

## Doctoral Externship Program

### Program Description

Psychology Specialists of Maine (PSM) is a private outpatient group practice providing individual, couple, and group psychotherapy for adults in Portland and Brunswick, Maine. Our psychologists are skilled scientist-practitioners with experience as clinicians, supervisors, and scholars in broad areas of specialization.

Our doctoral externship program is designed to support advanced trainees in gaining experience as generalists working with outpatient adult clients in a group practice setting. Trainees will work with a range of clients and will be trained in multiple modalities including individual and group psychotherapy. Our staff areas of expertise include cognitive behavioral therapy, psychodynamic psychotherapy, humanistic psychotherapy, emotionally-focused therapy, dialectical behavior therapy, empirically-supported treatments for trauma, and LGBTQ+ care.

The externship program at PSM is best suited for trainees in their 3rd or 4th year of externship. Trainees will gain the experience of working in a dynamic group environment with trainees and staff that are oriented towards continued growth and learning. This is an excellent placement for trainees who are interested in working in group private practice in the future.

### Position Details

- Trainees are hired as independent contractors and are compensated at \$4,000 for the year.
- The start date for the 2024-25 training year is Tuesday, September 3, 2024 and the end date is Friday, June 13, 2025. The end date is flexible depending on doctoral program requirements.
- Trainees will conduct both in-person and telehealth therapy sessions and will work from one of our PSM offices.
- Trainees should expect to work 20 hours per week, with approximately half of those hours providing direct clinical service. This will total approximately 700 to 800 hours depending on the length of the position.

### Program Content

- 10 scheduled individual therapy hours per week. Cases are screened for low risk and low to moderate complexity.
- 1 Dialectical Behavior Therapy (DBT) group therapy co-lead per week (1.5 hours per group)
- Trainees will have 1 hour per week of individual therapy with a licensed doctoral-level supervisor and 1 hour per week of *either* group supervision with a licensed doctoral-level supervisor and other externs *or* 1 hour of individual supervision with a supervised postdoctoral resident. Supervisors provide quarterly written evaluations. We conduct supervision in-person whenever possible and can work with program supervision requirements.
- An average of 2 hours per week of didactic training including clinical training seminars, staff consultation groups, and professional development seminars
- Additional time spent completing documentation and self-study to support ongoing clinical learning

### Applicant Requirements

- 3rd or 4th year externship placement
- Intention to attend practicum for at minimum 2 semesters (9-months) and up to 3 semesters (12-months)
- Application materials must be submitted in our BambooHR portal at this [link](#). Requirements include an updated CV, cover letter outlining the applicant's specific interest in training at PSM, current transcript, and 2 letters of recommendation (to be emailed separately to the training director at [drwhite@psychologyspecialistsme.com](mailto:drwhite@psychologyspecialistsme.com)).
- For the 2024-25 selection cycle, applications must be submitted by Friday, January 5, 2024. We will conduct interviews in January and make offers on Monday, February 12, 2024 at 8:00am.