

Edmonton Consortium Clinical Psychology Residency

Frequently Asked Questions

1. How do I apply to the Edmonton Consortium Clinical Psychology Program?

The Edmonton Consortium is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC). APPIC has developed uniform guidelines regarding application and acceptance procedures which we follow when selecting and offering internship positions to applicants. You will find these guidelines at the APPIC website at www.appic.org.

Graduate students at the doctoral level in CPA and/or APA approved clinical or counselling psychology programs (or equivalent) will be considered for admission. By 15 November, applicants must have completed the following requirements:

- all core course work;
- comprehensive/candidacy exams;
- 600 hours or more of clinical training with at least 300 hours of direct client contact and 150 hours of supervision (NOTE generally, successful applicants significantly exceed these minimum requirements); and
- a dissertation proposal (we prefer applicants who have progressed further than the proposal stage in their dissertations)

We require that you apply through the APPI Online service. Please include the following documentation:

- a cover letter,
- a curriculum vitae,
- the actual application, which includes essays and the DCT's verification of eligibility and readiness,
- all graduate transcripts,
- three letters of recommendation.

Applicants may apply to both the Generalist Stream (NMS program code 180411) and the Neuropsychology Stream (NMS program code 180412). However, applicants will be accepted into only one Stream (either the Generalist or the Neuropsychology). The APPIC site lists the dates for submission of rankings by applicants and programs and notification dates. Please note that applicants wishing to apply to our program, or other programs belonging to APPIC, must submit a completed Request for Applicant Agreement Package form to National Matching Service (available from National Matching Service available on the APPIC web site). **In addition, we wish to emphasize that this site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept or use any ranking-related information from any applicant prior to the notification date.**

2. How are residents selected?

Applications are reviewed and evaluated by the Selection Committee.

In the Generalist stream, for the last number of years, we have found that most residents who will gain an interview have about 100 hours of assessment and 400 hours of intervention with 150 hours of supervision (from summary table on APPI). We tend to look carefully at assessment experiences and so we also look for about 10 integrated reports and approximately 10 standardized formal tests (e.g. WAIS-IV) and 5 personality assessments (MMPI-II). These are guidelines only and the numbers could vary. We also will consider anticipated hours and work experiences that are not reflected under this category. After the first phase, we then review the applications that remain. Two reviewers look at an application and are blind to the ratings of each other. Applications that receive a positive rating from each reviewer are then invited for an interview. Reviewers are looking for the best “fit” with our program and this may include information about practicum sites, essays, and reference letters.

For the Neuropsychology stream, the coordinator and each of the supervisors review all the applications. The supervisors make independent judgments about whether an interview should be offered and then meet together to finalize the list of applicants to be interviewed. Most applicants who are offered an interview have more than 200 hours of direct client contact specifically in neuropsychological assessment and over 40 written neuropsychology reports. It is important to note that the selection process is not mainly about hours but more about how the applicants match with our program.

Applicants who are a good fit for our program are then invited for a formal interview. Notification of interview follows the CCPPP guideline of the first Friday in December with Universal response date as the following Monday. Following the interviews, we rank applicants according to their suitability for our program. This is done by reviewing the objective information in the application (e.g., hours of treatment and assessment), more subjective information from the application (e.g., letters of references and essays), and finally the interview. We generally are looking for applicants who fit well with our program in terms of experience and training goals. We typically offer about 6 interviews for every position available.

3. What is involved in the interview process?

We will interview applicants in January with the actual dates varying each year and following the CCPPP guidelines for regionalization of interviews.

For the Generalist stream, an in-person interview typically lasts approximately four hours and involves visits to two sites and meetings with the Director, Rotation Coordinators, and some of the current residents. For the Neuropsychology stream, an in-person interview typically lasts six hours and involves visits to at least two sites and meetings with the Director, at least two Rotation Supervisors, and the current Neuropsychology resident. While applicants are responsible to find transportation to the first interview site, the Edmonton Consortium will assist

with travel to the second site. If an applicant cannot come to Edmonton for an interview because of financial or geographic restraints, we will conduct the interview by telephone. Telephone interviews are a conference call with the Director, a resident, and Rotation Coordinators. The phone interviews typically last approximately 75 to 90 minutes. We do not make any distinction between an in-person interview and a telephone interview.

Our interview is focused on providing applicants with a good understanding of the Consortium and the opportunities we offer. We also ask applicants some questions to help us get a sense of their fit with our program.

The current residents may participate as members of the selection committee. In the Generalist stream, one resident is involved in the formal interview process. For both the Generalist and Neuropsychology streams, applicants will be able to speak to at least one resident to gain informal information about the residency. We believe it is important for applicants to obtain a resident's view and experience of our program.

4. What about benefits and stipends?

The stipend for the 2019 – 20 residency year will be \$32,506 with basic dental and medical benefits. You are given up to 15 days of holiday which are paid out in lieu at a rate of 4% and statutory holidays paid out in lieu at a rate of 3.6% per hour. You also have 10 sick days and 5 dissertation days. It is generally also possible to support conference attendance by giving additional days off.

There are a number of educational opportunities including a professional seminar series, psychology meetings and inservices, Clinical Rounds, and residency meetings. Rounds occur on a regular basis and include Paediatric Rounds, Psychiatry Rounds, Stroke Rounds, Neuroradiology Rounds, Neurology and Neurosurgery Rounds, Neuropathology Conference with Brain Cuttings, Geriatric Rounds, and rounds on specific issues (e.g., Dual Diagnosis Rounds or Substance Use and Abuse). For the Neuropsychology stream resident, valuable training experiences will be gained through participation in Neuropsychology Rounds the focus of which is typically on case presentations and journal article discussions pertaining to neuropsychological practice. It is expected that the resident will make at least two formal presentations over the course of the residency.

There is also a Professional Seminar Series which is a didactic weekly clinical seminar series for the residents. It is conducted by psychologists and other invited professionals. The core curriculum includes ethics, standards and practices of psychologists, assessment, treatment, consultation, psychopathology, individual differences, as well as special topics in the practice of psychology. All residents are required to attend this seminar series and it is open to other psychologists within our services.

5. Are there any opportunities for research?

The Edmonton Consortium requires that residents become involved in a research project over the course of the year. We have a research supervisor who is available to help you develop

ideas and assist you with the design and statistical analyses. Residents can become involved in an ongoing research project, use archival data for a study, conduct a program evaluation or develop outcome measures, develop a joint study with the other residents, or propose a small and clinically relevant research project. We believe it is important to disseminate research findings and so we have a Research Day at the end of the year for the residents to present their studies to the other residents, Psychology staff and other AHS employees.

6. What will supervision look like?

The Edmonton Consortium is committed to providing high quality supervision and residents are provided with extensive supervision throughout the residency year. All supervisors are licensed to provide psychological and, when appropriate, neuropsychological services within the province of Alberta. Consistent with CPA standards, residents will receive a minimum of four hours of supervision a week with three hours being individual supervision. Additional supervision (e.g., monthly clinical case discussion with other residents) will also be provided. For both streams, there may be opportunities to work with psychologists or neuropsychologists other than the primary supervisor(s) associated with a specific rotation on a case-by-case basis. Moreover, although it is the primary responsibility of the Consortium faculty to supervise residents, members of other health disciplines may assist.

In many rotations, a resident will have the opportunity of working with more than one supervisor. We have over 40 supervisors across the Consortium. A supervisor may work with you as a co-therapist or view your work through a one-way mirror or review audio or video tapes as well as case discussion.

7. What are the three sites like?

All three sites fall under the provincial health authority, Alberta Health Services. The University of Alberta Hospital and Alberta Hospital Edmonton both fall under Addictions and Mental Health while the Glenrose Rehabilitation Hospital falls under Metropolitan Hospitals. Within the Consortium, there are opportunities to work in program based model managed by disciplines other than Psychology and within settings where Psychology is a separate Professional Service supporting the programs.

Glenrose Rehabilitation Hospital (GRH) offers complex rehabilitation care to both adults and children. It provides services to Alberta, as well as the Northwest Territories, Yukon, eastern British Columbia and western Saskatchewan. Established in 1963, the hospital opened the GlenEast wing in 1964. This wing houses pediatric services, including 65 inpatient beds, rehabilitation services, the Glenrose School Rehabilitation Service, and outpatient services. In 1990 the hospital opened the GlenWest wing with 208 inpatient beds and expanded outpatient facilities. Clinical services are delivered through inpatient programs, follow-up clinics, and outpatient programs. Psychology is involved across the hospital in assessment, treatment, and consultation. There is a focus on interdisciplinary team practice and Psychology is an integral member of these teams. It is located near the centre of the city, just north of downtown.

University of Alberta Hospital (UAH) is a tertiary care centre serving individuals from Alberta, northern British Columbia, the Yukon, Northwest Territories, and northern Saskatchewan. UAH provides a wide range of diagnostic and treatment services. The hospital has over 650 beds in a variety of services including psychiatry, cardiac sciences, neurosciences, surgery, medicine, renal, transplant services, HIV, critical care, emergency and trauma care, and a state-of-the-art burn unit. A primary role for Psychology is to help patients improve their psychological and physical health, and assist them in adjusting to, and coping with, illness. Consultation and referrals to other programs and institutions are also provided when necessary. The UAH is also near the centre of the city, south of downtown. It is adjacent to the University of Alberta.

Alberta Hospital Edmonton (AHE) is the largest psychiatric treatment centre in Alberta. It provides comprehensive inpatient and outpatient or community-based mental health care to people from northern Alberta, the Northwest Territories, the Yukon, and part of Nunavut. AHE inpatient services are provided on a peaceful 170-acre site in northeast Edmonton, while community services are primarily located in downtown Edmonton. At the hospital site, Forensic Psychiatry provides diagnostic and therapeutic specialty services to patients. Community services or outpatient follow-up is provided through a number of specialty clinics which provide assessment and treatment services to adults with mental illnesses and adolescent or adult offenders with psychiatric problems. It is located in the far north east corner of the city.

8. What is Edmonton like?

Edmonton is a city of approximately 930,000 people and 1.300,00 in the metropolitan area. The city is large and spread over a sizeable area. The North Saskatchewan River runs through the city and we have an outstanding river valley park system, with jogging, biking, and ski trails, running through the city.

Even though Edmonton is one of the most northern internship in North America, we are one of the cities with the most hours of sunlight in Canada. The weather does become cold, occasionally very cold, in the winter. However, it is usually sunny and we have breaks from the cold weather. Summers tend to warm with many hours of sunlight.

Edmonton has large theatre and sports communities and a fairly culturally diverse population. We have a number of festivals, particularly in the summer months, including Jazz City, the Folk Festival, The Fringe (the second largest live theatre festival in the world), Dreamspeakers (a festival featuring First Nations dance, music, crafts, and song), Heritage Days (a celebration of the diverse cultures making up Edmonton's population - typically we have more than 50 nations and their cultures represented at the Festival), and a number of children's festivals.

As well, we are the home of one of North America's largest shopping mall, West Edmonton Mall. We have an award-winning Space Sciences Centre (Telus World of Science), a historical park (Fort Edmonton), a large provincial museum, art galleries, conservatories, and so on.

We are situated approximately four hours (460 km or 255 miles) from the Rocky Mountains, and approximately three hours (330 km or 190 miles) from Calgary, another large and beautiful Alberta city.

Alberta itself is an interesting province and we have a number of UNESCO World Heritage Sites including the Canadian Rocky Mountain Parks, Waterton Glacier International Peace Park, Wood Buffalo National Park, Head-Smashed-In-Buffalo-Jump, and Dinosaur Provincial Park.

9. Will I need car if I am accepted at the Edmonton Consortium?

The three main hospital sites are situated in different parts of the city. Alberta Hospital Edmonton (AHE) is located in the northeast corner of Edmonton. AHE is approximately 30 minutes from Glenrose Rehabilitation Hospital (GRH) and approximately 45 minutes from University of Alberta Hospital (UAH). GRH is located slightly north of the city centre. UAH is located on the University of Alberta campus which is on the south side of the river. It is approximately 15 minutes from GRH to UAH. We try to ensure that residents do not have to move between sites during the day to minimize time being lost to travel. Many residents (and some staff) do use public transit. Edmonton has a good public transportation system (Edmonton Transit System - ETS - 780-496-1611). There is a rapid light transit system that runs to a number of the sites.