



St. Louis DBT, LLC

Graduate-Level Internship Program

Clinical Concentration Internship Opportunity

About St. Louis DBT, LLC

St. Louis DBT, LLC is a private practice dedicated to offering and enhancing the practice of evidence-based therapies aimed at improving the mental health of adults and adolescents in the St. Louis area.

To achieve our mission, we:

- Serve individuals and families struggling with emotional cognitive and behavioral challenges
- Offer model-adherent behavioral therapies, including CBT, DBT, Prolonged Exposure and EMDR
- Train clinical social workers, counselors and therapists in evidence-based practices such as DBT
- Collaborate with other health care providers and act as an advocate for our client populations
- Consult with area agencies on best practices in the treatment of Depression, Anxiety and Borderline Personality Disorder

Our founder, Casey Limmer, MSW, LCSW, has become an authority on DBT in the St. Louis area, practicing the modality since 2002 and training directly with its creator, Marsha Linehan, Ph.D. Casey teaches behavioral therapy courses at Washington University's Brown School of Social Work. She is one of the very few clinicians to achieve certification in DBT with the Linehan Board of Certification. She trains and supervises all therapists in the St. Louis DBT practice. Casey oversees a Post-Graduate Fellowship Program and Graduate-Level Internship Program within her practice.

St. Louis DBT is affiliated and housed within Gateway Wellness Associates (www.gwa-stl.com), a community of licensed wellness professionals. Since Casey is the Owner and Founder of both St. Louis DBT and Gateway Wellness Associates, our interns will have a unique experience of working within two different businesses – a private practice and a larger cooperative community.

We are conveniently located in the University Tower at 1034 S Brentwood Blvd, Suite 555, St. Louis, MO 63117, in the high-rise across from the St. Louis Galleria. Our building is located near a metro station, bus stop, and two major highways. Covered and surface parking lots offer free parking, and the facilities are ADA accessible.

Primary Clinical Concentration Internship Responsibilities

- Complete psychosocial assessments to determine whether individuals meet program criteria, and offer referrals as needed
- Build and maintain a therapy caseload of 6-8 clients (could be individuals, couples, or families based on intern's experience and interest)
- Co-facilitate a DBT Skills Group
- Maintain appropriate clinical documentation in client files
- Attend weekly DBT Consultation Team meetings, held on Wednesdays from 9:00-10:45 AM
- Attend weekly supervision meetings with Field Instructor, Katie Silversmith, LCSW
- Attend monthly St. Louis DBT staff meetings, held on one Wednesday per month from 10:00-11:00 AM
- Attend ongoing DBT training meetings with CEO, Casey Limmer, LCSW, some of which are held every other Wednesday from 2:00-2:45 PM

- Answer calls from potential clients, and conduct phone screenings to determine if St. Louis DBT services will be an appropriate fit for their needs or if referrals need to be provided
- Conduct program evaluations on aspects of St. Louis DBT programs and services
- Complete other tasks as assigned

Additional Requirements

- Applicants must be concentration level students studying clinical social work
- Two semester commitment required (Fall 2017 and Spring 2018)
- Intern must be able to commit to working at least 15 hours per week at St. Louis DBT
- Flexible schedule available (daytime, evening, weekends)
- Intern is required to read Doing Dialectical Behavioral Therapy: A Practical Guide by Kelly Koerner prior to beginning their internship
- Intern is expected to take a course in DBT or attend the free basic two-day DBT training and the individual DBT therapy training offered periodically through www.dbtmo.org during, or ideally prior to their internship (depending on when it is offered)

Qualifications

- Interest in and commitment to providing model-adherent behavioral therapies, including DBT
- Willingness to work with individuals, couples, and/or families from a wide range of backgrounds who are facing a variety of mental health and other issues
- Ability to be flexible and adaptive in a fast-paced environment
- Ability to work well within a team and also excel in independent work
- Experience with leading groups or classes of up to 8 people is preferred
- Experience with doing direct practice (i.e. intake, assessment, therapy, case management, etc.) with individuals is preferred

How to Apply

To apply for the Clinical Concentration Internship at St. Louis DBT, please **email** (no phone calls please) a cover letter, resume, and three professional references **by February 28th** to:

Casey Limmer, LCSW
casey@stltdbt.com

All applicants and prospective interns are strongly encouraged to attend St. Louis DBT's Internship Open House on Wednesday, February 15th from 2:00-3:00 PM at St. Louis DBT. Attendance at the Internship Open House is strongly encouraged but not required for applicants.

Interviews will be held on March 7th. Applicants will be notified if the St. Louis DBT team would like to have them interview for the Clinical Concentration Internship, and will be provided with information regarding the interview process.

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