



Private, clinician-led therapy and neuropsychological assessments

Resident in Marriage and Family Therapy

Virginia LMFT Residency Track

Full-time | Alexandria, VA | In-person + Virtual

Compensation: TBD | Post-master's clinical role | W-2 with benefits

Compensation	TBD
Role type	Full-time, post-master's LMFT residency-track W-2 role with benefits
Location & format	Alexandria, VA-based role with in-person and virtual therapy
Clinical focus	Couples counseling, family therapy, parent coaching, relationship-focused individual therapy, and related relational services under supervision
Licensure support	Designed to support Virginia LMFT hours through structured supervision and substantial couples/family work

About Old Town Psychology

Old Town Psychology (OTP) is a family-owned, clinician-led psychology practice located on King Street in Alexandria, VA. We provide exceptional, evidence-based in-person psychotherapy and comprehensive neuropsychological assessment for children, adolescents, and adults across the DMV region and via telehealth in over 40 states.

Our culture is collaborative, innovative, and deeply human-centered. We value clinical excellence, clear communication, and a welcoming experience from the first contact to the final follow-up.

The heart of this role

Old Town Psychology is seeking a warm, thoughtful, relationship-centered post-master's clinician to join our team as a full-time Resident in Marriage and Family Therapy in Alexandria, VA.

This is more than an early-career therapy job. It is a structured residency-track opportunity for someone who wants real depth in couples and family work, meaningful clinical mentorship, and a private-practice environment where quality, professionalism, and humanity matter.

You will provide a mix of in-person and virtual therapy, build a strong clinical foundation, and work with couples, families, parents, and individuals while developing the supervised experience needed for LMFT

licensure in Virginia. Services may include couples counseling, family therapy, parent coaching, relationship-focused individual therapy, co-parenting work, premarital counseling, and support around family transitions when clinically appropriate and consistent with training and supervision.

Core responsibilities

- Provide high-quality, evidence-based psychotherapy to couples, families, and individuals as clinically appropriate under supervision.
- Provide parent coaching, co-parenting support, and relationship-focused individual therapy when clinically indicated and consistent with the treatment plan.
- Support common LMFT service lines such as premarital counseling, parenting stress, relational conflict, family transitions, separation or divorce adjustment, and blended-family concerns when clinically appropriate.
- Provide both in-person and virtual therapy based out of our Alexandria office.
- Conduct strong intakes, case conceptualizations, treatment planning, and progress documentation with care and timeliness.
- Build a caseload with meaningful exposure to couples and family therapy while also treating individuals when clinically appropriate.
- Participate actively in supervision, case consultation, training, and ongoing clinical feedback.
- Maintain accurate, organized documentation and follow OTP standards for communication, ethics, and client care.
- Collaborate with clinical leadership and colleagues in support of excellent care and a strong client experience.
- Contribute to a warm, professional, and collaborative practice culture.

What we are looking for

- Master's degree in Marriage and Family Therapy or a closely related graduate program that prepares individuals to practice marriage and family therapy.
- Currently approved as a Virginia Resident in Marriage and Family Therapy, or clearly eligible and prepared to obtain resident status promptly.
- Strong graduate training, practicum, internship, or early post-graduate experience in couples counseling, family therapy, parent coaching, or other systemic work.
- Strong systems orientation and interest in relationally complex work.
- Ability to conduct intakes, formulate cases thoughtfully, and complete clear, timely documentation.
- Warmth, professionalism, maturity, and accountability.
- Comfort providing both in-person and virtual therapy.
- Commitment to ethical, inclusive, and culturally responsive care.

Nice to have

- Experience with parent coaching, co-parenting work, or relationship-focused individual therapy.
- Experience with children, adolescents, parenting transitions, or blended family systems.
- Interest in reproductive mental health, fertility-related work, or intended-parent assessment pathways.
- Experience in an out-of-network or private-pay practice setting.

How this role supports Virginia LMFT licensure

Virginia's current LMFT pathway includes a supervised residency with 2,000 face-to-face client contact hours, including 1,000 hours with couples, families, or both, and 200 hours of supervision. At least 100 of the supervision hours must be rendered by a licensed LMFT supervisor. A resident license and signed supervisory contract must be in place before clinical work counts toward licensure.

- The caseload is intentionally built to include substantial couples, family, and parent-focused work so the resident can make meaningful progress toward relationship-specific hour requirements, not just general individual hours.
- The role is intended to include structured, board-aligned supervision and clinical consultation to support both skill development and compliant hour accumulation.
- OTP values clear documentation, regular feedback, and organized supervision rhythms so residents stay clinically strong and administratively prepared.
- Secure telehealth and in-person services may both be part of the role when delivered in accordance with Virginia requirements for face-to-face services and supervision.
- Candidates remain responsible for maintaining compliance with Board requirements, while OTP is committed to being a thoughtful, organized, and growth-oriented training environment.

Compensation and support

- Compensation: TBD.
- Full-time W-2 post-master's clinical role with benefits.
- Eligible for the benefits package offered to full-time OTP employees.
- Mix of in-person and virtual therapy based out of Alexandria, VA.
- Developmentally appropriate caseload build with operational support designed to help you focus on client care and clinical growth.
- Collaborative, clinician-led environment with meaningful mentorship and guidance.
- Opportunity to develop real depth in couples and family therapy, parent coaching, and broader relationship-centered work.

Why Old Town Psychology

At OTP, developing clinicians are treated like clinicians in training - not like volume machines. We care about the quality of care we provide, the experience clients have with our practice, and the systems that make excellent care sustainable.

This is a strong fit for someone who wants to build a real foundation in couples and family therapy inside a thoughtful, relationship-driven private practice.

Important notes

- OTP is an out-of-network practice.
- This posting is for a Virginia Resident in Marriage and Family Therapy - the Board-recognized post-master's pathway for clinicians pursuing LMFT licensure.
- Candidates must hold or obtain Virginia Resident in Marriage and Family Therapy status before carrying clinical work that counts toward licensure.

- Clinical services and hour accumulation begin only after Board approval and a signed supervisory contract are in place.
- The role includes both in-person and virtual therapy.

What success looks like

First 30 days

- Learn OTP's systems, standards, and clinical culture.
- Establish supervision rhythms, documentation habits, and a clear understanding of role expectations.
- Begin building a caseload with a strong couples, family, and parent-coaching focus.

By 60 days

- Demonstrate strong intake skills, thoughtful documentation, and reliable clinical follow-through.
- Carry a growing caseload with meaningful couples, family, and parent-coaching work.
- Participate actively in supervision and use feedback well.

By 90 days

- Be on a clear, supported path toward accruing residency hours in Virginia.
- Deliver warm, professional, evidence-based care across couples, families, parents, and individuals.
- Contribute meaningfully to OTP's reputation for thoughtful, relationship-centered therapy.

How to apply

Please submit your resume or CV to Josh@OldTownPsychology.com and a brief cover letter describing your graduate training, experience with couples and family work, interest in parent coaching or other relationship-centered services, current Virginia resident status or timeline, and what you are hoping to build in your residency.

Equal Opportunity Employer

Old Town Psychology is an equal opportunity employer. We value a diverse, inclusive team and do not discriminate on the basis of race, color, religion, national origin, sex, gender identity or expression, sexual orientation, age, disability, veteran status, or any other protected status.