



Counselling Psychotherapy Internship & Emotionally-Focused Therapy (EFT) Training Program Details Package

Our counseling approach is respectful of and efficacious for clients from any religious and cultural background. Trainees are encouraged to be sensitive to the spiritual concerns of their clients and to discuss with them the degree to which they choose to integrate that dimension in therapy.

Counselling is conducted in English, Mandarin or Cantonese. Trainees who are interested in improving their counseling using Mandarin or Cantonese will find ample opportunity to hone their language and cultural skills to more effectively work with clients of different Chinese language groups.

SECTION 1 - Types of Counselling Training Offered

Individual Therapy:

We offer training focused on helping individuals experiencing difficulties in the emotional, interpersonal, educational, spiritual, and vocational areas of their lives. With the pandemic and transitioning to virtual therapy, training is conducted with both case consultation and live supervision.

Couples and Family Therapy:

Training in premarital, marriage, family, sexual, and addiction counselling helps trainees to empower clients to resolve conflicts, establish open communication, and foster personal growth in relationships. Couples and families usually find working with a therapy team helpful. There will be ample exposure to EFT (Emotionally Focused Therapy, Sue Johnson) for individuals, couples, and families.

Group Therapy:

Opportunities also exist for interns to learn to lead psychoeducation therapy groups, i.e. for clients with bipolar disorder, emotion dysregulation, and low self-esteem, and to teach Dialectical Behaviour Therapy skills (DBT), as well as EFT-based relationship enhancement educational programs such as “Hold Me Tight” for couples, “Hold Me Tight, Let Me Go” for families with adolescent children and “Hold Me Tight, Let Me Be Me” for families with adult children.

SECTION 2 - Training and Supervisory Process

Just as counselling is a collaborative effort in which the client participates actively in setting goals, working through the problem, overcoming obstacles, doing homework assignments and giving honest feedback, supervision is also a collaborative effort in which therapist trainees are responsible for their own growth by actively participating in learning new skills, asking questions, sharing and receiving feedback, preparing for the sessions, debriefing, and reflecting on personal and professional issues arising from the therapeutic encounter. Evaluation of progress and discussion of feedback are provided at regular intervals to both clients and therapist trainees informally and using structured instruments.

Supervisory methods include live supervision, co-therapy, beginning or end of session reflection, therapy teams, reflecting teams, video recording review, and case discussion.

With pivoting to online therapy, live supervision has become the supervisory modality of choice, enabling trainees to receive immediate feedback and guidance from the supervisor throughout the session. Beginning therapists benefit immensely when the supervisor demonstrates interventions and how to navigate therapeutic impasses, repair mis-attunement and alliance ruptures. This is the only setting in which trainees have the opportunity to see and experience how supervisors work through these challenging stuck places.

A detailed statement of the philosophy of supervision and case study is available from Drs. Tat-Ying Wong and Alice Chen upon request.

For Entry-Level Therapist Learners:

Beginning learners start with observing interviews to develop conceptual and perception skills. Clinical notes and case reflections are reviewed with the supervisor. Later, the beginner engages in co-therapy with a more experienced therapist acting as a model.

For Advanced Therapist Learners:

More advanced learners are supervised live, through the review of video recordings of sessions and end-of-session reflection as well as case discussions, consultations, clinical note review, caseload reviews and audits.

Supervisors-in-training are also supervised using the above formats.

SECTION 3 - Required Internship and Training Hours

Typical work hours are from 9:00 am to 7:00 pm. After-hours work includes completing documentation, charting, debriefing, planning, preparation, research and reading around issues encountered in the day and reviewing videos of their sessions and interventions by the supervisor and other team members.

You will have the opportunity to observe and participate in case discussions and briefings so that you can acquire practical tools to follow session dynamics, formulate and conceptualize cases, set goals, plan treatment, and reflect on cases. Past experience shows that a time of overlap between interns finishing and new interns beginning their clinical training is of mutual benefit .

You are also expected to participate in various research projects, including outcome studies and quality improvement initiatives. Past research projects include outcome assessment of Spiritually Integrated Psychotherapy and the “Hold Me Tight” relationship enhancement program with Chinese-Canadian couples.

SECTION 4 - Program Fee

The program fee is \$1000 for each four-month term, paid at the beginning of each term or by monthly installments (pro-rated fee is available at the end of program if length of internship is adjusted). There may be an alternate payment option through in-kind services, such as transcription or translation of recordings, preparing psychoeducation materials, preparing seminars, etc.

SECTION 5 - Application Process

1. Please carefully read the program information on our website and in our detailed package before submitting your application online on www.gracehealthcentre.ca
2. The application material of all candidates will be reviewed and some will be selected for an interview.
3. Successful applicants will be notified. Since this program is unique and the number of training spots is limited, please have alternative training options in mind when you apply. Priority may be given to previous trainees who wish to continue their training after completing their degrees and are pursuing clinical membership in OAMFT / CAMFT / AAMFT or certification in EFT.

SECTION 6 - Institution and Trainer/Supervisor Information

Institution Information

Name of Institution: Grace Health Centre
Street Address: 2830 Keele St., Suite 402
City: Toronto
Postal Code: M3M 3E5
Phone Number: (416) 633-7337
Site E-Mail: internship@gracehealthcentre.ca

Supervisor Information

Supervisor - Dr. Tat-Ying Wong, M.D.
Counselling offered in: Cantonese

As a physician, Dr. Wong recognized that treatments for relationship distress, a deadly and prevalent chronic illness, were inadequate. Since learning EFT cured 3 out of 4 couples with relationship distress, he has trained thousands of Chinese professional helpers in North America and Asia in EFT and produced hundreds of EFIT, EFCT, EFFT, HMT/C4C, HMTLMG training videos with Chinese clients. As an AAMFT, CAMFT, OAMFT Supervisor and Program Director in the MFT Internship Program at GHC, Dr. Wong has personally trained over 200 therapists and physicians, including most of the Chinese MFT's in Toronto (www.gracehealthcentre.ca/counseling).

As Lecturer and Faculty in the award winning Counselling and Psychotherapy in Family Medicine Program in the Department of Family and Community Medicine at the University of Toronto, Dr. Wong is passionate about equipping Family Physicians to work effectively with couples and families (<https://www.cpd.utoronto.ca/cpfm/faculty/>).

He is also interested in equipping faith leaders as Adjunct Faculty in Pastoral Counselling and Family Ministry at the Chinese Canadian School of Theology. Dr. Wong is on staff in the Department of Family and Community Medicine at the Humber River Hospital, the first lean, green and all digital hospital in Canada. He continues to develop evidence based Chinese psycho-education and therapy resources (www.reconnecteft.com) and has conducted and published the first EFT/HMT/C4C outcome study with Chinese couples. His vision is to share EFT, this incredible gift of healing self, relationships and deep attachment wounds, with Chinese around the world.

Supervisor's Professional Qualifications / Designations:

Founded Grace Health Centre in 1986
 Family Physician and Member of Family Medicine Group Practice
 Clinical Fellow and Supervisor, OAMFT
 RMFT Supervisor, CAMFT
 Clinical Fellow and Approved Supervisor, AAMFT
 EFT Therapist, Supervisor and International Trainer, ICEEFT

Educational Experience:

- Doctor of Medicine, *University of Toronto*
- Masters of Theological Studies, with counselling focus, *Tyndale Seminary*
- Counselling Masters of Divinity in Marriage and Family Therapy, *Tyndale Seminary*
- Post graduate studies in marriage, family, and sex therapy, *University of Toronto*
- Certificate in Marriage and Family Therapy Supervision, *University of Guelph*
- Certified in Eye Movement Desensitization and Reprocessing (for treatment of psychological trauma) <https://www.emdria.org>
- Trained in Group Crisis Intervention (NOVA) www.trynova.org

Employment Experience and Qualifications:

- Registered Marriage and Family Therapist in Ontario
- Clinical Fellow and Supervisor, Ontario Association of Marriage and Family Therapy
<https://oamft.com/staff/tat-ying-wong-md/>
- RMFT Supervisor, Canadian Association of Marriage and Family Therapy
<https://camft.ca/Sys/PublicProfile/50719859/4987525>
- Clinical Fellow and Approved Supervisor, American Association of Marriage and Family Therapy <https://www.therapistlocator.net/tl/viewprofile.aspx?ID=28795>
- ICEEFT certified EFT Therapist, Supervisor and International Trainer
<https://iceeft.com/iceeft-trainers/>
- Faculty, Counselling and Psychotherapy in Family Medicine, Lecturer, Department of Family and Community Medicine, University of Toronto
<https://www.cpd.utoronto.ca/cpfm/>
- Program Director, Marriage and Family Therapy Internship Program, Grace Health Centre www.gracehealthcentre.ca/counselling
- Adjunct Faculty in Pastoral Counselling and Family Ministry, Canadian Chinese School of Theology <https://ccst.ca/index.php/en/>
- Lead speaker and trainer for Ontario Early Years Chinese Parent training program “Parents Make the Difference” (evidence based parent training with proven effectiveness, set of 47 DVDs & CDs in Mandarin & Cantonese)
- Lead speaker and trainer for Chinese couple training program “Building a Lasting and Fulfilling Marriage”, Chinese Parenting training program for parents with 0-6 year old children “Parents Make the Difference!”, for parents with 10-25 year old children “Reconnect” and for all parents “Brain Based Parenting”, courses for rebuilding self esteem and managing emotions, www.reconnecteft.com
- Lead speaker and trainer for Chinese Hold Me Tight Program “Secret to Building Successful Intimate Relationships (evidence based couple education program with proven effectiveness)
- Lead speaker and trainer for Chinese Hold Me Tight Let Me Go Program (evidence based family education program with proven effectiveness)

Special Interests:

- Emotional intelligence, Emotionally Focused Therapy, trauma, managing emotions, depression, anxiety, self-esteem, stress, post-traumatic stress disorder, psycho-education, growth groups, family therapy in family medicine
- Lay counsellor training, pre-marital counselling, marital counselling, vocational counselling, and families in ministry
- Training and supervision of professional marriage and family therapists, cultural contextualization of family therapy
- Speaker and trainer in workshops, seminars, training, retreats, growth groups in churches, agencies
- Previous ministries include church planting, church building committee chairman, loan retirement committee chairman, home fellowship group leader, instructor and superintendent in Adult Christian Education, therapy group leader, deacon and trustee for church

For more detailed information on Dr. Tat-Ying Wong

<https://iceeft.com/iceeft-trainers/>

<https://www.therapistlocator.net/tl/viewprofile.aspx?ID=28795>

<https://camft.ca/Sys/PublicProfile/50719859/4987525>

Supervisor: Dr. Alice Chen, M.D.

Counselling offered in: English and Mandarin

Modalities: EFT (Emotionally Focused Therapy), CBT (Cognitive Behavioural Therapy), EMDR (Eye Movement Desensitization and Reprocessing), DBT (Dialectical Behavioural Therapy), ACT (Acceptance and Commitment Therapy), gestalt and other experiential approaches, focusing, mindfulness, somatic processing of trauma

Supervisor's Professional Qualifications / Designations:

- Family Physician
- AAMFT Clinical Fellow
- AAMFT Approved Supervisor Candidate
- Certified EFT Therapist (www.iceeft.com)
- EFT Supervisor (www.iceeft.com)
- Fellow, College of Family Physicians of Canada
- Member in good standing of College of Physicians and Surgeons of Ontario
- Member of Family Medicine group practice
- Member of TEAM (www.team.org), having served in clinical medicine, health worker training, counseling, coaching/mentoring and member care in Asia for 25 years.
- Member, Christian Medical Dental Society of Canada (CMDA)
- Member, Christian Medical Dental Association (CMDA, USA)
- Member, CMDA-Continuing Medical and Dental Education Commission (2021-2027)

- International Advisory Board Member, Christian Journal of Global Health (<https://cjgh.org/index.html>)

Educational Experience:

- Doctor of Medicine, *University of Saskatchewan*
- Master's of Arts in Religion, *Canadian Theological Seminary*
- Master's of Arts in Mental Health Counseling, *Palo Alto University*
- Post-graduate studies in Marriage and Family Therapy, *University of Guelph*
- EMDR (Eye Movement Desensitization and Reprocessing) training, Levels I and II (www.emdr.com)
- Certified Emotionally Focused Therapy (EFT) Therapist and Supervisor in Training (<https://iceeft.com>)
- Focusing, Levels I and II
- Cerny-Smith Assessment coach (<https://cernysmith.com/>)

Special Interests:

- Individual, couple and family treatment of adults and adolescents with mood and anxiety disorders, bipolar disorder, PTSD, marital and family distress, immigration stress, low-self-esteem, ADHD, obsessive-compulsive disorder, addictions, psychotic disorders, dissociative disorders, etc.
- Coaching, mentoring and care of international workers and pastoral staff (member care)
- “Hold Me Tight, Let Me Go” workshops
- Group therapy for emotion regulation, low self-esteem, bipolar disorder, DBT skills