

York University, Graduate Student Wellness Services

4700 Keele St., 230 York Lanes, Toronto, ON., M3J 1P3

Year 2 Practicum**September 2024 - April 2025****Practicum description:**

This is a counselling position embedded within the Faculty of Graduate Studies at York University providing counselling and wellness services to graduate students completing their master's or PhD program. Populations served: Graduate students, adults aged 21+. Counselling provided in English only. Diverse student body including LGBTQ2S+, Black, racialized, Indigenous, mature students, international students, students with disabilities, first generation students. Areas of focus: Academic performance issues - high pressure, competitive culture; challenges navigating graduate school experience; mental health concerns: depression, anxiety, trauma, some moderate to severe mental illness; substance use issues; grief and loss; managing stress; trauma-informed practice; family life; discrimination/inequity; relationship/interpersonal issues; career and job prospect related concerns; adjustment and transitions; procrastination and motivation; isolation; imposter syndrome; self-care and wellness. Primary Models of Care drawn from: Short-term, brief individual counselling. Primary emphasis on Solution-Focused, Narrative, and Cognitive Behavioural Therapy (CBT) skills. Additional modalities drawn from: Dialectical Behaviour Therapy, Motivational Interviewing, Crisis Intervention, Acceptance and Commitment Therapy, Trauma-informed care, Mindfulness based interventions, Emotion-Focused Therapy, Feminist and Crisis intervention frameworks.

As a Counselling Practicum Student, under the direction of the Clinical Supervisor, the Graduate Student Counsellor and Manager of Graduate Student Wellness Services, primary responsibilities may include:

- a) Individual counselling
 - Conducting intakes/single sessions as well as carrying ongoing client caseload within a short-term counselling service model (typically 6-10 sessions of service depending on student need and learning needs of Practicum Student)
- b) Maintaining client case files and client health records
- c) Consulting with other service providers
 - Participation in weekly peer group case consultation meetings with other counselling practicum students in placements across counselling sites at York University
 - Attendance at biweekly practicum student seminars on a variety of counselling related topics delivered by various counsellors from across the university counselling centres
- d) Making referrals as appropriate
- e) Performing other duties of a case management nature
- f) Planning and facilitation of Wellness related events and activities offered by Graduate Student Wellness Services
- g) Working collaboratively with your Clinical Supervisor, the Graduate Student Wellness Services team (i.e., Manager of Graduate Student Wellness Services, Graduate Student Counsellor, Graduate Student Wellness Services Research Assistant, etc.), members of the Faculty of Graduate Studies (i.e., Executive

Officer, Associates Deans, Dean, Student Affairs team, Communications team, etc.), and student groups (i.e., York University Graduate Student Association, program student associations, etc.) and campus partners (i.e., Student Counselling, Health & Wellbeing, Learning Skills Services, etc.) to develop and execute wellness programming including psycho-educational programs

- h) Participating in weekly individual or dyad supervision with your Clinical Supervisor with the possibility of further observation and training involving other counselling team members and regular peer/group supervision/consultation

Practicum requirements:

- Vulnerable Sector Check
- There is a required orientation training week for this practicum that is coordinated through York University's central counselling office - Student Counselling, Health, and Wellbeing. The exact dates for orientation week have yet to be determined - but will occur during the week before Labour Day (offered remotely). These hours would be credited to the student's total practicum hours.

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

Yes, we encourage applicants with some previous counselling related experience (e.g., counselling experience in Practicum 1 and / or volunteer experience in a mental health related organization) to apply.

This practicum will be fully in-person and will involve direct work. We require a resume and cover letter.

Field Instructor names and credentials:

Primary Supervisor: Dhivya Balakrishnan, MSW, RSW, Graduate Student Counsellor

Secondary Supervisor: Sarah Irwin-Gardner, MEd, RP, CCC, Manager, Graduate Student Wellness Services

Field of study: Mental Health & Health

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 on March 7, 2024. Applications will be forwarded on to the site.