

## Child and Adolescent Practica

Practicum placements for Master's and PhD students completing their doctorate in clinical psychology or clinical/counselling psychology (including EdD). Providing psychotherapy to children and youth (ages 6-18), including CBT, DBT, ACT, EFFT and MI. 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>• 1 (In Person)</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 will be primarily in-person with some virtual when needed</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> </ul>
<b>Client Age Range</b>	<ul style="list-style-type: none"> <li>• Ages 6 to 18</li> <li>• Individual therapy is typically offered to children and youth (and their parents). Direct therapy and coaching are also offered to parents, where indicated</li> </ul>
<b>Typical Presenting Concerns</b>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Mood difficulties</li> <li>• OCD</li> <li>• ADHD</li> <li>• Selective mutism</li> <li>• Personality disorders (in older adolescents)</li> </ul>

<b>Treatment Modalities</b>	<ul style="list-style-type: none"> <li>• Cognitive Behavioural Therapy (CBT)</li> <li>• Dialectical Behaviour Therapy (DBT)</li> <li>• Acceptance and Commitment Therapy (ACT)</li> <li>• Emotion-Focused Family Therapy (EFFT)</li> <li>• Motivational Interviewing (MI)</li> </ul>
<b>Assessment</b>	<ul style="list-style-type: none"> <li>• Semi-structured and/or structured interviews (e.g., K-SADS) alongside supplemental standardized questionnaires as indicated are used at the start of treatment to inform base conceptualization and treatment planning.</li> </ul>
<b>Common Assessment Tools</b>	<ul style="list-style-type: none"> <li>• K-SADS</li> <li>• Y-BOCS</li> <li>• MASC</li> <li>• CDI</li> <li>• BASC</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>• Ongoing consultation with family doctors and other care providers (e.g., client's psychiatrist)</li> <li>• Liaising with school staff or other relevant personnel</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, EFFT, 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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