



**CAMBRIDGE EATING
DISORDER CENTER**

*Quality Care in a
Community Environment*

3 Bow Street
Cambridge, MA 02138
617.547.2255
www.eatingdisordercenter.org
Seda Ebrahimi, Ph.D.
Director and Founder

Post-Doctoral Fellowship Program

Individuals suffering from eating disorders represent a complex and heterogeneous population who challenge clinicians at all levels of ability. The Cambridge Eating Disorder Center, located in Harvard Square, Cambridge, MA, provides a variety of treatment options for adolescents and adults who present with eating disorder behaviors and other co-morbid mental health conditions.

The Center offers a 24-hour Residential Program, a Partial Hospitalization Program (PHP) from 9:00 a.m. to 3:30 p.m., an Intensive Outpatient Program (IOP) from 5:30 p.m. to 8:30 p.m. as well as Outpatient services. Since the COVID-19 pandemic, all outpatient services are also offered virtually. The Center is staffed by psychologists, psychiatrists, social workers, licensed mental health counselors, residential counselors and nutritionists. Modalities of treatment offered include individual, couples and family therapy, consultation, medication management, nutrition counseling, a variety of group psychotherapies and supervised meals.

CEDC offers a 12-month doctoral fellowship program with a rolling application period. Only four or five fellowships are available each calendar year. These 40-hour per week positions enable Fellows to accrue 1,600 license-eligible hours of supervised practice during their training. Fellows are supervised by Seda Ebrahimi, Ph.D., founder and director of CEDC, who has been working with patients who suffer from eating disorders for more than 30 years.

Training Components

Fellows are assigned to one of three intensive treatment programs (Residential, PHP or IOP), where they case manage several patients at a time. Fellows function as part of a coordinated, interdisciplinary team, conducting groups and attending Rounds and Community Meetings specific to their Program. Additionally, they carry several psychotherapy cases year-long in the Outpatient department. Fellows receive individual supervision and group supervision.

The fellowship program offers an in-depth opportunity to work with and learn from an especially complex clinical population. Exposure to patients ranging from early adolescence to advanced middle age, all genders, struggling with a wide variety of disordered eating behaviors and other co-morbid conditions will deepen and broaden any knowledge previously developed about this population. Fellows function as valued members of the clinical team. As such, they operate with a significant degree of autonomy and responsibility, while maintaining close contact with other staff from their Program.

The training experience is designed to strengthen the Fellow's competencies in each of the following areas:

- Evaluation

Fellows conduct intake interviews for new patients to all programs. They become familiar with the diagnostic criteria and behavioral symptoms that determine admission to the appropriate level of care (Residential, PHP, IOP, Outpatient). They gain further expertise in evaluating patients with concurrent depression or anxiety, substance use disorder, trauma history, personality disorders and numerous other medical conditions associated with specific eating disorders.

- Case Management and Treatment Planning

Fellows manage the cases of several patients at a time from their respective Programs. This role involves coordinating and making decisions about all aspects of their patient's care as well as designing aftercare or step-down treatment plans. Case managers participate in Rounds and Community Meetings and perform insurance reviews, as needed. As such, they become experienced in communicating concise formulations, review of symptoms and rationale for continued treatment. Fellows become comfortable collaborating with professionals from other disciplines and agencies regarding patient care specific to this population.

- Individual Psychotherapy

Depending on the needs of the program to which they are assigned, Fellows may conduct psychotherapy with several patients at a time. In addition, Fellows provide psychotherapy for up to five patients in the outpatient department over their year-long fellowship, deciding on choice of modality and orientation (individual, couples or family, psychodynamic, cognitive-behavioral, DBT or integrative) to suit patient needs.

- Group Psychotherapy

Leading seven or eight groups per week in one or more of the CEDC Programs (adolescent or adult, Residential, PHP, IOP), Fellows become experienced group facilitators and therapists. Ongoing group offerings include: Cognitive Behavioral Therapy (CBT); Dialectical Behavior Therapy (DBT); Psychotherapy; Body Awareness; Relationship Issues; Coping Skills; and Bibliotherapy. Fellows may develop their own therapy group based on individual special interest or expertise.

- Family Consultation/Therapy

Fellows facilitate family meetings for each patient for whom they are the Case Manager. These meetings focus on how significant others and family members can best support the CEDC patient in their treatment and recovery process.

Upon successful completion of their year-long training program, Fellows are equipped to provide treatment for this population within any Eating Disorder Program or private practice. Additionally, they are better prepared to practice within the constraints of our managed care health insurance system.

Stipend and Benefits

Each fellowship position earns an annual stipend of \$30,000 with a full benefits package including medical and dental insurance, two weeks of vacation, five sick days and some holidays.

Application Process

Applicants must complete all requirements for a Doctoral Psychology degree before the Fellowship start date. Exceptions may be made with respect to the requirement if the candidate has successfully defended their dissertation before beginning the Fellowship.

Applications are accepted throughout the year, and selections will be made within one month of the application receipt.

An application consists of:

1. CEDC Post-doctoral application (below)
2. Letter describing your interest in this training program and your qualifications along with how your career goals would be enhanced by this fellowship
3. Curriculum vitae
4. Three letters of reference (two from supervisors and one from a faculty member at your graduate program). Please list them in the application prior to asking them to send letters.

Please mail or email your application to:

Seda Ebrahimi, Ph.D.
Director
Cambridge Eating Disorder Center
3 Bow St
Cambridge, MA 02138
seda@cedcmail.com

If you email, please use the subject line: **Post-Doc Application from YOUR NAME**
Inquiries may be addressed to Dr. Ebrahimi at 617.547.2255 ext. 222 or seda@cedcmail.com.



**CAMBRIDGE EATING
DISORDER CENTER**

*Quality Care in a
Community Environment*

Clinical Postdoctoral Fellowship Program Application

Name _____ Date _____

Work Address: _____

Home Address: _____

Work Telephone #: _____

Home/Cell Telephone #: _____

Are you a U.S. citizen? Yes No If no, please explain: _____

Pre-doctoral Internship:

Dates: _____ Name and Location of Institute or Organization: _____

Doctoral Training:

Dates: _____ Name and Location of Institute or Organization: _____

Major Field _____

Minor _____

Degree anticipated: (Ph.D., Ed.D., Psy.D., etc.) _____

Is your program? Please indicate Yes or No

Clinical _____

APA approved _____

Counseling _____

Non-APA approved _____

Professional School of Psychology _____

Please list your dissertation title _____

At what stage is your dissertation? (Please indicate which stage/stages are completed with a Yes being stage completed and No being not completed.)

1. Preliminary Planning _____
2. Proposal Meeting Scheduled _____
3. Dissertation Topic Approved _____
4. Collecting Data _____
5. Completed _____

Please ask 3 references to forward (mail or email) letters of reference evaluating your academic and professional work directly to Dr. Ebrahimi at:

seda@cedcmail.com or mail to CEDC, 3 Bow St., Cambridge, MA 02138.

Please list your references below.

Reference 1

- Name and Title of Reference _____
- Relationship to applicant _____
- Address _____

Reference 2

- Name and Title of Reference _____
- Relationship to applicant _____
- Address _____

Reference 3

- Name and Title of Reference _____
- Relationship to applicant _____
- Address _____