



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

**CLINICAL PRACTICUM TRAINING PROGRAM
IN PSYCHOLOGY**

2009-2010

**Acting Director-of-Training: Christine Courbasson, Ph.D., C.Psych.
Director-of-Training: Pamela Wilansky-Traynor, Ph.D., C.Psych. (on parental leave)**

Psychologist-in-Chief: Kenneth J. Zucker, Ph.D., C.Psych.

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OVERVIEW OF CAMH

Working for Better Understanding, Prevention, and Care

CAMH is the largest mental health and addiction facility in Canada and is recognized for its excellence. It was formed in early 1998 through the merger of the Addiction Research Foundation, Clarke Institute of Psychiatry, Donwood Institute, and Queen Street Mental Health Centre and is affiliated with the University of Toronto. Since the merger, CAMH has focused on a seamless integration of addiction and mental health services in a functional and flexible environment. Internationally, CAMH has been designated by the World Health Organization as one of only four Centres of Excellence in mental health and addiction in the world. Through accessible treatment, community services, research, education and prevention, CAMH works to improve the quality of life for people who are struggling with mental illness or addiction and to support their families and friends.

"For me it was the courage, and I guess the courage comes from saying 'hey, let's make a change.' And the courage to continue to do that. It's so great now ... it is so good for me now. I love my life." Susan E. Gapka, Courage to Come Back Award Recipient

Care

"One of the things about working with people who suffer from mental illness or people who struggle with addictions is that, to the public, this may seem like a discouraging environment--a place that's not filled with hope. But for those of us who work clinically, just the opposite is true. I find a great deal of professional fulfillment in this environment because many, many people get better." Dr. David Goldbloom, former Physician-in-Chief

CAMH is committed to providing comprehensive, well-coordinated, accessible care for people with addictions or severe mental illness. We have created a continuum of clinical programs, support and rehabilitation to meet the diverse needs of people who are at risk and at different stages of their lives and illnesses. Our services include assessment, brief early interventions, inpatient programs, continuing care, and family support. We also address the larger issues relating to the four major factors affecting health: housing, employment, social support and income support. Our client-centred philosophy of care recognizes that the client has individual social, physical, emotional, spiritual and psychological needs.

Mental Health

CAMH provides a wide range of inpatient, outpatient, and community-based treatment programs including: Child, Youth, and Family; Dual Diagnosis; General Psychiatry; Law and Mental Health; Mood and Anxiety; Neuropsychiatry; Schizophrenia and Continuing Care; and, Women and Health.

Addiction

CAMH's addiction treatment is based on a harm reduction philosophy, an approach that focuses on decreasing adverse health, social, and economic consequences of alcohol or drug use. Clients' goals range from reduced use to total abstinence. Our in-house addiction programs include the following: General Addiction Assessment and Treatment Programs, including Brief Treatment such as Guided Self-Change, Structured Relapse Prevention, and the Evening Health Service; Day/Residential Treatment; Treatment Programs for Special Populations including youth, women, lesbian, gay, and bisexual people and older persons; Special services including Substance Abuse Program for African and Caribbean Youth (SAPACCY), the Cocaine Service, Drug Treatment Court, and Family and Aboriginal Services Addiction Medicine. Concurrent Disorders programs offer an integrated treatment approach for people facing concurrent addiction and mental health problems.

Prevention

"Prevention involves a host of things. It's not just about preventing substance abuse or mental health problems. It's about supporting health and well-being and having environments that really are healthy environments." Akwatu Khenti, Director, Education and Training Services

CAMH is committed to working with communities throughout Ontario to create environments that support health and prevent illness. CAMH consultants work with individuals, local service providers and community groups to apply initiatives in the community and design evidence-based systems and approaches. Consultation, support, and training focus on preventing problems, promoting health and planning and delivering treatment. By providing information to the general public, we empower people with the knowledge to reduce the likelihood, recurrence and/or intensity of addiction or mental health problems for themselves or others.

Understanding

"Only through education can we hope to improve the understanding of mental health and addiction problems and thus foster support for people who struggle with these challenges." Dr. Paul Garfinkel, President & CEO

One of CAMH's goals is to be a leader in creating, applying and disseminating knowledge. Each year, the Centre receives many research grants, fellowships and awards, resulting in the publication of hundreds of scientific articles and studies. Our research guides our public policy priorities and is transformed into practical resource materials and training programs, which inform the practice of professionals and help educate the general public. Advancing our understanding of mental illness and addiction is key to future improvements in prevention and clinical care. Working with communities, we aim to foster understanding and reduce the stigma associated with these illnesses.

OVERVIEW OF THE APPLICATION PROCEDURE

Clinical placements are available across a large number of specialty clinics, to be described below. All placements are for a minimum duration of **500 hours**, either on a part-time or full-time basis. Traditionally, placements are either 2-3 days per week from September to May, or 5 days a week from May to August. Other combinations are possible and at the student and supervisor's discretion.

THE DEADLINE FOR APPLICATIONS IS JANUARY 15, 2009 FOR SUMMER 2009 AND FALL-WINTER 2009-10 PLACEMENTS. Applications submitted after this deadline will be assessed on an individual basis.

Applications are to include:

- 1) The completed application form (on the last 2 pages of this brochure)
- 2) A one page statement of training goals and objectives
- 3) An up-to-date curriculum vitae
- 4) Official graduate transcripts
- 5) Three letters of reference

Applicants are required to assemble all materials prior to submission.

E-mailed applications, reference letters etc. will not be accepted.

Please direct applications to:

Christine Courbasson, Ph.D., C.Psych.
Psychology Clinical Training Coordinator
Centre for Addiction and Mental Health
33 Russell Street
Toronto, Ontario M5S 2S1

Phone: (416) 535-8501 Ext. 6620
Email: Christine_courbasson@camh.net

Once your completed application is received, the Practicum Committee will review the submission. If deemed appropriate, your application will be sent to potential supervisors who may contact you for an interview. Most interviews take place in January and February. After which time, you will be contacted if accepted for a placement. **If your university does not have an affiliation agreement with CAMH, this will need to be obtained before your acceptance.**

OVERVIEW OF CLINICAL ROTATIONS

---CHILD, YOUTH AND FAMILY TRACK---

The Child, Youth, and Family (CYF) Program is newly organized, incorporating the former Child Psychiatry Program and the Youth Addictions Service, both long-standing services at the Centre for Addiction and Mental Health.

Practicum students will receive intensive training in clinical assessment and diagnosis, psychological testing, consultation, and therapeutic intervention. Such training includes experience in clinical interviewing of children, youth, and their families, and diagnostic formulation, which includes a strong focus on the use of the DSM-IV-TR. The program also serves a diverse and multicultural population, giving the practicum student an awareness of their own personal and professional strengths, limitations, and areas of growth as a clinician, while developing the knowledge, sensitivity, and skills needed to work with diverse populations. Training staff have a variety of theoretical interests, including attachment theory, the interface between developmental psychology and psychopathology, and evolutionary psychology.

Assessment and psychological testing includes objective tests, projective tests, observational techniques, psychoeducational assessment, and structured diagnostic interviews. Such training includes development of integrated psychological report writing and the process of providing clinically sensitive feedback to parents and children. Therapeutic approaches rely on empirically-validated and best-practice models of intervention. These include individual psychotherapy, group therapy, family therapy, and parent counseling in various modalities (e.g., cognitive-behavioral, behavioral, psychodynamic, solution-focused and strength-focused, and core conflictual relationship theme therapy). Preventative programs in school and community settings also exist. Services within the CYF often work within a multidisciplinary team of psychologists, psychiatrists, social workers, nurses, and child and youth workers. Thus, practicum students are able to enhance their understanding of the roles of multiple disciplines and develop skills in working together constructively.

Practicum students can gain experience in a broad range of internalizing and externalizing child psychopathologies (e.g., fire setting, delinquency and antisocial behavior, ADHD, mood and anxiety disorders). In addition, the program evaluates and treats youngsters with complex learning disabilities, pervasive developmental disorders, gender identity disorders and paraphilias, as well as substance abuse disorders. At present, the program is organized as an outpatient setting with specialized services housed within it, including a linkage with programs at the Hospital for Sick Children.

Supervision is on an individual and group basis. Child track practicum students participate in a weekly seminar that involves all psychology staff and other trainees, in which both staff and students make presentations. The seminar focuses on a range of topics, including new research in clinical child psychology and clinical issues.

ADOLESCENT SERVICE

Supervisor: Tracey A. Skilling, Ph.D., C.Psych.

The Adolescent Service works with youth aged 12 to 19 years old. These youth are often actively involved in the juvenile justice system or have other legal issues. Mental health, psychoeducational, and risk-to-reoffend assessments are completed with recommendations offered to the courts, families, and other involved agencies. The clinic also works with youth not involved in the juvenile justice system who have problems with behaviour such as anger, aggression, or sexual misconduct. This rotation almost exclusively provides assessment services and provides treatment referrals to community agencies as warranted. The only treatment service provided in the clinic is a 10-week psycho-educational group program offered to parents who are having difficulties parenting their teens. This program uses illustrative video clips, focused group discussion, and skills building exercises to support new and more effective management strategies in order to help reduce parenting stress and family conflict, and to increase parent-teen communication.

GENDER IDENTITY SERVICE

Supervisor: Kenneth J. Zucker, Ph.D., C.Psych.
Allison Owen-Anderson, Ph.D., C.Psych.

The Gender Identity Service helps children, adolescent, and families better understand a young person's struggle with gender identity development and related behavioural or emotional problems. Many children and youth seen in this clinic are confused about their gender identity, or unhappy about being a boy or a girl. The clinic also assesses children and youth exhibiting inappropriate and/or highly sexualized behaviour, as well as adolescents who are concerned about being sexually aroused by cross-dressing. Treatment is offered within the service, or a referral is made to another mental health professional.

MOOD AND ANXIETY DISORDERS SERVICE

Supervisor: Pamela Wilansky-Traynor, Ph.D., C.Psych. (on parental leave)
Supervisor: TBA

The Mood and Anxiety Disorders Service helps children and adolescents who have anxiety and/or depression, as well as their families. Through the course of the assessment, we help the child and family better understand the problem. Where appropriate, treatment is recommended and can be provided within the service. Treatment goals are to reduce the client's anxiety or improve their mood so that he or she is better able to cope at home, school, and with friends. Treatment is provided in the form of individual, family, or group therapy, as well as parent counseling or individual therapy to parents. Treatment modalities include cognitive behavioral therapy and psychodynamic therapy (e.g., Supportive Expressive Therapy). Practicum students may have the opportunity to be involved in a clinical research project.

PSYCHOMETRY SERVICE

Carol Root, Ph.D., C.Psych.
Liora Keshet, M.A., C.Psych.Assoc.
Blanca Heredia, M.A.
Lana Zinck, Ph.D., C.Psych. (supervised practice)

Psychometry service offers students opportunities for conducting comprehensive psychological assessments for children and youth (age 4-17) who are referred internally within the Child, Youth, and Family Program. Assessments are typically requested for psychoeducational, socioemotional, and psychodiagnostic considerations (i.e., to provide an external opinion regarding differential diagnosis for Axis I and Axis II disorders).

Practicum students will gain experience with regard to clinical and diagnostic interviewing, administering and interpreting standardized psychological assessment measures and tests, integrating clinical information with psychological test data, and provision of written and verbal feedback to clients, families, and referring agents. Assessment tools include cognitive measurement, academic testing, assessment of learning, memory, and language, as well as socioemotional, personality, and projective measures. Practicum students are trained via individual supervision and group supervision.

THE ARSON PREVENTION PROGRAM FOR CHILDREN (TAPP-C)

Supervisor: Sherri MacKay, Ph.D., C.Psych.

TAPP-C helps children and youth aged 2 to 18 years, and their families, address firesetting and other fire-related behaviours, in the context of general mental health and family functioning. Not only is firesetting a very dangerous behaviour, but it also tends to occur in the context of complex behavioural, emotional, and familial needs. Program staff provide comprehensive risk assessments, integrating fire-specific and general mental health information, and generate comprehensive treatment plans. Program staff provide intervention to families based upon TAPP-C's manualized treatment and work closely with various community agencies, including child welfare agencies, to provide service. Many TAPP-C clients have histories that include one or more of the following: child maltreatment, involvement in the youth criminal justice system, residential treatment, substance abuse (parent and/or child), and multiple psychiatric disorders (parent and/or child).

YOUTH ADDICTIONS SERVICE

Supervisor: Joanna Henderson, Ph.D., C.Psych.

The Youth Addictions Service helps older adolescents and young adults who have substance use problems, with or without mental health concerns, such as problems with mood and anxiety, externalizing difficulties, trauma-related difficulties, psychotic disorders, and adjustment difficulties. Assessments, outpatient treatment, and day treatment services are provided by a multidisciplinary team. Treatment may be provided via individual, family, and group therapy.

---ADULT TRACK---

ANXIETY DISORDERS SERVICE

Supervisor: Judith Lapos, Ph.D., C.Psych.

This rotation is conducted in the Anxiety Disorders Clinic (ADC), located in the Mood and Anxiety Program of the Clarke Division. The ADC is a clinical and research unit staffed by individuals from a wide range of disciplines including psychology, psychiatry, social work, and occupational therapy. The clinic sees about 600 new referrals per year, many of which are treated in cognitive-behavioral and pharmacological treatment programs. The principal disorders seen in the clinic include panic disorder, agoraphobia, social phobia, obsessive compulsive disorder, and generalized anxiety disorder, although opportunities to work with individuals with other anxiety-related difficulties may exist. Treatment consists of short-term cognitive behaviour therapy (CBT), where clients are typically seen weekly over 12-14 weeks. Training of psychology practicum students includes administering structured clinical interviews for diagnostic assessment of Axis I disorders, learning to discern suitability for short-term CBT, developing clinical decision making skills, learning how to effectively communicate/collaborate with other health professionals, and training in empirically supported treatments. Although most clients seen are outpatients, inpatient experience may be available as well, especially with obsessive compulsive disorder. Also, practicum students are expected to become a valued part of the treatment team, and to become familiar with the relevant clinical and research literature. Depending on the practicum students' interests and experience, opportunities to participate in clinical research projects or to develop new projects are available as time permits.

CONCURRENT DISORDERS SERVICES

Anger and Addiction Clinic

Supervisor: Emily Cripps, Ph. D., C.Psych.

The Anger and Addiction Clinic is a clinical and research outpatient program for individuals with concurrent anger and addiction problems. The clinic is based in the Concurrent Disorders Service of the Addictions Program, and is one of the few empirically evaluated treatments for concurrent anger and addictions. The clinic team is multi-disciplinary, consisting of psychologists, psychiatrists, and social workers.

The clinic uses an outpatient model using Dialectical Behaviour Therapy, Cognitive-Behavioural, and Emotion-Focused Therapy interventions specifically targeting angry, violent, and addictive behaviors. Rotation in this clinic involves training and supervision in the assessment of concurrent anger and addiction problems, and the provision of individual sessions, skills training groups, and skills coaching. In addition to weekly individual supervision and participation in the clinic consultation team, training opportunities may involve live supervision of individual and group sessions, and weekly educational seminars. Research interests of clinic staff members include the development of behavioral assessments of anger and violence, and the evaluation of treatment protocols for treating anger and addictions, domestic violence, gambling, and borderline personality disorder. The

clinic trains residents and fellows in psychiatry as well as practicum students in psychology. We also provide consultation and training to other mental health professionals.

Borderline Personality Disorder Clinic

Supervisor: Shelley McMain, Ph.D., C.Psych.

The Borderline Personality Disorder (BPD) Clinic is a treatment program (of Dialectic Behavior Therapy; DBT) for clients diagnosed with borderline personality disorder. The therapy program involves a combination of weekly individual and group skills training, in addition to after-hours telephone consultation. Treatment entails a team approach and requires a minimum one-year commitment. Therapy focuses on enhancing regulation of emotions, distress tolerance, and interpersonal functioning. Practicum Students would gain experience in individual and group therapy as well as crisis management. Practicum Students would participate in a weekly therapist consultation team meeting. Practicum Students would be expected to become familiar with the relevant research. The BPD Clinic is an active clinical, research, and training centre. Research interests of the BPD team include the evaluation of treatment outcome, the relation of psychotherapy process to outcome, and the role of emotion in psychotherapy. Participation in research is available as time permits.

Eating Disorder and Addiction Clinic

Supervisor: Christine M.A. Courbasson, Ph.D., C.Psych.

The Eating Disorder and Addiction Clinic offers outpatient treatment for eating disorders and concurrent substance use, targets concurrent social phobia and other Axes I and II disorders as well. The therapy focuses on helping clients meet their goals in dealing with their eating disorder and substance use problems, relate more effectively with others, adopt a healthy lifestyle, develop a more positive self-image and healthy identity, improve their quality of life, know themselves better and handle feelings and tolerate distress.

The treatment approach involves either or a combination of: 1) weekly group sessions, 2) weekly one-hour individual psychotherapy sessions, 3) meetings with a dietician, physician, and nurse, as needed, and 4) after hours telephone consultation. Clients commit to attend treatment for a minimum of 10 weeks to 1 year depending on which stream they are in.

The current treatment streams are: 1) DBT enhanced for eating disorders and addiction (1 year); 2) CBT for addiction and social anxiety (10 weeks); 3) psycho-education and humanistic (6 months); 4) motivation and coaching (on-going); and 5) multi techniques (e.g., mindfulness, DBT, interpersonal, solution-focused; on-going).

Practicum students can develop skills in assessment, diagnostic interviewing, and individual and group treatment (streams described above) of individuals with concurrent eating and substance use disorders, and participate in a weekly therapist consultation team meeting. .

The eating disorders and addiction clinic is involved in various clinical, research, and training activities. The team provides external consultation and training to professionals. Research interests include psychological determinants of resiliency and treatment success in

individuals with concurrent disorders, coping with stress, mindfulness, expectancies and the role of the self in eating disorders.

DUAL DIAGNOSIS PROGRAM

Supervisors: Anna M. Palucka, Ph.D., C.Psych.
Yona Lunskey, Ph.D., C.Psych.
Margaret Reid, Ph.D., C.Psych.

Practicum opportunities exist in the Dual Diagnosis Program for students interested in working with adults with developmental disabilities (mental retardation, autistic spectrum disorders) and mental health issues. The program comprises of the Dual Diagnosis Resource Service (outpatient community-based consultation service), a 15-bed inpatient unit and the Day Treatment Program (both located at the Queen Street Site). The placement allows for participation in all the components of the program. The treatment model is based on an interdisciplinary biopsychosocial approach to client care. The clinical teams have a wide representation of mental health disciplines including psychiatry, psychology, OT, behaviour therapy, recreational therapy, social work and nursing. Referrals to program involve a wide spectrum of clinical conditions such as mood and psychotic disorders, anxiety disorders, personality and impulse control disorders, autism spectrum disorders as well as a range of intellectual disability. Clinical opportunities for practicum students include individual therapy with inpatients (only some patients are able to participate in 1:1 talking therapy, however), group therapy in the day program (e.g., anger management, women's group, men's group, relaxation training), assessment (cognitive, behavioural, diagnostic, and personality) as well as consultations to service providers (e.g., other programs at CAMH, hospitals, forensic services, group homes) and families, and crisis planning. Supervision is provided on an individual basis, as well as through team meetings/case conferences.

FIRST EPISODE PSYCHOSIS PROGRAM

Not Available for 2009-2010

This rotation is conducted in the First Episode Psychosis Program (FEPP), located at the College Street Site. The FEPP is a clinical and research unit that is comprised of a range of subclinics. The clinics relevant for practicum students includes LEARN which is a program for psychosocial interventions for those recovering from a first episode of psychosis and PRIME a research clinic dedicated to early detection and treatment of those who are at high risk of developing a psychotic illness. Training of psychology practicum students includes opportunities to develop skills in clinical assessment, diagnostic interviewing, and cognitive-behavioral treatment (individual and group) for a range of problems with this client group. Practicum students are expected to become familiar with the relevant research literature.

GERIATRIC MENTAL HEALTH PROGRAM

Supervisor: Nina Apanasiewicz, Ph.D., C.Psych.

The Geriatric Mental Health Program is located at the Queen Street site, and provides assessment, treatment, consultation, and community follow-up and, when necessary, inpatient admission to primarily older persons with severe mental health problems, behavioural challenges, and co-occurring addiction issues. These include clients with long-

standing or newly diagnosed psychiatric disorders, as well as clients with disorders that typically have their onset in old age, such as Alzheimer's and other dementias. The Program has an admission unit, a continuing treatment unit, a Multilingual Multicultural Memory Clinic, 3 outpatient locations, and an ambulatory addictions service known as OPUS-55.

Training of practicum students includes opportunities to develop skills in clinical assessment, and diagnostic interviewing of older adults with mental health problems and/or age-related cognitive difficulties. Students will gain experience in providing consultations to staff from all services of the Program around diagnostic and treatment-planning issues. Opportunities also exist for students to do individual and group therapy with selected clients. Also, participation in research activities may be available. Supervision is provided on an individual basis. Clinical team meetings, case conferences and educational events within the program also offer learning opportunities.

INTERPERSONAL THERAPY CLINIC

Supervisor: Carolina McBride, Ph.D., C.Psych.

The Interpersonal Psychotherapy (IPT) Clinic provides brief individual and group psychotherapy (16 sessions) for individuals with major depression. IPT is based on the premise that depression occurs within an interpersonal context and, therefore, the focus of therapy is on interpersonal relationships as a means of bringing about change. Interventions are aimed at helping patients improve their communication, attachment style, and expectations within relationships. One interpersonal problem area (grief, role disputes, role transitions, or interpersonal deficits) is selected to be the focus of treatment and changes in this problem area are linked to changes in symptoms of depression. IPT has been empirically proven as a primary treatment in acute major depression.

The primary goals of training are to assist practicum students to: 1) develop specific skills in the assessment of depression and other Axis I disorders using structured (SCID-I) and suitability interviews; 2) develop case conceptualization skills and effectively treat depression using the IPT model; 3) develop clinical decision making skills, and 4) learn how to effectively communicate/collaborate with health professionals. Practicum students may have the opportunity to be involved in a clinical research project.

LAW AND MENTAL HEALTH PROGRAM

The Law and Mental Health Program was one of the first forensic centers established in Canada and continues to be at the forefront of research and treatment innovations. The Law and Mental Health Program specializes in the assessment and treatment of individuals who have ongoing involvement with the legal system.

Adult Forensic Outpatient Service

Supervisor: John Arrowood, Ph.D., C.Psych.

The Adult Forensic Outpatient Service is a clinical and research outpatient unit, which specializes in the assessment and treatment of individuals involved criminal and civil legal proceeding as well as occupational discipline procedures. Clinical activities in which

students are involved include diagnostic assessment, assessment of Posttraumatic Stress Disorder, assessment of psychopathic personality, clinical and actuarial assessment of risk for reoffense, and assessment of risk for violence in the workplace. These assessments sometimes include evaluation of police officers for fitness for duty as well as evaluation of physicians and attorneys for fitness for practice. Students will become familiar with the psycholegal standards in forensic practice and in reporting to attorneys and the courts. Depending on the students' level of experience they may also take on individual psychotherapy clients and co-facilitate treatment groups in the sex offender treatment program. Supervision is provided on an individual basis as well as in team meetings and case conferences. Additionally, Practicum Students will have the opportunity to attend the Law and Mental Health Program seminar series.

Adult Forensic Inpatient Service

Supervisor: Carolyn Abramowitz, Ph.D., C.Psych.

The Law and Mental Health Program is comprised of several assessment and rehabilitative inpatient units that serve mentally ill individuals who are involved with the legal system. Relevant legal issues include clients' fitness (competency) to stand trial and/or their criminal responsibility (legal defense) for their crimes. Specialized clinical activities in which practicum students are involved include the assessment of intellectual, cognitive, and neuropsychological functioning, personality, and malingering. In addition, practicum students would have the opportunity to learn necessary skills for the assessment of psychopathy and risk for future offending. Students will become familiar with the psycholegal standards involved in forensic assessment and reporting to the courts; in addition, he or she will be exposed to the dispositions from relevant legal bodies, such as the Ontario Review Board, that guide and monitor the supervision and clinical care of our rehabilitation clients. Opportunities for individual and group therapy are available on a variety of topics (e.g., substance abuse, anger management, risk management, symptom management) according to students' interests. Supervision is provided on an individual basis.

Clinical Sexology Program

Supervisor: James Cantor, Ph.D., C.Psych.

At the start of the placement, students focus on assessment, using standardized instruments (primarily neuropsychological) with patients undergoing sexological assessment in the Kurt Freund Laboratory. The patients include those being referred after having committed one or more sexual offenses (e.g., sexual interference with a child, sexual assault, or possession of child pornography) and potentially paraphilic individuals who report difficulty integrating their sexual interests into their lives in a healthy manner. The placement is ideal for students pursuing or considering careers in either forensic psychology, neuropsychology, or sexology.

Students typically assess approximately 75 patients over the course of the placement. Trainees often report that the structured nature of the assessments is helpful at the pre-doctoral stages of their training and that the high volume of assessments has been very useful experience for subsequent clinical placements.

As the term progresses, students may begin to participate in psychotherapy groups, according to their prior experience and their home programs' requirements. Previous students have received additional training in gender identity concerns and transsexualism through arrangements with the Gender Identity Clinic of the Centralized Assessment and Treatment Services of CAMH). Other trainee activities include participation in clinical case conferences and attendance at departmental and hospital-wide functions.

For more information, see http://individual.utoronto.ca/james_cantor

MOOD DISORDERS SERVICE

Supervisors: Kathleen Corcoran, Ph.D., C. Psych (supervised practice)
Carol Garson, M.A. C.Psych. Assoc.

This rotation is conducted in the Cognitive Behaviour Therapy (CBT) Unit of the Mood and Anxiety Program of the Clarke Division. The CBT Unit is a clinical/research outpatient treatment clinic that offers specialized training in short-term cognitive therapy for depressive based disorders (patients are seen over 15-20 weeks). Assessment of suitability for cognitive therapy is conducted as part of an initial evaluation procedure. The goals of the CBT Unit involve the provision of highly refined and well-researched clinical services. Investigations are conducted to evaluate treatment methods and to investigate vulnerability to psychological disorders. Given the clinical research role of this unit, patients are often concurrently participating in research trials, which have a focus on the investigation of relapse and recovery following treatment. A current orientation of this unit is towards the study of vulnerability to major depressive disorder and the identification of cognitive markers. This unit also serves an important academic and teaching function for continued training of psychiatric residents and other mental health professionals who are interested in learning about the cognitive model of emotional disorders.

Training opportunities on the Cognitive Behaviour Therapy Unit involve developing familiarity with 1) diagnosis of Axis I affective disorder using the Structured Clinical Interview for Diagnosis; 2) cognitive assessment of these disorders; 3) administration of a short-term cognitive therapy protocol in individual and group based formats; and, 4) the selection interview for determination of suitability for cognitive treatment. In addition, an emphasis on case formulation using a cognitive model of emotional disorders is stressed.

DAY TREATMENT PROGRAM

Supervisor: Adele Efendov, Ph.D., C.Psych.

The Day Treatment Service provides treatment to clients with mood and anxiety disorders that have been recently discharged from an inpatient stay or who require more intensive treatment than what is typically provided in traditional outpatient settings. This service has two streams, both offered at the Queen Street Site. The Recovery Connections Program offers clients an opportunity to participate in a supportive outpatient program that focuses on activation, socialization, and structure. The Intensive Day Treatment Program is an eight-week group program designed to reduce symptoms, enhance coping through skills development / education, and support client functioning in the community. The Intensive Program has a 4-week pre-intensive phase for orientation to groups and programming, and

a 4-week aftercare phase for continued support. Clients participate in group treatments including mindfulness, cognitive behavioural therapy, interpersonal therapy, effective communication, peer support, activation, and relapse prevention. Students will have the opportunity to observe and co-facilitate group treatment and conduct intake assessments within a multidisciplinary team setting (e.g. psychiatry, psychology, occupational therapy, social work, and nursing). Students might also have the opportunity to provide individual treatment to clients in the Mood and Anxiety Inpatient Unit and Alternative Milieu Setting depending on their interests and abilities. In addition to weekly individual supervision, students will participate in the DTP clinic rounds and be provided with direct clinical feedback through live and/or one-way mirror observation of groups and audiotaping of individual sessions.

WOMEN'S PROGRAM

Supervisor: Donna Akman, Ph.D., C.Psych.

The Women's Program serves women with complex mood and anxiety disorders who may have a history of trauma and/or addictions. The program provides inpatient services as well as a transitional care program for women post-discharge from the Women's Inpatient Unit. The treatment approach is women-centred and integrates psychotherapeutic, psychopharmacological, and psychoeducational modalities of care. Services offered include assessment, stabilization, intervention, and the facilitation of linkages within CAMH and the community. The Women's Program is staffed by an interdisciplinary team from psychiatry, psychology, nursing, occupational therapy, therapeutic recreation, and social work.

Practicum students will have the opportunity to gain experience in short-term individual outpatient therapy and group therapy with both inpatients and outpatients. Students would be expected to attend clinical rounds and participate in educational sessions.

WORK, STRESS AND HEALTH PROGRAM

Supervisors: Jason Bacchiochi, Ph.D., C.Psych.
Eilenna Denisoff, Ph.D., C.Psych.
Hester Dunlap, Ph.D., C. Psych.
Donna Ferguson, Psy.D., C.Psych.
Niki Fitzgerald, Ph.D., C. Psych.
Katy Kamkar, Ph.D., C.Psych.

The Work, Stress and Health (WSH) Program is an outpatient clinic providing psychological assessment and treatment services to clients referred for treatment for occupationally-related mood, anxiety and related problems. Referral sources include the Workplace Safety and Insurance Board (WSIB), employers, insurance companies, and professional regulatory colleges. We partner with organizations interested in promoting health and recovery from work-related injury and illness.

The WSH is an exciting and dynamic clinical and research unit staffed by individuals from psychology, psychiatry, and occupational therapy. The practicum rotation in WSH offers a unique opportunity to learn how to work in a challenging fee-for-service environment.

Students are expected to become a valued part of the treatment team, participate in administrative and clinical rounds, and become familiar with the relevant research literature.

Practicum students may do an assessment placement alone or a combined assessment and psychotherapy placement.

ASSESSMENT PRACTICUM

An assessment practicum at the WSH includes opportunities to develop advanced skills in complex clinical assessment in the context of disability management and medico-legal issues. The comprehensive assessment process includes structured diagnostic interview and objective measures of personality and psychopathology, case formulation and consultation focused on presenting problems as they relate to administrative, regulatory, and licensure issues, characteristics of the professional/organizational work setting, compensability, and entitlement. The assessment team carefully reviews collateral information provided by the client, referring parties, and other appropriate sources with particular attention to issues including malingering, addictions, and disruptive behaviour.

Practicum students will gain experience in complex diagnostic interviewing and assessment of personality and psychopathology using the SCID-I, SCID-II, MMPI-2, the Personality Assessment Inventory, the revised NEO Personality Inventory, and a number of other tests or specialized assessments, including measures of malingering.

PSYCHOTHERAPY PRACTICUM

In this part of the service training of psychology practicum students includes opportunities to develop skills in the cognitive-behavioural treatment (individual and group) of mood and anxiety disorders. Students will have the opportunity to participate in psychoeducation, behavioural exposure, behavioural activation and stress inoculation groups. Students will also have the opportunity to work as part of a multidisciplinary team where they could participate in weekly discharge planning meetings that include comprehensive presentations by our psychology, psychiatry and occupational therapy (OT) staff. In addition students will have the opportunity to learn about return to work planning and coordination with our active, on-site return to work OT staff. The clinic receives approximately 500 new referrals per year, many of which are treated in cognitive-behavioral and pharmacological treatment programs. The principal disorders seen in the clinic include posttraumatic stress disorder, major depressive disorder, pain disorders, panic disorder, adjustment disorders and phobias.

CLINICAL PRACTICUM FACULTY SUPERVISORS

Carolyn Abramowitz, Ph.D., C.Psych., Finch University of Health Sciences / The Chicago Medical School, 2005. Clinical and Research Interests: psychopathy, psychological and neuropsychological mechanisms of psychopathy and risk, assessment of dangerousness, assessment and treatment of sex offenders, externalizing disorders, neuropsychology of psychiatric disorders.

Donna Akman, Ph.D., C.Psych., University of Toronto, 2003. Clinical and Research Interests: women's mental health, feminist psychotherapy, social determinants of mental health, program development and evaluation.

Nina Apanasiewicz, Ph.D., C.Psych., University of Windsor, 1982. Clinical and Research Interests: psychodiagnostic and cognitive assessment of older adults suffering from mental health and/or age-related cognitive disorders. Psychological methods of intervention with psychogeriatric clients.

John S. Arrowood, Ph.D., C.Psych., State University of New York at Binghamton, 1994. Clinical Interests: forensic assessment including the assessment of dangerousness and psychopathic personality, assessment of fitness for duty or special assignment in police officers, and assessment and cognitive/behavioral treatment of Posttraumatic Stress Disorder (PTSD). Research Interests: historical antecedents of antisocial behavior and the behavioral and pharmacological treatment outcome in PTSD.

Ray Blanchard, Ph.D., C.Psych., University of Illinois, 1973. Clinical Interests: diagnosis and management of gender identity disorders, forensically significant erotic pathologies, and group psychotherapy with gender identity disorders, forensically significant erotic pathologies, and group psychotherapy with gender dysphoric patients. Research Interests: taxonomy and clinical management of gender identity disorders and phallometric diagnosis of paedophilia and courtship disorders.

James M. Cantor, Ph.D., C.Psych., McGill University, 1999. Dr. Cantor's clinical activities focus primarily on the assessment of persons dealing with illegal or clinically significant sexual behaviours and interests such as pedophilia and other paraphilias, (so-called) sexual addictions, and persons with sexual orientation or gender identity concerns. His program of research investigates the biological contributors to sexual orientation, gender identity, and paraphilic sexual interests, using a variety of brain imaging, neuropsychological, and psychophysiological techniques. He also founded and manages the *NewPsychList*, an internet discussion list for over 4,500 recent and soon-to-be doctorates in psychology. More information available at http://individual.utoronto.ca/james_cantor.

Kathleen Corcoran, Ph.D., C.Psych. (supervised practice), University of British Columbia, 2006. Clinical interests: assessment and treatment of mood and anxiety disorders; individual and group CBT for mood and anxiety disorders. Research interests: process and outcome in cognitive therapy; understanding the role of cognitive processes

and metacognition in the etiology, maintenance, and treatment of mood and anxiety disorders.

Christine Courbasson, Ph.D., C.Psych., York University, 1998. Clinical Interests: treatment of concurrent disorders, eating and substance use disorders, depression, anxiety, and personality disorders, mindfulness in therapy. Research Interests: resiliency, expectancies and the role of the self in eating disorders and recovery, identification of vulnerability markers in eating disorders, addiction, anxiety and depression, coping with stress.

Emily Cripps, Ph.D., C.Psych., University of Waterloo, 2004. Clinical Interests: Assessment and treatment of male and female forensic inpatients; assessment and treatment of co-morbid anger and substance abuse problems using Dialectical Behaviour Therapy; sexual "addiction." Research Interests: Assessment and treatment of pathological gambling; assessment and treatment of female forensic inpatients; sexual "addiction."

Eilenna Denisoff, Ph.D., C.Psych., York University, 2000. Clinical Interests: assessment of anxiety disorders and anxiety spectrum disorders; suitability for short-term cognitive behavioural therapy; individual and group cognitive and behavioural treatment of anxiety disorders. Research Interests: efficacy of evidence based treatments for OCD in the community.

Adele Efendov, Ph.D., C. Psych., University of Toronto (OISE), 2006. Clinical and Research Interests: Assessment and treatment of mood and anxiety disorders with Cognitive Behavioural and Interpersonal Therapy (individual and group format), objective personality assessment, assessment of PTSD and malingering.

Donna Ferguson, Psy.D., C.Psych., Adler School of Professional Psychology, 2003. Clinical Interests: assessment and treatment of depressive and anxiety spectrum disorders. Individual and group cognitive behavioural treatment of depressive and anxiety disorders. Research Interests: assessment and treatment of concurrent disorders, particularly anxiety disorders and/or co-morbid depressive disorders with gambling pathology.

Niki Fitzgerald, Ph.D., C. Psych., University of Windsor, 2006. Clinical Interests: assessment and treatment of depression and anxiety-spectrum disorders with a particular interest in PTSD. Research Interests: the role of psychosocial factors on the presentation of depressive, anxiety, and pain disorders.

Carol Garson, M.A. C.Psych. Assoc. York University, 1984. Clinical Interests: Treatment of co-morbid anxiety and depression; therapeutic relationship in CBT.

Joanna Henderson, Ph.D., C.Psych., OISE/University of Toronto, 2002. Clinical Interests: juvenile firesetting risk assessment, preventing and treating juvenile firesetting, child maltreatment and protection, collaborative intervention, child and adolescent high risk behaviours. Research Interests: juvenile firesetting assessment and treatment, program evaluation, risk assessment, knowledge transfer, and factors affecting mental health professionals' practice.

Liora Keshet, M.A., C.Psych. Assoc., Hebrew University of Jerusalem, 1995. Clinical Interests: assessment and consultation of developmental and learning disabilities in children and adolescents.

Judith M. Lapsa, Ph.D., C.Psych., University of British Columbia, 2005. Clinical Interests: assessment; individual and group cognitive therapy for anxiety disorders. Research Interests: measurement and evaluation of cognitive models of anxiety disorders, and mechanisms in treatment response to cognitive behaviour therapy, with particular interests in PTSD, social phobia, and obsessive-compulsive disorder.

Yona Lunsky, Ph.D., C.Psych., Ohio State University, 1999. Clinical Interests: diagnostic assessment of mental retardation and pervasive developmental disorder, assessment and treatment of psychopathology in adults with developmental disability (DD). Research Interests: social support, stress and coping in DD; mood and anxiety disorders and DD; sexual knowledge and attitudes assessment and DD.

Sherri A. MacKay, Ph.D., C.Psych., University of Toronto, 1985. Clinical Interests: Assessment and treatment of antisocial children, adolescents, and their families. Research Interests: Program development, risk assessment and brief intervention for child and adolescent firesetters.

Carolina McBride, Ph.D., C.Psych., University of Ottawa, 1999. Clinical Interests: assessment and interpersonal treatment of depression in both individual and group format. Research Interests: interpersonal vulnerability in depression, attachment security, and gender differences in depression.

Shelley McMMain, Ph.D., C.Psych., York University, 1995. Clinical Interests: the treatment of borderline personality disorder, suicidal behaviour, concurrent mental health and addiction problems. Research Interests: relationship of psychotherapy process to outcome, the efficacy of Dialectical Behavior Therapy, treatments for chronically suicidal patients and substance using patients with borderline personality disorder.

Anna M. Palucka, Ph.D., C.Psych., University of Toronto (OISE), 1997. Clinical and Research Interests: assessment of developmental disabilities, diagnostic assessment of psychopathology in developmentally disabled individuals, treatment interventions in autism spectrum disorders, forensic issues and intellectual disability.

Maxine Petersen, M.A., Psych. Assoc., University of Toronto, 1986. Clinical Interests: the assessment and treatment of Gender Identity Disorder and group therapy. Research Interests: postoperative outcome in transsexual patients; policy issues related to the International Standards of Care of Gender Identity Disorder; continuing the exploration of the concept of autogynephilia.

Margaret Reid, Clin.Psy.D., University of Birmingham, UK, 1999. Clinical and research interests: The assessment and treatment of individuals with intellectual disabilities (ID) and mental health problems, in particular, anger management, and the treatment of clients with

ID diagnosed with personality disorders. Other interests include the treatment of addictive behaviours: harm reduction, motivational interviewing, and relapse prevention.

Carol Root, Ph.D., C. Psych., OISE/University of Toronto, 2002. Clinical and Research Interests: psycho-educational, psycho-diagnostic, and social-emotional assessments, risk assessment of young offenders, developmental psychopathology, risk factors and intervention methods related to juvenile firesetting, parenting and children's emotional development.

Tracey A. Skilling, Ph.D., C.Psych. Queen's University, 2000. Research and Clinical Interests: causes and correlates of serious antisocial behaviour in children and adolescents; treatment program development and evaluation.

Pamela Wilansky-Traynor, PhD., C.Psych., York University, 2002. Clinical and Research Interests: assessment, prevention, and treatment of childhood and adolescent affective and anxious disorders.

Percy N. Wright, Ph.D., C. Psych., York University, 1991. Clinical and Research Interests: intellectual and personality assessment with adult and adolescent offenders, assessment of malingering and deception, assessment of violence risk and the relationship between psychopathology and violence.

Kenneth J. Zucker, Ph.D., C.Psych., University of Toronto, 1982. Clinical and Research Interests: gender identity disorders in children and adolescents; attachment and child psychopathology; individual child psychotherapy; parental counselling.

Centre for Addiction and Mental Health
Psychology Practicum Application Form
for **2009-2010** Academic Term

(Applications are due on or before January 15, 2009)

1. Name: _____
Address: _____

Telephone: _____
E-Mail Address: _____
Date of Birth: _____
Citizenship: _____ Sex: _____

2. Educational Background

University	Dates of Attendance	Major	Degree Granted/ Expected Date of completion
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

3. Name, Address, Telephone Number, and E-mail of Director of Clinical Training:

4. Anticipated start of practicum: _____

5. Based on the aforementioned descriptions provided, please rank order each of the following rotations you would be interested in participating in (e.g., 1 = 1st choice [most preferred rotation], 2 = 2nd choice, 3 = 3rd choice, etc.). **Please note that there are (1) Child, Youth, and Family, and (2) Adult rotations. You do not have to rank all the programs, only rank those in which you are interested.**

CHILD, YOUTH, AND FAMILY TRACK

- _____ Adolescent Service
 - _____ Gender Identity Service
 - _____ Mood and Anxiety Disorders Service
 - _____ Psychometry Service
 - _____ The Arson Prevention Program for Children (TAPP-C)
 - _____ Youth Addictions Service
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ADULT TRACK

- _____ Adult Forensic Outpatient Service (in Law and Mental Health Program)
- _____ Anger and Addiction Clinic (in Concurrent Disorders Program)
- _____ Anxiety Disorders Program
- _____ Borderline Personality Disorder Clinic (in Concurrent Disorders Program)
- _____ Clinical Sexology Program
- _____ Dual Diagnosis
- _____ Eating Disorder and Addiction Clinic (in Concurrent Disorders Program)
- _____ First Episode Psychosis Clinic
- _____ Geriatric Mental Health Program
- _____ Interpersonal Therapy Clinic
- _____ Mood Disorders Program
- _____ Women's Program
- _____ Work, Stress and Health Program