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Capitol Hill Consortium for Counseling & Consultation

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Doctoral Externship – Practicum 2021

Who We Are

Capitol Hill Consortium for Counseling and Consultation LLC, also known as CCCC, is a large interdisciplinary group of Psychologists, LPCs, and LICSW working collaboratively to provide a holistic and evidence-based therapy aiming to help clients address the myriad of challenges in their personal, interpersonal, educational, and professional lives. CCCC is committed to providing high quality, affordable, accessible and culturally-sensitive care to individuals in the community. CCCC has been an externship site for over 15 years. Additionally, CCCC is member of the Mid-Atlantic Internship Consortium, an APA accredited pre-doctoral internship program. CCCC also trains post-doctoral fellows. The training at CCCC is emphasizing professionalism, diversity, and multidisciplinary approach to the practice of psychology.

As a group private practice, CCCC has multiple locations: Capitol Hill/Eastern Market in Washington, DC, Crystal City/Arlington, in VA, and Silver Spring/ Bowie/Annapolis, in MD. Practicum and Intern candidates will only attend the Crystal City and Capitol Hill locations at this time. CCCC is dedicated to make mental health services accessible to the community, and it is accepting a wide array of insurance plans in addition to self-pay and sliding scales. CCCC serves a diverse clientele and has an emphasis on the community as well on the availability of mental health services for all. Clinicians and trainees will provide individual therapy to children, adolescents, adults and geriatric populations. Trainees are also trained to work with couples and families, in addition to having opportunities to participating in groups.

CCCC also provides personal and professional coaching for businesses and organization. Trainees will be fully integrated in the clinical and administrative aspects of CCCC, and will have opportunities to participate in didactics, group consultations, clinical meetings, and other training opportunities. Externs/interns are also expected to be actively involved in the psychological testing program, which includes: neuropsychological testing, psycho-educational assessments, bariatric testing, pre-adoption testing, personality assessments, and diagnostic evaluations. Trainees at CCCC will learn the nuances and business sides of private practice, and will be responsible for carrying their therapy caseload and complete psychological evaluations, as determined by their supervisors. For more information about who we are and services offered, visit CCCC website at <https://www.cccmentalhealth.com/>

The Externship/Practicum Program(s)- Information for all Externs

CCCC offers a clinical externship (practicum) to doctoral students enrolled in a PhD or PsyD program. The practicum is 9 months long, and runs from the first week of September (start date TBD based on Labor Day), to June 30th. Students have the option to extend their externship over the summer if choosing to do so. Students accumulate over 750 total hours, and 150+ face-to-face.

Therapy/Integrative Track

The therapy track practicum placement is an integrative advanced externship, integrating primarily therapy hours with some testing hours. All externs are required to be on site for 20 hours/week. The primary aim of the externship is therapy-based, with 16 /20 hours being dedicated to providing direct client-contact and to supervision; 4 hours/week are dedicated to testing. All externs are required to be on site on **Fridays** as it is a didactic and supervision day (in addition to clinical services that may be rendered). All externs are required to be available on at least one evening/week or on one Saturday (weekends are available but not mandatory).

In terms of caseload requirements, all externs are to carry a consistent caseload of **8-10** therapy clients/week. Students are also going to be receiving 1-2 *DBT Skills Training* cases.

Students may be expected to split their time between the DC (Eastern Market/ Capitol Hill) and VA (Crystal City) locations. Schedules are determined at the beginning of the year and remain consistent throughout the semesters/ academic year. There is no expectation to go from one office to the other the same day. Schedules are flexible based on room availability and supervisor availability, and are determined over the course of the summer.

Supervision and Didactics:

All externs are provided with one hour of weekly individual supervision, set in the schedule, by a licensed clinical psychologist.

Additionally, externs are to participate in:

- Weekly group supervision/didactics by licensed psychologist
- Testing supervision by licensed psychologist
- Diversity supervision by licensed psychologist
- Peer supervision from post-doctoral fellows or pre-doctoral interns
- Additional individual supervisor by other mental health provider

Didactics include group discussions and in-house presentations. Formal trainings will be provided for DBT, Trauma training, and Gottman's Couples counseling.

Testing Track *

Practicum students in the testing track will provide mainly psychological testing to children, adolescents, and adults. Testing includes but is not limited to: ADHD testing, neuropsychological testing, psychoeducational testing, psychodiagnostic, bariatric surgery evaluations, personality assessments. Students must be familiar with WISC-5, WAIS-IV, at least one achievement measure, and the PAI, MMPI, and MCMI.

Testing practicum students will test 1 day/week in the VA/Arlington location, and will attend Group Supervision on Fridays with the rest of the cohort. The hour requirements are 16-20/week. A minimum of 12 batteries is expected. Practicum students will also carry a caseload of 2 therapy cases, which are likely to be DBT-Skills Training cases.

Testing Track Externs have same requirements in terms of number of hours, start dates, supervision and didactics, and CCCC policy

Application Process

Deadlines:

Applications deadlines for 2021 is February 10th, although we accept applications until our spots are full and we encourage early applications. CCCC does not follow Uniform Notification Day - offers are made on a first come, best-fit focus. Interviews are in Mid February to March.

Application Packet

Email the following material to trainingatcccc@gmail.com, Att Director of Training, Dr. Simona Efanov.

Please include:

- Resume (include testing list if past testing experience)
- Cover Letter
- 2 Letters of references
- 1 De-identified Report sample
- 1 Treatment summary or case conceptualization.
- Indicate what track application is for in subject line.

All externs and trainees

- All externs/trainees are to be, at a minimum, in their second doctoral year.
- All externs/trainees are required to complete notes the same day and up to 24h.
- Psychological reports are due in one week after completion of testing.
- All externs/trainees can, with proper consent, audio/video record sessions for their evaluation process.
- All externs/trainees are asked to participate in the orientation training, sign HIPPA forms, and agreement/non-compete.
- All externs/trainees are asked to read and acknowledge Clinical manual, and CCCC procedures, and adhere to them.
- All externs/trainees can take days off & vacation time, with advance notice and supervisor's approval. Trainees needing > 2 weeks vacation (excluding Holidays), need to either have special approval and/or extend the externship.
- All externs are expected to know and act according to the APA code of ethics and ensure professionalism in their behaviors and communication.

For further questions about the training program, please reach out to Dr. Simona Efanov, at simonaefanovpsyd@gmail.com