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Capital Institute for Cognitive Behavioral Therapy is pleased to announce Postdoctoral Fellowships in Adult Psychotherapy and Child/Adolescent Psychotherapy for 2024-2025. The opportunity to provide psychoeducational assessments as part of the Child/Adolescent Fellowship is available.

Fellows receive expert-level training and supervision in empirically supported cognitive-behavioral 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. Salaries are highly competitive with the opportunity to earn bonuses in the first year.

Capital Institute has been one of the leading providers of CBT in the Washington DC area for over 20 years. We are committed to delivering the full range of CBT interventions across the lifespan including cognitive therapy, exposure-based treatments, parent-child interaction therapy, trauma-focused therapy, 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, autism spectrum disorders, substance abuse disorders, school refusal, relationship concerns, and personality disorders. For complex problems we take a broadly integrative approach.

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. Our clinical staff are also involved in research, publish scholarly articles, present at major conferences and/or provide training to other professionals.

Adult Clinical Psychology Track: This position is based in our Washington DC office and includes the option to see patients at our Bethesda location. Fellows may provide assessment and therapy services to individuals, couples and families ranging through the full adult age span. Options to participate in groups may be available. Fellows also supervise externs.

Child/Adolescent Clinical Psychology Track: This position is based in our Bethesda, MD office. Fellows will provide individual therapy and family consultation to patients ranging from pre-school age through late adolescence. The opportunity to provide psychoeducational assessments and private school admissions testing is available. Fellows supervise externs and may choose to provide family, group and some adult therapy.

Psychotherapy: Postdoctoral fellows will maintain a caseload of approximately 15-20 weekly psychotherapy cases. Fellows may build and increase their caseloads to meet their clinical interests and needs. Capital Institute offers a hybrid model of care with both in-person and telehealth services.

Supervision: Fellows receive weekly individual and group supervision with licensed clinicians based on specialty and clinical track. Fellows will work closely with their primary supervisors to tailor their postdoctoral experience to their specific clinical interests and will have the opportunity to learn from many members of our clinical staff. Many of our clinical supervisors for the Child/Adolescent Fellowship also hold research and clinical leadership positions at Children's National Hospital in Washington, DC, which was recently ranked as the 5th best children's hospital in the nation by U.S. News & World Report.

Professional Development: Postdoctoral fellows receive advanced clinical training through engagement in didactic seminars and formal case presentations with an emphasis on case conceptualization, therapeutic technique, and skill-building.

Application Deadline: January 2, 2024. Early application is encouraged, and we will review candidates as their material is received. You may apply through APPA-CAS. There are separate APPA-CAS links to apply to the Adult Psychotherapy and Child/Adolescent Psychotherapy Fellowships. To apply to the Adult Psychotherapy Fellowship, you can also email your statement of interest, CV, and three letters of recommendation to Stephen Holland, PsyD, and Jessica Nemeth, PsyD, at CICTapplications@gmail.com. To apply to the Child/Adolescent Psychotherapy Fellowships, you can also send your materials to John P. Dennis, Ph.D. at jdennis@cognitivetherapydc.com.

To learn more about Capital Institute, please visit us at www.cognitivetherapydc.com.

