

Psychology

Professional Practice Committee

February 20, 2015

Case Presentation and Research Day



Program

All Addictions & Mental Health and Allied Health staff are invited to attend the **Case Presentation and Research Day** which will be held on **Friday February 20, 2015** from 8:00 to 4:00 at the **Alberta Children's Hospital**, 4th Floor Conference Area

- Please provide \$5.00 at the door in order to cover the cost of coffee, water, muffins, etc that we will have available. Parking is in the parkade or in the north lot.

8:00 - 8:30 Registration, Coffee, Networking, Welcome by Connie Betuzzi (Manager, Allied Health, ACH) and Lisa Warner (Director, Allied Health, Calgary Zone)

8:30 - 9:30 Plenary Professional Practice Leads on Collaborative Practice.
[Linda Kongnetiman](#) - Social Work, [Kevin Lindland](#) - Speech/Language Pathology,
[Debra Froese](#) - Occupational Therapy, [Kerry Mothersill](#) - Psychology

9:30 to 10:30 Presentations

Room A: [Taryn Bemister PhD](#) - The psychosocial impact of raising a child with a chronic condition: Illustrations from a population-based perinatal stroke cohort

Room B: [Christine McKnight PhD & Ashley Marsh M.A.](#) - So you say you don't do capacity assessments: What you still need to know.

Room C: [Caelin White M.A.](#) - True grit: A strategy for increasing client attendance, resilience, and commitment to the therapeutic process through the values identification exercises and performance principles

10:30 to 10:45 Coffee and Networking

10:45 to 12:00 Presentations

Room A: [Caroline Westwood PhD & Deanne Robbins PhD](#)- CONNECT: An Empirically Supported Attachment-Based Treatment for Parents

Room B: [Al-Noor Mawani PhD](#) - Mindfulness and Acceptance in the management of Personality Disorders

12:00 to 1:00 Lunch

Lunch Options

You are welcome to bring your lunch as space will be provided. Alternatively, the following are local options:

- Good Earth (Main Floor, ACH)
- Coffee Shop (4th Floor, ACH)
- ACH Cafeteria (Main Floor)

1:00 to 2:00 Presentations

Room A: Brae McArthur PhD: Staying Healthy while Helping Others: A Discussion of Compassion Fatigue and Vicarious Trauma

Room B: Kristina Brache PhD: Engaging Families in Adolescent Mental Health and Addiction Treatment

2:00 to 3:00 Presentations

Room A: Kim Reeves M.A.: Aggression and Violence on Inpatient Units: The role of the Psychologist

Room B: Tanya Beran PhD: Medicine and Engineering Designing Intelligence: Implications for Pain Management

3:00 to 3:15 Break

3:15 to 4:00

Challenges and Opportunities for the Practice of Psychology

(for **Psychology Staff**)

- Report on the activities of the Psychology Professional Practice Council, Calgary Zone and the Provincial Psychology Professional Practice Committee
- Opportunity to raise concerns about the practice of Psychology in the Calgary Zone and provide feedback to the Council
- Networking with other Psychologists in the Region

Presentation Descriptions

1) Professional Practice Leads on Collaborative Practice

Linda Kongnetiman (Social Work), Kevin Lindland (Speech Language Pathology), Debra Froese (Occupational Therapy), Kerry Mothersill (Psychology)

The Professional Practice Leads from Social Work, Speech Language Pathology, Occupational Therapy and Psychology will present on effective strategies for Collaborative Practice on Multidisciplinary Teams

2) The psychosocial impact of raising a child with a chronic condition: Illustrations from a population-based perinatal stroke cohort.

Taryn Bemister PhD, Haematology, Oncology and Transplant Program , Alberta Childrens' Hospital

This talk explores the parental and familial impact of raising a child with perinatal stroke by reviewing three carefully executed studies that were based out of the Alberta Children's Hospital. In the first study, the APSP Parental Outcome Measure (POM) was developed to assess the psychosocial impact of raising a child with perinatal stroke, including quantifiable measures of guilt and blame. In the second study, the psychosocial impact of raising a child with perinatal stroke was examined using a population-based research cohort and survey methodology. In the third study, predictors of parent and family outcomes were examined, along with mediators and moderators, in order to better understand the process of adaptation to raising a child with perinatal stroke. Collectively, these findings demonstrate that raising a child with perinatal stroke increases parents' risk for psychosocial morbidity. However, a large portion of parents demonstrate resiliency, and a complex interplay of factors contribute to the condition's parental and familial impact.

3) So You Say You Don't do Capacity Assessments: What You Still Need to Know

Christine Knight, PhD, Geriatric Mental Health & Ashley Marsh, M.A., Regional Capacity Assessment Team

Health care teams are increasingly turning to psychologists for opinions regarding the decision-making capacity of their clients, and under current legislation psychologists are authorized to complete capacity assessments to enact an individual's personal directive, or if there is a need for guardianship or trusteeship. Despite being well-positioned to bring the critical skills of comprehensive assessment to questions of diminished capacity, many psychologists shy away from this area of practice. Is this you? Even if you never plan to work in this area, there are still some important things you need to know....

4) True grit: A Strategy for Increasing Client Attendance, Resilience, and Commitment to the Therapeutic Process through the Values Identification Exercises and Performance Principles

Caelin White M.A., Resident: Calgary Clinical Psychology Residency

In this talk, I briefly review the statistics on client attrition in psychological practice in order to highlight the current need for treatment components that more effectively boost client motivation for therapy. I then describe a simple two-step values clarification exercise designed to ignite the client's motivation for therapy by embedding the therapeutic process within the client's personal values. I also describe various principles from performance psychology that can enhance client resilience and grittiness in the face of lapses, setbacks, and "failures".

5) CONNECT: An Empirically Supported Attachment-Based Treatment for Parents

Caroline Westwood PhD, Neuropsychiatry Service & Deanne Robbins PhD, Treatment-Resistant ADHD Clinic, both in Child and Adolescent Mental Health Specialized Services at the RRDC

6) Mindfulness and Acceptance in the Management of Personality Disorders

Al-Noor Mawani, PhD. Day Treatment Service, Foothills Medical Centre

This presentation will discuss the application of Mindfulness and Acceptance based interventions to the management of personality disorders, with an emphasis on OCPD and Avoidant PD. Other Personality Disorders will also be mentioned. The role for therapist mindfulness will be discussed as well as some practical applications of mindfulness in the therapy session.

7) Brae McArthur, PhD, Gastroenterology Clinic, Alberta Children's Hospital

Staying Healthy while Helping Others: A discussion of Compassion Fatigue and Vicarious Trauma

Description: Within "helping professions" symptoms of compassion fatigue and vicarious trauma are commonly reported (40-85%; Tanto Beck, 2011). Despite this statistic, surprisingly few helpers have received appropriate training in this area. This presentation will introduce helping professionals to the concepts of compassion fatigue and vicarious trauma while drawing on research examining physiological responses to empathy. This presentation will also outline how to better recognize signs and symptoms of compassion fatigue and vicarious trauma, and how to cope with or prevent these difficulties.

8) Kristina Brache, PhD, Addiction Centre, Foothills Medical Centre

Engaging Families in Adolescent Mental Health and Addiction Treatment.

This presentation will review current research on effective family engagement strategies in adolescent mental health and addiction treatment. I will illustrate how these strategies are currently applied at the Addiction Centre. A discussion regarding how other AHS programs engage families and how we can work to improve family engagement will follow.

9) Kim Reeves, M.A., Psychiatry Inpatient Program, Peter Lougheed Centre

Aggression and violence on inpatient units: The role of the psychologist

This talk will discuss common risk factors for inpatient violence and whether these risk factors can be used in the ER to detect patients who have a high potential for violence on an inpatient unit. Current management strategies will be discussed plus areas where Psychology can help to enhance the prevention and management of inpatient violence. A case study will be used to illustrate a team approach to management that covers both inpatient and outpatient resources.

10) Tanya Beran, PhD, Department of Community Health Sciences, Cumming School of Medicine, University of Calgary

Medicine and Engineering Designing Intelligence: Implications for Pain Management

Medical procedures are one of the most common causes of pain and distress in childhood. Identifying effective methods of minimizing the associated pain is clearly desirable, as it reduces children's suffering and caregiver distress in the short-term, as well as pain and fear of medical procedures for these children in the long-term. Psychological-based treatments have some impact on reducing children's pain, but the intensity of this stimulation may not be strong enough to over-power the 'draw' of the painful stimulus. This issue has led our team to consider recent technological developments (e.g., humanoid robotics) as highly engaging psychological interventions in the management of procedural pain. We have conducted two randomized controlled trials to obtain evidence that such novel approaches to pain distraction may be effective for pain management. In addition to sharing these results, a brain storm session will be facilitated to discuss potential applications for robotics in pain management.

