**Adult CBT/DBT**

**Janice Jones, PhD, and Lisa Bolden, PsyD, Track Supervisors**

**Nature of Setting and Population Served**

Externs will provide individual and group evidence-based psychotherapy to adults in the Los Angeles County Department of Mental Health (LAC DMH) 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 the following evidence-based treatments: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Acceptance and Commitment Therapy (ACT).

Externs typically carry 2 individual CBT patients, 2 DBT patients, and 2 ACT patients. Externs also lead 2 outpatient groups including DBT skills trainingand CBT groups for depression and anxiety disorders.

Additionally, externs develop scholarly projects to complete for the year that focus on the population treated in the clinic; externs present findings at an in-house conference. Externs may also have the opportunity to serve on committees for local and international CBT organizations.

**Supervision and Training**

Externs are provided supervision per APA and California Board of Psychology requirements: One hour of weekly, scheduled, individual supervision is provided by a psychology postdoctoral fellow under the guidance and supervision of a licensed clinical psychologist; group supervision of the externs is provided by the licensed psychologists in DBT team consultation/supervision and CBT case conference/supervision

Required courses include CBT and DBT Advances, Topics in Research course, Mindfulness course, and the ACT course. Weekly readings associated with these courses are mandatory.

The extern will also be provided several required intensive trainings at the beginning of the year including a three-day training in CBT, a three-day training in DBT, and a one-day training in ACT. Attendance of these intensive trainings is mandatory.

Externs can achieve certification from the Academy of Cognitive Therapy. This certification is sought by individuals who have demonstrated an advanced level of expertise in cognitive therapy through completion of the three-day CBT training, the Advances in CBT and DBT class, and submission of a CBT-adherent client case conceptualization and client session recording.

Opportunities for other seminars and courses are available.

**Required Days**

Externs are required to be on practicum 20 hours week except for UCLA and USC students who are on practicum 16 hours per week. Required days are Mondays and Wednesdays.

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. A strong interest in evidence-based Cognitive and Behavioral Therapies is desired.

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