

# Post-Doctoral Fellowship Program



Trauma Disorders  
PROGRAM

PART OF THE SHEPPARD PRATT HEALTH SYSTEM

The Post-Doctoral Fellowship in the [Trauma Disorders Program](#) at Sheppard Pratt Health System is an intensive one-year training program in the evaluation and treatment of patients with dissociative and post-traumatic stress disorders (PTSD). The primary training experience involves serving as a therapist on a multi-disciplinary inpatient unit for patients with histories of complex trauma. In addition to placement on the inpatient unit, postdocs are also trained in conducting outpatient psychotherapy and in providing specialized evaluations and consultations for patients with dissociative disorders and PTSD.

## TRAINING

Training in this program includes:

- Instruction in phase-oriented approach to trauma treatment
- Strong psychodynamic training incorporated with the use of cognitive behavioral techniques
- Specialized psychological testing
- Hypnotherapy techniques
- Group psychotherapy
- Experience in long-term psychodynamic therapy

## SUPERVISION

### Inpatient Clinical Services

Postdocs in the Trauma Disorders Program receive four to six formal hours of weekly supervision, including a didactic seminar on the evaluation and treatment of trauma disorders.

## APPLICATION PROCESS

The Post-Doctoral Fellowship Program runs from September 1<sup>st</sup> to August 31<sup>st</sup> of each year. To apply, please send **hard copies** of curriculum vita, official graduate transcripts, and three recommendation letters to:

Dr. Diane Adlestein, Director of Postdoctoral Training  
Trauma Disorders Program  
Sheppard Pratt Health System  
6501 N. Charles Street  
Baltimore, MD 21204

Qualified applicants will be invited to interview starting in January, and selection of applicants will occur on a rolling basis until the positions are filled. Sheppard Pratt is committed to a culturally and ethnically diverse workplace. EEO.

## MEET OUR TEAM



**Richard J. Loewenstein, M.D.**  
**MEDICAL DIRECTOR**

Dr. Richard J. Loewenstein is a nationally and internationally known senior psychiatrist and the founder and medical director of the Trauma Disorders Program. He has received numerous awards for his contributions to research and clinical studies of trauma and dissociation. Dr. Loewenstein is a clinical professor in the Department of Psychiatry at the University of Maryland School of Medicine, Baltimore, MD.



**Susan B. Wait, M.D.**  
**SERVICE CHIEF**

Dr. Susan Wait is one of the founding clinicians of the Trauma Disorders Inpatient Unit and has been the service chief since 1993. She has extensive experience and expertise in both psychotherapeutic and psychopharmacologic treatment of patients with dissociative disorders, PTSD, complex PTSD, and anxiety disorders. She has also been trained in dialectical behavior therapy (DBT) and is interested in broadening the use of this modality in patients with trauma-related disorders.

**Sharon Moore, M.D.**  
**STAFF PSYCHIATRIST**

Dr. Sharon Moore graduated from Howard University College of Medicine in 1993 and completed a residency in Adult Psychiatry at Montefiore Medical Center/Albert Einstein College of Medicine in 1997, where she was involved in treatment and research on dissociative disorders. In 1998, she completed a forensic psychiatry fellowship in the Albert Einstein College of Medicine/Bronx Psychiatric Center Division of Psychiatry and the Law. Dr. Moore is Board Certified in Psychiatry.

**Joyanna Silberg, Ph.D.**  
**SENIOR CONSULTANT FOR CHILD AND ADOLESCENT TRAUMA**

Dr. Joyanna Silberg is internationally known as a pioneering expert in the study of dissociative disorders and complex trauma in children and adolescents, and works as a senior consultant for child and adolescent trauma services. Her private practice specializes in children and adolescents suffering from post-traumatic and dissociative symptoms and disorders and child sexual abuse. She is executive vice president of the Leadership Council on Child Abuse and Interpersonal Violence.

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## CONTACT THE POST-DOCTORAL FELLOWSHIP PROGRAM

For questions, please contact Diane Adlestein, Ph.D.,  
at [dadlestein1@sheppardpratt.org](mailto:dadlestein1@sheppardpratt.org).

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[Sheppard Pratt Health System](#) is dedicated to improving quality of life through mental health, special education, and addiction services for children, adolescents, adults, and older adults. Our patient-centered treatment approach, combined with our legacy of clinical excellence, sets us apart from other health systems on both a local and national level. We have been ranked among the nation's top psychiatric hospitals for 24 consecutive years by [U.S. News & World Report](#).

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