

0:00:04.560,0:00:09.360

Hi, I'm Suneil. I'm a third-year Psychology student and I pursued my placement at CAMH,

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The Centre for Addiction and Mental Health. I selected CAMH as my placement since I have an

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overall goal to better people's lives through the field of psychology. I also currently work with

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youth and CAMH brought both of my interests together by giving me the opportunity to work

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with their Better Behaviours Service team and what they're doing is conducting research which aims to

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improve the treatment interventions and prevent behavioural problems in children altogether.

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I was worried how my experience would turn out given this whole COVID-19 pandemic.

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Getting to know people, networking and getting the full overall CAMH experience were a couple

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of concerns that I had. Thankfully my manager and team were very understanding and flexible.

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They ensured that I got as much exposure within the research field as much as they could despite

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all the boundaries that this new virtual environment brought with it. Like all things

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I set my sights on it was challenging yet fun and rewarding. I'm so grateful for Dr. Brendan Andrade

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and the Better Behaviours Service team in getting me involved as a research trainee

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and allowing me to work with their valuable research that's going to help so many people.

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I was able to fulfill both of my passions and all through a memorable experience

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that has led me closer to achieving my goals. CAMH thank you very much.

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Hello, my name is Angelisa and I'm a fourth-year Psychology student

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and a career support peer with University of Guelph-Humber's Career & Placement Services.

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I did my placement in winter 2020 with Addiction Rehab Toronto in Etobicoke.

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I chose to do my placement at ART because I wanted to learn more about addiction and

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how drugs can influence behaviour and I also want to work with a population that I've never

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worked with before but that I have personal experience with. Before I started placement

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I was so nervous about working with a vulnerable population and trying to figure out how to make an

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impact but ART quickly showed me how rewarding any experience can be with those types of populations.

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The staff and the counsellors really made my entire experience as they were so supportive

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and made sure that learning opportunities were always available to me. I'm so thankful for my

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opportunity to work as a placement student with Addiction Rehab Toronto. I was able to achieve

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all of my learning goals and make connections and friends that would last a lifetime.

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Hello, my name is Takara. I'm a 2020 graduate of the Psychology program at Guelph-Humber.

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In my third year I completed a placement with Wellesworth Junior School. I selected

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a placement with Wellesworth because I previously had experience working with children with

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developmental delays. I really enjoyed it so I hoped to acquire a better understanding of the

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problems such children face in their development. One of my main goals was to improve my confidence

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and my ability to take the lead and be responsible for others. With the help of my supervisor and the

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other kind staff I was able to practice these skills by actively supporting the children

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and completing activities such as puzzles, reading books and creating crafts.

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My favourite part of the placement was the connection I was able to build with the students.

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As I got to know them more I was able to help them grow and learn.

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I am very grateful for the opportunity to have worked with such a wonderful and supportive

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team at Wellesworth. With their help I was able to build upon my skills, exceed my goals

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and better understand the theoretical information I learned at Guelph-Humber.

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Hi, my name is Matthew. I'm an alumni of the Psychology program back in 2019

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and I was lucky enough to do a practical internship with a psychotherapist um

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providing one-on-one counselling and aid with um with adult clients so I was actually in the

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room with the psychotherapist and the client like listening in on on therapy sessions and sometimes

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providing input. It was an amazing experience and it has taught me so much about um practicing

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psychotherapy and um and just how to adjust to different situations and how to work with

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a variety of individuals with very unique needs. Before before starting I was very nervous about

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how to actually use what I learned in practice and during my first few weeks I was extremely

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surprised at how different it is from what we learned in a classroom to how to actually use

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what we're taught in real life settings with other people. But throughout the months I just you know

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increasingly got better and I learned more about myself like how to uh understand others more and

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just just how to adapt to so many situations and how to just be more comfortable with

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talking to others and for that I am forever grateful with it and it really allowed me to

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pursue it uh pursue psychotherapy more and actually uh begin a masters.