

Practicum Training in Child and Adolescent Clinical Psychology

2020-2021



*Children's Hospital at Hamilton Health Sciences
is affiliated with the Faculty of Health Sciences,
McMaster University.*

Contact:

Jennifer Cometto, Ph.D., C.Psych.
Psychology Practicum Coordinator
Child and Youth Mental Health Program
Regional Outreach and Urgent Access Service
McMaster Children's Hospital
(905) 521-2100 Ext. 72903
comettoj@hhsc.ca

1200 Main Street West (3G100)
Hamilton, Ontario L8N 3Z5

Contents

The Practicum Setting	2
Practicum Opportunities	3
Educational Opportunities	7
Supervision/Evaluation	7
Application Process	8
Training Staff	9

The Practicum Setting

Hamilton Health Sciences (HHS) is located in Hamilton, Ontario, Canada. Home to more than half a million residents, Hamilton is situated at the western tip of Lake Ontario midway between Niagara Falls and Toronto. It is the site of McMaster University, known internationally for its innovative medical school and research programs.

HHS is comprised of a family of five hospital sites and five specialized facilities, serving more than 2.3 million residents in Central South and Central West Ontario. Each of the facilities offers specialized services that together make HHS one of the most comprehensive health care systems in Canada. All of the hospitals at Hamilton Health Sciences are teaching hospitals affiliated with the Faculty of Health Sciences at McMaster University. This allows patients to benefit from innovative treatments/research and staff and students to actively participate in research and teaching endeavours.

Programs that provide training in clinical psychology for children and youth are located in the Ron Joyce Children's Health Centre (RJCHC) and McMaster Children's Hospital. The RJCHC provides a range of child and family services to the community, such as the Child and Youth Mental Health Outpatient Service, the Specialized Developmental and Behavioural Service, the Autism Spectrum Disorder Service, and the Infant Parent Program. Services at McMaster Children's Hospital provide general medical and surgical services, pediatric care (including the Child and Youth Mental Health Program's Emergency, Inpatient, and Regional Outreach and Urgent Access Service as well as the Neurology, Epilepsy, and Oncology Neuropsychology Services), and specialized adult and women's health services (e.g. Adult Chronic Pain Program).

Psychology staff at HHS currently includes approximately thirty psychologists who are integral members of teams in child and adult psychiatry, pediatrics, geriatrics and rehabilitation and in many cases have developed and are responsible for running programs. Psychology staff have backgrounds ranging from clinical and healthy psychology to applied behavioural analysis, rehabilitation and neuropsychology. Most of the psychologists and many of the non-doctoral psychology staff have cross appointments with McMaster University in the Faculty of Health Sciences. Teaching and research are central to the mandate of the hospital and major community based intervention projects are ongoing in both the adult and child programs. The entire corporation is committed to a client/family-centered, evidence-based approach to health care.

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Visit www.hamilton.ca for more information about the city of Hamilton.

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Hamilton Health Sciences is committed to a client-centered, evidence-based approach to health care.

Practicum Opportunities

A variety of child and family experiences are available, depending on the practicum student's goals and experience, and the availability of supervisors. Practicum students function as team members on the teams where they train (e.g., attending teams meetings as appropriate).

Trainees complete practica in either complex psychological assessment and/or psychological intervention. With respect to psychological assessment, exposure to children from a range of age levels (infant, preschool, latency age, adolescent) and diagnostic categories is possible once basic psychometric skills are established. Practicum students are also able to see clients from diverse cultural backgrounds.

Training in intervention for children, adolescents, and families is available. Therapeutic modalities include: behaviour therapy, cognitive behaviour therapy (CBT), dialectical behaviour therapy (DBT), acceptance and commitment therapy (ACT), motivational interviewing (MI), emotion focused family therapy (EFFT), and family therapy. Training is offered in individual and group therapy, and parent and professional psychoeducation formats. Supervision for each treatment modality is negotiated with the assistance of the practicum student's primary supervisor.

The specific programs that offer placements vary year-to-year. **Please see the last page of this Brochure to know what is offered for the 2020-2021 year.**

RJCHC Site Programs

[The Child and Youth Mental Health Program \(CYMH\)](#)

CYMH Outpatient Service

The Child and Youth Mental Health Outpatient Service provides assessment, consultation, and treatment for children and adolescents (0-18) with internalizing and externalizing problems. Services offered include individual and family therapy, group programs for young people and/or their parents, parent skills training, medication consultation, and consultation with community agencies and schools. Team members also provide inservice education on psychiatric disorders and their management. Team members include psychiatrists, psychologists, psychometrists, social workers, nurses, home-based workers and students from various disciplines.

Home-based services are available for clients who need more intensive services than traditional clinic-based programs. Some of these clinicians specialize in children aged 0 to 6 who are at risk of experiencing significant socio-emotional difficulties. Parent therapists work closely with the childcare center/school to ensure continuity of care. Interventions may include the following: development of parenting skills, understanding and encouraging child development, fostering the parent-child relationship, consultation and support to daycare/preschool, and encouraging parent self-care and coping. Structured group interventions (e.g., The Incredible Years) are also provided. The home-based team has relationships with a variety of frontline community supports and agencies (e.g., public health). Some home-based clinicians specialize in providing services for children ages 7 to 18 with moderate to severe emotional and/or behavioural difficulties, that have not responded to traditional outpatient services.

HHS Values

***Respect:** We will treat every person with dignity and courtesy.*

***Caring:** We will act with concern for the well being of every person.*

***Innovation:** We will be creative and open to new ideas and opportunities.*

***Accountability:** We will create value and accept responsibility for our activities.*

Practicum Opportunities (cont'd)

The Specialized Developmental and Behavioural Service (SDBS)

The SDBS Team Provides services for families of children with developmental and complex learning/cognitive difficulties between the ages of 2 and 18. Services are also offered to children with significant emotional behavioural difficulties between the ages of 2 and 6. SDBS provides assistance with transition services (e.g. entry to school), behavioural assessment and consultation, collaboration with community partners, communication assessment and consultation, developmental monitoring, developmental pediatric assessment, family or parent counseling, group intervention, health teaching, hearing tests, individual assessment and counseling, information about community services and resources, newsletters, parent workshops, psychiatric assessment and consultation, psychological and neuropsychological assessment and consultation, and service coordination.

The Autism Spectrum Disorders Service

The Autism Spectrum Disorders Service provides assessment, treatment and consultation services for individuals, aged 2 to 18 years, with Autism Spectrum Disorders. Training and support to families and professionals living and working with this population is also provided. The overall goal of the service is to maximize the potential of the person with ASD and enhance his or her ability to live and participate in the community.

Treatment services are provided using a mediator-training model (i.e., providing education and training for those who will interact with the child everyday; parents, early childhood educators, and other service providers). The principles of intervention services are founded in research-based evidence which support the focus of social-communication therapy and early intervention.

When practicum opportunities are available, student can become involved in Intensive Behavioural Intervention (IBI) for children with autism. Under the supervision of the psychologist that directs the program, practicum students can get experience in the delivery of this direct evidence-based intervention.

McMaster University Medical Centre (MUMC) Site Programs

Regional Outreach and Urgent Access Service

The Regional Outreach and Urgent Access Service focuses primarily on supporting children and youth assessed to be at-risk of harm to self or others and/or to demonstrate significant impairment in their daily life (due to mental health struggles). Intervention services are largely provided to clients who have been or may become involved with the inpatient unit (3G). Caregivers are involved in intervention efforts and invited to relevant workshops (e.g., parenting youth in crisis). Therapy clients are bridged to community services when possible. The clinic also offers mental health assessments/psychological consultations for community referrals (which may not involve issues of risk or be provided intervention with the clinic).

Services include individual therapy (e.g., CBT, ACT, DBT informed), parent sessions (e.g., EFFT/EFST), family therapy, psychological testing, consultation for medication, and consultation with community agencies and schools. Team members include a psychologist, psychiatrists, social workers, a nurse practitioner, and consultations with an occupational therapist. The Regional Outreach and Urgent Access Service primarily services children and adolescents aged 6-18.

The Child and Youth Mental Health Inpatient Unit (3G)

3G offers intensive assessment and treatment of children and adolescents with acute mental health concerns on both an elective and involuntary basis. Purposes for admission to the Inpatient Unit include stabilization, diagnostic clarification, and medication review. Individualized treatment plans may include: participation in daily treatment groups (i.e., CBT, DBT skills, social skill development, relaxation training, and health education), activity groups, academic programming in the on-site Section 23 classroom, and optional individual and/or family therapy.

The Child and Youth Mental Health Day Program

Day Program is a voluntary program for youth who could benefit from daily intensive programming, but who do not require 24-hour monitoring. The purpose of Day Program is to behaviourally activate youth with serious and complex mental disorders. Individualized treatment plans may include: participation in daily treatment groups (i.e., CBT, DBT skills, social skill

Practicum Opportunities (cont'd)

mentoring, relaxation training, and health education), academic programming in the on-site Section 23 classroom, and optional family therapy/parent sessions.

Practicum students in 3G and/or the Regional Outreach and Urgent Access Program can become involved with Day Program, though this is not a practicum by itself.

The Pediatric Eating Disorders Program

The Pediatric Eating Disorders Program provides service to children and adolescents up to the age of 18 who require multi-disciplinary assessment and, potentially, treatment of disordered eating (Anorexia Nervosa, Bulimia Nervosa, Binge-Eating Disorder, Avoidant-Restrictive Food Intake Disorder, Etc.). Services include medical management, nutritional counseling, individual, family, and group therapy. While most clients are seen on an outpatient basis, medically unstable patients are admitted to the pediatric eating disorders inpatient unit and followed by our team. Practicum students will receive training in assessment, treatment and consultation skills that are relevant to this population. After an initial orientation and training period practicum students will be expected to conduct assessments independently and also see clients for therapy. Opportunities are available to be involved in co-therapy or to sit in on assessment and therapy sessions provided by psychologists on staff. Staff include: a psychologist, pediatricians, psychiatrists, social workers, a registered dietitian, nurses, and a child life specialist.

Please note, for 2020-2021 the Pediatric Eating Disorders Program will not be offering a full practicum position but is able to provide exposure to assessments Wednesday mornings to students accepted to other practicum positions at HHS. As such, this opportunity can be seen to be an optional inclusion to another HHS practicum position for interested students.

The Child Advocacy and Assessment Program (CAAP)

CAAP primarily provides assessment and consultation services to children and families where any aspect of child maltreatment is an issue. In particular, the program provides assessments regarding child maltreatment, impact of child maltreatment, and parenting capacity. Consultation services are provided to the Children's Aid Society and foster care providers. The program also provides intervention services including trauma-focused CBT and sexual assault follow-up (i.e., supportive counseling for children, youth and their families regarding their experience of sexual abuse/assault). The team includes a psychologist, psychiatrists, pediatricians, social workers, and child life specialists. Inpatient and outpatient referrals are accepted.

Please refer to the additional handout on CAAP for further information.

Pediatric Chronic Pain Program

The Pediatric Chronic Pain Program (PCPP) provides outpatient, interdisciplinary, family centered care to children and youth who face chronic pain. The PCPP aims to provide youth and caregivers with skills to reduce the impact that pain has on their daily life by utilizing a functional rehabilitation and interdisciplinary approach. All new patients receive an interdisciplinary pain assessment (e.g., medical and physical assessment, semi-structured interviewing focused on pain coping and mental health, pain-specific measures, mental health questionnaires) to inform treatment planning. Some of the interventions in the clinic include psychoeducation about the science of chronic pain, goal setting, medication review, physiotherapy (acupuncture, TENS), activity pacing, parent and youth groups, exercise, relaxation and mindfulness, CBT, acceptance and EFFT, MI, and consultation with school and community agencies. The team includes many health professionals (i.e., psychologists, social workers, occupational therapist, nurse practitioner, physiotherapist, child life specialist, pediatrician,

Program Philosophy

Hamilton Health Sciences and the McMaster University Faculty of Health Sciences, is committed to a scientist-practitioner approach to education and practice which is client-centred. As such, the training of practicum students emphasizes the use of empirically supported, evidence-based assessment and treatment approaches.

(Continued on page 6)

Practicum Opportunities (cont'd)

psychiatrist, pharmacist, anesthesiologist) who work together to collaborate and coordinate care for youth with chronic pain.

Pediatric Epilepsy

The Comprehensive Pediatric Epilepsy Program (CPEP) at the McMaster Children's Hospital is an ambulatory/outpatient service for children with epilepsy, including patients who are being worked up for potential brain surgery as a result of having medically refractory epilepsy. This service provides assessment for children aged 3 through 17 years with a variety of medical and psychosocial complexities, learning needs, and neurodevelopmental needs (e.g., Intellectual Disability, ADHD). Opportunities for practicum students include assessment of neuropsychological and emotional functioning, reviewing medical documents including EEGs and MRIs, conducting psychometric testing, interviewing, participating in feedback, case formulation, report writing, and attending multidisciplinary meetings and surgical conferences.

Pediatric Neurology Program

The Pediatric Neurology service provides clinical neuropsychological and psychological assessments to children and adolescents (2-18 yrs) with a variety of neurological, behavioural, emotional and learning disorders (e.g., epilepsy syndromes, encephalitis, as well as metabolic, immunologic and genetic conditions). The majority of the service is focused on comprehensive assessments examining both neurocognitive and social-emotional functioning. Students will be involved in all aspects of the assessment, including, interviews, reviewing medical charts, administering assessment measures, feedbacks, and report writing. Practicum students may also potentially be involved in some group intervention programs. Students will also have the opportunity to attend and actively participate in interdisciplinary meetings and educational opportunities (e.g., Neurology clinical rounds, etc.).

Pediatric Oncology Psychological Services

The Pediatric Oncology Neuropsychological service provides clinical neuropsychological assessments on an outpatient basis to children, adolescents and adults, who have received neuro-toxic treatment for various cancers (e.g., leukemia, brain tumors, lymphoma). Practicum students will be involved in interviewing children and family members, reviewing relevant medical documentation, administering and scoring assessment measures. They will also be involved in providing feedback to family, children, and team members, as well as preparing written reports. Practicum students may also be involved in school feedback meetings and assist with the development of behavioural interventions. Practicum students will attend and actively participate in interdisciplinary clinical and educational opportunities (e.g., Tumor Board rounds, Neuro-oncology clinic, etc.).

The Children's Exercise and Nutrition Centre (CENC)

The CENC is dedicated to helping children and families with medical and lifestyle management. The CENC has 4 services: i) Pediatric Weight Management; ii) *Next Step* for children who have completed the 2-year weight management program and have persistent obesity-related complications (e.g. pre-diabetes); iii) Pediatric Lipid Clinic; and iv) Exercise Medicine. Common presenting problems include: maladaptive eating habits, unhealthy sedentary habits, unhealthy body image, bullying, stress, and psychiatric issues. Some common psychiatric presentations are: depressive disorders, anxiety disorders, trauma/stress-related disorders, neurodevelopmental disorders, and feeding and eating disorders. The CENC utilizes a family oriented integrated health care model with an interdisciplinary team, including physicians, a psychologist, a paediatric nurse practitioner, registered dietitians, exercise physiologist, and activity therapist. Psychology roles include exploring how biological, behavioral, and social factors influence

Training Model

Core competencies in psychological assessment, treatment, consultation, cultural awareness, clinical research and professionalism are delivered through supervised rotations in the direct provision of clinical services. Practical training is complemented by involvement in team meetings and case conferences; as well as formulation and didactic seminars provided by program and hospital faculty.

Educational Opportunities

In addition to direct clinical training, practicum students can participate in a wide variety of educational experiences during their placement, including seminars and rounds presentations.

Seminars/Formulation Rounds

Attended by psychology practicum students and interns in the clinical child psychology and adult neuropsychology programs, these rounds consist of case presentations/formulations, didactic teaching and presentations by various psychologists and professionals in the system.

Ethics Rounds

Ethics seminars for the psychology practicum students and interns are scheduled regularly throughout the year (approximately 8 or 9 per year).

Evidence-Based Psychiatry Rounds

Practicum students may attend these rounds with psychiatry residents reviewing evidence-based treatments of child and adolescent mental health problems.

Department of Psychiatry & Behavioural Neurosciences Rounds

Offered by the academic department of the University, these rounds take place at St. Joseph Hospital on Wednesday mornings throughout the year (video-conferencing available).

Many more...

Practicum students are able to attend any hospital rounds. Others that may be of interest include rounds offered by the Department of Pediatrics and the Offord Centre for Child Studies.

Rounds and seminars (research, rehabilitation, psychiatry, psychology) are held throughout the hospital system on a regular basis

Supervision and Evaluation

Practicum students are assigned a supervisor (a registered psychologist) in each of the programs that s/he trains within. At the beginning of the practicum placement, the student and their supervisors set individualized written goals and objectives and identify appropriate additional supervisors, if necessary, to achieve those goals. It is the supervisor's responsibility to ensure that the required range of experience is provided, that the student's workload is manageable and appropriate to the goals and objectives negotiated, and that sufficient supervision is provided.

Formal review and evaluation of each practicum student's progress is scheduled at the mid-point and at the end of the practicum. Each of the student's supervisors complete an evaluation covering the preceding period, and rates their progress towards their written goals and objectives (in domains related to knowledge base, procedural/program design skills, written and interpersonal skills, and ethical and professional practice). The practicum students rate the program and the quality of supervision as well. The results of the evaluations (ratings of goal attainment) are forwarded to the clinical director in the student's graduate department.

At the beginning of the practicum, the student and their supervisor set individual written goals and objectives.

Application Process

Applicants must be enrolled in a graduate program in clinical psychology, preferably from a program accredited by the Canadian and/or American Psychological Associations (although applicants from other programs may be considered). Students should have completed graduate level coursework in psychological (and/or neuropsychological) assessment and have basic practical psychometric training. It is recommended that applicants have already obtained direct experience assessing and interviewing clients and their families.

Applicants are required to submit:

- ◆ 1 page cover letter with
 - A summary of clinical training thus far (e.g., coursework and practical work), and
 - Training goals and objectives (including HHS programs of interest)
- ◆ Up-to-date curriculum vitae
- ◆ Unofficial transcripts of graduate studies
- ◆ Minimum of 1 reference letter from a clinical supervisor

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Applicants should clearly indicate whether they are applying for:

- ◆ A summer (typically 4 days/week) or fall/winter (typically 2 days/week) placement.
- ◆ An assessment or intervention placement.
- ◆ The program to which they are applying (see the attached list of available placements).

Completed applications are rated independently by the members of the training committee, ranked, and offered interviews.

You may submit your applications via post or electronic mail (***the preference is to email applications***). To ensure the security of your reference letter, please have your referee email their letter to Dr. Cometto directly.

HHS participates in the GTA practicum process, which standardizes the application deadline and notification day procedures. Please see your Director of Training for more information.

Successful candidates are notified at 9am on Notification Day of the committee's decision (date to be determined; usually in mid-March). Please follow the Notification Day procedures as outlined by your DCT. If you are unfamiliar with this notification procedure, we can send you a copy. In accordance with federal privacy legislation (*Personal Information Protection and Electronics Documents Act*) only information that is required to process your application is collected. This information is secured and is shared only with those individuals involved in the evaluation of your practicum application.

Clinical Child Psychology Training Staff

Cheryl Alyman, Ph.D., C. Psych. (University of Victoria, 1998). Pediatric Neuropsychology/Oncology Services.

Jennifer Cometto, Ph.D., C.Psych. (University of Windsor, 2013). Child and Youth Mental Health Regional Service.

Stephanie Deveau, Ph.D., C.Psych. (University of Guelph, 2013). Pediatric Eating Disorders Program.

Irene Drmic, Ph.D., C.Psych. (York University, 2007). Autism Spectrum Disorder Service.

Kim Edwards, Ph.D., C.Psych. (University of Western Ontario, 2014). Pediatric Chronic Pain Program.

Avraham Grunburger, Psy.D., C.Psych. (Pace University, 2011). Child and Youth Mental Health Outpatient Service.

Stephanie Lavoie, Ph.D., C.Psych. (York University, 2016). Pediatric Neurology Service.

Ashley Legate, Ph.D., C.Psych. (Queen's University, 2016). Child and Youth Mental Health Inpatient Service.

Katie Lok, Ph.D., C.Psych. (University of Toronto, 2014). Child and Youth Mental Health Outpatient Service.

Angela McHolm, Ph.D., C.Psych. (University of Guelph, 1999). Child Advocacy and Assessment Program.

Jennifer McTaggart, Ph.D., C.Psych. (University of Guelph, 2009). Child and Youth Mental Health Inpatient Service.

Olivia Ng, Ph.D., C.Psych. (University of Toronto, 2015). Specialized Developmental and Behavioural Service.

Sheri Nsamenang, Ph.D., C. Psych. (East Tennessee State University, 2014). Children's Exercise and Nutrition Centre.

Danielle Pigon, Ph.D., C.Psych. (University of Toronto, 2017). Child and Youth Mental Health Outpatient Service.

Paulo Pires, Ph.D., C. Psych. (University of Toronto, 2005). Child and Youth Mental Health Outpatient Service.

Caroline Roncadin, Ph.D., C.Psych. (York University, 2002). Autism Spectrum Disorder Service.

Nevena Simic, Ph.D., C.Psych. (University of Toronto, 2012). Comprehensive Pediatric Epilepsy Program.

Marlene Traficante, M.S.W. (McMaster University, 2007). Child and Youth Mental Health Inpatient Service.

Pediatric Practicum Opportunities at Hamilton Health Sciences for 2020-2021

Program	Level	Term(s)	Days/Week	Focus	Supervisor
CYMH Outpatient Service	PhD	Fall/Winter	2 days/week	Assessment and/or Intervention	Dr. Paulo Pires
CYMH Inpatient Unit (3G) & Regional Outreach and Urgent Access	PhD preferred	Summer 2020	2-4 days/week	Assessment and Intervention	Dr. Ashley Legate & Dr. Jennifer Cometto
Regional Outreach and Urgent Access Service	MA or PhD	Flexible	2-4 days/week	Assessment and/or Intervention	Dr. Jennifer Cometto
Child Advocacy and Assessment Program	PhD	2-Term Commitment	Tuesdays and Wednesdays	Assessment and Intervention	Dr. Angela McHolm
Children's Exercise and Nutrition Clinic	MA or PhD	Flexible	2 days/week	Assessment and Intervention	Dr. Sheri Nsamengang

Adult Practicum Opportunities at Hamilton Health Sciences for 2020-2021

Program	Level	Term(s)	Days/Week	Focus	Supervisor
Psychosocial Oncology	Senior PhD	Fall/Winter	1-2 days/week	Assessment and Intervention	Dr. Karen Zhang