



THE DOWNTOWN PSYCHOLOGY CLINIC



CLINICAL PSYCHOLOGY PRACTICUM PROGRAM

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Who We Are

Located in the heart of Downtown Toronto, and providing virtual services across the province, The Downtown Psychology Clinic is a multidisciplinary private practice focused on providing high-quality, evidenced-based assessment and treatments for children, adolescents and adults.

We offer a warm, supportive and collegial atmosphere, and can provide supervision in the areas of clinical and health psychology for adults, children and adolescents.

We focus on further developing clinicians' skills in the areas of evidence-based treatment, such as Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Mindfulness-Based Therapy and Acceptance and Commitment Therapy. We can provide clinical experience in the areas of:

- Anxiety Disorders, including obsessive compulsive disorder, worry, phobias, panic disorder, social anxiety, and health anxiety
- Post-Traumatic Stress Disorder
- Mood Disorders, including depression and bipolar disorder
- Psychosis and Schizophrenia
- Coping with chronic health conditions and medical concerns
- Grief and bereavement
- Fertility concerns and perinatal mental health
- Sexuality and sexual health
- Workplace issues and return to work
- Relationship issues

We aim to support the career development of our associates, and foster an atmosphere of collegiality, consultation, and mentorship amongst our team members.

Training Philosophy

At the Downtown Psychology Clinic, we approach our training through a scientist-practitioner model, focusing on integrating the latest research in clinical practice with a client-centred approach. We focus on utilizing evidence-based treatments, such as Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Mindfulness-Based Therapy and Acceptance and Commitment Therapy to help our clients achieve positive and meaningful outcomes.

Trainees will learn to assess clients, with a focus on case conceptualization, in order to develop evidence-based and client-centred treatment plans. Trainees will also be encouraged to monitor client progress through outcome monitoring, as well as develop termination and relapse prevention plans.

Our primary training goals include:

- 1) Development of assessment skills.** Trainees will become proficient with the use of semi-structured diagnostic interviews, psychometric testing, differential diagnosis, and the provision of treatment recommendations and feedback. Case conceptualization is also an important focus during initial treatment sessions in order to formulate the presenting problem, as well as select appropriate interventions.
- 2) Development of treatment skills.** Trainees will become proficient in planning treatment goals and plans, and providing evidence-based psychological treatments, such as Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Mindfulness-Based Therapy and Acceptance and Commitment Therapy. Process issues related to the interventions will also be an important focus.
- 3) Development of professional ethics and standards.** Trainees will become proficient in their knowledge and application of ethical and professional principles of psychologists, especially in the context of a private practice setting. Ethical standards are regularly discussed in supervision to ensure that trainees demonstrate a comprehensive and advanced knowledge of ethical standards, codes of conduct, ethical decision-making, and legal obligations related to the practice of psychology.
- 4) Development of consultation skills.** Trainees will become proficient in collaborating with diverse mental health professionals, and develop the necessary professional and interpersonal skills to work within a multidisciplinary team of healthcare professionals.
- 5) Development of cultural competency skills.** Trainees will become proficient in working with clients from diverse cultural backgrounds, and to become aware of cultural differences in the context of their assessment and treatment work.

- 6) Development of professional identity.** Trainees will be guided in the development of their professional identities. Trainees will also have opportunities to attend other educational and professional development events, as well as being aware of the current literature and treatment manuals.

- 7) Development through supervision.** Supervision will be provided by doctoral-level psychologists, and it matched to each trainees' training needs and skills. Both group and individual supervision will be provided. Initial supervision sessions may be more instructive, with the intention of the trainee taking more autonomy in later supervision sessions.

Program Structure and Evaluation

The practicum program is 6 months in length, with trainees committing to 1-2 days per week of clinical work. Trainees will be expected to see an average of 4-5 clients per day, and will receive 1-2 hours of weekly supervision. Trainees will also participate in report-writing, educational events, and didactic seminars.

Trainees will be assigned to a primary supervisor and will also participate in group supervision (Tuesdays at noon). Supervision will be matched to each trainees' training needs and skills, and supervisors will often provide a gradual level of increased autonomy over the course of the practicum. We encourage our trainees to speak with their supervisors about their training needs and comfort with increased autonomy. Initial goals and a supervision contract will also be established during the initial supervision sessions.

Trainees will be regularly evaluated throughout the course of their practicum, and more formal evaluations will be conducted at three and six months.

Didactic Seminars

Trainees will have the opportunity to attend monthly didactic seminars throughout their practicum. These seminars will focus on a wide range of assessment and intervention topics, with numerous clinical populations. Subjects will also involve integration of personality and individual differences in assessment and treatment, as well as ethical considerations. Some topics will include:

Seminar Topics
Assessment I: Diagnosis
Assessment II: Cognitive Behavioural Case Formulation
Intervention: Cognitive Behavioural and related therapies
Motivational Interviewing in the context of Cognitive Behavioural Therapy
Assessment and Treatment: Mood Disorders
Assessment and Treatment: Anxiety Disorders
Assessment and Treatment: Trauma- and stressor-related Disorders
Assessment and Treatment Somatic Symptom and Related Disorders
Assessment and Treatment: Schizophrenia Spectrum and Psychotic Disorders
Assessment and Treatment: Feeding and Eating Disorders
Personality Disorders I: Categorical and Dimensional Classification
Personality Disorders II: Treatment

Practicum Experiences

At the Downtown Psychology Clinic, we are able to offer training experiences in the areas of adult mental health, child and adolescent mental health, health psychology, and adult ADHD/psychodiagnostic comprehensive assessments.

Adult Mental Health

Trainees will work with adults ranging from age 18 to 64 years old, from diverse backgrounds, and presenting with varying clinical presentations. Individuals often present with mood disorders (Major Depressive Disorder or Bipolar Disorder), Anxiety Disorders (Panic Disorder, Agoraphobia, Specific Phobias, Social Anxiety Disorder, and Generalized Anxiety Disorder), Obsessive Compulsive and related disorders, Post-Traumatic Stress Disorder and related disorders, Eating Disorders, health anxiety, psychosis, as well as non-diagnostic issues such as grief, relationship difficulties, role transitions, and work difficulties. Trainees will focus on assessment for the purpose of treatment, differential diagnosis, provision of feedback, case conceptualization, as well as the provision of evidence-based treatment for the presenting conditions.

Child and Adolescent Mental Health

Trainees will work with children and/or adolescents from age 5 to 17 years old, as well as their parents where appropriate, from diverse backgrounds, and presenting with varying clinical presentations. Individuals often present with mood disorders (Major Depressive Disorder or Bipolar Disorder), Anxiety Disorders (Panic Disorder, Agoraphobia, Specific Phobias, Social Anxiety Disorder, Separation Anxiety Disorder, and Generalized Anxiety Disorder), Obsessive Compulsive and related disorders, Post-Traumatic Stress Disorder and related disorders, Eating Disorders, health anxiety, as well as non-diagnostic issues such as grief, relationship difficulties, role transitions, and educational difficulties. Trainees will focus on assessment for the purpose of treatment, differential diagnosis, provision of feedback, case conceptualization, as well as the provision of evidence-based treatment for the presenting conditions.

Health Psychology

Trainees will work with children, adolescents and/or adults who are working on navigating various chronic medical conditions, as well as the healthcare system. Trainees will work within a biopsychosocial model, focused on the biological aspects of the medical condition, the psychological factors that enhance or reduce functioning, and the fostering healthy coping and social belongingness. Individuals often present with medical conditions such as, allergies, cancer, endocrinological conditions, gastrointestinal conditions, headaches and migraines, insomnia, neurological conditions, pain, genetic conditions, respiratory conditions, tinnitus and

vestibular disorders. Trainees will focus on assessment for the purpose of treatment, differential diagnosis, provision of feedback, case conceptualization, as well as the provision of evidence-based treatment to help clients better manage these conditions.

ADHD and Psychodiagnostic Assessments

Trainees will work on conducting objective third-party assessment that may be used to assess and/or diagnose Attention Deficit Hyperactivity Disorder (ADHD) in adults. Often these assessments are requested by employers or academic programs to determine eligibility for accommodations. The ADHD assessment usually involves both direct contact with the trainee and the client (e.g., clinical interview, psychometric testing, validity testing, self-report measures), as well as file review of any available medical records, and collateral contacts, as necessary.

Once all the material is gathered, the trainee will write a comprehensive assessment report to address diagnostic considerations and potential recommendations. Typically, an ADHD assessment involves the provision of a diagnosis, if appropriate, of ADHD and other related mental health conditions. Potential treatment options, as well as accommodations are also addressed in the final report.

Clinical Supervisors

All clinical supervisors will be Ph.D. level psychologists.

To see our current supervisors, as well as our full team, please visit:

<https://downtownpsychologyclinic.com/about-our-clinic/#psychologists>

Application Process

The practicum program is 6 months in length, with trainees committing to 1-2 days per week of client work. Trainees will be expected to see 4-5 clients per day, and will receive 1-2 hours of weekly supervision. Trainees will also participate in report-writing, educational events, readings and didactic seminars.

The deadline for applications is **February 1, 2023**. Applications submitted after this deadline will be reviewed after the Common Notification Day pending the availability of practicum spots.

Potential Candidates:

- Are in their process of completing their Ph.D. in Clinical Psychology (i.e., M.A or M.Sc. degree has been successfully completed)
- Have experience in assessment and treatment with adults, children or adolescents
- Are committed to evidence-based practice (e.g., CBT, DBT, ACT, EFT, Mindfulness, etc.),
- Have excellent oral and written communication skills.
- Value Teamwork

Applications should include:

- An up-to-date CV
- A cover letter indicating your training goals and clinical interests
- Undergraduate and graduate transcripts
- Two letters of reference who are familiar with your clinical skills. Please have the referees email the reference letters and indicate your name in the subject line.

Applications should be emailed to Training@downtownpsychologyclinic.com and addressed to Dr. Daniel Peluso.

Interviews for successful applicants will be offered within several weeks of the receipt of the application package.

The Downtown Psychology Clinic participates in **Common Notification Day** (March 22, 2023) with other GTA sites. You will be notified on that day if we will be offering you a practicum position.