

GPS Psychology Internship Program

Sample Weekly Schedule (Intern Perspective)

Total Weekly Hours: 40 hours

Direct Client Contact: 15 hours weekly

Individual Supervision: 3+ hours weekly average

Group Supervision: 2+ hours weekly average

Protected Time for Dissertation: optional 2 hours weekly

Didactic Training/Case Presentations: 1.5 hours weekly with GPS, 3.5 hours three times per year with Ottawa's city-wide seminars, 2 hours three times per year with CCPPP

Peer Support: 2 hours monthly average

MONDAY

10:30 AM - 12:00 PM | Individual Therapy Session

12:30 - 1:00 PM | Lunch Break

1:00 - 2:30 PM | Individual Supervision with Major Rotation Supervisor A

2:30 PM - 3:30 PM | Psychological Assessment – Direct Client Session

3:30 – 6:30 PM | Family Therapy Training Block and Supervision

Family therapy sessions (3:30 PM, 4:30 PM, 5:30PM sessions)

Live supervision, reflection team participation, co-therapy and supervision opportunities,

Weekly case review with family therapy supervisor

Total: 8.0 hours

TUESDAY

9:00 - 11:30 AM | Didactic Training Seminar/Case Presentation
Professional development seminars led by PhD-level psychologists at GPS

11:30 - 12:30 PM | Interns Only Peer Supervision (Monthly)
Peer support

OR

11:30 - 12:30 PM | Training Director Meeting (Monthly)
Progress monitoring, support, problem-solving (Individual and Group Supervision)

12:30 - 1:00 PM | Lunch with DCT & Interns

1:00 PM – 5:00PM Child Therapy Sessions with Major Rotation Supervisor A

Total: 8.0 hours

WEDNESDAY

9:00 - 10:00 AM | Individual Therapy Session

10:00 - 11:00 AM | Individual Therapy Session

11:00 - 11:30 AM | Break and Documentation

11:30 AM - 12:30 PM | Individual Therapy Session

12:30 - 1:30 PM | Lunch Break

1:30 - 2:30 PM | Individual Therapy Session

2:30 - 3:30 PM | Individual Therapy Session

3:30 - 4:30 PM | Individual Therapy Session

4:30 - 5:00 PM | Break and Documentation

Total: 8 hours

THURSDAY

When Client is Booked for Testing:

9:00 AM - 12:00 PM | Psychological Testing with Psychometrist
Test administration, behavioral observation, collaborative learning

12:00 - 1:00 PM | Lunch Break

1:00 - 5:00 PM | Psychological Testing with Psychometrist, Assessment Scoring
Test administration, behavioral observation, collaborative learning, test scoring, data analysis

When No Testing Client is Booked:

9:00 AM - 12:00 PM | Assessment Report Writing
Report drafting, clinical impressions, recommendations, case conceptualization

12:00 - 1:00 PM | Lunch Break

1:00 - 5:00 PM | Assessment Report Writing and Documentation
Report completion, supervisor review, client communication preparation

Total: 8 hours

FRIDAY

9:00 - 9:30 AM | Administrative Tasks and Weekly Planning

(8:30 - 12:00 PM) | City-wide seminar with other interns (3 hours three times per year)

When not in seminar: Protected time for dissertation writing work

11:30 AM - 12:30 PM | Lunch Break

12:30 - 2:00 PM | Individual Supervision with Major Rotation Supervisor B

Weekly individual supervision

(12:00PM - 2:00 PM) | CCPPP seminars (2 hours three times per year)

2:00 - 3:00 PM | Individual Therapy Session

3:00 - 4:00 PM | Individual Therapy Session

4:00 - 5:00 PM | Individual Therapy Session

Total: 8 hours

SUPERVISION STRUCTURE

Individual Supervision (3+ hours weekly)

- **Supervisor A:** 1.5 hours weekly individual supervision
- **Supervisor B:** 1.5 hours weekly individual supervision
- **Training Director:** Monthly individual meetings (1 hour)

Group Supervision (2+ hours weekly)

- Monthly group supervision with all interns
- Monthly peer support meetings with just the interns
- Practicum student mentoring and peer collaboration opportunities
- Case consultation and ethical decision-making sessions booked weekly
- Family therapy minor rotation: Weekly group supervision

Specialized Training

- **Family Therapy:** Sessions with live supervision, co-therapy and reflection teams
 - **Assessment Training:** Live supervision, collaborative work with psychometrists
 - **Didactic Seminars:** Tuesday morning weekly professional development sessions
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TRAINING PROGRESSION

Fall Semester (Months 1-4)

- Intensive assessment training with psychometrist support
- Building individual therapy caseload

- Family therapy observation and reflection team participation
- Supervision focused on foundational skills

Spring Semester (Months 5-8)

- Independent assessment administration
- Full therapy caseload management
- Family therapy co-therapy opportunities
- Increased clinical autonomy

Summer Completion (Months 9-12)

- Near-independent clinical functioning
- Complex case management
- Leadership in practicum student supervision
- Transition planning and career development