We are a small, private mental health clinic serving the greater Seattle area; our primary treatment focus is anxiety and co-morbid diagnoses. Though we focus on Anxiety-Spectrum Disorder like Obsessive Compulsive Disorder, phobia(s), and Agoraphobia, it’s common we receive and treat clients who also have Depressive Disorders and Post-Traumatic Stress Disorder. We do not accept insurance, and we have a months-long waitlist for both our full fee and sliding scale appointments.

We have three main goals in forming the Internship Program:

1. To offer accessible mental health services for our community through low or at-cost, individual and group therapy sessions.
2. To provide high quality clinical training and support for new practitioners entering the field in a way that aligns with their values and self-directed educational goals.
3. To provide research opportunity and program development experience to those interns interested in an expanding their skill beyond clinical development.

We are looking for someone who is flexible, clinically-informed, and curious about clinical theory and practice. While the program has become more structured since its’ inception, our interns are asked to operate with a high degree of autonomy. Our expectation is that 50-60% of the hours you spend in placement will be client-facing. Where clinically indicated and possible, a student may have the opportunity to sit in on or participate in a therapy session but this is not guaranteed. Additionally, we require our interns offer a low-cost or free group to the community, and to own the marketing and advertising of their group (with the clerical and financial support our our group practice’s administrators). The final expectation of this placement involves research and program development wherein we collect data on the effectiveness of services offered through the internship program, and use this data to improve our program’s training and operations.

A general timeline for placement offered below. We require a candidate spend at least 9 months with SAS and that they will be in placement 20-24 hours/week with a panel of 10-12 clients; The remaining time allows time for notes, treatment planning, individual & group supervision/consultation, one weekly theory meeting, “light” research, and group facilitation. Please see our internship page (www.SeattleAnxiety.com) to learn more about our specific supervisors.

January - Feb: Accepting applications for a Summer or Fall placement
Feb - March: Interviews
March/April: Decisions

Please send a cover letter, resume/CV, brief writing sample to jennie@SeattleAnxiety.com

1904 3RD AVE, STE 623 SEATTLE, WA 98101 206.309.5990