

# Capital Institute for Cognitive Therapy

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## POSTDOCTORAL FELLOWSHIPS 2023-2024

Capital Institute for Cognitive Therapy is currently accepting applications for three 2023-24 Postdoctoral Fellowships. Fellows receive expert-level training and supervision in empirically supported cognitive-behavioral and integrative psychotherapies while accumulating hours for licensure. Most of our prior Fellows have chosen to remain as full staff members after earning their license. Fellows may choose a full or part-time schedule and can work at our Washington, DC and/or Bethesda, MD locations.

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.

We provide a collegial atmosphere with fellow professionals committed to quality patient care and continued learning. Dr. Stephen Holland, the Institute Director, is an internationally recognized CBT expert. Many members of our clinical staff are also involved in research, publish scholarly articles, present at major conferences and/or provide training to other professionals.

Postdoctoral fellows provide assessment and psychotherapy services, including working with individuals, couples and families in a private practice setting. Involvement in group therapy may also be possible.

The Postdoctoral Fellowship is open to graduates from APA-approved clinical psychology training programs. The application deadline is December 1, 2022. We will consider start dates between May 1 and September 1, 2023 but can also accommodate those who have already completed internships and wish to start as early as December 1, 2022. Please send a statement of interest, CV describing academic and clinical training, and references to Stephen Holland, Psy.D. at [cictapplications@gmail.com](mailto:cictapplications@gmail.com). For more information about the Institute, please see [cognitivetherapydc.com](http://cognitivetherapydc.com).