

CANADIAN CLINICAL PSYCHOLOGIST

NEWSLETTER OF THE CLINICAL SECTION OF THE CANADIAN
PSYCHOLOGICAL ASSOCIATION



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MESSAGE FROM THE CHAIR

Peter Bieling, Ph.D., C.Psych.

The theme of my message is a dialectic one, constancy and change. As always, the clinical section and its executive are working on topics and areas that are of interest to us as practitioners, while keeping the other eye on the science of psychology as it applies to human problems. But renewal is also built into our section, both in our codified by-laws and in our ethos.

In that spirit, we say our goodbyes and hellos, starting with the document you are reading. We say farewell and well done to Margo Watt and Jesse Bernstein, editors of Canadian Clinical Psychologist since 2005...remarkable. Their commitment to the medium you are reading is commendable for its passion and longevity, rare in a world where things change so quickly. We welcome our new editors, Elizabeth Levin and Andrea Woznica and congratulate them on their first newsletter!

We also say goodbye and thanks for all the hard work to Mark Lau (former chair) and Jessica Dere (former student representative) whose terms were up in 2011. Mark, as you'll know, is a terrific person who manages to communicate that certain Mehta calm while at the same time running an issue down to the detail to get it right.

It was a pleasure. Jessica is now on internship, and in addition to looking after all the specifics of the student side, brought the gestalt of the student perspective to our executive. Students are our future, and Jessica is the kind of person who makes one confident about the generation to come!



Section on Clinical Psychology
La Section de la psychologie clinique



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We also welcome Jennifer Garinger as our new member-at-large and Emma MacDonald as our new student member. Those of us who have seen the executive up close know it's a commitment and a challenge, and it's so encouraging to see people be keen to join. Welcome and thank you.

Beyond those changes, I'm happy to report that we also have a kernel of stability that will balance this renewal and allow us to find important continuity in our work. Margo Watt is our current chair elect, having served (as mentioned) as our newsletter editor and secretary-treasurer. And Elizabeth Nilsen is our new secretary-treasurer having been member-at-large. Hopefully this tells us that being on the executive is fun, worthwhile or both since of course this extends the commitment and work they are doing for us. And it allows us to rely on their collective memories and experiences and keep us laughing which we also need from time to time!

OTHER THOUGHTS

Beyond the convention, I did want to draw your attention to the fact that the Clinical Section offers a number of awards for different constituents, students, new scientist practitioners, and for those who have made "career" contributions. In this column, I wanted to highlight the call for nominees to be section fellows. You'll see the details elsewhere in the newsletter, but I believe it is hugely important for us to recognize people who have made these kinds of contribution to our field. Many members of our section have spent decades working way beyond their strict day to day job descriptions on behalf of the profession. Those efforts have enormous pay-offs for keeping psychology on the map, and formal recognition of that work at the individual level produces a kind of virtuous cycle. Hopefully an award like being named a section fellow adds further gravitas to the work of those honoured. Aside from that, psychology seems to be a little award-shy when compared to other mental health professions and this matters- particularly in the world of healthcare. We need to be a little prouder of ourselves and one another. So please nominate!



CPA 2011 Annual Convention

Peter Bieling, Ph.D., C.Psych.

Of course much of what we do as a section revolves around the annual convention, it's a bit like putting on a Broadway show. You need your cast and your story, but you can't forget the playbills or concessions! Our section is big enough and varied enough that I can't possibly fit all the specific news from the convention (that's elsewhere in the newsletter too), but want to highlight the pre-conference workshop. Speaking of Broadway spectacles-- this year our theme was "Gloria 2.0", three approaches to the same problem. We were able to "borrow" some important technical and talent resources from Psychotherapy E-training Resources (<http://pter.mcmaster.ca/>) at McMaster and had a professional actor, Nicole Carter, portray a patient. Randi McCabe (CBT), Paula Ravitz (IPT), and Jeanne Watson (EFT) were then filmed seeing the case and in the workshop they outlined their approaches, played back highlight clips, and discussed their therapeutic choices with the audience. Going in to the planning for this workshop we wondered why Gloria hadn't really been replicated for all these years, but now we know! Because it's not impossible, just really hard. We hope the work was well worth it. Even though I had been in on the planning for the day and watched the footage get filmed, there were plenty of "a-ha" moments for me throughout the day and a lively interchange among the presenters that didn't (as we've all seen in the past) ever devolve into "brand" fighting. I do want to say a huge thanks to Randi, Paula, Jeanne and Nicole for their contribution and trust they extended to us. We hope someday, given we have all this video footage, to revisit this compare and contrast theme at a future convention.

Halifax 2012

Much of our attention has now turned toward Halifax in 2012. Aside from the sights of the harbor and the lively music that seems to pour out of every doorway as you make your way up to the citadel, we are planning an exciting slate of speakers and other convention activities. The conference is Thursday, June 14 to Saturday, June 16, 2012, but make sure to think about Wednesday the 13th to attend the pre-conference workshop.

Do you have any comments or suggestions about the Clinical Section Newsletter? We'd love to hear them. Email Dr. Elizabeth Levin at elevin@laurentian.ca or Andrea Woznica at awoznica@psych.ryerson.ca.

EDITORIAL

Greetings fellow Clinical Section Members, we wanted to take this opportunity to introduce ourselves as your new co-editors of the *Canadian Clinical Psychologist*. We would like to start by thanking Dr. Margo Watt and Dr. Jessey Bernstein who have done absolutely fabulous work as co-editors of this newsletter for the past several years. We hope to continue delivering a newsletter of such caliber - we have much to live up to! Thank you Margo and Jessey, for allowing us this opportunity to contribute to the section. We are very excited to take on this role.

Where will we take this newsletter over the next several years? We are curious ourselves! This fall 2011 issue is essentially our guinea pig. Our goal is to fill these pages with informative, educational, and enlightening accounts of new and exciting clinical research and practice. We envision the newsletter with content from all over the country. While we plan to solicit articles directly, the best way for us to achieve our goal is to hear from you. We kindly welcome any and all articles, opinions and ideas related to this newsletter. You can find our complete contact information on the Clinical Section Executive webpage.

We have several ideas of our own that we would like to put forth. In the next few months, keep your eye out for an email requesting your participation in a survey regarding the structure and content of the newsletter. One idea we have is to create an editorial board. This could be a great way to get correspondents from various parts of the country who can report on their local scene and is also a way to encourage greater student participation. What should we keep, what should we delete and what should we add? We want to hear from you.

We hope to meet many of you at next year's annual convention in Halifax. The newsletter is one way the clinical section maintains contact with its members between conventions, so please help us stay in touch. We look forward to serving as your co-editors. Again, please don't hesitate to contact us with any questions or comments.

Happy autumn!

Enjoy your newsletter,

Elizabeth & Andrea

MEET THE EDITORS



Dr. Elizabeth Levin



Andrea Woznica

Special Thanks to Stacey Kosmerly, Hons. B.A. Psychology Candidate from Laurentian University for her assistance in design, layout and putting this newsletter together.



Clinical Section Travel Awards

The Clinical Section Travel Awards were designed to help clinical section students from across Canada to travel to the annual conference of the Canadian Psychological Association. Additionally, these awards were especially designed to encourage communication between Clinical Section students and to promote peer review among students.

There are three Clinical Section Travel Awards granted each year. The first award, worth \$750, is given to the highest ranking submission overall. Two smaller awards, each worth \$400, are given to the next highest ranking submission from each of the two regions in Canada (East, West, or Central) other than the region where the conference is being held. The three winning submissions will also have their conference abstract published in the fall edition of *The Canadian Clinical Psychologist*. **All students who have posters or presentations accepted by the Clinical Section are invited to apply.** Students may apply to both the Ken Bowers Student Research Award and the Clinical Section Travel Awards; however, they will only be awarded one of these awards. This award is separate from the travel bursaries granted by CPA to students traveling long distances. Please visit

<http://www.cpa.ca/aboutcpa/cpasections/clinicalpsychology/clinicalsectionnewsandevents/> for more information.

Prix de déplacement de la Section de psychologie Clinique

Les Prix de déplacement de la Section de psychologie clinique visent à aider les étudiant(e)s en psychologie clinique à travers le Canada à assister au congrès annuel de la Société canadienne de psychologie (SCP). De plus, cette série de prix vise à encourager de façon particulière les échanges entre les étudiant(e)s en psychologie clinique et à promouvoir l'analyse critique du travail d'autres étudiant(e)s.

Trois Prix de déplacement de la Section de psychologie clinique sont attribués chaque année. Le premier prix, d'une valeur de 750\$, est décerné à la candidature ayant obtenu le pointage le plus élevé. Deux autres prix, d'une valeur de 400\$ chacun, sont accordés selon l'excellence du dossier (pointage obtenu), à raison d'un prix pour chaque région du Canada (Est, Ouest, Centre) autre que la région où la conférence a lieu. Le résumé de la communication des trois candidatures gagnantes est publié dans l'édition d'automne de la revue 'The Canadian Clinical Psychologist'. **Chaque étudiant(e) qui a une communication orale ou par affiche acceptée par la Section de psychologie clinique est invité(e) à faire une demande de bourse.** Un(e) même étudiant(e) peut appliquer à la fois pour le Prix Ken Bowers pour recherche effectuée par un(e) étudiant(e) et pour les Prix de déplacement de la Section de psychologie clinique, mais il(elle) ne pourra recevoir qu'un seul de ces prix. Ce prix est différent de la Subvention de voyage qu'offre la SCP aux étudiants qui doivent parcourir de longues distances pour participer au congrès. Veuillez vous rendre à l'adresse suivante pour plus d'information: <http://www.cpa.ca/aboutcpa/cpasections/clinicalpsychology/clinicalsectionnewsandevents/>

And this year's winner is: Maya Gupta, Queen's University
Runners up: 1) Katherine Holshausen, Queen's University
2) Lisa Jewett, Canadian Scleroderma Research Group

THE AWARD WINNING ABSTRACTS



1st Place
Winner

Predicting the acquisition of social and adaptive skills in schizophrenia during a psychosocial intervention: The role of baseline cognition, course of illness, and symptom variables

Maya Gupta, Katherine Holshausen, & Christopher R. Bowie
Queen's University

Functional recovery is an important treatment target in schizophrenia. While medication effectively reduces positive symptoms, these advances do not translate to improved independent living, community involvement, or social behaviour. Individuals in these analyses were randomized to receive a psychosocial treatment, Functional Adaptation Skills Training. Regression analyses determined if demographic and course of illness variables and baseline cognition predicted acquisition of social and adaptive skills during treatment. Improved Social Competence was predicted by psychomotor speed and low positive symptoms. Gains in Adaptive Competence were predicted by processing speed. Medication Management was predicted by younger age at baseline in the first step and low negative symptoms and better processing speed in the second step. Interpersonal Behaviour was predicted by age of first hospitalization in the first step and working memory in the second step. Community Activity was predicted by age of first hospitalization in the first step and executive function in the second step. Cognitive and symptom variables limited the extent to which patients acquire skills through psychosocial intervention. Although they may acquire skills in treatment, those with earlier onset or long hospital stays might benefit from additional efforts to translate these gains to community behaviour.

Communication abnormalities predict social functioning in schizophrenia: Differential associations with social competence, social behaviour, and quality of life

Katherine Holshausen, Maya Gupta, & Christopher R. Bowie
Queen's University

Cognitive deficits and communication abnormalities (CA) are central features of schizophrenia. Although cognition is a robust predictor of adaptive functioning, recent evidence suggests that CA better predict social functioning. We examined the contribution of cognition and two subtypes of CA (disconnected speech and poverty of speech) to impairments in social functioning. Social functioning was measured by social competence, social behaviour, and quality of social life (QOL). Disconnected speech and poverty of speech predicted social outcomes after accounting for cognition. Groups trichotomized as 'disconnected', 'poverty of speech' or 'without CA' related to various aspects of social function. All three measures of social functioning were differentially predicted by disconnected speech and poverty of speech. The poverty of speech group had greater impairments than the group without CA in two domains of social competence, while subjects with disconnected speech performed worse than the group without CA in only one domain. Moreover, the disconnected speech group reported more impaired QOL than the poverty of speech group. Communication abnormalities predict social functioning even after accounting for cognition. Discrete abnormalities are differentially associated with specific social competencies and behaviour, and may be considered treatment targets for social functioning.



Runner
Up

Readers, we are pleased to profile award recipients in issues of the *Canadian Clinical Psychologist*. Please share such information with us!



Runner
Up

Acquired Disfigurement from Medical Illness: Modeling Correlates of Body Image Distress among People with Scleroderma

Lisa R. Jewett, MSc; Marie Hudson, MD, MPH; Vanessa L. Malcarne, PhD; Murray Baron, MD; Brett D. Thombs, PhD; Canadian Scleroderma Research Group

Objective: Body image distress is common among individuals with acquired disfigurement from injury or illness; however, it is understudied. The objective was to identify sociodemographic and disease correlates of dissatisfaction with appearance and social discomfort among people with scleroderma (SSc), a chronic and disfiguring autoimmune disease.

Methods: SSc patients came from the 15-center Canadian Scleroderma Research Group Registry. Sociodemographic information was based on self-report, and disease characteristics were obtained from physicians. The Brief-Satisfaction with Appearance Scale was used to measure dissatisfaction with appearance and social discomfort. Structural equation models were conducted with MPlus to assess relationships between body image and predictor variables.

Results: A total of 489 SSc patients (432 female, 57 male) were included. All physician-measured body changes associated with SSc were linked to either dissatisfaction with appearance or social discomfort ($P \leq 0.07$). Greater social discomfort was significantly associated with younger age (standardized regression coefficients=0.19, $P < 0.01$), presence of telangiectasias (0.14, $P = 0.01$), and face skin involvement (0.15, $P = 0.01$). Dissatisfaction with appearance was significantly associated with presence of hand contractures (0.11, $P = 0.04$) and face skin involvement (0.13, $P = 0.02$).

Conclusion: This study underlines the multifaceted nature of dissatisfaction with appearance and social discomfort as well as the need to attend to both disease and social contexts in understanding the impact of disfigurement on body image distress among patients with SSc.

DR. MARTIN ANTONY RECEIVES CHAMPION OF MENTAL HEALTH AWARD

Dr. Martin Antony, Past President of CPA and Chair of Ryerson University's Psychology Program, recently received the 2011 Champion of Mental Health Award in the research category from the Canadian Alliance on Mental Illness and Mental Health (CAMIMH). This award is part of CAMIMH's Mental Illness Awareness Week, which began on October 2. Dr. Antony's extensive research trajectory focuses on anxiety disorders, perfectionism and cognitive behaviour therapy. Current projects include a CIHR-funded study on motivational interviewing for generalized anxiety disorder.

This award represents Dr. Antony's outstanding contributions to the advancement of mental health issues in Canada. Moreover, Dr. Antony is the first psychologist to receive this award, which reflects well on the field of psychology.

KEN BOWERS STUDENT RESEARCH AWARD

CALL FOR NOMINATIONS CLINICAL SECTION FELLOWS (2011-2012)

In accordance with the by-laws for CPA sections, the Clinical section calls for nominations from its members for Fellows in Clinical Psychology. Criteria for fellowship are outstanding contribution to the development, maintenance and growth of excellence in the science or profession of clinical psychology. Some examples are: (1) creation and documentation of innovative programs; (2) service to professional organizations at the national, provincial or local level; (3) leadership on clinical issues that relate to broad social issues; and (4) service outside one's own place of work. Note that clinical contributions should be given equal weight compared to research contributions. In order for nominees to be considered for Fellow status by the executive council, nominations must be endorsed by at least three members or Fellows of the Section and supportive evidence of the nominee's contribution to clinical psychology must accompany the nomination.

Nominations should be forwarded by **March 15, 2012** to:

Margo C. Watt, Ph.D., R. Psych.
Department of Psychology
Saint Francis Xavier University
1 West Street, Antigonish, NS B2G
2W5
Phone: (902) 867-5215
Fax: (902) 867-5189
Email: mwatt@stfx.ca

Version française à
suivre

The Ken Bowers Student Research Award was established to honor the enormous contributions of Dr. Ken Bowers (1937-1996) to the field of clinical psychology. Dr. Bowers is widely considered to have been one of the world's pre-eminent hypnosis researchers. In addition, he is renowned for his contributions to our understanding of personality, revolutionizing the trait-situation debate through his assertion of a situation-by-person interactional model. One of Dr. Bowers' last works was a highly influential paper on memory and repression that appeared in a 1996 volume of *Psychological Bulletin*. Dr. Bowers saw the philosophical foundations of inquiry as the common basis for both research and clinical practice. He was a consummate scientist-practitioner who devoted his career to the Department of Psychology at the University of Waterloo. The memory of his intellectual rigor and scholarship continues to shape UW's clinical training program.

The Ken Bowers Student Research Award is given by the Clinical Section to the student with the most meritorious submission to the Clinical Section of the CPA annual convention. **All students whose oral or poster presentations have been accepted within the Clinical Section program are invited to apply.** The winning submission is recognized with a certificate and \$1000.00, and the student is invited to describe her/his work in the fall edition of the Clinical Section newsletter, *The Canadian Clinical Psychologist*. The award will be presented at the Annual Business Meeting (ABM) of the Section, during the 2012 convention in Toronto.

To be eligible you must:

1. Be a student who is first author of an oral or poster presentation that has been accepted in the Clinical Section at the CPA annual convention in Halifax, June 14-16, 2012
2. Submit an APA-formatted manuscript describing your research*
3. Be prepared to attend the Clinical Section ABM at the Halifax convention, where the award will be presented
4. Be a student member of the Clinical Section at the time of presentation of your paper at the conference**

*Manuscripts must include a title page and abstract page, and must be no more than 10 pages, double-spaced with 2cm margins and 12 point font. Figures, tables and references are not included in page count. Manuscripts that do not conform to these criteria will not be reviewed. The **deadline** for submission of applications is **May 2, 2012**. Submissions in either English or French should be sent by e-mail to Dr. Margo C. Watt (mwatt@stfx.ca). If you have any questions about the submission process, please contact Dr. Watt by e-mail.

**If you are a CPA member but not a Clinical Section member contact membership@cpa.ca or 1-888-472-0657; if you are not a CPA member go to www.cpa.ca/sections/clinical/membership/ and be sure to indicate Clinical Section membership on your invoice. Students can apply for both the Ken Bowers and the Student Travel Award, but can only win one of these awards per year.

And the 2011 winner is: **Madison Aiken, Ontario Institute for Studies in Education**

PRIX KEN BOWERS POUR RECHERCHE EFFECTUÉE PAR UN(E) ÉTUDIANT(E)

MISES EN CANDIDATURES FELLOWS DE SECTION CLINIQUE (2010-2011)

Conformément aux procédures régissant les sections de la SCP, la section clinique invite ses membres à présenter des candidats pour le statut de Fellow en psychologie clinique. Les critères de sélection sont la contribution exceptionnelle au développement, au maintien et à l'accroissement de l'excellence dans la pratique scientifique ou professionnelle de la psychologie clinique. En guise d'exemples : (1) création et évaluation de programmes novateurs ; (2) services rendus aux organismes professionnels de niveau national, provincial ou régional ; (3) leadership dans l'établissement de rapports entre la psychologie clinique et les problèmes sociaux de plus grande envergure ; et (4) services rendus à la communauté en dehors de son propre milieu de travail. À ces fins, les contributions cliniques et les contributions en recherche seront considérées comme étant équivalentes. Les dossiers des candidats seront examinés par le comité exécutif. Les mises en candidature doivent être appuyées par au moins trois membres ou Fellow de la Section et la contribution du candidat à la psychologie clinique doit y être documentée.

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Le prix Ken Bowers pour recherche effectuée par un(e) étudiant(e) fut instauré pour rendre hommage à la contribution remarquable du Dr. Ken Bowers au domaine de la psychologie clinique. Dr. Bowers est mondialement reconnu pour la prééminence de ses recherches sur l'hypnose. Il est également réputé pour sa contribution à la compréhension de la personnalité: il a révolutionné le débat traitsituation en postulant un modèle interactif situation-personne. Un article influent sur la mémoire et la répression, paru en 1996 dans la revue *Psychological Bulletin*, représente un des derniers travaux du Dr. Bowers. Pour Dr. Bowers, les fondations philosophiques du processus d'investigation constituent une base commune pour la recherche scientifique et pour la pratique clinique. Lui même un scientifique-praticien accompli, il a dédié sa carrière au département de psychologie à l'Université de Waterloo. Le souvenir de sa rigueur intellectuelle et son érudition continuent à influencer le program de formation clinique de l'université de Waterloo.

Chaque année, la Section de Psychologie Clinique évalue les communications soumises par les étudiants(e)s en vue d'une présentation (présentation orale ou affiche) au congrès annuel de la SCP. En 2011, un certificat et une bourse de 1000\$ seront remis à l'étudiant(e) ayant soumis la communication la plus méritoire. De plus, l'étudiant(e) est invitée à décrire son travail dans la le bulletin des nouvelles de la section clinique dans l'édition d'automne. Le prix sera remis pendant la réunion d'affaires annuelle de la section lors du congrès 2011. Tous les étudiant(e)s dont la présentation a été acceptée au sein du programme de la section clinique sont invités à présenter une demande.

Pour être admissible, l'étudiant(e) doit:

1. être premier(ère) auteur(e) d'une communication (présentation orale ou affiche) touchant le domaine de la psychologie clinique et ayant été acceptée pour le congrès à Halifax, le 14-16 Juin, 2012
2. soumettre un court manuscrit décrivant l'étude selon le format de l'APA*
3. être présent(e) à la réunion d'affaires de la Section Clinique du congrès à Toronto quand le prix sera décerné
4. être membre de la section au moment de la présentation du document**

*Veuillez suivre les consignes de présentation suivantes : le manuscrit doit être à double interligne, avec des marges d'au moins 2 cm, et une police de taille 12. Il doit contenir une page titre, une page résumé et ne pas dépasser 10 pages au total. Les illustrations, tableaux, et références ne font pas partie de la limite de 10 pages. Les manuscrits qui ne respectent pas ces critères ne sont pas admissibles et ne seront pas évalués. La **date limite** pour la soumission des candidatures est le **2 mai, 2012** Les demandes peuvent être formulées en français ou en anglais et doivent être envoyées par courriel à **Dr. Margo C. Watt**

(mwatt@stfx.ca). Si vous avez des questions au sujet du processus de soumission, n'hésitez pas à contacter le Dr. Watt par courriel.

**Si vous désirez devenir membre de la SCP vous pouvez vous abonner à <http://www.cpa.ca/sections/clinical/membership>, assurez vous d'indiquer "section clinique". Si vous êtes membre de la SCP, mais pas encore membre de la section clinique, veuillez contacter la SCP par courriel au membership@cpa.ca ou par téléphone au 1-888-472-0657.

KEN BOWERS STUDENT RESEARCH AWARD WINNER 2011



Peter Bieling presents student
Madison Aitken with her
award

Madison Aitken completed Master of Arts degrees in Child Study and Education, and School and Clinical Child Psychology at the Ontario Institute for Studies in Education, University of Toronto. She is currently pursuing a PhD in School and Clinical Child Psychology at the University of Toronto under the supervision of Dr. Rhonda Martinussen. Her research has been supported through graduate awards from the Social Sciences and Humanities Research Council and the Ontario Graduate Scholarship program.

Internalizing Problems in Primary Grade Children: Associations with Peer Relationships, Reading Difficulties, and Symptoms of Attention-Deficit Hyperactivity Disorder

Madison Aitken, Rhonda Martinussen, and Rosemary Tannock
Ontario Institute for Studies in Education, University of Toronto
The Hospital for Sick Children, Toronto, Ontario

Children who exhibit symptoms of Attention-Deficit Hyperactivity Disorder (ADHD) are more likely than their peers to experience feelings of anxiety and depression (Cho et al., 2009; Herman & Ostrander, 2007), which are commonly referred to as internalizing problems (Kovacs & Devlin, 1998). However, little is known about the factors that may account for the development of internalizing problems in children who exhibit ADHD symptoms.

Children who exhibit ADHD symptoms experience difficulties in functioning in multiple domains (Cho et al., 2009). According to the competency-based model, depressive symptoms can begin when children struggle in one or more important areas (Cole, Jacquez, & Maschman, 2001). Following this competency-based model, the present study examined two factors that may account for the co-occurrence of ADHD symptoms and internalizing problems: reading difficulties and peer relationship problems.

Participants were 346 children in grades 1 to 3 recruited as a community sample from area schools. Each child read three grade-leveled passages from the Dynamic Indicators of Basic Early Literacy Skills (Good & Kaminski, 2002) out loud. The number of words read correctly in one minute was noted for each passage, and the median of the three scores was taken. Parents and teachers of participating children completed the Strengths and Difficulties Questionnaire (SDQ; www.sdqinfo.org), a 25-item questionnaire with five subscales, four of which were used in the present study: Emotional Symptoms (an indicator of internalizing problems), Hyperactivity-Inattention (an indicator of ADHD symptoms), Peer Problems, and Conduct Problems (used as a control variable). The SDQ also includes supplementary questions regarding the degree to which the child's difficulties impact their functioning. Children were classified as experiencing difficulties or not in each of the following areas: ADHD symptoms, internalizing, reading, peer relationships, and conduct. The SDQ scoring algorithm (Goodman, Renfrew, & Mullick, 2000; based on parent and teacher subscale and impact ratings) was used to determine whether children exhibited internalizing problems, ADHD symptoms, and conduct problems. SDQ scoring cut-points were used to determine whether children experienced peer relationship problems. Children falling within the bottom quartile for their grade on the reading fluency measure were classified as experiencing reading difficulties.

A logistic regression analysis showed that when age, gender, and conduct problems were controlled for, the presence of ADHD symptoms was a significant predictor of internalizing problems. However, when reading difficulties and peer relationship problems were added to the model, ADHD symptoms no longer predicted internalizing problems. In this final model, only peer relationship problems predicted internalizing problems. The results suggest that the difficulties children with ADHD symptoms experience with peer relationships are an important factor in explaining their increased risk for internalizing problems. Therefore, intervention and prevention programs aiming to reduce internalizing problems in these children may benefit from the inclusion of components that support the development of healthy peer relationships. Further studies are needed to determine whether reading difficulties may contribute to the development of internalizing problems in children with ADHD symptoms over time. Analyses of longitudinal data are forthcoming, which will provide information about the causal relationships between ADHD symptoms, reading difficulties, peer relationship problems, and internalizing problems.

**CALL FOR NOMINATIONS
CLINICAL SECTION SCIENTIST- PRACTITIONER
EARLY CAREER AWARD**

The Clinical Section Scientist-Practitioner Early Career award recognizes members who exemplify the integration of the two core domains of clinical psychology: (1) clinical practice and training and (2) psychological science and research. Candidates should be less than 10 years since receiving their Ph.D. in clinical psychology, and less than 10 years since receiving their first clinical psychology license; they should have an outstanding record in at least one of the core domains, and a solid record of achievement in the other domain. Evidence of integration across the two domains will be favourably reviewed.

Nominations for the Scientist-Practitioner Early Career award shall consist of a letter of nomination with a supporting statement by a Member or Fellow of the clinical section, a current curriculum vitae of the nominee, and letters of support from two people familiar with the nominee's contributions. At least one of these three letters should include comments on the candidate's research contributions, and at least one of these three letters should include comments on the candidate's clinical contributions. Comments on the ways in which the candidate integrates research and clinical work are required in the nomination letter, and encouraged in the support letters.

Should the nominee not be selected in the year submitted, he or she will automatically be reconsidered in each of the next two years. Successful candidates will be invited to present their work at the 2012 CPA convention in Halifax. The deadline for receipt of the nomination letter and supporting materials is **April 15th, 2012**. All materials should be sent electronically to the section chair, **Dr. Margo C. Watt** at mwatt@stfx.ca.

**MISES EN CANDIDATURES
PRIX DU SCIENTIFIQUE-PRACTICIEN EN DÉBUT DE
CARRIÈRE
DE LA SECTION CLINIQUE**

Le prix du scientifique-praticien en début de carrière de la section clinique reconnaît les membres qui authentifient l'intégration des deux principaux domaines de la psychologie clinique : 1) la pratique clinique et la formation et 2) la science et la recherche psychologiques. Les candidats ne doivent pas avoir reçu leur Ph.D. en psychologie clinique et leur première autorisation d'exercer en psychologie clinique depuis plus de dix ans; ils devraient avoir un dossier exceptionnel dans au moins l'un des principaux domaines et un solide dossier de réalisation dans l'autre. Les manifestations d'intégration dans les deux domaines seront vues d'un bon oeil.

Les nominations pour le prix du scientifique-praticien en début de carrière doivent être constituées d'une lettre de nomination avec une déclaration à l'appui par un membre ou un fellow de la section clinique, un curriculum vitae à jour de la personne proposée et des lettres d'appui de deux personnes familières avec les contributions de cette personne. Au moins l'une de ces trois lettres devrait inclure des commentaires sur les contributions à la recherche du (de la) candidat(e) et une autre devrait inclure au moins des commentaires sur les contributions cliniques de la personne proposée. Les commentaires sur les façons que le (la) candidat(e) intègre la recherche et le travail clinique sont requis dans la lettre de nomination et encouragés dans les lettres d'appui.

Si la personne nommée n'est pas choisie l'année où sa candidature a été proposée, elle sera automatiquement reconsidérée aux deux années suivantes. Les candidat(e)s retenu(e)s seront invités à présenter leur travail au congrès de 2012 de la SCP à Halifax. La date limite pour la réception de la lettre de nomination et du matériel connexe est le 15 avril 2011. Tout le matériel doit être envoyé par voie électronique au présidente de la section, Dr. Margo C. Watt at mwatt@stfx.ca.

Congratulations to Dr. Alex Chapman, winner of the 2011 Scientist-Practitioner Early Career Award

CALL FOR NOMINATIONS FOR THE EXECUTIVE

Officers of the Clinical Section

An easy and meaningful way you can show your support for the Clinical Section is to participate in the election process. For 2012-2013, the Section requires nominations for the position of **Chair-Elect** (a three-year term, rotating through Chair and Past-Chair).

Continuing members of the Executive for 2012-2013 will be Dr. Margo Watt (Chair), Dr. Peter Bieling (Past-Chair), Dr. Elizabeth Nilsen (Secretary-Treasurer), Dr. Jennifer Garinger (Member-at-Large), and Ms. Emma MacDonald, Student-Representative.

Although there is no requirement for the following, the Section does support equitable geographical representation and gender balance on the executive.

Nominations shall include:

- a statement from the nominee confirming his/her willingness to stand for office,
- a brief biographical statement, and
- a letter of nomination signed by at least three members or Fellows of the Clinical Section.

Deadline for receipt of nominations is March 23rd, 2012.

Send nominations for the Executive to:

Dr. Patricia Furer, Past Chair Dept. of Clinical Health Psychology and Anxiety Disorders Program St. Boniface General Hospital
M5 - 409 Tache Ave
Winnipeg, MB, CANADA R2H 2A6
Tel: (204) 237-2335 FAX:(204) 237-6264
furerp@cc.umanitoba.ca

Membre du comité exécutif - Section clinique

Votre participation au processus d'élection des membres du comité exécutif est importante pour la Section clinique. Pour l'année 2012-2013, la Section clinique doit combler la poste de **président(e) élu(e)** qui est un mandat de trois ans qui comprend une année comme président(e) élu(e), une année comme président(e), et une année comme président(e) sortant(e).

Les personnes qui poursuivront leur mandat en 2012-2013 sont: Dr. Margo Watt, (Présidente), Dr. Peter Bieling (Président sortant), Dr. Elizabeth Nilsen (Secrétaire-trésorier), Dr. Jennifer Garinger (Membre Ad Hoc), et Mlle. Emma MacDonald (membre étudiante).

Bien qu'il n'existe aucune exigence formelle, la Section clinique privilégie une représentation géographique équitable et une égalité des genres dans la composition de l'exécutif.

Les candidatures doivent être accompagnées: (a) d'une confirmation de la candidate ou du candidat acceptant de siéger au bureau de direction selon le poste assigné, (b) d'une biographie courte, et (b) d'une lettre d'appui signée par au moins trois membres ou Fellow de la Section clinique.

Date limite de réception des candidatures: le 23 mars 2012.

Faire parvenir les candidatures à l'attention de :

Dr. Patricia Furer, Présidente sortante Dept. of Clinical Health Psychology and Anxiety Disorders Program St. Boniface General Hospital
M5 - 409 Tache Ave
Winnipeg, MB, CANADA R2H 2A6
Tel: (204) 237-2335 FAX:(204) 237-6264
furerp@cc.umanitoba.ca

OPEN POSITIONS ON THE STUDENT SECTION EXECUTIVE

Call for applications!

We are looking to fill the following four positions on the Section for Students Executive for 2012-13. With over 1700 student affiliates, the Section for Students is the largest section within CPA. This is a unique and rewarding opportunity to become involved with CPA, and to assist your student peers with having their voices heard!

To apply:

Send the following to Kelly Hayton (Website/Listserv Manager, CPA Section for Students) at cpa_sa@yahoo.ca:

- 1) a *Statement of Intent* that indicates what position you are applying for, why you would like to hold the position, and what qualities you will bring to the position (approximately 250-300 words)
 - 2) a short *Biography* including information on academic activities and goals, as well as personal interests (250-300 words)
 - 3) CV including references.
- Statements of Intent and Biographies will be posted on the CPA website. Successful applicants will be requested to provide a headshot for publication at a later date. Materials can be submitted in either English or French.

All applicants must be current CPA Student Affiliates and members of the Section for Students.

Deadline applications must be received by **WED, NOVEMBER 23, 2011.**

Chair Elect

- Exciting position for someone who is interested in being involved with a dynamic and fast-growing Section within the CPA.
- Assists in decision-making and the organization of section activities, participates in the annual conference preparation, plans yearly initiatives within the Section, and works closely with the Chair over the course of the year.
- Specifically manages student submissions to *Psynopsis*, making sure that there are student articles in every issue throughout the year.
- After the year-long term, the Chair Elect advances to the position of Section Chair and then Past Chair.
- In total, the position is a three-year commitment, with one year spent in each of the positions.

Secretary/Treasurer

- Responsible for accurate record-keeping by taking notes of all Section Executive meetings and teleconferences and preparing electronic documents of meeting minutes
- Maintenance of the budget and the reimbursement of Executive members for Section-related purchases.
- Provides input into decision-making and participates in other activities of the Section.
- This is a 2-year position with the option to re-apply for a second term.

Campus Representative Coordinator

- Responsibility is to increase the exposure of the association at university campuses across Canada. This includes recruiting new students and faculty members to represent CPA at their respective institutions through various mediums.
- Handles inquiries of students and faculty members who are interested in becoming involved as Campus Representatives and who have heard about the position by word of mouth, the website and/or in *Psynopsis*.
- Assists the representatives with ideas of how to increase the exposure of the association at their home institutions and responds to any questions that may develop throughout the year.
- Must respond in a timely manner to all students interested in a representative position.
- Must distribute and collect bi-annual student representative reports, which are generally sent out in October and April each year.
- Must review (with the Chair) any concerns/issues/suggestions mentioned in these bi-annual reports, and address them in a prompt manner (including contacting all Student Representatives to inform them of how these issues have been addressed). In addition, the Coordinator keeps Representatives informed of CPA-related events and issues of importance to students nationally.
- This is a 2-year position with the option to re-apply for a second term.

Communications Officer

- Must be fully bilingual (spoken and written) in English and French.
- Primarily responsible for providing prompt translations (English-French, French-English) of Section Executive materials (e.g., listserv postings, student materials, website pages, voting applicant profiles).
- Assisting with the planning/execution of the annual Student Social, held as a student-sponsored event at the Annual CPA Convention in June.
- Active member of the Student Section Executive, participating in all votes, meetings, and decisions.
- This is a 2-year position with the option to re-apply for a second term.

All Section Executive Members are expected to attend the CPA Annual Convention and maintain their CPA Student Affiliate status throughout their term.

For more information:

Please send inquiries to Brenden Sommerhalder (Chair, CPA Section for Students, 2011-12) at BSommerhalder@cra.ca.

JOB POSTING



Clinical Psychologist / PC-1

LOCATION/DEPARTMENT: MENTAL HEALTH CENTRE, FREDERICTON

POSITION TYPE: FULL TIME

SALARY: \$33.1852 - \$39.7616/HR

JOB PURPOSE:

The successful candidate will be part of a multidisciplinary team and will be responsible for the provision of full range of psychological services to adults with both chronic and acute mental health problems. The Clinical Psychologist is involved in diagnostic assessment, psychological intervention, psychological consultation to team members and community resources, and potential supervision of graduate students and interns in clinical psychology. The Clinical Psychologist may also have potential affiliation with the University of New Brunswick as a clinical associate (including teaching, research and/or supervision), and liaison with a wider network of Psychologists within the health region. Must have access to a vehicle as travel within the region of Fredericton is required.

ESSENTIAL QUALIFICATIONS:

- Licensed or in the process of becoming licensed as a Psychologist under the *New Brunswick College of Psychologist's Act*.
- PhD or PsyD in Clinical Psychology followed by a minimum of one year supervised experience. Candidates with a Master's Degree and a minimum of four years of supervised experience may be considered
- Applicants who do not possess the above mentioned training and experience may be considered for appointment at the Psychometrist level.
- Written and spoken competence in English is required.
- Good work record and ability to attend work on a regular basis.
- Ability to perform the duties of the position.

If interested in joining our dedicated team professionals, please submit your application to Meghan.Oestebo@HorizonNB.ca quoting psych0101.

Psychologue clinicien(ne) / PC-1

LIEU/SERVICE : CENTRE DE SANTÉ MENTALE, FREDERICTON

TYPE DE POSTE : TEMPS PLEIN

SALAIRE : de 33,1852 \$ à 39,7616 \$ l'heure

DESCRIPTION DU POSTE :

La personne choisie fera partie d'une équipe multidisciplinaire et elle devra fournir une gamme complète de services psychologiques aux adultes atteints de problèmes de santé mentale chroniques et graves. Le psychologue clinicien ou la psychologue clinicienne participe aux évaluations diagnostiques, aux interventions et consultations psychologiques avec les membres de l'équipe et les ressources communautaires. De plus, la personne sélectionnée pourrait prendre part à la surveillance des nouveaux diplômés et des internes en psychologie clinique. Le ou la titulaire du poste pourrait également devoir s'affilier à l'Université du Nouveau-Brunswick en tant que clinicien(ne) adjoint(e) (y compris assurer l'enseignement, la recherche et/ou la supervision), et il ou elle devra établir des liens avec un grand réseau de psychologues dans la région. La personne choisie doit avoir accès à un véhicule, étant donné que les déplacements dans la région de Fredericton sont nécessaires.

COMPÉTENCES REQUISES :

- Autorisation d'exercer ou en voie d'obtenir l'autorisation d'exercer en tant que psychologue conformément à la Loi sur le Collège des psychologues.
- Doctorat ou l'équivalent en psychologie clinique suivi d'au moins une année d'expérience supervisée. Les candidats qui ont une maîtrise et au moins quatre années d'expérience supervisée peuvent être considérés.
- Les candidats qui n'ont pas la formation et l'expérience susmentionnées pourraient être considérés pour un poste de psychométricien(ne).
- La connaissance de l'anglais parlé et écrit est nécessaire.
- Bon dossier professionnel et bonne assiduité au travail.
- Capacité d'assumer les fonctions du poste.

Si vous aimeriez vous joindre à notre équipe de professionnels, veuillez nous faire parvenir votre demande à Meghan.Oestebo@HorizonNB.ca en y indiquant le numéro de concours psych0101.



CLINICAL SECTION
EXECUTIVE
**SPRING
TELECONFERENCE
HIGHLIGHTS**

April 18, 2011
1:00pm - 3:00pm CST

Participants:

Trish Furer (Chair)

Mark Lau (Past Chair)

Jessica Dere (Student
Representative)

Liz Nilsen (Member-at-Large)

Margo Watt (Secretary-Treasurer)

Regrets: Peter Bieling (Chair-Elect)

1. Annual report from Chair (Trish) to be completed by April 21st
 - Professional Affairs Committee (Peter) – N/A
2. Membership and financial report (Margo)
 - a. Membership – Currently, 609 members + 320 students = 929; significant increase from January and consistent with last year at same time
 - b. Financial report – Current bank balance for the Clinical Section is \$22,115.64 with an additional \$12,022.68 in GICs. Total assets are \$34,138.22.
 - c. Discussion of budget issues for 2011-2012: Mid-winter meeting: Toronto, same budget ; Discussion re. covering some of executive travel expenses for CPA; Margo will review budget and see what might be feasible
3. Student Report (Jessica)
 - a. Ken Bowers award: Submissions sent to Peter so no report available
 - b. Student Travel awards: 5 applications to date
 - c. Student Educational Activity Grant: No update
 - d. Student symposium for CPA 2011: Scheduled for **Thursday at 2:30** / Dr. Jasper Smits discussant; Jessica will provide him with draft of slides
4. Nominations
 - a. Executive Nominations for 2011-2012 (Mark)
 - i. Chair- elect: Margo; Secretary-Treasurer: Liz; Member-at – Large: discussion of potential candidates; Trish to follow-up
 - ii. Student representative: Ms. Emma MacDonald, Ryerson University
 - b. Nominations for Clinical Section Fellows for 2011 (Peter & Trish)
 - i. Heather Hadjistavropoulos & Lorne Sexton
 - ii. Last year's honouree Deb Dobson will have hers presented at conference
 - c. Scientist-Practitioner Early Career Award (Trish)
 - i. 5 candidates from last year provided opportunity to update letters and CV + 5 new applicants from this year; Executive members will review

5. Communications

- a. Spring newsletter (Margo): Notice to be sent; Call for new co-editor(s) for the newsletter has been issued
- b. Website (Liz): No updates; Executive to discuss definition of clinical psychology (Vallis & Howes, 1996) for possible inclusion
- c. Listserve update (Liz): Some concern that emails not being transmitted in a timely fashion; New minutes will be posted; Poster for pre-conference has been posted; Need to post information re. Jasper
- d. Psynopsis submissions (Margo): Margo will review suitable submissions

6. CPA 2011 Conference

- a. Pre-convention workshop: Videotaping of Drs. McCabe and Watson are scheduled; Dr. Ravitz is in Africa but has confirmed her interest; 25 registrants to date – mostly students; Moderator: TBA; Introductions: Trish + José Domene
 - i. Advertising discussed
- b. Co-sponsoring Advocacy pre-convention workshop (Trish): \$2000 contribution
- c. Invited Speaker and public lecture (Margo): Paying honorarium only
 - i. Advertising discussed
 - ii. Involvement of co-sponsoring sections: Counselling, Health and SEP
- d. Review process of submissions to Clinical section (Peter): reviewers of workshops no longer be blind to identity of the presenter
- e. Certificates for Fellows and award winners – Mark will follow-up

7. New Business

- Advocacy projects (\$5000 allocated) (All): \$2000 to pre-convention workshop on Advocacy; Correspondence with John Service re. projects that might be funded?
- Possible presenters for CPA 2012 Convention (All)
 - Potential Category 2 speakers discussed + Pre-convention workshop ideas

8. Clinical Section ABM **Friday June 3, 10-11 am**; Meeting for Executive at CPA – Friday at 7PM; Place TBA; Trish will send slides in advance

Adjournment: Moved by Mark; Seconded by Liz

Mental Illness Awareness Week October 2-8, 2011. Laurentian University fourth year clinical psychology students held a poster display. What did you do?

CLINICAL SECTION ANNUAL BUSINESS MEETING SUMMARY OF MINUTES

June 3, 2011 Toronto, ON

Attendees: Peter Bieling, Jessica Dere, Patricia Furer, Jennifer Garinger, Mark Lau, Liz Nilsen, Margo Watt, Rehman Abdulrehman, Deborah Dobson, Bob McIlwraith, Elizabeth Levin, Tiffany Lippens, Madison Aitken, Andrea Woznica, Emma MacDonald, Thomas Hadjistavropoulos, Michael Church, Sylvie Bourgeois (CPA Board member), Lachlan McWilliams (N = 19)

Highlights:

➤ **Report from the Chair (Trish Furer)**

Section Executive

The Executive Committee for 2010-2011 included: Trish Furer (Chair), Mark Lau (Past-Chair), Peter Bieling (Chair-Elect), Margo Watt (Secretary-Treasurer), Liz Nilsen (Member-at-Large), and Jessica Dere (Student Member). The executive had two teleconference meetings (October 2010 and April 2011) and two in-person meetings (June 2010 in Winnipeg and January 2011 in Toronto), as well as regular email correspondence and phone contact throughout the year.

Section Initiatives and Activities

The Clinical Section has continued its advocacy for the profession including co-sponsoring (with CPA) a pre-convention workshop (*Advocating for the Science and Practice of Psychology: The How, What, When, Where and Whys*) (\$2000), designating \$5000 for advocacy purposes, and the continued focus on awards for student initiatives, as well as the new Scientist-Practitioner Early Career Award (\$1000). The Clinical Section has continued its support of students including conference travel awards, Educational Activity Student Grant of \$2000, and sponsorship of the student symposium. The Section has had continued involvement with CPA Board including representatives to the Professional Affairs Committee and the CPA Subcommittee: Nominating Committee on Designated Board Seats; ongoing work on CPA website and archiving of past information; as well as reviewing new Fact Sheets. With regard to the present (June 2011) convention program, the Clinical Section has co-sponsored (with Counselling, Health, and Sport & Exercise Psychology sections) a public and professional lecture by Dr. Jasper Smits (Category 2 Invited Speaker); a student symposium (with Dr. Smits as Discussant); and co-sponsored (with Counselling section) a pre-convention workshop entitled "Navigating Therapeutic Routes with Drs. Randi McCabe, Jeanne Watson, and Paula Ravitz.

The Section continues to strive to improve communication with its membership in a number of ways including the enhanced electronic newsletter. On behalf of the Section, Trish Furer expressed her appreciation (accompanied by a monetary token of appreciation and certificates) to Drs. Bernstein and Watt for their efforts as co-editors of the newsletter, *Canadian Clinical Psychologist*, for the past five years. She then welcomed the new incoming co-editors, Dr. Elizabeth Levin (Laurentian University), and co-editor, Ms. Andrea Woznica (graduate student at Ryerson University).

4. Report from the Secretary-Treasurer (Margo Watt)

Membership report

As of June 1, 2011, the Clinical Section had 1055 members (400 students). These numbers are comparable to last year's numbers at the same time.

Financial Statement, June 3, 2010 – June 3, 2011

The Clinical Section continues to be in a solid position financially. The 2010-2011 year-end financial statement indicated that there is \$25,840.14 in the chequing account and \$12,022.68 in the 5-year Stepper GIC. The total assets of the Clinical Section are \$37,862.82.

Proposed Budget, 2010-2011

The proposed budget for 2011-2012 was reviewed. Total income is projected to be about \$16,653.50.00 with total expenses expected to be in the range of \$14,365.46. Bob McIlwraith moved that the proposed budget be accepted; seconded by Mark Lau; motion carried.

5. Report from the Student Representative (Jessica Dere)

Jessica reported on her efforts to enhance contact with student members via the Clinical and Student Section Listserv servers, the student column in the Newsletter, as well as announcements sent directly to psychology departments.



Peter expressed appreciation to the 22 individuals from across Canada who reviewed this year's submissions:

- ❖ Bruce Christensen
- ❖ Randi McCabe
- ❖ Charles Cunningham
- ❖ Stephanie McDermid Vaz
- ❖ Jessica Dere
- ❖ Margaret McKinnon
- ❖ Patricia Furer
- ❖ Heather McNeely
- ❖ Heather Hadjistavropoulos
- ❖ Elizabeth Nilsen
- ❖ Thomas Hadjistavropoulos
- ❖ Joseph Pellizzari
- ❖ Lance Hawley
- ❖ Karen Rowa
- ❖ Jelena King
- ❖ Ian Smith
- ❖ Mark Lau
- ❖ Stephen Swallow
- ❖ Terry Levitt
- ❖ Margo Watt
- ❖ Bruno Losier
- ❖ Jodi Younger

Clinical Section Travel Award

She reported that there were ten eligible applicants for the Clinical Section Travel Award. One student was to receive \$700, and two students representing distant regions of the country would receive \$400 each.

Clinical Section Student Grant

Jessica reported that there had been five applicants for the third annual Clinical Section Student Educational Activity Grants (\$2000). The award was to be granted to Caitlin Davey from Ryerson University, for a workshop entitled: *Program evaluation: A focus on realist methodology*. Summaries of the award recipients' projects will be included in the Fall Newsletter.

Clinical Section Student Symposium

Jessica also reported on the second Student Symposium, which is to be held on Thursday afternoon. The focus of the symposium was mental health and physical activity (in keeping with the theme of the keynote speaker) and will include four graduate student presentations.

6. Report from the Member-at-Large (Liz Nilsen)

List server

- ❖ Distribution to all members: Liz noted that there have been some members who were not receiving emails from the list serve. CPA has been made aware of this potential issue.
- ❖ Utilization: The use of the list server is quite low (e.g., 5-7 emails /year). Members were encouraged to use this service to distribute information.

Website

- ❖ New CPA website: The new CPA website is in place. There were a few unexpected issues that have been resolved with this change. Members were encouraged to let Liz or Jennifer know about any concerns with the website.
- ❖ Up-to-date announcements / postings: Members were reminded that information about executive meetings and new events are posted on the website.

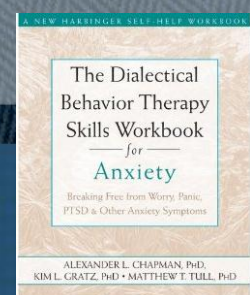
7. Report from the Chair-Elect (Peter Bieling)

Submissions to the 2011 CPA Annual Convention

Peter reviewed the submissions for CPA 2011. He noted that there were 267 Clinical Section submissions this year: 248 poster submissions (vs. 80 last year); 9 (vs.6) workshop submissions; 10 (vs. 6) symposia submissions. There were no theory review submissions (vs. 2), nor conversation sessions (vs. 2).

NEW MUST -READ!

The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms by Alexander L. Chapman, Kim L. Gratz and Matthew T. Tull.
New research show that DBT can dramatically reduce anxiety symptoms. This book presents a DBT-based program for overcoming anxiety.





Dr. Deborah Dobson, our newest fellow and Dr. Patricia Furer



Peter Bieling presents Lorne Sexton with his award

Clinical Section Fellow 2011

- ❖ In recognition of their important contributions to Clinical Psychology and the Clinical Section, the Section awarded the status of Fellow to Dr. Heather Hadjistavropoulos, Professor, Department of Psychology, University of Regina; and Dr. Lorne Sexton, Associate Professor, Department of Clinical Health Psychology, University of Manitoba.
- ❖ Also on hand to receive her 2010 Fellowship award in person was Dr. Deborah Dobson Adjunct Associate Professor, Departments of Psychology & Psychiatry, University of Calgary.

Scientist Practitioner Early Career Award

This year's recipient of the Scientist Practitioner Early Career Award for the Clinical Section is Dr. Alex Chapman from Simon Fraser University. This award, which comes with \$1000, was designed to recognize individuals within ten years of graduating and licensure who have demonstrated outstanding performance in one domain (research and/or practice), solid proficiency in the other, and evidence of integration across the two domains. Award recipients are encouraged to do a talk at the annual convention.

Clinical Section Ken Bowers Award for Student Research

The 2011 Ken Bowers Award for Student Research was awarded to Madison Aitken et al. from the Ontario Institute for Studies in Education, University of Toronto. The title of her paper was: *Internalizing Problems in Primary Grade Children: Associations with Peer Relationships, Reading Difficulties, and Risk for Attention-Deficit Hyperactivity Disorder*.

Peter thanked the individuals who reviewed this year's submissions for the Ken Bowers Award: Dr. Jelena King, Dr. Wendy Freeman, and Ms. Jessica Dere

8. Report from the Past Chair (Mark Lau)

Clinical Section Executive Elections

Peter Bieling was elected by acclamation to the position of Chair of the Clinical Section Executive for 2011-2012; Margo Watt was elected by acclamation to the position of Chair-Elect; Liz Nilsen was elected by acclamation to the position of Secretary-Treasurer; Jennifer Garinger was elected by acclamation to the position of Member-at-Large; and Emma MacDonald was elected by acclamation to the position of Student Representative. Congratulations and a warm welcome was extended to the two new executive members – Jennifer and Emma.

9. New Business (Trish Furer)

- a. Strategies for increasing member involvement in the Clinical Section executive
 - b. Ideas for advocacy initiatives
- ❖ Economic analysis of psychological services:
 - CPA is contracting with a health economist to study the broad economic impacts of mental health problems and disorders and psychological services.
 - Section contribution would go to consultant fees or publication costs.



Trish Furer presents student representative Jessica Dere with a certificate of appreciation.

- ❖ Updating existing policy papers:
 - The Cost-effectiveness paper which will partner with the economic impact paper as two corner stone advocacy documents. Money would help support the development and/or publication of the paper.
 - The Strengthening Medicare Series. Money would support development and/or publication.
- ❖ CPA is working with the Federal Government on increasing access to psychological services for federal civil servants and to improve the work environment. CPA will be developing materials for which support would be useful.
- ❖ Practice Directorate Primary Care Initiative. An advocacy initiative targeting medicine and particularly family physicians will be developed as part of the activities of the CPA Practice Directorate. Funding to assist with the development and publication of these materials would be helpful.
- ❖ Development of new Fact Sheets, particularly in the areas of children, adolescents and seniors. Some money could be paid to a grad student to develop a list and co-ordinate the writing of several Sheets.

Following a discussion by members present on how advocacy funds could be best spent, education and training emerged as being a priority (including mentoring for development of student internships), as well as the professional practice and research directorates.

10. Thank You to Outgoing Members (Trish Furer)

On behalf of the Clinical Section, Trish Furer conveyed our sincere gratitude to Mark Lau and Jessica Dere for their considerable contribution to the Executive (most recently as Past-Chair and Student Representative, respectively).

11. Call for Proposals for Halifax 2012 (Trish Furer)

Members were encouraged to propose speakers/topics for the 2012 CPA Convention which is to be held in Halifax, NS. This includes ideas for a keynote speaker, pre-convention workshop, master clinician workshop, public lecture, and symposia.

12. Adjournment (Trish Furer)

The meeting was adjourned. Peter Bieling moved to adjourn the meeting; seconded by Mark Lau.

Submitted by
Margo C. Watt, Ph.D., R. Psych.
Secretary-Treasurer, CPA Clinical Section

Anxiety Studies at the University of Waterloo: Making an Impact on Research and Treatment of Anxiety Disorders



Do you have information that you'd like to share in the next Clinical Section Newsletter? Share it with us.

Contact Dr. Elizabeth Levin at elevin@laurentian.ca or Andrea Woznica at awoznica@psych.ryerson.ca.

The Anxiety Studies Division (ASD) of the University of Waterloo's Centre for Mental Health Research (CMHR) was established in 2009 to advance the understanding of how anxiety problems develop and why they persist. The primary function of the ASD is to develop and maintain a group of valued members from the Kitchener-Waterloo community who are willing to volunteer for anxiety research.

Since its inception just two years ago, the ASD has become a thriving endeavour, with a part-time research coordinator (currently Julia Lee) and a dedicated team of eight Clinical Psychology graduate students who assess up to five participants a week. Supervised by Dr. Christine Purdon and Dr. David Moscovitch – both faculty members in the Department of Psychology at the University of Waterloo – the graduate students apply their shared interest in the development and persistence of anxiety problems to the investigation of specific aspects of Social Anxiety Disorder (SAD) and Obsessive-Compulsive Disorder (OCD).

The ASD has become an invaluable research resource, having attracted over 800 interested participants from the community within the past two years and boasting a current participant group of about 300 individuals with anxiety difficulties who are eligible for ongoing ASD studies. Dr. Purdon, whose primary research interests lie in the understanding of why obsessions and compulsions persist, is currently working with ASD researchers Bianca Bucarelli, Brenda Chiang, and Andrea Nelson to identify cognitive factors in the persistence of anxiety and compulsions. Dr. Moscovitch, whose research focuses on social anxiety and its manifestations, is currently working with ASD researchers Elizabeth Orr, Dubravka Gavric, Colleen Merrifield, Tania Bielak, and Dan Balk to better understand the nature of negative self-perception in social anxiety, to identify the cognitive and interpersonal factors that drive the difficulties in information processing and emotion regulation that are frequently encountered by socially anxious individuals, and to target individualized psychological and biological processes that underlie the improvements in symptoms and beliefs that patients with social anxiety disorder experience during cognitive behavioural therapy.

By gaining a deeper knowledge and understanding of the nature of anxiety problems, the members of the ASD hope to develop more effective treatment and prevention programs that can help people cope more effectively with anxiety symptoms that may be interfering with their day-to-day lives. Further information on the Anxiety Studies Division can be found at: <http://anxietystudies.uwaterloo.ca/>

FOR STUDENTS

Message from the Student Representative

Hello! My name is Emma MacDonald and I am your new Student Representative for the Clinical Section Executive Committee. I'm very pleased to be contributing my first column. I would like to start by thanking Jessica Dere, our previous Student Representative for all of her hard work in this position over the past two years. Jessica was instrumental in initiating the Clinical Section Student Symposium, something that I am looking forward to continuing. So thank you Jessica!

I really enjoyed the convention in Toronto this past June and am looking forward to next year's convention in Halifax. We are working hard to make it a memorable one, and I hope to see many of our sections student members there. **Please remember to submit your abstracts to the Clinical Section by November 15th**, as students whose abstracts are accepted by the Section are eligible to apply for two awards: the Ken Bowers Research Award and the Clinical Section Travel Awards. These awards are unique to the Clinical Section, and I encourage all students to apply. Congratulations to the 2011 winners! You can read a summary of the Ken Bower's Award winner, Madison Aitken's, project in this edition of the newsletter. Also included are the abstracts of the winners of the Student Travel Awards. You can find more information about both awards on the Clinical Section website <http://www.cpa.ca/aboutcpa/cpasections/clinicalpsychology/>. Also be on the lookout for reminders via the Clinical Section listserv.

I am also pleased to say that the **Clinical Section Educational Activity Grant** will continue for a third year. This grant provides student members the opportunity to apply for funding to host an extracurricular educational activity. After having attended a workshop that was supported by the Educational Activity Grant, I understand the exciting opportunities that this grant can provide for students, faculty members and communities groups. For more information, please see the ad in the newsletter or the website. Also, congratulations once again to Caitlin Davey of Ryerson University, who received the grant last year to fund a workshop titled "Program evaluation in clinical settings: A focus on realist methodology". A description of this workshop is also in the newsletter.

I am happy to report that the Student Symposium at the annual convention continues to be a success. Last year's symposium on mental health and physical activity highlighted excellent research being conducted by student members of the Clinical Section. My hope is that this year's symposium will do the same thing. I am thrilled to announce that the theme for the 2012 Student Symposium is **dialectal behaviour therapy, borderline personality disorder, emotion regulation and self-injurious behaviour**. Information about the application process can be found below. I look forward to hearing about new and exciting research in this field!

In closing, I am really excited to representing the Students in the Clinical Section. Please feel free to contact me with any questions or comments about matters relating to the Clinical Section. Here's to a great year!

Emma MacDonald
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Students, what are you looking to see in the Student Section of this Newsletter? Tell us what you think.

FOR STUDENTS

Call for Clinical Section EDUCATIONAL STUDENT GRANT Submissions

Established in 2008, the Clinical Section Student Grant was designed to help Clinical Section students extend their educational experience through organizing extracurricular educational activities (e.g., workshops, lectures, round tables). The Clinical Section Student Grant, a maximum value of up to \$2000, or two awards of \$1000 each, will provide further support for student members of the Clinical Section and will be awarded annually to a student to help organize an extracurricular educational activity.

In the Fall of each year, the Student Grant will be awarded to one or multiple submissions, depending on the number of applications received and the amount requested. To be eligible, the proposed activity must be relevant to clinical psychology and must be consistent with the Clinical Section's commitment to evidence-based practice. The activity must be held at a university or hospital, and applications from students must have the support of both the Chair of the Psychology Department and the Director of Clinical Training of the student's program. The activities supported by this Clinical Section Student Grant are encouraged to also be financially supported by other sources, such as a university, hospital, or community organization. If the activity is a workshop, it must be a minimum of one half-day in length.

Applicants, who must be student members of the Clinical Section of CPA (and must, therefore, also be a student member of CPA), will submit an application form with a description of the educational activity and its relation to clinical psychology, the logistics of the activity, as well as a proposed budget and letters of support from their department. After the completion of the activity, Student Grant recipients will write up a summary of the activity for the Section newsletter. Thus, this grant facilitates an extension of educational activities, experience with organization of an event, including scheduling and budgeting, and allows students to summarize the activity for dissemination to Section members.

The deadline for this year's applications is **December 15th, 2011**. Further information and details about this grant, including the application form, can be found on the Section website

<http://www.cpa.ca/aboutcpa/cpasections/clinicalpsychology/clinicalsectionnewsandevents/> or by emailing Emma MacDonald at emacdonald@psych.ryerson.ca.

What do You Want to Read About?

What would you like to read about next? Send us your ideas, workshop reviews, research summaries, new book publications, and articles relevant to Canadian clinicians, and you may see it in our next issue!

FOR STUDENTS

On April 29th, 2011, Ryerson University hosted a half-day workshop entitled “**Program evaluation in clinical settings: A focus on realist methodology**”. This event was supported by the Canadian Psychological Association’s Clinical Section Educational Activity Student Grant. This workshop was designed to provide participants with a basic understanding of how to conduct a program evaluation using different tools and using realist methodology.

Presenters included Dr. Kelly McShane, PhD, C. Psych, Dr. Souraya Sidani, PhD, and Ms. Caitlin Davey, MA. As well, Renascent, a drug and alcohol treatment program, was invited to present information on their program, so participants could engage in a program evaluation activity. Dr. McShane is an Assistant professor at Ryerson University in the department of psychology. Dr. Sidani is the Canadian Research Chair at Ryerson University in the Department of Nursing. Ms. Davey is a PhD student at Ryerson University in the department of psychology (clinical stream). All presenters have had experience conducting program evaluations using realist methodology and/or other program evaluation methods.

The workshop material covered a description on what a program evaluation in clinical settings would incorporate, as well as benefits of conducting a program evaluation. Moreover, the workshop covered how to conduct a program evaluation using a logic model, which is a way of planning the different aspects of an evaluation. Realist methodology, which is a specific method that can be used to implement a program evaluation, was also discussed. Realist methodology attempts to understand how, for whom, and under what circumstances a program may work or not work for clients who access a program. Examples of ways to answer these questions were provided for participants and taken from the presenters’ own clinical and research experiences. During the afternoon portion of the workshop, participants were invited to engage in an activity using the knowledge they had gained. Participants worked together to begin designing a program evaluation for Renascent. Notes from this brainstorming session were collected and will be transcribed for Renascent to use for their own evaluative purposes. Participants were also given the opportunity to win one of two books on program evaluation to help them in designing future program evaluations.

Attendees included 65 graduate students and faculty from Ryerson University, University of Toronto/OISE, and York University. As well, front line service providers from local hospitals and community organizations were in attendance. Feed back from participants indicated that the workshop was very well received. Participants commented that they enjoyed the content of the presentations and appreciated the interactive component with Renascent to help solidify what they had learned.

A few recognitions are necessary, since certain individuals were instrumental in making this event possible. Thank you to the Canadian Psychological Association Clinical Sections for their generous support and the Department of Psychology for their contributions. Thank you to Dr. McShane for all her support and guidance throughout the process of planning the workshop and her informative presentation. Thanks to Dr. Sidani for her presentation as well. Thank you to the Ryerson volunteers that helped with planning and facilitating the workshop: Jenifer Rouse, Amy Brown-Bowers, Andrea Woznica, Elizabeth Pawluk, Lillian Birchall, and Melyssa Ade. Finally, thank you to Lisa Vuong and Brandon Lynch for their help with advertising for the workshop.

February is Psychology Month - How are you recognizing it?