

## UC San Diego postdoctoral fellows in Eating Disorders, DBT, treatment development

University of California, San Diego Eating Disorders Center for Treatment and Research is an international leader in employing new treatments based on research on the neurobiology of eating disorders and related problems. We have IOP and day treatment programs for adults, adolescents, and children with eating disorders, as well as a medical stabilization unit in conjunction with Rady Children's Hospital. Our programs are growing quickly and we are currently accepting applications for *both clinical and research postdoctoral fellows*. **We are very interested in fellows who come from backgrounds outside of eating disorders, like anxiety, substance, trauma, pediatrics, and we have a strong preference for candidates who have experience or interest in DBT or FBT.**

Current eating disorder treatments are of limited efficacy. New insight into neurobiological mechanisms that contribute to symptoms is supporting development of more effective interventions. The UCSD program is unique in that it has faculty and staff who focus on combining research into neurobiology with treatment development. This is an exciting opportunity for individuals to learn about brain and behavior and apply this knowledge to new treatment approaches. Many of our postdocs stay on in permanent staff or faculty positions.

One of the strengths of our program is that we provide in-depth training in evidence-based treatment approaches. In addition to weekly individual supervision and mentorship, this includes an intensive orientation to eating disorders, a 2-day DBT training, and a 2-day FBT training at the beginning of the training year; along with weekly didactics and multiple weekly supervision groups and consultation teams; and occasional opportunities for additional training such as conferences. Clinical fellows typically cross-train in two different programs (one year in each) to maximize both breadth and depth of training.

1) Clinical postdoctoral fellows: for our Adult, Adolescent, and/or Pediatric Programs. We treat patients with Anorexia Nervosa (AN), Bulimia Nervosa (BN), Binge Eating Disorder (BED), Eating Disorder Not Otherwise Specified (EDNOS), and Other Specified Eating or Feeding Disorder (OSFED), a category that includes subclinical eating disorders and atypical eating disorders (e.g., exercise bulimia, purging disorder). Additionally, our program offers targeted treatment for other conditions that are seen in patients with eating disorders, including substance abuse/dependence and trauma. This training experience includes weekly didactics, opportunities for intensive training in DBT and FBT, the chance to work closely with a multidisciplinary team, and many of our postdocs stay on in permanent staff or faculty positions. Job duties include individual, group, and family therapy, with opportunities to participate in treatment development research.

### Required qualifications:

- Doctoral degree in Clinical Psychology
- APA accredited doctoral program
- APA accredited pre-doctoral internship preferred
- Experience in treatment of eating disorder patients OR experience in a related area, such as substance use, anxiety or trauma.
- In-depth knowledge and demonstrated skill in provision of individual, group, and family psychotherapy.

- Preference for demonstrated experience in providing therapy to individuals with eating disorders at different levels of care, including residential/inpatient, day treatment, outpatient, and IOP.
- Preference for DBT and Family-Based Therapy trained candidates.

2) Clinical postdoctoral fellow: for the Medical Behavioral Unit located at Rady Children's Hospital, San Diego. Our site specializes in the medical stabilization of eating disorders using a multidisciplinary approach. The Psychology team plays an integral role in the treatment team by providing Family Based Treatment (FBT), Cognitive Behavioral Therapy (CBT), and Dialectical Behavioral Therapy (DBT) to patients during stabilization. Our inpatient unit serves children, adolescents and adults in the southern California area. Postdoctoral fellows will receive intensive training in individual, group and family based therapy and may also have opportunities to participate in cutting-edge research, if interested.

Postdoctoral fellows will also have the opportunity to work with other pediatric psychology populations providing consultation services to the neurology, nephrology, gastroenterology and hospital medicine teams at Rady Children's Hospital, San Diego. Many of our postdocs stay on in permanent staff or faculty positions.

Required qualifications:

- Doctoral degree in Clinical Psychology
- APA accredited doctoral program
- APA accredited pre-doctoral internship preferred
- Preference given to candidates with previous experience working within a multidisciplinary team in a hospital setting
- Preference given to DBT and Family-Based Therapy trained candidates or candidates with previous pediatric psychology experience.

3) Research postdoctoral fellow: to specialize in studying mechanisms underlying ED symptoms and psychopathology. Experience and interest in neuroimaging (fMRI, PET) and neurocognitive assessment is preferred, as we have a strong neuroimaging program conducting research on the neurobiology of ED. Experience with other experimental methodologies is also welcome. The ideal candidate would be a research-oriented person with a goal of an independent research career focused on cognition, brain functioning, and treatment development to translate research findings to improved clinical care of individuals with ED. Many of our research postdocs write training grants and transition to permanent staff or faculty positions.

Required qualifications:

- PhD in Clinical Psychology
- APA accredited doctoral program.
- APA accredited pre-doctoral internship.
- Experience in neuroimaging or similar methods preferred.
- Preference for strong background and training in cognitive neuroscience and statistics.

To apply for any of these positions, please email a cv and cover letter indicating which position(s) you are interested in to Leslie Anderson, Ph.D. [landerson@ucsd.edu](mailto:landerson@ucsd.edu)

Seeking referral options? Remember that ABCT also offers a directory of ABCT members in

clinical practice organized by location and specialization. Check out the Find-a-CBT-Therapist directory at: [www.abctcentral.org/xFAT](http://www.abctcentral.org/xFAT)