



Comprehensive DBT Practicum/Externship Overview

The Comprehensive Dialectical Behavior Therapy (DBT) Practicum/Externship at The Bethesda Group – Baltimore (TBG) provides training in full fidelity, comprehensive DBT and related psychotherapeutic interventions, including prolonged exposure for PTSD. We are pleased to offer a practicum spot for the 2023-2024 year; this practicum is best suited for an **advanced** trainee.

Trainees work under the direct supervision of a licensed psychologist (Andrea Gottlieb, PhD) as well as become a full and active member of the DBT team, which consists of other psychologists, social workers, and mental health clinicians. The DBT trainee will participate as a therapist and DBT team-member. Direct clinical care will occur with patients in the DBT program, with the expectation that the student will co-lead at least one DBT Skills Training Group, carry a caseload of about 4 individual patients, and provide DBT Skills Coaching out of session with their individual patients. Educational methods include direct didactic hours, 1-1 clinical supervision, and individual guided self-study. The student is asked to attend 2-3 weekly team meetings, with the consultation team meeting a **requirement** of the training experience. The student will be expected to provide recordings of individual therapy sessions to their supervisor periodically.

Patients in the DBT program all present with chronic emotion dysregulation, and present with a range of diagnoses and problems. Diagnoses include and are not limited to BPD, PTSD, depressive disorders, bipolar disorder, anxiety disorders, eating disorders, substance use disorders, mild-moderate ASD. Presenting problems include SI/SAs, NSSI, nightmares and flashbacks, significant behavioral avoidance, substance use problems, interpersonal difficulties, and more.

Educational goals consist of learning principles and procedures used in comprehensive DBT with individual patients. Acceptance, change, and dialectical procedures and principles will be learned and increasingly used with patients over the course of the training year. The student will also be expected to learn to fully teach all DBT Skills. The student will have the opportunity to learn about DBT-Prolonged Exposure to treat PTSD as well.

Time Commitment

This site requires a time commitment of at least 10 hours. These hours are spent as follows: 2 hours in a group, 4 hours of individual therapy, 2+ hours of team meetings, 1+ hours supervision, and more time for learning through didactic time and self-study. More time will likely be available if the trainee requests.

Application Process:

1. Please submit the following to agottlieb@thebethesdagroup.com via email by Sunday 2/5/2023 at midnight:
 - a. Letter of interest that states your interest and goals for participating in this training practicum/externship
 - b. Curriculum vita (CV)
 - c. At least 2 letters of recommendation
2. Selected applicants will be contacted for an interview within 2 week to occur by the end of February or early March (exact dates TBD)
3. Selected trainee(s) will be notified soon after
4. If you are not chosen to interview or participate in this practicum/externship you will be notified of this decision when all spots are full

More information:

Trainees interested in learning about our practice and our DBT program can find information at <https://thebethesdagroup.com/>

Questions can also be sent to Dr. Gottlieb at agottlieb@thebethesdagroup.com