

## **CALL FOR APPLICATIONS:**

### **UCSF Osher Center for Integrative Health – Sleep, Eating, and Affect (SEA) Laboratory Postdoctoral Research Fellowship**

#### **Overview**

The UCSF Osher Center's Sleep, Eating, and Affect (SEA) Laboratory ([sealab.ucsf.edu](http://sealab.ucsf.edu)) is a laboratory with funding from the National Institutes of Health (NIH) and the US Department of Defense (DOD). We are requesting new applications for a postdoctoral fellowship position to begin as soon as is practical.

#### **Description**

- The position will engage in several aspects of academic research, including study administration and preparation of research articles, for two ongoing studies and is intended for a clinical psychology postdoctoral fellow.
- Study 1: The fellow will provide manualized cognitive behavioral therapy (CBT) to participants enrolled in a study testing a mind-body intervention for the treatment of clinical depression (the HEAT BED Study). Specifically, the HEAT BED study is evaluating whole-body hyperthermia (sauna) and CBT in an integrative treatment package as a novel approach to the treatment of depression.
- Study 2: The fellow will also analyze data and prepare manuscripts using data from a global study that collected physiological data and behavioral health data from more than 60,000 participants during the COVID-19 pandemic (the TemPredict Study).
- The fellow will work closely with other laboratory members, including research coordinators and another postdoctoral fellow, and will have some statistical support from a biostatistician for manuscript preparation.
- The position length is renewable annually, with the possibility for renewal beyond two years contingent on funding availability.
- This position requires that the fellow is available to work on site at the UCSF Osher Center for Integrative Health in San Francisco, California, typically 3 days per week but up to 5 days per week, per study needs.
- The fellow will be able to apply postdoctoral clinical and research hours toward clinical psychology licensure in the state of California (and will receive monthly supervisor sign off on hours).

#### **Additional Program Activities**

The UCSF Osher Center has an NIH/NCCIH-funded T32 fellowship program that offers seminars, works-in-progress meetings, research seminars, and other scholarly activities. This fellow will have opportunities to be involved in T32 scholarly activities.

#### **Eligibility**

- Applicants must hold a doctoral degree (PhD) in clinical psychology
- Applicants must be a United States citizen, a non-citizen national, or a foreign national possessing a visa permitting permanent US residence
- Applicants must be able to devote full-time effort to fellowship-related work
- Preferred: Prior research experience and an initial track record of peer-reviewed publications

#### **Application Process & Due Dates**

To apply, please complete [this online form](#). This is a rolling recruitment with a preference for the fellow to start as soon as is practical. Please note that you will need to have the following items ready to upload to the Online Form:

#### **1) Current CV, including (but not limited to) these sections:**

##### **A. EDUCATION**

- Complete summary of all educational qualifications, including dates and issuing institutions
- List the specific area of research, thesis title, and the full name of your PhD mentor
- List any psychology licenses held

##### **B. ADDITIONAL TRAINING EXPERIENCE**

- Any other training not included in the "Education" section, such as assistantships, internships, practicums, or practice details

### C. HONORS

- Any honors, including assistantships/scholarships, academic, and service awards.

### D. EMPLOYMENT HISTORY

### E. MEMBERSHIP IN PROFESSIONAL AND/OR MEDICAL ASSOCIATIONS

### F. PUBLICATIONS

- Journal articles and indicate whether these are peer-reviewed
- List published abstracts and note "as an abstract."
- Place any articles under review or in preparation in a separate subsection

### G. SCIENTIFIC PRESENTATIONS

- Poster or oral presentations; indicate whether these were peer-reviewed.
- Include presentation title, date(s), and name and location of the symposium or event where it was presented.

### H. TEACHING EXPERIENCE

- Non-research-based classroom or clinical lectures

## 2) Coverletter / Personal statement

A statement (up to two pages), indicating your interest in the position. This is an open-ended document that may take any form you choose, but it MUST be single-spaced and not exceed two pages. Please include comments on the following:

- Interests in non-pharmacologic treatment of depression. If you have any specific interests in whole-body hyperthermia modalities, such as sauna, please include this.
- Interests in exploring how wearable device data, such as sleep data, correlates with mental health
- Background and experiences in providing cognitive behavioral therapy in the treatment of depression
- Training and research experience you hope to gain, and your career goals, with as much specificity as possible

We recommend you consult Dr. Mason's prior publication on whole-body hyperthermia and prior publications from the TemPredict study to better understand these projects.

## 3) Writing Samples

Up to three writing samples, preferably peer-reviewed publications.

## 4) References

Names and email addresses of three individuals who can provide letters of reference. Letters should be addressed to the Principal Investigator, Ashley Mason, PhD, and emailed to [Ashley.mason@ucsf.edu](mailto:Ashley.mason@ucsf.edu).

## Pay and Benefits

Please visit UCSF's web page devoted to postdoctoral fellow pay and benefits: <https://postdocs.ucsf.edu/pay-and-benefits>

## Commitment to Diversity, Equity, & Inclusion

The UCSF Osher Center and SEA Laboratory are committed to reflecting diversity in its faculty, students, and other academic personnel.