

# CINCINNATI CENTER *for* DBT

Transforming Lives Through Evidence-Based Care

## DBT Trauma Therapist

Full-time | Hybrid (Cincinnati office + telehealth) | 20-client-hour caseload | Flexible schedule

This Is More Than a Job. It's an Invitation.

Do you feel called to help clients carry and transform deep pain—the kind that doesn't always have words? Do you want to combine the structure and power of Dialectical Behavior Therapy (DBT) with the healing potential of EMDR and other evidence-based trauma treatments?

Now imagine doing all of that while working just 30 hours a week, earning top-of-field pay, receiving full benefits, and having an admin team to handle the logistics so you can focus on your clients—not billing, rescheduling, or paperwork. Imagine being part of a team that genuinely supports each other, shows up with radical genuineness, and actually makes room for growth, feedback, and being human.

Hi. We're Cincinnati Center for DBT. And we'd love to meet you.

This isn't just another therapy job—it's a chance to work in the kind of practice you always hoped existed, and to grow into the clinician you've always wanted to be: someone who helps clients rebuild their lives after trauma, who shows up when others don't know how, and who is fully supported, deeply trained, and surrounded by people who truly get it.

The Opportunity

You'll be joining a collaborative team that is **genuinely** committed to practicing adherent DBT. We'll train you, support you, and challenge you to grow—clinically, professionally, and personally—because we believe in doing this work well. And we believe in doing it together.

This role focuses on working with adults or adolescents who have experienced trauma and are struggling with emotion dysregulation, suicidal ideation, or self-destructive behaviors. Many clients benefit from a blend of DBT and trauma-focused interventions like EMDR. You'll have the opportunity to integrate both into your clinical work with full-model DBT support.

At CCDBT, you get to focus on what you do best—therapy. We provide the training, support, and administrative infrastructure so you can thrive clinically without drowning in paperwork, billing, or burnout. Our team is warm, genuine, and serious about doing great work *and* taking care of each other.

You'll have a sustainable caseload, total transparency around expectations, and a leadership team that actually listens. Whether you're just starting to specialize or bringing years of experience, you'll be part of a culture that values growth, clinical integrity, and real human connection.

You'll receive:

- All the DBT training, supervision, and consultation you need to grow into mastery
- Specialized DBT training and supervision tailored to working with survivors of trauma
- Competitive compensation with only 20 clinical hours required each week
- True work/life balance (most of our team works ~30 hrs/week total)
- Administrative support so you can focus on clients
- A team that values warmth, transparency, feedback, and connection



## What You'll Be Doing

By Month 1, you'll be:

- Attending onboarding & foundational DBT training
- Starting to see clients
- Joining weekly DBT team consultation and onboarding buddy check-ins
- Getting oriented to our EHR and internal systems, including documentation, scheduling, and how we support you administratively.

By Month 3, you'll be:

- Carrying a full caseload of 20 clinical hours per week
- Attending didactics and submitting videos for supervision
- Co-leading DBT skills groups and seeing meaningful client progress
- Blending EMDR (or other trauma approaches) into your treatment when clinically indicated
- Building and managing your own schedule in a way that supports your energy, client outcomes, and work/life balance—with guidance available when you need it.
- Checking in with the clinical director monthly on your goals and feedback
- More confident and connected with the team

By Month 12, you'll be:

- Providing DBT with fidelity across all four modes of treatment

- Supervising provisionally licensed staff or trainees (if desired and credentialed to do so)
- Integrating EMDR or other trauma treatments seamlessly when appropriate
- Gearing up to participate in advanced didactics and specialized DBT trauma training
- Feeling confident, supported, and connected to meaningful work

## Does this sound like you?



- You're a licensed clinician (LSW, LPC, MFT, LISW, LPCC, LMFT, IMFT, PsyD, PhD) able to attend weekly meetings in person at our Cincinnati office
- You have training and significant experience in EMDR
- You're passionate about helping clients move through trauma and build a life worth living
- You love structure, clarity, and accountability
- You take feedback well and seek it out to improve your work
- You're energized by doing deep, evidence-based therapy, not surface-level support
- You're organized, self-aware, and able to manage your own emotional responses while continuing to grow as a clinician
- You've worked with high-risk or severe clients in the past
- Note: You don't need to be trained in DBT to join us — we'll give you the training, supervision, and clinical experience you need to become a skilled DBT therapist.

**All of our clinicians practice DBT with fidelity—and each also brings something uniquely their own.**

We're building a team that's **diverse in specialty, experience, and interest**. You'll stand out (in the best way) if you have:

- Experience with DBT, **EMDR certification**, or significant experience using other evidence-based trauma treatments such as **PE, CPT, TF-CBT, or ART**.
- Experience treating **complex PTSD, dissociation, traumatic invalidation, or teens**
- **Independent licensure** and/or **supervision credentials**
- Authorization to practice under **PSYPACT** or **licensure in multiple states**

**These aren't required**—we're more interested in your willingness to grow, your alignment with our values, and your passion for this work.

This is NOT the right fit if:

- You're not interested in DBT or unwilling to do intensive training
- You're uncomfortable with regular feedback, personal accountability, or being part of a team that values high standards and transparency
- You want to see less than 20 clients/week
- You're unable or unwilling to work at least two evenings per week to accommodate skills groups and client availability.
- You aren't interested in treating trauma

- You aren't interested in joining a tightly knit team culture
- You're not invested in continuous learning and growth
- You're not experienced in providing evidence-based trauma treatments

## What's in it for you?

- Health, vision, dental, life, short-term disability, accident, & critical illness insurance
- Paid time off + holidays
- Liability/malpractice insurance
- Training stipend & full foundational DBT training
- High-quality, no-cost supervision for licensure
- Retirement + matching
- A beautiful office in Mt. Auburn + optional remote days
- Admin support that removes the headaches (billing, scheduling, cancelations, paperwork reminders)
- Weekly DBT team meetings, individual & group supervision, ongoing didactics, & mentorship
- Work when you want, how you want—you control your schedule
- Everything you need to confidently pursue certification through the DBT-Linehan Board of Certification (if desired)— including didactic training, clinical practice, and ongoing support.

And the **real** perks?

- You'll feel less burned out. You'll laugh with your team. You'll know your clients are getting better.
- You'll grow as a clinician and a person. You'll remember why you got into this field in the first place.





## About Cincinnati Center for DBT

We are a mission-driven practice focused on delivering adherent DBT, training clinicians, and offering effective, evidence-based care. Our clients can be high-risk, emotionally intense, and sometimes in crisis—and we love working with them. We know that adherent DBT saves lives and we've built a culture where clinicians can thrive while doing this hard, meaningful work. Our leadership is active, invested, and experienced in DBT and we are fiercely protective of our supportive, radically genuine, and feedback-rich team culture. Our work with trauma is growing—and we're looking for clinicians who want to build something meaningful alongside us.

Above all else, we're a team. We show up for each other with curiosity, accountability, and lots of humor. We're serious about the work we do, but we don't take ourselves too seriously—and we believe laughter belongs in the therapy world, too.

At CCDBT, you'll find a rare combination of clinical excellence, operational support, and genuine connection. We believe therapists do their best work when they're supported as human beings—not just clinicians. Here, you're encouraged to grow, take risks, stretch

your skills, and keep becoming the therapist (and teammate) you want to be, alongside a team that invests in you as a person, not just as a provider.

## Apply Now

This isn't a job for everyone—and we don't want it to be. But if you're reading this and feeling a fire inside you - we want to hear from you.

Send your resume and cover letter to:

✉ [careers@cincinnati-centerfordbt.com](mailto:careers@cincinnati-centerfordbt.com)

🌐 [www.cincinnati-centerfordbt.com](http://www.cincinnati-centerfordbt.com)

📍 126 Wellington Pl, Cincinnati, OH 45219

Learn more about what sets us apart at [cincinnati-centerfordbt.com/employment](http://cincinnati-centerfordbt.com/employment).