



LATITUDE COUNSELLING  
PRACTICUM PROGRAM

# Latitude Counselling

We are so grateful to have you here!

Thank you for interest in our program and wanting to be a part of a team doing truly incredible things. We have compiled an information package for your reference to try and offer as much information about us and how we operate to ensure that you feel you would be a great fit for the team.

First off, a little bit about Latitude Counselling LTD. Latitude was founded in February 2020, right before the COVID-19 pandemic hit. When we first started out, our founder, Lauren Legere, was working as a solo therapist in a little office space in downtown Vancouver. As things worsened with the pandemic, she was forced to re-evaluate the business and had to close down the physical space. Lauren was able to pivot into the virtual counselling space quickly and continue to offer support to clients all over British Columbia. Fast forward to where we are today and our mighty team has grown exponentially. Currently our team works within a hybrid model, offering virtual, phone and in person sessions from our Downtown Vancouver office and is part of a larger multi-disciplinary clinic, Latitude Wellness..

We work primarily with folks 16 years of age and older and our team specializes in a variety of mental health areas including anxiety, depression, trauma, relationships (interpersonal, family and romantic), professional burnout, LGBTQ2+, eating disorders, addictions and mood disorders among others.



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Our expectations for both staff and our practicum students include:

- Deliver highly ethical and efficient counselling services to all clients while observing current best practices within the counseling profession
- Participate in supervision with supervisors
- Demonstrate flexibility.
- Maintain the highest levels of client confidentiality at all times
- For each new referral, complete appropriate assessment and develop meaningful treatment plans
- As much as possible, engage clients as collaborators and active contributors in their own counselling process and the resulting outcomes
- Ensure maintenance of accurate and current clinical notes
- Maintain a client retention rate of 87%
- Participate in internal review and audit of client files as requested
- Provide culturally sensitive care to all clients, regardless of race, class, gender, sexual orientation or other cultural identity background
- Make appropriate referrals within Latitude Counselling wherever possible and to external resources when necessary
- Liaise as required with external agencies and professionals (e.g. employers, academic institutions, insurance providers, physicians, etc.)
- Actively explore best practices related to all aspects of current research and technology of the counselling profession
- Actively participate in peer supervision by presenting client cases in a confidential learning climate





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Student evaluations from supervisors will be taking place on an ongoing basis. If supervisors do not feel the student is performing to an adequate level, the following steps will take place:

- Communicating with student both verbally and in writing about areas of concern.
- Creating a plan collaboratively to help address areas of concern with a timeframe to see changes
- If issues continue with student meeting clinic expectations, a joint meeting with supervisor and the Clinical Director to determine next steps

If student is unable to meet clinic expectations and the above steps have been taken without improvement, the clinic reserves the ability to terminate the practicum placement before agreed upon completion date.

Below you will find information on what we require to apply to our practicum program, when interviews will take place, our supervision offering, direct client opportunities and additional learning opportunities available.



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## 1. Application requirements

- Criminal record check
- Transcripts for undergrad + graduate programs (unofficial for Master's)
- Resume + Cover Letter/Letter of intent
- Availability (Please note that we do prefer a combination which includes evening + weekend availability)
- Practicum course commitments
- Special interests + additional trainings

## 2. Information sessions

- Information sessions are opportunities to ask our team any questions you may have about us or our program, and to learn more about our expectations for our students.

## 3. Interviews

- Interviews are carried out 3 months before students will start. This allows students to meet school deadlines for finding practicum locations. In addition it will allow us as a practicum site the opportunity to ensure that students schedules are filled to meet requirements, as well as ensure all training and onboarding has been completed in advance to client work.
  - For example, interviews will be held in:
    - October for January
    - February for May
    - June for September
- Interviews will be panel interviews



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## 4. Supervision offering

- Students will be meeting with their supervisors once a week for one on one work.
  - This will include reviewing recordings of sessions, exploring treatment plans and filling in any gaps the supervisor and student assess
- Supervisors will be conducting student evaluations throughout duration of practicum placement with two official evaluations taking place at the end of the first four months and again after eight months (or as required by school program).
- Students will be submitting daily case conceptualizations to supervisors which outline:
  - Client initials + date
  - Session number
  - Presenting issue
  - Summary of session
  - Plan for next session
  - Questions or concerns
    - If asking a question, first posing what their thought process is and what they think they should do with the situation. Then the supervisor can weigh in accordingly
- Please note that we **do not** charge students for supervision, unless required in excess
- Peer supervision
  - Facilitated with Latitude Counselling therapists
  - Occurring 2x month for 1.5-2hrs



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## 5. Direct client contact opportunities:

- Individual
  - Consultation (to determine fit)
  - 50-minute sessions
  - 80-minute sessions (this would be offered in the second half of their practicum, therapist/client dependent)
- Couples
  - Consultation
  - 50-minute sessions
- Group counselling opportunities
  - Co-facilitate and assist groups being run by one of our RCC's/CCC's/RSW's

## 6. Learning opportunities

- Lunch & learns
- Opportunities for continuing education/workshops/trainings as discussed with school faculty supervisor and practicum supervisor

If after reading through this information package, you feel drawn to us, we encourage you to apply!

Our current team members who are taking on students are:

Gorette Imm, RCC  
Humberto Valle, PhD, RCC

You can read more about them, their orientations and what they specialize in here.

We look forward to hearing from you!

