



Adult CBT/DBT

Janice Jones, Ph.D., Lynn McFarr, Ph.D., Lisa Bolden, Psy.D.
Track Supervisors

Nature of Setting and Population Served

Externs will provide individual and group psychotherapy to adults in Adult Outpatient Psychiatry Clinic at Harbor-UCLA Medical Center, a community mental health clinic serving a diverse and underprivileged population. All settings are interdisciplinary and patients are seen for empirically supported treatments.

Direct/Indirect Services

The externship aims to familiarize the extern with four evidence based treatments: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Analysis System of Psychotherapy (CBASP), and Acceptance and Commitment Therapy (ACT). Externs typically carry 2 individual CBT patients, 2 DBT patients, and 2 CBASP/ACT patients. Externs also lead 2-3 outpatient groups including DBT skills training, CBASP for chronic depression, ACT for psychosis, and CBT groups for depression and anxiety disorders.

Additionally, externs develop research projects to complete for the year that focuses on the population treated in the clinic. For the past several years, the projects have been reported at national and international conferences, with several in preparation for publication. Externs also have the opportunity to serve on committees for multiple and local international CBT organizations.

Supervision and Training

Primary supervision is provided by licensed clinical psychologists and postdoctoral fellows. Required courses include the CBT course, the research course, the mindfulness course, the DBT team consultation and the CBT case conference. Weekly readings associated with these courses are mandatory. The extern will be provided several required trainings at the beginning of the year including: a three day required training in DBT, a one day training in CBASP, and a one day training in Acceptance and Commitment Therapy. Opportunities for other seminars and courses are available.

Required Days

Externs are required to be on site a minimum of 20 hours a week. Required days are Mondays and Wednesdays all day. Attendance is required at Mindfulness (Mondays 9:00-9:15), Research Meeting (Monday 9:15-10:00), the Advances in Cognitive Therapy (Mondays 10:30-12), the DBT Group Skills Supervision (Mondays 12:45pm-1:30pm), the DBT Case Consultation Team meeting (Mondays 1:30-3:00), and the CBT Case Conference (Wednesdays 10:30 -12:00). For individual DBT patients, the externs must make themselves available (within their limits) for supervised between-session phone coaching for their DBT patients.

Additional information

Students applying for this position may have had previous psychotherapy experience providing direct services to adults. Completion of a course in CBT is preferable, but not required. Must have a distinct interest in Cognitive Behavioral Therapies.