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The Capital Institute for Cognitive Behavioral Therapy is pleased to announce our externship program, emphasizing diagnosis and psychotherapy for the 2025-2026 academic year.

Capital Institute for Cognitive Behavioral Therapy (CICBT) 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. Additionally, externs are invited (not required) to join a seminar in Advanced CBT led by Dr. Holland.

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. The child/adolescent focused externship includes the opportunity, if interested, to conduct psychoeducational assessments and to also take on a few adult therapy cases

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. Opportunities to provide couples therapy and co-lead a group may also be possible if available.

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.

Externs work up to 16 hours per week and must be available one evening. Capital Institute offers a hybrid model of care with both in-person and telehealth services. The externship will run from September 1, 2025 to May 30, 2026. There is a stipend of \$1,800. There is an option to extend the externship to begin as early as June 2, 2025, 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 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 has had supervised experience delivering cognitive-behavioral treatment.

Applications will be reviewed as received until February 3, 2025. We encourage early application. Please send the following materials: statement of interest, CV describing academic and clinical training, and three letters of recommendation. For child-adolescent externship applications: Address to Dr. John Dennis, Clinical Director, Bethesda Office at cictapplications@gmail.com . For adult-focused externship applications: 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.