

Capital Institute for Cognitive Therapy

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EXTERNSHIP PROGRAM 2021-2022

Capital Institute for Cognitive Therapy is pleased to announce an externship emphasizing diagnosis and psychotherapy for the 2021 - 2022 academic year.

Capital Institute is one of the leading providers of empirically supported cognitive-behavioral therapy in the Washington DC area. We have offices in the Dupont Circle neighborhood of Washington DC and downtown Bethesda, MD. 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. For complex problems we take a broadly integrative approach.

Externs will see up to eight patients weekly and receive weekly individual supervision consistent with DC Externship Consortium guidelines. They will also participate in one hour of group supervision led by Institute Director Dr. Stephen Holland and will have opportunities to consult with other senior staff on specific clinical issues. Patients may include adolescents, college students and adults. There will be a priority to hire an extern to work with children, adolescents, and some younger adults at our Bethesda office location. Externs will also gain experience responding to initial inquiries from new patients. Additional opportunities may include literature review research on empirically supported treatments and co-leading a group.

Due to the COVID-19 pandemic, CICT is currently holding all sessions and supervision via remote telehealth services. We plan to follow CDC guidelines for opening our practice safely for staff and patients. We will communicate regularly with incoming externs about the status of any efforts to reopen for face to face sessions.

Externs work up to 16 hours per week and must be available one evening. The externship will run from September 6, 2021 to May 31, 2022. There is a stipend of \$1,800. There is an option to extend the externship to begin as early as June 1, 2021 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. This year we expect to accept 2 externs for our DC location and 1 extern for the Bethesda office.

Applications will be reviewed as received until February 1, 2021. We encourage early application. Please send the following materials: statement of interest, CV describing academic and clinical training, and three letters of recommendation. Address to Drs. Jessica Nemeth and Kevin Crowley, Externship Directors at cictapplications@gmail.com. For more information about the Institute, see cognitivetherapydc.com.