

**Women's College Hospital  
Trauma Therapy Program  
Year 1 Practicum  
Dates: January 10- May 31, 2024**

**Brief Description of Year 1 Placement in the Trauma Therapy Program at Women's College Hospital**

The Trauma Therapy Program offers both group and individual therapy to individuals who have experienced predominantly, ongoing childhood interpersonal trauma. This includes, but is not limited to, physical, sexual, emotional, verbal abuse, neglect, abandonment and witnessing violence which was recurring between ages 0-18 years of age.

We first offer a virtual mandatory orientation session which clients must attend to learn about the program, our policies, guidelines and what we offer. Following this, an intake assessment is completed to learn more about each client, their symptoms, trauma history, medications and other information to determine suitability.

As year 1 students you will learn how to conduct trauma informed intake assessments with clients both virtually and in person. You will also have the opportunity to observe and facilitate trauma groups using a variety of modalities including psycho-educational, relational, sensorimotor, art therapy and cognitive behavioural therapy to name a few. You will also have an opportunity to participate in online student seminars and be a part of our weekly team supervision meetings.

The groups which you will be involved in as year 1 students are as follows:

**Healing Through the Mind Pathway Group:**

This is a group which uses Cognitive Behavioural Therapy as a modality. Clients use both thought records and behavioural activation tools to help them challenge and work on cognitively distorted core beliefs that prevent them from living their lives to the fullest. The clients in the group:

- Observing and reflect on your thinking patterns
- Sharing and listening to others share thoughts and feelings
- Using written handouts and tracking tools to support their learning
- Committing to regular weekly home practice of skills learned in group
- Use existing supports and skills to maintain safety between groups

**Healing Through the Arts:**

This group uses Art as a modality to express feelings that are harder to express verbally. The group focuses on art and creativity to discover and pursue themes to do with creating life after trauma. The clients in the group focus on:

- Use creativity (art-making, narrative writing) to connect with and express inner experiences related to trauma
- Discover new ways of connecting with oneself
- Actively participate in art-making and creative activities in a group
- Are encouraged to be open to trying new ways of expressing themselves

### **Healing Through Relationships:**

This group uses the relational therapy modality as a healing lens which explores relationship difficulties with self and others that have been shaped by trauma. The clients in the group focus on:  
Being curious about ways that trauma has impacted your relationships with self and others  
Noticing ways that trauma has led you to try to connect or protect yourself in relationships  
Participate in giving and receiving support and feedback with other group members  
Use your existing supports and skills to maintain your safety between groups

### **Healing Through the Body:**

This group uses sensorimotor psychotherapy as a modality which focuses on developing awareness and skills to support self-regulation of trauma-based body responses. Clients in this group will:  
Learn about the ways that trauma impacts on body reactions and regulation of arousal  
Mindfully observing physical sensations and reactions without automatically acting on them  
Develop tools and strategies to widen your window of tolerance for body sensations and to get back into your window when you are hyper or hypoaroused.

Students would have to come in-person for the first group, or if it's an in-person group will have to be on site for them. At this time, most of our programs are still 80% virtual, students will also have to have a mask fit test, the relevant vaccinations and a TB skin test which I think they'd have to pay for. The hospital also has a mask on site policy so students will be required to wear a mask for in-person sessions and in clinical areas of the hospital.

### **Practicum Requirement:**

- Immunizations per PHA Guidelines
- N95 Respirator/Mask Fitting
- Covid Vaccinations
- Influenza Vaccination (Flu shot)
- Police Reference/Vulnerable Sector Check
- Comfort working with the population being served
- Comprehensive report writing and documentation

### **Does your practicum require any previous experience? If yes, please specify.**

An understanding of trauma-informed care is required. Previous experience with group or individual therapy is preferred, but not required.

### **Please indicate whether this practicum will be in-person, remote or hybrid.**

Hybrid: In person on Wednesdays is mandatory.

### **Please indicate whether this practicum will involve direct work or a mix of direct and indirect.**

Mix of direct and indirect

## **Do you require a resume? Or resume and cover letter?**

We require a resume and cover letter.

### **Accessibility Considerations:**

- Will the student have access to a private space for notes or computer use? Yes
- Are there breaks between clients/patients/meetings? Yes
- Is the practicum considered fast-paced? Fast
- Is there a high noise level in the practicum? Low
- Is the site wheelchair accessible? Yes
- What are the physical demands of the practicum? Sitting, typing
- Are there any other accessibility considerations that potential applicants with disabilities should be aware of? Masks are required onsite in patient waiting rooms and treatment areas.

Students registered with University of Toronto Accessibility Services may receive appropriate accommodations for practicum settings. To register: <https://studentlife.utoronto.ca/department/accessibility-services/> or call 416-978-8060

**If you are interested in this practicum, please send a cover letter and resume to [miri.ben.dat@utoronto.ca](mailto:miri.ben.dat@utoronto.ca) by 4 pm on October 30th, 2023. Applications will be forwarded on to the site.**