



Lilac Center

DIALECTICAL BEHAVIOR THERAPY FELLOWSHIP PROGRAM

Transform Lives. Build Mastery.

- ✔ Extensive DBT Training
- ✔ Mentoring from DBT Experts
- ✔ Paid Fellowship
- ✔ Clinical Licensure with commitment

Clinical Excellence



About Us

Since 2000, the Lilac Center has been leading the field in evidence-based treatment for individuals facing intense emotional suffering. Our Fellowship Program is your pathway to becoming a confident, competent, and compassionate clinician in DBT practice.

Are you a passionate graduate student ready to make a lasting impact in mental health care?

Join one of the nation's longest-standing, fully adherent DBT programs—and launch your career with exceptional training, clinical excellence, and meaningful purpose.

Why Choose our Fellowship?

The Lilac Center DBT Fellowship is a part-time clinical training program for graduate-level mental health students seeking real-world experience in Dialectical Behavior Therapy (DBT). Fellows gain hands-on practice in a high-acuity outpatient setting, working alongside experienced clinicians to build advanced skills and make a meaningful impact in the lives of their clients.

Legacy & Leadership in DBT

Join a program with more than 25 years of experience delivering clinical excellence and advancing innovative practices in Dialectical Behavior Therapy.

Intensive, Hands-On Clinical Experience

Immerse yourself in real-world care within our Intensive Outpatient Program (IOP), helping clients reduce self-harm, navigate suicidal ideation, and develop essential life skills.

Comprehensive DBT Training

Master the full DBT model across adolescent and adult populations — including individual therapy, family therapy, skills groups, and consultation teams.

What You'll Gain



Training & Education

Trainees participate in comprehensive DBT training, gaining hands-on experience in individual therapy, family therapy, group skills training, phone coaching, and consultation. Weekly didactic sessions provide in-depth instruction on DBT theory, clinical ethics, suicide prevention, and enhancing diagnostic clarity.



Clinical Practice

While in school, trainees deliver over nine hours of direct patient care each week. They co-lead intensive DBT skills groups and individual therapy sessions, develop safety plans, provide crisis support and check-ins, and play an active role in discharge planning and interdisciplinary collaboration.



Supervision & Evaluation

Each trainee receives a minimum of three hours of weekly supervision and participates in quarterly competency-based evaluations. They are also integrated into DBT consultation teams to support ongoing growth, adherence to the model, and collaborative case formulation.

The Lilac Center is building the next generation of DBT experts. Think you have what it takes? Apply today — your future starts here.

Supportive Culture



As a Lilac Center Fellow, you'll play a vital role in transforming lives while building a strong foundation for your clinical career.

This immersive experience offers hands-on opportunities to support adolescents & families and adults through meaningful, evidence-based care. You'll develop core therapeutic skills, deepen your understanding of human behavior, and contribute to a team committed to compassion, collaboration, and clinical excellence.

How are we unique?

Fellows receive hands-on experience treating clients with complex needs while being fully supported by a team of seasoned DBT clinicians. The program includes weekly consultation team meetings, in-depth training, and individual supervision. You'll develop a deep understanding of DBT's core principles and how to apply them in real life — not just in theory.

Skills You'll Master

- Mindfulness
- Distress Tolerance
- Emotion Regulation
- Interpersonal Effectiveness
- Walking the Middle Path
- Crisis Intervention
- Coaching & Role Play
- Collaborative Treatment Planning

Your Impact on Clients

- Break free from cycles of self-harm and suicidal behaviors
- Develop stronger, healthier relationships
- Build insight, self-awareness, and emotional resilience
- Learn to live with intention and purpose
- Create a life worth living — and define what that means for themselves

Your Role as a Fellow Includes:

- Teaching and modeling DBT skills in group and individual formats
- Supporting clients in crisis with validation and skill coaching
- Helping adolescents and families rebuild communication and trust
- Collaborating closely with psychiatrists, case managers, and therapists for coordinated care
- Documenting progress and identifying patterns for intervention
- Developing a deep understanding of behavior, safety, and resilience

We seek fellows who bring:

- A non-judgmental, validating, and human-centered approach
- Empathy, clarity, and calm under pressure
- A strong desire to grow, ask questions, and deliver excellent care
- The courage to engage in real, raw, and life-saving conversations
- Respect for diverse identities, backgrounds, and lived experiences
- Share the values of integrity, compassion and commitment
- Add to the positive culture of the Lilac Center

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Application Process



Make this the first step in a powerful and meaningful career. This Fellowship isn't just about learning—it's about true transformation.

You'll gain hands-on experience working with high-acuity clients, building the clinical judgment and confidence needed to navigate complex and challenging cases. By the end of the program, you'll not only have a strong foundation in evidence-based treatment, but also a level of DBT skill and professionalism that distinguishes you in today's evolving mental health workforce.

Overview of the Application Process

The Lilac Center DBT Fellowship Program follows a three-part application process designed to identify the most committed and qualified candidates:

- **Step 1:** Complete the written application and submit a brief introduction video explaining why you would make a great fellow at the Lilac Center.
- **Step 2:** If selected, participate in an individual interview and complete a written assessment to evaluate your personality and fit with the program.
- **Step 3:** Attend an in-person group interview with the Lilac Center DBT Fellowship Team. Final selections will be made following this collaborative session.

This process helps us ensure that each fellow is not only clinically strong but also deeply aligned with our values and mission.

Apply Now

Step into the work you were meant to do. Learn to lead with heart, clarity, and skill. Join the Lilac Center Fellowship and help people heal, grow, and thrive — one skill, one session, one life at a time.

Start Here: www.lilaccenter.org/fellowship

Key Features

The Lilac Center DBT Fellowship Program provides emerging therapists with the structure, support, and hands-on experience needed to become confident, skilled clinicians. Grounded in clinical excellence and real-world application, the program combines training, mentorship, and practical experience in a high-acuity outpatient setting—preparing fellows for licensure and long-term success in DBT practice.

- Part-time during school (16 hours per week)
- Transition to full-time employment post-graduation
- \$20/hour during training period
- Real-world experience with high-acuity clients
- Weekly DBT consultation team
- Intensive supervision and mentorship
- Requires a 3-year commitment
- Receive clinical licensure at completion
- Competitive interview process to ensure we select fellows who are deeply committed and eager to gain true mastery in DBT
- Pathway to a rewarding long-term career at the Lilac Center

This is more than a training — it's a launchpad for your future as a confident, skilled, and compassionate clinician.

The Lilac Center is building the next generation of DBT experts. Think you have what it takes? Apply today — your future starts here.

Lilac Center DBT Fellowship Program – Frequently Asked Questions (FAQ)

What is the Lilac Center DBT Fellowship Program?

The Fellowship Program at the Lilac Center is an immersive training opportunity for emerging mental health professionals who are passionate about delivering high-quality, evidence-based care—particularly Dialectical Behavior Therapy (DBT). Fellows receive intensive supervision, structured training, and hands-on clinical experience with high-acuity clients in an outpatient setting.

Who is eligible to apply?

Applicants must be:

- Graduate students in a master's-level Social Work, or License Professional Counselor
- Able to commit to 16 hours/week during the academic year during specific times
- Planning to transition to full-time employment post-graduation

What is the structure of the Fellowship?

The Fellowship is divided into two phases:

1. Part-Time Student Phase

- 16 hours/week during the school year during specific IOP group times.
- Paid at \$20/hour
- Includes training, shadowing, co-leading IOP groups, and supervised clinical work

2. Post-Graduation Full-Time Phase

- Competitive salary based on clinical hours. Typically in the range of \$50K-55K
- Full-time benefits if working 30 clinical hours per week
- Continued supervision, training, and growth opportunities

What kind of training will I receive?

Fellows are trained in:

- Core DBT skills (individual therapy, group facilitation, phone coaching, documentation)
- Risk assessment and managing high-acuity cases
- Crisis management
- Case conceptualization and treatment planning
- Use of evidence-based interventions within the DBT model
- Supervision for clinical licensure

How long is the commitment for the program?

Fellows commit to:

- One academic year of part-time work (16 hours/week) while in graduate school
- A minimum of **two year of full-time employment** at the Lilac Center after graduation

This structure supports continuity of care for clients and ensures a meaningful return on the time and resources invested in your training.

What supervision and support is provided?

- Weekly individual supervision with a licensed DBT-trained clinician
- Participation in a DBT consultation team
- Ongoing mentorship from experienced therapists
- Didactic training sessions and group learning

Will I be expected to carry a caseload?

Yes. Fellows will gradually take on clients as their competence and confidence grow. During the student phase, caseloads are lighter and closely supervised within the Intensive Outpatient Program. In the full-time phase, caseloads typically grow to 25–30 clinical hours/week, including individual sessions, groups, phone coaching, consultation group and clinical supervision.

What happens if I leave the program early and don't fulfill my commitment?

The Fellowship is a significant investment in your professional development. If a fellow chooses to leave the program early or does not transition to full-time employment as planned, they may be required to reimburse the Lilac Center for some of the training and supervision costs. This policy is in place to ensure mutual commitment and to maintain the integrity of the program.

What are the long-term opportunities?

The Fellowship is designed as a pathway to long-term employment. Many of our fellows transition into full-time therapist roles and specialization opportunities available within the Lilac Center.

Where is the Fellowship offered?

The Lilac Center has locations in **North Kansas City, MO, Lee's Summit, MO, Mission, KS and Topeka, KS**, Placement location depends on availability, applicant preference, and staffing needs.

Is the Lilac Center a good fit for me?

If you are:

- Passionate about DBT and evidence-based therapy
- Interested in working with complex and high-acuity clients
- Committed to personal and professional growth
- Looking for a team-oriented, mission-driven practice

How many fellows will be chosen for the 2025 Fall program?

We anticipate bringing on 4–8 fellows for the 2025 fall cohort. This allows for individualized support, meaningful mentorship, and a strong sense of community among fellows.

What does the application process entail?

The application process includes:

1. Submitting your application and introduction video detailing your interest in DBT and the Fellowship
2. A first-round virtual interview to assess fit, availability, and professional goals
3. A second-round in person group interview, which include meeting team members, discussing clinical scenarios, and learning more about the program culture

4. The program is highly competitive, as it offers a paid fellowship experience. We are seeking outstanding candidates who align with the mission and values of the Lilac Center.

How do I apply?

Start your application at www.lilaccenter.org/fellowship.

At the Lilac Center, we believe in cultivating the next generation of compassionate, skilled, and resilient mental health professionals. Our Fellowship Program is more than a stepping stone — it's a transformative journey that empowers you to grow, lead, and make a real difference in the lives of others. If you're ready to challenge yourself, learn from a team deeply committed to clinical excellence, and begin a meaningful career rooted in purpose and impact, we invite you to apply. Your path to becoming an exceptional therapist starts here.