Monte Nido Roxbury Mills offers state-of-the-art, evidenced-based residential programming for eating disorders and co-occurring presentations. Monte Nido’s treatment approach focuses on the restoration of physiological and nutritional balance, implementation of healthy eating and exercise routines, elimination of harmful behaviors, and development of motivation and treatment engagement. Monte Nido’s program philosophy, combined with a highly trained and supportive staff, helps clients of all genders work in collaboration with their treatment team to understand their eating disorder, gain abstinence from behaviors and work on any psychological issues that complicate and/or perpetuate their eating disorder thoughts and behaviors. State-of-the-art treatment is provided through a combination of group therapy modalities, nutrition education, meal support, mindfulness training, medical and psychiatric care and psycho-therapeutic support. Clients work on behavior, mood, relationship, food and weight goals while they advance through our level system, gaining increased freedom and responsibility for handling recovery challenges. The tools, skills and ongoing support services help clients to become fully recovered and to maintain their recovery.

Monte Nido provides individualized treatment including:

* High levels of medical and psychiatric care, with 24-hour nursing, in the comfort of a home setting
* Cognitive Processing Therapy (CPT) to address co-occurring PTSD in all programs, providing the ability to seamlessly continue this therapy through all levels of care
* Motivational enhancement approaches to support behavior change with co-occurring substance use disorders
* Nutritional programming that meets differing nutritional needs with a Registered Dietician
* Skills development through evidence-based treatments such as Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Acceptance and Commitment Therapy (ACT)

Training Program:

Monte Nido’s externship program aims to provide externs with an authentic training experience to build upon their clinical skill set and support professional growth and development. In this training setting, externs will get specialized training to work with an adult population of men and women who have diagnosed eating disorders along with other diagnostic comorbidities such as PTSD, depression, anxiety, SUD, and Borderline personality disorder.

Externs will participate and receive supervision and training in providing individual and group based psychotherapy, conducting clinical assessments, crisis intervention, and insurance utilization reviews, supporting in a therapeutic milieu with meals using therapeutic coaching, grounding, and support techniques. Externs will receive on-going didactic and supervision in the treatment of eating disorders and co-occurring disorders and the use of CBT, DBT, ACT, and CPT through weekly training and supervision opportunities.

Externs will work as part of a multidisciplinary team of nurses, physicians, dieticians, recovery coaches, and mental health providers and be invited to attend weekly treatment team meetings.

Individual Supervision: Doctorate and Post-Doctorate level Externs/Residents receive one hour of individual supervision per week by a Maryland licensed Clinical Psychologist. Other externs are eligible to receive individual supervision on an as needed basis to support clinical development and/or meet training contract requirements.

Group Supervision: All externs receive weekly group supervision. Group Supervision meets once a week for one hour from 1-2pm on Tuesdays. This supervision includes a component to present cases and to receive didactic training on a range of topics.

Requirements:

Must be available to attend treatment team meetings from 10a-1p and group supervision from 1-2p weekly on Tuesdays.

* Masters level externs may forgo treatment team meetings if this conflicts with classes and prior arrangements are made. Doctorate and Post-Doctorate level externs/Residents must be present.

Must be able to commit at least 20 hours per week for a full academic year.

Materials Requested: CV & Cover Letter can be emailed to [BHutchinson@montenido.com](mailto:BHutchinson@montenido.com)

Or mailed to:

Attention: Barbara Hutchinson

3100 NW Roxbury Mills Rd

Glenwood MD

Contact:

**Barbara Hutchinson, PsyD,** *(She/Her/Hers)*

Monte Nido Roxbury Mills

Glenwood, MD

Clinical Director

410.849.6116

https://www.montenido.com/locations/glenwood-maryland/