

Psychological & Counselling Services Group (PCSG) is a group of multi-function, private-practice, psychology and psychotherapy clinics with locations in Oshawa, Woodbine, Ajax, and Peterborough.

PCSG's experienced psychologists and clinicians provide one-stop, full-range psychological assessment, psychotherapy, and counselling services based on a variety of evidence-based approaches such as CBT, DBT, and EFT.

We address a broad number of issues and often complex presentations to meet the needs of a diverse population that includes children, adolescents, adults, couples, and families. Our main office is in a convenient downtown location inside the Oshawa Clinic, the largest multi-specialty medical group practice in Canada with over 110 physicians.

PCSG has a supportive, growing team of over 25 experienced psychologists and psychotherapists dedicated to training the next generation of clinicians. For over 15 years, we have been offering supervised practicum opportunities in child and adult tracks, in both assessment and intervention. PCSG is also a Child track partner with the Toronto Area Residency Consortium (TARC), a doctoral clinical psychology residency

program accredited by the Canadian Psychological Association (CPA) and the Association of Psychology Post-Doctoral and Internship Centers (APPIC).

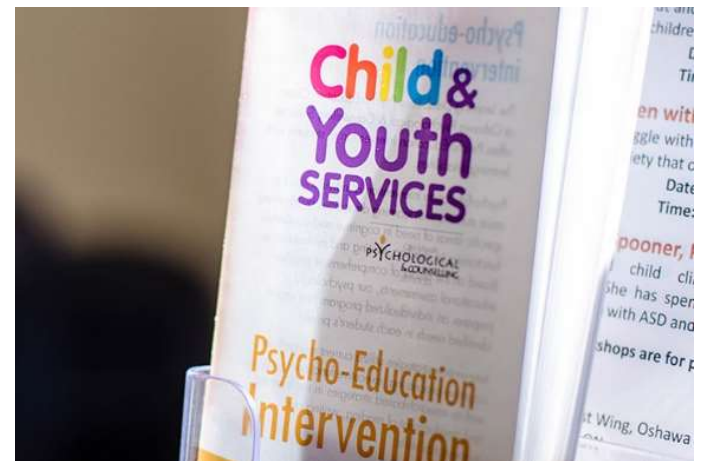
PCSG's clinician development model and strength-based focus framework emphasizes collaboration, mentoring and professional development, providing a wide range of consultation services to support practitioners in their psychotherapy and counselling practice. It can be very challenging to work with difficult cases and process traumatic client conditions.

Therefore, in addition to peer support, clinicians at PCSG can expect close, ongoing, and individual direction from a supervising psychologist, essential not only for professional development, but also for preventing vicarious trauma, compassion fatigue, and burnout.

Clinicians at PCSG also participate in monthly group consultations with visiting psychologists who specialize in DBT and EFT. We offer weekly DBT and peer consultation groups as well as supervision in Family Therapy, Couple Therapy and Sex Therapy, as required.

We also provide supervision for clinicians who are pursuing specific professional credentials (e.g., CRPO, Registration Requirements for Psychologists; Clinical Membership and Approved Supervisor Status with AAMFT). Regular professional development training is available to our students at a heavily discounted rate through our Oshawa Psychotherapy Training Institute: <https://oshawapsychotherapytraining.com>

PCSG also places great importance on involving clinicians in its broader, on-going commitment to community service and innovation. Since 2008, we have run a not-for-profit Low Fee Clinical Service open to all members of the public who face financial barriers in accessing psychological services. Our innovation program features several specialized clinics open to interested clinicians. These include the Program Using Psychoeducational Intervention for Learning (PUPIL) that targets clients with complex learning disabilities and the specialized High Performance Mental Health Clinic for elite Performers and athletes.



Interested clinicians can apply at any time. Supervised practice opportunities are generally 2-3 regular days per week, and virtual/hybrid options are available for those who do not live locally. When possible, PCSG tries to accommodate special placements for clinicians with different schedules or needs.

If you are a clinician looking to join a dynamic team that provides professional, yet flexible supervision with an emphasis on personal-growth, accountability, and community service, send your application, CV and two reference letters to hresources@oshawapsychologist.com

Oshawa Psychological & Counselling Services

2nd Floor, East Wing | Oshawa Clinic
117 King Street East | Oshawa, ON L1H 1B9

T 905.721.7723 | F 905.721.6880
E clinic@oshawapsychologist.com

Woodbine Psychological & Counselling Services

2nd Floor, Suite 201 | Woodbine Medical Centre
7155 Woodbine Avenue | Markham, ON L3R 1A3

T 416.628.6039 | F 416.628.6042
E clinic@woodbinepsychologist.com

PSCG GROUP SUPERVISED PRACTICE SITE INFORMATION	
Setting Private Practice Psychology & Family Therapy Clinic	Populations Served Adults, couples, families, youth, children
AREAS OF FOCUS	
<ul style="list-style-type: none"> • Adult / Adolescent / Child Clinical Psychology • Clinical Neuropsychology • Forensic Psychology • Health Psychology • School Psychology • Sports Psychology 	<ul style="list-style-type: none"> • Art & Play Therapy • Couple Therapy • Family Therapy • Fertility Counselling • Sex Therapy • Vocational & Career Counselling
Primary Models of Care	Specific Training Offered
<ul style="list-style-type: none"> • Emotion-Focused Therapy • Cognitive Behavioural Therapy • Dialectical Behavioural Therapy • Narrative Therapy • Object Relations • Brief Psychodynamic 	<ul style="list-style-type: none"> • Counselling & assessment • Psychoeducational intervention • Supervision for clinicians seeking specific professional credentials (e.g. Clinical Membership and Approved Supervisor Status with American Association of Marriage and Family Therapists).
WEBSITE & APPLICATION INFORMATION	
Supervisor: Dr. Ken Kwan, PhD, CCFT, CPsych Contact Person: Stacey Rafuse, Director of Operations	Email: hresources@oshawapsychologist.com Website (general): www.psychologicalcounsellingservicesgroup.com

SERVICE DESCRIPTIONS

The foundation of our clinical practice is client relations. We are committed to client-centered values and place an emphasis on strength, resiliency, and collaboration. Our intent is to provide a “one-stop” full-range psychological and counselling service based on a systemic and lifespan orientation using a variety of evidence-based approaches. Services are provided by registered psychologists or by experienced masters and doctoral clinicians under the supervision of a psychologist.

Clients' Presenting Issues

- **Personal growth and development issues** such as self-esteem, career, and vocational interests
- **Major situational and developmental transitions** such as stress management, separation and divorce, loss and bereavement, motor vehicle accidents, chronic illness, and family life transition
- **Significant relationship conflicts and intimacy issues** such as family relationship discord, parent-child conflict, parenting, couple relationship breakup, intimacy issues, and sexual difficulties
- **Socially related issues and trauma** such as immigration and cultural dislocation, social isolation, child abuse, sexual abuse, and domestic violence
- **Behavioural difficulties and mental health concerns** such as anger management, depression, anxiety, and obsessive-compulsive disorder
- **Child development and behavioural issues** such as cognitive and intellectual functioning, Attention Deficit Disorder, Asperger's Syndrome, disruptive and oppositional behaviours, conduct problems, and trouble with the law

Services Offered

- **Counselling and Psychotherapy** – Virtual and in person individual therapy for children, adolescents, and adults, couple therapy, family therapy, and sex therapy
- **Psychological Assessment** – behavioural and personality assessment, intellectual, psycho-educational, and vocational assessment, motor vehicle accident assessment, and family assessment
- **Rehabilitation Counselling** – for motor vehicle accidents, PTSD, and pain management, therapy for Veterans Affairs

(Last Reviewed: April 22, 2022)