POST-DOCTORAL FELLOWSHIP
IN COLLEGE MENTAL HEALTH
Brandeis Counseling Center
The Psychological Counseling Center
Brandeis University, MS: 061
Waltham, MA 02454

F.A.Q.

Who are the Counseling Center Staff?
The Counseling Center is staffed by psychologists, social workers and psychiatrists under the direction of Joy Von Steiger, Ph.D. Approximately 20 clinicians work full or part time at the center. Please see our website for a fuller description of the Center:
http://www.brandeis.edu/pcc/index.html

What is the theoretical orientation of the Counseling Center?
We are committed to ongoing development of multicultural awareness as essential to understanding the dilemmas that bring students to counseling. Within a “relaxed psychodynamic” frame, we are informed by developmental, relational and family systems, CBT-DBT and biological approaches.

What is the patient population like?
The Counseling Center serves the undergraduate and graduate students of Brandeis University, a nonsectarian research university which emphasizes liberal arts. We see over 700 of our students per year. Please refer to this link for a description of the Brandeis population:
http://www.brandeis.edu/about/facts/schools.html

Our clients range in diagnoses from mild to severe affective disorders, substance use, eating disorders, and character pathology, to adjustment to the developmental challenges of emerging adulthood. The majority of clients, despite serious life concerns, are able to engage usefully in either group or individual psychotherapy collaboration. Students represent a wide range of ethnic, racial, religious, national and economic backgrounds.

What days and times are required?
The Counseling Center operates on weekdays starting at 9am with 3 later evenings during the week. Full-time Post-Doctoral Fellows should be on site each weekday and into at least 2 evenings. Required seminars and meetings usually take place on 4 days of the work week which will be determined in the summer before the training year begins. Some evening work may be required, especially for outreach activities or evening group therapy. The post-doc is welcome to participate in the work of the Multi-Cultural Committee (Martin Pierre, Ph.D., Chairperson) as well as all other staff development activities of the center.
**What are Post-Doc duties?**

Post-Doctoral fellows are full time and carry approximately 24 contact hours, comprised of group, individual, intake, and urgent care coverage. After hours on-call may be required. There may be opportunities for working with couples. It is likely that a postdoc will have several cases that span the entire training year. There are opportunities for consultation and outreach to the larger University community.

**What supervision is provided?**

One hour of individual supervision per week is provided by the Director of Training and two additional hours by other supervisors who are experienced members of the Counseling Center staff. All supervisors are licensed psychologists or social workers. The focus of supervision varies somewhat among supervisors, but all attend to careful assessment of the patient’s treatment needs and the importance of the therapist’s own contributions to the therapeutic relationship. There are also opportunities to work with staff specialists (eating disorders, substance abuse, trauma, multicultural concerns, international student concerns, etc).

Group supervision with the Director of Training and senior Social Worker meets for 1 hour per week. The focus of this meeting is the group work all trainees will be doing. The group serves as a place for those in training to listen to group cases in a focused way, to learn about responding helpfully to another therapist’s clinical dilemmas and also as a troubleshooting opportunity between individual supervision meetings.

---

**What didactic experiences are there?**

Required and optional seminars and meetings may vary somewhat from year to year. Post-Doctoral fellows attend these with pre-doctoral trainees.

Current (2017-18) seminars are:

- **Continuing Case Conference** Joy Von Steiger, Ph.D.
- **Group Supervision** Roberta Caplan, Ph.D., Amy Engel, LICSW
- **Peer Support Group** Carrie Eichmann, LICSW
- **Psychiatry Seminar** Jonathan Moran, MD
- **Central Concepts** Dale Dillavou, Ph.D.
**What is the application procedure?**

Applications are accepted starting December 15 through February 28th for the following training year. We require a cover letter, application questionnaire, CV, and 3 letters of reference. Please submit as many references as possible from supervisors with direct knowledge of your clinical experience.

Please download questionnaire found in website link:  [https://www.brandeis.edu/counseling/training.html](https://www.brandeis.edu/counseling/training.html)

*In order to give all materials thorough reading and attention, we do not accept electronic applications.*

*Please address applications to:*

*Roberta Caplan, Ph.D.*  
*Director of Training*  
*Brandeis Counseling Center, MS061*  
*Brandeis University,*  
*Waltham, MA 02454*

*Contact information for Dr. Caplan:*  
*rcaplan@brandeis.edu*  
*781 736 3734 (direct line)*