



COUNSELING PSYCHOLOGY & CLINICAL PSYCHOLOGY
PRIVATE PRACTICE EXTERNSHIP PROGRAM
2021-2022

Director of Training

Dr. Wayne Bullock

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Application Due Date: February 5th, 2021

Start Date: September 13th, 2021

End Date: August 19th, 2022

SUMMARY

Objective

The Capital Therapy Project embodies a movement to bring compassionate, respectful, and results-oriented therapy to more of DC. It is an innovative low-fee psychodynamic therapy training institute located in downtown Washington DC. Developed in partnership with a DC private practice celebrating 17 years of serving clients, it is the culmination of years of planning and dreaming.

Interpersonal/relational psychoanalytic/dynamic principles are emphasized in all aspects of the Project's clinical services, including individual psychotherapy, career counseling, working with members of sexual and gender (LGBTQ+), cultural, racial, and ethnic minority groups. Contemporary interpersonal/relational theory is influenced by the understanding that as with relationships, people are shaped within and by their contexts (environment and culture), and cannot be excised from them; therefore an understanding of self and others includes understanding how one's social and personal identities shape the interactions in the therapy room. Training provides space to better understand these contextual factors and how they interplay between therapist and client in therapy.

Externship Training:

The Capital Therapy Project Externship program is designed to provide an intensive clinical experience and highly individualized training rarely available in other training settings. Currently, all hours are being completed virtually due to coronavirus. We will continue this until it is safe to move to an in-person experience.

The Externship is an unpaid 12-month training opportunity that emphasizes extensive use of technological and supervisory resources. **Our aim is to train tomorrow's psychologists to excel as culturally sensitive/responsive clinicians and as critical thinkers in the evolving multicultural landscape of psychodynamic therapy in the digital age.**

APPLICATION PROCEDURES

Please prepare and submit the following for consideration:

1. **A statement of interest.** Please detail your interest in our Program and how it relates to your professional goals. We encourage you to share your professional aspirations to help us to understand how our Externship may assist you in realizing your goals.
2. **A detailed curriculum vita.**

3. **An official academic transcript of graduate work.**
4. **In no more than 250 words, please provide a description of how you view your role in therapy.**
5. **A case conceptualization.** Be sure to incorporate a multicultural framework in your conceptualization. To the best of your ability, please include a paragraph that reflects your understanding of how you and your client's cultural identities/worldviews shape your understanding of the presenting concern, diagnosis, interventions, therapy relationship, and/or treatment plan.
6. **Two letters of recommendation.** Please include one from a current or recent clinical supervisor.

Application Procedure

- [Complete the application form](#) and upload your statement of interest, CV, summary of clinical experience, and work sample.
- Email your official academic transcript to:
Wayne Bullock, Psy.D, M.Ed
waynebullock@therapygroupdc.com
- Your recommenders may upload their letters here: <https://forms.gle/bCo58S5NbwE5pHJs9>

QUALIFICATIONS

Requirements For Consideration:

1. Applicants must be doctoral students in APA-accredited Counseling Psychology or Clinical Psychology training programs.
2. All applicants must have completed a minimum of 1 individual psychotherapy practicum.
3. Completion of three (3) years of your doctoral degree program by the commencement of the Externship program. Previous Master's/clinical experience may be eligible to count towards this requirement.

Desirable Qualifications

- Preference for 3 or more clinical practica.
- Interest in psychodynamic theories and practice.
- Interest in gay, lesbian, bisexual and/or transgendered clients.
- Interest in working analytically with diverse identities.
- Investment in multicultural training.

TRAINING STRUCTURE

The Training Experience Includes:

1. The total weekly commitment for Externs is 14-16 hours per week
2. Externs spend 9-11 hours per week engaged in direct clinical service
3. The Capital Therapy Project provides intensive supervision in individual psychotherapy. A significant part of supervision focuses on exploration of multicultural identities (LGBTQ+, racial and ethnic minorities, and socio-cultural identities).
4. Attending seminars conducted by the practice's Postdoctoral Fellows throughout the year.

All Externs Are Expected To:

- Collaborate with and directly provide psychotherapy services to individuals;
- Video record each individual therapy session;
- Provide early morning (e.g., 8am start time) and/or late evening psychotherapy sessions (e.g., 7pm finish time) for 1 day a week, at minimum;
- Devote one hour a week to interpersonal/relational reading, preparing case presentation paper, and/or a practice innovation project; and
- Be available Wednesdays from 9am to 3pm, which is time dedicated to staff meetings, case conferences, seminars and supervision.

GOALS

Psychotherapy

Externs will develop competence and confidence in practicing multiculturally-informed psychotherapy in a private practice setting. This includes:

- developing and improving case conceptualization skills,
- gaining comfort with implementing interventions based in the case conceptualization,
- working with diverse clients to monitor and use the therapeutic relationship in treatment,
- Increasing comfort working from a two-person model and incorporating use of self into therapy.

Supervision

Externs will develop skills in using supervisory experiences to further explore their clinical experiences and gain comfort in questioning and exploring their contributions to the therapeutic relationship.

SUPERVISION AND PROFESSIONAL DEVELOPMENT

Individual Supervision

Externs receive 1 hour of individual supervision per week from the primary supervisor, a psychology Postdoctoral Fellow, who is supervised by a psychologist licensed in the District of Columbia.

Group Supervision

Externs receive 1 hour of group supervision from one or more staff members. This supervision provides a space to explore clinical and professional issues in a group setting.

Interpersonal Case Conference

Externs will attend a weekly case conference where they will be able to present/follow a case weekly with attention paid to the vicissitudes of the therapeutic relationship, including how interventions and transference/countertransference shape the ongoing interactions between therapist and patient.

Professional Development

Externs will attend a series of seminars throughout the year conducted by the Fellows in collaboration with practice staff. Topics of discussion include clinical and professional development, multicultural training, and areas of clinical interest.

PRACTICE LOCATION

Virtual during pandemic, then:
Therapy Group of DC
1350 Connecticut Avenue NW
Suites 800 and 825
Washington, DC 20036