



## Comprehensive DBT Advanced Externship

The Comprehensive Dialectical Behavior Therapy (DBT) 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 for the 2026-2027 year; this practicum is best suited for an advanced trainee.

Externs will learn from licensed DBT-LBC Certified psychologists (Andrea Gottlieb, PhD and Brian Corrado, PsyD), as well as other clinical psychologists, social workers, and counselors. Externs become a full and active member of our DBT teams; The DBT trainee will participate as a therapist, group leader, skills coach, consultation team member, etc. Direct clinical care will occur with clients 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 6 individual clients, and provide DBT Skills Coaching out of session with their individual clients. Educational methods include direct didactic hours, 1-1 clinical supervision, DBT professional development meetings and continuing education workshops available at TBG, and individual guided self-study. The student is asked to attend 3 weekly team meetings, with the didactics and consultation team meeting a requirement of the training experience. The student will be expected to provide recordings of individual therapy sessions to their supervisor regularly.

Clients 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, behavioral avoidance, and more.

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

### Time Commitment

This site requires a time commitment of at least 14 hours. These hours are spent as follows: 2 hours co-leading a group, 6 hours of individual therapy, 3 hours of team meetings, 1 hour of didactics, 1+ hours supervision, and more time for learning through self-study. Providing as needed phone coaching to trainee's individual clients is also expected. More time will likely be available if the trainee requests.

This is a 12-month elective that will begin at a date TBD, likely Monday July 6<sup>th</sup>, 2026.

## **Application Process:**

1. Please submit the following to [agottlieb@thebethesdagroup.com](mailto:agottlieb@thebethesdagroup.com) via email by Sunday 2/1/2026 at midnight:
  - a. Letter of intent that states your interest and goals for participating in this training practicum/externship. Please make sure to describe why you seek out a comprehensive DBT training year, specifically
  - b. Curriculum vita (CV)
  - c. At least 2 letters of recommendation
2. Selected applicants will be contacted for an interview within 2 weeks, to occur by the end of February or early March (exact dates TBD)
3. Selected trainee(s) will be notified soon after

## **More Information:**

Students 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](mailto:agottlieb@thebethesdagroup.com)

