

# **Clinical Practicum Opportunities at St. Joseph's Healthcare, Hamilton**

**Training and research opportunities in:**

**Anxiety Disorders  
Acute Mental Health  
Dialectical Behaviour Therapy  
Eating Disorders  
Forensic Psychology  
Health Psychology  
Mood Disorders  
Neuropsychology  
Psychiatric Rehabilitation  
Schizophrenia Services**

## About St. Joseph's Healthcare:

St. Joseph's Healthcare, Hamilton is a large teaching hospital affiliated with the Faculty of Health Sciences at McMaster University and Mohawk College. The Mental Health Program at St. Joseph's Healthcare provides services both within the general hospital site (also known as the Charlton Site) and the nearby Centre for Mountain Health Services (formerly the Hamilton Psychiatric Hospital). With almost 200 inpatient mental health beds, and the capacity to serve almost 5000 outpatients each year, St. Joseph's Healthcare has become the centre for adult mental health care throughout the central region of Southern Ontario.

## Practicum Training:

The clinical training faculty at St. Joseph's is committed to providing high quality training opportunities through clinical practica, our APA/CPA accredited predoctoral internship program, and postdoctoral positions. Across the various clinical/training settings the following are emphasized: (i) provision of a rich training experience with attention given to providing adequate breadth and depth of client contacts, (ii) provision of high quality supervision, (iii) opportunities to work in multidisciplinary environments. Additionally, through ongoing evaluation of the training needs, strengths, and interests of practicum students, practica will be tailored to maximize individual students' growth in knowledge of clinical intervention and assessment strategies and the related research, and to facilitate the development of a professional identity. The primary supervisors of all training settings are registered Psychologists.

There is considerable flexibility regarding the types of practica available, including assessment, therapy, and opportunities for research. This brochure briefly outlines services in which practicum opportunities are currently available. Interested students should review the internship training website for more information about psychology faculty and programs at St. Joseph's hospital ([www.psychologytraining.ca](http://www.psychologytraining.ca)). Students may also contact faculty members with any questions about types of practicum experiences available in a particular service.

Practica may be full-time or part-time. Generally, practica begin in May, September or January and run for 16 to 32 weeks.

# Applying for a Practicum:

## Important deadlines:

- January 16<sup>th</sup>, 2009: deadline for submission of applications for Summer 2009
- June 12<sup>th</sup>, 2009: deadline for submission of applications for Fall 2009 and/or Winter 2010

Following a review of applications, students will be informed whether or not they will be invited to participate in an interview (phone interviews will be considered in some circumstances). Decisions about placement will be made following these interviews.

## Contents of application:

To apply for a practicum position in any programme students must submit (1) a curriculum vitae, (2) undergraduate and graduate transcripts sealed in official (registrar) envelopes, (3) a letter of recommendation in a sealed envelope signed across the seal by the individual providing the recommendation and (4) a cover letter indicating what aspects of the practicum are of interest and why the student believes the practicum would address their training needs.

General inquiries about the application process can be directed to Dr. Sean Kidd (contact information below). Students are also encouraged to contact supervisors in various rotations (contact information included in rotation descriptions) for more information about those opportunities.

## Submit applications to:

Sean A. Kidd, Ph.D., C.Psych  
Centre for Mountain Health Services - Mental Health Rehabilitation  
St. Joseph's Healthcare, Hamilton  
100 West 5th Street  
Hamilton, ON L8N 3K7

Tel: 905-522-1155, ext. 36312  
Fax: 905-575-6088  
Email: [skidd@stjoes.ca](mailto:skidd@stjoes.ca)

## Anxiety Treatment and Research Centre

The ATRC is an outpatient specialty unit staffed by a multidisciplinary team consisting of professionals with a background in psychology, psychiatry, or social work. The Centre receives more than 1000 new referrals per year, predominantly for assessment and treatment of individuals suffering from panic disorder, agoraphobia, social phobia, obsessive-compulsive disorder, and generalized anxiety disorder. Some opportunities are also available for working with patients who suffer with other anxiety-related difficulties (e.g., specific phobias, hypochondriasis, and trichotillomania). Supervision is provided by registered Psychologists (Michele Boivin, Martin Antony, Randi McCabe, and Karen Rowa). There are opportunities for practicum training during the summer and during the academic year.

### Training experiences may include:

- Thorough training in diagnostic interviewing using the Structured Clinical Interview for DSM-IV, initially including observing three interviews, conducting three interviews under observation, and then conducting additional interviews independently, under supervision.
- Training in the use of other measures (e.g., Yale-Brown Obsessive Compulsive Scale)
- Opportunities to provide individual cognitive behavioral treatment to patients suffering from a range of anxiety disorders (e.g., panic disorder, social phobia, obsessive compulsive disorder, and others).
- Opportunities to observe treatment being delivered or to provide co-therapy with an experienced clinician.
- Opportunity to co-lead a group for panic disorder, social phobia, obsessive-compulsive disorder, or generalized anxiety disorder with an experienced clinician (as well as weekly supervision meetings to discuss the group sessions).
- Weekly 2-hour group supervision meetings to discuss assessment cases seen over the course of the previous week.
- Weekly individual supervision meetings (at least one hour) during which individual treatment cases are discussed.
- Opportunities for additional supervision meetings as needed.
- Opportunities to read relevant materials, watch videos of therapy being conducted, and to discuss related issues during supervision.
- Opportunities to attend and contribute to weekly research rounds presentations during which new literature is discussed.
- Opportunities to participate in ongoing research or to develop independent research projects.

### Contact:

Michele Boivin, Ph.D., C.Psych.  
Assistant Professor, Psychiatry and Behavioural Neurosciences, McMaster University  
Psychologist, Anxiety Treatment and Research Centre  
St. Joseph's Healthcare, Hamilton  
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Tel: 905-522-1155, ext. 35216

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ATRRC Website: [www.anxietytreatment.ca](http://www.anxietytreatment.ca)

## Specialized Assessment and Treatment / Acute Mental Health Service

The Specialized Assessment and Treatment / Acute Mental Health Service is a non-diagnostic specific inpatient unit with both acute and tertiary beds. This is a specialized assessment unit for patients who are clinically complex, require diagnostic clarification, have co-morbidity and/or are treatment resistant. An interdisciplinary team of nurses, psychiatrists, social workers, occupational and recreational therapists, a psychologist and a vocational counselor provide both assessment and treatment services on the unit. Opportunities for practicum training are possible during the summer as well as the academic year.

### **Training experiences may include:**

- Training in assessment and diagnostic interviewing for complex psychiatric patients.
- Learning to tailor assessment batteries to address specific referral questions.
- Assessments may include a general interview, semi-structured interviews for Axis-I and Axis-II, cognitive and personality testing.
- Opportunity to attend and participate in multidisciplinary team meetings.
- Weekly individual supervision meetings (at least one hour).
- Opportunities for additional supervision meetings as needed.
- Discussion of literature relevant to psychodiagnostic and personality assessment.
- Research opportunities regarding inpatient group and personality assessment also available.

### **Contact:**

Michelle Carroll, Ph.D., C.Psych.  
Psychologist, Community-Liaison Program  
Tel: 905-522-1155, ext. 36777  
Fax: 905-381-5620  
email: mcarroll@stjoes.ca

## Dialectical Behaviour Therapy

St. Joseph's Healthcare has implemented a strategic plan to provide people with Emotional Dysregulation (i.e., Borderline Personality Disorder and other disorders of emotion regulation) with an empirically validated treatment across all service areas. This treatment is based on a Dialectical Behaviour Therapy (DBT) framework, which was originally developed by Marsha Linehan. DBT is recognized to be an effective best practice approach that supports both people with emotional dysregulation and clinical care teams in providing a consistent approach to care. Currently DBT is offered in outpatient, inpatient and a Day Hospital setting. We are also implementing a DBT framework in the Psychiatric Emergency Services.

### Training experiences may include:

- Providing time-limited skills training, individual therapy and skills coaching in the Day Hospital and/or Inpatient DBT programs
- The opportunity to attend interdisciplinary consultation teams and provide additional training/consultation as needed
- Opportunities for participation in ongoing outcome research or other special interest research projects

### Contact:

Michelle Carroll, Ph.D., C.Psych.  
Psychologist, Community-Liaison Program  
Tel: 905-522-1155, ext. 36777  
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## Eating Disorders

The Eating Disorders Clinic at St. Joseph's Healthcare is the regional centre for the treatment of adults with eating disorders in the Central South region of Ontario, providing consultation and treatment to approximately 100 patients annually. The program offers services to patients with a range of eating disorders, including Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and the spectrum of disordered eating understood as Eating Disorders Not Otherwise Specified. As a practicum student, you would have the opportunity to work with a multidisciplinary team, including a psychologist, psychiatrist, psychiatric nurse, registered dietitian and Kinesiologist.

### **Training experiences may include:**

- Training in diagnostic interviewing using a semi-structured interview for eating disorders, as well as integrating information from self-report inventories into diagnostic reports and patient feedback.
- Opportunities to provide individual cognitive behavioural treatment to patients suffering from a range of eating disorders, including anorexia nervosa, bulimia nervosa, and binge eating disorder.
- Opportunity to co-lead groups for anorexia nervosa/bulimia nervosa or binge eating disorder (e.g., CBT based symptom-interruption group, body image group, and specialized focus groups on such issues as perfectionism/self-esteem).
- Weekly 2-hour case conference meetings to discuss assessment cases seen over the course of the previous week and ongoing group and individual treatment issues.
- Weekly individual supervision meetings during which individual treatment cases are discussed.
- Opportunities to participate in ongoing research or to develop independent research projects
- Opportunity to learn about and participate in formal risk assessments

### **Contact:**

Michelle Laliberté, Ph.D., C.Psych.  
Director, Eating Disorders Program  
Community Psychiatry Service  
St. Joseph's Healthcare, Hamilton  
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## Forensic Psychology

The Forensic Service at the Centre for Mountain Health Services has recently grown, currently offering minimum and medium security inpatient services as well as, outpatient services.

### **Training experiences may include:**

- Training in diagnostic interviewing for both Axis I and Axis II disorders
- Training in the assessment of Fitness to Stand Trial and Criminal Responsibility
- Opportunity to provide psychological assessments, using a wide range of psychological measures.
- Opportunity to co-lead therapy groups, specifically addressing criminogenic risk factors
- Opportunity to work within a multidisciplinary team of professionals
- Opportunity to assist in research projects related to the forensic field.
- Weekly individual supervision to discuss individual assessments and treatment.
- Provision and discussion of literature relevant to assessment and treatment of individuals within the Forensic system.
- Provision and discussion of literature relevant to mental health rehabilitation
- Weekly supervision meetings and supervision available flexibly as issues/challenges arise

### **Contact:**

Mini Mamak, Ed.D., C.Psych.  
Psychologist, Forensic Service  
Centre for Mountain Health Services  
St. Joseph's Healthcare, Hamilton  
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## Health Psychology

The Health Psychology practica are offered through Consultation Liaison (CL) Services and the Women's Health Concerns Clinic (WHCC) at St. Joseph's Healthcare. These services are offered on a referral basis. Patients will primarily have mood, anxiety, or stress-related difficulties that are associated with a health condition through CL (e.g., respiratory, cardiac) or associated with reproductive life cycle events through the WHCC (e.g., pregnancy or postpartum periods, menopause).

### **Training experiences may include:**

- The delivery of consultations or an assessment suited to these populations. Assessments may involve the utilization of pain, coping, mood, and anxiety measures in addition to a general interview (to gather relevant background information) and/or semi-structured interview (e.g., Structured Clinical Interview for the DSM-IV, SCID-IV).
- Opportunity to provide short term (e.g., 6-8 sessions), empirically-validated interventions (e.g., cognitive-behavioural therapy) tailored to patients on various medical units through CL or within the WHCC. Also, students will participate in an ongoing cognitive-behavioural group therapy intervention for menopausal symptoms in women.
- Opportunity to work within a multidisciplinary team of professionals.
- Attendance at various team meetings addressing client needs and referrals.
- Weekly individual supervision meetings (at least one hour) for discussion of individual cases.
- Opportunity to read and discuss literature relevant to health psychology.

### **Contact:**

Sheryl M. Green, Ph.D., C.Psych.  
Consultation Liaison Service  
c/o Community Psychiatry Service  
St. Joseph's Healthcare, Hamilton  
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## Mood Disorders

The Mood Disorders Service employs a multidisciplinary team of psychologists, psychiatrists, nurses, social workers, vocational rehabilitation therapists, and occupational therapists who assess and treat individuals with either unipolar depression or bipolar disorder. The primary treatment orientation on this rotation is cognitive behavioural, based on empirically validated protocols for the full spectrum of depression, bipolar disorder, and comorbid mood-anxiety conditions.

In addition to the clinical service, the mood disorders program incorporates a large, well-funded and internationally renowned research facility that investigates the causes and treatment of mood disorders. Current projects involve studying cognitive changes in response to cognitive behaviour therapy vs. pharmacotherapy, the efficacy of mindfulness-based cognitive therapy for relapse prevention in depression, and psychological predictors of chronicity in patients with a first episode of mood disorder.

### **Training experiences may include:**

- Training in assessment and diagnostic interviewing for complex psychiatric patients.
- Participation in multi-disciplinary teams treating patients with severe mood disorders.
- Opportunities to provide individual cognitive behavioral treatment to patients suffering from a range of mood disorders.
- Opportunities to observe treatment being delivered or to provide co-therapy with an experienced clinician.
- Weekly individual supervision meetings (at least one hour) during which individual treatment cases and assessment cases are discussed.
- Opportunities for additional supervision meetings as needed.
- Opportunities to read relevant materials, watch videos of therapy being conducted, and to discuss these during supervision.

### **Contact:**

Peter J. Bieling, Ph.D., C.Psych.  
Psychologist and Operational Service Manager, Mood Disorders Service  
Centre for Mountain Health Services  
St. Joseph's Healthcare, Hamilton  
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# Neuropsychology

The clinical neuropsychology service provides comprehensive assessment of the cognitive functioning and neurological integrity of a wide range of adult inpatients and outpatients including those with medical (e.g., brain injury, stroke, neurodegenerative diseases), developmental (e.g., autistic spectrum, learning disorders), psychiatric (e.g., schizophrenia, mood/anxiety) and substance abuse disorders. The service emphasizes the neurobiological underpinnings of these conditions and attempts to integrate neuropsychological findings into the diagnostic and treatment considerations of the multidisciplinary team.

The Neuropsychology rotation includes opportunities for training under the supervision of 5 registered psychologists specializing in neuropsychology (Drs. Christensen, King, Losier, McDermid Vaz, & McNeely) and two psychometrists (Catherine Dool, Mike Mosher); all of whom are actively engaged in research and evidenced-based practices and provide centralized neuropsychological services to SJHC medical and psychiatric programs. These include but are not limited to: (1) the Schizophrenia Service, where neuropsychological assessments are provided as a consultation service for 3 inpatient units and 1 outpatient clinic; (2) The Cleghorn Early Intervention in Psychosis Program, where comprehensive cognitive and psychological evaluations are provided for those in the early stages of psychotic illness; (3) The Acquired Brain Injury Program, where neuropsychological evaluations are provided for those who have suffered brain injuries; and (4) referrals from medical programs such as Respiriology, Nephrology, and Neurology.

The role of practicum students will vary as a function of level of experience.

## **Training experiences may include:**

- Medical chart reviews and literature reviews of pertinent evidenced-based practices and research outcomes.
- Introducing patients and their family members to the assessment procedures, reviewing limits of confidentiality, and obtaining informed consent.
- Administering, scoring and interpreting, appropriate neuropsychological and psychological test measures.
- Integrating test data with patient history and clinical presentation.
- Summarizing the relevant aspects of the assessment in a clinical report.
- Providing patients, caregivers, hospital staff, and team members with feedback regarding the results, implications, and recommendations from each assessment.
- Participating in multidisciplinary team meetings to assist in the assessment, treatment planning, and evaluation of outcomes for patients.
- Attend and present at bi-weekly Neuropsychology Seminar Series.
- Attend weekly Psychiatry Rounds.
- Opportunities for participation in research are also available.

## **Contact:**

Bruno Losier, Ph.D., C.Psych.  
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Center For Mountain Health Services  
St. Joseph's Healthcare, Hamilton  
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# Psychiatric Rehabilitation

Psychiatric rehabilitation practices are offered through Mental Health Rehabilitation Services. Mental Health Rehabilitation Services is comprised of services and programs accessed by persons ranging in age and ethnicity with severe and persistent mental illness (primarily schizophrenia). The goal of these services is to aid in client efforts to gain or regain valued roles, skills, and supports needed to be successful and have fulfilling lives in their community. Services include Assertive Community Treatment (ACT) teams, vocational and recreational programs, music therapy, physiotherapy, consumer-driven initiatives, housing programs, and services for persons with developmental disabilities.

Opportunities for practicum training are possible during the summer as well as the academic year.

## **Training experiences may include:**

- Integrated assessments of persons with severe mental illness. Assessment domains include psychovocational, psychoeducational, cognitive, and psychodiagnostic foci.
- Opportunities to co-lead group therapy employing Cognitive Behavioural Therapy (CBT) for various issues (e.g., nicotine addiction, vocational stress).
- Conducting workshops for service providers on the integration of empirically-based practices into rehabilitation services.
- Opportunities to be involved in ongoing (or develop) research projects examining some aspect of service provision in a rehabilitation setting.
- Opportunities to conduct programme evaluations in psychiatric rehabilitation settings.
- Opportunities to work in close partnership with service providers in various rehabilitation programs (e.g., partnering with ACT team members).
- Attendance at various didactic seminars and team meetings addressing client needs and referrals
- Provision and discussion of literature relevant to psychiatric rehabilitation
- Weekly supervision meetings and supervision available flexibly as issues/challenges arise

## **Contact:**

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## Schizophrenia Services

Schizophrenia Services at St. Joseph's Healthcare includes inpatient and outpatient services (assessment and intervention) for individuals with schizophrenia and related problems.

### **Training experiences may include:**

- Training in diagnostic interviewing, including observing interviews, conducting interviews under observation, and conducting interviews independently.
- Opportunity to provide psychological assessments, including diagnostic and personality assessments using a wide range of psychological tests (e.g., MMPI-2, PAI, MCMI-III and projective tests).
- Opportunity to provide inpatient and outpatient individual psychotherapy to persons with serious mental illness. Training can be provided in a number of different modalities, including interpersonal, CBT, supportive.
- Opportunity to co-lead a psychotherapy group for person's experiencing auditory hallucinations and delusions.
- Weekly individual supervision to discuss individual assessments and treatment.
- Provision and discussion of literature relevant to assessment and treatment of psychotic and related disorders.
- Opportunity to attend and participate in monthly Schizophrenia Round Table discussions.
- Opportunity to contribute to quarterly Schizophrenia newsletter "Our Voice."
- Opportunity to attend various team meetings in the program to discuss client care.

### **Contact:**

Sandra McNally, Ph.D., C.Psych.  
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