

## **Doctoral Psychology DBT Externship Program**

*Revised 2025*

### **Program Description:**

The DBT externship program at the Wake Kendall Group PLLC (WKG) provides a unique and intensive training opportunity in Dialectical Behavior Therapy (DBT). WKG is home to a DBT-Linehan Board of Certification, Certified Program™. Our externship program has a goal of training future clinicians in the adherent practice of DBT for a high-risk population. It also is a means of offering lower cost services to those in need.

### **Current Openings:**

Our externship capacity varies but is typically 1-3 students at a time. Currently, we are allowing space for one extern to join our team for the 2026-2027 academic year.

### **Overview of Training Opportunity and Requirements:**

Because of the intensive requirements to learn and practice DBT (which typically involves a one-year commitment for clients), the DBT externship at WKG is two (2) academic years. The exact timing will depend on the dates of our skills modules, but typically runs August of year 1 through May of year 3. The externship is year-round. We expect all team members will take breaks and vacations as needed and supervisors work with externs to plan coverage for their responsibilities when they are out of office.

We require externs to complete a 5-day foundational training in DBT before beginning with us – these trainings are typically offered by Behavioral Tech LLC and Treatment Implementation Collaborative via both in-person or virtual formats throughout the year. The cost of this intensive training will be reimbursed to the extern by WKG.

Externs are expected to be available on two days of the work week (maximum 16 hrs/week), including at least one day with evening hours (defined as 4pm-8pm) and one day with morning hours (defined as 8am-12pm). As part of this requirement, you will be expected to run one evening DBT group (5:30-7:15pm). As part of your two days of clinical time, we expect you to be available on Tuesdays from 11:30-3:00pm for group supervision, practice-wide continuing education and DBT consultation team.

We offer a stipend – the annualized salary rate is \$7000 during your first year and \$8000 during your second year. \*You must be registered as a Psych Associate with DC in order to receive the stipend.\*

### **Direct Provision of Clinical Services:**

Externs typically carry a caseload of five adult (aged 18+) Stage 1 DBT clients at a given time and participate in either a participant-observer or co-leader role in one DBT skills training group. Prior to co-leading a skills group, externs will occupy a participant-observer role in a skills group co-led by two licensed clinicians for at least 6 months. Case assignments are based on extern availability and WKG demands for lower cost services. All therapy sessions will be conducted

out of our offices in Washington, DC. Sessions are offered in-person and may also be virtual for clients located in DC.

You will be asked to provide “24/7” telephone coaching as needed for your clients. You will work closely with your supervisor to learn how to practice observing your personal limits while being available to help clients generalize skills learning between sessions.

Our suite of offices is in a building with an external and internal set of stairs and no elevator. Accordingly externs must be able to climb stairs.

### **Supervision and Consultation:**

Externs receive one hour of individual supervision weekly in addition to one hour of group supervision weekly from licensed psychologists who are DBT-LBC certified.

In addition, externs attend weekly DBT consultation team (1.5-2.5 hrs, length varies on alternate week schedule). On weeks when DBT consultation is 1.5 hours, the alternate hour may be dedicated to group consultation in the DBT-Prolonged Exposure (DBT-PE) trauma protocol and/or practice-wide continuing education offerings. Externs are expected to attend these required consultation team and training opportunities in-person at our office on Tuesdays between 11:30-3:00.

### **Application Process:**

To apply to the DBT externship at WKG, please submit the following materials:

- Cover letter outlining your personal interest in the DBT externship at WKG.
- Most current Resume or Curriculum Vita with your clinical and academic experiences
- Two (2) letters of recommendation

Materials should be emailed to **Sarah Mintz, PhD**, [smintz@wakekendall.com](mailto:smintz@wakekendall.com).

### **Deadline:**

Please email all the above information by **Friday, January 7th, 2026**. Interviews will be held in January and February and externship offers are extended by March in accordance with [Greater Washington Clinical Psychology Programs Council Externship Guidelines](#).