Pre-Doctoral Internship in Pediatric Psychology

2018-2019

Department of Psychology
The Hospital for Sick Children, Toronto, ON, CANADA

The Hospital for Sick Children Pre-Doctoral Internship in Paediatric Psychology is accredited with the Canadian Psychological Association (2011/2012-2016/2017).
Overview

Three pre-doctoral internship positions in pediatric psychology are offered through The Department of Psychology at the Hospital for Sick Children in Toronto, Ontario. The one-year, full-time training position begins on September 4, 2018. Employment is contingent upon meeting the Hospital for Sick Children’s Occupational Health Requirements.

The full-year pre-doctoral internship program was initially accredited with the Canadian Psychological Association\(^1\) (CPA) in 2001, and in 2012, it was awarded a re-accreditation term of six years. The internship standards from CPA for application, rotations and delivery of the program are followed.

Our overall goal is to prepare the intern for the varied demands of professional practice in psychology -- skills that are readily transferred to a wide range of community settings. To learn more about our department and internship program, please visit: www.sickkids.ca/Psychology/Education-and-learning/Predoctoral-internship-program/index.html.

The philosophy of the internship mirrors that of The Hospital for Sick Children in that the needs of the patient and family are central. An evidence-based/best practice approach is used and clinical research is closely integrated with patient care activities. Conceptualizing the child’s cognitive and psycho-social needs and challenges within a developmental framework is integral to practice.

The Department of Psychology at SickKids exists as an independent department within a Child Health Services cluster model of service provision, and includes approximately 26 psychologists made up of individuals specializing in neuropsychology, clinical and health psychology, 10 psychometrists, and numerous research staff providing services and conducting research within the hospital. In addition to clinical training at the internship level (3 positions, accredited by the Canadian Psychological Association), the Department offers clinical training at the post-doctoral level in Pediatric Neuropsychology (2 positions), Pediatric Health Psychology (1 position) and graduate practicum level.

Goals of the Internship

The goal of our program is to prepare developing professionals with the skills, abilities and knowledge base to work within the scientist-practitioner model. Interns will gain experience with children of all ages who present with psychological problems related to congenital,

\(^1\) CPA Office of Accreditation
Canadian Psychological Association
141 Laurier Avenue West, Suite 702
Ottawa, Ontario K1P 5J3
1-888-472-0657
perinatal, or acquired medical conditions, or mental health issues. Interns are exposed to a wide array of patient populations in both inpatient and outpatient settings. Graduates of our program have entered into post-doctoral fellowship positions, positions in academic medical centers, academic settings, school boards, multi-disciplinary community clinics, and private practice.

Through their internship experience, trainees develop an increased awareness of, and acquire skills with respect to diagnosis, assessment, consultation, treatment, and professional and ethical issues. These general goals are met through weekly supervision within each rotation, and meetings with the director of training and selected staff.

Specifically, during this internship, interns will be exposed to the following issues:

I. **Ethical considerations and professional conduct.** Discussions will refer to the Canadian Code of Ethics for Psychologists, the APA Ethical Principles of Psychologists, and the Standards of Professional Conduct to explore real and hypothetical situations that challenge health care professionals.

II. **Jurisprudence.** Psychologists in Ontario are regulated by legislation that governs the practice of psychology. These laws and their regulations will be reviewed with special consideration given to how they affect professional practice. Situations in which the law and the code of ethics might conflict will also be discussed.

III. **Role and unique contribution of psychologists in a pediatric medical setting.** Ways in which psychologists can work effectively within the culture and behavioural expectations of a tertiary/quaternary care pediatric medical setting will be addressed. This will provide a contrast to the ways in which psychologists work within mental health and adult settings.

IV. **Effective communication with medical staff, colleagues, patients and families.** Different types of communication are required when dealing with various parties: professional staff, patients, families and other 'consumers'. Methods for communicating information appropriate for different parties will be addressed.

V. **Evidence-based care within a scientist-practitioner model.** The best care is that which is proven to be most effective and cost efficient. Interns will be taught to determine the best methods for assessment and intervention, based on valid research and outcome studies.

VI. **Continuing education as an ongoing component of professional practice.** Interns will learn the responsibility of self-directed learning as a life-long process. They will be encouraged to seek additional educational opportunities throughout their careers.

**Program Structure**

Clinical training will consist of assessment, intervention and consultation for a wide range of pediatric disorders and illnesses seen in a tertiary health care centre (ages 0-18 years). Each intern selects three or four supervised rotations during the year, one from each of three thematic areas of Pediatric Psychology:

- **Assessment:** Neuropsychology: Assessment and Programming OR Diagnostic/Learning and Academic Interventions
- **Intervention**: Pediatric Clinical and Health Psychology
- Clinical Research

Each rotation comprises 20 hours per week for 6 months. The intern will choose to emphasize either intervention or assessment by working in that rotation two days a week for the entire year. If the intern elects to emphasize intervention, they will work in the same intervention rotation for the entire year and will have a total of three rotations. This allows the intern to carry longer term cases and to attain a higher level of independence in their therapy skills over the training year. Should an intern elect to emphasize assessment, they will change rotations at mid-year in order to gain experience with different populations, different assessment techniques and different supervisors resulting in a total of four rotations.

Within each rotation, interns are offered an appropriate degree of independence in meeting the clinical demands so that their current skills will be broadened and enhanced and their knowledge base increased.

Interns meet with the Internship Coordinator on a regular basis. In this setting, there is an opportunity to share and discuss ethics and experiences within the context of specific rotations, and to deal with individual issues as they arise. Over the course of the internship year, the types of issues dealt with in these joint meetings will reflect the increasing autonomy and responsibilities expected of the developing intern. The goal of these meetings is to enhance the professional growth and development of the interns.

**Rotations**

Clinical training will consist of assessment, intervention and consultation for a wide range of pediatric disorders and illnesses seen in a tertiary health care centre (ages 0-18 years). Rotations are offered to allow the intern to work with a diverse range of patients under the supervision of various staff psychologists, to provide service across multiple programs, and to participate in focused research.

**Assessment**

All assessment rotations offered include the following common learning objectives. The intern will gain experience in:

- Administering a broad range of assessment tools, including cognitive, academic, psychosocial, behavioural, and functional measures
- Conducting comprehensive patient and family interviews
• Integrating and communicating information from the history, observed and reported behaviour, test results and school performance in the context of brain-behaviour relations through report writing and clinical feedback

• Providing consultation to members of the multidisciplinary team, families, schools, and other community agencies

• Developing recommendations for effective treatment management strategies, educational planning, and advocating for appropriate community-based resources

• These objectives are also facilitated through directed reading, structured supervision based on clinical cases and developmental neuropsychological principles, as well as attendance at team meetings, outpatient clinics, and multidisciplinary clinical and research rounds

Rotation-specific details are also indicated below:

<table>
<thead>
<tr>
<th>Neuropsychology: Assessment and Programming</th>
<th>Patient Populations Served</th>
<th>Age</th>
<th>O/P Ax</th>
<th>I/P Ax</th>
</tr>
</thead>
<tbody>
<tr>
<td>Epilepsy Surgery &amp; Epilepsy Classroom</td>
<td>• Epilepsy patients being considered for surgery</td>
<td>4-18</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Dr. Elizabeth Kerr</td>
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<tr>
<td>Epilepsy Surgery &amp; Metabolic/Genetics</td>
<td>• Epilepsy patients being considered for surgery</td>
<td>2-18</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Dr. Eva Mamak</td>
<td>• Genetic/Metabolic disorders</td>
<td></td>
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<tr>
<td>General Neurology</td>
<td>• Non-surgical epilepsy</td>
<td>4-18</td>
<td>✓</td>
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<tr>
<td>Dr. Katia Sinopoli</td>
<td>• Neuroinflammatory diseases (e.g., multiple sclerosis, CNS vasculitis)</td>
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<td></td>
<td>• Neurofibromatosis Type1</td>
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<tr>
<td>Haematology/Oncology</td>
<td>• Cancer (largely acute lymphoblastic leukemia, brain tumours)</td>
<td>3-18</td>
<td>✓</td>
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<tr>
<td>Dr. Brenda Spiegler</td>
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<tr>
<td>Dr. Sharon Guger</td>
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<tr>
<td>Dr. Laura Janzen</td>
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<tr>
<td>Neonatal Neurology</td>
<td>• Neonatal brain injury or disruptions in neurodevelopment (e.g., prematurity, hypoxic-ischemic encephalopathy, infectious disease)</td>
<td>3-18</td>
<td>✓</td>
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<tr>
<td>Dr. Tricia Williams</td>
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<tr>
<td>Stroke</td>
<td>• Arterial ischemic stroke, cerebral sinovenous thrombosis or other neurovascular conditions such as moya moya disease</td>
<td>3-18</td>
<td>✓</td>
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<tr>
<td>Dr. Robyn Westmacott</td>
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</tbody>
</table>
Transplant & Regenerative Medicine
Dr. Anna Gold

- Children with congenital or acquired organ deficits (heart, lung, liver, kidney) or intestinal failure

<table>
<thead>
<tr>
<th>Diagnostic/Learning and Academic Interventions</th>
<th>Patient Populations Served</th>
<th>Age</th>
<th>O/P Ax</th>
<th>I/P Ax</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attention Deficit - Hyperactivity Disorder and related disorders</td>
<td>Children with suspected attention-deficit/hyperactivity and related disorders</td>
<td>6-18</td>
<td>✓</td>
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<tr>
<td>Dr. Jennifer Crosbie Dr. Kelly Nash</td>
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<tr>
<td>Cardiology</td>
<td>Children with complex congenital and acquired heart conditions</td>
<td>3-18</td>
<td>✓</td>
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<tr>
<td>Dr. Renee Sananes</td>
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**Intervention**

Intervention rotations in clinical/health will all include the following core learning objectives. The intern will gain experience in:

- Formal diagnostic interviewing, report writing, and feedback to patients and families.
- Treatment with individual clients, family, and parenting sessions
- Treatment of comorbid conditions
- Learning to integrate psychological data with questionnaires and parent interview data, case formulation, feedback and report writing
- Working within an interdisciplinary team
- Being supervised through role-modelling, demonstrate, coaching, case conceptualization
- Actively participating in clinic rounds, seminars and case presentations

Therapeutic orientations include:

- Cognitive Behavioural Therapy
- Motivational Interviewing
- Behaviour Modification
- Play and Art Therapy
- Dialectical Behaviour Therapy
- Acceptance and Commitment Therapy
- Mindfulness
- Family psycho-education, parent skills
<table>
<thead>
<tr>
<th>Intervention:</th>
<th>Patient Populations Served</th>
<th>Age</th>
<th>O/P Ax</th>
<th>I/P Ax</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Clinical/Health Psychology</strong></td>
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<tr>
<td><strong>Chronic Pain</strong></td>
<td>• Children and adolescents with chronic pain conditions (e.g., neuropathic pain after injury, headache, neuromuscular disease), with disability problems secondary to pain, and pain as a presenting sign of depressive, anxiety, or somatoform disorders</td>
<td>3-18</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Dr. Danielle Ruskin</td>
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<tr>
<td>Dr. Catherine Munns</td>
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<td><strong>Eating Disorders</strong></td>
<td>• Children and adolescents experiencing eating disorder psychopathology</td>
<td>6-18</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Dr. Margus Heinmaa</td>
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<tr>
<td>Dr. Melissa Lieberman</td>
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<td>Dr. Brooke Halpert</td>
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<td><strong>Good 2 Go</strong></td>
<td>• Adolescents with complex health care needs requiring support to manage their transition to adult care setting(s)</td>
<td>12-18</td>
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<tr>
<td>Dr. Khush Amaria</td>
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<tr>
<td><strong>Haematology/Oncology</strong></td>
<td>• Children, siblings and caregivers coping with cancer treatment and/or bereavement</td>
<td>2-18</td>
<td>✓</td>
<td>✓</td>
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<tr>
<td>Dr. Maru Barrera</td>
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</tbody>
</table>
| **Pediatrics/Oncology/Cystic Fibrosis** | • Children and adolescents experiencing mental health issues in the context of their chronic health conditions  
• Children presenting with somatic disorders or behaviours interfering with medical treatment | 2-18 | ✓ | ✓ |
| Dr. Joel Tourigny | | | | |
| **Psychiatry** | • Children and adolescents experiencing anxiety and anxiety-related disorders (e.g., OCD, selective mutism, etc) | 6-18 | ✓ | |
| Dr. Sandra Mendlowitz | | | | |
| **Suspected Child Abuse and Neglect (SCAN)** | • Children and adolescents who may have been maltreated or neglected | 0-18 | ✓ | |
| Dr. Jasmine Eliav | | | | |
| Dr. Lana DePatie | | | | |
| **Team Obesity Management Program** | • Children and adolescents with complex obesity | 6-18 | ✓ | |
| Dr. Elizabeth Dettmer | | | | |
| Dr. Andrea Regina | | | | |
Research

The Hospital for Sick Children is an active and exciting research environment. Research in Psychology at SickKids includes:

- Characterizing the impact of various adverse insults on development
- Understanding the core deficits associated with medical and neurodevelopmental disorders
- Program development of evidence-based intervention for children treated with acute or chronic medical conditions
- Program development and evaluation to optimize transition to adult medical care
- Identifying relationships between neuroimaging measures of brain structure/function and neurocognitive outcome
- and more...

Most Staff Psychologists at SickKids are actively engaged in clinical research as well as clinical practice, and research-based rotations are arranged individually.

Other Training Opportunities

Additional training opportunities may include:

- Family Therapy
- Psychological intervention and/or parenting training with medically-complex patients
- Lectures and presentations within the hospital or for community groups
- Providing supervision to more junior trainees (practicum and/or graduate students) during the latter half of the internship to develop competency in the supervisory role.

Supervision

In accordance with CPA Accreditation Standards (2011), interns will have a primary supervisor in each rotation and will receive at least 3 hours of individual face-to-face supervision and 1 hour of shared supervision per week. Regularly scheduled, one-to-one supervision will involve case review, setting and monitoring of training goals, and professional development. Supervision follows a developmental model and fellows will work with a variety of faculty members throughout the fellowship for broad exposure to different styles of clinical practice and supervision. Group professional support/supervision meetings with the Internship Coordinator also takes place on a regular basis to address topics in professional/ethical standards, professional practice issues, cultural and individual differences, and diversity.
Didactics

A variety of formal and informal educational opportunities exist. A monthly Advanced Psychology Seminar day has been developed to provide interns with protected time to develop and enhance their clinical skills. Rotation-specific readings will be suggested by individual faculty. Sample format below:

<table>
<thead>
<tr>
<th>TIME</th>
<th>TOPIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-10</td>
<td>Professional Practice Issues</td>
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<tr>
<td>10:00 -11:30</td>
<td>Assessment Seminar</td>
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<tr>
<td>12:00 – 1:00</td>
<td>BREAK</td>
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<tr>
<td>1:00 – 3:00</td>
<td>Health Psychology Rounds</td>
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<tr>
<td>3:00 – 4:00</td>
<td>Case Consultation (Assessment &amp; Intervention)</td>
</tr>
</tbody>
</table>

In addition, interns will be expected to attend:
- Psychology Department Rounds (monthly)
- Quarterly Greater Toronto Area (GTA) Psychology Seminars. The goal is provide didactic and networking opportunities to interns across the GTA with a view toward providing connections as they move into their early professional careers.

Optional
- Directed Neuropsychology Readings
- Clinical Health Evaluative Science (CHES) Rounds
- Brain and Behavior Cross-Talks
- Neuroscience and Mental Health Program (SickKids Research Institute) Symposia
- Pediatric Grand Rounds
- Clinical and research rounds associated with individual rotations (e.g., Neurology, Neurosurgery, Hematology/Oncology, Psychiatry)

Evaluation

The evaluation process is designed to be dynamic and proactive. The goals of the evaluation process are to optimize the internship experience for each intern, to provide constructive feedback, and to ensure that all interns attain their personal goals and the goals of the program.

In an effort to monitor the Internship Program and to ensure its excellence, we also strive to facilitate feedback from each intern. In addition to the scheduled meetings outlined below, ad hoc meetings will be arranged as necessary. The Internship Coordinator provides leadership in the evaluation process and is responsible for its integrity. Formal written progress evaluations are prepared by the training faculty staff at the mid-point and conclusion of each rotation. Interns whose performance is not at an expected level of competence will be advised regarding the problem areas in their performance, and a specific plan to remediate those weaknesses will be developed.
Facilities

Despite our large numbers, the department has sufficient office and testing space for all its members. Interns share a large office, but have individual desk space, computers and access to secretarial support. They also have access to private office space can be reserved for individual assessments or therapy. Other resources in the department include an observation/interview room with a one-way mirror for training purposes, a group therapy room and a comprehensive test library. Interns have access to individual computers with internet connection, a private phone line and access to electronic medical journals through the University of Toronto Library.

Stipend and Benefits

The stipend for the 2017-2018 year is set at $31,500 CAD. Interns are eligible for the modified SickKids benefits package (health and dental), 2 weeks paid vacation, nine statutory holidays recognized by the hospital, 2 paid “float” days, and one week paid professional development leave. A $500.00 professional development fund is provided for each intern to be used for attendance at scientific conferences or professional development activities during the year.

Eligibility

Applicants must be enrolled in a doctoral program in clinical psychology accredited by the Canadian and/or American Psychological Associations. By the time of application, students should have completed a master’s degree (or equivalent), all compulsory doctoral course work, comprehensive examinations, dissertation proposal approved, and at least 600 hours of supervised practica. Applicants with academic and practical experience in child assessment and treatment are stronger candidates. As well, those applicants who are further along in their dissertation are also considered stronger candidates. A broad range of exposure and experience is preferred. Applicants who bring diversity to the program (e.g., fluency in French or experience with under-served populations) are especially encouraged to apply. In accordance with Canadian immigration requirements, preference is given to applicants who are Canadian citizens, or permanent residents of Canada.

The internship begins on the first working day of September and ends on the last working day in August of the following year.
Application

Our program uses the APPIC standard application, available on-line at http://www.appic.org/. The application package includes a form entitled "Verification of Internship Eligibility and Readiness" which must be completed by the Graduate Program Director of Training and submitted as part of the application.

Required supporting materials include:
- Cover letter stating applicant’s professional plans and special interest in the Sick Kids Internship Program (or refer to APPIC application essays)
- Curriculum Vitae
- Official transcripts of graduate transcripts
- APPIC Verification of Internship Eligibility and Readiness form
- Three (3) letters of reference (using the standardized APPIC reference form). At least two (2) letters should be from supervisors familiar with the applications clinical skills.

**Deadline for submission of applications is 11:59 p.m., EST on 1st of November each year.**

The Psychology Internship Program at SickKids conforms to the guidelines of the Association of Psychology Postdoctoral and Internship Centers (APPIC) and is also a member of the Canadian Council of Professional Psychology Programs (CCPPP). We participate in the Computer Matching process sponsored by APPIC. All applicants must register with the National Matching Services (www.natmatch.com/psychint) and/or APPIC (www.appic.org/) to be considered. Complicated applications are rated independently by members of the Internship Committee and are ranked. This internship site agrees to abide by the APPIC Policy that no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant.

Copies of the APPIC application forms can be downloaded from: www.appic.org

The Hospital for Sick Children Program Code Number: 181811.

- Candidates will be notified on the CCPPP Universal Notification Date - December 1, 2017 regarding whether or not they are being offered interviews (on site or by telephone).
- Interviews will be conducted with selected applicants during the 2nd and 3rd weeks of January 2018. While on-site interviews are not required, all candidates are invited to visit the hospital and meet with staff if possible.
- The matching process is completed through the National Matching Service.

In accordance with federal privacy legislation (Personal Information Protection and Electronics Documents Act – http://laws.justice.gc.ca/en/P-8.6), only information that is required to process your application is collected. This information is secured and is shared only with those individuals involved in the evaluation of your internship application.
Information about SickKids and Toronto

The Hospital for Sick Children (SickKids), affiliated with the University of Toronto, is recognized as one of the world’s foremost paediatric health-care institutions. It is Canada’s leading centre dedicated to advancing children’s health through the integration of patient care, research and education. With a staff that includes professionals from all disciplines of health care and research, SickKids provides the best in complex and specialized care by creating scientific and clinical advancements, sharing knowledge and expertise and championing the development of an accessible, comprehensive and sustainable child health system. The newly-constructed Sickkids Centre for Research and Learning has been providing a hub where researchers and learners can congregate and share ideas to transform the current state of child health care since its 2013 opening.

SickKids is located in downtown Toronto, Canada’s largest city. Toronto lies on the shore of Lake Ontario, the easternmost of the Great Lakes. Over 4 million people live in the Greater Toronto Area (GTA). Toronto is a clean, safe, cosmopolitan city with a wonderful network of parks, recreational, and cultural facilities. For more information: [www.seetorontonow.com](http://www.seetorontonow.com)