

Looking Glass Counselling | Bridge the Gap™ Clinical Counselling Practicum

Looking Glass Counselling | Bridge the Gap™ will offer affordable one-to-one therapeutic support to individuals who are struggling with an eating disorder. Envisioned by Looking Glass Foundation in recognition of the many people unable to access affordable support, Bridge the Gap will be offered at \$35 /session with a small number of bursaries available to ensure accessibility. Therapeutic support will be provided by practicum students from accredited B.C. universities, who are involved in full-time studies in a relevant discipline at a Masters or higher level. Students will be overseen by a Registered Clinical Counsellor who is accredited to supervise.

Practicum Opportunity

- Practicum student(s) will commit to a 10–12 month practicum. There will be three intake periods – January (December orientation), April (March orientation) and September (August orientation).
- Students will complete a minimum of 160 individual/ family client hours per semester.
- Students will offer a minimum of six counselling hours per week and receive at least one hour per week of supervision by our Eating Disorder Therapist.
- Counselling hours and schedule will be created in consultation with student to help ensure all course and BCACC accreditation requirements are met.
- Each student will be on site 2-3 days/ week.

Eligibility and Application Information

To be considered for a practicum placement with us, please submit the following documents and information:

- A cover letter introducing yourself and indicating how this practicum experience fits into your training and career goals. Please also describe your interest in, and suitability for, a practicum with the Looking Glass Foundation for Eating Disorders.
- Evidence of your active, full time enrollment in a Master of Arts or Master of Education degree in counselling at a recognized B.C. university.
- Demonstrated completion of counselling theory and counselling skills training courses, and ideally evidence of participation in at least one clinic or practicum experience.
- A current resume or CV.
- A copy of transcripts from undergraduate (unofficial transcript accepted) and graduate programs (official transcript required).
- Two letters of reference from supervisors who have observed your clinical and academic performance. At least one letter is to be submitted by your clinical or practicum supervisor.
- Accepted applicants are required to have a recent clear criminal record / vulnerable sector check prior to start date.
- Commitment to the value of learning and to maintaining the ethical and professional standards as established by the British Columbia Association of Clinical Counsellors.

Submission

Please email your completed practicum application package to Kaela Scott, RCC:
kaela@lookingglassbc.com.

Supervision

The supervision of a student's practicum work will be the joint responsibility of the academic instructors and the Looking Glass Foundation supervisor. The Foundation supervisor holds a Registered Clinical Counselling designation, is accredited to supervise practicum students, and has practiced for over ten years.

Evaluation

Student progress will be evaluated using a variety of methods, including at least one formal evaluation during each practicum semester. If, at any point, the practicum instructor or the on-site supervisor is concerned that a student is not progressing satisfactorily, they will inform the student of this concern and provide the student with feedback about the issues that need to be addressed in order to achieve satisfactory progress.



Looking Glass Foundation for Eating Disorders is located on and acknowledges with respect the land of the Coast Salish peoples – Sḵwxwú7mesh (Squamish), Stó:lō and Səl̓ílwətaʔ/Selilwitulh (Tseil-Waututh) and xʷməθkʷəy̓əm (Musqueam) Nations.

Looking Glass Foundation was co-founded in 2002 by three families seeking care for their loved ones, who were suffering from life-threatening eating disorders. Because of the commitment and courage of these families, the Foundation established Canada's first eating disorder live-in treatment program for youth, which is now operated in collaboration with the Provincial Health Services Authority. This 14-bed treatment facility supports youth aged 16 to 24, of all genders, who are suffering from anorexia, bulimia, and other eating disorders. 24/7 care and support are provided by a multi-disciplinary team of medical and mental health professionals in a caring, home-like setting. The youth also engage in a variety of guided recreation, arts, and leisure activities that enhance self-esteem, build a sense of connection, and reconnect these young people to the critical life skills and confidence they will need to thrive in the world without an eating disorder.

Looking Glass Foundation offers three community-based, volunteer-enabled programs – two are virtual and one is a hybrid in-person/ virtual program:

- **Personal Recovery Space** (ages 14+): Volunteer mentors provide support through a private digital forum accessible 24/7, offering empathetic, flexible, and confidential peer support to individuals who are struggling with an eating disorder.
- **Online Peer Support Chats** (ages 14+): Ten times per week, volunteer moderators facilitate online group support chats in real-time that are safe, confidential, and encouraging for participants at any stage of their recovery.
- **Hand in Hand** (ages 16+): Volunteer mentors provide weekly, in person or virtual support to individuals of all genders who are struggling with disordered eating or any type of eating disorder.

The Foundation also offers scholarships, and Foundation board and staff provide in-person, telephone, and email support to hundreds of people each year.



Vision: A province where everyone who suffers from an eating disorder receives the services, they need to support their recovery, and where the stigma of this mental illness is replaced with compassion and understanding.

Mission: Looking Glass Foundation's programs and services decrease isolation, instill hope, and sustain recovery for individuals across British Columbia who are impacted by eating disorder.

Values: Compassion, Hope, Integrity, Accessibility, Collaboration, Accountability, Courage.

For more information, please visit www.lookingglassbc.com.