



Student Wellness Services
MacEwan Student Centre, Room 370,
2500 University Drive NW
Calgary, AB, Canada T2N 1N4
ucalgary.ca/wellness-services

Provisional Psychologist Opportunity, 2020-21
University of Calgary, Student Wellness Services (Counselling)

Setting

The training site is located on the campus of the University of Calgary, Calgary, Alberta. The University of Calgary was founded in 1966. There are over 14 faculties and 250 academic programs. The total student population is over 30,000. There are over 180,000 alumni in 152 countries.

Calgary has a population of over 1.3 million people and is situated between the prairies and the foothills of the Rocky Mountains. As a beautiful, vibrant, energetic and outdoor-oriented city, Calgary provides a range of cultural and recreational opportunities. It is characterized by a rich Western heritage while viewed as a city of the future and the energy capital of Canada. Calgary's cultural scene has a vibrant array of arts and performing arts as well as ever-expanding culinary scene.

Our Staff

The members of our counselling team are friendly, collegial, energetic, and committed to a diverse range of professional interests and specialties areas of practice. The provision of an effective and supportive learning atmosphere is an important part of the daily functioning at Student Wellness Services. Staff place value on balancing training requirements with self-care practices.

Our training team is experienced in a variety of theoretical modalities. Each staff member brings a range of counselling styles to address the Centre's increasing emphasis on the provision of a broad range of mental health supports, which include on-line resources, workshops/groups, and brief therapy approaches, including solution-oriented single sessions. Counselling modalities include: cognitive behavioral approaches, solution-oriented work, feminist perspectives, Acceptance Commitment Therapy (ACT), narrative, and constructivist approaches.

Staff academic affiliations include adjunct faculty appointments in counselling-related programs. Memberships in professional associations include: The Psychologists' Association of Alberta, College of Alberta Psychologists, Alberta Post-Secondary Counsellors' Association, Canadian Counselling and Psychotherapy Association, Association of University and College Counselling Centre Directors, Career Development Association of Alberta, Association of Death Education and Counselling, and the Canadian Association of College and University Student Services.

Our Clients

Our Centre provides mental health support services to registered undergraduate and graduate students. A wide range of personal concerns are addressed along with academic and career issues. The clinical issues include: relationship loss/decision making, depression, anxiety/stress, loneliness, substance misuse, procrastination, low grades, academic probation, multicultural concerns, family of origin work, and grief/loss. For academic and career-related concerns, trainees gain learning experiences to make appropriate referrals to on/off-campus resources as well as on-line resources.

Professional Counsellor Training Programs

The Centre offers a comprehensive practicum training program for graduate students in counselling-related faculties and for registered provisional psychologist interns. **In the 2020-21 academic year, we will have only one registered provisional psychologist intern and no practicum students.** With the aim of enhancing professional counsellor development, the training program includes weekly individual supervision as well as professional development opportunities with peers and staff (the regular weekly training seminar will be modified due to there being only one trainee). Trainees are involved in the various tasks of the Coordinated Care service delivery model which includes making appropriate referrals to both traditional and online mental health services and groups. The primary focus is on personal counselling concerns with the university student population, with some emphasis on academic and career concerns as appropriate. Professional development seminars are held on a variety of ethical, clinical, and theoretical issues related to the counselling profession. Where possible, the specific learning interests and goals of each trainee are accommodated.

Overall Training Objectives

- Develop self-monitoring and self-evaluation skills through review of client video work, engagement in supervision, and participation in the training seminar
- Consolidate case conceptualization skills
- Strengthen knowledge and application of counselling modalities
- Enhance skills for the appropriately applying scholarly literature to clients' presenting concerns
- Deepen formal knowledge, skills and personal characteristics which are integral to counsellor development
- Develop knowledge/skills to implement mental health support within the Coordinated Care service delivery model
- Gain experience in a wide range client issues from an individual counselling perspective
- Participate in personal, career and academic counselling services
- Engage in delivery of psychoeducation groups
- Develop and apply ethical knowledge and skills in counselling practice
- Acquire knowledge and understanding of the intricate links between emotional, psychological, intellectual, social, physical, and spiritual well-being
- Enhance diversity knowledge and skill
- Develop increasing sophistication in professionalism (e.g. enhancing sense of responsibility as a member of the psychology profession, establishing appropriate working relationships with peers, Wellness Centre staff, university personnel and community stakeholders).

Career Paths of Our Trainee Alumni

Trainees who have been at our Counselling Centre have obtained employment in a variety of settings. The work contexts include: health care systems, private practice, school boards, community-based agencies, post-secondary counselling centers, academic/post-secondary systems and teaching. In addition to the above, some of our past trainees have pursued graduate training in doctoral programs.

Details of Provisional Psychologist Opportunity, 2020-21

Student Wellness Services offers a comprehensive, one-year (full time) training experience (September 1 – August 31) for provisionally registered psychologists who are fulfilling the College of Alberta Psychologists' (CAP) 1600-hour requirement for supervised practice.

NOTE: This is **not** a pre-doctoral internship position.

Requirements/Activities

The weekly requirements include:

- Two hours of comprehensive individual supervision
- PD/training seminars as scheduled (with only one provisional psychologist comprising the training program this year, we are looking at different options than the previous 2-hour weekly training seminar)
- Attendance/participation in weekly staff meeting (includes rotation of administrative meeting, case consultation, and professional development training on a variety of relevant topics)
- Engagement in Coordinated Care service delivery
- Personal counselling is the primary focus. There are some opportunities for academic/career counselling and supporting clients with appropriate referrals (e.g. on/off campus, online resources).
- Specific learning goals/objectives are negotiated between trainee/supervisor
- 22 hours of direct client contact
- 9 hours of case note preparation, review of tapes and other administrative duties
- Review of intern's recorded client sessions in supervision

Other Requirements

- Review of ethics material as outlined/required by the College of Alberta Psychologists
- Client tape presentations by trainee in Fall Term and Winter Term – may be modified due to change in training seminar
- **At least** one full-tape review by intern and each supervisor(s) each term (Fall, Winter, and Spring and Summer)
- Digital taping/review of segments are required until the completion of the training period
- The Training Program is subject to change as needed.

Objectives

In addition to the general training objectives outlined, the objectives of the training program for provisional psychologists are to:

- Promote in-depth and broad range of experiences in client work
- Gain proficiency in Coordinated Care model of service delivery
- Gain experience in navigating counselling issues that range in depth, severity and complexity
- Develop skills in offering solution-oriented single sessions as the Centre is moving toward conducting more single sessions
- Consolidate knowledge and practical application of ethics as required by the College of Alberta Psychologists for provisional candidates
- Strengthen knowledge and ability to effectively coordinate counselling services with student, faculty, campus services, and other stakeholders as needed
- Foster professional, ethical and personal development towards independent practice

Applying

Application requirements for the provisional psychologist position include the following:

- Up-to-date curriculum vitae
- Cover letter – The cover letter should include a description of the following: (1) why you are interested in an internship at the Counselling Centre, (2) how this internship is well-suited for you, and (3) how the internship would contribute to your professional development and learning goals. (2 pages maximum)
- Three letters of reference, including **at least** one recent clinical reference letters (i.e. work, volunteer experiences or practicum training). The reference letters must include the following information: current date and signature of the reference person, position/title, agency affiliation, mailing address, email address, and phone/cell number. The reference letter should briefly address the following: (1) Describe the nature of your involvement with the applicant and how long you have known the applicant (2) Describe the activities performed by the applicant under your guidance/supervision (3) Describe the applicant's focus/career aspirations/developmental trajectory (4) Describe the applicant's strengths (5) Describe the applicant's areas for growth/further development. A PDF copy of the reference letter can be emailed/scanned by the reference writer or included in the applicant's material (hard copy or electronic). **All information MUST be included. Letters must be scanned and sent in PDF format via email.**
- A letter from the College of Alberta Psychologists that your academic credentials have been reviewed and the requirements to become a Registered Provisional Psychologist have been met. The timelines for anticipated review of credentials by CAP should be outlined if this is in progress at the time of application for internship position. If your academic credentials have not been reviewed yet, the next deadline for credentials review application is July 10 – please contact CAP's office to verify. <https://www.cap.ab.ca/register-as-br-a-psychologist/meeting-dates>
- The successful candidate must complete and provide a copy of the police/vulnerable sectors check (as required by the College of Alberta Psychologists for provisional registration). This must be done in a timely fashion as it can take longer than anticipated.

NOTE: Applicants must have basic training in suicide intervention/crisis management as this is a requirement of the position. Given the nature and extent of presenting issues, course work and

clinical experience in briefer models of therapy and different forms of violence, trauma, crises, and mental health concerns are important considerations in the selection process.

Application Deadline: Please submit as soon as possible to be considered in the first round of interviews. The first round of interviews will be scheduled for the week of July 13. While a complete application submission at once is ideal, partial applications are helpful (cover letter/CV) and letters of reference and verification of CAP review/application in process can follow as long as the application is complete by the final deadline. Final deadline is Friday, July 10 at 4pm (Mountain Standard Time).

Monthly stipend: \$2,280.00.

PLEASE NOTE that due to the Covid-19 response, we are currently off campus and working with clients remotely (using Skype for Business, Microsoft teams, and via phone). The counselling staff anticipate a partial and gradual return to campus starting in August 2020 in accordance with Alberta public health guidelines. The Associate Director anticipates that the start date of September 1 will go ahead and that many clients will continue to be seen remotely from our offices. Details of the return-to-campus plan are currently in process to ensure that all public health protocols will be followed for Fall 2020.

Send completed application by email to:

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Counsellor / Training Coordinator
Student Wellness Services (Counselling)
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Late or incomplete applications will not be considered.

The University of Calgary recognizes that a diverse organization benefits and enriches the work, learning and research experiences of the entire campus and greater community. We are committed to removing barriers that have been historically encountered by some people in our society. We strive to recruit individuals who will further enhance our diversity and will support their academic and professional success while they are here. We encourage all qualified applicants to apply, however preference will be given to Canadian citizens and permanent residents of Canada.