

Residency Application Information Sheet

- ◆ **Name of Site:** Centre for MindBody Health (CMBH)
- ◆ **Supervisor or Contact Person:** Dr. Bev Fredborg, CPsych (Director of Clinical Training)
- ◆ **Email:** bev@cmbh.ca
- ◆ **Phone:** 416-855-2624
- ◆ **Address:** 505 Eglinton Ave W, Suite 200, Toronto, ON M5N 1B1 (located in mid-town Toronto)
- ◆ **Type of Residency Offered:** Adult, Intervention

*Please note: There is the possibility of assessment **and** intervention, should an individual wish to gain experience in both; however, our focus is treatment.*

General Information

- ◆ Dr. Shari Geller and Dr. Shelley McMain, both nationally and internationally recognized clinical psychologists and educators, launched the Centre for MindBody Health, a private practice in Midtown Toronto, in 2014. Their deep friendship and shared interests in psychological health, wellness, and community go back decades. It has fueled their commitment to bringing together a group of expert-trained clinicians providing the highest quality treatments.
- ◆ At CMBH, we are known for providing virtual and in-person psychotherapy services using evidence-based approaches, namely Dialectical Behavior Therapy (DBT), Emotion-Focused Therapy (EFT), Cognitive Behavioral Therapy (CBT), and Mindful Self-Compassion (MSC). We are also committed to continuously building upon our skills, ensuring our therapists remain at the forefront of psychotherapy advancements. Our commitment to excellence in psychotherapy and being the very best in our fields extends to our professional community as we offer exceptional trainings and workshops with international expert therapists and researchers.

Residency Training Program

- ◆ Opportunity to learn individual and group DBT and/or individual EFT
- ◆ Attend our highly regarded trainings, participate in small expert-led consultation teams (in addition to receiving regular individual supervision)
- ◆ Learn from other experts in the field through regular lunch-and-learn seminars and workshops.

Both individual and group psychotherapy interventions are emphasized over the residency year.

Important Information

- ◆ **Compensation:** This is a **paid residency position**. Compensation for the year is \$37,500 CAD.
- ◆ **Benefits:** 9 paid statutory holidays, 15 days paid vacation, 5 professional development days, 5 personal/wellness days.

- ◆ **Accessibility:** Our clinic is easily accessible by TTC. The closest stop is located in front of our building at Eglinton Ave. and Marlton Rd. There is also Green P Parking along Eglinton Ave. or in the parking lot located at Burnaby Blvd. and Castle Knock Rd. The clinic is wheelchair accessible.
- ◆ **Scope:** CMBH welcomes applications from all applicants. Preference will be given to candidates who demonstrate interest or have previous training in dialectical behavior therapy (DBT) and/or emotion-focused therapy (EFT).

Supervisors

Residency clinicians will receive individual supervision from

- ◆ Our Directors Dr. Shari Geller or Dr. Shelley McMain
- ◆ One of our Registered Psychologists including Dr. Nicole Dignard, Dr. Adam Iskric, or Dr. Tanya Teall.

Application Materials

1. Letter of intent
2. Graduate transcript (unofficial)
3. Curriculum vitae
4. Two letters of references emailed to bev@cmbh.ca.

Interview Procedure

- ◆ We will conduct 1-2 Virtual Interviews.
- ◆ On-site visit available upon request upon selection
- ◆ Opportunity to meet with current residents post-interview

Please prepare all materials (with the exception of reference letters) prior to submission and email them to Dr. Bev Fredborg at bev@cmbh.ca. Please ask referees to email reference letters with the name of the applicant in the subject line as soon as possible by the submission due date.