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## University of Calgary, SU Wellness Centre (Counselling Centre)

### 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 1.4 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.

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### 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 (Counselling). 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/group programs, single sessions, and brief ongoing counselling sessions. Counselling modalities include: Cognitive Behavioural Therapy, Solution Focused Therapy, Narrative Therapy, Acceptance and Commitment Therapy, feminist 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 College of Social Workers, Alberta Post-Secondary Counsellors' Association, Canadian Counselling and Psychotherapy Association, and the Canadian Association of College and University Student Services.

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### Our Clients

Student Wellness Services (Counselling) 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 may 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**

Student Wellness Services offers a comprehensive practicum training program for graduate students in counselling-related faculties and for registered provisional psychologist interns. With the aim of enhancing professional counsellor development, the training program includes weekly individual supervision as well as a training seminar. 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.

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### **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
- Acquire case conceptualization skills
- Strengthen knowledge and application of counselling modalities
- Enhance skills for appropriately applying scholarly literature to client's presenting concerns
- Consolidate formal knowledge, skills and personal characteristics which are integral to counsellor development
- Gain 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
- Cofacilitation of psycho-educational groups
- 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
- Engage in learning activities and experiential exercises to promote self-awareness and ethical practice, identify values/biases/preferences that may impact our professional demeanor, and deepen our awareness of effective engagement with clients
- Develop professional identity (e.g. enhancing sense of responsibility as a member of the psychology profession, establishing appropriate working relationships with peers, Wellness Services staff, university personnel and community stakeholders).

## Career Paths of Our Trainee Alumni

Trainees who have been at Student Wellness Services (Counselling) 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 centres, academic/post-secondary systems and teaching. In addition to the above, some of our past Master's trainees have pursued graduate training in doctoral programs.

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## Graduate Practicum Training Program 2022-23

### *Requirements/Activities*

- 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
- Group facilitation opportunities may be available (e. g. 1 hour psycho-education workshops)
- Opportunities for review of **at least** one recorded client session by supervisor (Fall Term and Winter Term)
- Attendance and active participation in weekly Training Seminar
- Client presentation in training seminar (video recorded session) each term
- Graduate practicum trainees are expected to work through Reading Week in November until the end of December exam period in Fall Term and through February Reading Week
- The practicum training period ends during the final exam period in April
- Trainees are responsible for ensuring that their required practicum hours are met in a timely manner (adding in hours throughout the week as needed) as extensions of the practicum for this purpose are **not** advised. The site holds the responsibility and authority to determine extensions.
- The graduate practicum training hours include 3.5 days per week (**Fall term**) and 3 days per week (Winter Term) as follows:
  - 9 hours of direct client work
  - 2 hours of training seminar
  - 1 hour of individual supervision
  - 12.5 hours for case notes, client tape review, reading, etc. (additional time *may* be required)
  - You will have your own physical office. The office hours for trainees are 8:30 am. – 4:30 pm. For graduate practicum students who are required by their faculty to complete a log of hours, the site supervisor(s) will sign off on hours incurred **during** office hours only. In **Winter Term**, there are 9 hours per week instead of 12.5 hours for the above activities.
  - To ensure ethical client care, trainees are expected to continue at the site during part of the exam period in December and part of the April final exam period.
  - Digital taping/review of segments are required until the completion of the training period.
  - The practicum is for the duration of the Winter Term and during part of the exam period, **even if required hours are completed early**. The University is closed December 24 through January 1.
  - The Training Program is subject to change to reflect service needs.

## Applying

Application requirements for the Graduate Practicum Training program must include the following:

- Cover letter – The cover letter should include a description of the following: (1) why you are interested in a practicum placement at the Counselling Centre, (2) how this practicum is well-suited for you, and (3) how the practicum would contribute to your professional development and learning goals (2 pages maximum)
- Up-to-date Curriculum Vitae
- ONE clinical reference letter: Applicants are required to provide one clinical reference letter that outlines the individual's counselling skills. This letter must include the following information: 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 email application. **All information MUST be included.**
- Names of TWO References: The two references can be from academic or relevant volunteer/work experiences. The following information is required: full name, position/title, agency affiliation, mailing address, email address, and phone/cell numbers. **All information MUST be included.**

***Online interviews will be arranged with selected applicants.***

**NOTE: Applicants must have current basic training in suicide intervention/crisis management (e.g., ASIST or similar two-day course) or a confirmed date of upcoming training as this is a requirement of the position.** Given the nature and extent of presenting concerns, course work and clinical counselling experience in addressing different forms of violence, trauma, crises, and mental health concerns are important considerations in the selection process.

Successful candidates must complete and provide a copy of the police/vulnerable sectors check by September 1.

**Deadline for completed application: March 4, 2021 at 11:59pm (Mountain Standard Time)**

Selected interviews are scheduled as soon as possible (even prior to the deadline date when possible) via Zoom.

Send completed application to:

Anna-Lisa Ciccocioppo, Ph.D., R. Psych.  
Counsellor (Professorial)/Training Coordinator  
Student Wellness Services  
[alciccoc@ucalgary.ca](mailto:alciccoc@ucalgary.ca)

**IMPORTANT:** Public health guidelines and orders will indicate whether practicum hours and supervision are completed on site, remotely, or a combination of both. Student Wellness Services is currently using Microsoft Teams for counselling virtually and also providing some in-person counselling. Changes to the details of the practicum are possible as part of the University of Calgary's evolving Covid-19 response. Applicants are required to be physically located in the Calgary region and anticipate being physically in the office.

*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.*