

Application for Internship Position in Cognitive Behavioral Therapy

[Your Name]

[Your Address]

[City, State, Zip Code]

[Your Email]

[Your Phone Number]

[Date]

[Recipient's Name]

[Company/Institution Name]

[Company Address]

[City, State, Zip Code]

Dear [Recipient's Name],

I am writing to express my interest in the internship position at [Company/Institution Name] within your cognitive behavioral therapy program. As a psychology major at [Your University], I have developed a strong foundation in psychological principles and a particular interest in cognitive behavioral therapy. I believe that this internship would provide me with the invaluable opportunity to apply my academic knowledge in a practical setting.

Throughout my studies, I have engaged in courses that focus on cognitive processes, mental health, and therapy techniques. I have also participated in [mention any relevant projects, volunteer work, or coursework], which has deepened my understanding of how cognitive behavioral strategies can alleviate anxiety and depression. I am eager to further my skills by learning from experienced professionals in a therapeutic environment.

My strengths include strong analytical skills, empathy, and the ability to build rapport with individuals. I am dedicated to making a positive impact in the lives of those I work with and am particularly driven by the prospect of facilitating behavioral change through evidence-based practices.

I am excited about the opportunity to contribute to [Company/Institution Name] and learn from your team. I am available for an interview at your convenience and can be reached at [Your

Phone Number] or [Your Email]. Thank you for considering my application. I look forward to the possibility of discussing how I can contribute to your programs.

Sincerely,

[Your Name]