

# The View From Here:

## Perspectives on Northern and Rural Psychology

Volume 4, Issue 1

May 14th, 2009

### Message From the Chair

#### **Executive Committee Nominations:**

We are currently seeking nominations for several positions including the Chair-Elect, Chair, and Secretary-Treasurer. We are also seeking nominations for the newly created Student Representative position. I strongly encourage all section members to seriously consider a position on the Executive Committee. I can honestly say that my position as Chair has provided me with wonderful opportunities to meet and collaborate with other rural and northern psychologists and develop friendships across the country. I've also had the opportunity to work closely with the CPA Board and the other Section Chairs; something that has proven to be an invaluable learning experience.

Nominations (of yourself or someone else) can be made either by email ([dyckkg@cc.umanitoba.ca](mailto:dyckkg@cc.umanitoba.ca)) or in-person at the Annual Section Business Meeting to be held at the upcoming CPA Convention in Montreal, June 2009. If you are nominating someone, please check with them first to ensure they are willing to accept this nomination. Assuming we have quorum, voting will take place at the business meeting.

#### **North Star Student Award:**

The North Star Student Award was established by the Rural and Northern Psychology Section in 2008 to recognize the student with the most meritorious submission to the Rural and Northern Section of the CPA annual convention. As you may recall from our last newsletter, first and second place awards, respectively, were presented to Judi Malone from Athabasca University (Dilemmas, opportunities, and lessons to be learned: Exemplary professional practice in rural psychology) and Graham Trull from Lakehead University (Planting the seeds of change: Evaluation of the impacts of community gardens on well-being and connections to community and nature in first nations' youth).

The Executive Committee has decided to alter the format of the North Star Student Award so that there will now be two categories of competition; poster presentations and oral presentations (symposia, review, conversation sessions). One award will be available within each category. Students with multiple convention submissions across these categories may apply for the award in both categories. These awards will be presented at the business meeting on Saturday June 13<sup>th</sup>. Please see page 2 for more detailed information regarding eligibility requirements and the application process.

#### **Call for Volunteers:**

##### *Newsletter Editor*

The section is currently seeking a volunteer to take on the editor role for the section newsletter, which is published twice per year. It would certainly be possible for

two people to share this role, as Cindy Hardy and I have done over the past several years. The primary responsibilities associated with this role include soliciting, reviewing, and editing submissions, and formatting and distributing (electronically) the newsletter. Cindy Hardy (current Editor) and I would be happy to assist this volunteer with their transition into this position and would provide a template that is currently used to format the newsletter.

#### *Judges for the North Star Student Award*

The section is currently seeking three judges (one student member and two full members) for the upcoming North Star Student Award. Judges must be available to attend all the eligible student presentations, complete evaluation forms for each one, and attend a brief deliberation meeting immediately following the last presentation. Interested parties will be provided with a list of applicants' names prior to the competition and asked to declare any potential conflict of interest.

Please contact me if you are interested in either of these volunteer positions.

#### **Membership News:**

We currently have a total of 392 active members in our section. With 185 student affiliates, our student representation remains strong.

#### **Annual CPA Convention in Montreal, June 2009:**

Unfortunately the number of section submissions for the 2009 convention was lower than the previous year. The submissions we did receive, however, were of high quality and will no doubt be of interest to our members. I want to thank those of you who volunteered to review our submissions. Hopefully we'll keep our reviewers busier next year with a greater volume of submissions. The section continues to strive for a growing presence at the annual CPA conventions and welcomes suggestions from members on how to achieve this goal.

The Rural and Northern Psychology Section and the Community Psychology Section also submitted a joint nomination for an Invited Speaker for the upcoming 2009 convention. I am extremely pleased to announce that our joint nomination was accepted and that Dr. Michael Kral's presentation will take place on Thursday June 11<sup>th</sup> from 3:00 to 3:55 pm in the Duluth Theatre. Dr. Kral's presentation is entitled "From a Community's Point of View: Indigenizing Suicide Prevention."

The Annual Business Meeting will be held on Saturday June 13<sup>th</sup> from 12:30 to 1:25 pm in the Gatineau Theatre. Please see page 4 for a complete listing of section activities at the 2009 convention. As always, I look forward to the opportunity to connect with you in person.

Karen G. Dyck, Chair

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## North Star Student Award



The North Star Student Award has been established by the Rural and Northern Psychology Section to recognize the student with the most meritorious submission to the Rural and Northern Section of the CPA annual convention. There are two categories of competition; poster presentations and oral presentations (including symposia, review, and conversation sessions). One award will be available within each category. Students with multiple convention submissions across these categories may apply for the award in both categories. Any student whose presentation has been accepted into the Rural and Northern Psychology Section Program is encouraged to apply. The winning submission within each category will be recognized with a certificate and a monetary award. The successful applicants will also be invited to describe their work in the fall issue of the Rural and Northern Psychology Newsletter, *The View from Here: Perspectives in Rural and Northern Psychology*.

To be eligible for this award you must:

- Be first author of an oral or poster presentation that has been accepted into the Section Program at the CPA Convention in Montreal, June 2009, and a student at the time you did the work described in the paper.
- Notify the Section Chair that you wish to be considered for this award.
- Be available to attend the award ceremony, which will take place during the annual business meeting held Saturday June 13th from 12:30 – 1:25 pm.

Be a member of the Rural and Northern Psychology Section at the time of the submission.

Please contact Dr. Karen Dyck, Chair, by email ([dyckkg@cc.umanitoba.ca](mailto:dyckkg@cc.umanitoba.ca)) if you wish to be considered for this award or if you have any questions

## Rural and Northern Exposure

Submitted by Dr. Shelley Rhyno, Staff Psychologist, Dept. of Clinical Health Psychology, Rural & Northern Psychology Programme, University of Manitoba

As we are all aware, February is Psychology Month and Psychology is for Everyone! This tag line was adopted by CPA and across the nation psychologists everywhere take the opportunity to promote public awareness about the discipline of psychology. Manitoba was no exception with over 40 presentations, workshops, and public addresses. Of the 40 events that took place, 10 of these events occurred in small rural and northern communities. Most noteworthy was the geographic breadth and diversity in populations reached with the message about what psychology is and how it plays a roll in mental health and well-being. Our rural and

northern team lead by Dr. Karen Dyck was, for the first time well represented across the regions of this province. This is a spectacular opportunity to not only promote the discipline as a whole but also to bring light and life to psychology as it is practiced in rural and northern settings. We encourage all rural and northern practitioners to consider using Psychology Month as a platform for visibility in areas where services are scarce. We look forward to news next year that "February is Psychology Month" has provided Canadian Psychologists with more Rural and Northern Exposure!

## Ethics Column

*“What constitutes sound ethical practice in urban areas may not completely parallel the practice of their rural and small-community counterparts” (Schank & Skovholt, 1997, p.49)*

*Think of your own practice – the challenges, rewards, & ethical dilemmas. Welcome to what will be a standing feature in The View From Here – Ethics in the Rural Context. Here we will collectively share the story of professional ethics in Canadian rural practice. Cindy Hardy started us off by asking us to review a vignette last year & then at the National Convention in Halifax we enjoyed the benefits of gathering as section members – stimulating conversation, laughter, & good ideas – these lead this, a regular feature on ethics in the rural context. This first piece will begin to look at boundaries.*

### Boundary Crossings and Boundary Violations

*“If handled carefully and lovingly, dual relationships can also be therapeutic, giving the psychologist an opportunity to model effective behaviours in real-life situations” (Fair, 2004, p.55)*

Often at the local gas station or convenience store the clerk was/is my client. This is a consequence of living & working over a decade in the same small rural community -- routine shopping trips commonly involve boundary considerations. Boundary crossings in overlapping relationships are often unavoidable in rural practice & can be a normal & healthy part of rural living & practice. Boundary violations, on the other hand, impair judgement & objectivity. Understanding the difference requires due diligence & ongoing risk-benefit analysis.

Boundary crossings are benign & sometimes beneficial. In rural practice overlapping relationships can increase familiarity, understanding, connection, & perhaps even effectiveness of psychological services. Boundary crossings are not unethical & may even decrease the probability of exploitation. They may, however, be stressful for the psychologist & may eventually lead to a blurring of professional boundaries.

Boundary violations are controversial activities that have clear potential to be exploitative & harmful to the client, the professional relationship, &/or the profession of psychology. These violations represent a breach of the psychologists-

client relationship which can decrease psychologist objectivity & effectiveness & increase risks of abuse of the inherent power differential. Identification as a boundary crossing, as opposed to a boundary violation, often occurs on a case-by-case basis & is dependant on context, such as the cultural background & theoretical orientation of the client & psychologist.

The CPA Code of Ethics lack of specific guidance on dealing with overlapping relationships -- guidance that is required when these relationships are unavoidable. Most ethical decision-making models are restricted to considerations of whether to enter an overlapping relationships rather than how to manage such a relationship.

So then, do I stop shopping in my own community?

<sup>1</sup> Haydar, 2007; Scopelliti et al., 2004; Yonge & Grundy, 2006; Zur, 2006

<sup>2</sup> Barbopoulos & Clark, 2003; Zur, 2006

<sup>3</sup> APS, 2004; Scopelliti et al., 2004; Yonge & Grundy, 2006

<sup>4</sup> Haydar, 2007; Scopelliti et al., 2004; Yonge & Grundy, 2006

<sup>5</sup> Scopelliti et al., 2004; Zur, 2006

<sup>6</sup> APS, 2004b; Endacott et al., 2006

<sup>7</sup> Staal & King, 2000

<sup>8</sup> APS, 2004; Endacott et al., 2006; Lamb et al., 2004

<sup>9</sup> Endacott et al., 2006; Lutosky, 2005; Scopelliti et al., 2004

<sup>10</sup> Scopelliti et al., 2004

### Current Dilemma—What Issues Arise for You?

*I am looking for your ideas, stories, humour, & wisdom on ethics in professional psychological practice in rural Canada for this column. What ethical dilemmas do you experience? I will be editing Ethics in the Rural Context but we will be writing this column together. Give me your ideas or write a column!*

Judi Malone, R. Psych., [judim@athabascau.ca](mailto:judim@athabascau.ca), 780-645-8214

## Upcoming Events

**70<sup>th</sup> Annual Canadian Psychological Association Convention**  
**June 11 – 13, 2009**  
**Fairmont Queen Elizabeth, Montreal**

### **Thursday, June 11<sup>th</sup>**

From a community's point of view: Indigenizing suicide prevention.

CPA Invited Speaker; Michael Kral  
 3:00 – 3:55 pm.

Duluth, Convention Floor 230 Theatre

### **Friday, June 12<sup>th</sup>**

A time for change in addressing rural and urban youth suicide risk: Prevention targeting group needs.

10:00 – 10:25 am.

Theory Review; Laura Armstrong, Ian Manion  
 Peribonka, Convention Floor 80 Theatre

Defining rural Canadian psychology.

2:30 – 2:55 pm

Theory Review; Judi Malone  
 Peribonka, Convention Floor 80 Theatre

### **Saturday, June 13<sup>th</sup>**

Access to health and social services for families in rural Canada.

9:00 – 10:25 am.

Symposium; Cindy Hardy, Serge Gallant, Laura Hambleton, Candice Manahan  
 Richelieu, Convention Floor 80 Theatre

Section business meeting

12:30 – 1:25 pm.

Gatineau, Convention Floor 80 Theatre

Ethics in action: How where you work and who you work with impacts your practice.

Symposium; Becki Cornock, Melissa Tiessen, Judi Malone, Jennifer Ducharme, Shelley Ryno  
 2:00 – 3:25

Gatineau, Convention Floor 80 Theatre

**Canadian Rural Health Research Society 8<sup>th</sup> Conference**  
**Rural Life, Health, Environment: The Whole Spectrum**  
**October 15 to 17, 2009, Kingston Ontario**

This conference will provide a forum for researchers, decision makers, practitioners and other stakeholders interested in the health and well being of rural residents to share recent research and to discuss appropriate research approaches and policy frameworks. Collaboration and the dissemination of ideas are essential as resources remain scarce and new challenges, such as climate change, affect rural residents.

### ***Conference objectives:***

To share new knowledge derived from research specific to rural and remote health.

To share intervention strategies designed to assist rural residents in achieving maximum health.  
 To facilitate partnerships among interested parties in order to create new interdisciplinary research teams.  
 To support the development of knowledge translation networks to improve the health of people living in rural and remote regions.

Go to <http://crhrs-scrsr.usask.ca/kingston2009/> for more information

**14th International Congress on Circumpolar Health**  
**July 11-16, 2009**  
**Yellowknife, Northwest Territories, Canada**

The health and wellness of northern peoples are the focus of the IUCH – the preeminent network of international societies and organizations dedicated to health in the circumpolar regions. Via its Congress, the IUCH addresses the long-standing need for the exchange of health-related knowledge amongst scientists, health care professionals, policy analysts, government agencies, and community leaders, as well as the results of recent research efforts for the benefit of all humankind.

In July 2009, the union is reassembling in Yellowknife, Northwest Territories, Canada with a special focus on the

IPY legacy for health research and action in the circumpolar region.

The IUCH will be accepting registration for the actual congress until **June 15, 2009**. Student participation is highly encouraged and various activities are being organized for young and early career researchers in the Yellowknife area.

Go to <http://www.icch2009.com> for more information.  
 Go to <http://www.csch.ca> if you're interested in becoming a member of the Canadian Society for Circumpolar Health.

Please forward all submissions to the attention of  
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[www.cpa.ca](http://www.cpa.ca)

## Check out some recent publications by members of our section

- Crossley, M., Morgan, D., Lanting, S., Dal Bello-Haas, V., & Kirk, A. (2008). Interdisciplinary research and interprofessional collaborative care in memory clinic for rural and northern residents of western Canada: Unique training ground for clinical psychology graduate students. *Australian Psychologist*, 43(4), 231 – 238.
- Dyck, K., Cornock, B., Gibson, G., & Carlson, A. (2008). Training clinical psychologists for rural and northern practice: Transforming challenge into opportunity. *Australian Psychologist*, 43(4), 239 – 248.

The Newsletter is produced by the Rural and Northern Section of the Canadian Psychological Association (CPA) and is distributed to members of the Section. The purpose of the Rural and Northern Section is to support and enhance the practice of rural and northern psychology. The goals of the section are: 1) Establish a network of professionals interested in the areas of rural and northern psychology (this may include individuals currently practicing in rural/northern areas of those with an interest in this area), 2) Enhance professional connectedness by facilitating linkages between rural and northern practitioners, 3) Distribute information relevant to the practice of rural and northern psychology, 4) Provide a forum to discuss practice issues unique to this specialty, and 5) Introduce students and new or interested psychologists to rural and northern practice. An application for membership in the Rural and Northern Section can be obtained from Dr. Karen Dyck, Section Chair, 200-237 Manitoba Ave., Selkirk MB, R1A 0Y4, [dyckkg@ms.umanitoba.ca](mailto:dyckkg@ms.umanitoba.ca).

This issue of the Newsletter was edited by Karen Dyck and Cindy Hardy. Many thanks are extended to Silvia Simoes for her invaluable contributions to design and layout.

The opinions expressed in this newsletter are strictly those of the authors and do not necessarily reflect the opinions of the Canadian Psychological Association, its officers, directors, or employees.

All submissions are reproduced as submitted by the author(s).

## Call for Submissions

The Newsletter Editors invite submission of articles and items of general interest to rural and northern psychologists. Faculty and students are encouraged to send submissions for the next newsletter to Karen Dyck, [dyckkg@ms.umanitoba.ca](mailto:dyckkg@ms.umanitoba.ca). We also welcome submissions of photos of rural life and settings.