

# CAPITAL INSTITUTE FOR COGNITIVE THERAPY, LLC

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## **EXTERNSHIP PROGRAM 2019-2020**

Capital Institute for Cognitive Therapy is pleased to announce an externship emphasizing diagnosis and psychotherapy for the 2019 - 2020 academic year.

Capital Institute is one of the leading providers of empirically-supported cognitive-behavioral therapy in the Washington DC area. We work with the full range of CBT interventions, including cognitive therapy, exposure-based treatments and mindfulness/acceptance approaches. Our diverse patient population presents with a wide variety of problems including mood and anxiety disorders, obsessive-compulsive spectrum disorders, trauma, eating disorders, relationship concerns, and personality disorders.

Externs will see up to eight patients weekly. They will receive weekly individual supervision from licensed psychologists plus one hour of group supervision led by Institute Director, Dr. Stephen Holland. There will also be opportunities to consult with other senior staff on specific clinical issues. Patients will likely include adolescents, college students and adults. Externs also respond to initial inquiries from new patients. Additional opportunities may include co-leading a group and providing literature review research assistance to the Director.

Externs work up to 16 hours per week and must be available one evening. The externship will run from September 1, 2019 to May 31, 2020. There is a stipend of \$1,500. There is an option to extend the externship to begin as early as June 1, 2019 with additional stipend.

The externship is open to doctoral students in APA-approved clinical psychology training programs. Applicants must have completed a minimum of two years of doctoral course work prior to beginning the externship, including at least one course in cognitive-behavioral therapy, and must have supervised experience providing cognitive-behavioral treatment. We expect to accept 2-3 externs this year. Applications will be reviewed as received until February 15, 2018. To apply, please send the following materials: statement of interest, CV describing academic and clinical training, and three letters of recommendation. Address to John Dennis, Ph.D., Externship Director at [cictapplications@gmail.com](mailto:cictapplications@gmail.com). For more information about the Institute, see [cognitivetherapydc.com](http://cognitivetherapydc.com).