



St. Louis DBT, LLC

Graduate-Level Internship Program

Management Internship Opportunity (with Optional Clinical Responsibilities)

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 Management Internship Responsibilities

- Learn the ins and outs of operating a private practice within a larger cooperative community of wellness professionals
- Implement internal and external marketing and outreach efforts
- Conduct program evaluations on aspects of St. Louis DBT programs and services
- Assist with the development of new programs and services and identify potential new funding sources for those programs
- Conduct research on various aspects of service delivery, program development, and other topics as needed
- 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
- Complete other tasks as assigned

Primary Clinical Responsibilities (OPTIONAL)

If interested, a Management Intern would have the option of completing clinical work in addition to their management tasks. As such, these clinical responsibilities could include:

- Complete psychosocial assessments to determine whether individuals meet program criteria, and offer referrals as needed
- Build and maintain a therapy caseload of up to 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 ongoing DBT training meetings with CEO, Casey Limmer, LCSW
- 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

Additional Requirements

Please note that this internship can be completed as an **elective**, **foundation**, or **concentration** practicum. The hours requirement and semester commitment length are flexible unless applicant also wishes to do clinical work in addition to their management responsibilities, in which case, only two-semester concentration applicants are considered.

- Applicants must be students studying management
- Flexible schedule available (daytime, evening, weekends)
- Intern is expected to attend the free basic two-day DBT training offered periodically through www.dbtmo.org during, or ideally prior to their internship (depending on when it is offered)
- If applicants wish to complete clinical work in addition to their management responsibilities, they must:
 - Be concentration level students studying clinical social work
 - Be able to commit to working at least 15 hours per week at St. Louis DBT
 - 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

- Ability to be flexible and adaptive in a fast-paced environment
- Ability to work well within a team and also excel in independent work
- If applicants wish to complete clinical work in addition to their management responsibilities, they must:
 - Have an interest in and commitment to providing model-adherent behavioral therapies, including DBT
 - Be willing 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
 - Experience with leading groups or classes of up to 8 people is preferred
 - Experience with doing direct practice (i.e. therapy, case management, etc.) with individuals is preferred

How to Apply

To apply for the Management 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 Management Internship, and will be provided with information regarding the interview process.

St. Louis DBT, LLC
1034 S Brentwood Blvd, Suite 555
St. Louis, MO 63117
[p] 314.932.7415
[e] info@stltdbt.com
[w] www.stltdbt.com