



Adult CBT/DBT

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Nature of Setting and Population Served

Externs will provide individual and group evidence-based psychotherapy to adults in Adult Outpatient Psychiatry Clinic at Harbor-UCLA Medical Center, a community mental health clinic housed in an academic medical center serving a diverse and underprivileged population. All settings are interdisciplinary and patients are seen for evidence-based 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. Externs present findings at an in-house research conference and publication each year. For the past several years, the projects have been accepted 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

The one-hour weekly mandatory supervision is provided by licensed clinical psychologists and postdoctoral fellows. Required courses include the CBT/DBT course, the research course, the mindfulness course, the DBT team consultation, the ACT/CBASP course, the CBT case conference, and the CBASP consultation. 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 training in CBT, a three-day training in DBT, a one-day training in CBASP, and a one-day training in Acceptance and Commitment Therapy. Attendance at these trainings is mandatory. Opportunities for other seminars and courses are available. Trainees can achieve certification from the Academy of Cognitive Therapy, awarded to individuals who have demonstrated and advanced level of expertise in cognitive therapy, through completion of the three-day CBT training, the CBT/DBT class, and submission of a CTB-adherent client case conceptualization and client session recording.

Required Days

Externs are required to be on site a minimum of 20 hours a week. (UCLA students, please contact the externship director, Dr. Jones, about hours.) Required days are Mondays and Wednesdays all day; all other days and times are not available. Attendance is required at Mindfulness (Mondays 9:00-9:15 am), Research Meeting (Monday 9:15-10:00 am), the Advances in Cognitive Therapy (Mondays 10:30 am-12:00 pm), the DBT Group Skills Supervision (Mondays 12:45-1:30pm), the DBT Case Consultation Team meeting (Mondays 1:30- 3:00 pm), the ACT and CBASP seminar (Wednesdays 10:30-11:30 am), the CBT Case Conference (Wednesdays 11:30am -12:00pm), and the CBASP supervision (Wednesdays 2:00-3:00 pm) 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 evidence-based Cognitive Behavioral Therapies.