



Capital Institute is pleased to announce two Postdoctoral Fellowships in Adult Clinical Psychology and two Fellowships in Child/Adolescent Clinical Psychology, both beginning in Fall, 2025.

For more than 20 years, Capital Institute has been one of the leading providers of cognitive-behavioral therapy in the Washington DC area. 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, substance abuse, relationship concerns, and personality disorders. For complex problems, we take a broadly integrative approach.

We provide a warm, 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, and he and many other members of our expert staff take an active role in our training programs. Our offices are located in central, accessible neighborhoods in DC and Bethesda, and our staff works both in-person and virtually. Many of our trainees stay on with us as staff, including most of our current senior staff. We look forward to meeting you.

You may apply to CICBT through the APPA-CAS, or by sending a letter of intent, your CV, and three letters of recommendation to cictapplications@gmail.com.

To inquire about our Child-Adolescent Fellowships, please contact Dr. John Dennis at jdennis@cognitivetherapydc.com. To inquire about our Adult Fellowships, please contact Dr. Jessica Nemeth at jnemeth@cognitivetherapydc.com.



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Bethesda, MD 20814



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.

Child/Adolescent Clinical Psychology Track: This position is based in our Bethesda MD office. Fellows will provide individual therapy, family consultation, and assessment services to patients ranging from elementary school age through late adolescence.

Both fellowships offer options to provide family and group therapy as available. Fellows also supervise externs.

Psychotherapy: Postdoctoral fellows will maintain a caseload of approximately 20 weekly psychotherapy cases. Fellows may build and increase their caseloads to meet their clinical interests and needs.

Supervision: Fellows receive weekly individual and group supervision with licensed clinicians based on specialty and clinical track.

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.

Salaries are highly competitive. Comprehensive medical benefits, retirement plan, and other benefits are provided.



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