



**TOH Predoctoral psychology
Internship training program**

Interviews: 2022-2023

For the 2023-2024
TOH Internship

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# Predoctoral Internship Training Program in Clinical Psychology

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### Land Acknowledgement

The Ottawa Hospital acknowledges it is located upon the traditional and unceded territory of the Algonquin people. We have the privilege and responsibility to serve First Nations, Métis and Inuit of many backgrounds and from many treaty lands and to demonstrate respect for Indigenous people’s contributions and culture. We also acknowledge traditional knowledge and healing developed over countless generations.

##

## Individualized Training Plans

**Our program is designed to be individualized to the training goals and needs of each of the interns. Meaning each interns’ training plans can look different from each other and from those from previous years.** Interns indicate their preferences and based on training needs, availability, and the requests of the other interns we work with you to create your training plan. The brochure is organized by service area. Services provide the starting point to create the experience, interns can combine aspects of different services and programs, and can participate in exposure experiences in areas of interest. Although there is a shuttle service between campuses, experiences are set up such that intercampus travel during a workday is rare.

## Vision of Program

To offer a nationally recognized, innovative, broad-based competency training program in Psychology. To hold at our core diversity, equity, and inclusion, and to meet the health care needs of today and tomorrow.

## Goals of Program

The Ottawa Hospital regards equity and diversity as an integral part of our foundation and is committed to accessibility for all employees. As such, the Psychology Internship Program’s goal is to provide high quality training that fosters interns' professional identity as a psychologist in a respectful and collegial atmosphere that embraces all forms of diversity.

## Customization of Program

We ensure that training at TOH is broad based, meets accreditation standards, and is in keeping with what is needed for registration with the various Colleges of Psychologists within Canada. Our program also is designed to be tailored to interns’ training needs and goals.

There is a lot of information in this brochure. To start out you might want to look at the rotations and then go back to the overall competencies, philosophy, and departmental sections to see how it all comes together within the structure.

We strive to develop clinical practice competencies and self-reflection, and to follow ethical principles and best practice guidelines.

The objective of the program is to provide interns with a responsive and flexible training environment that fosters acquisition of competencies in Health Care Psychology

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| --- | --- |
| Science | Research informed practice |
| Diversity and inclusivity | Inclusionary and culturally safe practices, allyship, anti oppressive practices |
| Professionalism | Integrity, accountability, leadership, advocacy,and concern for the welfare of others |
| Relational | Relate effectively with all individuals within the professional sphere |
| Applications | Provision of psychological service delivery |
| Supervision | Effective practices in supervision |

## Philosophy of Program

The program philosophy is based on the following core principles:

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| Broad-based Competency Training Model | The program adheres to a broad-based competency training model, with the view that this approach best prepares interns for autonomous practice as professional psychologists. We support the development of training plans that both complement previous experience and interns’ training needs while also meeting their professional and clinical interests and aspirations. |
| Diversity and Inclusivity | Interns receive training in inclusionary and culturally safe practices, allyship, and anti racism practices. Interns are expected to provide direct clinical services across varied populations, including, but not limited to people with disabilities, members of the 2SLGBTQIA+ community, individuals who have been racialized and systemically marginalized, and diverse cultural, ethnic, and religious backgrounds.  |
| Scientist- Practitioner Model | TOH Psychology training faculty are committed to the scientist- practitioner model. We believe that research-informed practice promotes clinical excellence, and that clinical practice informs and promotes scientific developments. This includes applying a cultural humility and socially just approach to the applicability of the research and science in the understanding of assessment, diagnosis, and treatment of individuals  |
| Diverse Opportunities | The TOH internship program can offer a comprehensive and flexible training experience. Rotations provide diverse experience in assessment, diagnosis, intervention, consultation, research, teaching, supervision, and program development / evaluation. |
| Interprofessional Care | TOH promotes the Interprofessional Model of Patient Care to facilitate collaborative interactions between interprofessional healthcare teams. |
| Work-Life Balance | The training faculty (supervisors) and Director of Training work with interns to prioritize workload to support balance between work and personal life. |

##

## TOH Psychology Department

TOH Psychology staff includes 28 psychologists (24 full-time & 4 part-time), many of whom are bilingual or multilingual. The theoretical orientations and treatment modalities used to provide care include CBT, IPT, DBT, EFT, ACT, mindfulness, Psychodynamic, and Existential / Humanistic.

[The Ottawa Hospital Psychology Services](https://www.ottawahospital.on.ca/en/our-model-of-care/our-health-care-professional-%20team/psychology/psychology-services/) (https://www.ottawahospital.on.ca/en/our-model-of-care/our-health-care-professional-[team/psychology/psychology-services/](https://www.ottawahospital.on.ca/en/our-model-of-care/our-health-care-professional-team/psychology/psychology-services/))

TOH Psychology employees are unionized within OPSEU (Ontario Public Service Employees Union). Two-thirds of the psychologists are located at the General Campus, including its affiliated community programs. The Ottawa Hospital Rehabilitation Centre (TOHRC) is located in a separate building that is connected by a walkway to the main General Campus building. There are also psychologists located at the TOH Civic Campus, and two at the University of Ottawa Heart Institute (located in a separate building connected to the Civic Campus). A free shuttle bus is available for intercampus travel (typically every 30 min.).

Two community-based psychology services are also considered part of TOH.

* The Robin Easey Centre, located in the west end of Ottawa, and accessible by public transportation, provides community integration services for patients with acquired brain injury (ABI). This Centre is part of TOHRC Acquired Brain Injury service.
* The On Track / First Episode Psychosis service, located on Bank Street near the TOH General Campus, and accessible by public transportation, is part of the Mental Health Program.

## CPA Accreditation

The Clinical Internship Program at TOH has been accredited by the Canadian Psychological Association (CPA) since 1992. Due to the travel restrictions and social distancing requirements outlined by Canada's provincial health ministries, the CPA Accreditation Panel met on March 18, 2020 and voted to postpone all accreditation-related site visits and grant one-year extensions of term to those programmes affected by this postponement. Our accreditation site visit had been due in the 2019-2020 academic year and was postponed until March of 2021. CPA reaccreditation was granted for 7 years, from 2020/2021 to 2027/28.

We previously had a separately accredited Neuropsychology Program, which had been accredited since 1994. We made the decision to integrate our Accredited Clinical Psychology and Clinical Neuropsychology Training programs in 2016.

## Structure of the Training Program

The Neuropsychology Stream includes a single-track option:

1. Acute Care - Rehabilitation

### Internship Streams

The Clinical Stream includes 3 track options:

1. Mental Health – Rehabilitation Psychology
2. Health Psychology – Rehabilitation Psychology
3. Mental Health – Health Psychology

A variety of clinical opportunities are available within each of the rotations. Other optional training choices are available (e.g., extra group experiences, exposure experiences to different services). Depending on their selections, interns spend approximately 3-4 days per week at their rotation experiences and 1-2 days per week doing additional activities.

What interns select varies; however, the overall time allocations are in keeping with registration and accreditation standards, and are provided in the framework below

Note: a work day is 7 hours of work and 8 hours of attendance and the total weekly work hours are 35 with 40 attendance hours for the week

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| Clinical Service | Support Activities | Research |
| 50% (with a maximum of 60%) or 17.5-21 hours | 40% or approx. 14 hours | 10% or 3.5 hours |
| 25% or approx 8.75 hours direct face to face patient contact | 25% indirect patient care approx. 8.75 hours charting. Report Writing: reading (1-2 hours weekly). Team Meetings | supervision (4 hours), Seminars, professional practice meetings, Committees & Committee Work |  |

In the clinical stream, interns complete 6-month rotations in 2 different areas (mental health, health, or rehabilitation). Interns in the neuropsychology stream complete 6 months in Acute Care and 6 months in Rehabilitation. The neuropsychology stream also includes a day a week in another area in psychology during one of the 6-month rotations (i.e. mental health, health, or rehabilitation). The training can be further customized, for example, by adding experiences in working with older adults or working as a neuropsychologist in mental health (On Track/First Episode Psychosis).

There are **4 positions available** for the training program in Clinical Psychology at TOH. Interns are accepted into four possible tracks, **each with their own APPIC numbers**.

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| **APPIC****Number** | **Training Track** | **Number of Positions Available** |
| 181713 | Mental Health – Rehabilitation Psychology | 1 |
| 181714 | Health Psychology – Rehabilitation Psychology | 1 |
| 181715 | Mental Health – Health Psychology | 1 |
| 181716 | Neuropsychology | 1 |

Applicants may apply to more than one track and need to **indicate the tracks to which they are applying in their cover letter**. We also encourage applicants to indicate their preferences for training experiences within their cover letters, as this allows us to make every effort to ensure that applicants who interview at our site are able to meet with potential supervisors during the interview. For more information, see the *Application Procedure Section* below.

## Selecting Rotations

In May, after interns have been matched with our program, they are sent a letter requesting preferences for rotations and additional experiences for the coming year. This information is used to collaboratively create each intern’s individualized year-long training plan. Rotations are assigned based on a combination of the resident’s preferences, training goals and needs, and other considerations including availability of supervisors.

##

## Core Experiences – Clinical Stream

Interns receive the following core clinical training, irrespective of the experiences they select.

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|  | Training | Activities |
| **Psychodiagnostic** | Practicing core diagnostic skills ensures that interns, regardless of their rotations, leave with requisite skills for a variety of health care settings and contexts. | Clinical interviewing, psychometric testing, differential diagnoses, case conceptualization and formulation, treatment planning, feedback, and report writing. |
| **Intervention** | Interns receive core training in individual and group therapy within their core rotation experiences. | Multiple treatment modalities are offered (e.g., CBT, DBT, EFT, ACT, mindfulness, attachment, existential, and interpersonal) for a variety of populations (e.g., mental health, health, rehabilitation). |
| **Interprofessional Model of Care** | Interns will have the opportunity to participate in patient and family conferences, in order to gain experience in consulting with interprofessional team members.Population health and Staff health and wellness | Working with physicians, nurses, social workers, occupational therapists, physiotherapists, and support services from the community, etc.Interns may have opportunity to workwith professions such as communications (e.g. social media and internal communication tools and population health), staff health and wellness/staff support (i.e. quality) |

## Explanation of Rotation Experience Format

Interns complete two six-month rotations, one for each of the areas for their track. The table below provides examples of what an intern’s schedule for the year may look like in each track. Note that in addition to these main rotation experiences, interns will participate in other activities for breadth of training (see *Complementary Experiences* below).

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| **Tracks** | **Example 1** | **Example 2** |
| Health Psychology – Rehabilitation Psychology | Rotation 1: Heart Institute and PCSI/Staff Support (Health)Rotation 2: Neuromuscular Care Stream and Outpatient Program (Rehab) | Rotation 1: Acquired Brain Injury Unit and Outpatient Program (Rehab)Rotation 2: Psychosocial Oncology Program and PCSI (Health) |
| Mental Health – Rehabilitation Psychology | Rotation 1: Eating Disorders Program and Inpatient Mental Health (Mental Health)Rotation 2: Musculoskeletal and Rehab Outpatient Program (Rehab) | Rotation 1: Chronic Pain Management Program and Rehab Outpatient Program (Rehab)Rotation 2: First Episode Psychosis Early Intervention Program and Inpatient Mental Health Unit (Mental Health) |
| Mental Health – Health Psychology | Rotation 1: Inpatient Mental Health (Mental Health)/Coping with Disabilities (TOHRC)Rotation 2: Bariatric Surgery and PCSI (Health) | Rotation 1: Eating Disorders Program and Inpatient Mental Health (Mental Health)Rotation 2: Chronic Pain Unit and PCSI (Health) |

## List of Rotation Experiences – Clinical Tracks

The following tables outline the possible experiences that interns may choose from when building their internship year plan.

### Mental Health Rotations

Interns complete training in one specialty area program. **To ensure breadth of training, interns will also spend time conducting assessments or providing treatment in the General Mental Health Inpatient Unit over the course of their rotation**. Specific cases are assigned based on training needs and the career goals of the interns.

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| Eating Disorders Program(General Campus) | This program treats individuals with eating disorders in a variety of modes of practice – inpatients, day hospital, and outpatients. Interns provide diagnostic consults individually and co-facilitate a variety of group therapies in the program (e.g., CBT, DBT). Patients often present with co-morbid psychiatric diagnoses  |
| “On Track” Early PsychosisIntervention (EPI)Program(Bank Street) | EPI is a recovery-focused, community-based, family-centered program. Interns gain diverse experiences in assessment of complex and serious mental illness, often with co-morbid or developmental issues, and are involved in many aspects of patient care, including comprehensive psychodiagnostic assessment, and individual & group therapy. |
| Ontario Workers Network (WSIB) | The Ontario Workers Network Program (OWN) provides assessment and treatment to individuals with complex psychological and/or physical injuries who are experiencing difficulties with recovery and/or return to work. Interns can gain experience in completing clinical assessments using structured interviews, psychometric testing, and collateral data. Individual and group treatment can include the following presenting issues: trauma, mood disorders, anxiety, and pain. As part of the WSIB disability management system, and as members of the multidisciplinary team, interns will learn about provision of psychological services to third-party insurers and applicable legislation. |
| Mental Health in the Pain Medicine Unit (PMU) | Interns provide services including outpatient psychological assessments, and individual and group interventions within an interprofessional context with a range of interventions offered on a stepped-care continuum based on people’s needs, preferences, and readiness for care. Assessment opportunities with the Emergency Department’s Familiar Faces Program are possible. These individuals present with complex psychological and physical conditions, which can include substance use. Group-based interventions include transdiagnostic CBT for depression and anxiety, trauma-informed DBT skills group, mindfulness, and CBT for Insomnia.  |

### Health Psychology Rotations

**Interns complete training in one specialty area program. To ensure breadth of training, part of the interns’ rotation time is spent in the Psychological Consultation Services for Inpatients (PCSI).** Specific cases are assigned based on training needs and career goals of the interns.

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| Transplantation and Cellular Therapy (TCT) ProgramGeneral Campus | Interns in the TCT program in-patient services will provide assessment, intervention, as well as consultation to interprofessional care team for patients undergoing treatments and transplantations. In some cases, outpatient follow up is indicated pre- and/or post- admission. Common presentations include exacerbation of pre-existing psychological concerns, mood and anxiety disorders, coping with cancer- related symptoms such as fatigue, insomnia and pain, as well as issues that are more specific to the process of undergoing transplantation and related treatments (e.g. isolation; being uprooted from home for several months; and fear of graft rejection). Interventions are generally short-term. |
| University of Ottawa Heart Institute (UOHI) (Civic Campus) | Interns at the UOHI provide in and outpatient services if they select the site as a core rotation. This includes] assessment and intervention (individually and in groups), to patients post cardiac event or pre surgery. Patients are diverse and common referrals include end of life fear, transplant candidacy, mood disorders, anxiety disorders, traumatic stress, anger, difficulty transitioning to adult care system, as well as interpersonal difficulties. Group psychotherapy options include a Managing Emotions Group (CBT based intervention) and Stress Management (didactic). Outpatient care is done within an interprofessional team setting. Note that some groups may be offered in the evening (i.e., up until 6:30). Interns selecting evening group experiences would adjust their schedule ensure that they are not working additional hours. |
| Hepatitis CInfectious Disease Program (HCV) (General Campus) | Interns provide treatment to assist patients facing multiple barriers to Hepatitis C treatment (e.g., mental illness, substance use, housing insecurity), with the goal of improving treatment access, medication management, and success. Services include comprehensive pre-treatment assessments and interventions to prepare patients for their treatment. |
| Psychological ConsultationServices for Inpatients (PCSI)(General a | Interns in PCSI provide services to inpatients at TOH on medical, oncology, surgical, ICU, and obstetrical units within the hospital. Typically, patients are having difficulty managing their emotions and / or thoughts (stress, anxiety, mood, trauma, addictions, and sleep) during their inpatient stay. They may also require treatment to manage the impact of acute or chronic illness (fears related to procedures, motivation, medication management, change in health status, new or increasing disability, or end of life). |
| PsychosocialOncology Program (PSOP)(General Campus) | Interns in the PSOP program provide assessment and intervention services to outpatients with cancer at any stage of the illness trajectory from new diagnosis to survivorship or end of life. Common presentations include exacerbation of pre-existing psychological concerns, mood and anxiety disorders, interpersonal difficulties, cancer-related fatigue, insomnia, pain, existential and end of life issues. Treatment as part of this program is generally short- term.  |
| Health and Rehab Psychology in the Pain MedicineUnit(General Campus) | Interns provide services including outpatient psychological assessments, as well as individual and group interventions. They are provided with the opportunity to work alongside physicians, physiotherapists, occupational therapists, and social workers in a collaborative environment. Group-based interventions include psychoeducation about a wide array of topics related to pain (e.g., anger, stress management, trauma, body image), CBT for chronic pain, acceptance and commitment therapy for female pelvic pain, and CBT for insomnia. Both inpatient and outpatient experiences are possible. |
| WeightManagementClinic – Bariatric Surgery(Civic Campus) | Interns at the weight management clinic provide comprehensive psychological assessment to determine surgical candidacy for pre- operative patients. Group-based treatment is also available for patients in a post surgical group. |

### Rehabilitation Psychology Rotations

Interns who offer services at The Ottawa Hospital Rehabilitation Centre (TOHRC) may provide assessment and short-term interventions to adults and older adults with chronic illness or physical disability requiring rehabilitation. Interns may work with inpatients and outpatients across a variety of services. Specific cases are assigned based on training needs and the career goals of the interns.

Interns often have the opportunity to attend team consultations and family conferences.

Interventions may include: supporting coping and the adjustment process; addressing anxiety, trauma, and/or depressive symptoms; emotion regulation and distress tolerance; addressing pre-existing psychological disorders and/or maladaptive coping styles; behavioural pain management; building awareness of deficits; and addressing barriers to participation in other rehabilitation therapies. Given the diverse cognitive, physical, and emotional changes that can follow injury or illness, interventions are adapted to meet the complex needs of these populations.

The Ottawa Hospital Rehabilitation Centre is connected to the General Campus by a walkway.

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| **Psychology Inpatient Services at TOHRC**are provided to individuals across multiple clinical care streams: |
| Acquired Brain Injury (ABI) Inpatient Service | Interns working with patients on the ABI service provide assessments and short-term interventions to individuals with brain injuries to facilitate adjustment to reduced physical and cognitive tolerances, as well as associated losses in functioning. Patients in the service have injuries that are either traumatic or non-traumatic.  |
| Neuromuscular Care | Interns working on the Neuromuscular Care service provide assessments and short-term interventions to individuals with spinal cord injuries, multiple sclerosis, and other complex neurological conditions.  |
| Locomotor Care | Subservices in the Locomotor Care stream:*1. Pulmonary Service:*Interns working on the Pulmonary service provide assessment and individual and/or group-based intervention to individuals coping with chronic lung diseases. Patients on this service may be scheduled for or recently had surgeries, or they may have elected to attend the inpatient interdisciplinary pulmonary rehabilitation program that aims to help individuals improve their ability to live independently and overcome physical limitations caused by their disease. As part of this program, Psychology offers a group-based education session on anxiety and dyspnea.*2. Musculoskeletal Service:*Interns on this service provide assessment and intervention to individuals living with musculoskeletal conditions (e.g., joint problems or mobility issues, generalized weakness or poor endurance post-surgery or illness, and/or traumatic injuries).  |
| **Psychology Outpatient Services at TOHRC** |
| **Individual Services** | Interns can provide assessments and short-term individual therapy to a range of patients coping with chronic illness or disabilities. |
| **Psychology Groups**  | **Coping with Disability and Health Conditions:** A psychology-led, outpatient, group-based service for individuals coping with chronic illness or disabilities. Interns may be involved in the assessment process as well as psychoeducation and psychotherapy groups.  |
| **Multidisciplinary Groups** | **Chronic Pain Program:** A multidisciplinary, outpatient, group-based service for individuals living with chronic non-malignant pain. Patients learn skills and techniques to better cope with their pain and to minimize the amount of disruption experienced in their day-to-day lives because of pain. Interns may be involved in psychological assessment, psychoeducation and psychotherapy groups, as well as team consultations.**Acquired Brain Injury Day Program:** A multidisciplinary, outpatient, group-based program for individuals with acquired brain injury. Interns may facilitate group sessions on mindfulness, adjustment, and reintegration of meaningful activity, and work closely with an interdisciplinary team. Interns may also see patients individually, if indicated. **Post-Covid-19 Rehabilitation Program:**A multidisciplinary, outpatient, group-based program designed to teach individuals skills to manage long-Covid symptoms and improve daily functioning. Interns may assess individuals for group and provide group-based psychoeducation on adjustment, anxiety, sleep, and cognition. Interns work closely with a multidisciplinary team |

**Core Experiences – Neuropsychology Stream**

The neuropsychology stream typically consists of two 6-month rotation experiences. All interns complete a rotation in the acute care neuropsychology consultation service. The training in this service provides breadth of training as the experience crosses all services within the inpatient setting. Diagnosis, and case conceptualization within the context of multifactorial presenting issues is honed during this experience.

The second rotation is completed in the Rehabilitation Centre, Ontario Workers Network, or in assessments for pre-surgical consultations. This rotation focuses on conceptualization for the purposes of treatment planning and optimizing quality of life.Interns will also select an experience from mental health, health, or rehabilitation psychology, which will amount to 1 day per week over one of the 6-month rotations. Although all neuropsychology interns will gain experience in working with older adults through their rotations, interns could customize their training further by adding a focus on working with older adults, which would include didactic experiences to support their clinical experiences or in mental illness in the on track program.

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|  | **Example 1** | **Example 2** |
| **Neuropsychology Stream** | Rotation 1: Civic CorporateNeuropsychology Service and Older Adults Exposure | Rotation 1:General CorporateNeuropsychology and Psychology Consultation Services for Inpatients  |
|  | Rotation 2: Acquired Brain InjuryProgram and OnTrack (Neuropsychology) | 1:Rehabilitation Centre, Outpatient, Ontario Workers Network |

The intern in the neuropsychology stream will receive the following core clinical training areas:

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| ASSESSMENT | The intern is provided with training in conducting functional and diagnostic neuropsychological assessments through clinical interviewing, psychometric testing, case conceptualization and formulation, and report writing. These core skills are applicable to assessment, diagnosis, and treatment irrespective of the work setting the intern chooses for their initial years of practice (i.e. hospital, private practice). |
|  | Given the varied nature of the neuropsychological syndromes that are commonly seen in the acute stages of an illness, the inpatient units provide interns with the opportunity to gain experience with differential diagnosis  |
|  | Reasons for referral may involve diagnostic clarification / differential diagnosis, suitability for rehabilitation, ability to live independently, treatment planning / clarification, assistance with predicting community based functioning (e.g. discharge planning, return to work/learn, driving). |
|  | A flexible battery approach to assessment is adopted by all training faculty. |
|  | The intern is provided with exposure to the assessment of decision-making capacity within the health care setting, as defined by Health Care Consent Act. |
|  | The intern will have the opportunity to have exposures in the areas of health and clinical psychology, to conduct psychodiagnostic assessments and / or assess emotional functioning in the context of the rehabilitation setting. The exposure will include training in clinical interviewing, psychometric testing (including differential diagnosis using DSM-5), case conceptualization and formulation, treatment planning, and report writing. |
|  | Training, exposure, and practice of core diagnostic skills ensures that interns leave the internship with the requisite skills that can be applied in a variety of health care settings and contexts. |
| INTERVENTION | In the Acute Care rotation, intervention primarily takes the form of feedback to patients and family regarding the results of the neuropsychological evaluation as well as providing recommendations and education on the illness / neurological disorder. Information on community resources to address any concerns raised during the assessment is also provided to patients and families. |
|  | In the Rehabilitation rotation, the intern can provide short-term interventions. Treatment opportunities can range from designing and coordinating behaviour management strategies, to designing and implementing cognitive neurorehabilitation procedures, to providing therapy to brain injured patients (individual or group interventions). Treatment may involve the patient, group, or family. In general, the treatment focus across most rotations is to help patients to maximize their strengths and resources through compensatory strategies. |
|  | In the Community exposure, (Robin Easey or On Track) the intern can observe how neuropsychological assessment results are applied to address functional issues and to assist patients, their families, and the team in planning for and adjusting to living with cognitive dysfunction. Interns can also observe groups in cognitive rehabilitation or adjustment to disability in these exposures.  |
| INTER- PROFESSIONAL MODEL OF CARE | In all rotations, the intern will have the opportunity to participate in family conferences along with other members of the treating team and to gain experience in consulting with interprofessional team members (e.g., physicians, nursing staff, social workers, occupational therapists, physiotherapists, community support services, etc.) |

## List of Rotation Experiences – Neuropsychology Stream

The training model provides breadth of training, as patients will be seen through the continuum of Acute Care through Rehabilitation. The intern completes their first rotation in Acute Care and may opt to add an older adult component. Interns then select from options in section B Section A (within Acute and Rehabilitation), and can opt for additional experiences in section B. The Director of Training will work with the Intern to create a cohesive training experience that best meets the goals and needs of the intern and which is contained within the work week.

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| **A** | **Core Experiences** |
| ACUTE CARE | All inpatient units of the General and Civic Campuses may refer to Neuropsychology for assessment and consultation services. Specific departments, programs, and / or specialized clinics typically served include (but not limited to): Neurosciences, Trauma, Cardiology, Psychiatry, Geriatric Psychiatry, Geriatric Assessment Unit, Internal Medicine, Family Medicine, Oncology, and Transitional Care Unit. The intern conducts inpatient assessments, provide consultation to the treating team, and offer education / recommendations to patients and family. |
| B | Interns choose from the following options for rotation 2.  |
| REHABILITATION | The Ottawa Hospital Rehabilitation Centre (TOHRC) is located at the General Campus and offers services to a wide range of adults with chronic illness or physical disability requiring rehabilitation. Inpatient and outpatient services are provided to individuals and families across three clinical streams oriented towards functional needs:1) Acquired Brain Injury Service, 2) Neuromuscular Care, and 3) Complex Orthopedic Rehab (COR). The intern’s experience is across these streams and will include intervention and assessments to inpatients and outpatients while working with an interprofessional team. Interns can also participate in groups in cognitive rehabilitation or adjustment to disability in this rotation |
| Pre-Surgical Assessments (Epilepsy MonitoringUnit; DeepBrain Simulation) | Interns can choose to gain specialized experiences in neuropsychological assessment for pre-surgical planning. The Ottawa Epilepsy program and Deep Brain Stimulation Implant Surgery program refer patients for comprehensive outpatient neuropsychological assessments to assist with decision making for surgical interventions, or to determine whether they are candidates for advanced therapies (DBS). The results of assessments are shared in the context of an interdisciplinary team of neuroradiologists, neurologists, neurosurgeons, neuropsychiatrists, and other specialists. In addition, interns may gain exposure to specialized procedures such as DBS surgery and functional magnetic resonance imaging for pre-surgical mapping (e.g., location of surgical targets, or language function and/or etomidate speech and memory testing as opportunities arise.   |
| OntarioWorkers Network (OWN) | The Ontario Workers Network Program (OWN) .provides neuropsychological assessment to individuals who have sustained acquired brain injury and associated physical injuries as a result of workplace accidents who are experiencing difficulties with recovery and return to work. Interns are part of a multidisciplinary team of psychologists, social workers, physicians, occupational therapists and physiotherapists. Interns in this clinic have the opportunity to work within the WSIB disability management system, and to learn about provision of psychological services to third-party insurers and applicable legislation. |

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| **C** | **Focused concentration – Interns can elect to complete a focused concentration in Older Adults (typically in the first rotation) or Neuropsychology in Mental Health (typically in the second rotation).**  |
| Neuropsychology in Mental Health | On Track,The “On Track”, Champlain District Regional First Episode Psychosis Program (CDRFEPP) is a community service of The Ottawa Hospital. Located in a professional medical building on Bank Street we provide care to people aged 16 to 35 experiencing a first episode of psychosis. Comprehensive neuropsychological assessments are conducted as part of treatment planning. Interns will build proficiency in differential diagnoses and neuropsychological assessment in those who have experienced a psychotic episode. Feedback is provided to clients and families as well as to the interdisciplinary team. Internswill integrate information about the patient’s neuropsychological and psychiatric status to arrive at a diagnosis and recommendations for rehabilitation strategies. Interns may also participate in group-based interventions including a cognitive remediation intervention group. There are also opportunities for individual intervention as well as family and public education sessions on the neurocognitive effects of psychosis.  |
| Older Adults | Interns can choose to focus part of their neuropsychology training on working with older adults (2 days per week). The major component of this rotation is in the Geriatric Day Hospital (Geriatric Medicine Ambulatory Services and Day Hospital, Civic Campus). This outpatient assessment experience involves cognitive screening assessments, primarily aimed at diagnostic clarification. The intern will conduct comprehensive individual assessments, write integrative reports, and provide feedback to clients and support persons as needed. The intern may be involved in team meetings, which include geriatricians, nursing, social work, occupational therapists, and physiotherapists. To provide breadth, the intern can alsoprovide assessments to older adults within the other neuropsychology services at TOH (DBS, Acute Care, Rehabilitation Centre). Knowledge will be supported with readings and didactics through inhouse geriatric and regional geriatric rounds as well as attending the teaching sessions provided to residents from the faculty of medicine who are completing a geriatric elective. Interns will learn case conceptualization skills specific to older adults, including the effects and influence of health issues, medications, and age- related changes in functioning. Interns could elect to add to their competency training in older adults by continuing the experience for the year. They could also elect to do their supervision of supervision experience within the Geriatric Day Hospital. |

## Training Program Complementary Experiences

All TOH interns complete the following experiences, regardless of their stream, track or rotations. Interns select their research and professional practice experiences during the first two weeks of internship.

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| --- | --- |
| Supervision of Supervision | Interns have two supervision experience options.1. They can take the lead in supervising a practicum student for several months (experience).
2. Interns can complete an exposure in supervision in which they participate in some aspects of the supervision of a practicum student, but do not take on the responsibility of providing the main supervisory role for the student.
 |
| **Research** | Interns will participate and be supervised in clinical research, program evaluation, or quality improvement initiatives (separate from their dissertation). At the start of the year, interns will be presented with available or ongoing research / program evaluation/quality projects so they can choose their project for the training year. Interns have up to one half-day per week for this project, and are required to have a product by the end of the year (e.g., presentation peer review or to the program, publication, group manual with outcome monitoring). |
| Professional Practice Experience | As part of their professional development training, interns participate in the Psychology Professional Practice, and the Psychology Diversity and Inclusivity discussion groups. Interns also select a professional practice experience such as membership on a Psychology Departmental Committee (Training, Executive), a,Hospital Committee ), or Professional Practice Experience project. This opportunity provides a collegial atmosphere in which to learn about emerging issues in psychology and health care, and participate in activities such as educational initiatives, policy development, quality assurance, and / or advocacy. Past projects have included developing workshops on diversity and inclusivityand training in trauma informed care and working with communications to deliver podcasts or population health articles on areas such as post partum wellness, working with programs on initiatives and training in diversity and trauma informed care. |
| Seminar Series | Specialized seminar training series are offered as part of the program. They are offered within the context of: a) in-house sessions, and b) city- wide seminars (where interns join up with interns from other internship programs in Ottawa), and c) CCPPP national seminar series The in-house seminars and the city-wide seminars are each held on a monthly basis and include topics such as screening and intervention for individuals with cognitive impairments, professional issues (e.g., ethics, registration with the College, advocacy), special topics in treatment (e.g. research informed treatment, psychotropic medication), and individual and cultural differences (e.g. disabilities, indigenous literacy, the intersection of gender identity and sexual identity, and housing and food vulnerabilities)). There are 4-5 national seminars each year, offered virtually to all CCPPP membership programs. |
| Presentations | Interns will give one presentation, education session, or teaching session to patients or other professionals during the year, in line with their clinical interests / rotation goals. This could include working with the communications team on a podcast or the wellness team on a virtual or recorded session that is offered corporately through the hospital’s webportal/newsletter. |

Example of a weekly schedule (Rehabilitation Psychology Rotation)

Monday 8:30-10:00 – Professional Practice Meeting (1 per month)
 10:00-11:00 – Chronic Pain Management Program Group Therapy

 11:00-12:00 – Chronic Pain Management Program Relaxation / Mindfulness Group

 1:00-2:00 – Supervision with chronic pain supervisor

 2:00-3:00 – Assessment with inpatient at Rehab Centre

Tuesday 9:30-10:30 – Interdisciplinary meeting for Chronic Pain Management Program

 11:00-12:00 – Chronic Pain Management Program Relaxation / Mindfulness Group

 3:00-4:00 – Supervision with inpatient supervisor

Wednesday 8:30-11:00 – Research Project

 11:00-12:00 –Chronic Pain Management Program Relaxation / Mindfulness Group

 12:30-1:00 – Supervision with chronic pain supervisor

 1:00-2:00 – Provision of Supervision to PhD student

 3:00-4:00 – Supervision with Research Supervisor

Thursday 8:30-10:00 – Interdisciplinary Inpatient Management Meeting for Rehab Inpatients

 10:00-11:00 – Chronic Pain Management Program Group Therapy

 11:00-12:00 – Individual Patient Feedback for Chronic Pain Management Program

 1:00-2:00 – Supervision with supervision of supervision supervisor

 2:00-3:00 – Interdisciplinary Meeting for Chronic Pain Management Program

 3:00-4:00 – Provision of Supervision to PhD student

Friday 9:00-10:00 – Group-based Supervision of Supervision

 10:00-11:00 – Individual therapy with inpatient at Rehab Centre

 1:00-4:30 – City-wide Seminar (1 per month)

## Prerequisites for Clinical and Neuropsychology Streams

**We subscribe to APPIC principles and CPA accreditation standards regarding preparation for internship. The following are required for consideration regarding any of the clinical tracks (i.e., APPIC Numbers #181713, #181714, #181715, or #181716)**

* Applicants are required to have their dissertation proposal approved by their Director of Training and to have completed all their course work prior to applying for internship.
* A minimum of 600 practicum hours, with 300 hours of direct client contact and 150 hours of supervision. Applicants are not rated on the basis of “raw number of practicum hours” reported on APPIC application forms; quality and depth of practicum training are more relevant than total number of hours.
* A minimum of five (5) adult written assessment reports.
* Applicants must have provided therapy to a minimum of five (5) adult patients / clients.

**Note**: Applicants who are more likely to be ready to submit (or defend) their thesis prior to commencing their internship will, all other things being equal, be ranked more highly.

## The Ottawa Hospital – History & Information



Formed in 1998 from the merger of several Ottawa hospitals, TOH is one of the largest and busiest academic health sciences centres in Canada.

It houses 1,190 inpatient beds and averages about 46,000 admissions per year and over 1 million ambulatory care visits. The TOH team includes more than 12,000 staff, 1,100 physicians, approximately 200 fellows, 1,000 residents, 3,000 students, and 1,500 volunteers.

There are three campuses and a shuttle bus is available for intercampus travel and also between the General Campus and the University of Ottawa.

The Ottawa Hospital Rehabilitation Centre (TOHRC) is a TOH Programme with a regional mandate for Rehabilitation Services and is located in a separate building that is connected by a walkway to the main General Campus building.

The Heart Institute is Canada's largest cardiovascular Health Centre and is located in a separate building connected to TOH's Civic Campus through a tunnel.

The University of Ottawa Medical School and the Children’s Hospital of Eastern Ontario are linked to TOH's General Campus through walkways.

### City of Ottawa

Ottawa is the nation’s capital and home to Canada’s federal government. Metropolitan Ottawa has a population of approximately 1,000,000 and is located on the border of Quebec. The Ottawa River borders Ottawa, while the Rideau River and the Rideau Canal flow through the city. The Gatineau Hills are located at about 20 minutes from downtown Ottawa, along with the Gatineau Park, lakes and ski resorts in Quebec. Ottawa is famous for the number of parks within the city, outdoor activities, festivals and concerts such as Winterlude, Canada Day, The Blues Festival, and the Jazz Festival. The city is home to three universities (Carleton University, St-Paul’s University, and University of Ottawa), a number of museums (e.g., Science and Technology, Canadian Museum of History, Canadian Aviation and Space Museum, and Canadian War Museum), as well as the National Gallery of Canada, the National Arts Centre, and the National Library.

## Application and Selection Process

The Department of Psychology at The Ottawa Hospital welcomes applications from individuals representing a wide spectrum of diversity, including ethnic or cultural background, 2SLGBTQIA+ community, and/or physical disability. As services are provided in both English and French, facility in both languages is an asset, but is not required. All TOH charting and report writing is in English. In the selection process, priority is given to Canadian citizens, permanent residents, or international students with valid Canadian Co-op Work Permits.

In accordance with federal privacy legislation (*Personal Information Protection and Electronics Documents Ac*t “<http://laws.justice.gc.ca/en/P-8.6/>” [http://laws.justice.gc.ca/en/P-8.6,](http://laws.justice.gc.ca/en/P-8.6) we are committed to collecting only the information required to process your application. This information is secured within Psychology at TOH and is shared only with those individuals involved in the internship application process. Information collected by The Ottawa Hospital for applicants who are not matched with the TOH program is destroyed within 3 weeks of Match Day. Files of applicants matched to our program will be available only to those involved in the applicant’s supervision and training including the Director of Training, supervisors, relevant administrative support staff, the Psychology Profession Leader, and relevant staff of the Human Resources Department at TOH.

### Applicant Selection Process

**Applicants to the programs are ranked according to several criteria including, and in no particular order:**

|  |
| --- |
| The match between the applicant’s interests in clinical training and our internship program. |
| The breadth and depth of an applicant’s psychodiagnostic assessment training. A minimum of five (5) adult written assessment reports. |
| The breadth and depth of the applicant’s psychotherapy and / or intervention experience. A minimum of intervention to at least 5 adult patients is expected. |
| The breadth and depth of the applicant’s practicum experiences in hospital- based settings and experiences working with interprofessional teams |
| Strength of reference letters from clinical supervisors (APPIC format). |
| Impressions of the applicant’s suitability and match with our internship program based on the interview |
| The applicant’s clinical research experience and / or interests, as well as their progress towards completion of their doctoral dissertation |

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### Application Procedure

The Program is a member of the Canadian Council of Professional Psychology Programs (CCPPP) and the Association of Psychology Postdoctoral and Internship Centres (APPIC),and adheres to APPIC policy regarding internship offers and acceptances. This internship site agrees to abide by the APPIC policy that no person at this training facility solicit, accept or use any ranking-related information from any intern applicant.

This internship program is participating in the APPIC Internship Matching Program. All applicants must register with the [National Matching Services](http://www.natmatch.com/psychint) and / or [Association of Psychology Postdoctoral and Internship](http://www.appic.org) to be considered for this internship.

Interested applicants should complete the following through the Applicant Portal of the AAPI online:

1. Completed APPIC Application.
2. Verification and electronic signature completed by the University Director of Training attesting to the applicant's readiness for an internship.
3. Three letters of reference – we do not require a letter of reference from your dissertation supervisor. Choose whomever can best speak to your abilities, goals, and training needs. The letter of reference format can be obtained on the [APPIC website](http://www.appic.org/AAPI-APPA#REF).
4. Graduate transcripts.
5. Curriculum Vitae.

**We are always amazed by the caliber of the applicants who apply to our site. We conduct between 25 and 35 interviews per year. Applicants who are offered interviews and who have gone on to match at our site in the have:**

* Come from CPA or APA Accredited Ph.D. or Psy.D. Clinical Programs
* Their clinical experience has ranged from having:
* Written between 5 to 59 assessment reports
* Provided treatment to between 5 to 87 patients (clients)
* Have between 600 to 2207 hours practicum hours

## CPA Public Disclosure Table

Below is our CPA Public Disclosure Table for the last 7 academic years



In keeping with the Canadian Council for Professional Psychology Programs (CCPPP) recommendation for virtual interviews to support equity and access, all interviews for TOH for will be virtual (phone or videoconferencing). We will not be offering any in person interviews.

Interview dates will be December 13, 14, and 16, 2022 & January 11, 12, 16, & 17, 2023. Please rank order the interview dates and include this information in your cover letter.

Completed applications must be received no later than November 4, 2022. All interview notifications are made on December 2, 2022, by 5:00 pm PST, by email. To optimize the ability of applicants to review their offers and consider their schedules, we will be adhering to the CCPPP national response day. Arrangements for interviews will commence on December 5, 2022 at 11:00 a.m. EST.

***Please note that internship positions are contingent on satisfactory criminal background checks and Interns must obtain malpractice insurance and vaccinations required by the Ottawa Hospital.***

## Cover Letter Checklist

**We welcome applications to multiple Tracks, include your interests to the tracks to which you are applying within your cover letter.**

Attempts will be made to ensure that the interviewer for the applicant will be appropriate to the applicant’s stated interests. Please include the following in information in you cover letter:

* Track(s) for which you which to apply. (You may apply to more than one.)
* Rotation options and experiences in which you are interested (within each track to which you are applying)
* Rank order the interview dates and include this information in your cover letter.

## **Questions**?

If you have questions regarding our program, do not hesitate to communicate with:

Dr.Rozen M. Alex, Interim Director of Training

ralex@ottawaheart.ca

Department of Psychology

The Ottawa Hospital

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