

Capital Institute for Cognitive Therapy

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EXTERNSHIP PROGRAM 2023-2024

We are pleased to announce an externship emphasizing diagnosis and psychotherapy for the 2023 - 2024 academic year.

Capital Institute for Cognitive Therapy (CICT) 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 are committed to delivering the full range of CBT interventions, including cognitive therapy, exposure-based treatments, and mindfulness/acceptance approaches through a culturally sensitive, client-specific framework. 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.

This year, we are offering one child-adolescent focused externship based in our Bethesda office, and two adult-focused externships based in our DC office. All 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 staff on specific issues.

Child/Adolescent Focused Externship (1 position available): This position is based in our Bethesda, MD office. Extern will provide individual, group and family therapy to patients ranging from elementary school age through late adolescence.

Adult-Focused Externships (2 positions available): This position is based in our DC office. Externs will provide individual therapy to patients ranging from late adolescence through the full adult age span.

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 if available.

Continuing changes made in response to the COVID 19 pandemic, CICT plans to continue both in-person and telehealth services, consistent with all CDC guidelines, and local/state government regulations.

Externs work up to 16 hours per week and must be available one evening. The externship will run from September 4, 2023 to May 24, 2024. There is a stipend of \$1,800. There is an option to extend the externship to begin as early as June 5, 2023 with additional stipend, and preference may be given to Externs who are able to begin earlier in the summer. The externship is open to doctoral students in APA-approved clinical psychology training programs.

We welcome any applicant to apply who has either a) completed a minimum of two years of doctoral course work prior to beginning the externship, including at least one course in cognitive-behavioral therapy; or b) had supervised experience delivering cognitive-behavioral treatment.

Applications will be reviewed as received until February 1, 2023. 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 Dr. Jessica Nemeth, Training Director and Dr. Kevin Crowley, Externship Director at cictapplications@gmail.com. For more information about the Institute, see cognitivetherapydc.com.