

Practicum Placements in Psychology at Baycrest Health Sciences

ABOUT BAYCREST

Baycrest Health Sciences is a global leader in geriatric healthcare, residential living, research, innovation, and education, with a special focus on brain health and aging. As an academic health sciences centre fully affiliated with the University of Toronto, Baycrest provides an exemplary care experience for aging clients combined with an extensive clinical training program for students and one of the world's top research institutes in cognitive neuroscience.

Baycrest is located at 3560 Bathurst Street in Toronto. It is easily accessible by public transit.

Care. Baycrest serves approximately 1200 seniors per day. It is home to a globally recognized and innovative continuum of healthcare, wellness, and prevention programs and services. Services include outpatient clinics, a hospital, long-term care home, and residential and community-based programs designed especially for people in their 50s, 60s, 70s, 80s and beyond.

Research & Innovation. Baycrest is a leader in cognitive neuroscience and memory research, with the goal of transforming the journey of aging. The stellar reputation of the Rotman Research Institute reflects its ability to raise and answer fundamental questions about memory, aging, and the neuroscience of cognition. The Kunin-Lunenfeld Applied & Evaluative Research Unit provides resources and expertise to support clinical, evaluative and translational research at Baycrest. The Canadian Centre for Aging and Brain Health Innovation is a solution accelerator focused on driving innovation in the aging and brain health sector.

Education. Through its local and globally focused educational efforts, Baycrest's Centre for Education & Knowledge Exchange in Aging is striving to be the world's pre-eminent distributor of knowledge regarding best and leading-edge practices in senior care and aging solutions. Baycrest has an extensive clinical training program in geriatric care. Annually, nearly 900 students, trainees, and other practitioners from 24 universities and colleges have a unique opportunity to experience the delivery of high quality care alongside leading experts on one of the world's most comprehensive campuses of care focused on aging and care of older adults.

ABOUT THE NEUROPSYCHOLOGY & COGNITIVE HEALTH PROGRAM

The Neuropsychology and Cognitive Health program focuses on the creation, implementation, evaluation, and dissemination of evidence-based neuropsychology services that assess and optimize the cognitive and behavioural health of older adults. Our clinical services include neuropsychological evaluation, neuropsychological interventions, and behavioural consultation services provided across Baycrest programs and to the community. We also provide neuropsychological consultation services to Sunnybrook Health Sciences Centre. Our staff is made up of psychologists, social workers, administrative staff, as well as many volunteers and students.

Our clinical services are closely integrated with research and education. Our staff members are scientist-practitioners who contribute to the development and dissemination of clinical knowledge via clinical research, program evaluation, and the development of innovation. There is a strong emphasis on training future psychologists through practicum placements as well as our Predoctoral Internship Program in Clinical Neuropsychology, which is accredited by the Canadian Psychological Association.

During the academic year, we offer three formal educational series: (1) *Psychology Research Rounds* present current clinical research findings by staff members in Neuropsychology and Cognitive Health, other Baycrest departments, and affiliated organizations. (2) *Neuropsychology Seminars* provide clinical didactics to students and trainees in neuropsychology and related areas. (3) *Evidence-Based Practice in Psychology Series* uses literature review and discussion to increase participants' ability to find and critically appraise evidence-based clinical resources and research. Additional Baycrest-wide learning opportunities available to students include Behavioural Neurology Rounds, Behavioural Support Rounds, Rotman Research Rounds, and Psychiatry Grand Rounds.

For more information about the Neuropsychology and Cognitive Health program, visit www.baycrest.org/neuropsychology.

Practicum Placement Opportunities

Neuropsychology and Cognitive Health offers practicum placements for students currently enrolled in accredited graduate psychology training programs. Placements are available during the summer term (May 1 to August 31) and the academic year (September 1 to April 30). Exact start and end dates are flexible, depending on the needs of the student and the availability of the supervisor. We offer both full-time placements (35 hours per week) and part-time placements (typically 14 to 21 hours per week). The number of practicum placements during any particular term is dependent on the availability of supervisors.

We offer three types of practicum placements, described subsequently. It is possible to combine elements of more than one type of placement, for example, a primarily neuropsychological assessment practicum with some exposure to memory intervention. Interested students should indicate this in their application letter and/or during interview.

1. Neuropsychological assessment. Students will be introduced to neuropsychological assessment of a range of neurologic problems such as neurodegenerative disease, stroke, trauma, psychiatric disorders, and systemic disease. Assessments are conducted for the purpose of developing a differential diagnosis or to provide functional information pertaining to discharge planning or treatment. In particular, assessment services at Baycrest focus on differential diagnosis of dementia, such as Alzheimer's disease, vascular dementia, frontal-temporal dementia, Parkinson's disease, and Lewy-body disease.

Students will learn to conduct chart reviews and interview clients and family members to obtain relevant background information. Students will administer a battery of standardized tests of memory, attention, language, sensation, perception, praxis, visuospatial ability, motor skills, and mood. The student will score the tests administered, summarize the results, and report behavioural observations made during testing. Students will prepare written clinical reports based on the assessments (following discussion of the results with the supervisor), including delineation of cognitive strengths and weaknesses, diagnosis of cognitive impairment, and recommendations regarding further assessment or treatment. They may participate in

interprofessional team meetings where information from is shared to develop treatment plans for clients. Students will also observe and participate in feedback sessions where findings and recommendations from the assessment are communicated to clients and their family members.

2. Memory intervention. Students in this practicum placement may engage in memory-related intervention activities involving the entire range of memory dysfunction, from mild changes associated with normal aging and mild cognitive impairment (MCI) to severe memory impairment (amnesia) secondary to neurologic dysfunction. The student will learn to integrate neuropsychological findings in order to develop and implement individualized and group memory interventions and to coordinate case management.

The types of clients receiving these services include those with normal age-related memory loss, MCI, traumatic brain injury, dementia, encephalitis, cardiovascular accidents, and other neurologic disorders. Students will learn to conduct assessments of memory and other cognitive abilities and will facilitate group and/or individual intervention. These services may occur within three contexts: (1) the *Memory and Aging Program* educates community-dwelling older adults about memory and provides memory training and lifestyle intervention to maximize memory function; (2) *Learning the Ropes for Living with MCI* provides education and training to promote brain health, well-being, and everyday memory ability in older adults with MCI and their families; and (3) *Memory-Link* is a clinical evaluation and treatment service for clients with moderate to severe memory impairment and their families and provides training in internal memory strategies and external memory aids, including using smartphone technology.

3. Behavioural management and support. Students in this practicum placement will gain experience in the management of responsive or challenging behaviours associated with dementia.

Students will learn how to interview point-of-care staff in order to gain a better understanding of the nature of the responsive behaviour and help staff to objectively define it for the purpose of obtaining baseline measurements of its frequency, duration, and intensity. Students will collect information about the person's history in order to gain an appreciation of details of the history that could be incorporated into the management protocol (e.g., preferences, likes, hobbies). Students will monitor the collection of data aimed at identifying what might be triggering (the antecedents) and maintaining (the consequences) the challenging behaviour. In collaboration with an interprofessional team, students will develop a management plan that details the specific intervention that is to be applied and will monitor ongoing collection of data for purposes of evaluating and documenting the outcome of interventions. Students will also have the opportunity to attend the Behavioural Neurology Unit's interprofessional Behavioural Management team conference and Pharmacology team conference and rounds.

Practicum Application Process

Students interested in applying for a practicum placement should send the following materials by e-mail to Dr. Angela Troyer, Professional Practice Chief of Psychology, at atroyer@baycrest.org:

- A completed Practicum Application form (available at www.baycrest.org/neuropsychology)
- A letter of interest describing your training experiences and goals
- A current CV
- Most recent graduate transcript (unofficial copies are acceptable)
- Two letters of reference, to be sent directly from referees to Dr. Troyer

Completed applications will be forwarded to practicum supervisors who will contact selected applicants for an interview. Please note that not all placements may be available at a given time. The type and number of placements is dependent on the availability of supervisors.

We use the common deadline and notification procedures for Greater Toronto Area Practicum Training Programs. The application deadline for both summer and fall/winter placements is in February, and the notification day is in March. If your program is outside of the greater Toronto area and has a different notification deadline, please provide details in your application form and your letter of interest.

For more information, please visit our website (www.baycrest.org/neuropsychology) or contact Dr. Troyer (atroyer@baycrest.org).