

Supervision & Training

Welcome!

Welcome to Whole Kids Health, where our mission is to provide high-quality mental health care to children, teens, and families through compassionate and evidence-based services.

Whole Kids Health offers a diverse range of Clinical and Health Psychology services tailored to address various mental health challenges in young clients. Our approach is personalized and evidence-based, equipping clients with the tools to navigate challenges with resilience.

Beyond excellent care, we are a team-centric clinic that highly values collaboration. Our vision is to cultivate a team that's always learning, growing, and supporting each other. We create a supportive and inclusive atmosphere where we celebrate successes and tackle challenges together. Our Team is a safe space to ask questions, share ideas, and learn from one another. Through supervision, consultation, and staying updated with the latest research, we continuously expand our knowledge to offer high-quality care to our clients.

We thank you for your interest in joining our clinic and team. Below, we provide a high-level overview of what you can expect as a Whole Kids clinician and team member.

Happy reading!

Dr. Stella Dentakos

Clinical and Health Psychologist
Clinic Director | Founder

Whole Kids Health

Trainees can expect to receive comprehensive training and exposure across areas of Clinical and Health Psychology

Clinical Psychology

Trainees will be involved in diverse Clinical Psychology activities, such as:

- Consultations
- Psychological assessments
- Implementing evidence-based treatment plans
- Providing interventions for various mental health challenges
- Collaborations with multidisciplinary teams

Clinical Psychology targets can include:

- Anxiety/ phobias
- Attention and concentration
- Challenging behaviours
- Educational/learning difficulties
- Emotion regulation difficulties
- Low mood/depression
- School avoidance
- Self-esteem and self-concept
- Trauma

Health Psychology

Trainees will be involved in diverse Health Psychology activities, such as:

- Health psychology consultations
- Individual therapy sessions
- Supporting parents/caregivers
- Group therapy sessions
- Collaborating with multidisciplinary professionals in hospitals and the community
- School consultations

Health Psychology targets can include:

- Adjustment to medical diagnosis
- Chronic pain, coping with chronic physical symptoms
- Navigating difficult medical experiences
- Illness/health anxiety
- Needle and procedural fears
- Somatization/somatic symptoms

Our Services



Psychoeducational and comprehensive **diagnostic/mental health** assessments



Individual therapy grounded in evidence-based practices



Parent coaching focused on supporting parents of kids and teens dealing with challenges



Groups services for kids with needle fears and for parents of children with anxiety



Client consultation through our **Whole Kids Care Plan** service.

Our Approach

- Integrative: evidence-based with personalized considerations.
- Key modalities: ACT, CBT, MI, DBT
- Psychoeducation, behavioral, and attachment-based approaches
- Emphasis on biopsychosocial and trauma-informed perspectives

Learning

Trainees have access to a diverse range of enriching learning and training opportunities, including:

Pediatric Health Psychology Course

Our *Pediatric Health Psychology Course* is approved by the College of Psychologists of Ontario. The in-house course offers training in assessment and treatment as well as foundational knowledge within the area of health psychology.

Team Meetings

Our team meets bi-weekly to discuss all things Whole Kids Health. These meetings also provide a platform for group consultations and discussions on challenging clinical issues or cases.

Special Topics Seminars

Special Topics Seminars cover themes such as ethics and jurisprudence, trauma-informed care, the path to becoming a psychologist, and more. Additionally, we invite guest speakers to share their expertise.

Our Clinic

Whole Kids Health is conveniently situated at 4950 Yonge Street in North York, within walking distance of Yonge-Sheppard Station for easy TTC access.

Our recently renovated clinic features four therapy rooms, a flexible team/admin room, a fully equipped kitchen, secure restrooms, and front desk security. Clinicians and team members have access to a wide range of clinical resources, including materials like fidgets, art supplies, and a resource library, as well as assessment tools such as testing materials and iPads. Additionally, we provide various digital tools, including the Jane electronic health record system, graphic design tools, team communication apps, and cloud-based storage.

Join our Team!

To inquire about **training opportunities and Doctoral Associate positions**, kindly send us an introductory email along with your attached resume.

If you are applying for a **Psychology Practicum**, please adhere to the application requirements specified in the GTA Practicum package, including the Whole Kids Health Info sheet.

For those seeking **Supervised Practice**, our clinic offers options for primary or alternate supervision during the supervised practice period. The goal of this supervision is to prepare individuals for autonomous practice in Clinical and/or Health psychology.



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www.linkedin.com/company/whole-kids-health