

# Adult Psychotherapy Practica

Practicum placements for Master's and PhD students completing their doctorate in clinical psychology or clinical/counselling psychology (including EdD). Focused primarily on provision of psychotherapy to adults (18+), including CBT, ACT, CPT/PE. Some assessment opportunities.

## About Us

Sageview Health is a large group psychology practice that offers comprehensive assessment, treatment and consultation services for adults, seniors, children, adolescents, couples, and families. We foster a culture of excellence with a focus on ethical and evidence-based practice that meets the needs of the very diverse community we serve. Our goal is to empower people to overcome challenges and lead a rich, full, and meaningful life.

## Details

<b>Number of Placements Available</b>	<ul style="list-style-type: none"> <li>• 3 (In Person or Hybrid)</li> </ul>
<b>Amount &amp; Type of Supervision</b>	<ul style="list-style-type: none"> <li>• 1.5 hours of weekly supervision with a registered psychologist</li> <li>• Supervision can be in-person or a hybrid</li> <li>• Learners can expect a developmental approach, to be adapted based on skill level. This may take the form of in-room observation/shadowing, video/audio recordings, and/or reports from the learner in supervision.</li> <li>• Group supervision is also held on the bi-weekly basis with individual across mental health disciplines (e.g., social workers, psychotherapists, psychologists).</li> </ul>
<b>Client Age Range</b>	<ul style="list-style-type: none"> <li>• Ages 18+</li> </ul>
<b>Typical Presenting Concerns</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Bipolar disorder</li> <li>• OCD</li> <li>• Post-traumatic stress disorder</li> <li>• Stress</li> <li>• Emotion dysregulation</li> </ul>

<b>Treatment Modalities</b>	<ul style="list-style-type: none"> <li>• Cognitive Behavioural Therapy (CBT)</li> <li>• Acceptance and Commitment Therapy (ACT)</li> <li>• Emotionally Focused Therapy (EFT)</li> <li>• Motivational Interviewing (MI)</li> </ul>
<b>Assessment</b>	<ul style="list-style-type: none"> <li>• Semi-structured and/or structured interviews alongside supplemental standardized questionnaires as indicated are used at the start of treatment to inform case conceptualization and treatment planning.</li> <li>• Opportunities to engage in psychoeducational and psychodiagnostics assessments (including ADHD assessments) are also possible.</li> </ul>
<b>Common Assessment Tools</b>	<ul style="list-style-type: none"> <li>• SCID</li> <li>• DART</li> <li>• MINI</li> </ul>
<b>Professional Development</b>	<ul style="list-style-type: none"> <li>• Bi-weekly clinician consultation meeting with child/adolescent team at Sageview Health</li> <li>• Educational training as they arise (e.g., CPT training)</li> <li>• Bi-weekly research and clinical practice rounds hosted by Sageview Health from internal and external speakers on evidence-based interventions, assessment, and psychotherapy. Learners have the opportunity to present as part of these rounds during their practicum placement if they wish.</li> </ul>
<b>Nature of Consultation with Other Healthcare Providers</b>	<ul style="list-style-type: none"> <li>• Encouraged to connect with client's circle of care as part of clinical work (i.e., family doctors and other mental health providers).</li> <li>• Opportunities to consult with multi-disciplinary staff, such as psychotherapists and social workers within Sageview Health</li> </ul>
<b>Skills To Be Gained Through Placement</b>	<ul style="list-style-type: none"> <li>• In-depth training in CBT and a combination of other approaches (based on learner goals and fit with supervisor) including ACT, EFT, MI, and DBT-informed approaches</li> <li>• Development of use of case conceptualization to inform treatment planning and selection of appropriate treatment targets</li> <li>• Use of treatment and outcome monitoring tools to assess changes in symptomatology during psychotherapy</li> <li>• Exposure to a diverse client base</li> </ul>
<b>Application Deadline</b>	<ul style="list-style-type: none"> <li>• Same as deadline set by the GTA practicum committee, though rolling admissions may be considered on a case-by-case basis.</li> </ul>
<b>Application Materials</b>	<ul style="list-style-type: none"> <li>• Unofficial transcripts from graduate school</li> </ul>

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	<ul style="list-style-type: none"><li>• Two letters of reference (sent from referees to <a href="mailto:practicum@sageviewhealth.ca">practicum@sageviewhealth.ca</a>)</li><li>• 1 page letter of interest, including training goals and objectives for the prospective practicum</li><li>• Curriculum vitae (CV)</li><li>• On-site or virtual interview</li></ul>
<b>Applicant Requirements</b>	<ul style="list-style-type: none"><li>• Preference for students with previous experience delivering CBT, completion of at least 2 assessment courses, and completion of at least one 500-hour practicum</li></ul>

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## Supervisors

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## Contact Details

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