



THE CANADIAN CLINICAL PSYCHOLOGIST

NEWSLETTER OF THE CLINICAL SECTION OF THE CANADIAN PSYCHOLOGICAL ASSOCIATION

Message from the Chair

Lachlan McWilliams, Ph.D., R.D. Psych

This is my main opportunity to promote the Clinical Section's program at the annual convention. This year it will be in Victoria, BC, June 9-11.

As a regular attendee of the annual convention, I have had a longstanding interest in maintaining and improving the quality of the convention experience. For example, several years ago I suggested to the president at the time that CPA copy APA and have free massages at the convention. As you likely know, this suggestion was not followed. Fortunately, the Clinical Section's executive has been hard at work with the aim of enhancing the convention experience for the membership of the section. Please read on to find out what we have planned.

As in past years, the section is sponsoring a pre-convention workshop on June 8. Given that last year's master clinician workshop on couple therapy had a standing room only size attendance, we decided that there was an appetite for more training in couple therapy. We are very fortunate to have recruited Dr. Andrew Christensen to do the pre-convention workshop on Integrative Behavioral Couple Therapy (IBCT). Working with Dr. Neil Jacobson, he developed IBCT and studied it in the largest and longest clinical trial of couple therapy ever conducted ([click for more info](#)). IBCT utilizes both the strategies of behavioral couple therapy and new strategies for promoting acceptance in couples. Dr. Christensen is a Distinguished Research Professor of Psychology at UCLA. He has vast body of published work on couple conflict and couple therapy. He is a co-author of the [main text](#) on IBCT as well as a co-author of a [self-help](#) book based on IBCT. His clinical skills have been featured as part of the APA video series on psychotherapy ([click here for more info](#)). Dr. Christensen has extensive experience delivering

In This Issue

Message from the Chair...**Page 1**

Reminder of the 77th Annual
CPA Conference...**Page 3**

From the Editors' Desk... **Page 4**

Message from the Chair-Elect...**Page 5**

Casual Link Between Concussion and
Suicide Saves Lives...**Page 6**

2016 Annual Convention: Pre-Convention
Workshop...**Page 7**

Thank you Memo to Section Members who
were Reviewers for the Convention...**Page 8**

Recent Publications by our Members...**Page 9**

Psychology Month...**Page 10**

Message from the Student
Representative...**Page 12**

CPA Educational Activity Grant 2015
Summary for UTSC...**Page 13**

CPA Educational Activity Grant 2015
Summary for Ryerson University...**Page 14**

Advertisement for Student Convention
Reporter...**Page 16**



Chair (pictured above)

Lachlan McWilliams, R.D. Psych
lachlan.mcwilliams@usask.ca

Past-Chair

Jennifer C. Garinger, R. Psych
jennifer.garinger@albertahealthservices.ca

Chair-Elect

Maxine Holmqvist, C. Psych.
holmqvis@cc.umanitoba.ca

Secretary-Treasurer

Sheryl M. Green, C. Psych.
sgreen@stjoes.ca

Member-At-Large

Vacant

Student Representative

Carley J. Pope
cpope@lakeheadu.ca

training workshops. As part of the initiative of the U.S. Department of Veterans Affairs (VA) to ensure their staff provides empirically supported treatments, Dr. Christensen has devoted much of his time since 2010 to training VA psychologists and other mental health professionals to provide IBCT.

Dr. Christensen will provide the theoretical background of IBCT (how it differs from traditional and cognitive behavioral couple therapy), the assessment strategies of IBCT, the treatment strategies of IBCT, and the empirical support for IBCT. The workshop will illustrate assessment and treatment techniques through videotape examples from couples in treatment and provide role-play experiences in implementing these techniques. I attended one of his ½ day workshops years ago and was also fortunate to be able to attend a longer workshop offered to VA staff. I can ensure you that Dr. Christensen provides excellent training and this workshop will be well worth attending. Registration information can be found at <http://www.cpa.ca/Convention/preconventionworkshops>. Please note there have been some inconsistencies on that webpage regarding registration deadlines. May 9 is the last day for early registration for this workshop, which will allow you to have a lower registration fee for the main convention.

In planning our section sponsored events and scheduling the section's accepted submissions, we aimed to produce a solid 3 days of programming that will engage the membership. Here is a short summary of what to expect.

Day 1 (Thursday) features a symposium on self-affirmation and two workshops (Guidelines for Recovery-Oriented Practice and Group CBT for Obsessive Compulsive Disorder). The poster session will be from 4:30-6:00. Aside from the scientific merits of the poster session, it will also provide a good chance to connect with colleagues at the end of the day.

Day 2 (Friday) will be the busiest day for the section. There will be an internship fair in the morning. The afternoon will begin with our first master clinician workshop ([Dr. Mark Lau](#); "So you are thinking of using mindfulness meditation with your clients: How to introduce and support mindfulness meditation in therapy"). Shortly afterwards, our section invited speaker and the SPECA winner from 2015, Dr. Simon Sherry, will present on his research on narcissistic perfectionism. Our hope is that the excitement and enthusiasm produced by these excellent speakers will carry you away and prompt you to attend the section's annual general meeting and the section's reception that follows the meeting. There have been a lot of new developments with the section and its relationship with CPA. We hope to have good attendance at the meeting in order to keep the membership informed and have an opportunity get input from the membership. We will be bringing a new initiative forward at that meeting. I encourage you to

read this issue's "Message from the Chair Elect" by Maxine Holmqvist as it provides a brief introduction to this new initiative.

Day 3 (Saturday) begins with our second master clinician workshop ([Dr. Lynn Alden](#); "Facilitating social approach behavior: Lessons from relational science for treating social anxiety and emotional isolation"). The convention will conclude with two symposiums in the afternoon on topics sure to be of interest to a large number of section members. The first is focused on interpersonal factors in depression and the second is focused on risk factors for suicide ideation and behaviors.

I hope you agree that the programming this year is excellent and I hope to see you at the convention, especially at the annual general meeting and reception.

Lachlan McWilliams
Clinical Section Chair



Registration is now open for the 77th annual CPA convention which runs from June 9th to June 11th. The clinical section has a range of exciting presentations with special guest speakers. Visit the website for more information at <http://www.cpa.ca/Convention/>. We hope to see many of you there!

From the Editors' Desk



Greetings fellow Clinical Section Members!

We hope that summer has been off to a great start for all of you. In our last editorial from the Fall 2015 newsletter edition, we reported that one of us will be stepping down from the role as co-editor. At this time, we are pleased to report that both of us have decided to continue fulfilling this role (until further notice!).

I (Andrea) was the one considering stepping down. In the fall of this year, I will officially begin my transition away from 'student'. This is an exciting time for me, as I complete my predoctoral residency at the London Clinical Psychology Residency Consortium and return to Toronto to work in supervised practice. After seven years of graduate school, it is difficult to imagine what this next stage will be like! Through much thought about my budding career trajectory, I came to realize that contributing to service-related activities in the field of clinical psychology is very important to me. Several weeks ago I attended a talk by Dr. Jonathan Douglas, President of the Ontario Psychological Association (OPA) - as part of an event through the London Regional Psychological Association. He discussed some aspects of what the OPA is currently working on as representatives of Psychologists in Ontario. This sparked personal thought about the importance of contributing to my field in different ways, including research productivity, program evaluation, advocacy work, volunteering and committee membership. Being co-editor of this newsletter, acting as a facilitator of information dissemination, is one way that I personally contribute to advancing our field - and I hope to contribute in additional ways in the years to come!

Moreover, Elizabeth and I both enjoy being made aware of the wonderful contributions that our members make to research and clinical work, and other psychology-related activities in their communities. We would like to continue in this role with a goal of increasing our readership and number of submissions that we receive for each edition. With each editorial, we reiterate that the success of this newsletter rests on our members and their willingness to share information.

Our next newsletter will be distributed in November of this year; please consider sharing news with your fellow section members!

Wishing you all a wonderful summer, and Elizabeth hopes to see many of you in Victoria next month!

Andrea & Elizabeth

Special thanks to Alexandra Smith, MA Applied Psychology Candidate from Laurentian University for her assistance in design, layout and putting this newsletter together.

Message from the Chair-Elect

Maxine Holmqvist

As many clinical section members will be aware, we currently have a budget surplus that, as a not-for-profit organization, we are required to spend in a timely manner. At the Annual Business Meeting last year, the clinical section executive was tasked with finding an appropriate way to spend this surplus. What an opportunity! To tackle this, we reviewed past initiatives led by the section since its creation in 1990 and clinical section survey data from 2004 and 2014; we also actively sought feedback from past chairs of the section and other members. From this review, two predominant themes emerged as priorities: advocacy and more resources for clinical practice. Furthermore, it became clear that the initiatives that were the most impactful (e.g., Psychology Works fact sheets; task force on Evidence-Based Practice) were those that galvanized both members of the section and the larger psychological community around a specific idea or project. We spent a lot of time this fall exploring options and considering how this money could be utilized in order to provide maximum benefit to members of the clinical section, while also having a positive impact on the various spheres in which we work.

What became increasingly clear is that the Canadian Psychological Association has taken a strong position over the years on the need for psychologists to utilize the “best available scientific knowledge” to inform their practice. However, as I know from personal experience, it can be a real challenge for clinicians to keep pace with advances in the field. In healthcare, the use of Clinical Practice Guidelines (CPGs) is one strategy our colleagues rely on to support quality of care and to justify their practices to accreditors, insurance agencies, professional associations and funding bodies. While many definitions of CPGs exist, common features include the development of specific recommendations for practice using a transparent process that incorporates the best available evidence and the involvement of relevant stakeholders (Beauchamp, Drapeau & Dionne, 2015). CPGs fulfill a range of purposes which include, but are not limited to: synthesizing the research in a given area in a way that supports clinical decision-making; helping to accelerate the translation of research findings into clinical practice; informing both practitioners and consumers about what can reasonably be expected from a given intervention and highlighting potential challenges and risks. When developed in a rigorous way, CPGs help to facilitate putting the best available knowledge into action (Graham et. al, 2006); however, the methodology used to develop guidelines and the quality of these guidelines vary significantly, particularly in fields like psychology where the use of CPGs is still relatively new (Beauchamp, Drapeau & Dionne, 2015). We determined that while several resources to support Evidence-Based Practice exist (e.g., the list of empirically supported treatments maintained by section 12 of APA), these are not comprehensive and tend to be widely dispersed and underutilized. There currently is no central location for CPGs related to clinical psychology. Furthermore, most practicing psychologists have not been trained to evaluate the guidelines that do exist. The clinical section executive has begun working on a proposal to create a web-based portal for CPGs in clinical psychology. The primary purpose of this resource is to provide clinicians with a quick and easy way to find the best available evidence to support front-line decision making; however, we anticipate it may have other benefits. More details about this exciting initiative will be forthcoming but you are welcome to contact me directly if you would like more information. And please plan to attend the business meeting of the clinical section at the CPA convention this year for more updates!

Discovered, A Casual Link Between Concussion and Suicide Saves Lives

Guelph Ontario, released 26/04/16: Dr. Julianna Switaj a registered clinical psychologist is using a patient screening, diagnostic and treatment protocol she developed to uncover hidden lingering symptoms of concussion, improve treatment outcomes and save the lives of many sufferers.

Concussion is one of the foremost misdiagnosed and underdiagnosed health concerns today. Each year an estimated, 15-20 % of diagnosed concussion sufferers will experience persistent debilitating symptoms, for months or years afterward. Recent research in the Canadian Medical Association Journal reports that experiencing even one mild concussion may triple the long term risk of suicide among sufferers. But a clear causal link between concussion and suicide had not been identified, until now.

Dr. Switaj discovered the link eight (8) years ago while attending her patients. Many had been previously diagnosed with psychiatric disorders, considered resistant to treatment, and were repeatedly attempting suicide. During the course of their clinical assessments she uncovered a common history of: Concussive events; being diagnosed with particular psychiatric disorders, and very poor treatment outcomes.

She said, "... Their presenting symptoms looked (at that time) to all the clinical world to be manifestations of psychiatric disorders...it turns out they were not. Rather they were lingering symptoms, manifestations, of an underlying neurological disturbance (a type of partial seizure-like activity) caused by concussion...Once these hidden symptoms were revealed and assessed, correctly diagnosed and treated... all irresistible suicidal impulses and attempts stopped, and sufferers began to heal..."

To date, using her 'Elements of C.A.R.E.' protocol she has amended and prevented the misdiagnosis of over 70 patients who were at increased risk for misdiagnosis and suicide following a concussion. She said, "pre-screening all patients with C.A.R.E. has revealed sufferers with lingering symptoms of concussion, improved treatment outcomes and saved many lives..."

Dr. Switaj has two upcoming books based on this discovery and clinical findings: One book is for sufferers their family and friends –coaching them to become stronger advocates for pre-screening, to prevent potential misdiagnosis and suicide attempts. The other for clinicians, arming them with the latest in clinical research perspectives and giving them tools (Elements of C.A.R.E.) to reveal potentially hidden lingering symptoms of concussion, and correctly assess, diagnose and treat sufferers with this condition, assist healing and save lives.

Dr. Julianna Switaj is a registered clinical psychologist in private practice, based in Guelph, ON, Canada. Starting in 2008 she discovered a causal link between concussion and suicide, and has designed, developed and delivered her clinical assessment protocol to over 200 health care providers

2016 Annual CPA Pre-Convention Workshop



Acceptance and Change in Couple Therapy: Integrative Behavioral Couple Therapy

Location: Victoria Conference Centre and the Fairmont Empress Hotel, Victoria, BC

Presenter: Dr. Andrew Christensen

Date: June 8th 2016

Time: 9 a.m – 4:30 p.m

Workshop Description: Almost 50% of married couples will divorce; many of those who stay together are unhappy. Integrative Behavioral Couple Therapy (IBCT) is an evidence-based treatment that can improve the quality of romantic relationships. Consistent with other third wave behavioral approaches, IBCT emphasizes emotional acceptance as well as change and is experiential in its treatment strategies. In this one-day workshop, Dr. Christensen will provide a theoretical background of IBCT (how it differs from traditional and cognitive behavioral couple therapy), the assessment strategies of IBCT, the treatment strategies of IBCT, and the empirical support for IBCT. The workshop will illustrate assessment and treatment techniques through videotape examples from couples in treatment and provide role-play experiences in implementing these techniques.

Working with Dr. Neil Jacobson, Dr. Christensen developed IBCT and studied it in the largest and longest clinical trial of couple therapy ever conducted ([click for more info](#)). IBCT utilizes both the strategies of behavioral couple therapy and new strategies for promoting acceptance in couples. Dr. Christensen is a Distinguished Research Professor of Psychology at UCLA. He has vast body of published work on couple conflict and couple therapy. He is a co-author of the [main text on IBCT](#) as well as a co-author of a [self-help](#) book based on IBCT. His clinical skills have been featured as part of the APA video series on psychotherapy ([click her for more info](#)). Dr. Christensen has extensive experience delivering training workshops. As part of the initiative of the U.S. Department of Veterans Affairs (VA) to ensure their staff provides empirically supported treatments, Dr. Christensen has devoted much of his time since 2010 to training VA psychologists and other mental health professionals to provide IBCT.

More information can be found at <http://www.cpa.ca/Convention/preconventionworkshops>.

Many thanks to the following section members, who acted as reviewers for the convention this year:

Martin Drapeau
Randi McCabe
Christine Purdon
Patricia Furer
Keith Wilson
Karen Rowa
R. Nicholas Carleton
Heather Hadjistavropoulos
France Talbot
Lachlan McWilliams
Jennifer Garinger
Catherine Stewart
Michael Teschuk

Christopher Mushquash
Naomi Koerner
Douglas French
Allison Ouimet
Elizabeth Levin
Sheryl Green
David Hodgins
Al-Noor Mawani
Pamela Holens
Peter Bieling
AnnaMarie Carlson
Trevor Olson
Pamela Holens

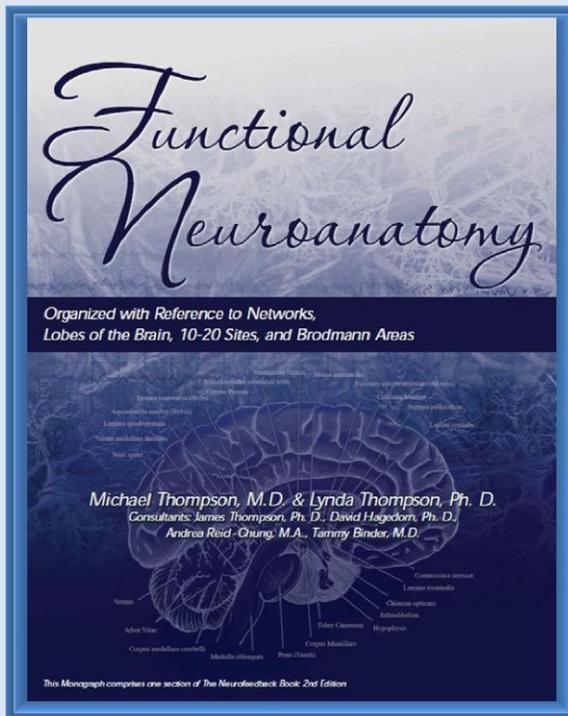
Readers, what would you like to see in the Clinical Section Newsletter?

We'd love to hear from you!

Email Dr. Levin at elevin@laurentian.ca or

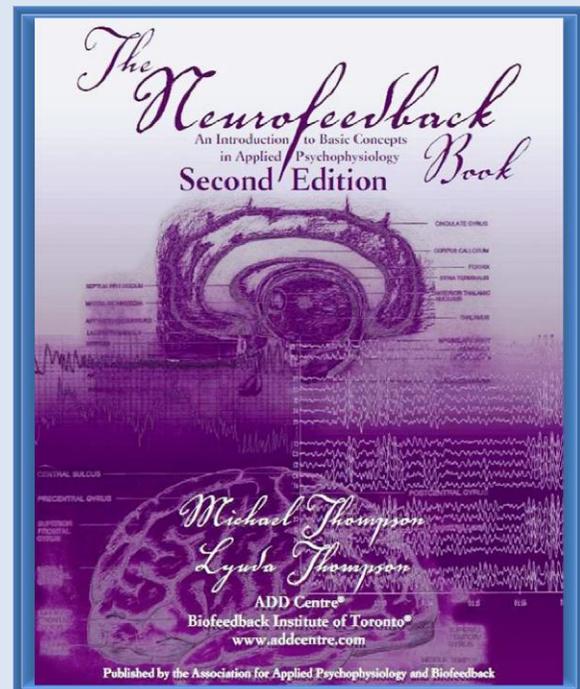
Andrea Linett at alinet@psych.ryerson.ca

Recent Publications by our Members



Functional Neuroanatomy: Organized with reference to Networks, Lobes of the Brain, 10-20 Sites, and Brodmann Areas includes the latest information about connectivity in the cerebral cortex and how the brain is organized into modules with hubs. The information in these books is highly relevant to Psychologists interested in neuroplasticity. They are written as handbooks for people who are keen on researching methods for learning self-regulation, something that many health care professionals may wish to add to their practices.

The Neurofeedback Book, Second Edition is a basic textbook that provides comprehensive information about what neurofeedback is, the science behind this approach, and the details concerning how it is done in clinical practice. There is information about applying neurofeedback and biofeedback in a range of disorders, noting that ADHD and epilepsy (specifically, seizure disorders that have a motor component) are the two disorders for which there is established efficacy. Also covered are event related potentials (ERPs) and their role in assessment, plus advanced topics, such as LORETA Z-score neurofeedback. There is a section on adjunctive techniques that covers biofeedback interventions with a particular emphasis on heart rate variability training. The 100+ pages on neuroanatomy in this text are also published separately under the title



Psychology Month

Psychology Month is celebrated every February to teach Canadians about the important roles of psychology in our communities. Here's how some of our section members celebrated Psychology Month this year!

Dr. Martin Drapeau and colleagues from McGill University used the month to promote leading healthy and happy lives through various forms of social media. Here is one of the daily posts made by Dr. Marilyn Fitzpatrick on values and wellness:

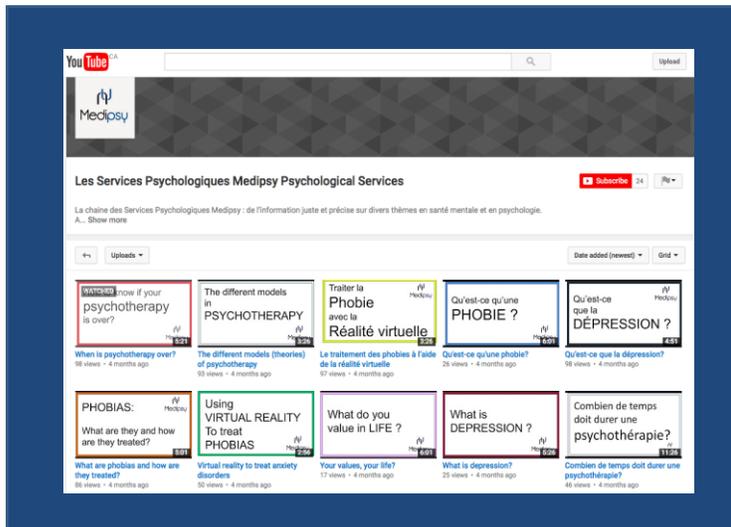
How do I keep from procrastinating on values?

It's Monday – the first day of the work week. It is the day that is typically filled with all the resolutions about what I will get done this week, including actions in support of my values. If you have been reading regularly, you know that I really want to try to help people identify and act according to their personally meaningful values. I am trying to post something each day for the month of February that supports that goal. This week is the home stretch. Can I keep it up until the 29th? (Did I have to choose a year in which February has an extra day?) If I don't want to miss a day I had better not procrastinate. But I feel my motivation slipping a little and so I am going to try to get some help from Piers Steel, a researcher on the science of motivation, well-known for his work on procrastination. Perhaps His *Procrastination Equation* can help me. His equation shows the relationship among the elements that influence procrastination. Things that increase motivation are on top in the numerator. Things on the bottom in the denominator reduce motivation. Expectancy is my belief that I can do something. Value is what I will get from doing it. Impulsiveness is the extent to which I can be distracted. Delay is how long till I get there.



To check out the rest of the blogs posted for Psychology month visit:
<http://www.medipsy.blogspot.ca/>

Dr. Drapeau and colleagues also created a series of YouTube videos on different topics related to mental health. These can be found on their recently created YouTube channel: https://www.youtube.com/channel/UCoBB2oJD_xKbzVk4dHsGveQ



The latest video can be found here: <https://www.youtube.com/watch?v=iixxhBxc-Gk>

Medipsy
Votre santé en tête
Your health in mind

Win a \$20 CAD Amazon gift card!

To enter:

1. Like our page if you haven't already
2. Answer the question below in the comments
3. Share this post

In honour of National Psychology Month, Medipsy is offering you the opportunity to win a \$20 CAD Amazon gift card!

Student Section

Message from the Student Executive

Carley Pope, M.A.

Greetings clinical section members and happy spring!

I hope you all had an enjoyable and productive winter. Now that spring is here we are busy preparing for the 77th Annual CPA Convention in beautiful Victoria, British Columbia. Over the winter the clinical section executive members were hard at work preparing for the conference and we have a number of exciting clinical activities, workshops, and poster sessions planned for you. It is most definitely going to be a convention to remember! We are excited for a high turnout to all of these events, and I look forward to seeing you there!

This year there was a steep competition for the Clinical Section Educational Activity Student Grant, and picking winners was no easy feat. We are excited to announce that, once again, we had two winning submissions: Sonya Dhillon from the University of Toronto won for her submission titled "UTSC Clinical Psychology Summit: Modern Applications of Mindfulness Training in Clinical Practice", and Andrew Brankley, Danielle Loney, and Jessica Sutherland from Ryerson University were awarded for their submission titled "Research Event Exchange". Congratulations to the winners. These events look like they are going to be fantastic workshops. Look out for summaries of these workshops in the next edition of the newsletter!

Finally, the Clinical Section would like to invite student members to become a "Convention Reporter". Students who are attending the annual convention are invited to submit brief summaries of events sponsored by the Clinical Section (i.e., workshops, invited speakers). The summaries will be featured in the Fall edition of the Clinical Section newsletter, *The Canadian Clinical Psychologist*. More information regarding this opportunity can be found in this newsletter.

Please feel free to contact me with any questions, comments, or concerns regarding the Clinical Section.

I look forward to seeing you in Victoria!

Best wishes,
Carley Pope, M.A.
Clinical Section Student Representative
cpope@lakeheadu.ca

CPA Educational Activity Grant 2015: Summary for the University of Toronto Scarborough

Prepared by: Kyrsten Grimes and Dean Carcone

UTSC Clinical Psychology Summit: Modern Applications of Mindfulness Training in Clinical Practice

Award Holder: Dean Carcone

In September 2015, Master's-level students at the University of Toronto Scarborough (UTSC), in Toronto Ontario, hosted its second annual Clinical Psychology Summit. This event was generously funded by the Clinical Section of the Canadian Psychological Association via the Educational Activity Student Grant and the department of Psychological Clinical Science at UTSC. The Educational Student Activity Grant aims to further students' clinical training by funding extracurricular educational activities.

The UTSC Clinical Psychology Summit is an annual event hosted by the first-year graduate students in UTSC's Clinical Psychology program. It is a full-day workshop that seeks to augment program-specific training for clinical psychology students across the Toronto area. This year's theme focused on the use of mindfulness and its application to the treatment of diverse clinical disorders. The event was hosted by Dr. Zindel Segal, a Distinguished Professor of Mood Disorders in Psychology at UTSC and co-founder of Mindfulness Based Cognitive Therapy (MBCT). Three clinicians and researchers led attendees through a series of talks and practical exercises. Dr. Irving, a psychologist and researcher at the Centre for Addiction and Mental Health (CAMH), discussed her experience and research in the applications of MBCT to the treatment of substance abuse populations. Next, Dr. Hawley, a staff psychologist for the Frederick W. Thomson Anxiety Disorders Centre at Sunnybrook Health Sciences Centre, discussed the applications of mindfulness-based practices for the treatment of anxiety disorders (i.e., obsessive-compulsive disorder). Lastly, Dr. Weinrib, a registered clinical health psychologist who has been engaged in postdoctoral work with Dr. Joel Katz and the Human Pain Mechanisms Lab at York University, discussed the applications of mindfulness-based practices to acute pain (e.g., childbirth) and the treatment of pain disorders.

The event was well attended, with the number of registrants exceeding our maximum capacity for the event. Students came from various clinical psychology programs across Southern Ontario. The Clinical Psychology Summit was met with positive feedback from attendees, who stated that the event was well-planned, informative, and that they would return the following year. Next year's Summit will feature experts in the field of mindfulness-based interventions for the treatment of children and adolescents. We hope to see many new and many returning faces!

CPA Educational Activity Grant 2015: Summary for Ryerson University

Diagnosis and treatment of mental health issues among refugee and immigrant populations: Moving from research to practice

Award Holders: Sofia Puente-Duran & Fiona Thomas

The Department of Psychology at Ryerson University hosted the 2015 CPA Educational Activity Event titled, “Diagnosis and treatment of mental health issues among refugee and immigrant populations: Moving from research to practice” on November 10th 2015. The session brought together a dynamic group of panelists and experts in the field, focusing on the challenges that exist with the diagnosis and treatment of mental health issues cross-culturally, specifically in refugee and immigrant communities in the urban centre of Toronto, Ontario. The session was framed from a research-to-practice perspective, where findings from current research were discussed, complemented with a discourse on clinical experiences by clinicians. Specifically, the panelists of scientist-practitioners sought to document theories and practice related to clinical change amongst refugees and immigrants undergoing treatment related to psychosocial difficulties.

Our group of panelists included presentations from: (1) Dr. Morton Beiser, a Professor of Distinction in Psychology at Ryerson University and a scientist at Li Ka Shing, St. Michael’s Hospital. Dr. Beiser opened the event with historical reflections and advancements in this field, given his extensive experiences over the past 50 years. (2) Dr. Samuel Law, an Associate Professor, who is actively involved with the cultural, community, and international aspects of psychiatry in the Department of Psychiatry at the University of Toronto, shared his experiences with the use of an interview tool called Explanatory Model, and then illustrated its application in two cross-cultural settings in the community: Hong Fook Mental Health Association and Mount Sinai Assertive Community Treatment team. (3) Sireesha Bobbili, pursuing a PhD in Public Health in Social and Behavioural Sciences at the University of Toronto, and is a Special Advisor/Project Coordinator with the Office of Transformative Global Health, in the Social Epidemiological Research Department at the Centre for Addiction and Mental Health (CAMH). She discussed an anti-stigma initiative that was developed in collaboration with community health centres in Toronto. Lastly, (4) Dr. Athena Madan, who is an Adjunct Faculty, at the School of Humanitarian Studies, Royal Roads University, presented field vignettes from research looking at mental health models of treatment in Colombia, Ghana, and Vietnam. Her vignettes elucidated ways in which community mental health approaches build treatment and education pathways for mentally healthy communities and also how lessons from these contexts can be applied in well-resourced or high-income settings.

In addition to the panelists, we were privileged to incorporate two co-moderators and experts in the field, Drs. Claire Pain and Lisa Andermann, who are Associate Professors in the Department of Psychiatry at the University of Toronto. The panelists and co-moderators have worked in Southeast Asia, South Asia, Africa, the Middle East and with various immigrant and refugee communities in Canada. With their combination of recent research and extensive clinical experiences, panelists shared their comprehensive knowledge base of working with ethnically diverse individuals.

The two-hour event was made open to the public on *Eventbrite*, and brought together over 70 attendees spanning from a range of programs, universities, and clinical settings, including social workers, public health professionals, as well as community members, government workers, and students alike. Attendees were encouraged to think critically about how research translates into practice in cross-cultural settings. Panelists provided an overview of recent research related to treatment strategies among refugee samples with clinical difficulties, followed by question periods and discussions. Based on the combination of recent research and extensive clinical experience of the panelists, the session provided attendees new to cross-cultural mental health with a number of resources when treating clients from refugee or immigrant populations.

This educational activity was followed by an evaluation survey, and while results are preliminary, we have thus far received overwhelmingly positive feedback. We included a photographer as well as a complimentary lunch. Once all surveys have been received, a summary of the evaluation findings will be created in order to disseminate feedback and discussion of the event on internal and external websites, within Ryerson and across professional settings.

Pictured to the right is the 2015 CPA Educational Activity Grant event taking place at Ryerson University



Pictured to the left are award holders and hosts Sofia Puente-Duran (left) & Fiona Thomas (right)



Pictured to the left are Dr. Clare Pain (left), Dr. Lisa Andermann (center) & Dr. Morton Beiser (right)

Calling all Students!

The Clinical Section would like to invite you to become a "Convention Reporter". Students who are attending the annual convention are invited to submit brief summaries of events sponsored by the Clinical Section (i.e., workshops, symposia, invited speakers). Your summary will be featured in the Fall edition of the Clinical Section newsletter, *The Canadian Clinical Psychologist*.

To become a convention reporter:

- Please email the Clinical Section Student Representative (Carley Pope) to indicate which Clinical Section event you would like to review.
 - Attend the event and write a 200-400 word summary.
 - Email the completed summary to the Student Representative by Sunday, June 19th.
- *Please note: The presentation must be sponsored by the Clinical Section. This is indicated in both the online abstracts and the grid schedule.

If you have any questions, please contact: Carley Pope at cpope@lakeheadu.ca