

Internship Admissions, Support, and Initial Placement Data
Date Program Tables are updated: August 2026

Program Disclosures

Does the program or institution require students, trainees, and/or staff (faculty) to comply with specific policies or practices related to the institution’s affiliation or purpose? Such policies or practices may include, but are not limited to, admissions, hiring, retention policies, and/or requirements for completion that express mission and values?	☒ Yes ☐ No
If yes, provide website link (or content from brochure) where this specific information is presented:	
The program brochure is located on the MHS Internship webpage www.mhs-dbt.com/professionals/doctoral-internships/ (under the “downloads” tab)	

Internship Program Admissions

Briefly describe in narrative form important information to assist potential applicants in assessing their likely fit with your program. This description must be consistent with the program's policies on intern selection and practicum and academic preparation requirements:

Mental Health Systems' (MHS) Doctoral Internship Program aims to prepare doctoral interns to become competent in offered evidenced-based intensive outpatient services including group therapy, individual therapy, and assessment. Most of MHS' programming is based in Dialectical Behavior Therapy and is applied with individuals with severe and persistent mental illness (SPMI). After developing a foundation of group DBT skills, doctoral interns are given opportunities to choose from elective training options for the second half of the training year. Example electives include: DBT with adolescents, DBT with clients with intellectual disabilities, cognitive behavior therapy (CBT) skills group, programming for individuals with thought disorders, integrated MI/CD dual disorder programming, or our integrated health programming for individuals with chronic pain. See website and internship brochure for more details about training opportunities. Other desired qualifications include: 1.) Be in good standing with their current academic program. 2.) Demonstrate an active interest in the training opportunities offered by MHS and articulate those interests. 3.) Be willing to take risks and explore their therapeutic process. 4.) Having an accepting attitude towards individuals presenting with Borderline Personality Disorder or other symptoms and disorders that continue to receive negative stigma in the field and society. 5.) Demonstrate a willingness to become an active member of our team. 6.) Are interested in working in a setting that embraces continued growth in cultural competence and evidence-based practices.

Does the program require that applicants have received a minimum number of hours of the following at time of application? If Yes, indicate how many:

Total Direct Contact Intervention Hours	Yes	No	Amount: 500
Total Direct Contact Assessment Hours	Yes	No	Amount: 100

Describe any other required minimum criteria used to screen applicants:

Applicants are required to have passed comprehensive exams and proposed their dissertation prior to the start of internship.

Financial and Other Benefit Support for Upcoming Training Year*

Annual Stipend/Salary for Full-time Interns	\$40,000	
Annual Stipend/Salary for Half-time Interns	N/A	
Program provides access to medical insurance for intern?	☒ Yes	☐ No
If access to medical insurance is provided:		
Trainee contribution to cost required?	☒ Yes	☐ No
Coverage of family member(s) available?	☒ Yes	☐ No
Coverage of legally married partner available?	☒ Yes	☐ No
Coverage of domestic partner available?	☒ Yes	☐ No
Hours of Annual Paid Personal Time Off (PTO and/or Vacation)	80 PTO/Vacation	
Hours of Annual Paid Sick Leave	Included in PTO	
In the event of medical conditions and/or family needs that require extended leave, does the program allow reasonable unpaid leave to interns/residents in excess of personal time off and sick leave?	☒ Yes	☐ No
Other Benefits (please describe): Doctoral Interns are allotted 2 weeks vacation/PTO (10 days) as well as paid holidays (including Labor Day, Thanksgiving, Christmas, New Year's Day, Memorial Day, and July 4 th . Interns are encouraged to communicate additional days that carry cultural/religious meaning which MHS will also recognize as holidays.		

* Note. Programs are not required by the Commission on Accreditation to provide all benefits listed in this table

Initial Post-Internship Positions

(Provide an Aggregated Tally for the Preceding 3 Cohorts)

	2023-2026	
Total # of interns who were in the 3 cohorts	10	
Total # of interns who did not seek employment because they returned to their doctoral program/are completing doctoral degree	1	
	PD	EP
Academic teaching	PD =	EP =
Community mental health center	PD = 2	EP = 4
Consortium	PD =	EP =
University Counseling Center	PD =	EP =
Hospital/Medical Center	PD =	EP = 1
Veterans Affairs Health Care System	PD =	EP =
Psychiatric facility	PD =	EP =
Correctional facility	PD =	EP =
Health maintenance organization	PD =	EP =
School district/system	PD =	EP =
Independent practice setting	PD =	EP = 1
Other University/Research	PD = 1	EP =

Note: "PD" = Post-doctoral residency position; "EP" = Employed Position. Each individual represented in this table should be counted only one time. For former trainees working in more than one setting, select the setting that represents their primary position.