningful social interactions, and joyful, creative play. DIR and the relational psychology theoretical orientation share many core beliefs and fellows receive extensive applied and theoretical training on DIR and relational psychology.



SUPERVISION

Supervision is provided by highly experienced, licensed psychologists. Fellows receive a minimum of one hour of individual supervision and one hour of group supervision weekly. In addition to supervision and training provided by psychologists, fellows have the opportunity to observe clinicians from other disciplines, including music therapists, social workers, and DIR/ Floortime consultants. The senior staff have expertise in a variety of theoretical orientations including psychodynamic therapy, interpersonal psychology, and trauma theory. Fellows are encouraged to adopt their own personal style for conducting psychotherapy within this developmental, relational model. The videotaping of sessions is commonly used as an additional training tool that helps trainees deepen their clinical skills and self-confidence.

QUALIFICATIONS

Post-doctoral fellows are recruited from psychology programs (Ph.D. and Psy.D.) specializing in clinical, counseling, child/clinical, or combined school/child clinical psychology.

Typical Fellow Activity Hours for 5 Full Days:

Direct clinical service:	20 hrs
Individual supervision:	1 hr
Group supervision:	1 hr
Testing supervision/seminar	1 hr
Psychology Dept. didactic seminar:	1 hr
Case conference/Grand rounds:	1 hr
All-staff didactic seminar:	1 hr
Consultation	5 hrs
Testing	2 hrs
Facilitating process groups	1 hr
Note writing/administrative	1 hr
Total:	35 hours per week

APPLYING TO THE POST-DOCTORAL FELLOWSHIP

Interested candidates should send a letter of interest, a CV and two letters of reference from professionals familiar with their work. Applications should be emailed to:

Ismi Georgiades, Ph.D., Clinical Coordinator
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Additional information about Rebecca School can be obtained through our website: www.rebeccaschool.org, or by calling our office: 212-810-4120 x 248.

