

2023-2024

The Centre for Psychological Services and Research
Internship Brochure



Introduction

The Centre for Psychological Services and Research (CPSR), a training unit of the School of Psychology at the University of Ottawa offers a pre-doctoral internship in both French and English giving interns an opportunity to complete their training in either language. Interns may choose to complete their training in English or French.

Appointments begin September 1, 2023 and end on August 31, 2024. The stipend is \$28,000 paid over the period of an intern's training; an additional \$500 is allocated to external applicants to assist with moving costs. The stipend is paid through a bursary. Additional benefits include a three-week vacation and statutory holidays including the period between Christmas and the New Year^[1].



In 2023-2024, we anticipate having one full-time position, available to students from Ph.D. programs in clinical psychology other than the University of Ottawa program, and seven full-time positions reserved for students in the Ph.D. Clinical Psychology Training Programme at the University of Ottawa.



Positions Available

For the internship year 2023-2024 the following eight internship positions are anticipated:

- Adult Clinical (External intern; English or bilingual; CPSR & external rotation; APPIC # 182719)
- Adult Clinical (uOttawa intern; English, French or bilingual; CPSR & external rotation; APPIC # 182714) – 3 positions
- Adult Clinical (uOttawa intern; English or bilingual; CPSR & The Ottawa Hospital^[2]; APPIC # 182720)
- Adult Clinical (uOttawa intern; French; CPSR & Montfort Hospital^[2]; APPIC # 182718)
- Adult Clinical/Community (uOttawa intern, English or Bilingual; CPSR & CRECS^[3]; APPIC # 182717)
- Adult/Child/Family Clinical (uOttawa intern, English or bilingual; CPSR & external rotation; APPIC # 182715)

¹ Certain external rotations exempt for the period between Christmas and the New Years.

² The split for these positions is 60% of the intern's time at CPSR and 40% at the external site.

³ For this position the intern will complete an 80 hour internal rotation in administration-related training as well as a 600 hour rotation in community consultation at the Centre for Research on Educational and Community Services (CRECS).

Eligibility Criteria for the Internship

To qualify for the internship at CPSR, an applicant must have completed at least two years of graduate work in a doctoral program in clinical psychology. It is expected that the applicant will have had a minimum of 1200 hours of practicum experience related to the provision of psychological services (minimum of 400 hours of direct service hours). As well, applicants must have a "letter of readiness" sent from their graduate program indicating that they are prepared and permitted to undertake the internship as part of their graduate training. The internship is restricted to individuals enrolled in a CPA and/or APA accredited program in clinical psychology.

Vaccination Requirement

CPSR conforms to current COVID-19 measures implemented by the University of Ottawa. For further information on these requirements consult <https://www2.uottawa.ca/en/covid-19>

Application

To apply to the internship, applicants must use the APPI Online system (<https://www.appic.org/Internships/AAPI>). They must ensure that the following are included: a covering letter indicating their plans and training interests in CPSR; a curriculum vitae; a duly completed APPIC Application for Psychology Internship (AAPI), which includes certification by the Director of Training; an official copy of the graduate transcript; and three letters of reference (CCPPP format is preferred).

The deadline for the receipt of completed applications is November 1, 2022.

This internship site abides by the APPIC policy that stipulates that ranking-related information will not be solicited, accepted, or used from any intern applicant.

The University of Ottawa is committed to employment equity and hires on the basis of merit. We encourage applications from all qualified individuals, including women, Aboriginal peoples, persons with disabilities and members of visible minorities.

For applicants affiliated with the University of Ottawa doctoral program:

Interviews will be scheduled in December 2022. Each interviewee will meet individually with two members of the selection committee for approximately one hour. Applicants will be notified by December 3rd if they are invited for an interview. Consistent with recommendations by CCPPP, interviews will be conducted remotely by either telephone or video conferencing.

For applicants from programs other than the University of Ottawa doctoral program:

Interviews will be scheduled during the second and third week of January in accordance with CCPPP proposition for the regional coordination of internship interviews. Each interviewee will have two separate individual telephone interviews with two members of the selection committee for approximately thirty minutes each. Applicants will be notified by December 2nd if they are invited for an interview. Consistent with recommendations by CCPPP, interviews will be conducted remotely by either telephone or video conferencing.

Training Program

The internship training program at CPSR offers intensive supervised experience to pre-doctoral interns in the practice of clinical psychology. A broad definition of clinical psychology is used at CPSR that includes clinical services to individual adults, adolescents and children, couples, and families as well as community consultation services to organizations. The mission of the internship program is to enable interns to acquire: **(1)** competence for the autonomous practice of clinical psychology; **(2)** a sound commitment to ethical standards of professional practice, **(3)** a strong sense of professional identity and responsibility, and **(4)** leadership abilities to undertake a variety of professional roles.

To accomplish this mission, the internship targets the development of competencies in four main areas of practice in clinical psychology:

- Assessment (i.e., diagnostic, career, and treatment planning)
- Intervention (i.e., individual, group, couple, and family)
- Consultation (i.e., training, program, and organization-focused)
- Research (i.e., continuation of dissertation research, CPSR projects, or those of core and affiliated faculty members)

The internship program values the development of a professional identity as a psychologist in the context of the scientist-practitioner model. The majority of the internship training staff at CPSR are full-time faculty members in the School of Psychology at the University of Ottawa affiliated with the Ph.D. program in Clinical Psychology. In this context, training staff model the integration of academic and professional roles through their dedication to training, research, and professional practice. The cornerstone of the program at CPSR is the scientist-practitioner model in which the clinician is encouraged to rigorously examine and critique interventions, account for the choice of such interventions, and evaluate their outcomes.

The internship is accredited by the:

Canadian Psychological Association
CPA Accreditation Panel
141 Laurier Avenue W., Suite 702
Ottawa, ON K1P 5J3
Phone: 1-613-237-2144

The Internship is fully accredited by the Canadian Psychological Association. The CPSR internship is listed with and follows the guidelines of the Association of Psychology Postdoctoral and Internship Centers in Psychology (APPIC) and the Canadian Council of Professional Psychology Programs (CCPPP).

The CPSR predoctoral internship program first became accredited with the Canadian Psychological Association (CPA) in 1990, and in 2016 was awarded a re-accreditation term of 6 years. A re-accreditation site visit took place in July of 2022.

Overview of Training Activities

The curriculum of training to meet the program's mission is experiential in nature, involving the delivery of psychological services supported by intensive supervision. The CPSR operates as a community mental health clinic providing services to the general population in the National Capital region. Interns are exposed to clients originating from diverse backgrounds, presenting with a variety of problems, and experiencing varying levels of psychological distress. Depending on an intern's training plan, caseloads are made up of individuals (children, adolescents, and adults), couples, and/or families. The types of clinical problems presented by clients include marital conflict, separation and divorce issues, children's disruptive behaviour problems at home or in school, parenting issues, attention-deficit hyperactivity disorders, trauma, depression, anxiety disorders, personality disorders, relationship difficulties, sexual health concerns and self-esteem problems.

The internship recognizes that contemporary requirements of practicing clinical psychologists typically include a broad range of service expectations. Psychological services are defined as direct contact with clients whether in person, virtually, or by telephone, consultation related to service delivery to a client, providing training and supervision to practicum students or other professionals, and participating in program development activities within the CPSR or at a community agency external to the CPSR.

The development of competencies in training consultation and supervision are accomplished through the involvement in practicum training offered at CPSR. This includes training in the provision of clinical supervision and training in the administration of clinical services. Training in community consultation focuses on developing skills in program development and evaluation in community-based human service agencies. The program consultation training is accomplished through supervised involvement in consultation activities at the Centre for Research on Educational and Community Services (CRECS) at the University of Ottawa.

To supplement the training offered at CPSR, all interns undertake external rotations in other sites that offer psychological services in the National Capital region (e.g., psychiatric hospitals, general hospitals, correctional facilities, private practices, etc.). These sites offer the intern the chance to provide psychological services and work with specific populations not available at CPSR. As well, training in these sites expose interns to other professional disciplines. External rotations can provide up to 800 hours of the 2,000-hour internship. The internship helps interns identify external sites that correspond to their training objectives and facilitates their placement in these sites. Three of the internal internship positions have external rotations already set (i.e., Montfort Hospital, Centre for Research on Educational and Community Services, and The Ottawa Hospital). For the other five internship positions, interns determine their external rotation with the assistance of the Interns' Coordinator and consistent with an individualized training plan prior to the beginning of the internship.

Training Resources

Each intern is provided with their own office. All offices are equipped with state-of-the-art digital recording equipment and computers. CPSR uses an electronic client file system. CPSR has an additional ten therapy rooms also equipped with recording equipment. Other training resources available to interns include, a wide range of commonly used psychological tests, computers for scoring and interpreting psychological tests, and holdings of the main library of the University of Ottawa located close to CPSR or accessed electronically.

Intensive Supervision

The delivery of psychological services by interns at the CPSR under the close supervision of faculty members at the CPSR serves as the main modality of training in the internship. Please see below for a list of supervisors. These activities expose interns to the application of psychology and the delivery of services based on current scientific knowledge while meeting contemporary standards of practice in clinical psychology. Intensive and systematic supervision is a key training element in the internship at CPSR. It involves the building of a collaborative relationship between interns and supervisors and a high ratio of supervisory contact to client contact hours.

Supervision is offered in individual and group formats. As students progress through the internship their emerging competencies and interests are fostered through the supervision process. As CPSR is also a primary site for practicum training for graduate students in the clinical psychology program at the University of Ottawa, interns are ***required to supervise the clinical work of two students at an earlier stage of training***. Interns are provided with training in clinical supervision through seminars, individual supervision, and supervision-of-supervision.

Clinical Staff

Full-Time Professional Staff

Adults/Couples Area:

Andrea Ashbaugh, Ph.D., C. Psych., Associate Professor (E)*
Interns' Coordinator

Interests: Anxiety disorders (PD, GAD, OCD, Specific Phobias, Social Phobia), Trauma, Eating Disorders

Orientation: Cognitive-Behavioural

Serena Corsini-Munt, Ph.D., C. Psych. Assistant Professor (B)

Interests: Couples, Relationship problems, Sexual problems, Mood and anxiety disorders

Orientation: Cognitive-Behavioural (including 3rd wave), Integrative, Emotionally Focused Therapy.

Marie-France Lafontaine, Ph.D., C.Psych., Associate Professor (F)*

Interests: Mood disorders, Anxiety disorders, Sleep disorders, Chronic pain, Relationship problems, Couples

Orientation: Emotionally focused therapy, Cognitive-Behavioural

Sophie Lebel, Ph.D., C.Psych., Associate Professor (B)*

Interests: Health Psychology, Bereavement, Mood and Anxiety disorders

Orientation: Cognitive-Behavioural, Existential, Integrative

Allison Ouimet, Ph.D., C.Psych., Associate Professor (B)* (Sabbatical)

Interests: Anxiety disorders, Depressive Disorders, Trauma-related disorders, Emotion Regulation problems

Orientation: Cognitive-behavioural

Elke Reissing, Ph.D., C.Psych., Professor (B)*

Interests: Sexual problems, Relational problems, Sexual abuse, Pain related problems

Orientation: Cognitive-Behavioural

Darcy A. Santor, Ph.D., C.Psych., Professor (E)*

Interests: Depression (Unipolar, bipolar, dysthymia), Anxiety (PD, OCD, GAD, SAD),

Relationship problems, Personality disorders, Stress management, Pain management, Grief and loss. Psychological interventions in a primary care setting

Orientation: Cognitive Behavioural, Interpersonal

Krystelle Shaughnessy, Ph.D., C. Psych. Assistant Professor (B)*

Interests: Psychodiagnostic assessment, Mood Disorders, Trauma-related Disorders, Social Anxiety, sexual assault and coercion, sexual well-being, problems related to digital technologies/Internet/social media

Orientation: Cognitive-Behavioural, sexually diverse and gender diverse affirmative practice

Giorgio Tasca, Ph.D., C.Psych., Professor (B)*
Interests: Group Therapy, Eating Disorders, Binge-Eating Disorder, Depression, Relationship Problems, Life Transitions
Orientation: Psychodynamic-Interpersonal

Monnica Williams, Ph.D., C. Psych., ABPP Assistant Professor (E)*
Interests: Obsessive Compulsive Disorder, posttraumatic stress disorder, prejudice/discrimination, social anxiety, illness anxiety, stress, major depression,
Approach: Cognitive-behavioural

Child/Adolescent/Family Area:

Jude-Mary Cénat, Ph.D., Assistant Professor (F)*
Interests: Trauma-related disorders, Internalized difficulties, Cultural and racial aspects of mental illness.
Orientation: Integrative (cognitive-behavioural, psychodynamic, transcultural).

Fanny-Alexandre Guimond, Ph.D., C.Psych, Assistant Professor (B)*
Interests: Internalizing problems, Parenting, Autism spectrum disorders
Orientation: Cognitive-Behavioural, Systemic

Maria Rogers, Ph.D., C.Psych., Associate Professor (E)*
Interests: ADHD, Parenting and learning problems
Orientation: Integrative

Elisa Romano, Ph.D., C.Psych., Associate Professor (B)*
Interests: Trauma, Emotional and behavioural difficulties, Family functioning (parenting)
Orientation: Cognitive-Behavioural, Systemic

Caroline Sullivan, Ph.D., C.Psych., Assistant Professor (B)*
Interests: Internalizing problems, Externalizing problems, Family Therapy, and Trauma
Orientation: Integrative, mainly Cognitive-behavioural

Programs/Organizations/Community Area:

Tim Aubry, Ph.D., C.Psych., Professor (B)*
Interests: Community mental health, Programme development and Evaluation of health and social services
Orientation: Community

Virginie Cobigo, Ph.D., C.Psych, Associate Professor (B)* (Sabbatical)
Interests: Community mental health, Programme development and Evaluation of health and social services, Developmental Disorders
Orientation: Community

Part-Time Professional Staff

Marc Carrière, Ph.D., C.Psych., Clinical Supervisor (B)*

Interests: Depression, Anxiety, Childhood abuse, Adjustment to illness/disability

Orientation: Cognitive-behavioural and Emotion Focused Therapy

Julian Caza, Ph.D., C.Psych., Clinical Supervisor (E)*

Interests: Obsessive-compulsive disorder (OCD), anxiety disorders, behavioural disorders, learning disabilities, life adjustments (children, adolescents, and adults)

Orientation: Cognitive-behavioural, behavioural

Véronique Franche, Ph.D. C.Psych, Clinical Supervisor (B)*

Interests: Relationship difficulties, trauma, perinatal & post-partum mood adjustment, health psychology

Orientation: Experiential/Emotionally focused therapy, Mindfulness & Compassion-based CBT

Marilen Gerber, Ph.D., C.Psych., Clinical Supervisor (E)*

Interests: Anxiety, Depression, Stress management, Assessment, Trauma

Orientation: Cognitive-behavioural, Interpersonal

Gillian Graham, Ph.D., C.Psych., Clinical Supervisor (E)*

Interests: Assessment and Treatment of Autism Spectrum and other Developmental Disorders; Development of children's play, Sensorimotor skills, Language, and Theory of mind; Child and Adolescent/Youth Psychotherapy for Anxiety, Depression; Anxiety management and Social skills development for children and Adolescent/Youths with Asperger's Disorder and High Functioning Autism

Orientation: Integrative, Developmental

Shirley Griffith, Ph.D., C.Psych., Clinical Supervisor (E)*

Interests: Evaluation Carrière / Career Counseling

Orientation: Integrative

Marilyn Guindon, Ph.D., C.Psych., Clinical Supervisor (F)*

Interests: Evaluation Carrière / Career Counseling

Orientation: Integrative

Jacob Kaiserman, Psy.D., C.Psych., Clinical Supervisor (E)*

Interests: Mood and anxiety disorders, Interpersonal Relationships. Supervise students seeing children and Adolescent/Youths as well, with interest in Adolescent /Youths especially

Orientation: Integrative (CBT and Existential Therapy)

Matthew Kerr, Ph.D., C.Psych., Clinical Supervisor (E)*

Interests: Complex/developmental trauma, PTSD, Dissociative Disorders, psychosis, differential diagnosis

Orientation: Integrative, with prominent interpersonal and experiential elements, trauma-informed

Sean Lafontaine, Ph.D., C.Psych (Supervised Practice) (E)

Interests: Anxiety, Mood, Stress Management, Trauma, Life Transitions, Communication, Health concerns (e.g., pain management, behaviour change, adherence, maintenance).

Orientation: Cognitive-Behavioural, Integrative, Experiential.

Annie Lamonde, Ph.D., C.Psych., Clinical Supervisor (B)*

Interests: Assessment of children and adolescent (ADHD, autism, learning problems and trauma), Intervention with children, adolescents, and families for emotional and behavioural difficulties including anxiety, depression, attachment issues and trauma.

Orientation: Integrative (CBT integrating mindfulness and acceptance approaches and using EMDR when appropriate)

Robyn Marquis, Ph.D., C.Psych., Clinical Supervisor (E)*

Interests: Relationship problems, Depression, Trauma

Orientation: Experiential, Interpersonal

* *Language*

E = English only

F = French only

B = Bilingual

Other Training Activities

Experiential activities are supplemented by didactic training activities that include seminars and case conferences.

Seminars are provided through the City-Wide Seminar Series by clinical supervisors at CPSR and psychologists external to CPSR working in a variety of different positions and settings. Seminars are organized in collaboration with the three other APA/CPA-accredited residency programs in Ottawa (i.e., Children's Hospital of Eastern Ontario, Royal Ottawa Health Care Group, and The Ottawa Hospital) and are attended by residents/interns from all sites. Topics covered have included preparation for registration, a primer on psychoactive medications, and working with clients presenting with different types of problems.

Case Conferences involve the presentation and discussion of clinical cases and consultation work undertaken by interns. They also serve as an opportunity for supervisors, interns, and practicum students to discuss the application of current ethical standards for psychologists as well as relevant legislation affecting the provision of psychological services.

Research Opportunities

There are also opportunities for interns to become involved in clinical research projects at CPSR. In past years, such projects have focused on Depression in Distressed Relationships, the Creation of Intimacy in Marital Couples, Process Analysis of Psychotherapy Sessions, Therapy for Depressed Older Adults, and Program Evaluation of Individual Therapy Services of Adults. The internship program functions according to a scientist-practitioner model and therefore values research involvement by its interns. As such, protected time for research is allocated according to each intern's individualized training plan and is equivalent to 8 full days.

Office Hours

CPSR is open year-round.

Mondays, Wednesdays & Thursdays: 8:45 a.m. to 8 p.m.

Tuesdays & Fridays: 8:45 a.m. to 5 p.m.

(June to August: Tuesdays & Fridays closed at 4 p.m.)

Centre for Psychological Services and Research (CPSR)

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Faculty of Social Sciences

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Room 4031

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[Map](#) (click for link)

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