



Child and Adolescent CBT

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Track Supervisor

Nature of Setting and Population Served

This clinic provides training in evidence-based, cognitive-behavioral treatments for adolescents (ages 5-17) and young adults (ages 18-21). Modalities primarily include individual and group therapy.

Direct/Indirect Services

This practicum focuses on evidence-based treatments for children and teenagers with mood disorders, anxiety disorders, trauma symptoms, suicidal and self-harm behaviors, and severe emotion dysregulation. Treatments emphasize CBT approaches for depression, anxiety disorders and posttraumatic stress in youth and young adults. Practicum experiences also address the high degree of co-morbidity of disorders typically seen in these youth, as well as adapting treatment approaches for use with community populations. Externs typically carry a caseload of 4-6 individual patients. They also conduct clinic screenings, assessments, and intakes.

Supervision and Training

Trainees will receive one hour per week of individual supervision. Primary supervision is provided by licensed clinical psychologists or postdoctoral fellows. The extern must attend a mandatory day-long training in DBT at the beginning of the year. Other mandatory trainings required for onboarding will also occur. Opportunities for other seminars and courses are available.

Required Days

Externs are required to be on-site Mondays and Thursdays, for 8 hours each day, typically 9:00am to 6:00pm. Externs may also be required to complete readings, presentations, reports, and notes outside of externship hours.

Additional information

Students applying for this position should have had previous psychotherapy experience. Completion of a course and/or experience in CBT is preferable.