

# OVERVIEW

## Philosophy

The Department of Psychology at Lakehead University offers both MA Clinical Psychology and PhD Clinical Psychology programs, with the PhD built upon the MA program. The PhD program is fully accredited by the Canadian Psychological Association ("<http://www.cpa.ca/aboutcpa/headoffice/>"). The mission of the graduate clinical program is to pursue excellence in psychological research, professional education, and training, as well as public and community service. We are committed to fostering a community of intellectual excellence that promotes an evolving understanding of psychological science and the provision of high-quality graduate education and training in the profession of psychology. The programs strive to develop and nurture skills within our students that are grounded in science, critical thinking, and ethics, so that they may serve as competent researchers, clinicians and educators. We are dedicated to increasing the scientific understanding of the behaviour of individuals, groups and social systems, and to the application of this understanding to enhance the functioning and well-being of individuals, groups and societies.

The programs adhere closely to the scientist-practitioner model of training and practice in psychology. Specifically, we subscribe to the view that the practitioner who can critically evaluate these research findings will make the soundest contributions to society and the profession by supporting evidence-based practice. Similarly, a clinical researcher who is knowledgeable about best practices will make the most significant contribution to clinical research.

## Goals

Our professional goal is to train our students in clinical and research skills that allow them to pursue a career in professional practice that is informed by science or in academic/research settings that require highly trained clinical psychology researchers. Furthermore, in keeping with the mission of Lakehead University as a University in the north, the Ph.D. program also has an additional focus on rural, community, native and cultural issues. Health care issues have been at the forefront in Northern Ontario for many years. Distinctive geographic and population characteristics make the region difficult to serve, and the recruitment and retention of health care professionals have remained a challenge. Through this program, it is also hoped that the generation and dissemination of knowledge based on research on northern issues in clinical psychology make possible an increase the number of practising clinical psychologists in the region. To this end, students are provided with a comprehensive background in the field so as to prepare them to deal with the wide range of mental health issues that confront clinical psychologists not only in urban settings but also in remote areas. Clinical training in northern Ontario hospitals, clinics, and agencies are made available to the students.

## Objectives

Our objectives are to provide our students with knowledge in the following areas:

1. The five core content areas in psychology, namely biological, social, cognitive-affective, individual bases of behaviour, and history and systems of psychology.
2. Research methods and advanced statistics
3. Test construction and measurement
4. Scientific and professional ethics and standards in accordance with the Canadian Psychological Association Code of Ethics for Psychologists and Practice Guidelines for Providers of Psychological Services and the College of Psychologists of Ontario Standards of Professional Conduct.
5. Psychological assessment
6. Intervention
7. Program development and evaluation
8. Diversity issues in clinical psychology
9. Information to launch careers in research and professional practice

## Values

- *Learning.* We view learning as a continuous lifelong process. It embraces the principles of intellectual freedom and academic inquiry.
- *Science-based practice.* The program adheres to the Scientist-Practitioner model of training. The value of evidence-based practice is appreciated and applied to training in assessment, treatment, and outcome evaluation. It is hoped that these ongoing contributions can be used to enhance service

- delivery and the well-being of the mental health population as a whole.
- *Ethical and responsible practice.* The program strives to prepare students who are ethical and professional in their research, clinical, and teaching activities. The ethical principles of the field are emphasized so that students come to value the dignity of the individual, the importance of the promotion human welfare, and the maintenance of scientific, academic, and professional integrity.
  - *Diversity.* Training is grounded in an appreciation of cultural diversity and the unique needs of Aboriginal persons and rural, remote and underserved populations. Training is provided in courses and clinical practica in the adaptation of approaches to assessment, treatment, and the interpretation of data that are sensitive to individual differences. Moreover, the program attempts to provide a “generalist” approach to training that is responsive to the varied interests, needs, and goals of its learners.
  - *Interdisciplinary.* Our commitment to learning transcends specific programs, with collaboration between psychology and other academic units within the university, including Women’s Studies, and Gerontology.

### **Theoretical Orientation**

The primary theoretical orientation of the program is cognitive-behavioural. However, students are exposed to other theoretical orientations in their courses (e.g., psychodynamic, interpersonal, systems, feminist). Additionally, our students work with faculty or clinical supervisors in the various clinical settings, both within and outside of Thunder Bay, on their research and clinical activities. Exposure and familiarity to different theoretical orientations are available when the students are trained with different supervisors.

### **Professional and Research Interests**

The professional and research interests of the Clinical Faculty span a broad range, and their research expertise include both quantitative and qualitative strategies of analyses. Students are encouraged to work as well with the Experimental Faculty to broaden their scope of research training and become familiar with other areas of Psychology. The research interests of the Psychology faculty members are detailed in Appendix 1 (Pg. 29 of our [Clinical Program Manual](#)) and on the [WEB](#) .