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Students who complete general practica under my supervision typically see 4 or 5 individual adult and older adult clients, and complete 1 adult learning disability assessment. With respect to psychotherapy, students will learn to conceptualize client problems and conduct therapy using two theoretical orientations: cognitive behavioral therapy (CBT) and/or acceptance based behavior therapy (ABBT). The latter approach helps clients to approach rather than avoid emotional experiences, primarily using mindfulness meditation. With respect to assessment, following the intake interview (which I sit in on) students will typically meet with adults with suspected learning problems for three sessions in order to assess their intellectual functioning, memory, and academic achievement. Students and I then interpret the assessment results, write a detailed psychological report, and meet with the client to provide feedback about the results of testing. My supervision sessions last at least 90 minutes per week and consist of discussion of client issues and viewing videotape of therapy sessions.