

MASTER'S LEVEL PRACTICUM PROGRAM

UNIVERSITY OF BRITISH COLUMBIA, COUNSELLING SERVICES

Land Acknowledgement

The University of British Columbia (UBC), Counselling Services would like to respectfully acknowledge that we are working on the traditional, ancestral & unceded territories of the Coast Salish Nations of xwməθkwəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and sə́ilwətaʔt (Tseil-Waututh).

We are committed to the recognition and honoring of the Truth and Reconciliation calls to action. We are also actively working towards decolonizing our practices at UBC Counselling Services which encourages the creation of safe and equitable spaces for growth, healing and excellence in mental health care

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 5 practicum positions for the upcoming training year, with one of these positions designated for Indigenous students who will be supported by our Indigenous Mental Health and Wellbeing team throughout their practicum placement.

The practicum training program is a part-time program beginning mid-August and continuing to the end of the following April. Practicum students are expected to work a minimum of 2½ - 3 days per week, on-site, with Thursday at 11 am being a required time for meetings such as case distribution, group supervision – counsellor process, and case discussions. The other days are the applicant's choice. 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. We work within a hybrid model and provide services to students both in person and virtually.

Enclosed in this information packet you will find information about our purpose and goals of training, philosophy, diversity and inclusiveness, training program activities, practicum stipend, and information about how to apply. The University of British Columbia's Counselling Services staff are committed to providing a personalized and quality training experience based on the unique contributions that each trainee brings to Counselling Services.

The Training Program – Philosophy

The Practicum Program at the University of British Columbia is committed to providing a *Scientist-Practitioner* model of training. We embrace a developmental approach to facilitate the transition from graduate student to professional practitioner.

Our training program builds on the knowledge and skills that counsellors acquire during graduate training and prepares them for entry level positions as generalist practitioners. Practicum counsellors develop core skills in general assessment, providing individual and group counselling, crisis intervention, and collaborative care.

Our training program begins with a structured 2-week training orientation, with the focus of acquainting practicum counsellors with UBC's service delivery model, policies and procedures of the Counselling

Services, technological requirements, development of trainee goals, schedule development, and so on. In collaboration with staff and supervisors, trainees identify initial strengths and growth edges. As the practicum program unfolds, new goals are set and counsellors assume increasing levels of responsibility and autonomy.

We expect that practicum counsellors will make developmental transitions throughout the program including enhancing confidence in their skills, consolidating their professional identity, and increasing their ability to function autonomously. By the end of the practicum, counsellors are prepared for entry-level practice.

Goal of our Practicum Program

Integral to the educational mission of The University of British Columbia, Counselling Services provides professional counselling services for the purpose of assisting students in achieving their educational, career, and personal goals. In collaboration with other student support services (e.g., Student Health Services, Centre for Accessibility), we offer students a stepped care model of support that includes preventative, developmental, and therapeutic services to the university community. For example, services we provide include intake assessment, crisis intervention, individual and group counseling, facilitation of referrals, and community development activities.

In this context, the goal of our Practicum Program at Counselling Services is to provide a training environment that will prepare practicum counsellors to become competent and versatile generalists in the practice of professional counselling. The Practicum Program has five overarching goals, which reflect our training philosophy. They are:

1. To facilitate clinical competence in assessment and case conceptualization.
2. To develop effective clinical intervention skills, and demonstrate these skills with a variety of presenting concerns and in different modalities (e.g., individual and group counselling).
3. To enhance awareness and knowledge of cultural and individual diversity, efforts to decolonize clinical practices, and to integrate this understanding into all forms of service delivery.
4. To develop knowledge and skill in consultation and collaborative stepped care.
5. To facilitate the acquisition of skills and competencies in self-awareness/reflective practice, professional behaviour, and professional identity development.

Diversity and Inclusiveness

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.

Decolonization

We are also dedicated to developing our professional awareness and responsibilities to decolonize our clinical practices at UBC Counselling Services. Staff and students are engaged in thoughtful work to build understanding regarding cultural humility, cultural allyship, as well as Indigenous mental health and sovereignty. This work is done through offering our staff and students learning opportunities, while working in partnership with Indigenous service providers, and delivering innovative, culturally safe and respectful psychological services to UBC students.

Practicum Training Program

Counselling Services provides an open, collegial atmosphere promoting skills training, professional development, and collegiality. Practicum trainees are involved in providing individual and group counselling services to registered UBC students. Supervision is a key component of our training program, we use video review to enhance learning. Practicum students have full access to our learning resources such as counselling and psychological journals, books, webinars, and psychological testing material.

Core Activities

I. Direct counselling service 8+ (with group 10.5) hours /week

- Individual counselling
- Group counselling

II. Indirect service 5–7+ hours/week (minimum)

- Report writing
- Consultation with other professionals
- Video recording review
- Planning interventions and reading
- Supervision and group preparation

III. Supervision received 3+ hours/week

- Individual supervision (2 hours per week)
- Case distribution, group supervision, case discussions, peer case consultation
- Supervision of group counselling
- Goal-setting and evaluation meetings

Note: the student in the Indigenous practicum student stream will receive supervision with the Equity Associate Director and/or the IMHW team members, as well as participate in all the regular supervision activities as noted above.

IV. Other training activities 0–1 hours/week

- In-service professional development

Indigenous Student Practicum Stream

The Indigenous student practicum stream within our larger “Counselling practicum and internship training” program is a training opportunity for a self-identified Indigenous student. This placement will provide all the high-quality, personalized support offered in our generalist program and as is necessary for their practicum as outlined above, with the benefit of the following:

- Meaningful support and mentorship with an Indigenous supervisor,
- Participation in the delivery of some services alongside the Indigenous Mental Health and Wellbeing team members who provide culturally relevant and meaningful counselling support to Indigenous UBC students,
- Opportunities to co-facilitate mental health workshops and Talking/Sharing Circles designed for Indigenous UBC students,
- Engagement in activities at the UBC Longhouse and other locations on campus promoting Indigenous student health and well-being, including involvement in delivery of orientation sessions, workshops, presentations and a mental health and wellbeing fair specifically organized for Indigenous UBC students,
- Participate, as appropriate, in traditional ceremonial events that are offered on the UBC campus alongside our IMHW team,
- Build knowledge regarding culturally sensitive counselling work offered to Indigenous community members as our UBC counselling team continues to be informed by and ground our work in the UN Declaration on the Rights of Indigenous Peoples (UNDRIP), the Truth and Reconciliation Report and Recommendations (TRC), and the UBC Indigenous strategic plan (ISP) initiatives.

This practicum placement has been developed to center an Indigenous student’s clinical counselling experience within the program general activities, while exploring the challenges of Indigenizing and decolonizing our work as Indigenous mental health professionals and counsellors. The Indigenous student in this practicum placement will also have the opportunity to engage with other practicum students in a range of training opportunities and participate in seminars.

Stipend

As part of our dedication to equity and in recognition of the tremendous value practicum trainees bring to our clinic, we are able to offer a nominal stipend for service throughout the training year. The stipend consists of a \$2,000. payment that will be distributed in two equal, lump-sum payments (\$1,000. each) upon successful completion of each semester (December and April, respectively). Distribution of stipend is also subject to approval from each trainee’s respective department.

Application Process

Applicants must be enrolled in a master’s counsellor training program. Additionally, practicum applicants must have completed their counselling theory and counselling skills training courses, previous clinic or practicum experience is preferred. Applicants must have approval from their program supervisor to apply. Applicants must submit the following:

1. A current curriculum vitae/resume that includes: date, name, address, phone, email, education, counselling experience, employment, professional development activities, research grants/publications/presentations, and community service.
2. A one-page letter of intent indicating how this practicum experience fits into your training and career goals. For those students applying for the Indigenous student practicum stream, please do self-identify in this statement, also indicating your experience working in and alongside the Indigenous community, and please be prepared to discuss this in your interview.
3. Transcripts – undergraduate and graduate degree (unofficial transcripts are acceptable)
4. Two 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.
5. A recording of a mock counselling session (20-30 minutes of an initial counselling session). Please submit the recording on a USB memory stick, digital link to your video, or Zoom session. The mock session should focus on the counselling relationship, exploring the concern(s) and context, goal setting, micro skills and interventions, and next steps.

Please direct all application materials and inquiries to:

Dr. Karen Flood, R.Psych.

Practicum Coordinator
Counselling Services
Brock Hall, Room 1040 – 1874 East Mall
Vancouver, BC V6T 1Z1

Phone: 604.822.3811

Fax: 604.822.4957

Email: karen.flood@ubc.ca

The application deadline is January 20th. All applications will be reviewed by the Practicum Selection Committee, and selected candidates will be invited for a virtual interview. Offers will be made on a rolling basis and the selection process will be complete once all four practicum positions are filled for the mid-August to April term. A criminal records check is required for all counselling students accepted to the program.

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 kilometers 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 kilometers 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 60,000 students, UBC is the second-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.

The University's motto is--Tuum Est, meaning "It Is Yours." Many students interpret the motto as "It is up to you," which cultivates strong feelings of responsibility and ownership among the student population and 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 5,400 faculty members 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 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.