DOCTORAL PSYCHOLOGY INTERNSHIP
Counselling Services at University of Victoria (UVic) provides psychological services to UVic students, as well as consulting services to members of the University community. Our Doctoral Psychology Internship Program adopts a scientist-practitioner model to ensure ethical and evidence-informed practice, and is designed to be generalist in nature.

**THE SETTING**

Counselling Services is located in the University Centre on campus and provides individual and group counselling to undergraduate and graduate students currently enrolled/registered at UVic. Our office operates Monday through Friday from 8:30-4:30pm, with occasional outreach activities (e.g., orientation events, workshops, crisis debriefings/support) taking place outside of these hours. The majority of the student population ranges in age between 17-24 years, with a number of students who would be classified as mature students. Common concerns that bring students to counselling at Counselling Services include: mood difficulties and anxiety, stress, relationship difficulties, transition and adjustment, body image and eating disorders, identity, career issues/questions, addiction, and sexuality. We are a team of counsellors, social workers, and psychologists working within a predominantly brief intervention model, and engaging in clinical practice utilizing a range of approaches (e.g., CBT, IPT, DBT, mindfulness, somatic experiencing/transformation). Our group programming is continually evolving to meet the needs of the student population; current information about group offerings can be found on our website: [https://www.uvic.ca/services/counselling/groupsworkshops/index.php](https://www.uvic.ca/services/counselling/groupsworkshops/index.php). Career exploration can occur in individual sessions (informally and/or through career assessments) or in workshops and groups offered each semester. Our Career Exploration groups are offered in partnership with Cooperative Education and Career Services.

As a unit within Student Services at UVic, Counselling Services is involved in a number of inter-unit collaborations on campus. This includes counselling specific efforts (e.g., Indigenous counsellors available in collaboration with the Office of Indigenous Affairs; group counselling offerings in partnership with Multifaith Services), multi-disciplinary care coordination (e.g., care coordination team with Centre for Accessible Learning, Health Services, case managers), and event-based partnerships (e.g., “Five Ways to Say Hello” in collaboration with Equity and Human Rights and International Student Services). Such campus collaborations offer a rich and diverse learning experience for interns at Counselling Services.
The Internship Program

The internship is one of two training programs at Counselling Services, in addition to the Advanced Counselling/Psychotherapy program. Each year from September to April, there is a cohort of practicum counsellors offering supervised practice of direct clinical services. They typically are from several UVic academic departments, including Counselling Psychology of the Faculty of Education, the CPA accredited Clinical Psychology program of the Psychology Department, and School of Child and Youth Care with Faculty of Human and Social Development. See Advanced Counselling/Psychotherapy Practicum program: https://www.uvic.ca/services/counselling/opportunities/practicum/index.php). We currently have two doctoral students engaged in our internship program and three students in our Practicum program. Our training programs have an inter-disciplinary emphasis, offering a rich developmental environment in which interns can realize their potential as members of a diverse service delivery team. The range of experiences and opportunities our site provides is ideally suited to candidates looking to develop strong generalist skills with an adult population. The internship with Counselling Services is a full-time 12 month program wherein the intern completes a total of 1600 hours engaged in training on site.

As a complement to our generalist training program, our internship also includes components we view as unique and as strengths of our program. We place a strong emphasis on attending to diversity, which is reflected in the structure of our clinical team and the priorities Counselling Services has set around supporting students of diverse backgrounds. Interns have the opportunity to engage in clinical and community work in areas such as supporting trans and non-binary students, Indigenous students, and International students. Counselling Services has established inter-unit service collaborations with other service providers/units on campus; therefore, opportunities for direct clinical work and indirect educational experiences are available through UVic Collaborative Eating Disorder Clinic and MultiFaith Services (e.g., inter-disciplinary eating disorder case consultation; group co-facilitation with a Chaplain).

Our clinical team is multidisciplinary and practices from a range of theoretical perspectives and clinical approaches, including (but not limited to) Cognitive Behavioural, Interpersonal, Family Systems, Somatic Experiencing, and Brief Solution Focused. The intern has a range of opportunities to engage with clinical staff in different roles (e.g., group co-facilitator, case consultation), thus gaining exposure to different ways of working. Supervision of graduate level students completing studies in a range of disciplines related to the counselling field (e.g., Counselling Psychology, Clinical Psychology, Child and Youth Care) is a core activity for interns completing our program. In addition, there are opportunities to deliver didactic seminars to the team of practicum counsellors. For a more comprehensive outline of the internship program, please refer to page 5-6 of this document.
We will be accepting applications for two pre-doctoral internship positions for the 2019/2020 academic year. **Application deadline: November 15, 2018, APPIC Member Number 1869.**

The internship will begin Monday August 27\(^{th}\), 2018 until Friday August 24\(^{th}\), 2019. The annual stipend is $30,000. In addition, interns will receive 15 days of paid vacation, all statutory holidays, 5 days and $500 for professional development activities.

**Internship Philosophy and Goals**

At UVic’s Counselling Services, interns are viewed as early emerging professionals who are engaged in much of the same activities as the rest of the clinical team. Interns have access to the same on site training/professional development opportunities as clinical staff, and are included in the weekly staff meetings and other planning meetings. All staff members of Counselling Services are integral to the learning and training environment and interact regularly with the intern over the course of the internship year. We strive to create a learning and work environment that is supportive and collegial, committed to professional development in the service of the client population with whom we work, and respectful of individual differences. We value the contribution of the intern to our team and welcome the knowledge they also bring to share with the team, site, and broader institution.

**Goals:**

1. To provide exposure to a breadth of presenting concerns within a diverse university student population;
2. To provide interns with exposure to and training in various approaches to assessment, as relevant to a collaborative, multidisciplinary university context;
3. To provide interns with in-depth training in a variety of therapeutic modalities used to address a wide range of mental health and wellness issues relevant to a university context;
4. To provide interns with exposure to the regular, consistent, and integrated application of a diversity lens, and associated intersectionalities, in the clinical work of a psychologist in a university setting;
5. To provide interns with in-depth training in and exposure to the provision of supervision;
6. To provide interns with training in the delivery of various models of group counselling (e.g., psycho-educational, experiential, process-based, skill-based);
7. To provide interns with experience in the role of “consultant” to the larger campus community to foster the development of consultation skills relevant to a psychologist in autonomous practice. This may include engaging in outreach activities and consulting as a member of on-campus multidisciplinary contexts (e.g., committees related to supporting students);
8. To foster the development of the intern’s approach to collegial practice in a multidisciplinary setting;
9. To provide interns with an in-depth understanding of jurisprudence relevant to their practice as a psychologist.

**Internship Activities**

*Note:* We are structuring our program around the criteria outlined for registration with the College of Psychologists of BC. However, for any prospective registrant with the College, it is the intern's responsibilities to ensure qualifications being met with the College.

**Direct Service**

Direct service includes providing individual and group counselling to university students presenting with a range of concerns, including depression, anxiety, relationships, career, body image and disordered eating, cultural adjustment and issues of diversity, substance use, and trauma. Informal intake/mental health assessment and risk assessment are also included in direct service hours. Direct service hours will reflect at least 25% of the intern’s total internship experience (ranging from 8-12 hours per week). Formal assessment such as psychodiagnostic or cognitive/psychoeducational assessment is not currently a component of Counselling Services’ programming.

**Indirect Service**

Indirect service relates to the administrative tasks associated with clinical work, including writing case notes, consultation with clinical staff or other campus professionals, responding to emails, preparing supporting documentation for students, videotape review, and preparing for professional development activities.

**Supervision and Case Management**

Interns will receive weekly individual supervision from a Registered Psychologist directly related to their clinical and professional development. Typically supervision will consist of 4 hours per week, and may also include informal consultation with clinical staff and/or direct supervisor. Participation in weekly case consultation with all clinical staff is another activity of supervision (and is also, at times, included as a component of didactic activities).

Interns will also have the opportunity to supervise graduate level practicum students completing an 8-month practicum placement with Counselling Services. Interns will supervise both the individual and group work of practicum counsellors, and will also receive their own individual and group supervision of their development as a supervisor.

**Didactic**

Interns will receive 35 hours of orientation at the outset of the internship program, and will participate in our weekly training seminar series (2 hours weekly). Interns are expected to participate in all professional development opportunities organized through Counselling.
Services. Interns will also participate in at least five days of professional development activities organized by the intern (e.g., attending a clinical conference, enrolling in a clinical workshop/seminar).

Research
Interns will have 3 hours per week to focus on research either related to his/her/their own dissertation research or to engage in research associated with Counselling Services delivery, activities, and/or learning outcomes.

Administrative
Interns will participate in staff meetings and/or serve as a representative on relevant committees. Staff meetings occur once weekly for 1.5 hours.

Core Competencies:
Core competency training follows a developmental model, with the progression and sequencing of training beginning with more supervision and scaffolding at the start of internship, and then moving toward increasing independence in practice over the course of internship and as competency is demonstrated (e.g., co-facilitating a group initially, and then leading a group). This training structure is meant to support the intern to move toward autonomy/independent practice, well-rounded skill sets, and areas of specialization. Our internship program has 7 core competency areas, which include: (1) individual counselling, (2) assessment, (3) group counselling, (4) supervision, (5) outreach, consultation, and program development, (6) diversity, and (7) professional ethics.

Training in core competency areas comes from didactic learning opportunities, group-based consultation, one-on-one supervision, and independent learning undertaken by the intern. Training in core competency areas is provided in a weekly seminar (1-2 of weekly hours) and is organized in a didactic and interactive format. In addition to the didactic component, relevant scholarly literature will be identified as preparatory work. Seminars will be delivered by the clinical staff of Counselling Services, highlighting the expertise of individual practitioners and overseen by R.Psych. supervisors responsible for the internship program. Other professional development opportunities will be organized throughout the year, and will be tailored to meet the intern’s training goals. The intern will also participate in weekly group-based consultation (i.e., case consultation) with all members of the clinical staff, which focuses on case conceptualization and treatment planning, clinical intervention, contextual and diversity considerations, addressing ethical and professional issues, and practitioner reflexivity. Training also occurs in the context of individual and group supervision, and through the intern’s involvement in outreach and program development activities. Independent study will be undertaken by the intern as it relates to their/his/her learning goals and learning edges in clinical work.
Evaluation

Formal evaluations will take place at the mid-point and end of the internship program, with the purpose to provide feedback to the intern on professional growth and development. These evaluations will also be shared with the applicant’s host institution as documentation of the intern’s progress.

Evaluation is designed to be a collaborative process, and interns are also asked to provide feedback about the internship and supervisory experience. Interns will receive detailed information about the evaluation procedures, including due process protocol, at the outset of the internship program.

Clinical Supervisors

Dr. Rita Knodel, R. Psych., Director

As the Director of Counselling Services and of Multi-faith Services I am pleased to oversee two very important student support services for our campus. Prior to becoming the director, I worked as a psychologist for Counselling Services for 12 years. I did individual and group counselling and co-ordinated the practicum program.

Since becoming the director I do very limited direct student counselling. Instead I have worked on the development of the University of Victoria Student Mental Health Strategy which will be launched officially in October 2014. For the past 3 years I was also involved in the Canadian Post-Secondary Student Mental Health initiative responsible for the development of "Post-Secondary Student Mental Health: Guide to a Systemic Approach". This over-arching guide has informed the development of our strategy, the update of UVic Counselling Services and will continue to guide campus wide improvements for student mental health, well-being and optimal learning.

Dr. Ai-Lan Chia, R. Psych., Associate Director

I am a registered psychologist with the College of Psychologists of British Columbia, with my doctoral degree in clinical psychology. I also had an English undergraduate and a Counselling masters’ degree. I had worked in college and university counselling centres, community mental health, psychiatric inpatient, and primary care hospital settings, before I joined UVic Counselling Services in 2008, seeing students individually, as a couple, and in groups.

I taught courses at UVic, have been appointed as Adjunct Assistant Professor by Department of Psychology, supervised graduate students clinically, and co-coordinated Advanced Counselling/Psychotherapy Practicum program. In 2014, I took on Associate Director’s role, overseeing day-to-day operations of the Counselling Services and representing Counselling Services as an alternate to Director if needed.
My therapy approaches draw on cognitive behavioural, mindfulness, and psychodynamic perspectives. I see psychotherapy as an opportunity for change, by clients reflecting upon their struggles and inner-strengths, and by practising self-compassion and acceptance. I have assisted students dealing with a variety of issues, including depression, panic attacks and anxiety, eating disorder and body image, stress, life transition, and relationship challenges. As a member to UVic Collaborative Eating Disorder Clinic, I see students with varying degrees of eating disorders and collaborate with Eating Disorder program in Victoria. Working with cultural issues in psychology is another passion of mine, such as negotiating multiple identities, navigating university as an international student, and offering sessions in Mandarin Chinese.

Dr. Leah Wilson, R. Psych.

Since 2005 I have been training and working in the counselling field with people of all ages, with a particular focus on working with youth and young adults. I have settler ancestry and have lived and worked on the land of the Coast and Straight Salish peoples for most of my life. My pronouns are she and her. I recently completed my Ph.D. in Counselling Psychology with the University of British Columbia, and am a Registered Psychologist (#2294) with the College of Psychologists of BC. After studying and working on the Lower Mainland and Eastern Canada, I am pleased to return to the community in which I was raised.

I embrace an interpersonal and humanistic approach to counselling, which means I value individuals' expertise on their own lives/lived experience and I view the therapeutic relationship as key in supporting change/growth. From a strengths-based perspective I work to support students to develop new skills to cope with life demands and distress and to achieve their own unique goals. I believe in an individual’s capacity for change and growth. I recognize that people are part of a larger network (such as family, community, romantic partners) and I am sensitive to the role different systems may play in an individual's life, struggles, and resilience.

In addition to expertise in interpersonal and cognitive-behavioural therapy, I also bring a developmental and contextual approach to my work. In addition to providing counselling to all students, I have a particular focus on working to support students of diverse backgrounds. I have engaged in training related to providing culturally competent care, supporting trans and non-binary folks, and am part of the BC Network of Trans Service Providers. I work collaboratively with individuals to determine their needs and develop a counselling plan moving forward to address main concerns.

UVic Counselling Services Staff
(https://www.uvic.ca/services/counselling/home/meet-team/index.php)

Counsellors
Susan Dempsey, Canadian Certified Counsellor
Marcy Louie, Indigenous Counsellor
Wendy Lum, Registered Clinical Counsellor, Registered Marriage and Family Therapist
Emma Mason, Registered Clinical Counsellor
Dave O’Brien, Registered Clinical Social Worker
David Palmer-Stone, Registered Clinical Counsellor
June Saracuse, Registered Clinical Counsellor, Somatic Experiencing Practitioner
Dawn Schell, Canadian Certified Counsellor, Certified Career Development Practitioner

Current Intern
Krista Bloski, Doctoral Intern (Adler University, Chicago)
Hillary McBride, Doctoral Intern (University of British Columbia)

Practicum Counsellors
Raquel Graham (Psychology)
Kristen Yang (Counselling)
Simone Compton (Counselling)

Front Office Staff
Anna Fodchuk
Lauren DeGaine
Tanis Harrison
Marie Manalo (on leave)
Chriss Jones (on leave)

Application Details
We are an APPIC member (APPIC Member Number 1869) and will be participating as a member in the APPIC match for the 2019-2020 internship year. Applications to our site are to be submitted through APPIC.

For more information, please contact:

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THE UNIVERSITY

The University of Victoria (UVic) is located on the edge of the city of Victoria on Vancouver Island in the Pacific Ocean on Canada’s West Coast. UVic is a mid-sized “comprehensive” university offering undergraduate, graduate and professional degrees in many disciplines. As an autonomous degree-granting institution since 1963, it began its history in 1903 as Victoria
College in affiliation with Montreal’s McGill University. UVic has a teaching staff of over 2,300 and approximately 20,800 students, 3, 200 of them are graduate students. At UVic, we work as visitors on the traditional territory of the WS’ANEC’ (Saanich), Lkwungen (Songhees), Wyomilth (Esquimalt) peoples of the Coast Salish Nation.

On campus you are close to the ocean, mountains, forest, and city, which serves as a breathtaking West Coast backdrop enriching your overall campus experience. Our campus is located on 402 acres of beautiful, park-like property, just 15 minutes from downtown Victoria and within walking distance of the Pacific Ocean, as well as many shops and restaurants. UVic is consistently ranked among the top five universities in Canada for scientific impact. Our vibrant Pacific Rim community, rich with Indigenous and international perspectives, will inspire you to bold new ways of thinking. It’s a unique and welcoming academic setting that extends far beyond borders of campus, across British Columbia, to all corners of the world.

(Adapted from UVic’s Discover Your Edge: Undergraduate Viewbook, 2016; and Residence Services: http://www.uvic.ca/residence/visitors/index.php; and the Graduate Student Handbook, 2016).

LIVING AND WORKING IN VICTORIA

The City of Victoria is located in the southern tip of Vancouver Island on the west coast of Canada. It is the Capital of British Columbia and has a population of approximately 80,017 with the larger Capital Regional District (CRD; surrounding municipalities) totaling 355,991i. With two universities (UVic and Royal Roads University) and one college (Camosun College), Victoria has a large population of university students. Southeastern Vancouver Island is and has been home to the Songhees, Esquimalt, Tsartlip, Tseycum, Pauquachin, Scia’new, Tsawout, and T’Sou-ke bands, all part of the Saanich Nation of the Coast Salish peoplesii.

“Anchored by the spectacular Inner Harbour, downtown Victoria is the economic heart of the region that includes 13 municipalities. The region’s strategic location as a gateway to the Pacific Rim, its proximity to American markets, and its many sea and air links, make Victoria a hub for tourism, business development, and economic investment.

Located in a sub-Mediterranean zone, Victoria enjoys the mildest climate in Canada. This, combined with spectacular outdoor settings adorned with ocean views and mountain vistas, encourage year round recreational opportunities including hiking, golfing, cycling, gardening, and kayaking.

Victoria is home to a vibrant and eclectic arts and culture community, from world class performing arts, museums, and festivals to local authors and artisans. The juxtaposition of
heritage charm and modern urban living is part of what makes Victoria one of the most uniquely special places in Canada.” (City of Victoria Annual Report, 2015, p. 5).

To get a better sense of Victoria and surrounding areas, here is a link to a Victoria area map provided by Tourism Victoria: [http://www.tourismvictoria.com/plan/maps-geography/](http://www.tourismvictoria.com/plan/maps-geography/).

**Off Campus Housing**

UVic partners with [Places4Students.com](http://Places4Students.com) to provide off-campus listings for renters and landlords. Click this link to find out more information about finding housing in Victoria: [http://www.uvic.ca/residence/home/home/off-campus/](http://www.uvic.ca/residence/home/home/off-campus/)


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