

**PMDB PSYCHOLOGICAL SERVICES, PLLC  
CENTER FOR COGNITIVE AND DIALECTICAL BEHAVIOR THERAPY  
POSTDOCTORAL FELLOWSHIP TRAINING PROGRAM**

**INTRODUCTION TO THE POSTDOCTORAL FELLOWSHIP AT CCDBT**

Postdoctoral training occurs onsite at CCDBT which is located at 2001 Marcus Ave, Lake Success, New York. We are a private therapy center specializing in CBT, DBT, and Marriage and Family therapy. We treat clients throughout the lifespan with the shared goal of helping them build a life worth living.

Trainees attend Consultation Team (2 hours weekly) and have 2 supervisors who each provide one hour of face-to-face supervision as well as one hour each of video review of trainees' sessions. Postdocs attend numerous didactics including DBT intensive seminar, CBT seminar, Family Therapy Seminar, Parent Behavior Management Consultation Team, and Trauma Therapy Seminar. Post doctoral fellows are expected to see 22 patients weekly, co-lead a DBT Adolescent & Family Skills Group and an Adult DBT group. Additionally, fellows are expected to participate in at least one intake a week and help with the diagnostic assessment and write-up of the initial intake.

Fellows are also expected to spend 2-6 hours weekly on research and administrative responsibilities. These responsibilities may include overseeing CCDBT's Quality Assurance program, research database management, involvement in data analyses and manuscript and poster presentations. Fellows are encouraged to establish their own research goals and pursue their own projects.

Postdoctoral fellows are treated as equal members of the Consultation Team, and the Center. Their development as professional, independent, ethical, and effective providers of psychotherapy are core values of CCDBT. Patients are assigned to fellows gradually to build on the clinicians' initial skillset as well as gradually increase the demands to try new therapies and work with new, or more challenging clients and populations.

## POST DOCTORAL FELLOWSHIP TRAINING PROGRAM GOALS

The overarching goal of the postdoctoral fellowship program at CCDBT is to help foster professional, ethical and thoughtful clinicians, diagnosticians, researchers, and peer colleagues.

Post doctoral fellows will gain a facility with fully adherent Dialectical Behavior Therapy (DBT) and be able to provide all four components of DBT to both adolescents and families as well as to adults. These components include providing fully adherent individual DBT, co-leading DBT skills groups, providing telephone consultation to patients, and participating as equal members of the Consultation Team.

Post Doctoral Fellows will be able to provide Cognitive Behavior Therapy to individuals throughout the lifespan. Fellows will be fluent in the provision of empirically validated treatments for Depression, a wide range of Anxiety Disorders which include, but are not limited to OCD, GAD, PTSD, and Specific Phobias.

Fellows will learn to provide specific trauma treatments including PE, DBT-PE, CPT, and TF-CBT, and EMDR for specific single-incident traumas and developmental traumas. Fellows will provide couples and family therapy as the main treatment mode and as an adjunct to individual therapy. Fellows will participate as peers and equals on CCDBT's Consultation Team, developing the skills to confidently ask for help and provide suggestions to other team members. Fellows will be active members of the research team, furthering the Center's mission to contribute to empirical research in clinical psychology.

## EXPECTED COMPETENCIES

Fellows are expected to have the following competencies by the end of their yearlong fellowship:

1. Accurate assessment and diagnostic evaluation of incoming clients
2. Ability to engage in Motivational Interviewing and use of DBT Commitment Strategies to engage ambivalent clients in therapy
3. Ability to teach manualized adolescent and adult DBT skills in the skills group format
4. Ability to co-lead DBT skills groups and help with management of therapy interfering behaviors or emotional dysregulation of clients during group sessions
5. Competency to provide fully adherent individual DBT to adolescents, young adults, and older adults, including effective telephone consultation (skills coaching)
6. Skills to provide effective family therapy and couples therapy as needed
7. Foundational training in providing evidence-based trauma treatments, taught and supervised by CCDBT senior staff psychologists
8. Experience participating in DBT Consultation Team
9. Ability to create their own agenda for supervision. bringing an equal balance of questions about cases with questions and issues related to their own professional development
10. Demonstration of facility with the treatments that are taught in yearlong seminars and didactics
11. Experience collecting and analyzing Quality Assurance and research data from consenting clients and ability to provide data-driven clinical care as well as opportunities to participate in the preparation and presentation of research manuscripts and conference posters/panels

## DIRECTOR OF TRAINING

The Director of Training (DOT), Jennifer Byrnes, Ph.D., has functioned as the Director of Training since the inception of CCDBT 18 years ago. Prior to CCDBT, she provided training to interns, externs and postdocs while at Schneider Children's Hospital (now, Cohen's Children's Hospital, part of the Northwell Health System in New York). In total, Jennifer Byrnes has 25 years as a DBT/CBT therapist and supervisor as well as a researcher and team member.

Dr. Byrnes has collaborated with other training directors locally and across the country- sharing ideas and experiences both formally and informally throughout her interactions. She has been the Director of Research and Training at CCDBT and, sticking to the scientist-practitioner model in which she was trained, Dr. Byrnes encourages fellows and newer psychologists to develop themselves both as clinicians and researchers.

Dr. Byrnes fosters an atmosphere of collegial support and encouragement among her trainees, frequently eliciting feedback, and engaging in a collaborative evaluation of supervisees' work and their training experiences. Dr. Byrnes also engages with the other individual supervisors and maintains constant dialogue about how trainees are developing throughout their fellowship year.

The Director of Training reviews all incoming applicants and screens as many as possible to see if the applicant might be a good fit for the fellowship at CCDBT. The Director of Training helps to assign individual supervisors to each applicant with an emphasis on building on each fellow's individual strengths as well as areas in need of improvement and supervisory concentration. The Director of Training helps orient incoming fellows and remains a point person to ensure that each fellow is developing in accordance with the goals and objective of the training program.

## INFORMATION FOR APPLICANTS

Training methods emphasize interactive didactic experiences, one-on-one supervision by two expert psychologists, additional supervision of therapy sessions via video review, participation in consultation team, and working in a milieu that encourages and supports peer supervision and case consultation. Other training experiences include participation in diagnostic intake assessments and participation in research and the Quality Assurance program.

### **Didactics include:**

- Family Therapy Didactic
- Parent Coaching Didactic & Consultation
- DBT Didactic
- CBT Didactic
- Trauma Didactic & Supervision

All supervisory staff are senior psychologists, most of whom have 25-30 years of clinical experience. Postdoctoral fellows work at our Lake Success office with the potential opportunity to see some patients in our satellite NYC office. Every clinician at CCDBT has received at least two years of training and supervision at CCDBT. The entire clinical team is supportive of each other and of all trainees, having familiarity with some of the inherent challenges of being a new clinician.

CCDBT is located at 2001 Marcus Avenue, Suite E-128 in Lake Success, New York. All didactics, supervision, team consultation, and patient care is provided at this site.

Occasionally, when there is a need for additional clinicians at the New York City office at 1115 Broadway, in New York, NY, a fellow may be offered the opportunity to work one day in New York City.

The Director of Training has regular informal check-ins with all postdoctoral fellows and leads monthly discussions with supervisors about the progress of each supervisee throughout their training at CCDBT. The DOT is available to all trainees at any time to address questions or concerns.

Post Doctoral Fellows must have completed all of the degree requirements of an APA Accredited Doctoral Graduate program in Psychology and fulfilled the hours required at a clinical internship in order to obtain a Limited Permit in Psychology from the New York State Department of Education, Office of the Professions.

Fellows receive a formal evaluation every six months by their supervisors. Strengths are highlighted and goals for continued growth are emphasized. Informal feedback is provided regularly by supervisors and a formal evaluation can be requested at any time. If there is a grievance, or disagreement regarding an evaluation, postdoctoral fellows should request a meeting with The Director of Training and, one other managing partner or the supervisor in question. If the grievance is not directly related to a training issue, the fellow may request a meeting with the Director of Human Resources who will assist the fellow with their due process and access the proper resources in order to resolve the dispute.

The year-long postdoctoral fellowship at CCDBT absolutely fulfills the licensure requirements for the State of New York. Fellows will have received 1840 hours of supervised clinical hours upon completion of their fellowship year.

## DIDACTIC TRAINING SCHEDULE

***All didactics/seminars begin the week of September 15<sup>th</sup> and end the week of September 8<sup>th</sup>***

### **Family Therapy Didactic**

Tuesdays 3-4 PM

Family Therapy Didactic focuses on the origins of family systems therapy, influential family systems theorists and their contributions. The different schools of family therapy (Structural, Bowenian, Strategic, Narrative, Internal Family Systems, Solution- Focused, etc.) are defined and illustrated using case studies. Videos of therapists from these schools of thought further demonstrate systems work in action. Armed with the understanding of systems theories and interventions, trainees work on conceptualizing their family cases from a systems perspective, navigating challenging family case dynamics, and shaping their identities as family therapists.

### **Parent Coaching & Consultation Seminar**

Tuesdays 1-2 PM

Parent Coaching & Consultation Seminar is aimed at providing trainees the opportunity to learn about our parent coaching program, to differentiate between behavioral principles involved in creating behavior plans for parents, and to provide support for parents and families in DBT outside of multifamily skills group. This seminar also affords trainees the opportunity to discuss and receive peer supervision regarding parent-related challenges they may be experiencing with their adolescent and young adult patients.

### **DBT Didactic**

Tuesday 9-10 AM

The DBT Didactic provides an in-depth review of Dialectical Behavior Therapy. Topics covered include: the biosocial theory of Borderline Personality Disorder, the use of Dialectics in DBT, primary targets of treatment, strategies for use of behavior chain analysis and solution analysis, and secondary targets of treatment/dialectical dilemmas, practical applications for individual DBT including the use of commitment strategies, levels of validation, dialectical and stylistic strategies, how to effectively lead DBT Skills Groups, and how to effectively form a DBT case conceptualization with the intention of encouraging trainees to pursue formal DBT Certification through Behavioral Tech.

### **CBT Didactic**

Mondays 2-3 PM

CBT Didactic focuses on the application of Cognitive Behavioral Therapy principles and empirically validated treatments to address different presenting problems including Depression, Anxiety, Specific Phobias and Obsessive-Compulsive Disorder. This interactive didactic will also focus on the role of the therapeutic relationship, how to set an agenda and how to effectively structure individual therapy sessions.

### **Trauma Didactic**

Mondays 3 PM

Trauma didactic provides training on implementing evidence-based trauma treatments including DBT-PE, Cognitive processing therapy (CPT), and Trauma-Focused CBT (TF-CBT). Trainees also participate in consultation on clients who have experienced trauma and how trauma themes affect the course of DBT and other individual therapy treatments.

## CLINICAL SUPERVISORS

### **Jennifer Byrnes, Ph.D., Licensed Clinical Psychologist**

Dr. Byrnes is a founding member and partner at CCDBT where she serves as the Director of Training and the Director of Research. Dr. Byrnes also serves as the Director of the Corporate Mindfulness Training program at CCDBT. A member of the original DBT team at Zucker Hillside Hospital at Long Island Jewish Medical Center, Dr. Byrnes has experience running DBT skills groups for both adolescents and adults, as well as providing individual DBT therapy. Research conducted at CCDBT under the leadership of Dr. Byrnes has focused on demonstrating the effectiveness of DBT in decreasing depression and suicidal ideation among adolescent participants. Research has also examined individual factors predicting successful treatment completion in DBT as well as familial factors that impact positive change among the adolescents and their families who received treatment at CCDBT. Dr. Byrnes currently sits on the board of the Behavioral Health Research Consortium (BHRCH), a private institutional review board based out of Seattle, for psychological researchers who conduct research independently of a university or hospital. Dr. Byrnes received training in Mindfulness Based Stress Reduction (MBSR) from Jon Kabat-Zinn and Saki Santorelli in 2011 and has been running MBSR groups at CCDBT ever since. In addition, Dr. Byrnes has conducted trainings in Mindfulness practice in a variety of private settings outside of CCDBT. Dr. Byrnes received her BA from Tufts University and her Ph.D. from St. John's University where she also received a certificate in Family Therapy.

### **Aaron D. Drucker, Psy.D., Licensed Clinical Psychologist**

Dr. Drucker has been a member of the DBT team since 2001. He attended various training by Behavioraltech, LLC. Prior to helping form the CCDBT team, Dr. Drucker was a staff psychologist at the Division of Child and Adolescent Psychiatry, at Schneider Children's Hospital where he provided treatment for adults, children, adolescents and their families. In addition, Dr. Drucker was the consulting psychologist for the Cystic Fibrosis Clinic and the Allergy and Immunology Clinic at Schneider Children's Hospital during his tenure. Dr. Drucker received his M.A. and Ed.M from Teacher's College, Columbia University in 1995 and his Psy.D. from the California School of Professional Psychology- Alameda in 2000.

### **Miriam Korbman, Psy.D., Licensed Clinical Psychologist**

Dr. Korbman received her doctorate in Clinical Psychology from Long Island University – Post. She completed her pre-doctoral internship in the outpatient Mental Health Department at Andrus in Yonkers where she worked with children, adolescents, adults, and families. Dr. Korbman has received training in Dialectical Behavior Therapy from Behavioral Tech LLC. She has also been trained in multiple CBT approaches, including Cognitive Processing Therapy (CPT) for trauma, Parent-Child Interaction Therapy (PCIT) and PCIT-SM for child behavior problems and selective mutism, Organizational Skills Training (OST) for youth ADHD and executive functioning concerns, and exposure therapy for anxiety disorders and OCD. Prior to starting at CCDBT, Dr. Korbman worked with children, adolescents, and young adults with a range of struggles,



including depression, suicidality, non-suicidal self-injury, anxiety, trauma & ADHD. Dr. Korbman is especially interested in working with anxious youth, and in providing DBT and trauma treatments for adolescents and young adults. At CCDBT, Dr. Korbman provides individual CBT and DBT and co-leads DBT skills groups for adolescents and adults at the Lake Success office.

### **Julia B. Marks, Ph.D., Licensed Clinical Psychologist**

Dr. Marks is a founding Partner of CCDBT and serves as the Managing Director of CCDBT Manhattan. Dr. Marks is the head of the CCDBT Family Therapy Program. Dr. Marks has 22 years of clinical experience working with adolescents, adults, families, and couples, and she has expertise in Dialectical Behavior Therapy, Cognitive Behavior Therapy, Family Therapy, Couples Therapy, and Insight-Oriented Psychotherapies. Dr. Marks received her Ph.D. in Clinical Psychology at the California School of Professional Psychology, after completing a B.A. in Psychology and Classics at Swarthmore College. Dr. Marks has a background in social work with adopted and foster children. Additionally, she worked as a special education teacher for teenagers with learning and emotional issues. Dr. Marks was a staff psychologist within the Division of Child and Adolescent Psychiatry at Schneider Children's Hospital where she specialized in psychotherapy with adolescents and families. She has been practicing Dialectical Behavior Therapy since 2002.

### **Elizabeth Moses, Psy.D., Licensed Clinical Psychologist**

Dr. Moses is a Senior Staff Psychologist at CCDBT and serves as the head of trauma supervision for CCDBT's trauma treatment program. Dr. Moses has received extensive training in treatments for PTSD, Complex PTSD and traumatic exposure, including Prolonged Exposure Therapy (DBT-PE), Cognitive Processing Therapy (CPT) and Eye Movement Desensitization and Reprocessing Therapy (EMDR). She has experience integrating trauma treatment with patients in the Dialectical Behavior Therapy program. In addition, Dr. Moses has received training in evidence-based treatments including Dialectical Behavior Therapy (DBT), Cognitive Behavior Therapy (CBT), Exposure and Response Prevention (ERP) for Obsessive-Compulsive Disorder, and completed an intensive training in Dialectical Behavior Therapy (DBT) offered by Behavioral Tech, LLC. She received her Psy.D. in Clinical Psychology from Rutgers Graduate School of Applied and Professional Psychology in 2016. She completed her pre-doctoral internship at Maimonides Medical Center in Brooklyn, NY. She currently provides individual and family therapy, and co-leads DBT skills groups for adolescents and adults.

### **Adam C. Payne, Ph.D., Licensed Clinical Psychologist**

Dr. Payne is a [DBT – Linehan Board of Certification](#), Certified DBT Clinician. Dr. Payne provides DBT Intensive Trainings for [Behavioral Tech Institute, LLC](#). Within his role as a Behavioral Tech Trainer, he has provided DBT training to clinicians across the nation and internationally. Dr. Payne has served as a Clinical Supervisor for the Behavioral Research and Therapy Clinics (BRTC) at the University of Washington in Seattle, the clinical research center led by Marsha Linehan, Ph.D., ABPP. Dr. Payne was the Program Chair for the [ISITDBT Conference](#) for 2012 and 2013. Dr. Payne served as the Clinical Coordinator of the DBT Program at NSLIJ Schneider Children's Hospital for seven years prior to starting the CCDBT with his colleagues. Dr. Payne currently provides individual DBT and CBT as well as serving as a DBT Skills Group Leader at

CCDBT. Dr. Payne received his Ph.D. in Clinical Psychology from the State University of New York at Stony Brook in 1996.