



### **Psychologist Residency Program**

*Eugene Center for Anxiety and Stress' psychologist residency is designed for those seeking careers in clinical practice settings and is guided by the scientist-practitioner model.*

#### **Program Details**

The Postdoctoral Residency Program at ECAS is a 12-month, 2,000-hour residency that begins in September of each year. The aim of the residency program is to advance the competency of early-career psychologist residents working toward licensure in evidence-based treatment and assessment while integrating an anti-oppressive, trauma-informed, and multiculturally-oriented approach.

Residents divide their time between direct client care, administrative tasks, supervision, didactic trainings, and a professional development project. Professional psychological services may include provision of individual and/or group therapy and/or assessment services. All postdoctoral residents will integrate multicultural humility, trauma-informed, and anti-oppression into their work. Successful completion of the postdoctoral residency program will fulfill the supervised practice requirements for licensure as a psychologist in the state of Oregon.

Eugene Center for Anxiety and Stress will be accepting applications for its Evidence-Based Treatment of Anxiety, OCD, and PTSD (EBT Track) for the 2026-2027 training year.

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#### **Evidence-Based Treatment of Anxiety, OCD, and PTSD (EBT Track).**

Residents in this track will develop competency in evidence-based treatment of Anxiety, OCD, and PTSD, with an emphasis on exposure-based treatments (specifically, Acceptance and Commitment Therapy, Exposure and Response Prevention, and Mindfulness-Based approaches). Our program provides postdoctoral residents with

intentional and high-quality training in the gold-standard treatments for our specialty areas while also integrating how societal and cultural factors shape and impact mental health.

In addition to our specialty training in Anxiety, OCD, and PTSD, postdoctoral residents also have opportunities to specialize in working with gender diverse individuals, including providing letters of support for gender affirming care.

Spanish-Language/Latinx Culture (SLLC) Specialization: In this track, we are recruiting postdocs who can provide bilingual Spanish language services and have a focus on providing services to the Latinx community in Eugene under the supervision of a Spanish-speaking Latina supervisor.

[Click here](#) for the Postdoctoral Residency Application

[Click here](#) for the APPIC/UPPD Website – EBT Track

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### **Postdoctoral Resident Schedule**

#### **40 hours a week broken up into:**

22 hours a week direct patient care

2 hours individual supervision

Didactics

1 hour per week clinic meeting

– Multicultural Development

– Case Consultation

– All Clinic Meeting

– Training Seminar

1 hour per week EBT group (for therapy track)

2 hours a week professional development project

2 hours a week of EPPP studying time

Administrative time for note writing

Optional activities :

– Clinical extern co-supervision

– Workshop or continuing education

facilitation

– Outreach opportunities

– Development of group program

#### **Compensation:**

- Salary of \$65,000
- Health, dental, and vision insurance
- Access to EAP
- 18 days PTO accrued, 9 paid holidays