

Arktos Wellness Services Canada Ltd.**Remote Private Practice**

Year 2 Practicum

September 2024 – April 2025

Please provide a description of the practicum site and student activities:

Arktos Wellness Services Canada Ltd. is a virtual community of RSW's and Psychotherapists from across Canada who are passionate in providing accessible and specialized wellness services to individuals, families, and communities. At Arktos, we see wellness not as a destination, but as a journey and one that is better shared with others. Arktos was created as a place to connect. A place for clients to find highly skilled therapists who can collaborate with them and build a life worth living. A place to find other individuals who are wanting to learn and grow with others in a workshop or skill-based virtual group. It's also a place for other therapists to connect with other like-minded therapists to share their own resources, triumphs and challenges that they encounter in their own clinical work.

As one of their many virtual services, Arktos provides a specialized group - or Bootcamp - for Adults with ADHD. This 12-week evidenced-based group is based upon Mary V. Solanto's: Cognitive Behaviour Therapy for Adult ADHD – Targeting Executive Dysfunction (2011) and focuses on increasing awareness and skill proficiency to address executive function deficits from ADHD. The practicum will involve co-facilitating the group(s) with one of our facilitators and look to support participants 1:1 outside of the group as the need arises.

The student will also be expected to gradually build a small case-load (5-8) of 1:1 ADHD clients under the supervision of the field supervisor. During the initial phase of the practicum, the student will be encouraged to actively observe the clinical supervisor's approach to 1:1 sessions, paying special attention to the application of Cognitive Behavioral Therapy (CBT), or Mindfulness-Based Cognitive Therapy (MBCT), depending on their choice of framework. They will be tasked with noting the strategies used, the structure of sessions, and the manner in which the therapist tailors interventions to individual ADHD clients.

As the student transitions from observation to practice, they will begin conducting their own 1:1 sessions, where they will have the opportunity to apply learned strategies under the close supervision of the field supervisor. These sessions will be followed by comprehensive clinical debriefs, wherein the student will reflect on their performance, receive constructive feedback, and engage in discussions that reinforce theoretical concepts and practical applications.

To further deepen their understanding, the student will be required to record and transcribe select sessions - with appropriate consent and safeguards for client confidentiality. Through these transcriptions, the student will be able to reflect on their own use of language, therapeutic techniques, and rapport-building, and to

identify specific instances where the integration of the chosen theoretical framework was successful or could be improved.

The student will engage in ongoing self-reflection and will be encouraged to maintain a reflective journal, documenting their experiences, insights, and areas for growth. This reflective process is essential in helping the student to internalize the theoretical framework, understand the nuances of client interaction, and enhance their own self-awareness as an emerging clinical social worker.

By the end of the practicum, the student will be expected to demonstrate a foundational level of proficiency in applying their chosen framework, as well as the capacity to critically analyze and adapt their clinical approach to meet the diverse needs of clients with ADHD. The ultimate goal is for the student to emerge from the practicum having developed both the confidence and the competence to incorporate evidence-based therapeutic frameworks into their future clinical practice.

Indirect work of the practicum will focus on the student setting up their clinical practice - which will also include creating their own virtual workshops/groups that would support the ADHD community. Possible groups may include: a group for parents of ADHD children, exploring conflict and ADHD, ADHD and relationships, ADHD and post-secondary challenges, Recovery and ADHD, etc. As a part of the indirect component of the practicum, the student will be exploring how to advertise their services, how to create engaging content, different tools that may assist in supporting the ADHD community (both virtually and in physical places). The student will also learn how to create a system of evaluation to determine if their hypothesis/group idea/target niche is working and if there are ways to improve. As the student will be working alongside one of the therapists, the student will also be learning about some of the business side of running a private practice, including learning about financial requirements of running a virtual practice, insurance coverages, provincial associations and regulatory colleges - including learning about the similarities and differences between provincial regulatory colleges, website maintenance/SEO, policy and contracts, etc.

Practicum Requirements:

- Police Reference/Vulnerable Sector Check
- Evening attendance
- Weekend attendance
- Other requirements- Microsoft PowerPoint fluency, technical skills to be able to problem solve basic virtual requirements for online counselling sessions for self and clients if they arise.

Fields(s) of Study that fit this Practicum:

- Children and their Families
- Social Justice and Diversity
- Mental Health and Health

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

In addition to having experience providing bio-psycho-social based assessments, the practicum also requires an individual have experience working 1:1 with adolescent/adult clients in a clinical setting. The ideal practicum candidate would also have experience running skill-based workshops and groups while also having process group facilitation experience.

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

This practicum will be entirely virtual.

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

This practicum will involve both indirect and direct work.

Number of practicums offered: 1

Field Instructor(s') name and credentials: Dallas Davidson, BSW, MSW, RSW

Do you require a resume? Or resume and cover letter? Resume works great.

Accessibility Considerations:

- Will the student have access to a private space for notes or computer use? As the practicum with Arktos Wellness Services is virtual, provision of available spaces and access to a computer will be the responsibility of the student to supply.
- Are there breaks between clients/patients/meetings? Yes. When shadowing the practicum supervisor (whatever I'm called?), there is a 10-15 minute gap between sessions to allow for debrief and to attend to whatever needs
- Is the practicum considered fast-paced? While running groups and seeing clients, the practicum student can expect to be busy. There will also be times of reflection after sessions to allow for integration of theory.
- Is there a high noise level in the practicum? Due to the nature of this virtual practicum, the practicum student will be responsible in finding a space that is quiet and with minimal distractions as this is important for the demographic of clients we see.
- Is the site wheelchair accessible? Not applicable to this virtual practicum
- What are the physical demands of the practicum? There will be periods of prolonged engagement on a computer screen or monitor. Students will be encouraged to spend breaks between sessions and during groups to move around and stretch.
- Are there any other accessibility considerations that potential applicants with disabilities should be aware of? As this is a virtual practicum that relies on audio and computer video to provide services to our clients, it will be up to the practicum student to ensure they have the appropriate equipment they need to be able to participate.

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

If you are interested in this practicum, please send a resume to miri.ben.dat@utoronto.ca by 5pm on Tuesday February 20, 2024. Applications will be forwarded on to the site.