



# CENTRE FOR INTERPERSONAL RELATIONSHIPS

## **2023-2024 RESIDENCY CLINICAL SEMINAR SERIES SCHEDULE**

Facilitated by: Drs. Jean Kim, C.Psych.  
Fridays 8:30 a.m. – 10:30 a.m. (2 hours, unless specified otherwise)  
Virtual (SecureVideo)

The Clinical Seminar Series provides psychology residents an opportunity to learn about the present-day, mainstream theoretical approaches to psychopathology, applied interventions within these schools, and how to consider person, personality and individual differences, culture and race/ethnicity in treatment. A framework to consider the integration of treatments and an integrative conceptualization of disorders is also proffered. Clinical case discussions and experiential role-plays will be used when appropriate to support learning of clinical theory and application.

September 1, 2023

**Starting Up! Part 1** (Dr. Jean Kim, C.Psych.; 9:00am-3:30pm)

CFIR Organizational Structure and Clinical Committee Values

Ethics and the Professional Psychologist: Ethics and Jurisprudence: Standards of Professional Conduct; Ethical-Decision Making; Confidentiality and Privacy Regulations; Consent Forms; Privacy/Confidentiality in Internal vs External Communications; Multiple Roles and Conflicts of Interest

Competencies and Professional Boundaries

Case Management & Supervision: Penelope & Client Connect, Supervision Processes

September 5, 2023

**Starting Up! Part 2** (Dr. Jean Kim, C.Psych., Dr. Marc Bedard, C. Psych.; 9:00am-3:30pm)

Virtual Clinic Orientation

CBT Clinic Orientation: CBT Treatment Manual

First Sessions: First Session Checklist; Informed Consent; Confidentiality and Privacy; Consent to Release Information; Collaborative Goal Setting and Managing Treatment Expectations; Talking to Clients about Assessment; Treatment Monitoring (ORS-SRS)

Therapeutic Relationship as a Space for Client Change; Being/Relating vs Doing/Tasking with Clients

Client Retention Strategies (\*Video)

Reach Backs/Emails: 1<sup>st</sup> Session, Post-2-3 Weeks, Final, End of Year, Vacation/Holiday Season

September 6, 2023

**Residency at CFIR: Overview Process and Procedures** (Dr. Jean Kim, C.Psych.; 9:00am-12:00pm)

Administrative Tasks: Weekly workload; Evaluations; Vacations

Intakes & Referrals: Intake Process; Assessing Appropriateness of Referral; Facilitating In-House Referrals; Release of Information Form; Website Profile as Referral Tool

Free Consultations: Process Overview; Converting to First Session (\*Video)

Clinician Self-Care: In-Session, After and Between-Session Care Strategies

September 8, 2023

**Assessment to Treatment** (Dr. Dino Zuccarini, C. Psych. and Dr. Jean Kim, C. Psych.; 9:00am-2:00pm)

Moving from Goal Setting to Assessment (General Battery Testing) to Diagnosis to Conceptualization to Treatment Planning to Applied Intervention Considerations

General Battery Testing (\*Video) & Case Conceptualization

### **Complex Trauma, Trauma-Informed Clinical Narratives; Introduction to Integration**

- September 15, 2023      Complex Trauma and PTSD Treatment: An Introduction (Dr. Jean Kim, C.Psych.)
- September 22, 2023      Polyvagal-Informed Treatment; Stabilization Skills (Dr. Jean Kim, C.Psych.)
- September 29, 2023      Ego State Therapy, Internal Family Systems Theory, Somatic Experiencing (Dr. Dino Zuccarini, C.Psych.) / Eye Movement Desensitization and Reprocessing Therapy (Myriam Hernandez, R.P.)
- October 6, 2023      Integrative Phase Specific Model of Treatment: 1) Safety-Security, 2) Stabilization-Activation, 3) Ego Strengthening & Resiliency, 4) Representational Change, 5) Mobilization & Consolidation; Introduction to Integrative Therapy: Transforming the Self-in-Relation to Self and Other Experience (Dr. Jean Kim, C.Psych.)

### **The Psychoanalytic Narratives: Part I**

- October 13, 2023      Psychoanalytic/Psychodynamic Therapies: An Introduction (Dr. Jean Kim, C.Psych.)
- October 20, 2023      Attachment Theory I (Dr. Jean Kim, C.Psych.)
- October 27, 2023      Attachment Theory II & Mentalization (Dr. Jean Kim, C.Psych.)
- November 3, 2023      Attachment Theory: Case Conceptualization (Dr. Jean Kim, C.Psych.)

### **Couples and Family Therapy**

- November 10, 2023      Couples Therapy I (Dr. Lila Hakim, C.Psych.)
- November 17, 2023      Couples Therapy II (Dr. Lila Hakim, C.Psych.)
- November 24, 2023      Family Therapy (Dr. Lila Hakim, C.Psych.)

## **The Psychoanalytic Narratives: Part II**

December 1, 2023	Separation-Individuation Theory I (Dr. Jean Kim, C.Psych.)
December 8, 2023	Separation-Individuation Theory II (Dr. Jean Kim, C.Psych.)
December 15, 2023	Levels of Personality Functioning (Neurotic versus Borderline) and Defenses (Dr. Dino Zuccarini, C. Psych.)
December 22, 2023	No seminar
December 29, 2023	Holiday (office closed; no seminar)
January 5, 2024	True Self-False Self / Self Psychology (Dr. Jean Kim, C.Psych.)
January 12, 2024	Self Psychology I (Dr. Jean Kim, C.Psych.)
January 19, 2024	Self Psychology II (Dr. Jean Kim, C.Psych.)

## **Program Evaluation & Supervision**

January 26, 2024	Program Development & Evaluation (Jonathan Samosh, M.Sc.)
February 2, 2024	Evidence-Based Supervision & Evaluation of Supervision / Professional Identity Development & Licensing Requirements (Dr. Jean Kim, C.Psych.)

## **The Humanistic-Experiential-Existential Narratives**

February 9, 2024	Client-Centered Therapy I (Dr. Jean Kim, C.Psych.)
February 16, 2024	Client-Centered Therapy II: Experiential Role Plays (Dr. Jean Kim, C.Psych.)
February 23, 2024	Emotion-Focused Therapy I (Dr. Jean Kim, C.Psych.)

March 1, 2024	Emotion-Focused Therapy II: Case Conceptualization & Experiential Role Plays (Dr. Jean Kim, C.Psych.)
March 8, 2024	Experiencing Scale / Perceptual Processing Therapy (Dr. Lila Hakim, C.Psych.)
March 15, 2024	Existential Therapy (Dr. Jennifer Bradley, C.Psych., Supervised Practice)

### **The Cognitive-Behavioural Narratives**

March 22, 2024	Program Evaluation Project Planning (Dr. Jean Kim, C. Psych.)
March 29, 2024	Holiday (office closed; no seminar)
April 5, 2024	Dialectical Behaviour Therapy I (Sonia Myre, R.P.)
April 12, 2024	Dialectical Behaviour Therapy II (Sonia Myre, R.P.)
April 19, 2024	Cognitive-Behavioural Theory; Cognitive-Behavioural Therapy: Depression (Dr. Marc Bedard, C.Psych.)
April 26, 2024	Cognitive-Behavioural Therapy: Generalized Anxiety and Social Anxiety (Dr. Marc Bedard, C.Psych.)
May 3, 2024	Cognitive-Behavioural Therapy: Obsessive-Compulsive Disorder (Dr. Marc Bedard, C.Psych.)
May 10, 2024	Acceptance & Commitment Therapy I (TBD)
May 17, 2024	Acceptance & Commitment Therapy II (TBD)

### **Post-modern, Feminist, Anti-Oppressive Clinical Narratives**

May 24, 2024	Working with Sex Workers in Therapeutic Practice (Katherine Van Meyl, M.A.)
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- May 31, 2024 Transference and Countertransference: Recognizing Your Own Socio-Cultural, Historical Biases and Embeddedness In-Session / Oppression in Cross-Cultural Counselling: Ethnoracial Minority Clients and White Therapists (Whitney Reinhart, M.A., R.P.)
- June 7, 2024 Working with Indigenous Populations I (TBD)
- June 14, 2024 Working with Indigenous Populations II (TBD)
- June 21, 2024 Integrating Western and Eastern Approaches (TBD) / Yoga for Mental Health (TBD)

### **Integrative Approaches to Clinical Presentations**

- June 28, 2024 Depressive Disorders: An Integrative Approach (Dr. Dino Zuccarini, C.Psych.) / Generalized Anxiety Disorder: An Integrative Approach (Dr. Dino Zuccarini, C.Psych.)
- July 5, 2024 Social Anxiety Disorder: An Integrative Approach (Dr. Dino Zuccarini, C.Psych.) / Trauma-Related Disorders: An Integrative Approach (Dr. Dino Zuccarini, C.Psych.)
- July 12, 2024 Eating Disorders: An Integrative Approach (Dr. Jean Kim, C.Psych.)
- July 19, 2024 Substance Use Disorders: An Integrative Approach (Dr. Aleks Milosevic, C. Psych)

### **Treatment Termination & Wrapping Up**

- July 26, 2024 Treatment Termination: Clinical, Practical & Ethical Considerations (Dr. Jean Kim, C.Psych.)
- August 2, 2024 Treatment Termination: Clinical, Practical & Ethical Considerations (Dr. Jean Kim, C.Psych.)
- August 9, 2024 Program Evaluation Presentation (Residents)

August 16, 2024	Wrap-Up: Reflections and Evaluation (Dr. Jean Kim, C.Psych.)
August 23, 2024	No Seminar
August 30, 2024	No Seminar