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Departmental Services

The Psychology Department of the Royal Victoria Hospital offers a gamut of services under the following three organizational models:

- those integrated with various psychiatric programs such as inpatient psychiatric care
- those performed on a consultative basis such as psychological assessment and testing
- services developed and managed independently by the Department, so-called departmental services.

Although the activities of the psychologists working within the scope of the first two models are well described in the materials and Annual Reports of the various programs of the Allan Memorial Institute and the Royal Victoria Hospital, this document is designed to describe those services that fall under the third organizational model – a service area that might be less well known to colleagues and the general public. Each of the programs, organized alphabetically, are briefly described with details about the referral process, and where applicable, any cost.

ADDICTIVE BEHAVIOURS

DR. S. GOULET (514) 934-1934 local 34292

PROGRAM	DESCRIPTION	REFERRAL PROCEDURES/ AVAILABILITY
Weight Control	Dr. Goulet and her team in the early 80's developed one of the first weight-loss clinics in a Psychology Department of a Montreal hospital. Her treatment was innovative and refreshing. Instead of focusing of what people shouldn't do, the typical weight-loss message of restraint was replaced by one of creativity and problem-solving. Making meals more enjoyable and finding alternatives to emotional eating were just some of the many topics addressed in her program.	Medical referral from bariatric surgery group
Addictive Gambling	At this point, Dr. Goulet's efforts in the weight control area are restricted to the hyper-obese, especially those referred from our hospital's bariatric surgery program. Dr. Goulet provides ongoing counseling for individuals either contemplating the surgery or having undergone the intervention. In addition, Dr. Goulet provides regularly-scheduled spirited lectures to all clinic patients. Our hospital was again a pioneer in the treatment of gambling problems until these interventions were mastered by numerous community drug and alcohol treatment centers.	Self-referral often with the participation of the spouse at the beginning of treatment.
Psychological aspects of pulmonary disease	As a result, we currently accept only special cases for individual therapy rather than the many group-based treatments offered in the past. Dr. Goulet working along with a team of our doctoral interns provides psychological service for some patients suffering from COPD or other severe pulmonary disease.	Referrals from the MCH, accepted on basis of therapist availability.

ANXIETY DISORDERS

PROGRAM	DESCRIPTION	REFERRAL PROCEDURES/ AVAILABILITY
Panic and Agoraphobia Program	A 10-12 session, small-group therapy featuring education, stress management, and where required, in-vivo exposure for severe maladaptive avoidance.	RVH consultation forms or patient self-referral.

These group programs are offered several times per year.

Relaxation Training A four-session program to teach progressive muscle relaxation to any interested client. No referral required.

Clients simply come to call the Department (34284) to find-out the time and location of the monthly group.

Other Anxiety Disorders Individual cognitive-behavioural therapy for a variety of stress and anxiety-related conditions including PTSD, simple phobias, social phobias, etc. RVH Consultation form, other medical referral, or self-referral.

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ATTENTION DEFICIT/HYPERACTIVITY DISORDER IN ADULTS

DR. D. SINYOR (514) 934-1934 local 34289

PROGRAM DESCRIPTION

Assessment The assessment involves a testing block of approximately five hours during which time various objective and self-report measures related to attentional functioning are administered; these data are supplemented by questionnaires from a parent(s) for symptoms in childhood, and from a partner/significant other for current symptoms, as well as by examination of school report cards from as early on as possible. We meet with the client approximately two weeks after the assessment to describe the findings and recommendations, and a copy of the assessment report is provided at that time.

Treatment In the past, our team provided CBT and coaching services for those in whom AD/HD was confirmed either through our assessments or assessments done elsewhere. However, due to limited resources, we are currently focusing our efforts primarily on assessment, though we do provide referrals for helpful interventions — specifically, coaching for problems with disorganization and time management, and a support group for adults experiencing attentional and related difficulties, group meetings held at the Royal Victoria Hospital.

REFERRAL PROCEDURES/ AVAILABILITY

Medical referrals and self-referrals.

For an article describing our work with AD/HD in adults, please [click here](#).

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DEPRESSION

DR. D. SINYOR (514) 934-1934 local 34289

PROGRAM DESCRIPTION

Individual Therapy A cognitive-behavioural orientation is utilized to focus upon self-defeating patterns of thinking and behaviour whose change can lead to improved mood.

Group Therapy Details at www.overcomedepression.ca

REFERRAL PROCEDURES/ AVAILABILITY

RVH consultation forms or patient self-referral.

Clients or professionals can call Dr. Sinyor to determine the time for the next groups, which are offered twice a year following announcements in the English press.

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OBSESSIVE COMPULSIVE DISORDER CLINIC

Director, DR. D. SOOKMAN (514) 934-1934 local 34290

PROGRAM DESCRIPTION

Individual CBT The entire spectrum of OCD patients is seen by a team of psychologists led by Dr. Sookman. Dr. Sookman's work in assessment and treatment innovation has gained international recognition.

Group Therapy In order to address in some way the continuing demand for services in this area, Dr. Sookman has developed a group-based intervention to tackle some of the common concerns shared by patients with this condition. Behavioural strategies to resist engaging in compulsive behaviour and cognitive interventions to identify underlying schemas are just some of the topics addressed in these group sessions.

REFERRAL PROCEDURES/ AVAILABILITY

Written referral or patient self-referrals to Dr. Sookman

As above

Public

Awareness This regularly scheduled lecture is designed to inform the public about OCD and its treatment.

Lectures

No referral required for this public lecture which is offered quarterly.

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SEX AND COUPLE [WEBSITE](#)

DR. I. BINIK (514) 934-1934 local 34285 [more information](#) | [plus d'information](#)

PROGRAM DESCRIPTION

Psychosexual Dysfunction Clinic Problems of lack of desire, anorgasmia, and inhibited or premature ejaculation are treated in the context of a couple or individual therapy.

Communication Training and Couple Enhancement A series of 10 weekly group sessions aimed at couples that want to enhance their relationship. This focus includes improving communication and problem-resolution as well as promoting emotional and physical intimacy. Please note that both parties must attend.

Sexual Program for Psychiatric Patients A series of four weekly seminars for chronic psychiatric patients of the AMI and the community.

Community Consultations Consultation to other professionals regarding clinical as well as research issues related to sexuality.

REFERRAL PROCEDURES/ AVAILABILITY

Self or medical referral either by telephone to Judy at 398-6094 or written RVH consultation form to Dr. Binik.

Day and evening appointment hours are available throughout the year.

Same as above.

Programs are advertised throughout the AMI and with community agencies.

Please contact Dr. Binik.

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