

Practicum Site Information Sheet

Name of site: Sunnybrook Health Sciences Centre, Frederick W. Thompson Anxiety Disorders Centre

Co-Directors of Clinical Training:

Dr. Lance Hawley, C. Psych. Clinical lead – outpatient service.

Dr. Neil Rector, C. Psych. Director of Research.

Supervisors: Outpatient service: Dr. Lance Hawley, C.Psych.

Intensive service: Dr. Rebecca Young, C. Psych.

Email: lance.hawley@sunnybrook.ca, rebecca.young@sunnybrook.ca

Phone: Dr. Hawley: 416 480 6100 x84076

Address: 2075 Bayview Avenue.

Type of Practicum offered: Adult

Assessment ____ Intervention ____ **Both X**

Submission deadline:

Each year, the submission and notification dates for the Fall/Winter Practica and the Spring/Summer Practica are announced by the GTA Practica organizing committee.

General Information (i.e. description of the site, clients seen, services offered, is it TTC accessible? etc.)

Visit the following website for information about the Sunnybrook practica:

<https://sunnybrook.ca/content/?page=thompson-centre-educational-opportunities>

The Frederick Thompson Centre offers a wide variety of training opportunities for students. Training opportunities include **either** a) involvement in our outpatient service (with Dr. Hawley), **or** b) in our intensive service (with Dr. Rebecca Young). If you express a preference for either service, we will try our best to accommodate your preference. We believe that our training affords individuals an opportunity to acquire extensive training across the full spectrum of OCD presentations (i.e., mild to moderate severity in the outpatient service, severe symptomatology in the intensive service). Further, clients experiencing OCD often experience co-morbid mood and anxiety symptoms, and so our practica students develop the skills to treat a wide variety of symptom presentations. During this practica placement, clinical psychology students have the opportunity to develop their assessment skills, as well as both individual and group treatment skills while

utilizing empirically-supported treatments including Cognitive Behavioral Therapy (CBT), Mindfulness Based Cognitive Therapy (MBCT), Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT). Although our primary clinical focus involves providing assessment and treatment for clients experiencing OCD and related disorders, there are also opportunities to work with clients experiencing other mood and anxiety disorders. Related training goals include becoming proficient with administering the structured clinical interview for DSM (SCID-V) (in the outpatient service) or the MINI International Neuropsychiatric Interview (MINI) (in the intensive service), and developing expertise in the assessment and formulation of treatment suitability for CBT and other interventions.

The Frederick Thompson Centre provides clinical services to clients who experience OCD and related psychological disorders, including:

Obsessive-Compulsive Disorder (OCD)

Obsessive-compulsive disorder is a chronic and frequently severe disorder characterized by intrusive disturbing thoughts that the individual cannot suppress and lead to anxiety. Most individuals also have rituals or repetitive behaviours such as washing, checking, or repeating actions over and over to alleviate their obsessional fears.

Hoarding

Hoarding disorder is a newly recognized condition often associated with OCD in which individuals have great difficulty discarding belongings, papers and objects to the point that clutter compromises their ability to live in their homes the way they would like to. In severe cases this can make homes uninhabitable and/or be associated with significant safety concerns such as fire or risk of falling.

Hair Pulling (Trichotillomania) and Skin Picking Disorder

Hair pulling (Trichotillomania) and skin picking disorder are conditions now recognized as closely related to OCD. In these disorders individuals repeatedly pull hair or pick at their skin despite repeated efforts to stop. Over time these problems can cause very significant distress or impairment in their ability to function.

Body Dysmorphic Disorder

Body dysmorphic disorder focuses on preoccupation with minor or at times imagined defects in one's appearance, such as the shape or size of one's nose, hairline, or blemishes in the skin. Many sufferers are unable to perceive any distortion in their perception of themselves, often describing themselves as extremely ugly, disfigured or worse, wreaking immense havoc in their lives.

This clinical practica provides clinical training in the context of a scientist-practitioner model. Within this framework, clinical service and research are seen as mutually enhancing activities. Students are expected to think critically about the services that they offer to individuals and to make clinical decisions based on objective data collected in the therapeutic/assessment context and informed by empirical research. In addition, students are encouraged to integrate research and clinical practice by allowing their clinical

experiences to influence the questions that they seek to answer through research. During this practica placement, clinical psychology students have the opportunity to develop their assessment as well as their individual and group treatment skills. Although our primary clinical focus involves providing assessment and treatment for clients experiencing OCD and related disorders, there are also opportunities to work with clients experiencing other mood and anxiety disorders as well, particularly considering that most clients experience significant co-morbidity. Related training goals include becoming proficient with administering the structured clinical interview for DSM (SCID – outpatient service) while also considering suitability for treatment. Furthermore, both individual and group treatment opportunities are available, utilizing empirically supported CBT approaches. A typical 2.5 day placement with the outpatient service involves co-leading at least one treatment group (CBT or MBCT for OCD, Hoarding, BFRB, or BDD), 1-3 individual cases, and one Scid assessment. A typical 2.5 day placement with the intensive service would involve being on a treatment team for at least two clients (and providing individual therapy and ERP planning); coaching clients during extended ERP sessions; co-facilitating a variety of groups as well as being a part of family meetings.

We offer eight month rotations (Fall/Winter) and a four month rotation (Spring/Summer):

- **Fall/Winter:** September 1 – April 30 (2-3 days/week, as per trainee availability)
- **Spring/Summer:** May 1 – August 31 (4 days per week)

Outpatient Fall/Winter Practica (Supervisor: Dr. Lance Hawley).

Dr. Hawley will be accepting **three individuals** for the eight month Fall/Winter practica and **three individuals** for the four month Summer practica. You will have the opportunity to become involved with our outpatient service, serving clients experiencing mild to moderate symptomatology. The outpatient service provides various clinical assessment, treatment, and research opportunities, and the collaborative learning plan can be tailored to consider various opportunities including assessment (using the SCID-V), individualized OCD treatment (CBT, MBCT), and group treatment. Our treatments are integrative, including elements of ACT and DBT. Our clients experience significant diagnostic co-morbidity, and treatment involves exposure to CBT for Depression, Generalized Anxiety, Panic Disorder and Social Anxiety. All groups are co-lead with a clinical psychologist (Dr. Lance Hawley – Clinical Lead). We also offer groups for related disorders including Hoarding, BDD and BFRBs (Body Focused Repetitive Disorders). We are actively involved in various research initiatives, as well as various training events throughout the year. Please feel free to contact me directly if you have any questions about the placement (lance.hawley@sunnybrook.ca).

Dr. Hawley's Researchgate profile: https://www.researchgate.net/profile/Lance_Hawley

Intensive Service Fall/Winter Practica (Supervisor: Dr. Rebecca Young).

Dr. Young will be accepting **up to four individuals** for the eight month Fall/Winter practica. We have not yet determined the number of placements for the summer rotation. This will involve immersion within the intensive training program, which provides services to clients experiencing more severe symptom presentations. The intensive service

provides various clinical assessment, treatment, and research opportunities, and the collaborative learning plan can be tailored to consider various opportunities. These include comprehensive assessments (using the MINI, PAI and SNAP), individualized OCD individual treatment, ERP coaching and group treatment. Please feel free to contact me directly if you have questions about the placement. Summer practica experiences will be determined by current clinical need within our centre.

Students have access to an office, a computer, and a telephone line. The Frederick Thompson Centre is part of the Sunnybrook Health Sciences Centre, and so students also have access to a wide variety of lectures, seminars, and symposia, provided by hospital staff. Further, students may have exposure to the various clinical research activities occurring in the program. Our intensive treatment program is offered on a satellite campus of Sunnybrook, less than 1 km from the main campus, at 175 Brentcliffe Road. It is housed in Bellwood Health Services.

Supervision: Supervision involves meeting once per week with either Dr. Hawley (outpatient service) or Dr. Young (intensive service), individually, for a minimum of one hour as well as the opportunity to attend weekly assessment rounds, as well as clinic meetings. Further, there is supervision before and after each treatment group, and students co-lead treatment groups. Supervisors have an “open door” policy in which students can consult as needed, throughout the week.

The Frederick Thompson Centre is part of the Sunnybrook Health Sciences Centre, and so students also have access to a wide variety of lectures, seminars, workshops and symposia, provided by hospital staff. Further, students may have exposure to the various clinical research activities occurring in the program.

Training/research opportunities

The Frederick W. Thompson Anxiety Disorders Centre aims to provide clinical services, research, and teaching for OCD and related "spectrum" disorders, including hoarding disorder, trichotillomania, compulsive skin picking and body dysmorphic disorder. The Thompson Centre brings together clinicians and researchers, with the joint goals of offering state of the art care and generating knowledge through research and improving life for individuals with obsessive-compulsive and related disorders, and their families. Psychological treatment consists of short-term, cognitive behaviour therapy (CBT) and mindfulness based cognitive therapy (MBCT).

Training of psychology practicum students includes administering structured clinical interviews for diagnostic assessment of Axis I disorders, developing clinical decision making skills, learning how to effectively communicate and collaborate with other health professionals, and training in empirically supported treatments. Given the clinical research role of this unit, clients are often participating in research trials which have a focus on the investigation of mechanisms underlying treatment response. The TADC also serves an important academic and teaching function for continued training of psychiatric residents and other mental health professionals who are interested in learning about the application of empirically validated treatment approaches.

The main focus of this practica involves collaborating with clinical psychology students in order to further develop their ability to provide a comprehensive multi-axial diagnosis, while considering optimal treatment suitability. During the practica, students develop strong case formulation skills, in order to optimally apply CBT principles to complex diagnostic presentations. Related training goals involve understanding the role of cognitive vulnerability factors, while considering the interaction between pharmacotherapy and psychological treatment of the disorder. Opportunities for participation in research are also available; however, this is determined on a case-by-case basis, in consideration of the students' overall caseload as well as considering additional clinical opportunities offered in this clinical service that the student may choose to be involved in.

Practicum Application Deadline:

We will follow the same application procedure and associated deadlines as established by the GTA practica co-ordination committee.

Application procedure:

Applications can be sent directly to Dr. Hawley, and please cc Dr. Young. Documents can be sent electronically.

Applications for the Sunnybrook Psychology Practica should include:

- Completed practica application form (see next page)
- Cover letter, including information about the applicant's training goals.
- Curriculum Vitae
- All graduate transcripts
- Two letters of reference (preferably from an academic supervisor and from a clinical supervisor).

If you have any questions regarding the application process, contact:

Dr. Lance Hawley, C.Psych.
Staff Psychologist, Co-Director of Training
Frederick W. Thompson Anxiety Disorders Centre
Sunnybrook Health Sciences Centre
Assistant Professor, Department of Psychiatry, University of Toronto
Associate Graduate Faculty, University of Toronto, Scarborough
Associate Editor, Mindfulness (Springer Publications)
2075 Bayview Avenue, Suite K3W46
Toronto, Ontario, Canada
M4N 3M5
Email: lance.hawley@sunnybrook.ca
Phone: 416-480-6100 x84076
Fax: 416-480-5766

Frederick W. Thompson Anxiety Disorders Centre
Practica Application Form (Available Online)

General Information

Name:	Home Phone:
Address:	Work Phone:
City:	Cell Phone:
Province:	Preferred Phone:
Country:	Primary Email:

I have a preference for: Outpatient Service (Dr. Lance Hawley, C.Psych.)
 Intensive Service (Dr. Rebecca Young, C.Psych.)

Academic Information

Name of University Currently Attending:
Department:
Program Name (e.g., Clinical Psychology):
Degree seeking (e.g., MA, Ph.D.):
Director of Clinical Training:
Years in program (e.g., Ph.D. 1):
GPA:
Supervisor/Advisor's Name:
Phone:
Email:
Research title/topic and brief description:

Assessment Experience

Experience with structured clinical diagnostic assessment instruments (e.g., SCID, MINI, DART) and total assessment hours:

Additional assessment experiences and total assessment hours:

Individual Treatment Experience

Number of individual treatment cases, treatment approach (e.g., CBT, MBCT, DBT, ACT, etc.) and total individual treatment hours:

Description of a noteworthy individual treatment experience:

Additional individual treatment experiences with empirically supported treatment approaches:

Group Treatment Experience

Number of treatment groups, treatment approach (e.g., CBT, MBCT, DBT, ACT, etc.), and total hours:

Description of a noteworthy group treatment experience:

Additional group treatment experience with empirically supported treatment approaches:

Additional Clinical Experiences

Describe:

References and Contact Information (Please list three references)