

Therapy Uninterrupted (Private Practice)**Virtual Practicum**

Year 2 Practicum

September 2024 – April 2025

Practicum Description

Therapy Uninterrupted is a fully virtual clinical practice aimed at supporting individuals and couples in learning how to thrive instead of survive. Clinical work takes place with individual clients presenting with concerns such as anxiety, depression, PTSD, stress, and burnout, as well as personal and/or professional relational concerns often stemming from trauma. Individual therapy is done with clients focusing around the relationship with oneself and emotional regulation, relational dynamics and attachment with others, and healing from trauma. Couples therapy is done with dyads usually including romantic partners, however is open to any dyad (e.g. Parent-child, siblings, etc.), who usually present with high conflict as well as ruptures in the trust, stability, and/or dynamics of the relationship. Couples work is done with clients focusing on the relationship between the dyad around improving communication and trust, understanding alternative perspectives and backgrounds, enhancing confrontation skills and boundary setting abilities, and exploring repetitive patterns/tensions/ruptures that occur in the relationship.

In addition to clinical work with clients, Therapy Uninterrupted also offers clinicians support from Point A (their practicum or early career) to Point B (starting their own private practice, if desired). Therapy Uninterrupted supports students and new clinicians with learning the basic clinical skills needed to be a competent provider, and builds that learning to a place of confidence and refinement over time. The clinic provides ongoing education, supervision, and clinical support to clinicians both in clinical practice as well as administratively through learning what is necessary to run a private practice. Therapy Uninterrupted believes that each clinician deserves the foundation to build a successful and ethical practice and strives to be able to provide these experiences to those who are willing to learn.

Students with Therapy Uninterrupted can expect to have the following experiences:

Direct Practice

- Completing initial assessments, creating case formulation, and creating treatment implementation plans with supervision for all clients
- Practicing while supervised with clients (once competent and ethical) and applying Best Practices of the social work profession and Therapy Uninterrupted
- Building a small caseload of individual and/or couples clients with a maximum of 3-5 clinical hours per day by midterm with sufficient breaks between sessions
- Building, developing, and co-facilitating 8-12-week group therapy programming based on Best Practices and research-informed care with supervision
- Undertake discharge assessments and further recommendations for all clients at the end of practicum
- Engaging in extensive reflection of your own practice within supervision and identifying areas of improvement

Note: All student sessions will be recorded for potential review by Supervisor and for active reflection of the student. All clients of the student will need to consent to this practice in order for treatment to commence.

Indirect Practice

- Extensive training and learning opportunities (i.e. Free learning through Therapy Uninterrupted, covered or partially covered learning costs on select trainings, and optional paid learning opportunities)
- Observation of clinical sessions of Supervisor and discussion of treatment modalities used in practice
- Supervisor review of most/all student sessions and regular one-on-one supervision with clinical observation-based feedback about how to improve clinical practice skills and implementation strategies
- Evolving learning plans geared to expanding clinical skills to increasing competency
- Discussions about issues of transference and countertransference in practice
- Ongoing review of therapeutic orientations and interventions
- Support in understanding the impact of ethics, use of self-disclosure, codes of conduct, regulations, and legal parameters in private practice
- Learning how to create and maintain confidential and competent clinical notes and records
- Learning how to create marketing, advertising, social media, and promotional materials for your services and programming offered at Therapy Uninterrupted
- Learning how to operate within a clinical management system (OWL) and manage a caseload in terms of scheduling, invoicing, and administrative communication
- Learning about the business/administrative aspects of a private practice (optional)

For more information, please visit our website at www.therapyuninterrupted.ca.

This practicum is suitable for students in the Mental Health and Health field of study.

Practicum Requirements:

- Police Reference/Vulnerable Sector Check
- Comfort working with the population being served including the risk of clients presenting with suicidality, experiences of abuse, and/or active self-harm tendencies
- Comprehensive report writing and documentation
- Evening attendance (to be discussed with the student and Supervisor prior to the commencement of practicum, however evening availability will be required)
- Changing shift attendance (to be discussed with the student and Supervisor prior to the commencement of practicum, however flexibility may be necessary based on client availability)

Other requirements:

- Proficiency with video platforms and technology to be able to utilize OWL software and note-taking apps and resolve basic issues for online therapy services when they arise
- Student capacity to work from home or another space that is confidential, secure, and available during required practicum hours to ensure client confidentiality and not disrupt clinical tasks
- Student needs to supply their own reliable technology (i.e. Computer, headphones, microphone, webcam, etc.)

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

This practicum requires previous experience working directly with clients in some clinical capacity. Preference will be given to students who have previous clinical therapy experience. The ideal practicum candidate would also have experience creating and/or facilitating skill-based workshops and groups.

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

This practicum will be fully remote, with the possibility of in-person training with the Supervisor prior to beginning direct practice with clients (i.e. Weeks 1-4) which will be discussed with the student based on their location, preferences, and ability to commute.

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

This practicum will involve direct and indirect work.

Field Instructor: Haley Moore, MSW, RSW

Accessibility Considerations:

- Will the student have access to a private space for notes or computer use?
As the practicum with Therapy Uninterrupted is virtual, the practicum student is fully responsible for providing a private and confidential space and access to a computer.
- Are there breaks between clients/patients/meetings?
Yes, there will be sufficient breaks between client sessions for notes, reflection, and supervision as needed.
- Is the practicum considered fast-paced?
The practicum student can expect fluctuations in their pace. The beginning of practicum will be slower and more learning-focused, with the second half of practicum being more fast-paced and more focused on clinical practice.
- 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 to optimize clinical experiences for the student and the clients.
- Is the site wheelchair accessible?
As this practicum is virtual, this is not applicable. If the student chooses to complete some/all of the training in the first few weeks in-person, the space will be wheelchair accessible.
- What are the physical demands of the practicum?
Students can expect to spend prolonged periods of time in front of a computer screen and sitting relatively still while in client sessions. Students are encouraged to have comfortable office equipment and an ergonomic set-up, however this will be fully at their discretion. It is also encouraged that students take breaks to move and stretch between sessions.
- Are there any other accessibility considerations that potential applicants with disabilities should be aware of?

As this is a virtual practicum, the student will be responsible for any equipment needed to support their disability (e.g. Sound amplifier for hearing impairment). The Supervisor will support any disabilities as possible/necessary to ensure student success in this practicum.

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 Thursday, March 14th, 2024. Applications will be forwarded on to the site. The student(s) selected will also undergo a virtual interview and will need to complete an application outlining their pre-practicum expectations and prior skills/competencies.