

Post-Doctoral Fellowship 2025-2026

Overview

Center Focused Therapy (CFT) is a group psychotherapy practice located in downtown Chicago dedicated to providing the highest level of intentional, compassionate, and informed care for our diverse, adult client population! We often describe ourselves as a combination of a university counseling center and private practice given the clients that we see and ways that we function. CFT is seeking Post-Doctoral Fellows who are committed to providing affirmative mental health care and pursuing their own clinical, personal, and professional growth. Our website: <https://www.centerfocusedtherapy.com/>

We are hoping to have a cohort of 2-3 Post-Doctoral Fellows for the 2025-2026 year. We also will have a doctoral-level Advanced Therapy Practicum and Master's level clinicians who are accruing hours for licensure and under the supervision of our licensed staff.

The goal of the post-doctoral position is to prepare early-career clinicians for independent practice in group- and private-practice settings. We seek to balance a deep commitment to training and the provision of support with fostering Post-Doctoral Fellows' increasing autonomy.

The primary foci of the training program are to:

1. Foster Fellows' ability to consistently provide intentional, high-quality psychotherapy.
2. Increase Fellows' awareness and level of skill in navigating and addressing issues of culture, identity, and the socio-political surroundings within a relational framework.
3. Consistently adhere to the highest ethical standards of our field.
4. Support fellows in their professional development, including fostering the development of Post-Doctoral Fellows' specific areas of interest and emerging expertise, as well as marketing and other skills necessary to maintain a successful independent practice.

Client Population

Our clients come from a broad range of social locations and present with a wide range of concerns. We see clients who are coping with anxiety, depression, other mood disorders, relationship concerns, body image/eating concerns, grief and loss, a range of traumas, oppression and concerns about political climate, and other difficulties. We work with adults across the lifespan and do see a fair number of university students given our relationships with local university counseling centers, including University of Chicago, University of Illinois at Chicago, Northwestern University, Loyola University, and others. Our clients are also referred by hospitals, group practices, community health centers, individual practitioners in private practice, and prescribing psychiatrists. People of Color, LGBTQ+, people with disabilities, immigrants, and members of other minoritized groups make up the majority of our client population. We are expanding to offer more services to trans-identified people given the need in this community.

We do accept insurance, though we also offer sliding fee services given our commitment to serving those with limited resources. If our Fellows have particular clinical interests, we will make efforts to link them with clients who reflect these interests.

Supervision

Center Focused Therapy truly values providing training. We ensure that each Post-Doctoral Fellow has weekly meetings with a primary supervisor and opportunities to also consult with other senior clinicians. We have a large, interdisciplinary staff so that Fellows have the opportunity to interact with a range of clinicians in the practice. Supervisors take a developmental and competency-based approach to supervision and are focused on training Fellows to conduct insight-oriented, long-term, cross-culturally focused therapy. Supervisors tailor supervision to meet individual training goals and developmental needs. We recognize that each Post-Doctoral Fellow is unique and may have different needs over the course of the training year. It is our hope that Fellows feel welcome and respected and, therefore, can use supervision and other training opportunities to advance their learning and growth. Fellows receive feedback from supervisors and members of the Leadership team in order to help them develop professionally. We do provide lots of feedback to Fellows, including in response to their session recordings to facilitate growth. We have ongoing direct observation of their clinical work using video recording of sessions.

Training Activities

Post-Doctoral Fellows will receive:

*** Orientation at the start of the year**

Post-Doctoral Fellows will participate in structured orientation activities at the start of the year to orient them to practice policies and procedures. These activities will assist them in being successful at the practice and in learning about our supervisors and staff. Part of this orientation will include ethical and legal issues and clear guidelines about how to manage client emergencies while onsite and working remotely.

***1 hour of weekly individual supervision**

Primary supervision with an experienced, Licensed Psychologist. The supervisor will have at least 3 years of experience post-licensure and would have previous supervision experience.

***Professional Development meetings with Chandan Bhagia, Psy.D., CEO/Practice Owner**

Professional Development meetings will include support around the transition to private practice. In addition, Fellows will collaborate with Dr. Bhagia in working toward their Post-Doctoral Fellowship projects. These projects are focused on providing either consultation or

didactics to settings (e.g., non-profits, corporate, hospital, etc.) to provide greater support to marginalized populations while also assisting Fellows to establish a presence in the Chicago therapy landscape.

***2 hours of Didactics per month (1 hour each)**

We have 2 hours of didactic trainings per month open to anyone in the practice. Some sample titles of trainings in the past:

"Group as an Intervention in Private Practice"

"Fatphobia in Clinical Practice"

"BP-What? Identifying and Assessing Bipolar Presentations and Considerations for Treatment"

"Racial Trauma and Liberation Psychotherapy"

"Being a Clinician and Ally to Trans-identified Clients in a Time of Political Scrutiny"

"Assessing and Documenting Risk"

"How to Engage in Active and Accessible Self-care"

"Getting Started with Couples Therapy"

"CFT Clinical Supervision Workshop: Approaches and General Considerations"

"Therapist Self-Disclosure: Research and Clinical Considerations"

"Navigating Complex Transferential Dynamics in Long Term Therapy"

***2 hours of Case Consultation per month**

We have a monthly consultation group open to anyone in the practice. It is facilitated by our Clinical Director, Dr. Calingaert.

*If interested, the option of **co-leading an interpersonal process group** and being part of a consultation group facilitated by our Group Coordinator (2 hours/month)

***Opportunities to network with other professionals** as we have a vibrant, large group practice with clinicians with differing disciplines and areas of expertise.

Community

We believe in the value of community and are dedicated to building a collaborative and diverse team that upholds the values of social justice and cultural humility. We believe in enacting the values we hold, not only with clients but also amongst ourselves, and find that we all gain from the opportunities for continued growth and mutual support offered by fostering a community based on respect, transparency, authenticity, and trust. Our team meets quarterly, for team building and social activities. Retreats are held twice a year to allow for time with each other as a team. The summer retreat is a two-day, off-site, and fully financed by the practice. This focus on relationship-building within the practice sets us apart from other group practices and is a central mission of the practice.

The ideal candidate is self-motivated, dedicated to providing services to historically marginalized

populations, self-reflective, open to feedback, and desires to be a long-term member of the team.

For more information about CFT, please visit our website:

<https://www.centerfocusedtherapy.com>

Responsibilities

- See an average of 25 individual or couples' clients/week, including one psychotherapy Group.
- Expected to be working 4 days/week, including two days remote. Days in the office may be at Michigan Avenue (downtown) or Lawrence Avenue (Lincoln Square) location.
- Expected to work either 1 weekend day per week or 3 weeknights (until 8pm) depending on client needs. Sessions which are later in the day could be conducted remotely.
- Possibility of involvement in training (Advanced Therapy Practicum program).

Compensation and Benefits

This is a full time, W-2 employee position.

- Benefits and compensation will be determined once an offer is extended and be highly competitive to post-doctoral fellowships within a private practice setting in the Chicago land area. The salary range is \$63,000 to \$80,000 taking into account time it takes to build a caseload, number of clients seen on a weekly basis, and other factors.
- Paid Time off is up to 40 hours/year, 20 hours can rollover to subsequent year.
- Health Insurance, including Dental, benefits after reaching a full caseload. Blue Cross Blue Shield PPO is one of several options.
- 401k available with employer matching.
- Short Term Disability and Life Insurance.
- Professional Development Stipend.
- Beautifully furnished office spaces.
- Administrative staff who do verification of benefits, billing, and fee collection.
- Assistance with marketing and referrals through the practice.

Minimum Qualifications

Ph.D. or Psy.D. in Psychology from an APA-accredited doctoral program and completion of an APA accredited internship. By the start of the Fellowship, all degree requirements must be completed, including doctoral internship and dissertation. College counseling experience preferred.

Start Date

Roughly August 18, 2025 – October 23, 2026 (exact dates determined once offer is extended)

Virtual Open House

➤ We will hold a Virtual Open House on **Tuesday, December 10, 2024 from 12-12:50pm** to provide information about our program and be available to answer questions. See our website for details. Please email info@centerfocusedtherapy.com if you'd like to attend.

Application Process

Please send the following in ONE email to info@centerfocusedtherapy.com:

- 1). Cover Letter indicating reasons you are interested in being with Center Focused Therapy, your goals for the Post-doctoral Fellowship, and the date you expect to complete all the requirements for your doctoral program, including your internship, dissertation, and doctoral degree.
- 2). Curriculum Vita.
- 3). Two letters of recommendation written by people who directly supervised your clinical work.

Please note that your application will not be reviewed until all documents are received. In the subject line of your email, please state "Post-doctoral Fellowship, your last name, your first name."

We will stop receiving applications on January 31st, 2025. If you have questions about the Fellowship, please contact Anmol Satiani, Ph.D. at drsatiani@centerfocusedtherapy.com