

*Horizon Health NB  
Clinical Psychology Internship Program*

*Match Number: 185111*

**Fredericton, New Brunswick  
Program Brochure 2019-2020**

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## The Community

Fredericton is the capital city of New Brunswick and is located in the beautiful St. John River Valley. With a city population of approximately 56,000 and a greater metro population of 105,000, Fredericton offers the amenities of a larger city with the feel of a small city.



Fredericton has affordable housing, clean and quiet streets, community and recreational activities, excellent

daycare centres, shopping, theatre and festivals, public transit, and several restaurants. Fredericton is also proud to be home to two universities: St. Thomas University and the University of New Brunswick.

In the summer, spend your time on the banks of the St. John River. Fredericton is home to hundreds of kilometers of running/cycling trails, the beautiful Odell Park, the Playhouse, the Beaverbrook Art Gallery, the Harvest Jazz and Blues Festival, the Boyce Farmer's Market, the historic Garrison District, and several craft beer vendors.

In the winter, enjoy hundreds of kilometers of cross-country skiing trails, skating in lovely outdoor rinks, downhill skiing at Crabbe Mountain, or attend one of the many winter festivals (e.g., Shivering Songs Festival, Frostival, and Winterfesthiver).

Due to its central location, Fredericton is also a great place from which to explore the Maritime Provinces. Day trips to the Bay of Fundy (Atlantic Ocean; 1hr drive), the Saint Martin UNESCO Sea Caves (1.5hr drive), Saint John (1hr drive), Moncton (1.5hr drive), the Hopewell Rocks (2hr drive), and the Northumberland Strait (the warmest waters north of the Carolinas; 2hr drive) are all just a short drive away. Explore Prince Edward Island (3hr drive), Halifax (4hr drive), and the Cabot Trail in Cape Breton (6hr drive) on a weekend trip.

For more information on Fredericton and New Brunswick:

[www.tourismfredericton.ca/](http://www.tourismfredericton.ca/)

[www.tourismnewbrunswick.ca/](http://www.tourismnewbrunswick.ca/)

## Horizon Health Network (Fredericton Area)

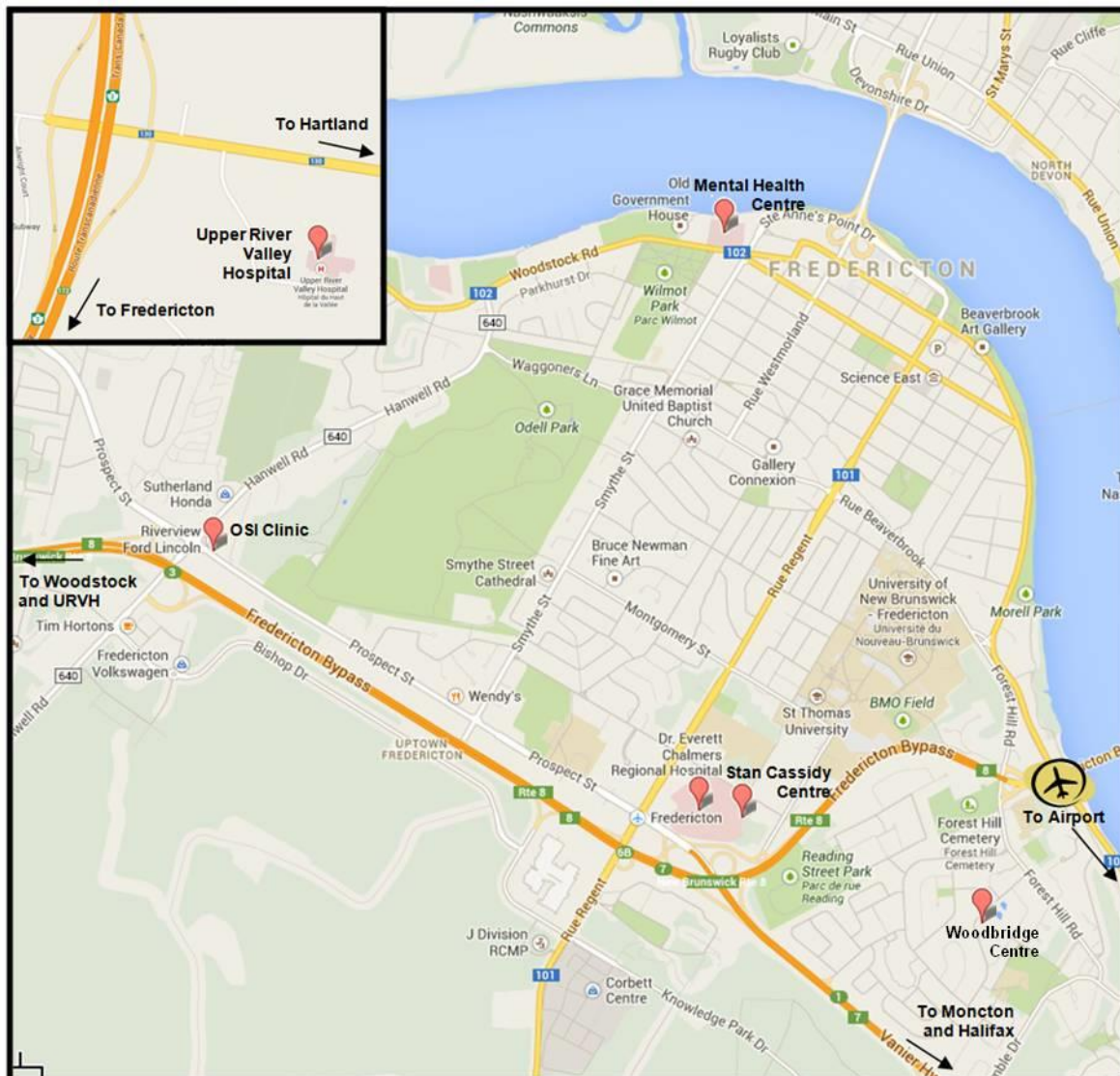


The Horizon Health Network is a unified health authority for the Anglophone areas of New Brunswick.

<http://en.horizonnb.ca/>

The Horizon Health NB Clinical Psychology Internship Program is set in the Fredericton and Upper River Valley Areas of the Horizon Health Network (formerly the 'River Valley Health Region'). It is currently comprised of five settings:

- Dr. Everett Chalmers Regional Hospital (DECRH)
- Stan Cassidy Centre for Rehabilitation (SCCR)
- Two Addictions and Mental Health Services centres (AMHS)
- Operational Stress Injury Clinic (OSI)
- Upper River Valley Regional Hospital (URVH)



### The Dr. Everett Chalmers Regional Hospital (DECRH)

The DECRH is a 330-bed regional hospital serving the greater Fredericton area and surrounding communities. 5.8 full-time psychologists provide psychological assessment, psychotherapy, and consultative services to mental health in-and out-patients (focusing on mood, anxiety, psychotic, and personality disorders), as well as, oncology, cardiology, diabetic, surgery, and dialysis patients. We also assess and treat patients with a variety of medical problems from the Family Practice inpatient unit, Geriatric and Restorative Care, Cardiac Rehabilitation and Pediatric units. All Psychologists are active members of interdisciplinary teams. Opportunities for group and individual psychotherapy and a broad range of assessment and consultative procedures are available for interns.



- 700 Priestman St., Fredericton, NB.

### The Stan Cassidy Centre for Rehabilitation (SCCR)

SCCR is the only provincial centre in New Brunswick that offers intensive interdisciplinary rehabilitation for those with complex neurological disorders and neurodegenerative diseases. Four members of the psychology staff serve on two interdisciplinary teams. We offer services to children (e.g., cerebral palsy, spina bifida, brain and spinal cord injuries, muscular dystrophy, autism, and other pervasive developmental disorders) and adults (e.g., mild to severe acquired brain injury, spinal cord injury, complex cerebral vascular accidents, and progressive neurological diseases). We are housed in a modern (2006) facility, with 20 inpatient beds and five transitional living units. We also provide services to many out-patients. On the adult team, three Psychologists are an integral part of an interdisciplinary team, and provide neuropsychological assessment and consulting, personality and behavioural assessments, and a wide variety of interventions for mental health concerns. On the interdisciplinary pediatric team, the Psychologist (currently on leave) provides neuropsychological, psycho-diagnostic, and behavioural assessments, and serves as a consultant to other caregivers and schools. The SCCR is connected to the DECRH by a skywalk. For a virtual tour of the Stan Cassidy Centre for Rehabilitation, please visit:



<https://www.youtube.com/watch?v=ZgtOg4KSMZE>

- 800 Priestman St., Fredericton, NB.





### Addictions & Mental Health Services (AMHS)

There are two AMHS centres in our catchment area (in Fredericton and Woodstock) with several satellite/outreach offices in out-lying communities, which employ a total of six psychologists (including three vacancies at present). Psychologists are part of interdisciplinary teams and provide services to children and adolescents and their families, as well as to adults and seniors. The clientele have a wide variety of mental health disorders and problems, and may require longer-term community-based treatment and/or support. The Fredericton AMHS centre provides addiction services, an Early Psychosis Program (EPP), as well as group psychotherapy for anxiety and depression. There are also groups for borderline personality disorder (STEPPS and DBT for Families), parenting groups, and addictions recovery groups (for both patients and their families).



- 65 Brunswick St., Victoria Health Centre, Fredericton, NB.
- 200 King St., Woodstock, NB. (Currently no Psychologist on staff due to a vacancy)

### Operational Stress Injury Clinic (OSI)

The Operational Stress Injury Clinic Fredericton is one of ten OSI Clinics across Canada. It provides a specialized outpatient program that serves Veterans of the Canadian Forces, active Canadian Forces members, and eligible members of the Royal Canadian Mounted Police (RCMP). An operational stress injury (OSI) is any constant psychological problem resulting from operational duties performed while serving in the Canadian Forces (CF) or as a member of the RCMP. OSI is used to describe a broad range of problems which can include diagnosed mental health conditions such as anxiety disorders, depression and post-traumatic stress disorder (PTSD) as well as other conditions that may be less severe, but still interfere with daily functioning. Four psychologists work on an interdisciplinary team of professionals which includes psychiatrists, social workers, and mental health nurses. Interns' work will include psychological assessment, consultation, and intervention, and participation on an interdisciplinary team.



- 900 Hanwell Rd., Unit 12, Fredericton, NB.

## Upper River Valley Hospital (URVH)

This hospital services the Upper River Valley with both primary and secondary care, inpatient and outpatient services, including an emergency department which provides 24-hour care. It is a 70-bed hospital with beds designated for obstetrics, surgery and medical patients, including palliative care and paediatrics.



Surgical services are provided from three operating rooms. The Hospital Psychologist (currently vacant position) works across the entire hospital providing psychological assessments and brief interventions for inpatients. S/he provides out-patient services to those with physical health and concomitant mental health problems. S/he facilitates a multidisciplinary mental health inpatient team, provides consultancy for the Healthy Ageing Clinic and offers various in-service training to colleagues.

- 11300 Route 130, Waterville, NB.

## The Horizon Health NB Clinical Psychology Internship Program:

### An Overview

This 1800 hour, 12-month internship program will appeal to interns wanting comprehensive training at the pre-doctoral level in a scientist-practitioner atmosphere, with the expectation for training toward independent practice or academic clinical psychology. In our view, independent practice requires not only extensive knowledge of psychological assessment, intervention, consultation, and knowledge of pertinent ethics and professional issues, but also a broad view of the health care system and complementary community-based services. At present there are two positions available.

As this internship program offers opportunities to learn in several settings, it provides a wide variety of training in both traditional mental health assessment and treatment, as well as in neuropsychology, health, and rehabilitation psychology. At all sites interns will participate actively as members of interdisciplinary teams. In consultation with faculty, each intern will choose two concentrated (6 months, 3 days/week) rotations and one extended rotation (12 months, 1.5 days/week), dependent upon his or her interests, previous experience, and the availability of supervision.

At present there are 15 licensed psychologists (8 at the doctoral level) working in six settings, as well as one additional doctoral-level resident psychologist in the process of obtaining licensure. We are actively recruiting to seven vacant positions. As a group, we meet approximately once per month to discuss professional issues.

In accordance with their interests, interns have the opportunity to work with adult mental health patients on an inpatient and outpatient basis, medical patients with a variety of associated mental health issues, injured military and RCMP personnel, and adult neurological rehabilitation patients. All interns, while working on inter-disciplinary teams, have exposure to psycho-diagnostic and cognitive assessments, and individual and group interventions. Opportunities to work with children, adolescents, and families are potentially available.

Many of our psychologists and clientele are bilingual/francophone, allowing for training at least partially in French if desired. However, prospective applicants need not be bilingual as the majority of the services provided through this internship are in the English language.

Psychologists in our health region are regulated and licensed by the College of Psychologists of New Brunswick (CPNB). Our theoretical orientations vary among us, but derive primarily from cognitive-behavioural and interpersonal psychology, with some influence of psychodynamic, acceptance and commitment therapy, mindfulness, attachment theory, motivational communication, existential, and systemic theories, as well as neurodevelopmental and neurocognitive rehabilitation. Although there is some variability depending on area of specialization, our skills and services include psychological assessment and diagnosis, psychological treatment, and psychological consultation to clients, their families, and to other staff/professionals. We offer services in accordance with the relevant legislative acts and professional standards, guidelines, and codes of ethics.

We supervise not only interns, but also psychology graduate students on practicum placements and residents (interim members of CPNB in their final year of supervision prior to licensing). We



provide formal education on issues related to the practice of psychology to our fellow staff members and members of the community. Many of us are Clinical Associates of the Department of Psychology at the University of New Brunswick, and therefore serve on university committees and assist with teaching of courses. Finally, opportunities to attend conferences and workshops for the purpose of continuing education (both in-house and in the community and province) are available.

### **Our Philosophy and Mission:**

Our psychology internship program grew out of a recognition that we need to be part of the training of psychologists in New Brunswick. As supervisors, we also recognize the value to our profession, and to ourselves, of sharing our knowledge and mentoring those seeking to enter our profession. We recognize that an internship is the place where senior doctoral students develop their competencies by putting into sustained, active practice the skills and knowledge obtained through graduate study. As such, interns are supported to engage in diverse roles, and to develop broad competencies with a variety of populations in keeping with our generalist focus. Interns are supported in developing competencies in all key areas of clinical psychology including assessment, diagnosis, intervention, consultation, case conceptualization, supervision, research/program evaluation, and professional ethics. Interns receive progressive independence in practice over the course of the internship, balanced with a supportive supervisory relationship. In our internship, direct service provision is balanced with ample time for review, study, and supervision. Interns are encouraged to self-direct their program and to seek out challenges that are of personal interest to them, but this is balanced with recognition that core competencies must be acquired, and progress in skill-acquisition is monitored throughout the year. We strive to achieve this while encouraging interns to balance work and life commitments.

Interns will be exposed to diverse client populations while expanding their awareness of the interaction of professional issues with personal characteristics of both the client and the professional. Moreover, we honour diversity by inviting all qualified applicants to apply, and by not discriminating based on age, race, religion, gender, sexual orientation, disability, socioeconomic status or geographic location. We follow national standards for training, including an endorsement of research-based knowledge and the scientist-practitioner model. We aim to provide an atmosphere of caring, integrity, respect, and responsibility toward our patients, our community, and our profession.

### **Accreditation**

We are accredited with the Canadian Psychological Association (CPA Accreditation Office, 141 Laurier Ave., Ottawa, K1P 5J3). As of 2014 we are re-accredited for a six-year term. We are members of APPIC and CCPPP.



**Curriculum and Objectives:**

1) Interns will participate in two six-month concentrated rotations (3 days/week) and one extended 12-month rotation (1.5 days/week). Each intern will carry an active caseload, and will spend approximately (but not exceeding) two-thirds of his or her time in direct client care. Interns will also participate in interdisciplinary case rounds, workshops and conferences, independent study, and various administrative activities relevant to psychological services. A half day will be devoted to research/program evaluation activities and didactics.

2) Interns will develop the ability to review charts to extract pertinent information, formulate appropriate assessment questions, plan and conduct an assessment, hone clinical interviewing skills, and interpret and integrate objective and subjective assessment results to form sound case conceptualizations. Provision of feedback from assessment results to patients and their caregivers is also an important part of skill development.

3) Interns will learn skills in short-term and longer-term psychotherapy with primarily a cognitive-behavioural (and “third-wave” therapies) focus. They will be exposed to other forms of psychotherapy as opportunities arise. They will carry a caseload of two or three long-term (up to one year) clients/patients, as well as several short-term clients (individuals and in groups). Primary goals are to conduct assessments, develop rapport, formulate cases, plan and implement evidence-based psychological interventions, as well as to terminate therapy, with a variety of consumers.

4) Interns will be able to establish DSM-5 diagnoses (where appropriate), assess suicide risk, establish social, emotional, and cognitive status, and to learn the complex interactions between physical and mental health factors. They will learn to be sensitive to and aware of cultural, racial, religious, sexual, economic, physical, and linguistic diversity.

5) Interns will develop effective written and verbal communication skills necessary for interacting with clients, their caregivers, and a variety of other professionals in interdisciplinary teams. They will learn to operate within their competencies, as well as to apply the many other ethical principles by which psychologists are required to self-monitor.

6) Research activities are considered an important part of a psychologist’s training. This will be accomplished through reading and critical analysis of relevant clinical literature in the context of seminars and supervision sessions. Interns will also engage in in-house research projects and/or program evaluation, as well as present their research within the psychology department and at conferences when possible. A research and/or program evaluation project is mandatory.

7) Interns are expected to provide supervision of a more junior graduate student in Clinical Psychology. In turn, supervision activities will be overseen by faculty psychologists.

## **Stipend and Benefits**

The annual stipend is \$32,000, with three weeks paid vacation, 12 days of sick leave, and 12 paid statutory holidays. Interns also have the option to take unpaid vacation in addition to their paid vacation (pre-approval from the internship training director is required). We also offer a minimum of three education days and access to \$500.00 toward conference registration or travel expenses. Interns are encouraged to attend educational opportunities (such as conferences, workshops, etc.). Blue Cross health insurance (dental, extended medical, and EFAP; optional) and parking (optional) are available.

## **Supervision**

In keeping with the Canadian Psychological Association guidelines, interns will have at least four hours of individual supervision per week by doctoral level psychologists, shared between their supervisors from concentrated and extended rotations. Supervision hours are protected in our interns' schedules. Further, most supervisors have an open-door policy should interns require additional supervision outside of their regularly scheduled supervision time.

Clinical supervision can take many forms. Review of audio- and/or videotapes of assessment and psychotherapy and/or co-therapy and/or observation of group or individual therapy may be appropriate. Discussion of test selection, interpretation, case formulation and diagnosis will be included in supervision, as will planning and execution of treatment, and revision of reports. Case conferences, seminars, and individual reading time will augment each intern's learning.

Interns will meet monthly with the Internship Training Director (ITD) to discuss general ethical and professional issues, review evaluations when necessary, and to provide opportunities to 'trouble-shoot' any general problems or difficulties. Other faculty will offer didactic sessions in a variety of professional issues as well.

All interns will have the opportunity (and the responsibility) to supervise a predoctoral-level clinical psychology practicum student. In turn, a member of our faculty will supervise this activity. Interns are also encouraged to attend bimonthly journal club meetings where relevant articles on supervision are discussed.

## **Physical Facilities/Support Services**

Interns will have access to private workspace to interact with clients/patients and to write reports. Sharing of offices may be necessary at times, but interns will have access to secure storage space for confidential documents. We have an excellent supply of testing material, scoring software, audiovisual equipment, library materials, and journals/textbooks. Private telephones and voicemail, computer access with e-mail and online abstracts are available, as well as access to the local university libraries.

Clerical support for many administrative tasks (e.g., ordering materials, scheduling appointments with outpatients, and typing dictated assessment reports) is available at most rotations.

**Evaluation**

In the Horizon Health NB internship program, evaluation is bi-directional. At the beginning of each rotation, the supervisor and intern will collaboratively develop specific competency-based goals in writing, with the aim of becoming competent in all general areas of provision of psychological services. It is expected that each intern is prepared for the licensing process upon graduation from our program. Each intern's efforts to attain his/her goals will be reviewed regularly to monitor progress and mitigate any difficulties that arise. Goals, progress, and any concerns will be forwarded to the ITD.

Supervisors and interns will complete an evaluation in writing at the end of each rotation. Both the ITD and the intern will prepare a more formal evaluation at the end of the internship program. These evaluations are established to assist each intern to recognize areas that need improvement, and to reinforce strengths. We are dedicated to providing superior training, and so we benefit from the interns' evaluative feedback. Supervisors will meet with the ITD quarterly to discuss interns' progress, and all issues related to education and professional development.

## Didactic Sessions

Faculty members provide didactic sessions on the topics listed below, depending upon staff availability and interns' interests. Interns will be expected to read chosen papers/chapters on these topics and to participate in discussions.

### *High Priority Topics (preferably first half of year):*

- 1) Life after the Doctorate/Licensing (including professional laws)
- 2) Reporting abuse
- 3) Suicide assessment and prevention
- 4) Confidentiality/interdisciplinary teams
- 5) Professional boundaries and dual relationships
- 6) Supervision (part 1, how to make the most of this relationship)
- 7) Transference and Counter-transference
- 8) Diversity/multiculturalism
- 9) Maintaining Balance/compassion fatigue
- 10) Personality Disorders
- 11) Termination

### *Other possible topics:*

- 1) Legal and Court issues
- 2) Private Practice
- 3) Resistance in Psychotherapy
- 4) Supervision (Part 2 – how to supervise others)
- 5) PTSD
- 6) Persistent Pain
- 7) Sleep Disorders
- 8) Substance Abuse
- 9) Diversity: Spirituality
- 10) Diversity: Language issues
- 11) Therapeutic Feedback
- 12) Hypnosis
- 13) Motivational Interviewing
- 14) Mindfulness
- 15) Neurocognitive Disorders in Psychiatric Diagnoses
- 16) Tele-health and Technology in Psychology/Healthcare
- 17) Positive Psychology
- 18) Prescription Medications
- 19) Attachment Theory
- 20) Co-morbidity/Dual-diagnosis



**Sample Schedules**

We believe that as part of the internship experience interns should learn to work a standard 8:30-4:30 day (37.5 hour work week). Thus, our interns do not work evenings, weekends, or from home.

Interns complete two 6-month concentrated rotations (3 days/week) and one 12-month extended rotation (1.5 days/week).

Below are two samples of hypothetical rotation schedules:

Monday	Tuesday	Wednesday	Thursday	Friday
Concentrated Rotation ↓	Concentrated Rotation ↓	Extended Rotation ↓	Concentrated Rotation ↓	Extended Rotation ↓
				Research & Didactics ↓

Monday	Tuesday	Wednesday	Thursday	Friday
Concentrated Rotation ↓	Concentrated Rotation ↓	Concentrated Rotation ↓	Concentrated Rotation ↓	Concentrated Rotation ↓
Extended Rotation ↓		Extended Rotation ↓	Extended Rotation ↓	Research & Didactics ↓

## Description of Rotations

### Overview

The Horizon Health NB Internship program currently offers rotations in the areas listed below. Most rotations are available as either a concentrated (6 months, 3 days/week) or extended rotation (12 month, 1.5 days/week), but this depends on supervision and availability of physical space from year to year. Interns *will not* be expected to participate in a paediatric rotation if it is not their area of interest.

Faculty who provide supervision are listed below. All rotations offer a balance of assessment, psychotherapy, consultation, seminars, case conferences, individual learning, interdisciplinary activities, and administrative duties. Note that rotation availability varies somewhat, depending on supervisor commitments and office space, and the need to balance the priorities of both interns. We strive to offer interns their top choices for rotations.

#### Adult Mental Health (Mandatory rotation)

DECRH – Supervision by Dr. D. Colquhoun  
AMHS (Fredericton) – Supervision by Dr. L. Scott

#### Adult Rehabilitation & Health Psychology

DECRH – Supervision by Dr. D. Snow & Dr. R. Gupta-Rogers  
SCCR – Supervision by Dr. S. Morehouse & Dr. R. Mills

#### Clinical Neuropsychology (Adult)

SCCR – Supervision by Dr. S. Morehouse, Dr. R. Mills & Dr. J. Savoie

#### Operational Stress Injury Clinic (Adult Mental Health) (Extended rotation only)

OSI – Supervision by Dr. C. Letts & Dr. M. Murgatroyd

#### Paediatric Health/Mental Health (Extended rotation only)

AMHS (Fredericton) – Supervision by Ms. A. Otteson

**Adult Mental Health – DECRH rotation (Mandatory)**

Potential Supervisor(s): David Colquhoun, Ph.D., L.Psych.

This rotation is located on the adult inpatient psychiatry unit at the DECRH. This is an acute care unit and hospitalization of patients is relatively short. Interns work as part of an interdisciplinary team which includes psychiatrists, nurses, occupational therapists, social workers, and community outreach workers. Patients range in age from young to older adults. Many patients are diagnosed with anxiety, mood, psychotic-spectrum, personality and adjustment disorders. On this rotation, interns maintain an active caseload including both inpatients and outpatient and are involved in assessment, consultation, and psychotherapeutic intervention. Should interns have a greater interest in assessment or therapy, they may adjust their caseload accordingly. Interns are expected to attend inpatient rounds and contribute to the care of their patients through collaboration on an interdisciplinary team and through family meetings when appropriate.

Assessment/Consultation: Referrals for assessment are received primarily for diagnostic clarification, personality, neurocognitive functioning, and discharge/treatment planning. Should interns wish to further develop their skills in the area of neurocognitive assessment, they may be able to select appropriate cases from the patient waiting-list.

Intervention: Interns are responsible for the inpatient relaxation training group. Advanced training in longer term evidence-based psychotherapy is available in this rotation, and interns are encouraged to maintain a subset of their inpatients as outpatients following their discharge. Longer-term experience in outpatient intervention is therefore available up to the duration of the rotation if interest is expressed by prospective interns. This experience has allowed interns to implement a full course of treatment with patients traditionally presenting with disorders from the mood and anxiety spectrum. Note: If interns wish to provide psychotherapy for psychotic disorders, they are encouraged to express this interest early into the internship such that appropriate referrals can be accessed from the early psychosis program.

**Adult Health/Mental Health – URVH rotation**

Potential Supervisor(s):        Currently unavailable

One psychologist (vacant position) at URVH receives the spectrum of inpatient and outpatient referrals. When the rotation is available, interns at the URVH work as part of an interdisciplinary team (Mental Health Consultation Team) which includes social workers, occupational therapists, ER psychiatric nursing, and community mental health liaison. Patients range in age from young to older adults. On this rotation, interns maintain an active caseload including inpatients and outpatients and engage in assessment, consultation, and therapy. Referrals are received from hospital staff, local physicians, and from the Stan Cassidy Centre for Rehabilitation. Given the breadth of referrals, interns can build their caseload with a health psychology or adult mental health focus.

Assessment/Consultation: Referral questions vary but include behavioural challenges, mood and anxiety concerns, capacity/competency issues, neurocognitive evaluation, grief and loss, and treatment planning.

Intervention: Inpatient therapy tends to be short-term and interns primarily provide services to the oncology and palliative units. Outpatient therapy tends to focus on anxiety, depression, caregiver burnout, and adjustment concerns. Many (but not all) of these outpatients have chronic health concerns which may or may not be a focus of treatment. Therapy on this rotation is primarily of trans-diagnostic CBT, Mindfulness, and Acceptance and Commitment (ACT) orientations. As part of this rotation, interns have the option to facilitate the Cardiac Rehabilitation group or a mixed health/mental health Mindfulness-Based Cognitive Therapy group.

**Adult Health Psychology – DECRH rotation**

Potential Supervisor(s): Rama Gupta-Rogers, Ph.D., L.Psych.  
Dean Snow, Ph.D., L.Psych.

Health psychology at DECRH provides services to most inpatient units within the hospital including palliative, cardiology, oncology, and endocrinology. On this rotation, interns maintain an active caseload including inpatients and outpatients, and engage in assessment, consultation, and therapy. Referrals are received from hospital physicians. Patients range in age from young to older adults. Interns contribute to the interdisciplinary care for their patients (including family meetings). As part of this rotation, interns have the option to serve in the Cardiac Rehabilitation Program (run out of the Woodbridge Centre, 180 Woodbridge St., Fredericton). Clinical activities in this setting include psychosocial screening, individual consultations and facilitation of a patient psycho-educational program. Therapy on this rotation is primarily CBT and supportive therapy and includes exposure to Motivational Interviewing. Interns working in the Cardiac Rehabilitation Program require CPR certification.

Assessment/Consultation: Referrals tend to focus on depression/anxiety screening assessments, personality assessment, diagnostic clarification of somatic symptoms, cognitive screening evaluations, and discharge/treatment planning.

Intervention: Inpatient therapy tends to be short-term (less than six months) and focuses on quality of life, stress management, grief and loss, anxiety and depression, adjustment to chronic illness, and chronic pain management. Interns will maintain a subset of their inpatients as outpatients following their discharge and may also see outpatient clients from our waiting list.



### **Adult Rehabilitation & Health Psychology – SCCR rotation**

Potential Supervisor(s): Susan Morehouse, Ph.D., L.Psych.  
Rebecca Mills, Ph.D., L.Psych.

On this rotation, interns work as part of the SCCR interdisciplinary team, which includes nurses, physiatrists, physiotherapists, social workers, a dietician, speech language pathologists, recreation therapists, a respiratory therapist, and occupational therapists. Patients range in age from adolescents to older adults; all present with neurological injuries or neurodegenerative diseases (e.g., acquired brain injuries, CVA's, spinal cord injuries, multiple sclerosis). Many patients have co-existing mental health concerns and/or cognitive impairment. Interns attend inpatient rounds and contribute to the interdisciplinary care for their patients (including family meetings). On this rotation, interns maintain an active caseload including inpatients and outpatients, and engage in assessment, consultation, and psychotherapy. Often, interns continue to treat former inpatients on an outpatient basis. This rotation provides a blend of assessment, consultation, and intervention opportunities.

Assessment/Consultation: Referral questions vary and include: neurocognitive assessment, personality and behavioural assessment, diagnostic clarification, and discharge/treatment planning.

Intervention: Inpatient intervention tends to be short-term and focuses on quality of life, chronic pain management, stress management, behaviour management, anxiety and depression, grief and loss, and adjustment concerns (related to acquired brain injury, spinal cord injury, cerebral vascular accidents, and progressive neurological diseases). Longer-term psychotherapy with outpatients is usually available. Psychotherapy on this rotation is primarily of CBT, IPT, Motivational Communication, Mindfulness, and Acceptance and Commitment (ACT) orientations. Cognitive rehabilitation principles are also followed.

### **Clinical Neuropsychology (Adult) – SCCR rotation**

Potential Supervisor(s): Susan Morehouse, Ph.D., L.Psych.  
Rebecca Mills, Ph.D., L.Psych  
JoAnne Savoie, Ph.D., L.Psych.

This rotation includes both in- and outpatient neuropsychological assessment for patients with neurological illness or injury (e.g., traumatic brain injury, stroke, brain tumors, multiple sclerosis). Referrals for assessment are from the psychiatry, neurology, and neurosurgery departments. The purpose of the assessment is often to delineate cognitive strengths and weaknesses to facilitate treatment decisions and discharge planning as well as guide return-to-work and return-to-school programs. Consultation with the rehabilitation team is key component of the rotation. We use a flexible battery approach to our assessments. Thus, assessments will range from initial neuropsychological screening to more comprehensive assessment with test substitutions due to the patient's limits or physical limitations. The majority of patients on the rotation are adult but may occasionally include adolescents.

Assessment/Consultation: Referral questions range, and include (not an exhaustive list): mild traumatic brain injury assessment/diagnostic clarification, dysexecutive syndrome assessment, ability/impairment assessment following acquired brain injury (e.g., stroke, TBI), and monitoring of

cognitive changes related to progressive neurological diseases (e.g. multiple sclerosis, and other). Screening for mood disorder is typically included in the assessment and more in-depth personality and emotional functioning assessments are also required in some cases. Consultation is provided to the rehabilitation team, medical/nursing staff, as well as other community organizations involved in the patient's care. The intern will be responsible for completing intake interviews, administration/scoring/interpretation of assessment tools, report writing and communicating results to staff/patients/families.

Intervention: This rotation is focused primarily on assessment. There may be opportunities for brief, focused interventions aimed at increasing awareness for patients and providing education to patients/families on brain injury. Interventions with clients may also focus on optimizing participation in therapies, coping with disability and recommendations to maximize daily functioning.

**Operational Stress Injury (Adult Mental Health) – OSI rotation (Extended rotation only)**

Potential Supervisor(s):           Cindy Letts, Ph.D., L.Psych.  
  Mathieu Murgatroyd, PsyD, L.Psych.

This rotation provides outpatient services and is operated out of the Operational Stress Injury clinic. Interns work as part of an interdisciplinary team which includes psychiatrists, mental health nurses, and social workers. On this rotation, interns maintain an active caseload of assessment, consultation, and therapy. Clients are veterans of the Canadian Forces, active Canadian Forces members, and eligible members of the Royal Canadian Mounted Police (RCMP).

Assessment/Consultation: The purpose of assessment at the OSI clinic is to determine whether the client currently suffers from an operational stress injury. Interns complete comprehensive assessments with a focus on psycho-diagnostics and treatment recommendations.

Intervention: Common presentations include anxiety disorders, depression, post-traumatic stress disorder, substance misuse, and chronic pain as well as other conditions that may be less severe, but still interfere with daily functioning (including marital and parenting issues). Therapy on this rotation is primarily of CBT orientation with an emphasis on utilizing evidence-based therapies (e.g., Prolonged Exposure and Cognitive Processing Therapy).

**Pediatric Health/Mental Health – AMHS rotation (Extended rotation only)**

Potential Supervisor(s): Amy Otteson, M.A., L.Psych.

In Fall 2017, the government of New Brunswick is changing how mental health services are delivered to youth in the Fredericton region. A new approach called an Integrated Service Delivery (ISD) was developed. Under ISD, partners that are involved with youth will work more closely together to increase collaboration and coordination of service delivery. As a result, most mental health services that were traditionally delivered at outpatient community mental health clinics will now be delivered in the school setting by an interdisciplinary team that includes members from education, child and family services, justice and health. The goal of ISD is to enhance the system capacity to respond in a timely, effective and integrated manner to the strengths, risks and needs profiles of children, youth and their families (right service intensity at the right time). As such, interns who choose an extended rotation in pediatrics will have the opportunity to provide psychological services as a part of an interdisciplinary team working in the school setting.



Assessment/Consultation: Referral questions vary and include cognitive and psycho-diagnostic assessment. Common presentations include anxiety, PTSD, OCD, attachment issues, eating disorders, depression, behavioural issues, emerging personality disorders and ADHD. Consultation with school staff is common.

Intervention: Depending on the age of the client, interns provide individual, group, or family psychotherapy. Although formal family therapy is not provided, interns are encouraged to take a systems approach, incorporating parents, caregivers, and teachers into the interventions. Interns will also work to connect families with appropriate community supports and resources. Depending on the time of the year, interns may have the opportunity to become involved in psychotherapy groups that are offered to both clients and their parents (e.g. DBT; CBT group for depression and anxiety; parenting groups).

## Faculty

### Dr. Everett Chalmers Regional Hospital (DECRH)

- Leo Berk            B.Sc. (Acadia University), M.A. (Queen’s University), L. Psych (1998)
- Mr. Berk serves on the Paediatric Unit, and he also provides outpatient services to children and adolescents with mental health issues related to a medical condition. His work with the Paediatric Unit includes consultation, short-term individual psychotherapy, and assessments of personality and cognitive functioning. His orientation is primarily cognitive-behavioural. Mr. Berk also conducts assessments of cognitive functioning for adult outpatients.
- David Colquhoun    B.Sc. & M.Sc. (Acadia University), Ph.D. (Dalhousie University), L.Psych. (1997), UNB Clinical Associate, Professional Practice Advisor
- Dr. Colquhoun is a psychologist on the acute inpatient mental health unit. His inpatient work focuses on psycho-diagnostic and neuropsychological evaluation of patients with mental health difficulties or neuropsychiatric disorders. Brief individual psychotherapy is offered, primarily for the treatment of anxiety, depression, and adjustment disorders. His orientation is cognitive behavioural. Dr. Colquhoun is also involved in program evaluation. He currently serves as the professional practice leader for Horizon Health Network (Fredericton and Upper River Areas).
- Catherine Fraser    B.Sc. (Dalhousie University), Ph.D. (University of New Brunswick), Resident in Psychology (2018)
- Dr. Fraser is a Resident in Psychology on the adult inpatient psychiatry unit at the DECRH. Working within an interdisciplinary team, her work includes short-term individual psychotherapy, consultation, and psycho-diagnostic and cognitive assessments. Emphasis is on differential diagnosis, treatment planning, and recommendations for community-based follow-up. Her theoretical orientation is primarily cognitive-behavioural, but includes elements from motivational, interpersonal and mindfulness-based perspectives as appropriate.
- Donna Grant        B.Sc. (Acadia University), M.A. (University of New Brunswick), L.Psych. (1994)
- Ms. Grant’s orientations are primarily cognitive-behavioral and motivational. She performs psycho-diagnostic assessments, and conducts psychotherapy for in- and outpatients with a variety of medical problems. She works in Family Medicine, Oncology and Geriatric and Restorative Care.



Rama Gupta-Rogers B.Sc. (McGill), M.A. (Lakehead University), Ph.D. (University of New Brunswick), L.Psych. (1994), UNB Clinical Associate

Dr. Gupta-Rogers currently serves on inpatient surgical, family practice, maternity, and palliative care medical units. She also provides outpatient service for individuals with medically related psychological problems. She offers consultation, performs psycho-diagnostic assessments, and conducts psychotherapy for in- and outpatients with a variety of medical problems. She is currently a member of the regional pain committee and of the enhancing surgical outcomes committee. She serves as a Psychology Representative in the HHN Therapeutic Services Clinical Practice Committee. Her theoretical orientation is cognitive-behavioural, and she uses hypnotherapy in some of her clinical work. More recently, she has adopted mindfulness and acceptance and commitment therapy approaches.

Dean Snow B.A. (Brock University), M.Sc. (Memorial University of Newfoundland), Ph.D. (University of New Brunswick), L.Psych. (2001), UNB Clinical Associate

Dr. Snow serves on the Oncology Program, Cardiac Unit, and HHN Zone 3 Cardiac Rehabilitation Program. He also provides outpatient service to primary care programs. Dr. Snow provides general clinical assessment and therapy in these programs, in addition to consultation regarding adherence to medical regimens, and adjustment to illness and disability. In the Cardiac Rehabilitation Program Dr. Snow provides individual consultations and group psycho-education around lifestyle change, stress and depression, and supports program evaluation. He has a cognitive-behavioural theoretical orientation but includes interpersonal, motivational, and psychodynamic elements in his approach. Dr. Snow is a member of the Motivational Interviewing Network of Trainers (MINT).

**Stan Cassidy Centre for Rehabilitation (SCCR)**

Rebecca Mills B.A. (Queen’s University), M.Sc. (University of Alberta), Ph.D. (University of British Columbia), L.Psych. (1999), UNB Clinical Associate

Dr. Mills is currently a psychologist on the Adult Team. She administers neuropsychological and psycho-diagnostic assessments to those with neurological injuries and disorders. She provides psychotherapy (adjustment, anxiety and mood disorders), pain management, consulting, and behaviour management interventions to groups and individuals in neurological rehabilitation. Her orientation is primarily cognitive- behavioural, with strong interests in psychodynamic, interpersonal, acceptance, and mindfulness psychotherapies.

Susan Morehouse B.A. & M.A. (University of New Brunswick), Ph.D. (Dalhousie University), L.Psych. (2000), UNB Clinical Associate

Dr. Morehouse is a psychologist with the Adult Team. She provides psychotherapy (e.g., mood disorders, grief and adjustment to disability, sleep disorders), pain management, behavioral management interventions, cognitive compensatory techniques and education and consultation. Her work includes inpatient and outpatient neurological populations in both group and individual settings. Dr. Morehouse uses an integrative approach which is predominately cognitive behavioral in nature and draws on techniques from interpersonal, motivational, mindfulness and acceptance perspectives as appropriate.

JoAnne Savoie *Internship Training Director*  
B.A. (Saint Thomas University), Ph.D. (University of Ottawa), Post-doctoral fellowship in Neuropsychology (McLean Hospital, Harvard Medical School), L.Psych. (2000), UNB Clinical Associate

Dr. Savoie is currently a psychologist with the Adult Team. Her primary area of interest is neuropsychological assessments to individuals with neurological injuries and disorders on both an inpatient and outpatient basis. In addition to education to patients/families and consultation with the interdisciplinary team about patient’s cognitive functioning, she offers psychotherapy to inpatients to address mood, adjustment and behavioral difficulties. Her orientation is primarily cognitive-behavioral. She is fluently bilingual.

## Addictions and Mental Health Services

Sharon Kincade B.A. (Dalhousie University), M.A. (University of New Brunswick), M.C. (Athabasca/University of Lethbridge/University of Calgary), CCC, L.Psych. (2013)

Ms. Kincade is a Psychologist and a member of the Adult Team at the Fredericton Community Mental Health Centre. Her position involves providing individual therapy and assessments to adults with a variety of mental health issues. Her theoretical orientation draws primarily on cognitive-behavioral, solution-focused, and narrative approaches.

Amy Otteson B.A. (University of New Brunswick), M.A. (McGill University), L.Psych. (2011), UNB Clinical Associate

Ms. Otteson is a psychologist on the Child and Youth Integrated Service Delivery Team in the Fredericton South Cluster. She works on an interdisciplinary team providing services to children and adolescents ranging in age from 11 to 21. Her position involves a combination of individual psychotherapy, assessments (cognitive and psycho-diagnostic), family and group interventions (including a DBT group for adolescents and their families). Her theoretical orientation is integrative, drawing strongly from cognitive-behavioural, dialectical behaviour therapy and interpersonal/existential approaches. Ms. Otteson has an expertise in issues related to Transgender Health, is a member of the Canadian Professional Association for Transgender Health (CPATH) and enjoys working with gender nonconforming youth and their families.

Lorna Scott B.A. (Brock University), Ph.D. (University of New Brunswick), L.Psych. (2018)

Dr. Scott is a Resident in Psychology with both the Adult and Addictions Teams at the Fredericton Addictions and Mental Health Centre. Working within a multidisciplinary team, she provides individual therapy and group interventions, as well as cognitive and psycho-diagnostic assessments. Her theoretical orientation is primarily cognitive-behavioural, but she also includes interpersonal, motivational, and mindfulness elements in her approach.

## Operational Stress Injury Clinic (OSI)

Cindy Letts B.A. (Simon Fraser University), M.A. & Ph.D. (University of New Brunswick), L.Psych. (2009)

As part of the OSI Clinic team, Dr. Letts provides assessment and treatment to veterans and active Canadian Forces and RCMP members. She has strong interests in evidence-based treatments and research. Her primary theoretical orientation is Cognitive-Behavioural. Dr. Letts is a certified Prolonged Exposure Therapy supervisor and a certified Cognitive Processing Therapy provider.

Jean-Francois Martel B.A. & M.A. (Université de Moncton). L.Psych. (2014)

Mr. Martel is part of the OSI clinic team, providing assessment and treatment services to active and veteran Canadian Forces and RCMP members. Using primarily a cognitive-behavioural approach, he is trained in Prolonged Exposure Therapy and uses this approach as well as Cognitive Processing Therapy in his work. He is fluently bilingual.

Mathieu Murgatroyd B.A. & Psy.D. (Université de Moncton), M.Sc. (University of Keele), L.Psych. (2014)

Dr. Murgatroyd is a member of the Operational Stress Injury team. He provides assessment and treatment to veterans and active Canadian Forces and RCMP members. His theoretical approach is primarily cognitive-behavioral. He is trained in Prolonged Exposure Therapy and Cognitive Processing Therapy. Dr. Murgatroyd is fluently bilingual.

Lise-Anne Renaud B.A. & M.A. (l'Université Laval), L.Psych. (2000)

Ms. Renaud is the Clinical Coordinator of OSI. Apart from administrative duties, she provides services to veterans and active members of the military and RCMP. Specifically, she provides psychological assessment, treatment and consultation. She uses Cognitive-Behavioural therapy and is also trained in trauma specific treatment. Specifically, she is a certified consultant in Cognitive Processing Therapy, and is trained in Prolonged Exposure and EMDR. She is fluently bilingual.

## Eligibility and Application Procedures

At present there are two positions available. Applicants must be from a university-based doctoral-level clinical psychology program. They must have completed their comprehensive exams as well as defended their dissertation proposals. They must have 600 hours of practicum experience, with a minimum of 100 face-to-face assessment hours and a minimum of 100 face-to-face intervention hours (and a minimum of 300 face-to-face clinical hours). They must also have received a minimum of 100 hours of individual, doctoral-level supervision. Preference will be given to those who have completed a minimum of five integrative reports. Emphasis is also placed on goodness of fit. Applicants looking to develop broad competencies with a variety of populations in keeping with our generalist focus will be given preference. It is recommended that applicants have collected their dissertation data (at a minimum) by the time of application as those who are more advanced in their dissertation work are able to concentrate more fully on their clinical training and graduate soon after internship. Finally, preference will be given to those in accredited Canadian programs, as well as to Canadian citizens or landed immigrants.

All applications are due by November 15th, 2018 for the 2019/20 year. We use the APPIC matching procedures (Match Number: 185111). Please complete the APPIC application form including certification by your Director of Training, three written references, current curriculum vitae, complete graduate transcripts, and a statement of clinical experience and interests/goals, which can be included in your cover letter. Interviews will be conducted in person, by videoconference, or by telephone in January 2019.

Please direct questions or concerns to:

Dr. JoAnne Savoie, L. Psych.  
Internship Training Director,  
c/o Stan Cassidy Centre for Rehabilitation,  
800 Priestman Street,  
Fredericton, NB, E3B 0C7  
Canada  
Telephone: 506-447-4465  
Fax: 506-447-4429  
Email: [dr.joanne.savoie@horizonNB.ca](mailto:dr.joanne.savoie@horizonNB.ca)  
Website: [www.HorizonNB.ca](http://www.HorizonNB.ca)

## Tips for Interviewees

Applicants who are successful selected for interview will be contacted by email in early December (following the recommended procedures set out by CCPPP). We offer the majority of our interview timeslots in the first half of January. However, we will also offer a few timeslots in late December, 2018.

Typically, our interviews take place at the Stan Cassidy Centre for Rehabilitation (800 Priestman St., Fredericton, NB). Interviewees have the options of in-person, videoconference, or telephone interview. Interviews are approximately one hour in length during which interviewees will meet with a panel of three psychologists. Following the interview, interviewees will have the opportunity to meet with the current interns for a tour of the Stan Cassidy Centre and Dr. Everett Chalmers Hospital as well as time to ask the current interns questions. Interns are not part of the selection committee and conversations between our current interns and the interviewees are completely confidential.

For those interviewing in person, the Fredericton International Airport ([www.frederictonairport.ca/](http://www.frederictonairport.ca/)) services Air Canada, Porter, and Westjet flights. Checker cab (506-450-8294) is the designated airport taxi service and provides service into central Fredericton for approximately \$25. Alternatively, a number of other taxi companies are based in Fredericton. For interviewees who intend to rent a car while in Fredericton, Avis, Budget, Enterprise, and National all offer rental car services from the Fredericton Airport. Suggestions for hotels can be obtained by the current interns or from the Training Director.