

# Department of Family & Community Medicine

## Psychology Training Clinic

### Psychological services available through the Psychology Training Clinic (PTC)\*

- Diagnosis of psychological disorders
- Brief individual treatment (typically 8 - 14 weekly sessions) involving evidence-based therapies such as cognitive-behavioural therapy (CBT)
- Psychoeducational assessments for children are available some years

### How the clinic provides support

- Assessment and treatment of mild to moderately-severe mental health problems
- Time-limited, weekly, evidenced-based treatment for individuals and groups
- Collaborations with other professionals and departments
- Referrals to community agencies/services

## INFORMATION FOR REFERRAL

**Family Health Team Psychological services are offered to St. Michael's Hospital DFCM patients (children, adolescents and adults) coping with:**

- depression
- anxiety
- trauma
- loss
- relationship issues
- difficulties following treatment plans and regularly taking prescribed medications
- medical illnesses/disability

**You are eligible for referral to the Psychology Training Clinic if you :**

1. Are an adult (ages 18 to 65)
2. Are experiencing moderate problems related to mood, anxiety, trauma, adjustment, obsessive-compulsive, and substance use symptoms

**You are not eligible for referral to the Psychology Training Clinic if you :**

1. Require an adult assessment for neurodevelopmental disorders (e.g., ADHD, ASD)
2. Are in crisis and emergency situations including recent significant suicidality
3. Are experiencing primary, chronic, or marked substance use
4. Require support for an eating disorder
5. Are experiencing mania or psychosis
6. Are experiencing pain as your primary problem
7. Have certain apparent personality traits (e.g., expressed mistrust, irritability, dependency)
8. Require any court-mandated services
9. Require lots of documentation or medico-legal consideration for your referral problem (e.g., WSIB, motor vehicle accident)
10. Cannot regularly attend weekly scheduled psychology sessions

## TO REQUEST SERVICES

Speak to your family physician or a member of your health care team on the family health team to request a mental health referral. Note that all referrals will be reviewed by the Mental Health Hub, and a mental health clinician (social worker, psychologist, or psychology student) will reach out to you.

\*The Psychology Training Clinic (PTC) is a partnership between Toronto Metropolitan University (TMU) and the St. Michael's Hospital Academic Family Health Team (SMH / AFHT). Services are provided by early-career psychology graduate students supervised by TMU psychologists including the PTC Director and other TMU faculty.

