

ADULT MENTAL HEALTH TRACK

COORDINATOR: Dr. David LeMarquand

NMS Code Number 181514

4 Resident Positions are available

Number of applications in 2010: 59

The Adult Mental Health Track is designed to prepare residents for eventual autonomous practice in clinical psychology, through broad-based and intensive exposure to adult mental health. Several rotations serve a broad range of inpatient and outpatient populations and allow residents to focus on specific patient groups or on specific assessment or therapeutic modalities.

Residents create an individualized, broad-based training program by selecting relevant experiences within a Major Rotation. To allow for an adequate breadth of training, clinical experiences within the rotation should include at least one experience focusing on assessment and consultation while another should focus on intervention. Intervention experiences should include individual and group psychotherapies, as well as inpatient and outpatient experiences. Exposure to research as a guiding principle, as well as a systematic method for evaluating clinical outcomes and programs, is emphasized. Using a professional developmental approach of clinical and scientific inquiry, residents apply skills garnered in prior and current training to assess and treat patients according to best practices and sound clinical judgment.

Within each rotation, supervisors will provide opportunities for individualized training experiences that meet the specific needs of the resident. Supervisors assure well-rounded experience by assigning cases to residents that reflect patient diversity in terms of ethnicity, socio-economic status, age, and other individual differences.

Competence in assessment and intervention skills is emphasized, integrating theoretical, ethical, research, and professional perspectives. While psychologists provide the bulk of supervision, residents are encouraged to work with other professionals as well, including psychiatrists, social workers, and counsellors. Supervision styles vary across supervisors. Several supervisors emphasize training in specific skills (e.g., empirically-supported treatments) while other supervisors emphasize the development of strong interpersonal and therapeutic process skills.

To be considered, applicants must have the following credentials:

- a minimum of 600 hours of direct mental health assessment, intervention, consultation, and supervision practicum experience, as assessed by summing face-to-face intervention and assessment hours (doctoral and master's level) and supervision hours stated in the APPI,
- completed their core required doctoral coursework
- defended their dissertation proposal, and
- experience with a range of psychotherapeutic modalities.

Please note that applicants who do not meet these criteria will not be considered.

Major Rotations available:

London Health Sciences Centre: Victoria Hospital

St. Joseph's Health Care, London: Parkwood Hospital

St. Joseph's Health Care, London: Regional Mental Health Care London

St. Joseph's Health Care, London: Regional Mental Health Care St. Thomas

London Health Sciences Centre: Victoria Hospital

Adult mental health at Victoria Hospital provides a range of acute care mental health services for adult inpatients and outpatients in London. As well as 68 inpatient beds for acute crisis stabilization and treatment for adults 18 years of age and older, adult mental health at Victoria Hospital also provides general ambulatory mental health services as well as some specialized adult services. Residents working in this rotation will be able to select from a variety of potential experiences and work in one or two of the following programs:

Dialectical Behaviour Therapy (DBT)

Although DBT is an evidence-based therapy for individuals with borderline personality disorder, at LHSC, we are providing this treatment to outpatients with serious mental illness. These patients usually have several comorbid diagnoses such as mood disorder, posttraumatic stress disorder, panic disorder, generalized anxiety disorder, somatic disorder, and personality disorder, as well as significant difficulties with affect management and interpersonal regulation. DBT interventions include mindfulness, emotion regulation, interpersonal effectiveness, and distress tolerance. These interventions are implemented in skills training groups and individual therapy. Residents in this service provide both individual and group therapy. They consult with the interprofessional DBT team on a weekly basis in regard to patient and therapist progress, as well as DBT training. The minimum time commitment for residents in the DBT program is two days per week and three days are recommended.

Supervisors: Dr. Louise Maxfield
Dr. Walter Friesen

Eye Movement Desensitization and Reprocessing (EMDR)

EMDR is an evidence-based therapy for individuals with posttraumatic stress disorder. It is provided to patients who have achieved some stabilization through completion of a program teaching affect regulation (e.g., DBT). These patients continue to have distressing symptoms related to traumatic events such as childhood abuse, interpersonal violence, assaults, accidents, war, etc. Most patients have multiple comorbid disorders and significantly impaired function. Supervision emphasizes case conceptualization, and the practical and interpersonal aspects of working with this population, and includes co-therapy. Residents provide assessment and treatment. Although EMDR is the primary therapy provided in this program, residents may also provide skills development, relaxation training, affect regulation, and cognitive behavioral therapy. Residents are encouraged to take a certified EMDR training program prior to starting this rotation.

Supervisor: Dr. Louise Maxfield

Traumatic Stress Service Workplace Program (TSSWP)

The TSSWP is an interprofessional outpatient clinic that provides comprehensive assessment and treatment services to individuals who develop primary anxiety or mood disorders in response to workplace-related traumatic events. Comprehensive assessment provides a clear diagnostic and functional formulation of an individual's condition and addresses the following areas: pre-existing and co-existing stressors/vulnerabilities, return to work planning and recommendations, entitlement issues, treatment recommendations, and case management considerations. Although the TSSWP sees a variety of diagnostic presentations, the majority of individuals assessed suffer from anxiety (e.g., PTSD, Panic Disorder), mood, and somatoform disorders. Training opportunities include the opportunity to develop skills in comprehensive psychodiagnostic assessment for mood and anxiety disorders in the context of disability management. This involves evaluation of Axis I and Axis II disorders, normal personality, and response style distortion (i.e., malingering or defensive responding) utilizing structured and semi-structured interviews (e.g., SCID-I, CAPS, DIPD, M-FAST, SIRS) and various self-report psychometrics (BDI-II, BAI, MMPI-2). Opportunities for participation in the treatment service is also available, but may be limited by the residents' caseload. The provision of treatment of primary anxiety and mood disorders is based on a CBT theoretical model. The program offers a unique opportunity to work in a challenging interprofessional environment. Both assessment and treatment services operate within an interprofessional team, which includes psychiatry, psychology, and occupational therapy. Residents work closely with professionals from these other mental health professions.

Supervisor: Dr. Danielle Bedard

Prevention and Early Intervention Program for Psychoses (PEPP)

The PEPP program provides comprehensive medical and psychosocial intervention for adults presenting for the first time with a schizophrenia- spectrum psychosis (<http://www.pepp.ca/>). Most patients are in their teens or early twenties when they enter PEPP and there is a high incidence of concurrent substance use problems. The PEPP team includes nurses, psychiatrists, social workers, vocational counselors, education specialists, a psychologist, and clinical researchers. Treatment and rehabilitation is specifically tailored to meet the needs of young adults, and particular attention is paid to engagement and early intervention, psychoeducation and enhancing wellness behaviours, concurrent substance abuse, working with families, and supporting patients' return to work and school. The psychologist typically consults to the case manager-patient dyad, providing assessment and intervention services in relation to cognitive functioning as well as treatment for anxiety, depression, and persisting psychotic symptoms. Treatment is grounded in cognitive behavioural and motivational-enhancement therapies, with a strong emphasis being placed on recovery of function. Interventions are typically provided individually, but a cognitive skills training group is offered based on demand. Depending on their interests and training needs, residents may elect to concentrate relatively more on cognitive assessment and cognitive skills training or on psychotherapy. Supervision methods are flexible, and co-therapy and longer-term psychotherapy are often available.

Supervisors: Dr. Jason Carr
Dr. Ross Norman

Mental Health Management

Also based out of Victoria Hospital is an opportunity to learn about psychology's role in mental health management. It includes involvement in systems and program planning, proposal development, project management and implementation, and interprofessional human resource issues. Working with the Director of the London Health Sciences Centre's Mental Health Care Program, residents will be involved in both hospital and community-based activities, including service design, quality initiatives, and evaluation.

Supervisor: Dr. Beth Mitchell

St. Joseph's Health Care, London: Parkwood Hospital

Operational Stress Injury (OSI) Clinic

Adult Mental Health residents working at Parkwood Hospital have the opportunity to work in the Operational Stress Injury (OSI) Clinic for veterans and members of the Canadian Forces and the RCMP. Opened in 2004, the Parkwood Hospital Clinic is part of a national network of OSI clinics funded by Veterans Affairs Canada. These clinics help patients who suffer from a number of conditions that can result from being exposed to military trauma. In addition, the network of OSI clinics is helping to develop new standards of OSI treatment through education and research.

Psychology provides assessment and treatment to Canadian Forces members, Veterans Affairs Canada pensioners, the RCMP, and Canadian Forces members who are making the transition to civilian life suffering from post-traumatic stress disorder, anxiety, depression, relational difficulties, or addictions resulting from or aggravated by military-related trauma. Educational programs as well as individual, group, and family counselling are also available.

Residents will work as part of an interprofessional team of health professionals that also include psychiatrists, nurses, and clinical social workers who work together to develop a treatment plan tailored to meet the individual needs of the Canadian Forces member. Residents would complete assessments for treatment planning and pension-award purposes, typically involving clinical interviews, structured diagnostic interviews (i.e., the SCID-IV and the CAPS), and self-report symptom-focused and personality measures. Intervention training experiences can be tailored to the interests of the resident. Opportunities include co-facilitating a treatment group (e.g., our cognitive behavioural depression group) and conducting stabilization- or trauma-focused individual psychotherapy. Opportunities also exist for providing group therapy for those clients suffering from chronic pain in addition to mental health problems. Utilizing an Acceptance and Commitment Therapy (ACT) framework, residents co-lead the ACT Vitae Vis (Strength of Life) pain program. Additionally, psychotherapeutic process groups have been offered to facilitate consolidation and adaptation to Operational Stress Injuries.

Supervisors: Dr. Shannon Gifford
Dr. Charles Nelson

St. Joseph's Health Care, London: Regional Mental Health Care, London

Regional Mental Health Care London provides a wide range of specialized inpatient and outpatient services to individuals with severe and persistent mental illness from London and Southwestern Ontario. Psychology has been an active participant in many of the services at this site for over 50 years and continues to be a leader in clinical service delivery on a number of patient care inter-professional teams, which include psychiatry, nursing, social work, occupational therapy, and recreational therapy. Residents working at Regional Mental Health Care London can have the opportunity to provide psychological assessment, diagnostic, consultation, and intervention services to both inpatients and outpatients through working with a variety of these teams. While there are some areas of commonality in the services provided by this site and Regional Mental Health Care St. Thomas, each site also has a number of unique areas of clinical service where psychology residents can train.

Mood and Anxiety Disorders Program

The Mood and Anxiety Disorders Program provides inpatient and outpatient assessment and treatment for adults (18 years of age or older) who suffer from severe and persistent mood and/or anxiety disturbances, which have not responded adequately to treatment. Personality and comorbid mental or physical health disorders may coexist with any of the above. The interprofessional service also aims at relapse prevention and recovery from mental illness. In this service, residents would be able to provide psychological assessment to adults, particularly cognitive, personality, and diagnostic assessments. Residents would also be able to provide psychotherapeutic intervention services from a variety of approaches, including cognitive-behavioural therapy (and, within this, dialectical behaviour therapy), interpersonal reconstructive therapy (an integrative therapy incorporating interpersonal, cognitive-behavioral and psychodynamic principles), and mentalization-based therapy. Interventions that could be provided by residents would be both at the level of the individual as well as group therapy.

Supervisors: Dr. Farida Spencer
Dr. Mustaq Khan
Dr. David LeMarquand

Residents may also be able to provide services to a rural mental health service in the community of Tillsonburg. Psychology services are provided through the Outpatient Mental Health Clinic located in Tillsonburg District Memorial Hospital. Psychology services primarily encompass the psychotherapeutic treatment of a wide range of disorders, including dual diagnoses, as well as consultation to other team members and community partners. Treatment involves integrated psychotherapy approach techniques, such as cognitive behaviour, emotional expressive, Gestalt, assertiveness training, and interpersonal-relationship therapy.

Supervisor: Dr. Kirk Bates

Psychosis Program

The Psychosis Program is a specialized inpatient and outpatient service that provides assessment, treatment, consultation, and education to adults who are experiencing primary psychotic symptoms. When offering a wide range of services, interprofessional teams adhere to the principles and values of Psychosocial Rehabilitation (PSR) as well as utilize intervention approaches such as Illness Management and Recovery (IMR) to help facilitate community reintegration. These services include medication and adherence management, psychoeducation, functional skill assessment, vocational assessment and counseling, cognitive rehabilitation, motivational interviewing, and recreation therapy. As part of the treatment team, psychological services provide consultation, treatment, and comprehensive assessments to help clarify diagnosis as well as level of cognitive functioning as it relates to symptom management, goal development, and rehabilitation efforts. Psychotherapeutic initiatives may be offered from multiple frameworks to best address complex clinical presentations (e.g., co-occurring conditions), including cognitive-behavioural and integrative-eclectic perspectives. Residents may also have the opportunity to become involved with specialized program development (i.e., cognitive remediation programs aimed at improving functional outcome).

Supervisors: Dr. Jeremy Harrison
Dr. Brad Reimann

Assessment Program

The Assessment Program cares for individuals with serious mental illness who do not meet criteria for admission to our other programs, or who require diagnostic assessment and care not available at the local level. With an optimal 30-day length of stay, people will receive specialized assessment and initial stabilization with recommendations for further treatment, rehabilitation and community reintegration. This program focuses on providing collaborative care with family physicians and other community providers. Residents in this program can be involved in providing psychological assessments and short-term treatment of these diagnostically challenging individuals. Residents would work with the psychologists to provide interventions utilizing an integrative biopsychosocial approach including cognitive behaviour therapy, interpersonal psychotherapy, and experimental process-type interventions, as well as interventions with an eclectic, primary emotional, experientially-oriented, interactive framework.

The Mental Health Services for the Deaf is an outpatient clinic associated with the Assessment Program. This is the only clinic in Southwestern Ontario for Deaf persons who present with mental illness. Residents will have an opportunity to work with persons from the Deaf community as well as work alongside interpreters. Residents will not only learn about Deaf culture, but also learn about the role of the interpreter in the therapeutic relationship. Consultation liaison will occur with Canadian Hearing Society where appropriate and overall education around working with the Deaf will provide a wonderful opportunity for a multicultural experience. Sign language is not a pre-requisite to working in this clinic, just an overall interest in learning to work with this underserved population.

Supervisor: Dr. Stephanie Dubois

Concurrent Disorders Program

Psychology is also an integral part of the Concurrent Disorders program. This service provides specialized outpatient tertiary care to individuals who suffer from both a severe psychiatric illness and a severe substance abuse disorder. Residents taking this rotation would be involved in the treatment of patients with a wide range of substance abuse and mental health issues, attempting to address both aspects therapeutically. Treatment is individualized to meet the specific needs of these often challenging patients, and includes Motivational Interviewing and CBT techniques for the addiction, and an integrative approach involving CBT, Interpersonal and Dynamic elements for the psychiatric disorder.

Supervisor: Dr. Trevor Hjertaas

Geriatric Psychiatry Program

Psychology is also part of the Geriatric Psychiatry Program that provides care for patients over the age of 65 who live in Southwestern Ontario and who suffer from severe and persistent mental illness, with a focus on assessment, treatment, rehabilitation, prevention, family/ community support and education. This program's approach encompasses the mental, spiritual, cultural, and psychosocial aspects of aging. The program includes an inpatient unit of 63 beds as well as outpatient consultation services. Residents would provide a range of psychological assessment services in this program including cognitive and mental health assessments. As well, they may be able to also obtain clinical experiences in providing cognitive behaviour therapy with the elderly.

Supervisor: Dr. Ed Black

St. Joseph's Health Care, London: Regional Mental Health Care, St. Thomas

Regional Mental Health Care St. Thomas provides a wide range of specialized inpatient and outpatient services to individuals with severe and persistent mental illness from Southwestern Ontario. Psychology has been an active participant in many of the services at this site for over 50 years and continues to be a leader in clinical service delivery on a number of patient care inter-professional teams, which include psychiatry, nursing, social work, occupational therapy, and recreational therapy. Residents working at Regional Mental Health Care St. Thomas can have the opportunity to provide psychological assessment, diagnostic, consultation, and intervention services to both inpatients and outpatients through working with a variety of these teams. While there are some areas of commonality in the services provided by this site and Regional Mental Health Care London, each site also has a number of unique areas of clinical service where psychology residents can train.

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Supervisor: Dr. Fred Meek

Forensic Program

Psychology also plays an important role in the Forensic Unit. This unit provides specialized mental health services to adults with a mental disorder who have committed a criminal offence, with an emphasis on the high risk and high need patient. The Forensic Program is comprised of 65 beds including assessment, treatment, and rehabilitation units as well as an Outreach Team. At all times the interprofessional teams working with our patients must balance the needs of each patient with the need for public safety. Patients present with a broad range of diagnostic categories such as schizophrenia, mood disorders, and personality disorders. A significant proportion of patients also have an addiction to drugs and/or alcohol. The Forensic Unit serves individuals who are on Court Ordered Assessments, are found either Unfit to Stand Trial or Not Criminally Responsible, or have been transferred from correctional facilities requiring treatment under conditions of security. Residents on the service could participate in neuropsychological and forensic psychological assessments as well as diagnostic psycho-legal assessments. Forensic assessments can include comprehensive psychosocial assessment, assessment of criminal responsibility, assessment of fitness, and/or assessment of risk. Residents could also be involved in a range of appropriate psychotherapies, experience with interprofessional treatment team, and treatment planning. It may also be possible for the resident to obtain experience with Ontario Review Board hearings.

Supervisors: Dr. Rod Balsom
Dr. Laura Fazakas-DeHoog
Dr. Larry Litman

Additional Adult Mental Health Track Supervisors: Dr. Paul Frewen
Dr. Marnin Heisel