ROCK™

REACH OUT CENTRE FOR KIDS

CLINICAL PSYCHOLOGY PRACTICUM BROCHURE

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Accredited by:
Canadian Psychological Association
Accreditation Canada

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ABOUT ROCK

Reach Out Centre for Kids (ROCK) is the largest provider of child and youth mental health services in Halton Region. For more than 50 years, we have supported the child development, mental health, and the well-being of children, youth, and families through comprehensive assessment, evidence-informed intervention, consultation, prevention, and early intervention services.

As the Lead Agency for child and youth mental health services in Halton Region, ROCK works collaboratively with community partners to improve access to high-quality, coordinated care. Our interdisciplinary teams are committed to delivering services that are inclusive, culturally responsive, family-centred, and grounded in best practices.

As a non-profit agency, ROCK serves more than 8,000 children, youth, and families across Burlington, Oakville, Milton, Acton, Georgetown, and Halton Hills each year through over 30 clinical and community-based programs. We provide services for children and youth from birth to 18 years of age, with several specialized programs extending support to transitional-aged youth up to age 25.

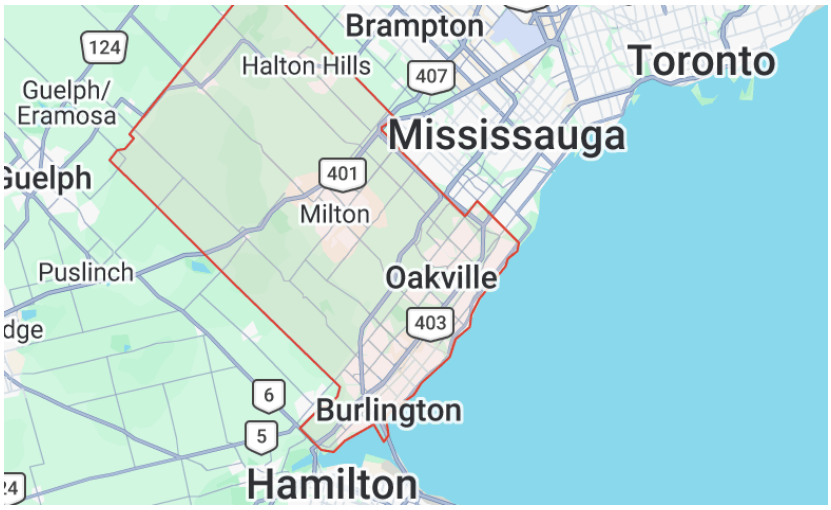
Practicum students train within a dynamic community mental health setting and gain experience working with clients presenting with a broad range of developmental, emotional, behavioural, relational, neurodevelopmental, and mental health concerns. This diversity of clinical presentations, combined with opportunities for assessment, intervention, consultation, and interdisciplinary collaboration, provides an exceptional environment for gaining experience across a range of professional psychology practice.

At ROCK, our mission is to promote the mental health and well-being of children, youth, and families by providing compassionate, evidence-informed care while simultaneously supporting healthy development, strengthening families, and building resilient communities.

WHERE YOU WILL TRAIN

Clinical Locations

ROCK provides services throughout Halton Region from three primary clinical offices located in **Burlington, Oakville, and Milton**. Students are assigned a home office based on a combination of factors, including supervisor location, training needs, and trainee preference. Because training experiences occur across multiple programs and sites, some travel between locations is expected during the training year.



In addition to its clinical offices, ROCK delivers services through a variety of community-based and specialized programs, including two live-in treatment facilities, prevention and early intervention programs, youth centres, and community partnerships. This broad service network provides trainees with exposure to diverse clinical settings and opportunities for interdisciplinary collaboration across the continuum of child and youth mental health care.

About Halton Region

Located in the western Greater Toronto Area between Toronto and Hamilton, Halton Region includes the communities of **Burlington, Oakville, Milton, Acton, Georgetown, and Halton Hills**. The region offers the advantages of both urban and suburban living, with vibrant downtowns, extensive parks and conservation areas, waterfront access along Lake Ontario, and convenient transportation to neighbouring communities.

Halton is consistently recognized as one of Canada's fastest-growing regions and offers an exceptional quality of life, making it an attractive place to live, work, and train.

For more information about Halton Region, transportation, and local attractions, please visit:

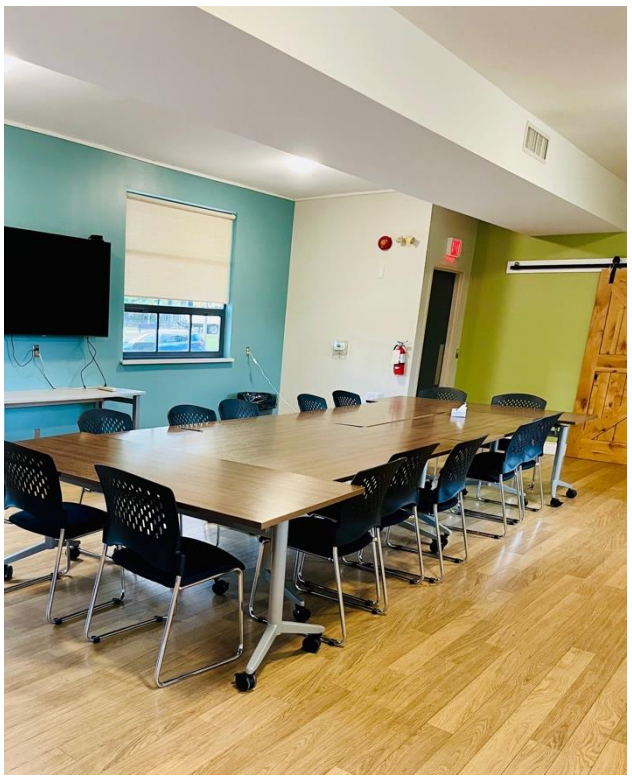
- Halton Region (www.halton.ca; www.halton.ca/The-Region/Explore-and-Enjoy-Halton)
- Burlington Transit (www.burlington.ca/en/transit/transit.aspx)
- Oakville Transit (www.oakvilletransit.ca)
- Milton Transit (www.milton.ca/en/living-in-milton/transit.aspx)
- GO Transit (www.gotransit.com)

LAND ACKNOWLEDGEMENT

Reach Out Centre for Kids is deeply connected to the land on which we gather today. We have supported children, youth, and families on this land for over 50 years. We respectfully acknowledge that this land is situated on the traditional territory of the Anishinaabe, Haudenosaunee, and the Huron-Wendat and is home to many First Nations, Inuit, and Métis peoples. We also respectfully acknowledge and are deeply grateful to the current treaty holders, the Mississaugas of the Credit First Nation, for sharing their traditional territory with us so that we can support children, youth, and families on their journeys of healing.

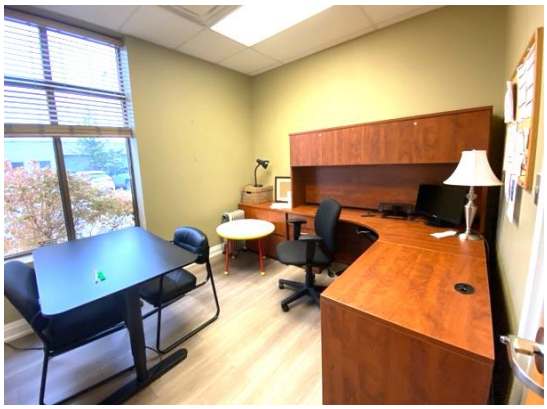
As we gather today on these treaty lands, we will honour and respect the four directions, land, waters, plants, animals, ancestors that walked before us, and all the wonderful elements of creation that exist.

Burlington Office



Oakville Office

Milton Office



EQUITY, DIVERSITY, INCLUSION & ACCESSIBILITY

At ROCK, we are committed to fostering an equitable, diverse, inclusive, and accessible environment where all children, youth, families, staff, learners, and community partners are treated with dignity, respect, and compassion. We believe that diverse perspectives strengthen clinical care, learning, and collaboration, and we strive to create an environment where everyone feels welcomed, valued, and heard.

Our commitment to equity, diversity, and inclusion extends across all aspects of our work—from direct clinical services and community partnerships to recruitment, supervision, education, and professional development. We recognize that systemic inequities influence access to care and mental health outcomes, and we are committed to providing culturally responsive, trauma-informed, and affirming services that meet the diverse needs of the communities we serve.

Throughout the training year, psychology practicum students are encouraged to develop culturally responsive practice through supervision, consultation, didactic training, and clinical experiences with children, youth, and families from a wide range of cultural, linguistic, socioeconomic, gender, sexual orientation, ability, and family backgrounds. Psychology practicum students are supported in reflecting on their own identities, values, and biases as part of their professional development.

To provide informed, authentic leadership for cultural diversity and inclusion, ROCK strives to:

- Lead with respect and dignity to see equity, diversity, and inclusion as connected to our mission and as integral to the well-being of our employees and agents of ROCK
- Dismantle inequities within our policies, systems, programs and services by exploring potential underlying, unquestioned assumptions that interfere with inclusiveness
- Advocate for and support strategic thinking about how systemic inequities impact our services and programs, and how best to address that in a way that is consistent with our mission
- Commit time and resources to expand knowledge and understanding of equity, diversity and inclusion.

ROCK is committed to employment equity and welcomes applications from all qualified candidates. We encourage applicants from equity-deserving communities to apply.

Applicants requiring accommodations during the application or practicum process are encouraged to contact Dr. Sarah Tuck (sarah.tuck@rockonline.ca) as early as possible so that appropriate supports can be arranged.

PROGRAMS AND SERVICES AT ROCK

Psychology practicum students at ROCK train within a large community child and youth mental health agency serving children, youth, and families across Halton Region. Clinical experiences are individualized based on each student's training goals and supervisor availability.

The services described below represent the breadth of clinical opportunities available at ROCK. While core services such as psychological assessment, consultation, individual therapy, family therapy, and brief services are consistently available as part of practicum training, opportunities in specialty clinics, therapy groups, and partnership programs vary from year to year based on staffing, community needs, and program availability.

CORE CLINICAL SERVICES

Psychological Consultation (Interdisciplinary)

Psychologists provide consultation to interdisciplinary staff regarding assessment findings, diagnostic formulation, treatment planning, and the appropriateness of psychological services. Practicum students will participate in consultation that is both assessment and intervention focused.

Psychological Consultation (Clients & Families)

Practicum students will gain experience providing consultation directly to children, youth, and families to review previous assessment results, discuss diagnostic questions, clarify treatment recommendations, and determine whether further psychological services may be beneficial.

Psychological Assessment

Practicum students complete comprehensive psychological assessments for children and youth presenting with developmental, learning, behavioural, emotional, and diagnostic concerns. Assessments may include clinical interviews, behavioural observations, standardized testing, collateral consultation, integrated reports, and feedback sessions with families and community partners.

Individual Therapy

Practicum students may provide (or gain exposure to) evidence-informed individual psychotherapy for children and adolescents using approaches tailored to client needs, including CBT, DBT-informed interventions, ACT, Emotion-Focused Family Therapy (EFFT), narrative, solution-focused, attachment-based, trauma-informed, and strength-based approaches.

Family Therapy

Practicum students may gain experience providing family therapy focused on improving communication, strengthening relationships, enhancing caregiver understanding of child behaviour, and supporting healthier family functioning.

Group Therapy

Group therapy is an integral component of psychological services at ROCK. Practicum students have opportunities to observe, co-facilitate, and, when appropriate, lead evidence-based therapy groups for children, adolescents, and caregivers. Group offerings vary from year to year and may include anxiety, DBT skills, trauma, parenting, attachment-based, and other psychoeducational or process-oriented groups.

Brief Therapy

Practicum students may provide brief, goal-focused interventions (typically one to three sessions) emphasizing assessment, stabilization, consultation, treatment planning, and linkage to longer-term services when appropriate.

Early Years Therapy

Practicum students working with young children may gain experience in attachment-based interventions, parent-child psychotherapy, play-based approaches, and caregiver coaching. Services focus on strengthening relationships, improving emotional regulation, and supporting healthy early development.

Autism Services

ROCK offers a broad range of autism services through both its Autism and Behavioural Services programs and its Psychology Department. While many autism supports are delivered through the Ontario Autism Program (OAP), psychology students have the opportunity to participate in specialized autism assessments involving complex diagnostic questions where autism co-occurs with developmental, emotional, behavioural, attachment, or trauma-related concerns.

ROCK also provides Ontario Autism Program services, including:

- Foundational Family Services, including workshops and drop-ins
- Caregiver-Mediated Early Years (Project ImPACT)
- Entry to School supports, for children transitioning into school for the first time
- Urgent Response Services for youth experiencing new or escalating behaviours

Interdisciplinary FASD Assessment

ROCK is home to Halton's FASD diagnostic team. Practicum students may have the opportunity to participate in comprehensive interdisciplinary assessments for children, youth, and transitional-aged youth (ages 2–25), gaining experience in neurodevelopmental assessment, differential diagnosis, team-based formulation, and consultation. This is one of the practicum's most distinctive training experiences. Please note, practicum students do not have to have a neuropsychology background to gain experience in FASD assessment.

FASD Consultation and Support

Practicum students may have the opportunity to work and consult with FASD Consultants, who provide consultation, coaching, education, training and service coordination to families, caregivers and professionals who are supporting individuals (up to age 21) with suspected or diagnosed FASD.

Trauma Services

Practicum students may participate in trauma-informed assessment and/or intervention for children and families impacted by adverse experiences, such as abuse, separation from their caregiver, illness, abandonment, family break-up, violence, loss, the death of a friend or family member, or any event that has had an impact on the child.

Crisis Services

ROCK's Crisis Services program provides immediate mental health assessment, crisis intervention, safety planning, and short-term stabilization for children, youth, and families experiencing an acute mental health crisis. Practicum students may observe or participate in consultation, assessment, and interdisciplinary planning with the Crisis Services team.

Pathways for Family Intervention & Treatment (PFIT) Home Based Intervention and Live-In Treatment Programs

Practicum students may observe or participate in intensive, home- and community-based interventions for children and youth with significant mental health needs receiving multidisciplinary treatment. Students may also gain consultation or assessment experience within ROCK's residential treatment programs serving youth requiring intensive therapeutic support.

CLINICAL GROUPS

Psychology Practicum Students have opportunities to observe, co-facilitate, or lead a variety of evidence-based therapy groups. Group offerings vary from year to year based on clinical demand and staffing. Current group offerings are available on the ROCK website. Examples of groups include:

Group	Focus
Circle of Security	Attachment-based parenting
Intro to CBT	CBT skills for youth
ADHD Caregiver Group	Parenting children with ADHD
Cool Kids Anxiety	Anxiety management for children and caregivers
Teen & Parent Anxiety	CBT-based anxiety treatment
DBT Skills Group	Emotion regulation, distress tolerance, interpersonal effectiveness
Trauma Group	Caregiver psychoeducation following trauma
Brave Pathfinders	Supporting children experiencing ambiguous loss
Advanced Caregiving	Recovery-oriented caregiver skills
Watch, Wait & Wonder	Parent-child attachment intervention

PREVENTION SERVICES & COMMUNITY PARTNERSHIPS

As the lead agency for child and youth mental health in Halton region, ROCK collaborates with numerous community organizations to improve access to care and support underserved populations. Depending on training goals and program availability, practicum students may gain exposure to these initiatives through consultation, assessment, treatment, program development, or interdisciplinary collaboration.

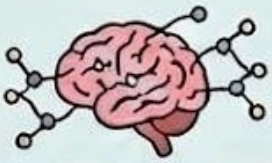
Examples include:

Program	Focus
Queer@ROCK	Mental health programming for 2SLGBTQIA+ youth
ROOTS	Culturally responsive services for Black, African, and Caribbean families
Our Community Cares	Community-based prevention and early intervention
Caroline Families First	Integrated care for complex mental health needs
EarlyON Child & Family Centres	Early childhood development and parenting supports
Halton Families for Families	Family-led education, support, and advocacy
Coordinated Service Planning	Navigation for children with multiple or complex needs
Halton FASD Collaborative	Multidisciplinary FASD assessment and consultation
Danielle's Place	Prevention and early intervention for eating disorders
Enaahtig Healing Lodge	Indigenous healing and wellness partnerships
Woodview Mental Health & Autism Services	Community partnership for mental health and autism services

ROCK PSYCHOLOGY PRACTICUM PROGRAM: DISTINCTIVE TRAINING OFFERINGS

AUTISM ASSESSMENT

CHILD & ADOLESCENT FOCUS



NEURODEVELOPMENTAL ASSESSMENT

MULTI-INFORMANT DATA INTEGRATION

GAIN SKILLS IN ASD ASSESSMENT

FASD ASSESSMENT

INTERDISCIPLINARY DIAGNOSTIC TEAM

Canadian Diagnostic Standard Implementation

FAMILY & COMMUNITY COLLABORATION

SPECIALIZED FETAL ALCOHOL SPECTRUM DISORDER TRAINING

EARLY YEARS MENTAL HEALTH (0–8)

INFANT & CHILD DEVELOPMENT FOCUS

ATTACHMENT-BASED ASSESSMENT

RELATIONAL & CAREGIVER INTERVENTION

FOUNDATIONAL TRAINING FOR THE FIRST 8 YEARS

PSYCHOLOGY AT ROCK

Psychology at ROCK

The Psychology Team at ROCK is committed to providing high-quality, client- and family-centred psychological services within a collaborative child and youth mental health setting. As scientist-practitioners, our psychologists provide assessment, intervention, consultation, and program development services for children, youth, and families from infancy through age 18.

The Psychology Team includes clinical psychologists, psychometrists, and pre-doctoral residents, and doctoral practicum student who work collaboratively with interdisciplinary teams across the agency. Trainees are valued members of the Psychology Team and contribute to clinical consultation, case discussions, educational activities, and program initiatives throughout the training year.

Psychological services at ROCK are delivered through a flexible hybrid model that combines virtual and in-person care. This approach allows clinicians to provide accessible, responsive services that consider client preferences, clinical needs, and best practices in service delivery.

Program Philosophy

The ROCK Psychology Practicum is grounded in the scientist-practitioner model, emphasizing the integration of research, clinical expertise, and the unique needs of each child, youth, and family. Our goal is to help prepare psychology students toward their future roles as ethical, competent, and reflective psychologists.

Through diverse clinical experiences, individualized supervision, and ongoing professional development, practicum students are supported in developing strong skills in assessment, intervention, consultation, and ethical decision-making. Students are encouraged to think critically about clinical practice, integrate current research into their work, and develop thoughtful formulations that guide effective, evidence-informed care.

A central feature of ROCK training is learning within an interdisciplinary child and family mental health environment. Trainees collaborate with professionals from a variety of disciplines and develop the communication, consultation, and teamwork skills essential for contemporary psychological practice.

We strive to create a learning environment that values curiosity, collaboration, reflection, and professional growth while supporting practicum students in developing their own identity as emerging psychologists.

MEET THE PSYCHOLOGY TEAM

Practicum students are supervised by one primary supervisor and will also work with an experienced team of psychologists with diverse clinical backgrounds in psychological assessment, intervention, consultation, and interdisciplinary practice. The psychology team provides training across a broad range of clinical presentations, evidence-based treatment approaches, and specialized assessment services, including FASD assessment and complex developmental and mental health assessment.

Dr. Sarah Tuck (Clinical Neuropsychologist, FASD Team Clinician, & Residency Director)
Ph.D., 2012, York University, Clinical Developmental Psychology
Dr. Tuck provides leadership for the residency and practicum programs, including program planning, coordination, and support to supervisors and trainees. Her clinical work includes neuropsychological and psychological assessment, consultation, and participation on the FASD assessment team.

Dr. Terry Diamond (Clinical Psychologist, Manager of Specialized Consultation)
Ph.D., 2005, York University, Clinical Developmental Psychology
Dr. Diamond provides clinical leadership within the agency and supports both the residency and practicum programs. Her clinical activities include psychological assessment, intervention, consultation, and supervision of students and trainees.

Dr. Natalie Bailey (Clinical Psychologist & FASD Team Clinician)
Psy.D., 2014, Pace University, School & Clinical Psychology
Dr. Bailey's clinical activities include psychological assessment and consultation as a member of the FASD assessment team.

Dr. Andrea Markovic (Clinical Psychologist)
Ph.D., 2016, State University of New York at Buffalo, Clinical Psychology
Dr. Markovic provides psychological assessment, consultation, and individual, family, and group therapy.

Dr. Marina Dupasquier (Clinical Psychologist)
Ph.D., 2018, McGill University, School/Applied Child Psychology
Dr. Dupasquier provides psychological assessment, consultation, and individual, family, and group therapy.

Dr. Katelyn Mullally (Clinical Psychologist – Supervised Practice)
Ph.D., 2024, University of Guelph, Clinical Child and Adolescent Psychology
Dr. Mullally provides psychological assessment, consultation, and individual, family, and group therapy.

Dr. Holly Boyne (Clinical Psychologist – Supervised Practice)
Ph.D., 2025, University of Toronto, School and Child Clinical Psychology
Dr. Boyne provides psychological assessment, consultation, and individual, family, and group therapy.

Mr. Brandon Campbell (Psychometrist)
B.A., B.Ed., 1999, University of the Witwatersrand (South Africa)
Mr. Campbell supports psychological assessment services. He also supports trainees with day-to-day assessment activities and clinical questions.

CLINICAL PSYCHOLOGY PRACTICUM PROGRAM AT ROCK

ROCK Clinical Psychology Practicum Program offers one 2-day per week practicum for students enrolled in CPA- and/or APA-accredited doctoral programs in clinical psychology. The practicum typically begins in the beginning of September and concludes at the end of April of the following year.

Practicum student selection is based previous experience and/or education, education, and fit between applicants' training goals and the training opportunities available within ROCK.

Focus of the Psychology Practicum

For the 2027-2028 academic year, ROCK is able to offer an assessment-focused practicum experience (with some exposure to intervention, if desired) OR a balanced assessment- and intervention-focused practicum, where at least half of the time will be devoted to assessment. The first practicum experience is generally best suited for first time assessment, whereas the second is generally more suitable for more advanced students. ROCK will NOT be offering a primarily intervention-based practicum for this year.

Practicum Application Timeline

We follow the deadlines determined by the GTA Practicum Sites group. This date is typically ***February 1st***, with interviews occurring February-March. Notification date will comply with the GTA Practicum Match Day.

Application Deadline	February 1
Interviews	Mid February to March (virtual)
Practicum Start	September

Application Procedure

Please submit a cover letter stating your training goals, an updatedCV, unofficial or official graduate transcripts, and 2 letters of reference. Applications can be forwarded by email to psychpracticum@rockonline.ca.

Privacy

In accordance with federal privacy legislation (Personal Information Protection and Electronics Documentation Act – http://laws.justice.gc.ca/en/P-8.6/), ROCK collects and maintains applicant information solely for the purpose of practicum selection and training. Application materials are accessible only to individuals directly involved in the practicum selection and training process. Records for applicants who do not match with the program are securely destroyed within 12 months of Match Day. ROCK adheres to all APPIC policies, including the policy prohibiting the solicitation, acceptance, or use of ranking-related information from applicants.

QUESTIONS?

We appreciate your interest in the ROCK Clinical Psychology Practicum Program and look forward to learning more about you. We encourage prospective applicants to reach out at the information below with any questions about the program or the application process.

Dr. Sarah Tuck, Ph.D., C.Psych.
Residency and Practicum Coordinator
Reach Out Centre for Kids (ROCK)

471 Pearl Street
Burlington, ON L7R 4M4
Phone: 289-962-7178 (Mobile)
Fax: (905) 681-7477

Email: psychpracticum@rockonline.ca or sarah.tuck@rockonline.ca

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