



THERAPY
GROUP OF DC

**COUNSELING PSYCHOLOGY & CLINICAL PSYCHOLOGY
PRIVATE PRACTICE POSTDOCTORAL FELLOWSHIP PROGRAM
2024-2025**

Director of Training

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Application Due Date: Interviews, offers, and acceptances will occur until an exceptionally qualified class is full.

Start Date: September 3, 2024

End Date: August 29, 2025

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 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 in-person 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. Our training is significantly influenced by self and relational psychoanalytic theories and techniques.
 - a. Contemporary self and relational theories are influenced by the understanding that people are shaped within and by their contexts (environment and culture).
 - b. Self Psychology is a developmental theory that posits the unmet needs of childhood become activated in therapy and are an opportunity for understanding and promoting healthier development.
 - c. Relational Theory argues mutually satisfying relationships with others are necessary for one's emotional well-being and explores how social and familial factors relate to the relationships in a person's life.
 - d. Therefore, an understanding of self and others includes understanding how one's social and personal identities and developmental history shape the interactions in the therapy room.
 - e. Our training provides space to understand better these contextual factors and how they interplay between therapist and client in therapy.
3. Providing Emotionally Focused Couples Therapy (EFT) to couples after 1-2 months of training.
4. Providing supervision and didactic training for externs in the [Capital Therapy Project](#), our low-fee psychodynamic and diversity-oriented private practice-based training institute.

At the end of your post-doctoral year, you will have more confidence and skill to enter private practice.

There are two options following your Fellowship year:

1. Based on availability at and needs of the practice, you may apply to continue working at the Therapy Group of DC, helping us further our mission as a private practice focused on diversity, clinical excellence and training. *Completing the Fellowship does not guarantee acceptance of your application to join the practice, even if there is availability.*
2. Secure supervision outside of the practice as a bridge between completing your Fellowship and licensure as you transition out of the Therapy Group of DC.

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 reganmayo@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 Fellowship with 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 supervision, training, and administrative responsibilities.
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 about your clinical work.
8. Interest in and experience with providing supervision.

TRAINING STRUCTURE

Training Includes:

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

All Fellows Are Expected To:

- Be present in the office for 40 hours per week;
- Directly provide 25 - 28 hours per week of completed psychotherapy services to individuals and couples;
- 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 in-person 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 externship seminars.

SUPERVISION RECEIVED DURING THE FELLOWSHIP

Fellows receive, at a minimum, four 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 therapeutic relationship, including how interventions and transference/countertransference shape the ongoing interactions between therapist and patient.
3. The third hour is group supervision, emphasizing a discussion of assigned clinically-relevant readings.
4. The fourth hour of supervision is group supervision of supervision where Fellows will discuss their supervisory experiences with the practice's externs.
5. Additional hours of supervision provided include a monthly practice-wide case conference, staff meetings, and seminars. Supervision in couples counseling is another potential supervisory opportunity depending on interest.

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 formats for these seminars.

COMPENSATION

Salary & Benefits

Fellows are paid a full-time annual salary of \$60,000, 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 contributing to a Flexible Spending Account (FSA).

Leave

The official Fellowship year will begin on September 3, 2024. 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
Suite 800
Washington, DC 20036