



Supervision and Training

Welcome to Talk and Thrive Psychology!

Our mission is to provide Evidence based and high-quality mental health care to children, adolescents, and adults with a warm and inclusive approach. Talk and Thrive offers a diverse range of Clinical services tailored to address various mental health challenges in clients as well as the neurodivergent populations. 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 with other experts in the community.

Our vision is to cultivate a multi-disciplinary team that strives to grow, learn, and keep up with the latest research and practice. We create an inclusive and safe atmosphere to learn, exchange ideas, and grow as a team. We hope that through regular consultation, supervision and collaboration with esteemed colleagues in the local and international community, we can offer high quality psychological services to our clients.

Thank you for your interest in joining our team. We have compiled a detailed program of our practice model and what to expect as a Talk and Thrive team member.

Armita Hosseini, M.Ed., M.A., C.Psych., Assoc.
Registered Psychological Associate (Clinical and Counseling psychology)
Clinic Director

Talk and Thrive Psychology

Students and supervisees can expect to receive comprehensive treatment and assessment training across the disciplines of clinical and counselling psychology. Please review details below:



Clinical Psychology Training includes:



- Consultations
- Foundations of Clinical Formulation
- Foundation of Ethics in Clinical Psychology
- Adult Autism Assessments
- Adult ADHD Assessments
- Psychoeducational Assessments across all ages
- Psycho-diagnostic Assessments across all ages
- Providing intervention for diverse range of mental health issues using evidence-based practices
- Collaboration with multi-disciplinary team



- Mood Disorders
- Anxiety Disorders
- Neurodevelopmental Disorders (e.g., ADHD, LD, ASD)
- Personality Disorders
- Interpersonal issues and self-esteem
- Immigration, adjustment and life transitions
- Trauma

Clinical Psychology issues include:



Counselling Psychology Training includes:



- Consultations
- Foundations of Clinical Formulation in Treatment
- Foundations of Ethics in Counselling Psychology
- Providing intervention for diverse range of mental health issues using evidence-based practices
- Collaboration with multi-disciplinary team

- Anxiety
- Low Mood/Depression
- Insomnia and Sleep Issues
- Grief and Loss
- Somatic Symptoms and Chronic Pain
- Interpersonal issues and self-esteem
- Immigration, Adjustment and Major Life Transitions
- Stress Management
- Work and Career Stress

Counselling Psychology issues include:



Our Services:

- Although our clinic is known for psychodiagnostics assessments and comprehensive psychological assessments, and our practice primarily specializes in assessments of neurodevelopmental disorders (e.g., ADHD, Autism, LD), we offer assessment and intervention services across life span.
- Intervention based on evidence-based approaches



Learning Opportunities:

- **Team Meetings:** Supervision and team meetings are aimed at increasing and sharing knowledge, and provide opportunities for group discussions, understanding difficult clinical cases and formulations. Our team aims to provide a safe working space for exchange of all ideas to nurture learning.
- **Seminars and Workshops:** Special and important clinical topics may include ethics and jurisprudence, navigating graduate training, the path to becoming a psychologist, and more. Additionally, we invite esteemed colleagues from other disciplines to speak about special clinical and share their expertise.

Our Practice and Clinical Approach:

Our practice offers the flexible in person, virtual and hybrid services. Additionally, we provide various digital tools, including the OWL electronic health record system, team communication apps, secured virtual scoring and storage system, iPad Q-Interactive administration for psychometric testing. We maintain best practices by implementing a biopsychosocial approach to assessments and interventions. We also have an inclusive lens to understand and assess neurodivergent individuals (e.g., understanding culture, identity, health, social, psychological and biological factors, etc). Based on our extensive clinical experience, our clients and neurodivergent individuals may vary in presentations and have unique challenges. Thus, a comprehensive approach to assessments is warranted based on the following values:

- Inclusion
- provision of ethical services practical and effective supports;
- Understanding and knowledge of up-to-date research
- Collaboration with experts in the field of Autism and ADHD and other Neurodevelopmental disorders

How to Join our Team:

We are currently accepting students looking for training opportunities along with Clinical Associate applications. Our clinic is also seeking Supervised Practice students, who are planning to register as autonomous practitioners with the College of Psychologists of Ontario for Clinical and/or Counselling Psychology competencies.

To apply, please email a copy of your CV and resume to info@talknthrive.com



contact us

Location: Suite #1400, 18 King Street
East, Toronto, ON, M5C 1C4

Email: Info@Talknthrive.com
Phone: 4164546646
Fax: 1(866) 596 8289