

Bridges of the Mind
Psychological Services Inc.

Postdoctoral **FELLOWSHIP PROGRAM**

in Child and Adult Psychology

2023-2024

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Our Mission

At Bridges of the Mind Psychological Services, Inc., we are a family with a passion and commitment to serving our community through outreach and individually tailored services.

We strive to provide an inclusive, diverse, and accepting workplace, where professionalism and expertise are valued, supporting the growth of our providers through continuing education and professional development. We support people across the lifespan with learning and developmental challenges through clarifying assessments, which provide a framework for understanding and allow for tailored interventions, to bridge from the evaluation to resources and services. We are dedicated to our community and our family is here to support and guide your family. We believe that by lifting up all in our community and supporting our care partners, we contribute to a more vibrant, healthy, and emotionally sustainable world.



Who We Are

Bridges of the Mind Psychological Services, Inc., provides neurodevelopmental and neuropsychological assessments for infants through adult-hood, specializing in Autism Spectrum Disorders, Intellectual Delays, Attention Deficit Hyperactivity Disorder, Learning Disorders, and Independent Education Evaluations.

Additionally, we offer anxiety and social skills groups for a variety of ages, as well as The Barton Reading and Spelling Program.

Bridges of the Mind Psychological Services, Inc. was founded by Dr. Erika Frieze in 2018 in response to her drive to work with and help as many families as possible. In 2019, Dr. Frieze expanded her vision of Bridges of the Mind Psychological Services, Inc. and grew it into a group practice of clinicians and specialists who are passionate about providing services to our community and region.

We continue to grow, adding practitioners and specialists for the community's needs!



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Introducing Our Team

Welcome to Bridges of the Mind Psychological Services, Inc., where we take pride in fostering a supportive and exceptional team environment. Our dedicated professionals include Dr. Allison Womack, our esteemed Clinical Director, along with our accomplished Postdoctoral Fellows, Dr. Adrianna Chaparro and Dr. Chastity Easley-Bosley. Joining them is our talented doctoral intern, Susy Quinto, M.A. To ensure seamless operations, we have the invaluable contributions of Charmaine Flansbaum, our Office Manager, Kelli Vang, our diligent full-time administrative assistant, and Manar Ahmed, our dedicated part-time virtual administrative assistant. Moreover, we are privileged to host practicum students from local graduate schools each year, providing them with valuable clinical experience. Together, our team is committed to providing exceptional psychological services.

Dr. Erika Frieze (she/her) – Owner and Clinical Training Director

Dr. Frieze received her B.A. in Psychology at the University of California, Santa Barbara in 2003. She then received her Doctor of Psychology (Psy.D.) from Alliant International University in Sacramento in 2008. During her time in her doctorate program she also received her certificate in Infant Preschool Mental Health. Dr. Frieze's clinical experience began as an in-home ABA therapist.



She has been fortunate to work within school, clinic, and home settings conducting psychological assessments. Dr. Frieze's postdoctoral training at Kaiser Permanente's Autism Spectrum Disorders Clinic allowed for the best foundation and training. For seven years she was one of the primary psychologists at the University of California, Davis MIND Institute, conducting clinical evaluations for neurodevelopmental disorders, regional center evaluations, and with the social skills program. Dr. Frieze spent two years as a staff psychologist at Dignity Healthcare in Woodland, California where she continued to conduct neurodevelopmental assessments for infants through early adulthood, before she opened her private practice.

Her professional goal is to serve as many patients as possible in a timely fashion. Dr. Frieze's waiting lists have been as long as 9 months for these types of assessments that are so needed in the community, therefore she felt driven to be in private practice full time, while continuing to serve the majority of the northern California regional centers as a vendor conducting limited scope assessments.

Dr. Frieze is currently the Sacramento Valley Psychological Association Behavioral Medicine and Neuropsychological Chair. Additionally, Dr. Frieze is licensed in the state of Nevada (PY1105) as well as California (PSY22737). Dr. Frieze is research reliable in the best practice assessment for Autism Spectrum Disorders, the Autism Diagnostic Observation Scale, Second Edition (ADOS-2), and all of her evaluations have been highly regarded in the community for the past 15 years.

Dr. Joseph ‘JoJo’ Armendarez (he/him) – Licensed Psychologist and Postdoctoral Fellow Supervisor

Dr. Joseph Armendarez serves individuals and families who speak Spanish and English, and he holds expertise in assessment and interventions for youth with autism, intellectual disabilities, attention deficit hyperactivity disorder, as well as, other co-occurring mental health conditions. Dr. JoJo also has experience in psychological testing with adults, and parent-behavior training related to disruptive behaviors.



Dr. JoJo, as he is affectionately known by his patients, is a Psychology graduate from the University of Rhode Island. He completed his undergraduate bachelor’s degrees in Human Development and Psychology from California State University, San Bernardino, and he completed his doctoral-level internship at one of the largest community mental health clinics in Southern California, Pacific Clinics. After completing his internship, Dr. JoJo started work with Therapy Travelers, and he completed a year as a school psychologist in the Gilroy Unified School District, and another year in the Simi Valley Unified School District. He recently completed a yearlong Post-Doctoral Clinical LEND Fellowship at the University of California, Davis’ MIND Institute.

Dr. JoJo has also worked in several intensive behavioral mental settings, including three summers at ADHD behavioral camps (i.e., Summer Treatment Program) in Miami, Florida, and Boston, Massachusetts, and two summers completing psychology training in Quito, Ecuador. He is an adjunct lecturer in the UC Davis’ Psychology department.



About Our Locations

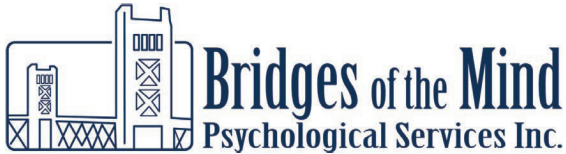
West Sacramento

Bridges of the Mind Psychological Services, Inc. is proud to be located in the vibrant city of West Sacramento. Situated on the western bank of the Sacramento River, this bustling community offers a wonderful backdrop for our practice. With its proximity to the state capital of California, West Sacramento combines a thriving urban environment with a close-knit community feel. Our office is conveniently situated in a central location, making it easily accessible for clients from across the region. We are roughly 60-90 minutes from San Francisco, Napa, and Lake Tahoe. We are excited to serve the diverse population of West Sacramento and surrounding areas.

South Lake Tahoe (Satellite Office)

In addition to our main location in West Sacramento, Bridges of the Mind Psychological Services, Inc. is delighted to announce our satellite office in the breathtaking South Lake Tahoe. Nestled in the stunning Sierra Nevada mountains, South Lake Tahoe is renowned for its natural beauty and outdoor recreational opportunities. Our satellite office serves as a tranquil haven, catering to the unique needs of the community in this idyllic setting.

Both of our locations exemplify our mission to create a warm and welcoming environment where individuals can receive the care they deserve and create beautiful places for your postdoctoral fellowship to begin.



POSTDOCTORAL Fellowship Training Program

in Child and Adult Psychology

Bridges of the Mind Psychological Services, Inc. offers a one-year full-time Post-doctoral Fellowship in clinical psychology. We aim to train psychologists who are committed to working with clients in their communities to fulfill our mission of offering services that are not readily available otherwise. We are ardent on advocating for our clients within the educational and community settings. We work with children, teens, adults, and families who are often neurodiverse and present with co-morbid symptoms. We service clients from all socioeconomic statuses. We see clients at our clinic office and at times within the school setting.

Bridges of the Mind Psychological Services, Inc., is committed to remain at the top of the industry standard for utilizing best practice assessment tools to best serve our clients and help with further diagnostic clarity. Our Postdoctoral Fellows have the opportunity to be hired directly after the completion of their fellowship.

Training Resources

At Bridges of the Mind Psychological Services, Inc., we place a strong emphasis on professional development and ensuring that our postdoctoral fellows have access to comprehensive training resources.

We are committed to fostering a culture of continuous learning and growth, which is reflected in our dedicated training and supervisory staff, state-of-the-art physical facilities, and robust training support.

1. Training/Supervisory Staff:

Our team of highly experienced and knowledgeable professionals serves as valuable resources for training and supervision. Led by our esteemed Owner, Dr. Erika Frieze, our team brings a wealth of expertise in various areas of psychology. Dr. Frieze, along with Clinical Supervisor Dr. Joseph Armendarez, our postdoctoral fellows and Doctoral interns, provides mentorship and guidance to ensure the professional development of our postdoctoral fellows. With their extensive clinical experience, our staff is dedicated to nurturing the skills and knowledge of our practitioners, fostering a supportive learning environment.

2. Physical Facilities:

We pride ourselves on maintaining modern and comfortable physical facilities to facilitate effective training and therapy. Our offices are designed to create a welcoming and conducive environment for both clients and clinicians. Equipped with the latest technology, office are outfitted to support a variety of therapeutic approaches and interventions. The physical spaces are carefully curated to promote a sense of tranquility, ensuring that both clients and clinicians can engage in productive and meaningful sessions.

3. Training Support:

We understand the importance of ongoing training and provide comprehensive support to our postdoctoral fellows. This includes access to professional development workshops, conferences, and seminars, where our postdoctoral fellows can expand their knowledge and stay updated with the latest advancements in the field of psychology. Additionally, we facilitate regular case consultations, peer supervision, and team meetings to encourage collaboration, knowledge sharing, and the refinement of clinical skills. We also maintain a well-stocked library and online resources to further support our postdoctoral fellows continuous learning journey.

By offering a robust combination of training/supervisory clinicians, modern physical facilities, and ongoing training support, Bridges of the Mind Psychological Services, Inc., ensures that our postdoctoral fellows have the necessary resources to excel in their professional growth. We are dedicated to creating an environment that fosters excellence, innovation, and compassionate care for the benefit of our clients and the broader community.

Direct Services

We are dedicated to providing a comprehensive and structured training program for postdoctoral fellows in their neurodevelopment assessment fellowship. Our program offers a planned, programmed sequence of supervised training experiences designed to equip fellows with the necessary skills and knowledge to become proficient in neurodevelopmental assessment and related psychological interventions.

As part of our program, fellows engage in a variety of direct service experiences, which encompass comprehensive assessments, case consultations, therapeutic interventions, and community outreach. These experiences are carefully designed to provide fellows with a diverse range of clinical encounters and opportunities to apply their theoretical knowledge in practical settings.

Comprehensive assessments form a core component of the training program. Fellows work under the close supervision of experienced licensed psychologists to conduct thorough evaluations of individuals

across the lifespan who present with neurodevelopmental concerns. Through these assessments, fellows gain expertise in administering and interpreting a wide array of standardized assessment tools, including cognitive, social-emotional, and behavioral measures. They also learn to integrate assessment data, generate diagnostic impressions, and provide comprehensive written reports.

In addition to assessments, fellows actively participate in case consultations. They collaborate with senior clinicians to discuss and analyze complex cases, exploring different perspectives and developing comprehensive treatment plans. These consultations provide fellows with invaluable opportunities to enhance their diagnostic and formulation skills while gaining insight into evidence-based intervention strategies.

Therapeutic interventions are another crucial aspect of the training program. Fellows are involved in delivering evidence-based interventions to individuals with neurodevelopmental disorders, such as autism spectrum disorder, attention-deficit/hyperactivity disorder (ADHD), and learning disabilities. Under the guidance of experienced clinicians, fellows learn various therapeutic modalities, techniques, and approaches tailored to the specific needs of each client. They gain hands-on experience in implementing interventions, monitoring progress, and making necessary adjustments to optimize treatment outcomes.

Community outreach is an integral part of our program, emphasizing the importance of engaging with the broader community. Fellows actively participate in initiatives aimed at raising awareness and promoting mental health within schools, community organizations, and other relevant settings. They may be involved in conducting workshops, providing psychoeducation to families, and collaborating with community partners to enhance the accessibility and quality of neurodevelopmental services.

Throughout the fellowship, fellows receive ongoing supervision and guidance from experienced licensed psychologists who are dedicated to nurturing their professional development. Supervisors provide regular feedback, conduct case reviews, and facilitate reflective discussions to support the fellows' growth and competence in neurodevelopmental assessment and intervention.

At Bridges of the Mind Psychological Services, Inc, we are committed to providing a comprehensive training experience that prepares postdoctoral fellows to excel in the field of neurodevelopmental assessment. Through a combination of comprehensive assessments, case consultations, therapeutic interventions, and community outreach, our program equips fellows with the skills and knowledge necessary to make a positive impact in the lives of individuals with neurodevelopmental concerns.

Our Commitment to Learning and Diversity

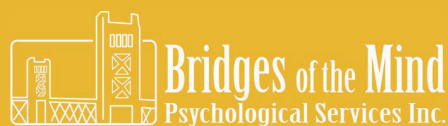
The Bridges of the Mind Psychological Services, Inc. team is a learning community, where integrated personal and professional development are pursued in order to match our clients' desire for change in their lives.

Respect for individual and cultural diversity is reflected in the program's policies and practices relating to recruitment, retention, development of our staff and fellows, and in didactic and experiential training. The program has nondiscriminatory policies and operating conditions and avoids any actions that would restrict program access on grounds that are irrelevant to success in the fellow-ship or the profession.

The Bridges of the Mind Psychological Services, Inc. is an equal opportunity employer. We are committed to diminishing the influence of privilege and discrimination in our field and in our workplace relating to differences on age, race, ethnicity, creed, disability, gender, genetic information, marital or parental status, medical condition, national origin or ancestry, religion, registered domestic partner status, sex, sexual orientation, and veteran status.

Training Model

The Postdoctoral Fellowship Program is designed in keeping with the scholar-practitioner model. Training components are organized to build on previous experiences and learning to maximize the transfer of theoretical understanding to practical application. Teaching occurs through a combination of supervised professional experience, didactics, case-based presentations, observational learning, and consultative guidance to increase clinical understanding.





Our Training Programs

Assessment, Therapy, and Groups

Postdoctoral fellows will learn theory and techniques to continue their practice and training with individual and group neurodevelopmental, neuropsychological, and therapeutic work. Clients for our psychoeducational assessments and therapy include children, teens, and adults. Fellows who participate in our training program gain advanced experience in assessment and therapy/group modalities. Fellows will learn how to independently choose appropriate assessment measures, administer assessments to a variety of clients, score, and interpret complex reports. Fellows will be trained to write their integrative reports from the understanding of ethnic, cultural, and gender-diverse sensitivities. Working closely with the client and referring provider, the fellow will learn collaboration with a variety of community agencies, outreach, and coordinating all of these competencies into appropriate feedback and referral accommodations. Fellows will also have the opportunity to provide individual/group therapy to clients and the opportunity to also participate in guidance, and clinical case management such as in Individual Educational Evaluations (IEEs) services aimed at helping clients navigate their local school system.

Training Activities

Individual Supervision (2 HOURS/WK)

Throughout the duration of the fellowship, Dr. Erika Frieze and Dr. Joseph Armendarez will assume the vital roles of primary and delegated supervisors for the postdoctoral fellows. They will provide ongoing supervision and guidance to ensure the fellows' professional development and success. Additionally, Dr. Frieze and Dr. Armendarez will maintain professional practice responsibilities over the postdoctoral fellows, overseeing their clinical activities and offering support throughout their entire fellowship period. Their expertise and involvement will contribute to the fellows' training experience and facilitate a high standard of care in the delivery of neurodevelopmental assessment and intervention services.

Group Supervision (2 HOURS/WEEK)

Fellows take part in a case conference with fellow clinicians led by a licensed psychologist. Clinicians present their work for discussion and consultation.

Professional Development (1.5 HOURS/WEEK)

Fellows are provided hours in their work week for professional development activities. This can include supervision experience of practicum students, teaching, curriculum development, studying for licensing exams, etc.

Professional Development Training (3 HOURS/WEEK)

This seminar addresses areas of professional development including licensing, career options, supervision, connecting fellow with referral resources in the community, work/life balance, early career planning, loan repayment, supervision experience, consultations, and other supportive topics related to early career clinicians.

Examples of past trainings include:

- Dave Gaines from Sacramento Autistic Spectrum and Special Needs Alliance resource presentation
- Dr. Laura Gaeta from Sacramento State University Department of Communication Sciences and Disorders presentation on audiological disorders
- Meristem Presentation on community resources for autistic young adults transitioning into college
- Dr. Corinne Sako presentation on assessing for and treating Obsessive Compulsive Disorder and Anxiety
- Dr. Corinne Odineal, In-Depth Vision Optometry presentation about assessing for visual disorders
- Dr. Cynthia Root, presentation about services provided by Alta California Regional Center as well as how our comprehensive assessments are utilized by the regional center

Evaluation (90-day, mid-year, and end of year)

At the beginning of the training year, in discussion with their supervisors, fellows develop training goals and objectives. They will then receive verbal and written feedback on their progress in each of the domains of competency at least twice during the year during formal reviews. Formative evaluation is provided on an ongoing basis through supervision as well. Fellow progress meetings will occur at mid-year and year-end, during which the fellow, together with their supervisors, and postdoctoral training director discuss learning and progress.

Bridges of the Mind Psychological Services, Inc., utilizes a fair and equitable grievance and due process procedure. In cases where a postdoctoral fellow does not meet expected levels of performance on any of the evaluations a due process will be initiated. Further information about this process will be given during the on-boarding of the postdoctoral fellow and can be made for review during the interview process.

Postdoctoral Competencies

Fellows consolidate, deepen, and refine the skills of clinical community psychology over the course of the postdoctoral training year.

Foundational Competencies

1. Awareness of individual, racial and cultural diversity in the context of human relationships, with increasing ability to attend to these in therapeutic practice
2. Systems orientation to child and family mental health
3. Familiarity with legal and ethical standards, models, and policies
4. Emphasis on collaboration with clients, other professionals, other disciplines, and other sectors
5. Use of current literature and research as clinically appropriate
6. Professional development in terms of reflective practice, self-assessment, self-care, professional conduct, and cultivating the capacity for social innovation

Functional Competencies

1. Intake evaluation, diagnostic clarification, case formulation, and treatment planning
2. Assessment and psychotherapy with a broad range of clients, with a particular emphasis on neurodevelopmental disorder across the lifespan
3. Consultation and collaboration with other professionals and community members
4. Clear and professional written and verbal communication

Fellowship Overview

Fellows contract for a 12-month, 40-hour per week (2,080 hours in total) position that begins 09-05-2023. The Postdoctoral Fellowship Program meets all requirements regarding post-degree supervised professional experience in California.

Fellow Weekly Hours

Activity

- Individual Supervision: 2 hours/week (5%)
- Group Supervision: 2 hours/week (5%)
- Professional Development Training: 3 hours/week (7.5%)
- Professional Development: 1.5 hours/week (3.75%)
- Direct Clinical Services: 30 hours/week (75%)
- Administrative Tasks: 1.5 hours/week (3.75%)

Total: 40 hours/week

Stipend and Benefits

The annual stipend for post-doctoral fellows is \$65,000

- Healthcare, dental, and vision will be offered to full time employees after a positive 90 day review.
- 8 hours of PTO for each 160 hours.
- Per CA Sick policy you will get 5 days of sick pay.
- 25K in Life Insurance.
- 401K Safe Harbor with a match 100% of employee contributions up to the first 3% of pay. Then 50% of employee contributions on the next 2% of pay at 12 months of employment.
- Full access to admin and easy to use EHR.
- Monthly team meeting and group consult.
- Team building activities throughout the year!
- 8 Paid Holidays and the last week of December paid.

Application Process

Bridges of the Mind Psychological Services, Inc. will accept all applications through the APPIC online application system for postdoctoral programs and will follow the 2023/2024 APPIC Postdoctoral Selection Guidelines.

To be eligible for admission, applicants must have completed all requirements for a professional doctoral degree in psychology from a regionally accredited university or an APA/CPA-accredited program. This includes successful completion of a predoctoral internship that meets APPIC standards. By the first day of the fellowship, applicants must either have their diploma in hand or a letter from the Director of Graduate Studies verifying that all degree requirements have been met pending the institution's graduation ceremony.

Fellows who completed doctoral studies in fields outside of clinical, counseling, or school psychology must provide a certificate of equivalency from an APA/CPA accredited program stating that they have met APA/CPA standards, including the predoctoral internship requirement.

Applicants will be asked to submit:

- A cover letter describing interest in the position, previous experience relevant to the postdoctoral program, and professional goals that fit with the training opportunities of the program.
- A current Curriculum Vitae
- Official transcripts of all graduate work
- Three letters of recommendation
- Three redacted psychological assessment reports

A list detailing your assessment experience, including the following: all assessments administered, number of times administered, and number of integrative reports written. Please indicate if the administration was part of course work or part of your clinical work.

Brief essay addressing the following: Tell us about your approach to case conceptualization and treatment, grounded in a case example. Please indicate how you incorporate the understanding of race, culture, and diversity into thinking about your practice.

Offers made by Bridges of the Mind Psychological Services, Inc. will be contingent upon completion of background check, including fingerprinting.

Application Timeline

Application Deadline for 2023-2024: August 26, 2022

- Review of Applications and Response from Clinic: October 28, 2022
- Interviews: November 2022 through January 2023
- Common Hold Date: February 27, 2023
- Start Date: September 5, 2023
- End Date: August 30, 2024

Application Deadline for 2024-2025: August 25, 2023

- Review of Applications and Response from Clinic: October 27, 2023
- Interviews: November 2023 through January 2024
- Common Hold Date: February 2024 (Date TBD)
- Start Date: September 3, 2024
- End Date: August 29, 2025

Please see the Postdoctoral Selection Guidelines posted on the APPIC website for details regarding the application and match processes.





For More Information

If you have questions about the Postdoctoral Fellowship Training Program and/or the contents of this brochure, please contact:

Erika Frieze, PsyD
Postdoctoral Training Program Director

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10/09/2023