

Psychological & Counselling Services Group (PCSG) is a group of multi-function, private-practice, psychology and psychotherapy clinics with locations in Oshawa, Woodbine, Ajax and Peterborough.

PCSG's experienced psychologists and clinicians provide "one-stop" full-range psychological assessment, psychotherapy and counselling services based on a variety of evidence-based approaches such as CBT, DBT, and EFT. PCSG clinics address a broad number of issues and often complex presentations to meet the needs of a diverse population that includes children, adolescents, adults, couples, and families. Our main office is in a convenient downtown location, inside the Oshawa Clinic, which is the largest multi-specialty medical group practice in Canada with over 110 physicians.

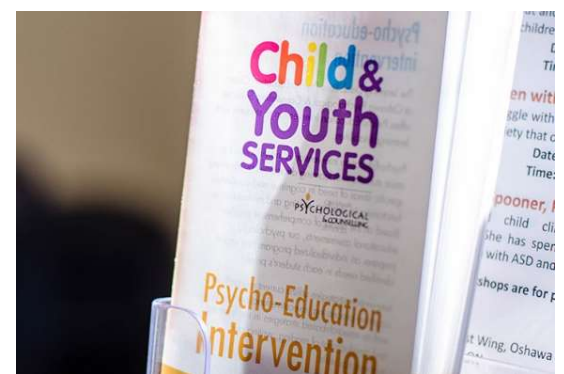


PCSG has a supportive team of over 25 experienced psychologists and psychotherapists dedicated to training the next generation of clinicians with an approach that emphasizes collaboration, mentoring and professional development. We have been offering clinical practicum placements for over 15 years and offer practica in both child and adult tracks, in assessment and intervention. PCSG is also a Child track partner with the Toronto Area Residency Consortium (TARC), a doctoral clinical psychology residency program accredited by the Canadian Psychological Association (CPA) and the Association of Psychology Post-Doctoral and Internship Centers (APPIC).



It can be very challenging to work with difficult cases and process traumatic client materials. Therefore, in addition to peer support, practicum students at PCSG can expect close, ongoing, and individual supervision with a supervising psychologist or psychotherapist, essential not only for professional development, but also for preventing vicarious trauma, compassion fatigue, and burnout. PCSG also provides a wide range of consultation services using a clinician developmental model and strength-based focus as the framework to support practitioners in their psychotherapy and counselling practice.

Students at PCSG will also participate in monthly group consultations from visiting psychologists who specialize in DBT and EFT. We also offer weekly DBT and peer consultation groups as well as supervision in Family Therapy, Couple Therapy and Sex Therapy as required. We also provide supervision for clinicians who are pursuing specific professional credentials (e.g., CRPO, Registration Requirements for Psychologists; Clinical Membership and Approved Supervisor Status with AAMFT). Regular professional development courses are available to our students at a heavily discounted rate through our Oshawa Psychotherapy Training Institute. See more at: <https://oshawapsychotherapytraining.com>



PCSG also places great importance on involving students in its broader, ongoing commitment to community service and innovation. Since 2008, we have run a not-for-profit Low Fee Clinical Service open to all members of the public who face financial barriers in accessing psychological services. This also allows our placement students to see a greater number of clients and take full responsibility for maintaining a caseload under the supervision of a PCSG psychologist or psychotherapist. Our innovation program features several specialized clinics including the Program Using Psychoeducational Intervention for Learning (PUPIL) for complex learning disabilities and Mental Health for Elite Performers and Athletes as well—and students can become involved in depending on their interests.



Placement students are required to attend 2-3 regular days per week and virtual/hybrid options are available for students who do not live locally. When possible, PCSG will try to accommodate special placements—students with different schedules or needs can contact us via the email address below for more information.

Typically, students interested in practicum at PCSG apply in January/early February. We require a CV and two reference letters for the application. PCSG follows the GTA guideline for placements, so students usually receive notice of their placements by April. Placements usually run from September to the end of May; however, many of our students choose to stay on over the summer and continue to see clients via our Low Fee Clinic.

If you are a student looking to join a dynamic team that provides professional yet flexible supervision with an emphasis on personal-growth, accountability, and community service, send your application to hresources@oshawapsychologist.com (more details on the next page).

Psychological & Counselling Services Group (PCSG) Practicum Site Information Sheet

SITE DESCRIPTION	PLACEMENTS OFFERED
<p>Setting: Private Practice Psychology & Family Therapy Clinic</p> <p>Populations Served: Adults, couples, families, youth, children</p> <p>Areas of Focus:</p> <ul style="list-style-type: none"> • Adult Clinical Psychology • Child / Adolescent Clinical Psychology • Clinical Neuropsychology • Forensic Psychology • Health Psychology • School Psychology • Sports Psychology, • Vocational & Career Counselling • Fertility Counselling • Art & Play Therapy • Couple, Therapy, Family Therapy, Sex Therapy <p>Primary Models of Care:</p> <ul style="list-style-type: none"> • Emotion-Focused Therapy • Cognitive Behavioural Therapy • Dialectical Behavioural Therapy • Narrative Therapy • Object Relations • Brief Psychodynamic 	<ul style="list-style-type: none"> • MA practicum • PhD practicum • MEd practicum
	SPECIFIC TRAINING OFFERED
	<ul style="list-style-type: none"> • Counselling & assessment • Psychoeducational intervention • Supervision for clinicians seeking specific professional credentials (e.g. Clinical Membership and Approved Supervisor Status with American Association of Marriage and Family Therapists).
	WEBSITE & APPLICATION INFORMATION
	<p>Supervisor: Dr. Ken Kwan, PhD, CCFT, CPsych</p> <p>Contact Person: Stacey Rafuse, Director of Operations</p> <p>Email: hresources@oshawapsychologist.com</p> <p>Website (general): www.psychologicalcounsellingservicesgroup.com</p>

SERVICE DESCRIPTIONS

The foundation of our clinical practice is client relations. We are committed to client-centered values and place an emphasis on strength, resiliency, and collaboration. Our intent is to provide a “one-stop” full-range psychological and counselling service based on a systemic and lifespan orientation using a variety of evidence-based approaches. Services are provided by registered psychologists or by experienced masters and doctoral clinicians under the supervision of a psychologist.

Clients' Presenting Issues

- **Personal growth and development issues** such as self-esteem, career, and vocational interests
- **Major situational and developmental transitions** such as stress management, separation and divorce, loss and bereavement, motor vehicle accidents, chronic illness, and family life transition
- **Significant relationship conflicts and intimacy issues** such as family relationship discord, parent-child conflict, parenting, couple relationship breakup, intimacy issues, and sexual difficulties
- **Socially related issues and trauma** such as immigration and cultural dislocation, social isolation, child abuse, sexual abuse, and domestic violence
- **Behavioural difficulties and mental health concerns** such as anger management, depression, anxiety, and obsessive-compulsive disorder
- **Child development and behavioural issues** such as cognitive and intellectual functioning, Attention Deficit Disorder, Asperger's Syndrome, disruptive and oppositional behaviours, conduct problems, and trouble with the law

Services Offered

- **Counselling and Psychotherapy** – Virtual and in person individual therapy for children, adolescents, and adults, couple therapy, family therapy, and sex therapy
- **Psychological Assessment** – behavioural and personality assessment, intellectual, psycho-educational, and vocational assessment, motor vehicle accident assessment, and family assessment
- **Rehabilitation Counselling** – for motor vehicle accidents, PTSD, and pain management, therapy for Veterans Affairs

(Last Updated: October 12, 2021)