



Practicum Site Information Sheet

Name of site: Ontario DBT Centre

Supervisor or Contact Person: Dr. Nathalie Lovasz, C. Psych

Email: info@dbtontario.ca

Phone: 416-628-4806

Address: 34 Minowan Miikan Lane, Toronto, ON, M6J 0G3

Type of Practicum offered:

Adult Assessment and Intervention - Senior Practicum - 2 days per week with 12 month commitment

General Information:

The Ontario DBT Centre is a private clinic that offers comprehensive adherent DBT to adult clients with a variety of complex mental health needs and comorbid diagnoses including Borderline Personality Disorder, other mood and anxiety disorders, substance use disorders, and eating disorders. We offer adherent comprehensive DBT treatment that includes individual therapy, attendance at weekly DBT Skills training groups (and multi-family skills training groups for adolescents), phone skills coaching and a weekly therapist consultation team. Practicum students are involved in all aspects of our program as junior members of the team and have the opportunity to receive extensive supervision and training with a focus on developing specialized skills in providing treatment to high-risk and complete populations. Practicum students have opportunities to conduct initial comprehensive psychodiagnostic assessments for intake and treatment planning, to co-facilitate DBT skills training groups, provide individual therapy and phone skills coaching to individual clients and participation in the weekly consultation team. In the context of their practicum placement students will develop comfort and competence with suicide risk assessment, crisis management and the effective management various crisis and therapy-interfering behaviours in treatment.

Currently all our services are provided virtually. Consultation and supervision would also occur in a virtual format until the COVID-19 situation changes. Due to the nature of the population we serve and their complex needs, we welcome applications from PhD level senior practicum applicants with prior intervention experience and an interest in



DBT/Personality Disorders. We will give preference to applicants with demonstrated interest or prior didactic training in DBT. We ask for applicants to commit to a minimum one year placement and a minimum of 2 days per week to allow a full course of DBT treatment and thorough immersion in this modality. We are committed to anti-oppressive principles and welcome applications from diverse applicants.

Keywords :DBT, Borderline Personality Disorder, Complex Mental Health

Training/research opportunities: We do not offer research opportunities at present. We provide didactic training through our consultation team and as needed. Practicum students will receive a combination of weekly didactic training, individual and group supervision and attendance at a weekly consultation team meeting.

Practicum Application Deadline: 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.

Application procedure: informal transcript, letter of interest, CV, two references (either letters of reference or contact information)

Last Updated: December 30, 2021