



THERAPY  
GROUP OF DC

**COUNSELING PSYCHOLOGY & CLINICAL PSYCHOLOGY  
PRIVATE PRACTICE POSTDOCTORAL FELLOWSHIP PROGRAM  
2022-2023**

**Director of Training**

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**Rolling admission:** Interviews, offers, and acceptances will occur until an exceptionally qualified class is full.

**Start Date:** September 6th, 2022

**End Date:** August 25th, 2023

## SUMMARY

Our Postdoctoral Fellowship Program is designed to prepare exceptionally qualified and motivated early career psychologists to refine their clinical skills and enhance their confidence as clinicians . We aim to expose Postdoctoral Fellows to forward-thinking skills needed for today's healthcare environment. This includes refining your clinical skills, practicing with a large caseload of patients, and working on setting career goals and creating a plan to meet them. We pride ourselves on creating a Fellowship that is committed to furthering your clinical and professional-personal aspirations.

The Therapy Group of DC Postdoctoral Fellowship Program is a paid year-long, **40-hour a week** training experience. The main components of the Program are:

1. Providing the necessary post-doctorate work experiences and required supervision to apply for a license to practice psychology in the District of Columbia.
2. Providing psychoanalytic/psychodynamic and individual relational psychotherapy. This is the theoretical foundation of the program. The training we provide is significantly influenced by interpersonal and relational psychoanalytic theory and technique.
  - a. Contemporary interpersonal and relational theory is influenced by the understanding that people are shaped within and by their contexts (environment and culture), and cannot be excised from them.
  - b. Therefore, an understanding of self and others includes understanding how one's social and personal identities shape the interactions in the therapy room.
  - c. Our training provides space to understand better these contextual factors and how they interplay between therapist and client in therapy
3. Providing supervision to and didactic training for externs in the Capital Therapy Project, our low-fee psychodynamic and diversity-oriented community-based training institute.

At the end of your post-doctoral year, you will have the confidence and skills to enter private practice feeling prepared. There are two options following your Fellowship year:

1. Secure supervision as a bridge between completion of your Fellowship and licensure and transition to your solo-private practice with your caseload.
2. Based on availability at the practice, you may apply to continue working at Therapy Group of DC as an early career member of our group where you will continue to see your patients and receive additional structured support as you continue to explore and strengthen areas of clinical expertise and gain more experience in understanding private practice life. *Note that completion of*

*the Fellowship does not guarantee acceptance of your application to join the practice even if there is availability.*

## APPLICATION PROCEDURES

### Please prepare and submit the following for consideration:

1. **A statement of interest.** Please detail your interest in one or two pages in our Fellowship Program and how participation in the Program will further your professional goals.
2. **A detailed curriculum vitae.**
3. **Official academic transcript(s) of graduate work.**
4. **A sample of your work.** This may include but is not limited to, a case summary and conceptualization, a published book chapter, a peer-reviewed article, or a dissertation chapter. Please do not use an assessment report.
5. **Three letters of recommendation.** Include one from a faculty member familiar with your academic work and at least one from a primary clinical supervisor during your predoctoral internship.

### Application Procedure

- [Complete the application form](#) and upload your statement of interest, CV, and work sample.
- Email an official academic transcript emailed to [waynebullock@therapygroupdc.com](mailto:waynebullock@therapygroupdc.com)
- Faculty and supervisors submitting letters of recommendation can upload them here: <https://forms.gle/21uVDJKkXzEJAmUu8>

## QUALIFICATIONS

### Requirements For Consideration:

1. Completion of an APA-accredited doctorate in counseling or clinical psychology, and
2. Completed APA-accredited predoctoral internship in professional psychology.
3. Interest and commitment to a **demanding** Fellowship and rigorous clinical experience of a minimum of 25 completed clinical hours per week with the remaining 15 hours (for a total of 40 hours per week) to be completed in our offices.

4. Interest in and experience with psychodynamic and relational theories and practice.
5. Interest in and experience with LGBTQA+ clients.
6. Interest in investing in multicultural training.
7. Openness and enthusiasm to explore and challenge your current ways of thinking of your clinical work.
8. Interest in and experience with providing supervision.

**Our Fellowship is a Poor Fit for Those:**

- Interested in only accumulating postdoctoral clinical hours.
- Intending to work in any other clinical settings during the Fellowship.
- Desiring to complete less than 25 hours of psychotherapy sessions per week.
- Seeking part-time employment or desiring to complete less than 40 hours a week of work.

## TRAINING STRUCTURE

**Training Includes:**

- Supervised psychotherapy with individuals within a large private practice located in downtown Washington, DC.
- Professional development activities, including providing supervision to psychology externs and facilitation of professional goals.
- The potential to engage in community and online outreach/consultation activities.

**All Fellows Are Expected To:**

- Directly provide 25 - 28 hours per week of completed psychotherapy services to individuals;
- Video record therapy sessions for supervision purposes;
- Attend required supervision;
- Attend required seminars and training;
- Provide supervision to the practice externs;
- Provide at least one day a week of early morning (i.e., 7:30 am) therapy start times and two days a week of late evening end times (i.e., 8 or 9 pm finish times);
- Conduct seminars for the practice's externs, and;
- Have and maintain an individual professional liability policy.

## GOALS

### **Provision of Psychotherapy**

Fellows will develop competence and confidence in practicing psychotherapy with **a caseload of 25 - 28 weekly patient sessions** in a private practice setting. This includes:

- developing and improving case conceptualization skills,
- gaining comfort with implementing interventions based on the case conceptualization, and
- working with clients to monitor and use the therapeutic relationship in treatment.

### **Provision of Supervision**

Fellows will also gain experience in providing supervision to practice externs. Relatedly, fellows will also demonstrate an ability to plan and lead seminars for externs.

## **SUPERVISION RECEIVED DURING THE FELLOWSHIP**

Fellows receive, at a minimum, five hours of supervision per week.

1. The first hour is individual supervision with a licensed psychologist.
2. The second hour is an intensive weekly case conference where Fellows will present/follow a case. Special attention will be paid to the vicissitudes of the therapeutic relationship, including how interventions and transference/countertransference shape the ongoing interactions between therapist and patient.
3. The third is a consultation group provided by a licensed psychologist focussing on clinical and professional development.
4. The fourth hour is group supervision with an emphasis on a discussion of assigned clinically-relevant readings.
5. The fifth hour of supervision is group supervision of supervision where Fellows will discuss their supervisory experiences with the practice's externs.

## **PROFESSIONAL DEVELOPMENT**

### **Structured Professional Development**

Fellows will attend the monthly staff meeting. Additionally, fellows will also provide one seminar per quarter to practice externs. Fellows can work with staff to generate ideas for topics and format for these seminars.

## **COMPENSATION**

### **Salary & Benefits**

Fellows are paid a full-time annual salary of \$50,000, paid on a monthly basis. In addition, we provide and pay 100% of your medical, dental, and vision insurance premiums. Workers' compensation and state and federal unemployment insurance are also provided. Additional benefits include the ability to contribute to a Flexible Spending Account (FSA) and commuter benefits.

### **Leave**

The official Fellowship year will begin on September 6th, 2022. Fellows are eligible for 14 days of annual leave. Fellows also receive ten paid federal holidays.

## **TRAINING PROGRAM EVALUATION**

Fellows will be evaluated twice during the year and will be invited to provide feedback on the training experience.

## **PRACTICE LOCATION**

Therapy Group of DC  
1350 Connecticut Avenue NW  
Suites 800 and 825  
Washington, DC 20036