

## **COUNSELLING TRACK**

**COORDINATOR:** *Dr. Terry McQuaid*

*NMS Code Number: 181517*

Two (2) Resident Positions are available

Number of applications in 2020: 13

The Counselling Track is designed to prepare residents for practice in clinical and/or counselling psychology. This track is offered at one site: Mental Health Care, Health and Wellness at Western University. Therefore, the client population is outpatient, primarily self-referred, undergraduate, graduate, part-time, mature and international students attending Western University. The typical age range is 17-22, although it is not unusual to see clients in their late 20s, 30s, and middle age. This track will assist residents in furthering the competencies associated with clinical and counselling psychology including knowledge of adjustment and lifespan development (with an emphasis on late adolescent and young adult development), knowledge of psychopathology, clinical interviewing, and interventions of varying durations (single sessions to longer-term). Training includes opportunities to work with clients with a range of problems including affect regulation difficulties, adjustment issues, grief and loss, self-esteem, eating problems, and body image concerns. Large numbers of clients meet diagnostic criteria for mood and anxiety disorders, and smaller portions of the population experience serious mental health concerns such as first episode psychosis. Therefore, skills in formulating and communicating a differential diagnosis for the purposes of developing an intervention or referring clients as needed may also be a focus of attention. It should be noted that comprehensive psychodiagnostic and psychoeducational assessments are not conducted in this setting.

The resident experience will reflect the activities undertaken by all psychologists in the setting. These activities (crisis work, intakes, single session, and shorter- and longer-term therapy) are divided into rotations that emphasize those experiences. There are three rotations, and residents usually complete all three, with an opportunity to work with different supervisors on site. There is one rotation focused on crisis intervention, and two on intervention; one highlighting integrative and CBT approaches, and another highlighting advanced and third wave interventions. Both individual and group psychotherapy are required for intervention rotations. *These rotations also include completing intakes to build up a therapy caseload.* As part of the intervention rotations, residents also provide psychoeducational workshops to the broader student population.

Each rotation is intended to be supervised by a different psychologist, providing exposure to a variety of styles and approaches. Supervisors within rotations will furnish opportunities for residents to focus on their areas of interest (e.g., grief, eating problems), and will assign cases to reflect the diversity of the student population (e.g., ethnicity, sexual orientation). Residents are given the opportunity to supervise at least one practicum student when possible. Residents may also be involved in the training of practicum students via the delivery of lectures or workshops on selected topics of interest.

*To be considered for the Counselling Track, in addition to the core minimum requirements on pages 25-26, applicants must also have the following credentials by the time of application:*

- A minimum of 600 hours of direct client contact including assessment, intervention, consultation, and supervision practicum experience as assessed by summing direct (face-to-face, video/virtual, and telephone) intervention and assessment hours (doctoral and master's level) and supervision hours stated in the AAPI, and;
- Experience with a range of intervention modalities.

Major Rotations:

Crisis and Urgent Intervention  
Integrative/CBT Interventions  
Third Wave/Advanced Rotation

### ***Crisis and Urgent Intervention***

Mental Health Care, Health and Wellness is committed to the provision of walk in/urgent and crisis appointments, both for self-referred clients and those referred by concerned members of the university community. Clients self-refer for crisis appointments for a wide variety of reasons including but not limited to loss of a relationship, family crisis, academic failure, sexual assault, and suicidal ideation. Clients are also referred by other sources when there is concern about their affect regulation, self-care, or their impact on others. Intensified risk assessments may be required. Residents will follow crisis clients over the short-term, until such time as the crisis is ameliorated. Residents will gain experience with creating safety plans for clients, liaising with the Campus Student Case Manager and community agencies as needed, understanding and dealing with confidentiality issues, and evaluating the impact of their interventions.

Residents in this stream will have an opportunity to encounter a diverse array of presenting problems and personality types, and will gain experience in case conceptualization. They will also make treatment recommendations and referrals as necessary.

Supervisors for this rotation can vary in their theoretical orientation, but all employ active strategies for managing client crisis, with an emphasis on ensuring the formation of a strong therapeutic alliance. This rotation is one day per week in the first six months, normally under the supervision of a psychologist who is not supervising an intervention rotation.

Supervisor: Dr. Terry McQuaid  
Additional supervisor to be determined

### ***Integrative / CBT Interventions***

In this rotation, individual cognitive behavioural therapy is integrated with other approaches (e.g., mindfulness meditation, affect regulation, skills development) with the aim of responding flexibly to client concerns. Therapy is typically shorter-term but there are opportunities for longer-term therapy. Opportunities for developing and/or leading groups (e.g., Mindfulness Meditation, ACT for Procrastination, Anxiety and Stress, Managing Anxiety and Stress, DBT skills) will also be available. Residents are strongly encouraged to lead or co-lead at least one group during their residency.

Within this rotation, supervisors will provide opportunities for individualized training that meet the specific needs of the resident. Supervision styles vary across supervisors and may emphasize case conceptualization, training in specific skills (e.g., empirically-supported treatments) and the development of therapeutic process skills. Supervisors assure well-rounded experience by assigning cases that reflect client diversity in terms of ethnicity, sexual orientation, socio-economic status, and other individual differences.

Competence in intervention skill is emphasized, and various theoretical perspectives are integrated. Finally, this rotation includes the opportunity for residents to provide supervision to practicum students when possible.

Supervisor: Dr. Terry McQuaid  
Additional supervisor to be determined

### ***Third Wave / Advanced Rotation***

This 3-day per week major rotation will build upon the CBT/Integrative rotation that the resident completes during the first six months of the Counselling Track. The aim of this rotation is to expand upon this training in a manner responsive to the resident's interests and experiences, ensuring both breadth and depth, while also taking into account their training needs and areas for further professional growth. Intervention and supervision both will be grounded in process-based and third-wave cognitive behavioural approaches (e.g., ACT). Training may focus on a combination of meaningful single session/crisis intervention; group development and leadership; provision of inservice education to staff and trainees; and supervision of junior trainees. Other opportunities may be available and will be agreed upon in discussion and planning between the resident and supervisor.

Supervisors: To be determined

<b>TRACK</b>	Counselling (see p. 67)		
<b>ORGANIZATION and SITE</b>	Western University Mental Health Care, Health and Wellness (see p. 67)		
<b>MAJOR ROTATION/ SERVICE</b> *See list of Minor Rotation options (p. 73-80)	Crisis and Urgent Intervention	Third Wave/Advanced Rotation	Integrative/CBT Interventions

**Sample Combinations of Major and Minor Rotation Schedules:**

Track	1st Six Months	2nd Six Months	
	Major – 4 days/week	Major – 3 days/week	Minor – 1 day/week
Counselling	Integrative/CBT Skills Rotation, Crisis and Urgent Intervention (Western’s Mental Health Care, Health and Wellness)	Third Wave/Advanced Rotation (Western’s Mental Health Care, Health and Wellness)	Community Children’s Mental Health (Vanier)