

Practicum Site Information Sheet

Name of site: **Hamilton Health Sciences** (which includes Ron Joyce Children's Health Centre, McMaster University Medical Centre/McMaster Children's Hospital, Juravinski Cancer Centre, Regional Rehabilitation Centre, and more)

Supervisor or Contact Person: Dr. Felicia Chang, C. Psych.

Email: psychpracticum@hhsc.ca

Phone: 905-521-2100 ext, 77349

Candidates can email application materials to psychpracticum@hhsc.ca

Please have references email Dr. Chang directly (at the same email address) 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 (i.e., we have child practica and adult practica, but do not have any that offer both child and adult experiences)

Assessment Intervention Both

Anticipated Number of Positions for 2024-2025: 9

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

Hamilton Health Sciences is comprised of five hospitals and four specialized centres that are affiliated with the Faculty of Health Sciences at McMaster University. This year, we will be offering practicum placements at the following sites:

- Ron Joyce Children's Health Centre (RJCHC): 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.
- McMaster University Medical Centre (MUMC also known as McMaster Children's Hospital): Services at **MUMC** provide general medical and surgical services, pediatric care (including the Child and Youth Mental Health Program's Emergency Mental Health Assessment Unit, Pediatric Mental Health Inpatient Unit, Pediatric Chronic Pain program, Children's Exercise and Nutrition Centre, as well as the pediatric Neurology, Epilepsy, and Oncology Neuropsychology clinics), and specialized adult and women's health services.
- Juravinski Cancer Centre (JCC). The Juravinski Cancer Centre (JCC) is a regional referral centre for central-west Ontario. The JCC services patients and families who have been diagnosed with cancer in the Hamilton-Niagara-Haldimand-Brant region. JCC is where cancer treatments such as chemotherapy and radiation take place, as well ground-breaking cancer research.

- The Regional Rehabilitation Centre (RRC), located on the Hamilton General Hospital Campus, provides specialized rehabilitative care to help people who are recovering from brain injury, amputations, spinal cord injury, stroke, and hand and work-related injuries. The facility provides both inpatient and outpatient services and clinics, a large prosthetics and orthotics department, a therapeutic pool, and an outdoor therapeutic track.

Hamilton is accessible by Go-transit from the GTA. Aside from our neuropsych and comprehensive assessment placements, most allow for some virtual/hybrid work.

Psychology staff at HHS currently include approximately thirty psychologists as well as psychometrists and behaviour therapists 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, selfharm, violence risk, chronic pain, oncology, health psychology, anxiety, depression, complex case formulation, inpatient, outpatient, emergency, differential diagnoses, comprehensive assessment, interdisciplinary, multidisciplinary, intervention, neuropsych

Training/research opportunities:

A summary of our training opportunities is below and they are separated by child positions and adult positions.

Note: We conduct different types of assessments including **psychodiagnostic assessments** (i.e., interview and questionnaire based) as well as **neuropsych assessments and comprehensive assessments** (which include testing with measures like the WISC, WAIS, WIAT, etc) If you require testing experience, please ensure the position you are applying to offers neuropsych or comprehensive assessments.

CHILD PRACTICUM OPPORTUNITIES: 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 comprehensive psychological assessment, neuropsychological assessment, psychodiagnostic assessment, psychological intervention, or both assessment and intervention, depending on the placement. 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 groups.

Pediatric Practicum Opportunities at HHS for 2024-2025

Program	Level	Term(s)	Days/Week	Focus	Supervisor
CYMH Outpatient Service - at Ron Joyce	MA or PhD	Summer 2024	3-4 days/week	Comprehensive assessment	TBD
Children’s Exercise and Nutrition Centre	PhD	Summer 2024	3-4 days/week	Intervention and psychodiagnostic assessment	Dr. Sheri Nsamenang
CYMH Outpatient Service - at Ron Joyce	PhD	Fall + Winter	2 days/week	Intervention and psychodiagnostic assessment	TBD
Pediatric Chronic Pain Program - at MUMC	MA or PhD	Fall + Winter	2 days/week	Intervention and psychodiagnostic assessment	Dr. Rachel Jackson
Children’s Exercise and Nutrition Centre	PhD	Fall + Winter	2 days/week	Intervention and psychodiagnostic assessment	Dr. Sheri Nsamenang

Child and Youth Mental Health Program (CYMH) Outpatient Service

The CYMH Outpatient Service provides outpatient assessment, consultation, and treatment for children and adolescents 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, Parent-Led CBT for Anxiety, DBT Multifamily Skills Group, and Acceptance and Commitment Therapy.

The CYMHP 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.

Pediatric Chronic Pain Program (PCPP)

The Pediatric Chronic Pain Program (PCPP), located at MUMC, provides outpatient, interdisciplinary, family-centred care to children and youth who face chronic pain. There are many different types of chronic pain conditions in children and youth, including headaches, abdominal pain, musculoskeletal pain, and arthritis. The PCPP aims to provide youth and caregivers with skills to reduce the impact of pain on their daily life by utilizing an interdisciplinary functional rehabilitation approach. Some of the interventions in the clinic include psychoeducation, goal-setting, medication review, physiotherapy, activity pacing, parent groups, relaxation and mindfulness, cognitive behavioural therapy, acceptance and commitment therapy, emotion-focused family therapy, motivational interviewing, and consultation with school and community agencies. The team includes many health professionals (i.e., psychologists, social workers, an occupational therapist, a nurse practitioner, physiotherapists, child life specialists, pediatricians, a psychiatrist, a pharmacist, and an anesthesiologist) who work together to collaborate and coordinate care for youth with chronic pain. Opportunities for students include participation in interdisciplinary assessments, completion of comprehensive psychodiagnostic assessments, co-facilitating parent groups, and providing individual psychotherapy.

Children’s Exercise and Nutrition Centre (CENC).

CENC 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.

ADULT PRACTICUM OPPORTUNITIES: Clinical training opportunities for practicum students can be available through the Adult Acquired Brain Injury Program, Stroke Rehabilitation Unit, 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 HHS for 2024-2025

Program	Level	Term(s)	Days/Week	Focus	Supervisor(s)
Michael G DeGroot Pain Clinic—at MUMC	PhD	Fall + Winter (Sept – June)	2 days/week	Psychodiagnostic assessment, intervention (individual, group), consultation	Drs. Greg Tippin, Abigail Muere, and Laura Katz
Psychosocial Oncology - at JCC	PhD	Summer 2024 or Fall + Winter	2 days/week	Intervention	Dr. Karen Zhang
Adult Neuropsych - Acquired Brain Injury Program and Stroke Rehabilitation Unit	PhD	Fall + Winter	2 days/week	Neuropsychological Assessment	Dr. Justine Spencer and Dr. Kate Bartley
Adult Neuropsych - Acquired Brain Injury Program and Stroke Rehabilitation Unit	PhD	Summer 2024	3 days/week	Neuropsychological Assessment	Dr. Justine Spencer and Dr. Kate Bartley

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 publicly 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.

The **Psychosocial Oncology Program (PSO)** at the Juravinski Cancer Centre is dedicated to supporting adult patients and their families cope with the psychological, emotional, social, spiritual, and functional impact of cancer. The program provides outpatient and inpatient care across the cancer continuum and for a variety of cancer disease sites, including breast, lung, head and neck, haematology, gastrointestinal, gynecological, genitourinary, central nervous system, skin, endocrine and sarcoma. Residents actively work as part of an interdisciplinary team consisting of psychologist, psychiatrists, nurses, social workers, dietitians, and oncologists. Psychology routinely participates in interdisciplinary consultations and presents at interdisciplinary rounds that review complex patient cases. Training opportunities may include providing psychodiagnostic assessments for treatment planning purposes, inpatient consultations, and short-term individual and group interventions. Psychological interventions target anxiety, mood, grief, end-of-life concerns, caregiver burden, body image, fatigue, insomnia, adherence and adjustment-related concerns. Learners may also co-lead psycho-education sessions to build staff, patient and caregiver capacity to address psychosocial needs that impact cancer care. Opportunities for program evaluation and research may also be available.

The **Adult Rehabilitation Neuropsychology Practicum** is housed in the Regional Rehabilitation Centre (RRC), on the campus of Hamilton Health Science's General Hospital campus. Practicum students will divide their time between two programs in the RRC: The Acquired Brain Injury Program Neurobehavioural Rehabilitation Unit and the Stroke Rehabilitation Unit.

The Acquired Brain Injury Program Neurobehavioural Rehabilitation Unit is an inpatient provincial program for adults with acquired brain injuries who also display challenging behavioral and/or mental health issues. The most common types of acquired brain injuries seen on this unit include traumatic brain injuries (secondary to motor vehicle accidents, falls, assaults, etc.), hypoxic/anoxic brain injuries (secondary to heart attacks, drug overdoses, etc.), encephalitis (secondary to infections such as HSV, etc.), and brain tumor resections. Patients' lengths of stay on the unit range from a few weeks to several months, during which time they receive transdisciplinary rehabilitation, in conjunction with a concurrent behaviour management program. *The Stroke Rehabilitation Unit* offers medical care and rehabilitative services to

individuals who have sustained strokes or other cerebrovascular conditions. Patients cover the adult span, including older adults, and often have complex medical and/or psychosocial histories.

In both units, practicum students will have the opportunity to be involved in all aspects of neuropsychological assessment, including clinical interviewing, psychometric testing, patient/family feedbacks, and report writing. There is also the opportunity to work within an interdisciplinary setting (e.g., occupational therapy, speech-language pathology, etc.) and engage with other healthcare professionals through interdisciplinary team rounds/meetings.

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 must be enrolled in a graduate program in clinical psychology/neuropsychology, that is **accredited by the Canadian Psychological Association**. 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.

Applicants are required to submit the following to Dr. Felicia Chang at psychpracticum@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 or fall/winter placement.
- The program to which they are applying

Students may submit applications via email. Please have referees email letters directly to psychpracticum@hhsc.ca

Please note more detailed information is provided in the 2024-2025 Hamilton Health Sciences brochure.

Last Updated: October 2023