



**EBHA Clinical Postdoctoral Fellowship**  
**Fall 2023**  
**Adult Focus**

We appreciate your interest in our postdoctoral fellowship at EBHA. We are a group of highly trained, passionate clinicians who are invested in providing evidence-based treatment for eating disorders and co-occurring concerns such as PTSD, anxiety, depression, and chronic health conditions. We are also committed to providing a training program that offers competency in evidence-based treatments for these mental health concerns. Below are some details about what we offer in our postdoctoral fellowship.

In the Adult track, your training will focus on competency of delivering standardized protocols for Enhanced-Cognitive Behavioral Treatment with opportunities to be additionally trained in the application of Dialectical Behavior Therapy with Eating Disorders and Cognitive Processing Therapy. Our adult team specializes in the treatment of adults 18-64 with a variety of eating and body image concerns, including anorexia nervosa, bulimia nervosa, binge eating disorder, ARFID, OSFED, and other related disorders. We also treat co-occurring concerns such as anxiety, depression, OCD, PTSD, and chronic health concerns with evidence-based CBT diagnostic-specific protocols. The postdoctoral fellowship provides an environment in which you learn how to effectively practice in an outpatient private practice setting and offers professional development in this area. Furthermore, we aim to develop our trainee's understanding of ethical and cultural considerations in the treatment of eating disorders and provide support for early career psychologists.

Candidates with a background in behavioral therapy and strong interest in DBT are highly encouraged to apply. Candidates from underrepresented backgrounds are also highly encouraged to apply.

**Time Commitment**

The start date for the 2023 postdoctoral fellowship will be in August 2023.

This is a one-year or two-year postdoctoral fellowship based on your previous training and needs. This commitment affords one to become competent in EBT for EDs. If you receive licensure prior to the end of your commitment, we may be able to move to a comparable model for compensation as an Outpatient Therapist which is based on commission (flat fee) but the compensation rate will take into consideration your supervision and trainee status.

Supervision will be offered for the term of the commitment (1 or 2 years). You will receive at least 1 hour of 1:1 supervision per week, and at least 1 hour of group supervision/didactics per week. There is a potential that you might be able to engage in umbrella supervision, though that will depend on the number of trainees we receive from doctoral programs.

**Hours/Schedule**

The postdoctoral fellow will be required to complete a minimum of 22 client hours per week. Note: this may mean in reality more or less than 22 sessions a week, depending on the type of session you are completing. For instance, initial intakes are credited 2 hours face-to-face, and individual sessions are credited dependent on the CPT code billed (60 min sessions are credited one hour, whereas 45 min sessions are credited .75 hours). This will mean that at least 25 clinical hours will be scheduled to ensure you meet this requirement and account for any no-shows or late cancellations. This may be adjusted depending on the cancel/no-show rate to ensure that you meet the minimum of 22 client hours. You will be expected to lead/co-lead at least one group per week, of

your choosing and dependent on what is available. The requirement of 22 hours per week will start once we are able to provide you with those clients. This typically will take 6- 8 weeks.

The total weekly hour expectation is set at 40 hours per week. There is a strong likelihood that some of the sessions will be telehealth, though this will be determined on client need.

### **Compensation**

This is a salaried, full-time position. The salary is \$55,000 and includes health insurance (employee pays part of the monthly premium), 401k+ 4% match, and a professional stipend of \$250/year. There are 6 paid holidays: January 1, Memorial Day, July 4<sup>th</sup>, Labor Day, Thanksgiving, and Christmas. 2 weeks (80 hours) of PTO per year of commitment is offered.

### **Logistics**

You will receive a laptop, email, secure email add-on, EHR access, marketing, and phone app access. You will also have an assigned, furnished office.

### **Post-fellowship position opportunities**

If both parties find the fit agreeable, there are opportunities for continuing employments as an outpatient therapist in our collaborative, supportive practice. We offer weekly case consultation and everyone is open to 1:1 consultation.

Therapists are hired as W2 Employees and are paid on a commission basis (a certain flat fee per completed CPT code) and have health insurance benefits, 401k+ match, professional stipend, and flexible scheduling. To receive those benefits, one must complete > 21 patient face-to-face patient hours per week, but therapists are welcome to increase and decrease their caseloads within their need (we can chat about this later in the year). We provide competitive rates for private practice clinicians.

As an Outpatient Therapist, your position would be more independent and be able to choose the type of patients you would like in most cases. You would also likely have an opportunity to take on graduate students for supervision, and other training opportunities. We are passionate about providing education and training to the community, and it is likely that there will be opportunities to engage in this. We also are committed to being a science-based practice, and therefore we strive to collaborate with other psychologists in local universities with research. Over the year, you will see that we are a supportive, fun group of clinicians who are all passionate about what we do and sets us apart for a great place to begin your career!

For any other questions regarding the fellowship, please reach out to Dr. Sarah Altman at [altman@eatingandbehavioralhealth.com](mailto:altman@eatingandbehavioralhealth.com).