

# Horizon Health NB

## Clinical Psychology Residency Program

Program Brochure Addendum – Saint John Site

Match Number

Saint John Generalist Track- 185113



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# Our Community

Saint John is New Brunswick's largest city with more than 70 thousand people. It sits on the beautiful Bay of Fundy, which boasts the largest tides in the world. Saint John and the surrounding areas of Rothesay, Quispamsis and Grand Bay-Westfield make up a vibrant small city with a maritime heart.

We acknowledge that the lands on which we work are the traditional and unceded territories of the Wolastoqiyik/Maliseet people. As Canada's oldest incorporated city, its history is rich but not without its darker aspects. It was a site where colonization and displacement began, resulting in significant impacts to the Wolastoqey and Mi'kmaq peoples through land loss and cultural disruption. Our program acknowledges these injustices and commits to reconciliation efforts. We commit to centring Indigenous voices and knowledge for culturally responsive approaches. We pledge to foster an inclusive community valuing Indigenous perspectives and engage in partnerships that promote healing, understanding, and empowerment. We aim to build a shared future grounded in justice, reconciliation, and mutual respect, celebrating the rich cultural heritage of the Wolastoqiyik Peoples.

Amenities and activities: Saint John offers a vibrant mix of community and recreational activities for those seeking both urban excitement and natural beauty. Saint John's lively Uptown district has chic boutiques and eclectic shops, Culinary adventure also awaits with everything from artisanal coffee shops to gourmet bistros overlooking the harbor.

Outdoor enthusiasts will relish Harbour Passage, an invigorating waterfront path ideal for morning jogs or leisurely strolls with stunning bay views. Rockwood Park, a sprawling urban green space, offers serene hiking trails, tranquil lakes for kayaking, and scenic picnic spots for relaxing on sunny days.

Cultural lovers can enjoy the Imperial Theatre, a grand venue hosting a diverse array of live performances from classic plays to contemporary musicals. The local community theatre scene also provides intimate, engaging productions showcasing emerging talents. Be sure to visit the historic City Market, one of Canada's oldest farmers' markets. Here, you can explore stalls filled with fresh produce, artisanal goods, and unique local specialties while enjoying the lively interaction with vendors and fellow shoppers. In Saint John, every corner promises new experiences and connections, making it an ideal spot for young professionals eager for a dynamic and welcoming community.

Nearby destinations: Within just 90 minutes of Saint John, you can explore a wealth of captivating destinations. Venture to the charming town of St. Martin's, known for its stunning sea caves and quaint coastal charm. A short drive will take you to the Fundy Parkway and Fundy National Park, where you can marvel at the world's highest tides and hike through forests and rugged coastal landscapes.

For a relaxing beach day, New River Beach offers a serene escape with its sandy shores and gentle waves. It is also where *Race against the Tide* (<https://gem.cbc.ca/race-against-the-tide>) is filmed, where competitors build elaborate sand sculptures on nature's tide clock. Alternatively, immerse yourself in the historic elegance of St. Andrews by-the-Sea, a picturesque seaside town with Victorian architecture and charming boutiques.

If you're in the mood for city excitement, Fredericton and Moncton are just a short drive away. Fredericton boasts a vibrant arts scene and rich history, including annual festivals like the Harvest Jazz and Blues Festival (<https://harvestmusicfest.ca>). Moncton also has shops, restaurants and popular attractions like the Magnetic Hill. It is within a short drive of the Northumberland Strait's stunning coastline and beaches with the warmest ocean waters, north of the Carolinas. Each destination provides unique experiences, all within easy reach of Saint John.

More Information: [www.discoversaintjohn.com](http://www.discoversaintjohn.com)

# Horizon Health Network

The Horizon Health NB (HHNB) Clinical Psychology Residency Program is expanding into the Saint John zone of the Horizon Health Network. The program will follow the same philosophy, mission and objectives of the program developed in the Fredericton area. Interns across sites will have opportunities to meet and learn from each other in various activities, including weekly didactics, and peer and group supervision. Interns also interact as part of professional meetings (e.g., monthly council meeting, training and EDI committees) and learning activities (e.g., supervision journal club). Please see the full brochure at HHNB's website:

[https://horizonnb.ca/careers/educational-programs/clinical-psychology-residency-program/?gad\\_source=1&gclid=Cj0KCQjwi5q3BhCiARIsAJCfuZn-o54gG2sKpCvAL9bVcTHBbQb5YSB\\_zN\\_sW\\_n4bFpTz5xRFszmr8UaAr2fEALw\\_wcB](https://horizonnb.ca/careers/educational-programs/clinical-psychology-residency-program/?gad_source=1&gclid=Cj0KCQjwi5q3BhCiARIsAJCfuZn-o54gG2sKpCvAL9bVcTHBbQb5YSB_zN_sW_n4bFpTz5xRFszmr8UaAr2fEALw_wcB)

## The Saint John Regional Hospital – 400 university avenue (Saint John)



The Saint John Regional Hospital is the largest tertiary care hospital in New Brunswick and is the primary health care referral centre for this area and to all New Brunswickers for major trauma and cardiac care. The New Brunswick Trauma Program, New Brunswick Heart Centre, and the New Brunswick Stem Cell

Transplant Centre are located within the hospital, as are Radiation Oncology and Nephrology services.

The Saint John Regional Hospital also serves as the centre for Dalhousie Medicine New Brunswick's distributed medical education program. The hospital services a catchment population of 170,000 people from Sussex to St Stephen.

Psychologists working at the SJRH provide assessment, intervention, and consultation to a variety of medical programs including Oncology, Nephrology, Infectious Disease,

Bariatric services, and Pediatrics. Psychologists are involved in interdisciplinary teams within their areas. Services are offered within the framework of psychology professional standards and the code of ethics.

## **Addictions & Mental Health Services (AMHS) – 55 union street (Saint John)**

There are two AMHS centres in our program (in Fredericton and Saint John).

Psychologists are part of interdisciplinary teams and provide services to children, adolescents and their families as part of the Integrated Service Delivery (ISD) program. The ISD program offers psychological services as part of an interdisciplinary team working in the school setting.



AMHS also provides service to adults and seniors with addictions and mental health disorders. Both children and adults may present with a wide variety of mental health disorders and problems and may require longer-term community-based treatment and/or support. AMHS Centres provide addiction services (including detox and outpatient counselling),

single session walk-in services, an Early Psychosis Program (EPP), FACT team for individuals with severe and persistent mental illness), as well as individual and group psychotherapy in a stepped care model. There are also groups for borderline personality disorder (STEPPS and DBT for Families), parenting groups, and addictions recovery groups (for both patients and their families). As the only provider of free mental health services in our community, our clientele is diverse and represents several historically marginalized groups (e.g., indigenous peoples, 2SLGBTQI+ folx, newcomers, people

experiencing houselessness, people of colour, children in care, people with disabilities, clients with complex mental illness and neurodevelopmental disorders).

# Description of Rotations

## Overview

HHNB Residency program in Saint John Generalist Track (SJGT – Match 185113) currently offers rotations in the areas listed below. We aim for interns to function as generalist practitioners by the end of the internship year. As such, we require interns to complete rotations that offer a mix of experiences in health and mental health to see various presenting problems and comorbid conditions. For those interested in the SJGT, interns will complete three rotations to build their lifespan, generalist skills. This will include the following rotations:

Pediatric Assessment (SHRH) 1.5 days/week all year	
Pediatric Mental Health (AMHS) 3 days/week for 6 months	Adult Oncology (SJRH) 3 days/week for 6 months



# Rotations

## SJRH Adult Oncology – concentrated rotation only

Supervisor: Dr. Naomi Giberson, L.Psych.

This rotation will give interns the opportunity to work with patients across the cancer trajectory: diagnosis, treatment, survivorship, or end of life. Patients are seen in both inpatient and outpatient settings. This rotation may include the chance to assist in conducting research on high dose psilocybin-assisted therapy (PAT) for demoralization syndrome (DS) in people with advanced cancer, though the proposed study is still pending approval by the Canadian Cancer Trials Group.

Assessment/Consultation: Assessments are conducted for triaging, treatment planning, and outcome monitoring. There is often individual consultation with multidisciplinary team members and referring physicians, as well as weekly interdisciplinary rounds on the inpatient floor.

Intervention: Interns will gain experience conducting evidence-based interventions (M-CBT, ACT, DBT, MI, EFT, Dignity Therapy, etc.). Common presenting concerns include adjustment to diagnosis, hospitalization, survivorship, or physical changes including but not limited to mastectomies; panic attacks that pose barriers to diagnostic imaging and radiation; fear of cancer recurrence; existential distress; emotion dysregulation; aversion to eating after head and neck radiation; suicidality; medication compliance, smoking cessation; and navigating pseudoscientific beliefs regarding cancer treatments. Psychotherapy is primarily individual, with occasional opportunities to conduct couple or family sessions.

Diversity: Cancer does not discriminate. A diagnosis of cancer often exacerbates the impacts of oppression. This rotation will allow interns to work with adults from 19-91+ years old from an ever-diversifying population of patients in Saint John. This population

includes marginalized groups such as immigrants, refugees, people experiencing poverty and homelessness, persons with disabilities, and members of the 2SLGBTQ+ and BIPOC communities.

## **AMHS Pediatric Mental Health (ISD) – concentrated or extend rotation**

Supervisor(s): Dr. Pam Dodsworth, L.Psych.

In Fall 2017, the government of New Brunswick implemented a new approach to child and youth treatment - Integrated Service Delivery (ISD). Under ISD, partners involved with youth from various government departments (Departments of Health, Justice, Social Development and Education) work on integrated teams to increase collaboration and coordination of service delivery. As a result, most mental health services that were traditionally delivered at outpatient community mental health clinics are now being delivered in the school setting by an interdisciplinary team that includes members from education, child and family services, justice and health. The goal of ISD is to enhance the system capacity to respond in a timely, effective and integrated manner to the strengths, risks and needs profiles of children, youth and their families (right service intensity at the right time). As such, interns who choose a rotation in pediatric mental health will have the opportunity to provide psychological services as a part of an interdisciplinary team working in the school setting.

Assessment/Consultation: Referral questions vary and include cognitive and psycho-diagnostic assessment. Common presentations include anxiety, PTSD, OCD, attachment issues, eating disorders, depression, learning disabilities, intellectual disabilities, behavioural issues, emerging personality disorders, autism, and ADHD. Consultation with school staff is common.

Intervention: Depending on the age of the client, interns provide individual, group, or family psychotherapy. Interns are encouraged to take a systems approach, incorporating parents, caregivers, and teachers into the interventions. Interns will also work to connect families with appropriate community supports and resources. Depending on the time of the year, interns may have the opportunity to become involved in psychotherapy groups that are offered to both clients and their parents (e.g., Multifamily DBT Skills Group; CBT group for anxiety; ADHD and Circle of Security Parenting groups).

Diversity: Since we are directly integrated in public schools, the students we work with are diverse and represent several historically marginalized groups (e.g., indigenous peoples, 2SLGBTQI+ folx, newcomers, people experiencing poverty, people of colour, children in care, people with disabilities, youth with complex mental illness, and youth with neurodevelopmental disorders).

## **SJRH Pediatric Assessment – extended rotation**

Supervisor: Dr. Robin Patterson, L.Psych.

Pediatric psychology addressed developmental and health/illness issues affecting children, adolescents, and their families. This includes assessment/intervention for developmental disorders, and treatment of behavioural and emotional problems associated with illness. We provide relevant assessment and intervention, work as a team with other medical and rehabilitation professional, and consult community professionals. Our program is involved with inpatients (e.g., eating disorders, feeding, encopresis, psychosomatic illness, and mental health), hospital-based clinics (Feeding Clinic and Developmental Clinic) and outpatients (medical illnesses, health, and developmental concerns).

Assessment: Assessments of children and adolescents with developmental concerns. Assessments for autism spectrum disorder and developmental delays. Toddler and preschool assessments will be completed with a multidisciplinary team.

Intervention: This rotation is focused on assessment. There may be opportunities for cognitive behavioural therapy intervention for children with health psychology concerns.

Diversity: This service works directly with a diverse population and all people, which includes various newcomers' nationalities, people experiencing poverty, children and youth with disabilities and autism spectrum disorder, children and youth with various medical conditions (e.g., Type 1 diabetes, oncology, cystic fibrosis, arthritis, epilepsy, etc.), and youth as inpatients with complex mental illness.

# Faculty

## Saint John Regional Hospital (SJRH)

Eve Beals                                      B.A. (Oberlin College), M.A., Ph.D. (New School for Social  
(she/her)                                      Research), L. Psych. (2011)

Dr. Beals serves on the Nephrology Program, Infectious Diseases Clinic, and Bariatric Surgery Program. She provides outpatient service to infectious diseases patients (typically HIV and/or Hepatitis C positive). She provides both inpatient and outpatient service to patients in the Nephrology program. For the Bariatric Surgery Program, Dr. Beals provides psychological assessments for potential bariatric surgery candidates. She has a predominantly interpersonal and psychodynamic theoretical orientation but includes cognitive-behavioural, Motivational Interviewing, Acceptance and Commitment, solution-focused and mindfulness elements in her approach.

Naomi Giberson                                B.Sc. (Saint Francis Xavier University), M.M. (University of  
(she/her)                                      British Columbia), Psy.D. (Adler University)

Dr. Giberson provides psychological assessment and psychotherapy in both inpatient and outpatient settings at the SJRH. Her theoretical orientation is primarily third-wave cognitive-behavioural (Acceptance and Commitment Therapy, Dialectical Behaviour Therapy, Mindfulness-Based CBT, Motivational Interviewing, etc.). She sits on the Oncology Department's Local Survivorship Committee and Psychosocial Committee. Dr. Giberson is a member of the 2SLGBTQ+ community whose dedication to culturally responsive and gender affirming care is informed by her social justice-oriented graduate training in the multicultural city of Vancouver, BC.

Monica Green-Nissen  
(she/her)

B.A., M.A. (UNB Fredericton), L. Psych. (1998)

Assessment and intervention for children and adolescents with health or developmental concerns. Multidisciplinary teamwork related to developmental assessments and feeding problems. Population typically includes children and adolescents with autism spectrum disorders, developmental delay, chronic or critical illness, eating disorders and feeding issues. Interventions include cognitive behavior therapy, motivational interviewing, mindfulness strategies and family interventions.

Robin Patterson  
(she/her)

B.Sc. (Dalhousie University), M.A. (University of Toronto),  
Ph.D. (Dalhousie University), L.Psych (2007)

Dr. Patterson provides pediatric developmental assessments and outpatient intervention to children and adolescents with medical illnesses and developmental concerns. She also provides inpatient intervention for various health and mental health concerns. Her theoretical orientation is predominately cognitive behavioural and may integrate behavioural, motivational and/or family interventions.

## **Addictions and Mental Health Services**

Pamela Dodsworth  
(she/her)

BSc, BA, PhD (University of New Brunswick), MSc  
(Memorial University of Newfoundland) L.Psych 2003,  
UNB Clinical Associate

Dr. Dodsworth is a Psychologist with the Integrated Service Delivery, Child and Youth Team in the Saint John area. She works on an interdisciplinary team providing services to children and adolescents. Services provided include individual psychotherapy, assessment (psycho-educational and psycho-diagnostic), group interventions, family interventions, and consultation with schools and community partners. Her theoretical

orientation is integrated and includes cognitive behavioral, trauma focused therapy, solution focused therapy and Acceptance and commitment therapy (ACT) approaches.

## **Eligibility and Application Procedures**

At present, HHNB has three positions. Two positions available in Fredericton: one Adult-Focused Track (AFT – Match 185111) and one Child and Youth/Lifespan-Focused Track (CYLT – Match 185112). The third position is available in Saint John (SJGT – Match 185113). Applicants can apply to any and all options and will be ranked separately within each Track if applying to more than one.

Applicants must be from an accredited university-based doctoral-level clinical psychology program. They must have completed their comprehensive exams as well as defended their dissertation proposals. They must have 600 hours of practicum experience, with a minimum of 100 face-to-face assessment hours and a minimum of 100 face-to-face intervention hours (and a minimum of 300 face-to-face clinical hours). They must also have received a minimum of 150 hours of individual, doctoral-level supervision. Preference will be given to those who have completed a minimum of five integrative reports. Emphasis is also placed on goodness of fit. Applicants looking to develop broad competencies with a variety of populations in keeping with our generalist focus will be given preference. Similarly, applicants who are further ahead in their dissertation (i.e., who have collected their dissertation data by the time of application) are also given preference as they are able to concentrate more fully on their clinical training and graduate soon after Residency. Finally, preference will be given to those in accredited Canadian programs, as well as to Canadian citizens or landed immigrants.

All applications are due by November 15th, 2024, for the 2025-2026 year. We use the APPIC matching procedures (Match Number: 185111, 185112, 185113). Please complete the APPIC application form including certification by your Director of Training, three written references, current curriculum vitae, complete graduate transcripts, and a

statement of clinical experience and interests/goals, which can be included in your cover letter.

In response to the Social Responsiveness Toolkit and in alignment with our values, we aim to offer equitable access to predoctoral training in psychology and to hire interns who represent the diverse populations that we serve. To promote equitable access, we only offer virtual interviews. We also invite you to comment on your own lived experience, clinical and/or research experience with diverse, marginalized or underserved groups. Feel free to tell us in your application if COVID and/or other hardships (e.g., adverse events, extra stressors, financial strain, added caregiving duties, etc.) have impacted your training. Extra consideration will be given to applicants who have faced adversity.

Please direct questions or concerns to:

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