

PBH Postdoctoral Fellowship in Clinical Psychology 2026 Cohort

Welcome & Program Overview

Welcome

Our 12-month program prepares fellows for independent licensure by providing advanced clinical training, structured didactics, and individualized mentorship. PBH values cultural humility and diversity and strives to provide equal opportunity in all practices. Candidates representing underrepresented backgrounds in mental health are strongly encouraged to apply.

Program Mission

PBH's mission is to deliver **high-quality, evidence-informed psychotherapy** in a client-centered, professional, and collaborative environment. Fellows receive diverse clinical experiences with expert supervision and consultation from clinicians who also hold positions at Stanford University, the Palo Alto VA Hospital, The Wright Institute, and Palo Alto University.

The fellowship is **competency-based** and designed to help fellows develop both clinical and professional skills needed for licensure and independent practice, including accrual of supervised hours, caseload management skills, professional judgment and consultation, cultural responsiveness, and cultivating a clinical voice.

Program Overview

Feature	Details
Duration	12 months, full-time (half-time positions may be considered)
Stipend & Benefits	~\$78k/year, 401k, health insurance, \$1,000 independent learning stipend
Leave	2 weeks vacation (accrued), 24 hours sick leave/year, federal holidays off
Setting	Private group practice (telehealth + optional in-person, Palo Alto)
Specialty Clinics	General, Eating Disorders, Trauma, Relationships, Women's Wellness
Supervisory Faculty	Stanford, Palo Alto VA, The Wright Institute, Palo Alto University

Clinical Training (Adult & Child Tracks)

- **Weekly Clinical Hours:** Average 17 hours/week (full-time), caseload ~20–22 clients
- **Caseload Ramp-Up:** Begin with intake assessments → gradually full caseload (~16 ongoing clients + 1 intake hour/week)
- **Caseload Composition:** Matched to training goals while balancing clinic needs and client availability
- **Sliding Scale Services:** Opportunity for 1–2 clients depending on program needs
- **Client Age Range:** depending on adult or child track, from ~4-70 years

Adult Track

- Evidence-informed individual therapy, with an emphasis on CBT, ACT, and other modern behavioral modalities. Availability to work with older teens, young adults, and older adults.
- Opportunity to join specialty clinics for focused supervision in areas like trauma, eating disorders, or women's wellness
- Weekly general group consultation required
- Weekly specialty consultations required

Child Track

- Individual, group, and family interventions. Availability to see a majority child clients, with some adult clients as well.
- Clinical focus areas: mood/anxiety disorders, emotion dysregulation, ADHD, behavioral, eating, developmental disorders
- Weekly general group consultation required
- Weekly participation in child-focused clinic consultations

Telehealth & Virtual Care

- Fellows may provide services via videoconference from any California-based location
- In-person sessions optional in Palo Alto in consultation with supervisors
- Telehealth flexibility allows fellows to gain experience in modern, accessible mental health service delivery

Therapeutic Approaches & Evidence-Informed Practice

- Exposure-based therapy for trauma recovery and anxiety disorders
- Cognitive Behavioral Therapy (CBT) for anxiety, depression, eating disorders, and sleep disorders
- Acceptance and Commitment Therapy (ACT) for mood, anxiety, and stress-related difficulties
- Additional evidence-informed approaches: Dialectical Behavior Therapy (DBT), Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), and more

Evidence-Informed Philosophy

PBH integrates **empirical research and clinical expertise** to deliver therapy that is both flexible and client-centered. Fellows are encouraged to **adapt interventions** to meet individual client needs while maintaining fidelity to evidence-based practices.

PBH emphasized the importance of measurement-based care, and provides opportunities for fellows to administer and track standard mental health questionnaires, such as PHQ-9, GAD-7, PCL-5, and more.

Clinical Experience

- Fellows see a diverse patient population, including adults, adolescents, and children
- Caseload reflects fellows' **training goals and clinic needs**
- Intake assessments allow fellows to gain experience in evaluation and triage
- Fellows are registered as psychological associates with supervision in all clinical interactions

Supervision & Mentorship

Supervision Type	Hours/Week
Individual (primary & supplemental)	2
Group supervision	1
Group consultation and specialty clinic consultation	2

Supervision Philosophy

- Zoom session recordings (with client consent) for review
- Direct didactic exploration and training as per fellows' individual training goals (for example, learning a new therapy modality)
- Gradual shift from more structured feedback to an emphasis on reflective practice and finding each fellow's individual clinical voice
- Professional development topics, mentorship on personal finances, business practices
- Guidance and feedback on using appropriate disclosure, support-seeking, and connection with fellow professionals in the group consultation context

Mentorship & Community

- Fellows receive guidance on professional development and transitioning to independent practice, including test taking, caseload management, financial planning, and professional decisionmaking.
- Collaborative culture with supportive colleagues, quarterly group meals and socials
- Mentorship includes skill development, career planning, and integration of clinical knowledge

Professional Development Stipend

- \$1,000/year for CE courses, workshops, books, or independent learning

Didactics & Training Sequence

Monthly Didactic Seminar

- Topics chosen monthly, with input from fellows. Examples include: advanced case conceptualization, intergenerational trauma, race-based stress and trauma, motivational interviewing, OCD treatment incorporating social justice, advanced ethics, measurement-based care, conception and post-partum mood disorders
- Covers advanced practice skills, clinical updates, and emerging research, as well as professional development and business topics.

Training Sequence

1. Brief training in documentation, charting, billing, business in the private practice setting
2. Intake assessments and brief consults
3. Gradual ramp-up of individual client caseload (with corollary decrease in intake hours), supervision and consultation within specialty clinics
4. Video review and feedback, especially in aiding with specific training goals
5. Full clinical responsibilities with diverse presentations across specialty clinics, transition to effective utilization of group consultation space without supervision

Competencies Developed

1. Assessment & Diagnosis
2. Intervention
3. Consultation & Interprofessional Skills
4. Ethics & Legal Practice
5. Individual & Cultural Diversity
6. Professional Values & Self-Care
7. Communication & Interpersonal Skills
8. Self-Assessment & Reflective Practice
9. Readiness for Independent Practice

Integration: Supervision, clinical work, and didactics reinforce all competencies. Fellows are able to select specific sub-goals for their training year. Examples include: learning specific exposure therapies for OCD, anxiety disorders, and trauma; practicing specific modalities for eating disorder treatment; learning Gottman method for couples' therapy.

Training Resources

- Clinical experience may be gained via telehealth, or in person in our Palo Alto offices, 3260 Ash St. Palo Alto, CA 94306. +1 (650) 308-9215
- Supervision is conducted exclusively via telehealth, with opportunities for in-person social events across the Bay Area, especially in the South Bay. Historically, some supervisors and supervisees have agreed to meet for some in-person supervision on an as-desired basis.
- Rotating supervisory staff based on trainee's specific goals and needs, from 1-4 supervisors available per year. All supervisors are licensed clinical psychologists from APA-accredited programs.
- Fellows additionally have regular opportunity to consult with previous post-doctoral fellows, early career clinicians, as well as leadership within the clinic (training directors, partners.)
- Fellows are provided with a \$1,000 stipend to pursue training opportunities outside the clinic, and/or prepare for licensure exams.

Leave & Scheduling

- **Vacation:** 2 weeks (accrued)
- **Sick Leave:** 24 hours/year (accrued)
- **Holidays:** Federal holidays off
- **Scheduling Flexibility:** Fellows manage their own schedule in consultation with supervisors and according to client needs
- **Telehealth & In-Person:** Mix of telehealth and optional in-person sessions allows for experience in multiple care delivery modalities

Caseload Management Approach:

- Balance personal availability with client needs
- Coordinate with supervisors and peers for emergency coverage
- Gradual ramp-up ensures manageable learning curve

Application & Eligibility

- Doctorate from APA- or CPA-accredited program; predoctoral internship required
- Must register as California Psychological Associate prior to starting
- **Application Materials:** CV, cover letter, 3 references, transcript, optional work sample
- **Timeline:** <<Insert deadlines, interview dates, offer timeline>>
- **Contact:** Dr. Erica Pool, PsyD – [email/contact info]

Application Tips:

- Please note interest in adult or child track
- Please specifically highlight your experiences with and commitment to evidence-based treatment
- Please help us understand specifically what you're hoping to gain from our training program, and how it fits into the sequence of your training (or represents a pivot in your goals!)
- Please feel free to speak frankly to help us understand you as a candidate and as a person