



MedStar Health

MEDSTAR GEORGETOWN UNIVERSITY HOSPITAL



WISE
MedStar Georgetown
Center for Wellbeing in
School Environments

MedStar Georgetown University Hospital (MGUH)
Department of Psychiatry
Division of Outpatient Child and Adolescent Psychiatry
AND
Center for Wellbeing in School Environments (WISE Center)

Child and Adolescent Clinical Psychology Training Program

MGUH's Department of Psychiatry is a multidisciplinary, community- and family-focused organization committed to strengthening the wellbeing of children and families through a culturally humble and healing-informed approach. A strong emphasis is placed on treatment, supervision, and ethical decision-making within a multicultural context. We have three rotation opportunities: *Outpatient Mental Health, School-Based Mental Health, and Adult/Health Psychology*.

Program Overview: Outpatient Mental Health Track

MGUH's Division of Child and Adolescent Psychiatry, within the Department of Psychiatry, provides outpatient mental health services to youth and young adults ages 3-26 and their families. Clinical psychology doctoral trainees deliver psychodiagnostics and psychotherapy services for child, adolescent, and young adult clinical populations within the outpatient clinic setting and, in certain cases, within a medical setting (e.g., primary care). In addition to engaging in weekly supervision with licensed clinical psychologists, trainees participate in supplementary trainings with other members of our multidisciplinary faculty, including psychiatrists, licensed clinical social workers and licensed professional counselors.

Trainees are active members of multidisciplinary teams and participate in case consultation meetings as part of the collaborative care model. External consultation occurs with educators, school-based mental health practitioners, and other invested stakeholders regarding patients' emotional and behavioral needs in various environmental contexts.

Subspecialty: Intensive Outpatient Programs (Child & Adolescent; Young Adult)

Adolescent IOP (ages 13-17)

An intensive outpatient program (IOP) provides a higher level of care than traditional once-a-week individual therapy but is less intensive than inpatient hospitalization. The program at MGUH includes 3 hours of group therapy 3 days a week (Monday, Wednesday and Thursday 3p-6p), with additional individual and family therapy, psychiatry services, and parent support. The program curriculum runs on a 12-week cycle.

The program staff includes a team of experienced psychiatrists, psychologists, therapists, social workers, care coordinators, psychiatry residents and fellows, and social work and psychology trainees. All group/individual therapy is informed by Dialectical Behavioral Therapy (DBT), and core members of the treatment team have completed the DBT Intensive Training through the Behavioral Tech Institute (as of January 2026). Group therapy

topics include emotion regulation, distress tolerance, mindfulness, interpersonal effectiveness, executive functioning, connection to nature, nutrition, and more.

Young Adult IOP (ages 18-26)

For young adults between the ages of 18 and 26, the Department of Psychiatry at MedStar Georgetown University Hospital, Division of Child and Adolescent Psychiatry, offers an intensive, multidisciplinary outpatient program designed to provide a higher level of care and support to help young people build the skills they need to manage their symptoms and navigate the transition to adulthood.

**Four (4) hours of the trainee's clinic day will be committed to direct service and non-direct service work within the Adolescent or Young Adult program (ie. 3 hours of group or individual therapy, 1 hour of case management, documentation, etc.).

Outpatient Program Specifics

Measurement Based Interventions: MBIs are regularly conducted at the onset of psychotherapy to assist with conceptualization and treatment planning. Trainees are trained in the use of well-validated screening instruments and risk assessment tools. MBIs are conducted primarily at intake and throughout treatment and are not to be confused with psychological evaluations. Comprehensive psychological assessments will not be conducted as part of the treatment process.

Evidence-Based Psychotherapy: Trainees receive training in delivering individual and group-based, empirically supported treatments to youth and families who are presenting with a range of clinical concerns (e.g., ADHD, anxiety, depression, ODD, PTSD). Treatment approaches include cognitive-behavioral techniques, family systems, psychodynamic, mindfulness-based, and interpersonal approaches as well as other integrated approaches. Treatment application is supported by clinical supervisors via live supervision.

Supervision

Individual weekly supervision will be provided by Licensed Clinical Psychologists. A primary focus of supervision is enhancing trainees' cultural humility in their clinical practice. Our team aligns with The Public Psychology for Liberation Training Model (Neville et al., 2021), which views training as *an iterative, ongoing nonlinear developmental process to be revisited and strengthened as needed*. We highly value trainees' expertise, input, and feedback. We identify ourselves as learning partners and invite trainees to engage in a process of life-long learning and growing alongside us.

All outpatient trainees are required to participate in quarterly group supervision four (4) times throughout the training year with other doctoral psychology trainees, social work interns and other master's level trainees. Meetings are held in September, November, January and April from 8:30-9:45am on Tuesday. Trainees are informed of the specific dates during orientation. During group supervision meetings, trainees gain broader viewpoints and a greater understanding of the interface of psychotherapy, community mental health, and hospital medical care. Given our faculty's strong commitment to training, trainees are offered the opportunity to collaborate with many experts in our field via MGUH's Department of Psychiatry.

Didactic Trainings

Outpatient trainees are required to participate in weekly didactics (Tuesdays 10:00-11:00am) facilitated by MGUH faculty and community partners. Didactics focus on various topics including but not limited to: Maternal Mental Health; Group Therapy; Dialectical Behavioral Therapy; and Liberation Psychology. Outpatient trainees are required to participate in monthly Child and Adolescent Grand Rounds, facilitated by world-renowned researchers

and practitioners (Tuesdays 11:00am-12:15pm). Other optional didactic trainings will be offered throughout the year as well. In person attendance is required unless otherwise stated.

Qualifications

Applicants must be doctoral trainees in Clinical, Counseling, or School Psychology entering their 3rd year or higher. Trainees with experience delivering psychotherapy are preferred. This training experience is intended for advanced doctoral students. *To note, a select number of the most competitive applicants will be offered interviews, and interviews will be offered on a rolling basis through the end of the interview period. As such, early submission of application materials is highly encouraged.*

Time and Caseload Requirements: Tuesday is a required training day, due to the didactic training schedule. The second day of training at MGUH will be on Mondays, Wednesdays or Thursdays. Trainees will carry a caseload of 5-6 individual patients per day and may facilitate/co-facilitate one group weekly. Trainees' interests and training needs are considered when determining caseloads therefore caseloads are built within the first 3 months of the training year. Site hours may include evening hours/sessions (after 5p) in person or virtually. However, trainees should plan to be on site in person when providing clinical service unless otherwise determined. Parking is available on site, and the site is metro and bus accessible.

Location for MGUH Outpatient Mental Health Track

MGUH Department of Psychiatry
2115 Wisconsin Ave, NW, Suite 200
Washington, DC 20007

Schedule Example #1

Monday

12-1p Individual Clinical Supervision
1-2p Treatment Planning/Prep
2-7p Individual Therapy session (53mins)

Tuesday

10-11a Weekly didactics
11a-1p Admin block
1-2p Individual Supervision
2-7p Individual Therapy session (53mins)

Schedule Example #2

Tuesday

10-11a Weekly didactics
11a-1p Admin block
1-2p Individual Supervision
2-7p Individual Therapy session (53mins)

Wednesday

11a-1p Individual Therapy session (53mins) *Outpatient clinic cases*
1-2p Individual Supervision
2-3p Adolescent IOP team meeting
3-6p IOP group sessions (1hr each)

Applications

To apply: We will begin accepting applications for **two to three (2-3) positions** on **Friday, January 9, 2026**.

Application submission will close on **Friday, February 13, 2026**. Offers are extended on a rolling basis; however, trainees are not required to accept or decline offers until the Universal Acceptance Date on **Friday, March 6, 2026**. Please submit the following materials to training@medstarwise.org and cc Dr. Denisha Carter at denisha@medstarwise.org.

- **Statement of Interest:** Please provide a 250-word statement based on the following prompt:
 - *How does who you are inform your work as a mental health clinician?*
 - Trainees may apply to more than one track. Please include the specific track(s) in which you are interested.
- **CV**
- **Two (2) letters of recommendation** from current or previous clinical supervisors, *rising 3rd year students* are able to include a letter from a current or previous supervisor and/or professor
- **Case conceptualization:** Please read the following case scenario and provide a 250-word case conceptualization, including how you would approach working with this family:
 - *You are working with an 11-year-old African American child whose family resides in Ward 7 in DC. The child presents with anxiety related to school- and family-related transitions. The child is experiencing strain within caregiver and peer relationships, academic challenges, and trouble focusing. The child's mother recently had a baby, and a high-risk pregnancy and delivery is causing continued health challenges that impact her ability to engage with the child and provide academic support. The child's father lives in the home and has historically worked long hours but is now taking on more caretaking responsibilities.*

Contact Information

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