



MindWell Psychology, LLP
Post-Doctoral Fellowship in Psychology

Locations: Positions available in Ithaca, NY, Albany, NY, Burlington, VT; on-site
Job Position: Postdoctoral Fellowship, Full time

Program Overview

MindWell is a group practice providing outpatient individual and group therapy to children, adults and couples. We are offering a post doctoral fellowship in psychology for the 2024-2025 academic year. Opportunities are available at our Albany and Ithaca New York locations as well as Burlington, Vermont. We serve clients in person and by telehealth, enhancing access to mental health care in underserved regions. Postdoctoral fellows benefit from access to clinicians across all sites for consultation and the sharing of resources.

MindWell fosters an anti-oppressive, anti-racist and LGBTQ+ affirming approach to therapy. We take pride in creating a values driven work culture that is supportive, inclusive and allows you to show up authentically as a person and clinician in training. We strive to create a cohort with different backgrounds to create a rich training experience. We enthusiastically encourage applicants from underrepresented identities to apply. Diversity is always a strength, and inclusive environments add tremendous value to both our clients' and colleagues' experiences. We are seeking interpersonally effective clinicians skilled at providing research based care (CBT, ACT, DBT, IFS, IPT). Each therapist at MindWell has their own unique approach to counseling, however, we share a common goal of providing quality, effective, research based, and culturally informed treatment.

MindWell's post doctoral fellowships are designed for clinicians who have completed an APA accredited internship and graduated from a clinical, counseling, or school psychology program. MindWell offers two tracks: Adult and Child/Adolescent.

Adult and Children/Adolescent Tracks: MindWell Psychology provides supervision and training in research based care (CBT, ACT, DBT, IFS, IPT) for postdoctoral fellows interested in working with either adults or children/adolescents. Fellows in the adult track can expect to work with a range of presenting concerns (e.g., ADHD, anxiety, depression, OCD, PTSD). Fellows in the child/adolescent track can expect to hold a caseload with children, youth, adolescents, and families. Typical presenting concerns include ADHD, anxiety, depression, ODD, PTSD. Clinicians at MindWell typically take a CBT informed approach to therapy.

Postdoctoral fellows may also receive opportunities to:

- Gain exposure to and supplementary training by other members of our clinical staff
- Consult with teachers with regard to the patient's emotional and behavioral needs outside of therapy (child/adolescent track).
- Consult on individual student behavior management plans (child/adolescent track).
- Orchestrate and lead educational/training groups and seminars for staff on a variety of topics (e.g., managing stress and anxiety, behavior management training, etc.).
- Provide supplemental supervision to predoctoral externs
- Create therapy groups to offer at the clinic based on their own expertise

Training and Mentorship

MindWell values opportunities to mentor and train the next generation of therapists to be compassionate, culturally informed, effective and sustainable practitioners. Externs may be assigned to work with a post doctoral fellow for additional professional development experiences and supplemental supervision. Post doctoral fellows will attend seminars on being a clinical supervisor and have access to group supervision of supervision. As this is a transitional year consisting of completing supervised hours for licensure while in a full time professional position, postdoctoral fellows will also have access to a professional development fund.

Duties

- Provide psychotherapy services to approximately 25 scheduled patients per week. Actual caseload may vary depending on client flow and number of bi-weekly clients.
- Maintain case notes, treatment plans, and other required documentation in a timely manner
- The default for all staff at MindWell is to work in person at the clinic.
- Participate in weekly case consultation and meetings
- Attend didactics

Benefits

- Salary \$72,000 per year
- Paid time off
- Health, dental, and vision insurance
- Supervised hours towards licensure
- Professional development fund
- Professional experience in a group practice environment
- Protected lunch hour

Requirements (If you do not meet one or more of the requirements, please offer an explanation in your cover letter):

- Completion of APA accredited internship
- Doctoral degree from a Clinical, Counseling, or School psychology program

- Actively anti-racist and driven to provide safe, inclusive, identity affirming care
- Education and direct clinical training in implementing treatment modalities such as DBT, ACT, CBT, IFS, mindfulness treatments, trauma-informed practices
- Excellent written and spoken communication skills
- Desire to be part of a team
- Due to New York State limited permit requirements applicants must have their dissertation defended and degree conferred before their official start date at MindWell. All post doctoral fellows will need to obtain a limited permit in New York.
- Preference will be given to those who have already defended their dissertation

Supervision:

One hour of individual in-person supervision will be provided by licensed clinical psychologists weekly. All postdoctoral fellows will also have the opportunity to take part in regular case consultations alongside staff clinicians and predoctoral externs. There is a weekly case consultation meeting for clinicians who work with adult clients and a separate meeting for those who work with adolescents and children. Speciality consultation groups meet monthly or biweekly. These groups are reflective of subspecialties within clinic staff (e.g., eating disorders, couples therapy).

Didactics:

Seminars are held bi-weekly beginning in January. Didactics focus on a wide range of topics (e.g, being a clinical supervisor, finding a job after postdoc etc.). Didactics are held virtually to allow fellows across all sites to participate.

Time Requirement:

Full time (40 hours) Monday-Friday (~9am to 5pm). Some flexibility in hours may be necessary depending on the preferred client population. For example, some child/adolescent clinicians have a later start to their work day in order to offer appointments after the school day. We strive to balance clinician preferences with the needs of the clients we serve.

Number of Positions Available:

1-3 Postdoctoral fellows will be recruited to begin in September/October of each year at the Ithaca, NY, Albany, NY, and Burlington, VT locations.

To apply:

Please send the following information electronically to Jeannette Correa, PhD, Director of Clinical Training at the following email address jeannette@mindwellcenter.com

- Letter of Interest, stating the specific track(s)and site(s) in which you are interested
- CV
- 2 letters of recommendation from current or previous clinical supervisors
- Deidentified intake report

Application deadline:

We do not have a formal deadline. Interviews and offers will be offered on a rolling basis. Early submission of application materials is highly encouraged. Applicants can expect to meet with at least two staff clinicians during the interview process. Interviews will begin to be offered as early as October.

Contact Information:

Jeannette Correa, PhD

jeannette@mindwellcenter.com

Director of Clinical Training

MindWell Psychology, LLP

www.mindwellcenter.com