

KATIE ARFA PSYCHOLOGY, INC.

Postdoctoral Training in Health Psychology & Private Practice



**Psychological Associate Training Position
2024-2026**

Practice Owner and Supervisor: Katie Arfa, Psy.D.
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Private Practice Postdoctoral Psychological Associate Position in Clinical Health, Emphasis in Gut-Brain Psychology

I am seeking highly motivated and well-trained candidates for a postdoctoral psychological associate position, specifically those who have keen interests in Clinical Health Psychology, gut-brain health, lifestyle medicine (e.g., exercise, nutrition, sleep), and clinical entrepreneurship. The psychological associate will receive advanced postdoctoral training in ACT/CBT modalities, lifestyle medicine, and the gut-brain connection as applied to clients with acute, complex, and/or chronic health conditions. The psychological associate will have the opportunity to provide both in-person and telehealth services.

The psychological associate will also receive direct training in how to build, market, and run a private practice with the unique opportunity to transition their postdoctoral caseload to their own individual practice upon completion of the training period and licensure. Additional training in entrepreneurship beyond practice management (e.g., creating additional sources of revenue beyond direct clinical care) will also be provided if desired.

Requirements to apply:

- a PhD or PsyD degree from an accredited program in clinical or counseling psychology
- completion of a clinical internship with training in any area of health psychology

Preference will be given to applicants who:

- have a strong background and previous supervised training in Health Psychology
- have demonstrated their interest in Health Psychology through coursework, research, and/or clinical health placements
- have an existing specialty or wealth of personal and professional experience in nutrition, microbiome science, exercise (including yoga, weight lifting, sports, or other forms), longevity, or sleep
- have a specific interest in the gut-brain connection and role of the microbiome in psychological health
- have solid training in CBT and/or ACT
- hold a holistic conceptualization of health

The psychological associate will receive:

- 2 hours of individual supervision per week
- Additional monthly trainings in relevant health topics such as complex illnesses, chronic pain, nutritional psychiatry/psychology, Cognitive Behavioral Therapy for Insomnia, functional conceptualization, etc. (can be somewhat flexible according to candidate's clinical interests)
- Direct training in all business and entrepreneurial aspects of a successful private practice
- Training in patient advocacy and interprofessional coordination of care
- Opportunities to build clinical entrepreneurship relationships

The postdoctoral psychological associate position is an 18-month, part-time commitment (20 hours per week), encouraging work-life balance and/or the opportunity to engage in other professional opportunities simultaneously. Applications will be considered for this position immediately and on a rolling basis until the position is filled using the Common Hold Date guidelines. **Applications received by 1/10/24 will be prioritized.**

Application Process:

Interested applicants should email the following materials to Dr. Katie Arfa, PsyD (drkatiearfa@gmail.com):

1. A cover letter detailing:
 - a. Your experience and training in Health Psychology and evidence-based therapies
 - b. How you personally conceptualize the intersection between mental and physical health and what role you have as the clinician in bringing the two together (I am interested in *how* you think here, not what you know)
 - c. Your specific interest in and/or fit with this position
 - d. What, if anything, you hope to contribute to the development of integrated conceptualization and treatment long-term
2. Your curriculum vitae
3. A list of 3 professional references with email and phone contact information

Compensation is highly competitive and work is structured to be as flexible as possible for candidates with families and/or other logistical limitations. In-person use of a bright and modern office space will be provided two days per week for in-person, telehealth, or administrative work.

Please visit www.drkatiearfa.com to learn more about my practice, training, and professional interests.

The location of my practice is in West LA at:

11500 W. Olympic Blvd Suite 460

Los Angeles, CA 90064

ADDITIONAL POSITION DETAILS

Structure:

- This is a part-time position constituting **20 hours per week**:
 - The associate will have full-day access to the clinic office on **Mondays & Fridays** (16 hours total)
 - 4 hours per week to be used remotely at the associate's discretion for studying, research, or other preferred activities
 - Total hours required for licensure will be achieved in approximately 1.5 years
- Initial bulk of hours will be spent on development, training, and business building as caseload is developed
- Telehealth and/or in-person client hours will be flexible, depending on clients' and associate's needs

Salary:

- \$40,000 per year, paid biweekly
 - Total salary paid is \$60,000 due to ~18 month duration
- Includes up to 4 calendar weeks of paid vacation and/or sick leave
- *PLEASE NOTE: There are no medical insurance, health expense reimbursements, or retirement account benefits available for this position*

Training & Supervision:

- 2 hours of supervision per week and other scheduled activities including:
 - Case conceptualization focusing on biological, gut-brain, inflammation, and lifestyle perspectives, in conjunction with clinical theory
 - Structuring patient screening, intakes, note-taking, and referrals within a integrative Health Psychology framework
 - Care coordination with other members of patients' medical care team
 - Monthly Health Psychology Journal Club presentations
 - Conceptualizing and initiating an entrepreneurial, community, or clinical project applying health psychology to career goals or personal interests
 - Studying for, and passing the EPPP and CPLEE (for licensure in CA)
 - Potential for peer-to-peer supervision opportunity
- **Additional monthly trainings** providing cutting-edge approaches in relevant health topics (can be somewhat flexible according to candidate's clinical interests) are a significant focus of the training experience. Mixed media resources will be used, including podcasts, books, online courses, research articles, etc. Some of the topics are as follows:
 - Basics of Professional Health Psychology
 - ACT
 - Nutritional Psychiatry
 - Microbiome Science

- Mindfulness-Based Stress Reduction
- Chronic Pain
- Smoking Cessation
- Psychopharmacology and supplements
- Polyvagal Theory
- Systems & The Sick Role
- Applying Exercise to Clinical Practice
- CBTi (CBT for Insomnia)
- Health-Forward Case Formulation
- Health Disparities
- Habits and Behavior
- Integrated Care Models
- Supervision
- Direct training in all **business and entrepreneurial aspects** of a successful private practice
 - Marketing
 - Website development
 - Banking, finances, and legal considerations
 - Business structure
 - Starting and scaling a business
- Training in **patient advocacy** and interprofessional coordination of care
 - Collaboration with medical professionals from a non-co-located practice
 - Overview of integrated care models
 - Introductions and/or access to network of select personal trainers, nutritionists, medical practitioners, neuropsychologists, and potential teaching opportunities

Completion of Training

- Training will be considered complete upon:
 - Logging 1500 postdoctoral hours (or greater amount chosen by associate if needed for licensure in other states)
 - Passing EPPP and CPLEE (or other state law/ethics exam)
- **Additional Unique Opportunity:** Upon completion of training, the associate will be supported in transitioning their caseload to their own independent private practice, providing consistent income.

Please feel free to reach out to me directly with any questions you may have. If you are concerned that you may not meet all requirements to apply, I encourage you to inquire anyway.

Warmly,

Katie J. Arfa, Psy.D.