

Practicum Site Information Sheet

Name of site: Hamilton Health Sciences

Supervisor or Contact Person: Dr. Jennifer Cometto, C. Psych.

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***It is preferred for candidates to email application materials to comettoj@hhsc.ca**

Please have references email Dr. Cometto directly with letters of reference.

Address:

Ron Joyce Children's Health Centre, 3rd Floor

237 Barton St. E.

Hamilton, Ontario

L8L 2X2

Type of Practicum offered:

Child ____ Adult ____ Both

Assessment ____ Intervention ____ Both

Anticipated Number of Positions for 2022-2023: 6

General Information (i.e. description of the site, clients seen, services offered, is it TTC accessible? etc.)

All of the hospitals at Hamilton Health Sciences (HHS) are teaching hospitals affiliated with the Faculty of Health Sciences at McMaster University. Programs that provide training in clinical psychology, health psychology, and clinical neuropsychology are located in the Ron Joyce Children's Health Centre (RJCHC), McMaster Children's Hospital, Hamilton General Hospital (HGH), and Juravinski Cancer Centre (JCC).

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 Mental Health Assessment Unit and Pediatric Mental Health Inpatient Unit, as well as the pediatric Neurology, Epilepsy, and Oncology Neuropsychology clinics), and specialized adult and women's health services.

The HGH is recognized as a regional centre of excellence for adult cardiovascular care, neuroscience, trauma, and burn treatment. It is also the location of a state-of-the-art Regional Rehabilitation Centre (RRC) offering specialized inpatient interdisciplinary rehabilitation for adults and seniors. Clinical Neuropsychology services are provided in the Adult Acquired Brain Injury Program, the Integrated Stroke System, the Adult Epilepsy Monitoring Unit, and the Adult Consultation Neuropsychology Services.

JCC is a regional referral centre for central-west Ontario. With many patients coming from outside of Hamilton, the JCC collaborates with providers in the patient's home community. JCC is where cancer treatments such as chemotherapy and radiation take place, as well ground-breaking cancer research. There are no overnight beds at the cancer centre. The JCC recently invested in the Psychosocial Oncology Program, which psychology had a large role in setting up. The Psychosocial Oncology Program is dedicated to helping

adult patients and their families cope with the psychological, emotional, social, spiritual, and functional impact of cancer.

Psychology staff at HHS currently include 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 health psychology to applied behavioural analysis, rehabilitation, and neuropsychology. Most of the psychologists 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 adult and child programs. The entire corporation is committed to a client/family-centered, evidence-based approach to health care.

The HHS affiliation with the Faculty of Health Sciences at McMaster University provides psychology students with an invaluable opportunity to learn from and interact with students, clinicians, and faculty in medicine, pediatrics, psychiatry, social work and other allied health disciplines (e.g., speech/language pathology, physiotherapy and occupational therapy).

Supervision (i.e. Is there more than one potential supervisor? group and/or individual? How often? etc.)

Practicum students are typically assigned 1 main supervisor from within the program where they will be primarily working, but may have opportunities to work with other supervisors if involved in other programs/areas (depending on the duration of their practicum). Each supervisor provides at least 1 hour of individual supervision per week. Most supervisors take a developmental approach and focus on a competency-based supervision model.

Keywords (i.e. Eating Disorders, Chronic Pain, Obsessive Compulsive Disorder)

children, adolescents, family, parent, caregiver, adult, emotion focused, cognitive behaviour, behaviour therapy, dialectical behaviour therapy, acceptance and commitment therapy, motivational interviewing, suicide risk, self harm, violence risk, chronic pain, health psychology, anxiety, depression, complex case formulation, inpatient, outpatient, emergency, differential diagnoses, comprehensive assessment, interdisciplinary, multidisciplinary, intervention

Training/research opportunities:

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

Trainees complete practica in either comprehensive psychological assessment, psychological intervention, or both. With respect to psychological assessment, exposure to children from a range of ages (infant, preschool, latency age, adolescent) and diagnostic categories is possible once basic psychometric skills are established. Practicum students are also able to see clients with complex diagnostic presentations and diverse cultural backgrounds, as well as be exposed to detailed risk assessments via inpatient, outpatient, and/or emergency services.

Training in intervention for children, adolescents, families, and parent support is available. Therapeutic modalities include: behaviour therapy, cognitive behaviour therapy, dialectical behaviour therapy, acceptance and commitment therapy, motivational interviewing, family therapy, and emotion focused family therapy. Training is offered in individual and group therapy, including parent and psychoeducation group

formats. Supervision for each treatment modality is negotiated with the assistance of the practicum student's primary supervisor.

Pediatric Practicum Opportunities at Hamilton Health Sciences for 2022-2023

Program	Level	Term(s)	Days/Week	Focus	Supervisor
Children's Exercise and Nutrition Clinic	MA or PhD	Fall/Winter	2 days/week	Assessment and Intervention	Dr. Sheri Nsamenang
Child Advocacy and Assessment Program (CAAP)	PhD	Fall/Winter	Tuesdays & Wednesdays	Trauma Assessment; some intervention possible given length of practicum	Dr. Angela McHolm
CYMH Outpatient Service	MA or PhD	Fall/Winter	2 days/week	Assessment and/or Intervention	Dr. Jennifer Cometto
Comprehensive Pediatric Epilepsy Program	PhD	Summer 2022	3-4 days/week	Assessment	Dr. Nevena Simic

The **Children's Exercise and Nutrition Centre** is located at MUMC. Students gain experience in behavioural medicine while working with children and families presenting with comorbid psychological and physical health challenges associated with obesity and lipid metabolism disorders. Students will have exposure to psychological/behavioral assessments related to medical problems, consultations, brief interventions, the interplay between physical and psychological health, coordinated inter-professional teamwork, and gain an understanding of the multifactorial nature of obesity and lipid metabolism disorders. Students learn to provide psychological and behavioral interventions for prevention and/or treatment of medical issues related to obesity and to assist patients in coping with a myriad of conditions (e.g., maladaptive eating habits, sleep issues, motivation, unhealthy body image, impact of bullying, stress, and psychological distress). Brief interventions consist of motivational interviewing, cognitive, behavioral, and parenting strategies. The interprofessional team includes physicians, a psychologist, a nurse practitioner, registered dietitians, an exercise physiologist, an activity therapist, and various learners.

The Child Advocacy and Assessment Program (CAAP) provides assessment, consultation and intervention services to children, families, and community agencies where any aspect of child maltreatment is an issue. The program provides assessments regarding child maltreatment, impact of child maltreatment, and parenting capacity. Consultation services are provided to the Children's Aid Society, caregivers (e.g., foster parents, kin care providers, adoptive parents), school personnel, and medical/mental health professionals from the community. The program also provides intervention including sexual assault follow-up and counseling for children/youth and caregivers, individual psychotherapy for complex trauma, consultation to caregivers regarding trauma-informed caregiving, a trauma training workshop series for caregivers and child

welfare staff, and group intervention (i.e., emotion regulation skills-training) for child welfare-involved children and youth. The team includes pediatricians, psychiatrists, psychologists, social workers, and child life specialists. The program is affiliated with the Offord Centre for Child Studies. Students interested in CAAP may find the supplemental handout helpful for further consideration.

Child and Youth Mental Health Program (CYMH) Outpatient Service

The CYMH Outpatient Service provides outpatient assessment, consultation, and treatment for children and adolescents (ages 3 to 18) with comorbid problems of an internalizing and/or externalizing nature that interfere with functioning in the home, school, and/or community. Treatment services offered include individual therapy, family therapy, group therapy, parent skills training, medication consultation, and consultation with community agencies and schools.

Team members on the CYMH Outpatient Service include psychologists, psychiatrists, social workers, nurses, child and youth workers, and early childhood resource specialists. If possible, we ask that practicum students aim to participate on and provide consultation to the Outpatient Multidisciplinary Team (Monday meetings). Some CYMH Outpatient Service team members are also part of the DBT Consultation Team, which meets weekly.

Individual therapy modalities include CBT, DBT, ACT, MI, EFFT, and interpersonal therapy. Group therapy offerings typically involve Parenting Your Child/Youth with OCD, Bossing Back OCD (child & youth groups), Unified Protocol CBT, Parent-Led CBT for Anxiety, DBT Multifamily Skills Group, and Acceptance and Commitment Therapy.

The CYMH Outpatient Service offers an array of family-based interventions, including 2-day EFFT caregiver workshops and individual EFFT work with caregivers. Additionally, The Family Therapy Clinic allows families to work with an interdisciplinary team that adopts a co-therapist model and incorporates principles from Family Systems Therapy, Narrative Family Therapy, and Structural Family Therapy. Learners may have the opportunity to support families as a co-therapist and/or as part of the Reflection Team that observes family therapy sessions and offers reflections. Finally, Family Check-Up is a 3-session, ecological, family-based assessment that incorporates multi-method (interviewing, video interaction tasks, questionnaire data) and multi-rater information on risk and protective factors to understand influences on the developmental trajectory of the child. The FCU model is strengths-based, collaborative and uses principles of motivational interviewing to understand how parent well-being, child well-being and parenting/family environment are connected. The FCU has a strong evidence base from decades of research. It has been delivered in the USA for quite some time, and clinicians within the Child and Youth Mental Health Outpatient Service who typically provide parent training were initially trained and credentialed in this model in early 2018. We are the first Canadian mental health service to offer the FCU. After the FCU is completed with a family, goals are set in collaboration with the parents/caregivers, which may include the parent skills training intervention connected to the FCU called Every Day Parenting (EDP). The EDP program follows the same principles as the FCU. Both FCU and EDP are transdiagnostic (i.e., not restricted to certain diagnostic presentations). The EDP manual is made up of 12 distinct sessions that are meant to be tailored to the needs of the family.

The **Pediatric Neurology/Neurosurgery, Epilepsy and Oncology Neuropsychological Services**, located at MUMC, provide clinical neuropsychological and psychological assessments to pediatric and adolescent inpatients and outpatients with a variety of neurological disorders (e.g., leukemia, brain tumours, traumatic brain injuries, epilepsy, encephalitis, etc.). Students are involved in interviewing children and family members, reviewing relevant medical documentation, administering and scoring assessment measures, providing feedback to family, children, and team members, as well as preparing written reports. Students

may also be involved in school feedback meetings, development of community-based treatment plans, implementation of behavioural interventions, or counseling on a case-by-case basis depending on availability. Moreover, students can attend and actively participate in interdisciplinary clinical/educational opportunities (e.g., Tumour Board rounds, Neuro-oncology clinic, etc.). Priority for this rotation is given to students studying Clinical Neuropsychology (e.g., demonstrating neuropsychology graduate level coursework and experience, in order to be considered).

Please note detailed information and application processes are provided in the 2022-2023 Hamilton Health Sciences Practicum Training in Child and Adolescent Clinical Psychology brochure.

ADULT: Clinical training opportunities for practicum students can be available through the Adult Acquired Brain Injury Program, Integrated Stroke System, Adult Consultation Neuropsychology Services, Adult Epilepsy Monitoring Unit, Adult Chronic Pain Program, Psychosocial Oncology, and Diabetes Care and Research Program. The specific programs that offer placements vary year-to-year. Practicum students' involvement will be tailored depending on their skill level and requisite training needs. They may have the opportunity to participate in administration and scoring of a wide variety of measures, interviewing, team/family meetings, case formulations, etc. While most clinics focus on assessment, some clinics focus almost exclusively on intervention. Opportunities for program evaluation and research may also be available.

Adult Practicum Opportunities at Hamilton Health Sciences for 2022-2023

Program	Level	Term(s)	Days/Week	Focus	Supervisor(s)
Michael G DeGroot Pain Clinic: Intensive Program	MA or PhD	Fall/Winter	2 days/week	Assessment and Intervention	Dr. E.G. Hapidou
Michael G DeGroot Pain Clinic: OHIP Program	PhD	Fall/Winter	1-2 days/week	Assessment and Intervention	Dr. Greg Tippin, C.Psych. Dr. Laura Katz, C.Psych. Dr. Abi Muere, C.Psych.

The **Michael G. DeGroot Pain Clinic** at McMaster University Medical Centre focuses on chronic pain from clinical, health, and rehabilitation psychology perspectives. Clients are adults (very early adulthood to seniors), who vary widely as to their socio-economic, educational, vocational, and ethnic backgrounds. The interdisciplinary, multi-modal program consists of an intensive 4-week, outpatient (day) or inpatient stay (**Intensive Program**). Students in this program will work (virtual or in-person) to provide groups on self-talk, grief and loss, relaxation/mindfulness, and see patients 1:1 as needed. Students will also conduct at least 1 of 4 weekly assessments for candidacy for admission to the program.

The **Michael G. DeGroot Pain Clinic** also provides a publically funded program (**OHIP Program**) that is a regional hub for the outpatient management of a range of persistent pain conditions in adults. The clinic uses a biopsychosocial approach that includes both medical and non-medical intervention to provide patient-centred care. Psychology plays an active role in the clinic, across treatment, assessment, consultation, research, and program development and evaluation. Learners work as part of an interprofessional team comprised of a range of health professions, including psychologists, social workers, occupational therapists,

physiotherapists, pharmacists, dietitians, nurses, nurse practitioners, physicians, and physician assistants. Opportunities include individual and group treatment, consultation to the team, psychodiagnostic assessment, and presentations at case rounds. Learners will work with patients presenting with persistent pain problems and often comorbid mental health difficulties, including depression, anxiety, trauma, insomnia, and adjustment-related difficulties. Opportunities for program evaluation and research may also be available.

Practicum Application Deadline: See GTA Psychology Practicum Deadlines

Application procedure (i.e. documents needed, number of references, etc.)

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.

Applicants are required to submit (ideally to comettoj@hhsc.ca):

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

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).

Students may submit applications via post or electronic mail (***the preference is to email applications***). To ensure the security of reference letters, please have referees email letters to Dr. Cometto directly.

Last Updated: November 2021