



THE OTTAWA INSTITUTE OF COGNITIVE BEHAVIOURAL THERAPY
TRAINING PROGRAM

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OICBT
Predoctoral Residency Program in Clinical Psychology
2024-2025

The Ottawa Institute of Cognitive Behavioural Therapy (OICBT) is a private practice setting located in Westboro, Ottawa, that endorses a scientist-practitioner approach to training that includes the delivery of cognitive-behavioural therapies. Our residency program is part of the Canadian Council of Professional Psychology Programs (CCPPP) and we are a member of the Association of Psychology Postdoctoral and Internship Centers (APPICC). We offer *three unaccredited residency positions*, with the opportunity to gain experience in a community-based private practice. The primary focus of the residency is in adult mental health, with the possibility of completing secondary rotations in, dialectical behavioral therapy, health & rehabilitation psychology, intensive outpatient treatment, women's health, and couple therapy. We also offer core experiences in supervision, intensive assessment and diagnosis and program development and evaluation.

We aim to seek accreditation of our residency program through the Canadian Psychological Association (CPA) once eligible to do so. As such, we are committed to preparing residents for supervised practice as a psychologist through training in core competencies required by provincial licensing boards. The areas of core competencies include assessment, intervention, consultation, program evaluation/development, interpersonal relationships (e.g., therapeutic relationships), professional standards and ethics, diversity and individual differences, and supervision.

While our primary focus at the OICBT is the delivery of cognitive-behavioural therapy, many of our staff have experience with empirically-supported treatments that are offshoots of CBT including Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT), Schema Therapy, Compassion-Focused Therapy (CFT), Mindfulness-Based Cognitive Therapy (MBCT), Cognitive Processing Therapy (CPT), Emotion-Focused Therapy (individual and couple), and transdiagnostic approaches. The psychologists at the OICBT are all committed to keeping abreast of the latest research to inform their clinical practice and are actively involved in training and supervision.

Therapists at the OICBT primarily see clients from the community whose symptom severity and the effect of these symptoms on functioning vary tremendously. This is likely reflective of our referral sources which include but are not limited to: self-referral, family physicians, community psychiatrists and psychologists, as well as the primary care hospitals and specialized mental health psychiatric facilities in the Ottawa region.

Diversity and Inclusivity

OICBT recognizes that it is located on unceded Algonquin territory and benefits from European colonialism, the impacts of which continue to this day. OICBT Directors are familiar with and endorse the [CCTC 2020 Consensus Statement](#) and, [CPA's Psychology Response to the Truth and Reconciliation Commission of Canada's Report](#) with particular mindfulness to the ways in which clinical psychology needs to adequately address the impact of social determinants of health and experiences in its conceptualizations of Indigenous and other racialized peoples.

An important component of OICBT is holistic care that is client centered, diversity-informed and which integrates biopsychosocial spiritual determinants of care. At the Intake, Assessment & Treatment level, the OICBT inquires from all clients if there are any aspects of their being that are highly important to them that they would like to be integrated into services (including but not limited to identity(ies) related to race, culture, immigration status, gender, sexual orientation, sexual health, age, religion, disability status, employment, relational/family status).

A mental health model of diversity considers how individuals' thoughts, feelings, and behaviors are intertwined with their diverse social environments. This includes the need to adequately address the impact of social determinants of health and experiences of oppression, microaggressions and/or prejudice in the conceptualizations of care for marginalized peoples.

As part of OICBT's commitment to anti-racism, anti-discrimination, and social justice-based services and recruitment, OICBT actively integrates Equity, Diversity, and Inclusion within their practice. This consists of creating services and collective action that are inclusive and committed to the removal of barriers (whether procedural, visible, invisible, intentional, unintentional) that inhibit participation and/or contribution from underrepresented and/or disproportionately disadvantaged groups.

Stipends and Benefits

The stipend for each resident position for the 2024-2025 year is set at \$32,500 CAD. The OICBT will provide residents with \$500 towards professional development activities (e.g., attendance at conferences, therapy workshops, books). Residents receive 3 weeks' vacation, 3 days of professional development leave (e.g., conferences, defending dissertation), 5 sick days as well as statutory holidays.

Who Can Apply for the Residency Program at the OICBT

In accordance with Canadian Immigration requirements, only applicants who are Canadian citizens or permanent residents of Canada will be considered. Applicants should be enrolled in a CPA- or APA-accredited doctoral program in clinical psychology. If the program in which the student is enrolled is not accredited by the CPA or APA, the program's content and structure (and hence the student's academic and practical preparation) must be equivalent to those clinical psychology programs that are CPA-accredited.

Eligibility for residency requires that students have completed the following prior to undertaking the residency year:

- all requisite coursework,
- all practicum requirements outlined by their doctoral training program,
- approval of their doctoral thesis proposal prior to application for residency.

Applicants more likely to be ready to submit or defend their thesis prior to commencing the residency will be, all other things being equal, ranked more highly.

Applicants must demonstrate a minimum of *600 practicum hours* (direct + support + supervision) that includes a minimum of *300 hours total direct client contact* (minimum of approximately 200 hours clinical intervention and approximately 80 hours of clinical assessment), *150 hours of supervision*, and the remaining hours as support activities. Applicants are not rated on the basis of “raw number of practicum hours” as we feel the quality and depth of practicum training are more relevant than total number of hours.

Application Procedure

The OICBT’s residency program (APPIC program code number: 188011) in clinical psychology is a member of the Canadian Council of Professional Psychology Programs (CCPPP) and provisional member of the Association of Psychology Postdoctoral and Internship Centers (APPIC), and adheres to APPIC policy regarding internship offers and acceptances. This residency site agrees to abide by the APPIC policy that no person at this training facility solicit, accept or use any ranking- related information from any resident applicant.

This residency program is participating in the [APPIC Internship Matching Program](#). All applicants must register with the [National Matching Services](#) and/or to be considered for this residency.

Applicants must complete the following through the Applicant Portal of the AAPI online:

1. Completed APPIC Application
2. Verification and electronic signature completed by the University Training Director attesting to the applicant’s readiness for a residency
3. The names and contact information (i.e., phone number, email address, title, place of employment) of 3 persons familiar with the applicant's clinical and professional experience and performance. One of these referees should be the applicant’s thesis supervisor.
4. Graduate transcripts
5. Curriculum Vita

We encourage applicants to indicate their preferences for training experiences within their cover letters, as this allows us to make every effort to ensure that applicants who interview at our site are able to meet with potential supervisors during the interview.

Completed applications must be received no later than Friday November 17, 2023

Aligned with the suggested CCPPP member program guidelines, we will be following the recommended 2-step process with respect to interview notification and interview scheduling. Specifically,

Step 1: All offers to interview with OICBT will be made on **Friday December 1, 2023**, by email. Applicants are not expected to make any commitments on this day.

Step 2: After 11:00 am in the Eastern Time zone on **Monday, December 4, 2023** applicants who have been offered an interview are welcome to contact OICBT via email to respond to interview offers. We will not be scheduling any interviews before this time.

The OICBT will be conducting interviews on the following dates within the CCPPP East/Atlantic window of January 8-19, 2024.

Monday, January 8, 2024

Friday, January 12, 2024

Monday, January 15, 2024

Friday January 19, 2024

Please note that due to COVID-19, possible travel restrictions and physical distancing needs, all interviews for OICBT 2024- 2025 interview dates will be virtual (phone or videoconferencing). We will not be offering any in person interviews.

This residency site agrees that no person at this training facility will solicit, accept or use any ranking-related information from any resident applicant.

If you have any questions about our program, please do not hesitate to contact:

Dr. Natasha Ballen, C. Psych.

OICBT Training Director – Predoctoral Residency Program

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For more information about the OICBT please visit: www.ottawacbt.ca