

Cambridge Eating Disorder Center
3 Bow Street
Cambridge, MA 02138
(617) 547-2255
www.EatingDisorderCenter.com

Seda Ebrahimi, Ph.D.
Director

Post-Doctoral Fellowship Program

Individuals suffering from eating disorders represent a complex and heterogeneous population, one which challenges clinicians at all levels of ability. The Cambridge Eating Disorder Center, located in Harvard Square, Cambridge, MA provides a variety of treatment options for adolescents and adults who present with various eating disorder behaviors, as well as other co-morbidity.

The Center provides a 24 hours Residential Program (RES), a Partial Hospital Program (PHP) from 9:00 am – 3:30 pm, an Intensive Outpatient Program (IOP) from 5:30 pm – 8:30 pm, as well as an array of Outpatient services. The Center is staffed by psychologists, psychiatrists, social workers, licensed mental health counselors, residential counselors, and nutritionists. Modalities of treatment offered at CEDC include individual, couples and family therapy, consultation, medication management, nutrition counseling, a variety of group psychotherapies, and supervised meals.

CEDC offers a twelve month post-doctoral fellowship program. Starting dates for the year long program are July 1st and September 1st. Four slots are available each calendar year. These 40 hour positions enable Fellows to accrue 1600 license-eligible hours of supervised practice during the course of their training.

Training Components

Fellows are assigned to one of three intensive treatment programs at CEDC (RES, PHP, or IOP), where they case manage several patients at a time. Fellows function as part of a coordinated, interdisciplinary team, conducting groups and attending Rounds and Community Meetings specific to their Program. Additionally, they carry several psychotherapy cases year long in the Outpatient department. Fellows receive two hours of individual supervision per week and one hour of group supervision twice monthly.

Goals

The fellowship program offers an in-depth opportunity to work with and learn from an especially perplexing clinical population. Exposure to patients ranging from early adolescence to advanced middle age, female and male, struggling with a wide variety of disordered eating behaviors and other co-morbidity will deepen and broaden any knowledge previously developed about this population. Fellows function as valued members of the clinical team. As such, they operate with a significant degree of autonomy and responsibility, while maintaining close contact with other staff from their Program.

The training experience is designed to strengthen Fellows' competencies in each of the following areas:

- **Evaluation**
Fellows conduct Intakes for patients new to CEDC. They become familiar with the diagnostic criteria and behavioral symptoms sufficient to justify admission to each of the levels of care at CEDC (RES, PHP, IOP, and Outpatient). They gain further expertise in evaluation patients with concurrent depression or anxiety, substance abuse, trauma history, and personality disorders, as well as the various medical conditions associated with specific eating disorders.
- **Case Management and Treatment Planning**
Fellows case manage a number of patients at a time from their respective Programs. This role involves deciding and coordinating all aspects of their patients' care while at CEDC, as well as designing aftercare or step-down treatment plans. Case managers participate in Rounds and Community meetings, and perform insurance reviews as needed. As such, they become well-versed in communicating concise formulations, review of symptoms, and rationale for continued treatment. They become more comfortable collaborating with professionals from other disciplines and agencies regarding patient care specific to this population.
- **Individual Psychotherapy**
Depending on needs of the program to which they are assigned, Fellows may conduct Psychotherapy with several patients at a time. In addition, Fellows provide psychotherapy for up to five patients in the Outpatient department year-long, deciding on choice of modality and orientation (individual, couples or family; psychodynamic, cognitive-behavioral, DBT, or integrative) to suit patient needs.
- **Group Psychotherapy**
Leading seven or eight groups per week in one or more of the CEDC Programs (adolescent or adult, RES, PHP and IOP), Fellows have the opportunity to become experienced group facilitators and therapists. Ongoing group offerings include Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), Psychotherapy, Body Awareness, Relationship Issues, Coping Skills, and Bibliotherapy. Additionally, Fellows may develop their own therapy group based on area of special interest or expertise.

- **Family Consultation/Therapy**
Fellows facilitate family meetings for each patient whom they Case Manage. These meetings focus on how significant others and family members can better support CEDC patients in their treatment and recovery process.

Upon successful completion of their year-long training program, Fellows are equipped to provide treatment for this population within any given Eating Disorders Program or in private practice. Additionally, they are better prepared to practice within the constraints imposed by managed care.

Stipend and Benefits

Each fellowship position earns a stipend of \$29,000, with a full benefits package including medical and dental insurance, two weeks of vacation, five sick days, and some holidays.

Application Process

Applicants must have completed all requirements for a Doctoral Psychology degree before the Fellowship start date. On occasion, exception may be made with respect to the requirement that they have successfully defended their dissertation before beginning the Fellowship.

Applications are due by January 31st of each year and selections are made by March 1st. To apply, please send the following:

- 1) CEDC post-doctoral application
- 2) Letter describing your interest in this training program and qualifications
- 3) Curriculum Vita
- 4) Three letters of reference (two from supervisors and one from a faculty member at your graduate program)

Please mail all application materials to:

Seda Ebrahimi, Ph. D., Director
Cambridge Eating Disorder Center
3 Bow Street
Cambridge, MA 02138

Any other inquires may be addressed to Dr. Ebrahimi at (617) 547-2255 ext. 222 or email Seda@cedcmail.com.

Cambridge Eating Disorder Center (CEDC)
Clinical Postdoctoral Fellowship Program
Application

Name: _____ Date: _____

Work Address: _____

Home Address: _____

Work Phone #: _____ Home phone #: _____

U.S. Citizenship: _____ Yes _____ No If no please explain: _____

Pre-doctoral Internship

Dates:

Name & Location of Institute:

Doctoral Training

Dates:

Name & Location of Institute:

Major Field: _____ Minor: _____

Degree expected (Ph.D., Ed.D., Psy.D., etc.): _____

Cambridge Eating Disorder Center (CEDC)

Clinical Postdoctoral Fellowship Program

Application

Program: _____ Clinical _____ APA approved
 _____ Counseling _____ Non-APA approved
 _____ Professional School of Psychology

Dissertation Title: _____

At what stage is your dissertation?

_____ Preliminary Planning
_____ Proposal Meeting Scheduled
_____ Dissertation Topic Approved
_____ Collecting Data
_____ Dissertation Completed

Mail this form with a brief statement (maximum one page) of your interests, your training and career goals and how they would be enhanced by the fellowship, and a copy of your C.V. to Dr Seda Ebrahimi, Ph.D., Cambridge Eating Disorder Center (CEDC), 3 Bow St., Cambridge, MA 02138.

Please ask three persons who can evaluate your academic and professional work to forward letters of reference directly. List below these persons from whom you have requested letters of reference:

1. Relationship to the applicant: _____
Name: _____
Address: _____

2. Relationship to the applicant: _____
Name: _____
Address: _____

3. Relationship to the applicant: _____
Name: _____
Address: _____