



COUNSELING PSYCHOLOGY & CLINICAL PSYCHOLOGY
PRIVATE PRACTICE EXTERNSHIP PROGRAM
2024-2025

Director of Training

Dr. Regan Mayo

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Application Due Date: February 2, 2024

Start Date: September 9, 2023

End Date: August 15, 2025

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 in downtown Washington, DC. Developed in partnership with a DC private practice celebrating 20 years of serving clients, it culminates years of planning and dreaming.

Self and relational psychoanalytic theories, principles, and techniques are emphasized in all aspects of the Project's clinical services, including individual psychotherapy, career counseling, and working with sexual and gender (LGBTQIA+), cultural, racial, and ethnic minority groups.

Contemporary self and relational theories are influenced by the understanding that people are shaped within and by their contexts (environment and culture). 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 understand better these contextual factors and how they interplay between therapist and client in therapy.

Externship Training:

The Capital Therapy Project Externship program is an intensive clinical experience and highly individualized training rarely available in other training settings.

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

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 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 describe how you view your role as a clinician 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 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, a summary of clinical experience, and case conceptualization..
- Email your official academic transcript to
Regan Mayo, Ph.D.
reganmayo@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 having completed three or more clinical practica.
- Interest in psychodynamic theories and practice.
- Interest in gay, lesbian, bisexual, and gender-diverse 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 and couples counseling. Supervision, in part, focuses on exploring multicultural identities (LGBTQ+, racial and ethnic minorities, and socio-cultural identities).
4. Attend seminars conducted by the practice's Postdoctoral Fellows and staff members throughout the year.

All Externs Are Expected To:

- Collaborate with and directly provide psychotherapy services to individuals and couples;
- Video record each therapy session;
- Provide early morning (e.g., 8 AM start time) and/or late evening psychotherapy sessions (e.g., 7 PM finish time) for one day a week, at a minimum;
- Devote one hour a week to self/relational reading, preparing case presentation papers; and
- Be available Wednesdays from 9 AM to 3 PM, the 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 on 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 the use of self into therapy.

Supervision

Externs will develop skills in using supervisory experiences to explore their clinical experiences further 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 a primary supervisor, who may be a licensed psychologist or a psychology postdoctoral fellow 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.

Continuous Case Conference

Externs will attend a weekly case conference. They will present and follow a case weekly, with attention paid to the vicissitudes of the therapeutic relationship. Focus will be paid to interventions, and the transference and countertransference shape the ongoing interactions between therapist and patient.

Couples Therapy Didactics and Group Supervision

Externs receive 1 hour of didactics and group supervision from one or more staff members focusing on couples therapy. This group prepares externs to see couples 1-2 months after the externship starts.

Professional Development

Externs will attend a series of seminars throughout the year conducted by the Postdoctoral Fellows and practice staff. Discussion topics include clinical and professional development, multicultural training, and areas of clinical interest.

PRACTICE LOCATION

Therapy Group of DC
1350 Connecticut Avenue NW
Suite 800
Washington, DC 20036