

# Richmond Outpatient Mental Health and Substance Use – Richmond Hospital

## Richmond Short-term Assessment & Treatment Services (RSTAT)

Supervisor

Dr. Amy Wong, R.Psych.

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### About the Site & Role of Psychology

RSTAT provides group and short-term individual services (12 sessions) to adult (age 19 +) with mental health issues such as depression, anxiety, OCD, GAD in an outpatient setting in Richmond areas. Richmond is a place of diverse ethnicity and culture.

The referrals for Individual Therapy come from Richmond Adult Mental Health Team, Central Intake Team, and staff at Mental Health Outpatient Services.

As for group services, clients are required to complete a 6-week Foundation Group facilitated by clinicians at Outpatient team. Groups for OCD, GAD, Changeways for Depression and Anxiety, and Panic Disorder are also be offered by the team.

### Clinical Training Experiences Available

This practicum is designed to provide training in the practice of clinical psychology in an outpatient mental health setting. Applicants with some experiences with mental health are encouraged to apply.

#### *Key training opportunities:*

- Opportunities to observe and / or co-facilitate groups
- Opportunities to provide individual therapy and to understand cases from an integrated approach
- Opportunities to learn/refine differential diagnosis skills for DSM-5 conditions
- Culturally sensitivity

#### *Other Didactic Opportunities:*

Trainees are encouraged to attend clinical rounds and seminars throughout their placement (e.g., Psychology Rounds, VCH-Department of Psychiatry Educational Rounds, etc.).

### Structure & Duration

April 2024 to October 2024 (Tuesdays & Fridays) – 2 days per week

### Application Process

Please submit a package containing the following to amy.wong1@vch.ca by **February 26, 2024**:

1. Cover letter that (a) provides a brief summary of your training to date in clinical psychology, including any experience working with mental health (if any) and (b) outlines your training goals for the practicum.
2. Curriculum vitae.
3. The names and contact information for two references who can speak to your clinical strengths and areas for growth.

Interviews will be conducted in early March and applicants will be notified on **March 25, 2024**

*Please note that trainees will be required to follow applicable COVID-19 vaccination requirements set forth by Vancouver Coastal Health.*