

Jen Theule, Ph.D., C. Psych. Candidate

I offer a supplementary general practicum experience to provide students with the opportunity to work with children and families. This practicum experience is expected to continue over two terms. Each student would see one to two identified child clients for therapy and/or help facilitate a cognitive-behavioural anxiety group for children and their parents. Concerns bringing children to therapy include aggression, anxiety, emotional dysregulation, family conflict, developmental delays, and/or eating or sleeping problems. In general, an attachment-focused perspective is employed in conceptualizing difficulties in families and co-operative work with families is emphasized over individual work with children in order to support these bonds. At times, child-centred play therapy, parental guidance, and cognitive-behavioural therapy will be used in addition to attachment-focused therapies (e.g., Watch, Wait, and Wonder). Supervision varies based on the need of the student, but would typically be comprised of 1 hour of group supervision weekly, along with two other students. Individual supervision will be provided as needed. Supervision will initially be comprised of readings and discussion to orient students to work with children. As the practicum proceeds, the focus will move to case discussions centred on student's questions and concerns. Some live supervision (observation through the one-way mirror) will be provided, especially at the start of the practicum.