### Site Description

**Setting:**
- Hospital based Child and Adolescent Eating Disorder Program

**Populations Served:**
- Children and adolescents with eating disorders and their families

**Areas of Focus:**
- Family

**Primary Models of Care:**
- Family-based therapy (Maudsley Model)
- Cognitive Behavioural
- Narrative
- Feminist

### Placements Offered

- Ed.D. practicum/internship
- Ph.D. practicum placement (please see note below)

### Specific Training Offered

- Family based treatment (Maudsley Model)
- Group psycho-education and counselling
- Individual counselling

### Preference Given to Students Who:

Applicants should have a strong foundation of clinical experience

### Contact

**Karin Jasper, Ph.D., M.Ed.**
Clinical Mental Health Specialist
Eating Disorder Program
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### Website & Application Information

www.southlakeregional.org

- Send a cover letter, resume, transcript of graduate credits, and 2 letters of reference to Karin Jasper

### Recent OISE Students

Lianne Trachtenberg
Additional Information:

Southlake Regional Health Centre
Eating Disorders Program

The Child and Adolescent Eating Disorders Program at Southlake Regional Health Centre is an internationally recognized inter-professional service providing assessment and treatment for children and adolescents who have eating disorders and their families. The program’s primary treatment model is family-based therapy (Maudsley Model). In addition there is group psychoeducation and therapy, some individual therapy, and meal supervision. Assessments for new families are provided by a multidisciplinary team. The program offers inpatient, day hospital, and outpatient services. Family-based therapy is provided in both single-family and multi-family formats. The program has an established database for program evaluation research.

Opportunities for practicum placement students to develop clinical skills include:

- assessment of eating disorders
- learning the family-based therapy model in both single-family and multi-family formats
- co-facilitating groups for teens with eating disorders, including group meals
- providing individual therapy for teens
- co-facilitating family psycho-education groups, and
- participating in the programs’ clinical rounds and inpatient team meetings.

Supervision for:
- Ed.D. students is provided by Karin Jasper, Ph.D., M.Ed.
- Ph.D. students is provided by Karin Jasper, and Dr. Kelty Berardi, C.Psych. (currently on maternity leave – please check with Karin if you are interested in this option). Dr. Berardi leads the Young Adult Eating Disorders Program, so part of this practicum could include learning to do assessments, individual therapy, and groups with 18 – 25 year olds who have eating disorders.

The practicum requires at least 2 days per week (Wednesday is our rounds day) and likely includes some evening work. Students have found that a two-semester practicum allows for a fuller view of the process of recovery from an eating disorder.