



**a place of mind**

**THE UNIVERSITY OF BRITISH COLUMBIA**

**MASTER'S LEVEL  
PRACTICUM  
PROGRAM**

## WELCOME

The University of British Columbia's Counselling Services, Student Development & Services, welcomes your interest in the **Practicum Training Program**.

We are pleased to announce the availability of practicum positions for the upcoming academic year.

The practicum training program is a part-time program beginning in September and continuing to the end of following April. Practicum students are expected to work two and a half days in the centre. The work week is Monday to Friday, from 9:00 am–5:00 pm. It is expected that practicum counsellors will complete a minimum of 600 hours of supervised work experience, of which 30% are required to be direct service.

Enclosed in this information packet you will find information about our services, our philosophy about training, and an outline of the training program activities. In addition, you will find information about how to apply. The counsellors here are committed to providing a personalized and quality training experience and value the unique contributions that each trainee brings to Counselling Services.

## GOALS

The goal of the practicum program is to provide a diversified and comprehensive training experience to prepare counsellors to be competent to practice in a college or university counselling centre or similar setting. To attain this goal we use a scientist-practitioner training model. Practicum students are exposed to a wide range of professional role models, mentors, and trainers.

## PRACTICUM TRAINING PROGRAM

The University of British Columbia's Counselling Services offers opportunities for master's students enrolled in a counsellor-training program. Graduate students registered in counselling psychology, clinical psychology, and social work are encouraged to apply. The center emphasizes the delivery of counselling services in the form of individual and group work in three major areas: personal concerns, career planning, and learning enhancement. Supervision is considered a core focus of this training program.

## MISSION STATEMENT OF COUNSELLING SERVICES

Integral to the educational mission of The University of British Columbia, Counselling Services provides professional counselling services for the purpose of assisting students to achieve their educational and career goals. The educational mission of the university is advanced most effectively through the integration of personal, academic, and career development. To facilitate growth in all three areas, and thereby maximize student success, Counselling Services offers a broad range of proactive/preventative, developmental/remedial, and crisis/emergency counselling services for UBC students.

Counselling Services further extends the educational mission of the University through the training and supervision of practicum students and doctoral interns in counsellor training programs. Counselling Services is committed to pluralism, the creation of an inclusive campus community in which students, staff, and faculty feel respected, valued and celebrated for their unique identity and experience as well as empowered to contribute fully as active participants in our campus community. In keeping with this commitment, Counselling Services provides services and programs which are sensitive and responsive to the broad range of diversity within the student population including but not limited to gender, race, culture, ability, and sexual orientation.

## THE PRACTICUM

Counselling Services provides an open, collegial atmosphere promoting self-exploration and growth. We offer practicum placements to students in graduate counsellor training programs. Practicum trainees are involved in providing personal, academic, and career counselling services to registered UBC students across individual and group contexts. Practicum students are also involved in outreach activities. Practicum students receive a minimum of two hours of individual supervision per week. Additionally, practicum students participate in weekly group supervision and case management. We provide access to audio-visual equipment to enhance learning. Practicum students are also involved in our training seminars and professional development programs. Practicum students have full access to our learning resources such as counselling and psychological journals, books, as well as career and psychological testing material.

## CORE ACTIVITIES

- I. **Direct service** 8 (with group 10) /week  
*Counselling*
  - Individual counselling
  - Group counselling (personal development)
  - Sitting in on intakes
  - Outreach programs
  
- II. **Indirect service** 5–7 hours/week
  - Report writing
  - Consultation with other professionals
  - Video recording review
  - Planning intervention and reading
  - Supervision, outreach and group preparation
  - Professional development seminars
  
- III. **Supervision received** 4+ hours/week
  - Individual supervision
  - Didactic group supervision (Training Case Conference)
  - Case disposition + Case Consultation
  - Supervision of group counselling
  - Goal-setting and evaluation meetings
  
- IV. **Other training activities** 0–1 hours/week
  - Training seminars
  - In-service professional development

## APPLICATION PROCESS

Applicants must be enrolled in a master's counsellor training program. Additionally, practicum applicants must have completed their basic counselling skills training courses, and preferably at least one clinic or practicum experience. Applicants must have the approval from their program supervisor to apply. Applicants must submit the following:

1. A completed Practicum Application form
2. A current curriculum vitae
3. Official graduate transcript(s)
4. A video recording of a mock counselling session (30minutes of an initial counselling session)
5. Three letters of reference from supervisors who have observed your clinical and academic performance. At least one letter is to be submitted by your clinic or practicum supervisor.
6. A one-page statement of intent indicating how this practicum experience fits into your training and career goals.

Please direct all application materials and inquiries to:

**Jenny Cormack**

Administrative Coordinator

Phone: 604.822.3811

Fax: 604.822.4957

Email: [jenny.cormack@ubc.ca](mailto:jenny.cormack@ubc.ca)

**Counselling Services**

Brock Hall, Room 1040 – 1874 East Mall

Vancouver, BC V6T 1Z1

Applications will be accepted up to March 1 of the current academic year. All applications will be reviewed by the Practicum Selection Committee, and selected candidates will be invited for an interview. A criminal records check is required for all counsellors accepted to the program.

## STAFF CONTACTS

MASTER'S LEVEL PRACTICUM PROGRAM

## Counsellors and Psychologists

### Counsellors and Psychologists

- Cheryl Washburn, Ph.D., R.Psych. (University of Calgary), Director
- Renee Avitan, M.S.W. (University of British Columbia)
- Kirk Beck, Ph.D., R.Psych. (University of British Columbia)
- Karen Flood, Ph.D., R.C.C. (University of British Columbia)
- Jacky Gruter-Andrew, M.A., R.C.C. (Simon Fraser University)
- Jennifer Hollingshead, M.A., R.C.C., C.C.C. (
- Lauren McBride, Ed.D., R. Psych. (Boston University)
- Jim Oulton, M.S.W. (Dalhousie University)
- Vanita Sabharwal, M.S.W. (University of Toronto)
- Whitney Sedgwick, Ph.D., R.Psych. (Suffolk University)
- Aneesa Shariff, Ph.D., R.Psych. (University of British Columbia)

### Pre-Doctoral Interns

- Tanya Elez, M.A. (University of Winnipeg)
- Paulo Matos, M.A. (University of British Columbia)
- Carolyn Burns, M.A. (Trinity Western University)
- Megan Hughes-Jones, M.A. (University of British Columbia)

### Practicum Counsellors

- Naomi Adams, B.A. (Adler School of Professional Psychology)
- Diana Jung, B.A. (Adler School of Professional Psychology)
- Anna Nakahori, B.A. (Simon Fraser University)
- Kirsty Chase, B.A. (Adler School of Professional Psychology)

### Administrative Staff

- Sara Doherty, Clinical Secretary
- Sherri Parnell, Clinical Secretary
- Jenny Cormack, Administrative Coordinator

## SETTING

Set beside the sparkling waters of the Pacific Ocean on Canada's west coast, the University of British Columbia's 403-hectare campus is located a few kilometres from downtown Vancouver, a thriving port city of nearly two million people. Vancouver is Canada's third-largest city and offers all the excitement of a major international business centre, along with pleasant outdoor cafes, clean streets and safe, friendly neighbourhoods.

Surrounded by the majestic coastal mountains and ringed with broad, sunny beaches, Vancouver is a city of parks and gardens, which provide numerous sports and recreational opportunities year-round.

Cultural amenities abound in Vancouver, whether they are world-class art galleries and museums like UBC's Museum of Anthropology, or the major sports, film, theatre, and music festivals that take place in the city throughout the year.

Situated halfway between Europe and Asia, Vancouver is home to many people from different ethnic backgrounds who are encouraged, as are all Canadians, to maintain their own cultural lifestyles and religious beliefs. The city's numerous specialty food stores and restaurants cater to every taste.

Vancouver is 55 kilometres from the Canada–United States border, and an easy two-and-a-half-hour drive from Seattle, Washington. Vancouver International Airport is a major connecting point to North America as well as to Asia, Australia, Latin America, and continental Europe.

Getting around Vancouver is relatively easy, thanks to a reliable public transit system. Cycling is a popular mode of transportation for UBC students and faculty who live in residential areas close by the Point Grey campus.

Due to the moderating effects of warm Pacific currents, Vancouver's winters (December to February) are milder than other regions in Canada and spring comes early. In winter, the average temperature rarely dips below freezing. Summers (from late May to August) are warm but pleasant, with average temperatures of about 23 degrees Celsius. Regular rainfall during the late fall and early spring is a fact of life in Vancouver, but these gentle rains keep the city's gardens green and the air fresh.

(Adapted from "Your Gateway to Knowledge," UBC 1997.)

## THE UNIVERSITY

Incorporated in 1908, the University of British Columbia is a global centre of research and learning, offering a comprehensive range of undergraduate, graduate (post-graduate), and professional programs. With more than 35,000 full-time students, UBC is the third-largest university in Canada. Students choose UBC because of our:

- International reputation for leading-edge research;
- Wide range of degree programs and specialized courses;
- Tradition of excellence and innovation in teaching and learning;
- Modern, high-tech facilities;
- Extensive international linkages and student exchange programs; and
- Commitment to student success.

UBC is one of the most influential research institutions in Canada. UBC faculty members attract millions of dollars in research grants and contracts annually, and 80 percent of all university research in British Columbia is conducted at UBC. UBC researchers participate in each of the 14 networks funded by the Canadian government's Networks of Excellence Program.

The University's motto, *Tuum Est – It's Yours*, reflects the wealth of opportunities available at UBC. The University offers instruction in 12 faculties and 10 schools, providing studies in all the major disciplines and professions. UBC's Faculty of Graduate Studies offers masters' and doctoral-level studies and administers a number of interdisciplinary research centres and institutes. Diploma programs are also offered in certain specialized courses of study.

Over 700 non-credit courses to enhance personal and career development are offered through UBC's division of Continuing Studies. The English Language Institute in Continuing Studies offers short-term academic preparation and communication courses for speakers of English as a second language.

UBC's more than 5,100 faculty are leaders in their fields, dedicated to continuing UBC's tradition of excellence in teaching and learning in laboratories, lectures, and seminars.

UBC has one of the largest research libraries in Canada with extensive print and electronic collections of our over nine million items, including non-book items such as CD-ROM and online databases. The library operates twenty branches and service divisions including the brand new state-of-the-art Walter C. Koerner Library that focuses on the humanities and social sciences collections.

UBC has established an extensive network of international linkages with overseas universities through student and faculty exchange programs, research collaborations, and program development.

UBC welcomes visiting students at both the undergraduate and graduate level.