

Transforming Emotions Private Practice

Year 2 Practicum

September 2024-April 2025

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

Transforming Emotions is a group practice offering psychotherapy to clients in the provinces of Ontario and New Brunswick with an emphasis on using an Emotion Focused Therapy approach. Transforming Emotions was founded by Dr. Sarah Thompson who has over 20 years of experience as clinician, supervisor and trainer in Emotion Focused Therapy. The practice is comprised of clinicians from multi-disciplinary backgrounds including psychologists, psychotherapists and social workers. Clients' presenting concerns include depression, anxiety, stress, trauma, relationship struggles, life stage transitions and grief and loss. Clinicians in the practice provide a safe and respectful environment in which to provide high-quality care grounded in empathy and evidence-based practice.

The student role in this practicum opportunity would involve client intake interviewing, client assessment and treatment planning in collaboration with clients as well as provision of ongoing therapy. Support will be provided through weekly individual supervision, group supervision and participation in training to develop skills in working from an Emotion Focused Therapy approach. The student will be expected to conduct virtual therapy sessions with an average of 8-10 client session per week (after the orientation period). Timely and confidential documentation of individual sessions with the Transforming Emotions PHIPA-compliant software program will also be a requirement of the practicum. The student will also be provided with resources, literature and webinars which they will be required to review and complete independently in preparation for direct service with clients. This practicum requires that the student has prior clinical experience directly with clients although experience directly using an Emotion Focused Therapy approach is not required. Student applicants for this practicum will be interviewed by the practice owner and the practicum supervisor to confirm fit for both the student and the practice setting.

Practicum Requirements:

- Comprehensive report writing and documentation
- Other requirements- Students will need their own reliable computer, internet access with sufficient bandwidth to provide virtual therapy by video-conferencing, and a confidential and private space to engage in clinical work. Students may also need to use their own personal cell phone to connect with clients on occasion.

Fields(s) of this Practicum:

- Mental Health and Health

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

This setting is a practicum that is suited to a candidate who has had a previous clinical experience working directly with clients and is comfortable working remotely in a virtual format. Students will be expected to engage in clinical intake and direct clinical work. Students are encouraged to share their learning style and needs to best support their learning at Transforming Emotions.

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

Virtual / In Person TBC

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

Direct work with clients

Number of practicums offered? 1

Field Instructor(s') name and credentials:

Norette Rene-Gougeon, MSW, RSW

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

Resume and cover letter

Accessibility Considerations:

- Will the student have access to a private space for notes or computer use? N/A at this time as the student will be expected to have their own computer for virtual appointments and record keeping as indicated under requirements of the practicum
- Are there breaks between clients/patients/meetings? Yes
- Is the practicum considered fast-paced? Medium
- Is there a high noise level in the practicum? N/A as student will be in their own space and able to manage own noise level due to the virtual nature of the practicum
- Is the site wheelchair accessible? N/A due to virtual nature of the practicum
- What are the physical demands of the practicum? The student will be required to engage in virtual client sessions which may involve long periods of sitting, therefore breaks are encouraged and recommended.

- Are there any other accessibility considerations that potential applicants with disabilities should be aware of? N/A

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 cover letter and resume to miri.ben.dat@utoronto.ca by 4 pm March 7, 2024. Applications will be forwarded on to the site.