



ROCKTM

REACH OUT CENTRE FOR KIDS

FAMILY THERAPY INTERNSHIP PROGRAM

Structured to meet AAMFT Requirements

Accredited by
Children's Mental Health Ontario



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Family Therapy Internship Program

Introduction

Who Are We?

Reach Out Centre for Kids (ROCK) is a community-based mental health centre serving infants, children, adolescents and their families. Our mission is to help families in Halton Region live healthier lives through early assessment and diagnosis, effective and innovative treatment and therapy, and prevention and early intervention for those having, or at risk of developing, mental health problems or mental illness. As such, we provide a multidisciplinary approach to the assessment and treatment of individuals ages 0 through 18 and their families who are experiencing difficulty. Through this approach, we are committed to providing services that are inclusive, client and family-centred, professional, high quality, and accessible.

ROCK is accredited by Children's Mental Health Ontario. Our catchment area includes all of Halton Region; thus, ROCK provides services targeting a broad spectrum of presenting difficulties spanning the full range of child development. Indeed, ROCK is the largest children's mental health service provider in Halton Region, serving over 3,500 clients and families yearly and offering over 30 different programs and services. In general, clients and their families who come or are referred to ROCK are experiencing developmental, emotional, behavioural and/or social difficulties. These difficulties put them at risk for, or result in, serious mental health problems.

Where Are We?

ROCK consists of three office sites, located in Burlington, Oakville, and Milton, in addition to Aberdeen House, a residential treatment facility for youth aged 12 to 15 located in Oakville, and My Place, a transitional housing facility for youth aged 16 to 21, located in Burlington. Clinical services for children ages 6 through 18 and their families are offered at each of the three office sites and are accessed through each site's respective Walk-In Therapy Clinic. Services for children ages 0 to 6 and their families, which may consist of a combination of outreach, meeting at different office sites, or involvement in childcare settings, are offered regionally. Regional Zero-to-Six services may be accessed through the Walk-In Therapy Clinic or through central intake. The Zero-to-Six team is based at the Burlington office.

Halton Region

Located in the Greater Toronto Area, between Peel and Hamilton-Wentworth Regions, Halton Region is one of Canada's most dynamic areas, covering over 232,000 acres of land, including a 25-km frontage on Lake Ontario. The local communities of [Burlington](#), [Halton Hills](#), [Milton](#), and [Oakville](#) comprise Halton

Region.

A well-developed transportation network serves the residents and businesses of Halton, linking them to a major North American trade corridor by road, rail, air and marine. Halton's economic diversity represents a cross section of key business and industry sectors. The top three industry sectors, manufacturing, trade and service industries account for 74% of Halton's labour force. Halton Region is home to an active and vibrant farming industry that includes a wide range of farming types, including livestock operations, cash crops, fruit and vegetable growers, horse farms, nurseries and others.

Halton residents have inherited a rich and diverse natural legacy that includes a wide range of plants and wildlife, unusual features and areas of spectacular beauty. The Niagara Escarpment is striking as it forms a diagonal line across the entire Region. The Lake Ontario waterfront provides opportunities for recreation and boating in an urban setting.

For further information about Halton Region and the cities of Burlington, Halton Hills, Milton and Oakville, please visit the following websites:

General Information: www.halton.ca
Attractions: www.haltonlinks.com/fun_halton.html
Transportation: www.oakvilletransit.ca
www.town.milton.on.ca/Living-Getting+Around-71.htm
<http://cms.burlington.ca/Page146.aspx>
www.gotransit.com

FAMILY THERAPY SERVICES AT ROCK

In line with the agency's philosophy and mission, the therapy staff at ROCK are committed to client- and family-centred service. Our therapists provide single session therapy at our walk-in clinic, two session consultation services, and ongoing family therapy to clients from infancy to 18 years. The ROCK family therapy staff group is composed of approximately 10 therapists, currently working across the three office sites and with our youth residential treatment facility.

PROGRAM PHILOSOPHY

The Family Therapy Internship Program provides clinical training in family therapy that promotes innovative, researched, and client-centred practices. Our program's aim is to provide interns with the required supervision hours for meeting AAMFT requirements and to prepare interns for practice in family therapy in diverse settings as professional therapists by promoting clinical skill development, critical thinking and the ability to apply research and scholarly literature to ethical practice. Although clinical training is emphasized, the program provides a philosophical framework for clinical practice such that can guide practice using a variety of approaches to therapy. The focus of the program is on post-structuralist therapies such as narrative, brief, and solution focused. The ROCK Family Therapy Internship Program promotes professionalism, interpersonal, and communication skills through its emphasis on cooperation and collaboration with multiple disciplines working in the field of child and family mental health.

INTERNSHIP STRUCTURE

The internships will usually start at the beginning of October and continue up to the end of May, or to whenever the intern reaches their required hours. ***This time frame is flexible and can be negotiated to suite the needs of applicants.*** The interns participating in the program will be asked for a commitment for one day and/or one evening per week, excluding holidays and breaks at Christmas and in March.

There are 4 positions available, two in the Burlington office, one in Oakville office, and one in Milton office. The length of the program allows for both short term and longer- term involvement with clients. ***The program includes supervision, seminars, outsider witnessing, rounds, and workshops which are all provided to Interns at no cost to them, in exchange for the 7 hours per week of clinical work provided by each intern to ROCK clients.***

Orientation

The purpose of the 1-week Orientation period is to familiarize interns with ROCK and the services that are provided by the agency. The Orientation period is intended to help Interns understand their training in the context of the large children's mental health center it is situated within. Orientation involves an Orientation Seminar and review of the Orientation Manual, which includes descriptive information about ROCK, copies of relevant agency policies and procedures, description of programs, and client data base training.

Child and Family Team

Within the Child and Family Team, opportunities exist for therapeutic intervention across multiple modalities, including individual and family, and across various models (e.g. narrative, brief, solution-focused, and cognitive-behavioural). Services on this team are provided to children from 6 to 18 years of age, their parents, and families. Services are offered within the context of a multidisciplinary team of family therapists, social workers, psychologists, psychological associates, crisis counsellors, and child and youth counsellors. Thus, interns will gain some exposure to the roles and methods of multiple disciplines. The services included on this team are: walk-in clinic, brief consultations, family or individual therapy, trauma treatment, psychological consultation and assessment, and groups. The interns will work within the family and individual therapy services.

Family or individual therapy

Most children and youth are seen in therapy with their parents and family, with the exception of some older youth who may be seen for individual therapy.

Therapy approaches most often used are narrative, brief, solution focused, and cognitive-behavioural therapies.

Wrap-Up

The final two weeks of the Internship are dedicated to completion activities such as case closures and transfers, and final documentation. Certificates of Successful Completion of the Family Therapy Internship will also be granted at this time.

SUPERVISION

Each intern will receive both individual and group supervision. The individual supervision may occur in pairs. Supervision will meet the AAMFT requirements regarding frequency with an AAMFT approved supervisor. The format for supervision will alternate each week, with one week being individual or paired, and the next week being two hours of group supervision (likely four therapists).

EDUCATIONAL OPPORTUNITIES/ SEMINARS

Seminars

In November, February, and April, Interns will have the opportunity to attend seminars on topics such as: narrative theory and philosophy, narrative therapy maps, narrative practices using absent but implicit, a narrative and attachment theory blended approach to trauma treatment, solution focused therapy, brief therapies, cognitive-behavioural therapy, and more.

Outsider Witness Practices

Approximately once every 8 weeks, Interns may join experienced narrative therapists in sessions and participate in outsider witness practices.

Workshops

At least twice per year (fall and spring) Interns will have the opportunity to attend at no cost, the Distinguished Speaker Series workshop organized by ROCK Centre of Learning which brings in well known and highly regarded international trainers on many topics for full day workshops.

Clinical Rounds

This one and one half hour seminar, held bi-weekly on Mondays, is a part of the Psychology Internship program and focuses on professional and clinical issues. Clinical and ethical issues related to diagnosis, assessment and treatment of children, adolescents and families make-up the content of these rounds. Discussions/presentations will rotate being led by psychology staff, Interns/students, other internal staff (e.g., social workers, crisis workers,

occupational therapists etc.), and external speakers (e.g., community professionals). Family Therapy interns may attend these rounds when the topic is of interest to them.

INTERNSHIP GOALS AND OBJECTIVES

The primary goal of the Family Therapy internship program at ROCK is to prepare Interns to enter a career as therapists. Interns will develop skills and knowledge in specific approaches such as narrative, brief, and solution focused therapies, and professional and ethical issues. Interns are encouraged to think critically about the services that they offer.

Goal 1: Family Therapy

To ensure that Interns are competent in planning and providing a range of family and individual treatment interventions.

Objectives

1. The Intern understands the basis of treatment formulation, including empirically supported intervention, development of treatment goals, and psychotherapeutic strategies.
2. The Intern demonstrates competency in a specific approach to therapy with children, adolescents, and their families.
3. The Intern demonstrates an understanding of the process issues related to intervention.

Goal 2: Interpersonal Relationships and Professional Conduct

To ensure that Interns conduct their practice with professional maturity, and to engage in constructive relationships with clients, families, and other professionals.

Objectives

1. The Intern demonstrates the ability to organize his or her activities effectively and can dependably carry out assignments.
2. The Intern establishes appropriate professional and collegial relationships as indicated by seeking consultation appropriately, engaging collaboratively with peers and staff, and respecting privacy and confidentiality.
3. The Intern manages personal stress and one's own emotional responses in a way that does not compromise professional services to the client or interfere with job responsibilities.

Goal 3: Cultural Diversity and Individual Differences

To ensure that Interns increase their appreciation and understanding of multicultural issues and individual differences when working with children, adolescents and their families.

Objectives

1. The Intern demonstrates an awareness of and responds appropriately to multicultural, ethnic, and other individual differences in the provision of service (e.g., choice of therapeutic approach, use of translators, sensitivity to family belief systems).
2. The Intern participates in seminars focused on learning about effective practices when working with individuals from diverse backgrounds and situations.

Goal 4: Professional Ethics and Standards

To ensure that Interns develop the awareness, knowledge, and application of ethical and professional principles as outlined by the AAMFT in clinical activities so that the Intern will aspire to the highest ethical and professional standards in future professional roles.

Objectives

1. The Intern will demonstrate a comprehensive knowledge and a keen sensitivity to professional ethics in terms of ethical standard, codes of conduct, different legislation relating to providing therapy,
2. The Intern demonstrates knowledge of one's own limits of competence, one's strengths and limitations as a therapist given their level of professional training and experience, through goal setting, evaluation, and supervision process.
3. The Intern will have the opportunity to extend their understanding of ethical issues as it applies to clinical decision-making.

Goal 5: Commitment to Learning

To ensure that Interns engage with the available resources at ROCK, learning to foster a commitment to self-directed learning as a lifelong process.

1. **Objective:** The Intern will demonstrate a desire to learn through self-reflection and will participate in active learning, attending presentations or seminars.

Goal 6: Use of Supervision

To ensure that Interns develop skills regarding the effective use of supervision.

Objectives

1. The Intern uses supervision in an open and constructive manner, knowing when to seek additional supervision. This is meant to

teach an approach to professional practice that will be ongoing throughout the intern's professional career.

2. The Intern demonstrates the ability to discuss in supervision those personal beliefs, knowledge, and experiences that might aid or interfere with one's effectiveness as a therapist.

APPLICANTS -*Internship Specifications*

Family Therapy Internship Placements are offered to individuals who have completed:

- a Masters degree in a related discipline
- 11 graduate-level courses in 5 areas (marriage and family therapy, marriage and family studies, human development, research and ethics)
- a 300 hour clinical practicum

In selecting our Interns, we consider a number of factors such as academic background and relevant clinical experience. Of particular importance in the selection process is the fit between an applicant's interests and goals and our program.

DIVERSITY AND NON-DISCRIMINATION POLICY

ROCK is committed to employment equity, welcomes diversity, and encourages applications from all qualified individuals including members of visible minorities, aboriginal persons, and persons with disabilities.

Applicants who have specific questions about access and accommodations are encouraged to contact the Internship Director early in the application process so that their needs may be fully addressed.

APPLICATION PROCESS

1. Forward a letter of interest to the Internship Director.
2. Support materials including:
 - Cover letter stating the applicant's professional plans and special interest in the ROCK Family Therapy Internship Program.
 - A current curriculum vitae
 - Copy of graduate transcript(s)
 - Copy of degree
 - Letters of reference from three professionals, two of who can attest to your educational background Applicants should be aware that the Internship Program may directly contact referees who provide letters to obtain further information.

Applications should be forwarded to:

Karen Young, MSW
Family Therapy Internship Director
ROCK
471 Pearl Street
Burlington, Ontario
L7R 4M4
kareny@rockonline.ca

The application deadline is the **30th of July** each year. It is the applicant's responsibility to ensure that all required materials are received by this date. Applicants will be notified by August 20th if they will be offered an interview. On-site or telephone interviews are typically arranged over the duration of August. We do not require that applicants attend an on-site interview. Applicants unable to arrange an on-site interview will not be penalized.

Applicants interviewing in-person will meet at least two ROCK staff and have a tour of the facility. Applicants who elect a telephone interview will be interviewed by two staff via conference call.

In accordance with federal privacy legislation (Personal Information Protection and Electronics Documentation Act – <http://laws.justice.gc.ca/en/P-8.6/>) we are committed to only collecting information that is required to process the internship application. This information is secured by the Internship Director and is shared only with those individuals involved in the evaluation of the internship application. If you are not matched with our program, your personal information is destroyed within four months of the Match Day. If you are matched with our internship program, your application and CV will be available only to those involved in your supervision and training, and relevant administrative support and human resources staff.

For more information about AAMFT requirements and opportunities see:

www.aamft.org
www.oamft.on.ca