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<https://helpgroup.org/knowledge-exchange/psychology-fellowship/>



THE HELP GROUP POST- DOCTORAL FELLOWSHIP PROGRAM

Post- Doctoral Brochure 2026-2027

FROM THE TRAINING DIRECTOR

On behalf of the training team here at Help Group, welcome to this overview of Help Group's Post Doctoral Fellowship in Health Service Psychology. Help Group is a dynamic agency providing a wide range of services to a diverse range of clients across the Los Angeles Basin. Psychology training is an integral part of the agency's mission, providing foundational skills for entrance into independent practice of psychology. Our post-doctoral training year provides specialization in treatment of neuro-diverse children and adolescents and their families. Training settings vary and include non-public schools, outpatient clinics, day treatment and residential milieus. Post doctoral fellows implement evidenced based practices for individual, family and group therapy as well as providing assessment for children, adolescents and young adults through our outpatient testing clinic. Post-doctoral fellows have leadership roles at the agency, providing supervision and/or training of doctoral interns and practicum trainees as well as coordinating services through the PLAN assessment center. Help Group continues to expand and evolve to meet the mental health needs of people of Los Angeles, providing continually evolving and expanding training opportunities for post-doctoral fellows. Finally, fellows are served by a diverse group of experienced supervisors committed to growth and advancement of your skills. I invite you to study our brochure and our post-doctoral handbook to see how training at Help Group fits your professional goals.

Robert Kratz Ph.D.



Overview of the Agency



- Help Group is located across Los Angeles County with most service centers centralized in the suburban San Fernando Valley, Culver City, and Irvine
- Help Group is widely recognized as a leader in assessment and therapeutic services for neurodivergent children and families, including autism spectrum disorder, attention deficit hyperactivity disorder (ADHD), and learning disabilities
- Help Group provides over 15 types of comprehensive services throughout Los Angeles County communities, including nine specialized day schools, child abuse prevention programs, residential programs, transitional age youth programs, outpatient services, and more.

Post-doctoral Fellowship Program



Applicants entering the Postdoctoral Program must have the following:

- An APA-accredited internship
- Completion of all competencies without disciplinary actions
- Have experience working with those who have identified as having neurodevelopmental needs
- Confirmation by their graduate training director of their readiness for a Postdoctoral Fellowship
- Completion of all coursework from an APA-accredited graduate school
- Have an F-1 Visa or the ability to obtain one

Program Length

Postdoctoral Fellowship is a full-time 12-month program that requires accrual of at least 2000 hours of Supervised Professional Experience (SPE) toward licensure. For fellows seeking licensure in the state of California under the Board of Psychology (BOP), successful completion of the fellowship will meet Help Group's Postdoctoral Fellowship Program requirements for licensure eligibility, if they have completed at least 1500 predoctoral CA Board-approved SPE hours and the other requirements stipulated by the BOP (CA BOP Licensure Information).

Salary

stipend for Doctoral Postdocs is accrued hourly with an annual average salary of approximately \$56,000 per year, with an additional \$3000 for fellows who are completely bilingual in Spanish. The Postdocs are eligible for health and dental benefits approximately six weeks after the beginning of the Postdoctoral Fellowship year.



The list below, while not exhaustive, includes the programs that Postdocs typically work during their training year.

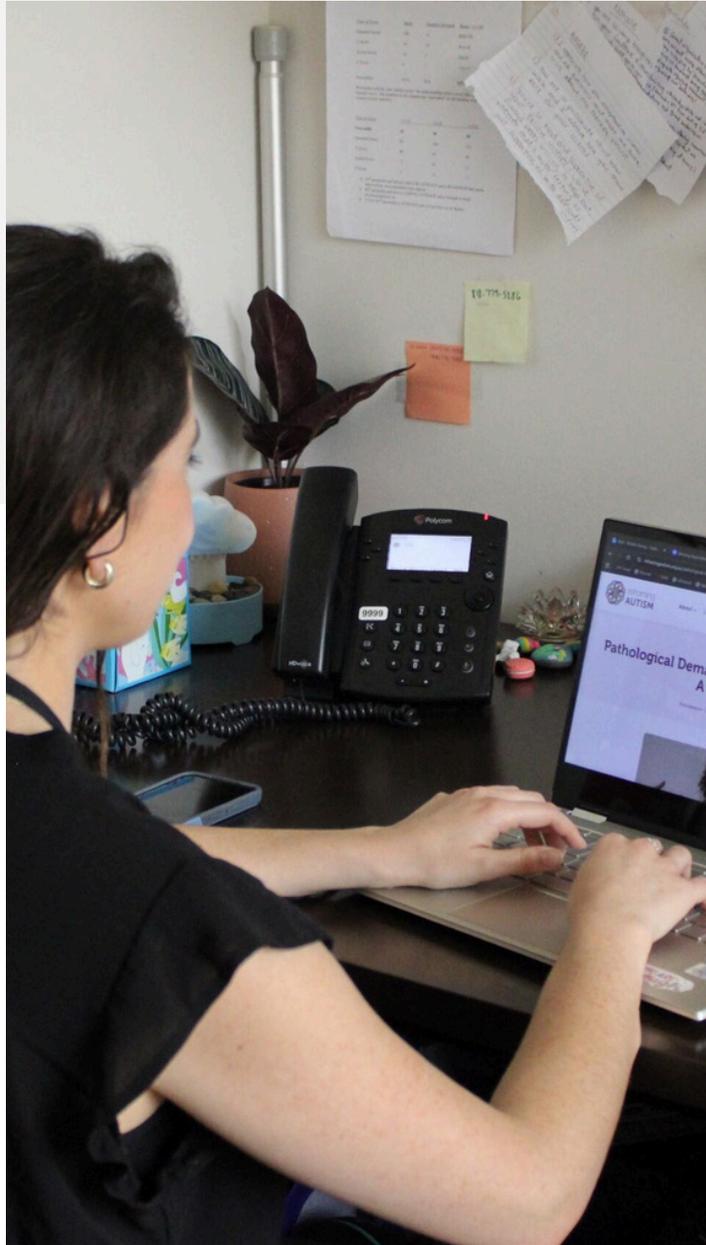
- **Outpatient Services** provide mental health care for children, teens, and young adults through *DMH-funded programs* .
- **Bridgeport School** serves students with social and communication differences. Bridgeport programs offer life skills and vocational training for young adults with special needs. Summit View School supports students with learning disabilities in a positive, growth-focused environment. [Bridgeport School](#)
- **Village Glen School** is a WASC-accredited college preparatory program for students with social and communicative disorders, including autism spectrum disorder and learning differences. The Pace Program is available for gifted students. The Beacon Program educates students with behavioral challenges. [Village Glen Website](#)
- **Lumina Counseling** support includes emotional, behavioral, and social challenges, with flexible payment options. [Lumina Counseling](#).
- **Summit View School** fosters the fullest potential of students with specific learning disabilities. In this dynamic environment, students build their academic skills and experience the educational process as positive and rewarding. [Summit View Website](#)



Professional Development

- **Training seminars** are provided for fellows throughout the year by a variety of The Help Group staff, the Training Department, and outside consultants or specialists.
- **Help Group Summit** is a one-day event that highlights current research and strategies in neurodiversity and mental health, with CE credits and networking for professionals and families.
- **Summer Camp for Neuro-diverse Youth:** Fellows are involved in the planning and delivery of services for Help Group's annual summer camp serving neurodiverse youth from the community. This month-long camp provides activities and opportunities for social engagement for underserved neurodiverse youth.
- **In-service Training:** Fellows prepare and present several in-service trainings for agency staff on a variety of clinical topics.
- **Group Therapy:** Fellows conduct weekly therapy groups with children, adolescents, or caregivers in a program outside their primary rotation. These groups may be in the school-based programs, outpatient departments, community-based, or residential programs.
- **Family Therapy:** Fellows are expected to engage in family-centered services. When a fellow is assigned a client in the school-based programs, they are expected to assess the need for family consultation and to provide that treatment if appropriate.

Assessments & Evaluations



- The PLAN Assessment Center is an assessment center dedicated to providing diagnostic and developmental assessments to individuals with a variety of needs, including Autism Spectrum Disorder, ADHD, Intellectual Disabilities, or social-emotional issues (e.g., anxiety, depression, self-esteem), and learning difficulties (e.g., reading, writing, mathematics, underachievement)..
- The Postdoctoral Fellowship aims to provide specialized training in assessment for individuals with autism or other neurodevelopmental needs. Throughout the year, postdocs will receive advanced supervision/training in administration, scoring, and interpretation of autism-specific measures such as the ADOS-2, the ADI-R, etc. Similarly, the postdoc typically provides administrative, observational, and scoring guidance for predoctoral Postdocs.
- Post Doctoral Fellows take a leadership role in administering the PLAN center. They also provide testing labs and live supervision for practicum students in their assessment rotation.

Clinical Activities



While the fellow is responsible for conducting and participating in a number of clinical activities, supervisors maintain professional responsibility for all fellows' clinical cases. The following is a list of possible activities to meet the fellow's training goals will include the items with an asterisk, and may include any or all the following activities:

- Direct Service: Individual*, family* and group therapy*, case management*, multidisciplinary teamwork*, summer camp*, and crisis intervention* with six to eight clients with a neurodevelopmental disorder, most likely autism.
- Diagnostic Testing and Assessment*: Assess infants through adults who are suspected of having an autism spectrum disorder.
- Program Development and Evaluation*: Enhance current programs (e.g., pre-school, summer camp, assessment program) or create new programs for clients with autism (e.g., after school day program).
- Supervision: Supervise Practicum Trainees and/or teachers and paraprofessionals; participate in supervision group for educational staff.
- In-service training*: Prepare and present in-service training for agency staff.
- Public Speaking*: Presentations in forums for parents, educators, professionals, and other related service providers in the community.
- Progress toward Licensure: Sit for the EPPP*; Complete all required courses required for licensure in the State of California*. The Postdoctoral Fellowship structure involves one primary clinical rotation that comprises most of the Postdocs time and selected secondary rotations throughout the year that equate to approximately 3-4 hours per week.



Logistics of the Training Year

Timeline

The postdoctoral program typically begins the second week in August and runs for a full calendar year. (If this interferes with a current doctoral internship the start date may be open to negotiation.)

Benefits and Salary

The stipend for the year is \$56,000, with an additional \$3,000 for fully bilingual Spanish-English speaking fellows. In addition, the following benefits are available: health and dental benefits chosen from among different plans, requiring different contributions and beginning approximately October 1st 80 hours of vacation. Paid holidays when the agency is closed. up to 64 hours of time devoted to professional development activities.

Site logistics

- Fellows are provided with an office, computer and printer, voice mail, and email.
- Fellows will provide most services at the Sherman Oaks campus but will also have the option of working at the Culver City and/or Van Nuys campuses, depending on the training needs of the fellow.
- The postdoctoral hours meet the requirements for Supervised Professional Experience (SPE) toward licensure in California. Fellows working full-time for the entire calendar year will accumulate 2000 hours of SPE.

Application Process



Please email the following to Dr. Robert Kretz at rkretz@helpgroup.org :

- CV
- Cover letter addressing your future career goals as well as what you are interested in learning and doing in your post-doctoral year as it relates to autism spectrum disorder.
- 3 letters of recommendation (one of which must come from your internship program – either the primary supervisor or internship director).
- A sample assessment report, ideally focused on neurodevelopmental diagnoses.
- The deadline for receipt of these items is 11:59 PM PST January 31, 2027, but applications will be reviewed as they are received.

Decision Process:

After reviewing the application materials, a decision will be made regarding an invitation for an interview. All interviews will be conducted virtually.

The Help Group is an APPIC Membership Post-Doctoral Fellowship and will be participating in the Postdoctoral Selection Process Uniform Notification Day (UND).

Please note that applicant acceptance is pending fingerprint clearance from the Department of Justice and the FBI, pre-employment physical, and verification of your legal right to work in the United States. Additionally, fellows are required to have a car for transport to the varying Help Group sites.

The Help Group is an equal opportunity employer and prohibits unlawful discrimination based on race, color, creed, gender, gender identity, religion, marital status, age, national origin, or ancestry, physical or mental disability, medical condition including genetic characteristics, pregnancy, sexual orientation, or any other consideration made unlawful by federal, state, or local laws.

Please go to <https://www.appic.org/Postdocs/Postdoctoral-Selection-Standards> for more information.

Where is The Help Group?

The Help Group is located across Los Angeles County with most of its services centralized in the suburban San Fernando Valley, Culver City, and Irvine. Most clinics are thirty to sixty minutes from downtown Los Angeles. Interns are placed in Sherman Oaks and Van Nuys campuses. Many major universities, professional schools, and training institutes are in close proximity. More information about the agency can be found at:

<https://www.thehelpgroup.org/>



The Help Group Accreditation

The Help Group **Post-Doctoral Fellowship** is not APA accredited, but is a member of APPIC and follows their guidelines for post-doctoral training.

The Help Group's **Doctoral Internship Program** is accredited by the American Psychological Association. Questions related to the program's accreditation status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation American Psychological Association 750 First Street, NE Washington, D.C., 20002-4242 (202) 336-5979 apaaccred@apa.org www.apa.org/ed/accreditation

WE WELCOME YOUR APPLICATION



Please note that this description of the postdoctoral program is subject to change.

Please reach out to rkretz@helpgroup.org with any questions