



THE CANADIAN CLINICAL PSYCHOLOGIST

NEWSLETTER OF THE CLINICAL SECTION OF THE CANADIAN PSYCHOLOGICAL ASSOCIATION

MESSAGE FROM THE CHAIR

Martin Drapeau, Ph.D.

Unlike many, perhaps even most of my predecessors, I came into the Section Executive “out of nowhere”. I had not been involved in the Section before becoming Chair-elect, had never contributed to the Section in any way, and frankly, didn’t have much of a sense of what the Section did.

Of course, there were some things I did know. I knew the Section had a number of awards that were given out each year to highlight the important contribution of our colleagues to the science and practice of clinical psychology. I also knew about the support that was given to students who wanted to attend the CPA Convention, and I imagined that the Section contributed somehow to the CPA Convention. But that was pretty much it...

So as I started my term as Chair-elect, I expected to have to learn a great deal about how the Section operates, what its mission is, what its short and long-term objectives were, and so on and so forth. I also expected to have discussions about how to move our field forward; to discuss how the Section meets the needs of its members and how it could do more if required to; to have healthy conversations and debates about the future of Clinical Psychology and how we as a Section could contribute to its success; and to find ways to support great initiatives that would show the world just how much clinical psychology can change, and even save, the life of those who seek our services. I expected to participate in different initiatives to support clinical practice, to be part of a group that could educate policy makers and perhaps even have a positive effect on policies, and to support Section members who are confronted with different challenges or obstacles in their work setting. Some of these expectations were certainly naïve.

Others were, and still are perfectly legitimate. But as I settled into my role as Chair-elect, it appeared that this was not what the Section was about, and so, early on, I began to ask myself what I was doing there. This is not because we didn’t have much to do or because members of Exec weren’t motivated to contribute. Members of the Executive certainly had PLENTY to do, and each one donated his or her time generously to the Section and did what was expected. Each one was intelligent, rigorous, generous, and patient. So why was I so dissatisfied?

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I have just recently completed my mandate as Chair-elect, and begin today my mandate as Chair. One year from now, I will be the Past Chair. As Chair-elect, I have had to coordinate submissions to the Section for the 2013 CPA convention. I have had to learn how the online submission portal works, have had to find (sometimes beg) reviewers to review the 200 or so submissions (again, many, many thanks to everyone who kindly agreed to review submissions), have coordinated the review process, and I have contacted authors requesting changes to their abstract. In addition to this, I have had to send out calls for Section awards, and coordinate and review the nominations. The list goes on. These, of course, are all very important tasks. And while I probably wasn't very good at them at first, I did manage to get a hold of things and become more and more efficient in managing these tasks as time went on. Today, I can confidently say that I have a good sense of what the Chair-elect does and of how things work. But now that I have developed this expertise, I am no longer Chair-elect so I will not be putting this expertise to use, except perhaps to train the new Chair-elect who, like me, will have to figure out what password to use to log onto the online submission portal, will have to find reviewers, will have to coordinate submissions, etc., etc., etc. As for me, I will be learning what the Chair needs to do. I will probably not be too good at it at first, and will most likely miss deadlines or overlook important tasks. But I will learn, maybe even become good at being Chair at one point, and then I will step down as Chair and have to learn what the Past Chair needs to be doing. Meanwhile the Chair-elect will have become Chair and will now be learning what her duties are. And the new Chair-elect will be learning what his role is. If there is one thing that the Section excels at, it is without doubt: learning.

Most of the time I have devoted to the Section thus far has been used to learn. Of course, learning is not a bad thing, unless this learning starts from scratch over and over again and does not build on previous learning, somewhat like Sisyphus who was condemned by the Gods to roll a boulder up a hill, and to watch it roll back down. *Repetatur... ad vitam aeternam...* The rest of the time I have devoted to the Section has been used to find things: "Does anyone know where the form for X, Y, Z is?"; "Do we have a template of some kind for this type of call or for that type of nomination?"; "Where can I find a description of the speaker categories for the convention... and does anyone even know what a speaker "category" is?". As most psychologists tend to do, I first assumed the problem was me. I still have not excluded that possibility; but I have added another. Maybe it is the system. *Our* system. In this system, members of the Executive have to learn the same things over and over again. Once they become good at a task, they pass that responsibility on to someone else as our Bylaws and Section handbook suggest. In this system, more time is spent looking for forms and templates, than addressing issues that are important to clinical psychologists. In this system, psychologists, chief psychologists and academics spend more time doing clerical work than thinking about ways to move the field, or the Section forward. In many ways, the Section operates like a student newspaper. Everyone is doing the best they can with the time and resources they have available to them. Many Chairs have nonetheless accomplished great things during their mandate. I will not promise that I will do anything spectacular myself. I probably won't.

But perhaps I can get the ball rolling on different topics and make life easier for future Chairs. So let's talk. Let's talk about...

... *our governance*: A large institution such as CPA can operate on a Chair-elect/Chair/Past-chair model because it has permanent staff. This staff is the bridge that insures a smooth transition when there is a change in leadership. It is thanks to this staff that the Association can continue operating smoothly, year after year. But can a Section operate the same way without such staff? Are we at a point where we need to rethink our bylaws or start building a small "team" to support the Executive?

... *the challenges clinical psychologists are confronted with*: clinicians simply do not have the time to keep up with research. I am first and foremost a researcher and I cannot keep up with the new knowledge that researchers generate. Could the Section help support knowledge translation and dissemination initiatives that would help psychologists in their practice? I believe we could do more to help psychologists and to support their practice. In the U.S., practice-research networks have been put in place to bridge the gap between research and practice. Did you know similar initiatives were put in place in Canada as well? Shouldn't we know about these initiatives and could we as a Section help psychologists do the same in their province?

... *the challenges the public are confronted with*: access to psychological services is a problem in many Canadian provinces. Different initiatives have been put in place in some places to address this pressing issue. Could you name two, or even just one of these initiatives? I tested it with colleagues around me. Most could not name a single one of those initiatives; each one of them felt, however, that access to services was something that needed to be addressed. A handful of these colleagues even had plans to put together such initiatives in their hospital, city, or province. Wouldn't it be easier if they, if we could build on what other psychologists have done?

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... *our website*: When was the last time you visited the Section's website? The only time I do is when I have to retrieve minutes from previous meetings. Is it time for us to rethink our website and to make it the go-to place for resources, information, and tools for clinical practice?

... *our listserv*: Apparently, our listserv was originally meant to be bidirectional, meaning that messages did not only come from the Section but that members of the Section could use it to post messages to other members. Now, however, the listserv is unidirectional. Should we rethink this? I can think of no better way to start talking to one another and learning from one another.

I began this editorial by stating that I often wondered what I was doing here. As I write these lines, I realize that my questioning is no longer about *here*; it is about *there*, that place where we want to be, sometime in the near future. Over the next few months, I hope to be able to engage in a conversation with members of the Section about the future of this Section. And I just can't wait to hear what you have to say!

Martin Drapeau, Ph.D.

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As the new Chair of the Clinical Section, I wish to thank Dr. Margo Watt who patiently put up with my many questions about how the Section operates. Many thanks to Dr. Peter Bieling who recently completed his mandate as Past-Chair, to Dr. Elizabeth Nilsen who served as Secretary-Treasurer, and to Emma MacDonald, Student Representative. The Executive welcomes Dr. Jennifer Garinger who, after serving as Member-at-large agreed to become the Chair-elect, Dr. Al Noor Mawani, Member-at-large, Dr. Sheryl Green, now the Section's Secretary-Treasurer, and Skye Fitzpatrick, Student Representative.

From the Editor's Desk

Welcome to the fall edition 2013 of the Clinical Section Newsletter. We are thrilled to continue in our role as co-editors. For many of us the return to school in September marks the start of a new year as surely as the calendar change in January. For some, school is not just a place of learning or employment as students, teachers and staff battle mental health problems. As we write this editorial it is Mental Health Awareness Week. Mental Health is on many people's minds these days. The Canadian Psychological Association has recently launched a new advocacy and awareness campaign, **MIND YOUR MENTAL HEALTH**. Mental health is also on the agenda of many provincial task forces. The Canadian Psychological Association (CPA) is concerned by a recent Statistics Canada report on mental health care in Canada. The results from the 2012 Canadian Community Health Survey confirm that over 1.5 million Canadians had a perceived unmet or partially met need for mental health care. The most commonly reported unmet need is for counseling and therapy. CPA and many others have recognized that barriers to accessing mental health services are significant. More and more evidence has mounted that psychological treatments are effective and the evidence base is growing. The psychologists are there but because their services are generally not funded by provincial health insurance plans, access to these services are unaffordable for many who need them. Let's all think of what we can do to change that.

Andrea and Elizabeth



Elizabeth Levin



Andrea Woznica

Special thanks to Sarah Amirault, Hons. B.A. Psychology from Laurentian University for her assistance in design, layout and putting this newsletter together.

Research Abstract

A Qualitative Study of Stresses Faced by Ghanaian Medical Students

Angela Ofori-Atta, Olive Okraku, Seraphim Mork, Abena Sarfo, E. Ghanney, & A. Sefa- Dedeh.

Background: Medical school students face tremendous stress not only from their academic workload but also from other factors such as those associated with time management.

Objectives: To identify the stresses faced by Ghanaian medical students and to learn what they might suggest as solutions. Additionally, to suggest possible psychological preventive methods and therapeutic services to alleviate those stresses experienced by young adults in lengthy educational courses such as medicine.

Participants: Ghanaian medical school students in Level 200, Level 300 and in the first and second clinical years.

Method: Qualitative methodology specifically, focus group discussions was used to explore and understand the stressors and other experiences of the students.

Results: Aside the heavy workload, financial issues as well as progressing from one stage to the next in medical school appeared to be the principle common sources of stress for students at all stages of medical school. Other universal stressors identified were the unavailability of affordable food in the vicinity and inadequate housing facilities. Additionally, the inability to balance religion with academics and the current structure of the medical school administration reportedly contributed to the stress of the students. Certain stressors were specific to particular demographics; for instance, female students seemed to be more concerned about their romantic relationships and with issues such as marriage, whereas the male students did not express any stressors peculiar to them alone.

Conclusion: Upon identifying the stressors they face, the medical students proposed several solutions to reduce the pressures they endure, such as the restructuring of the academic system and the creation of more comprehensive financial packages.

Contact: okraku@ualberta.ca



Do you have some interesting research findings you would like to share with your CPA colleagues? Submit a proposal to present at the 75th CPA Annual Convention, being held in Vancouver, BC, June 5-7, 2014

Your completed submission must be received online by December 1, 2013

Apply online

Why Should I Register With The Register?

What the Canadian Register Offers Psychologists

Myles Genest, Ph.D.¹

Vice-President, CRHSP

I first applied to be listed on the Canadian Register of Health Service Psychologists (CRHSP) in 1987. For me, the process was frustrating and time-consuming. I had to have supervision-hours certified by former supervisors, had to secure and copy records and transcripts (I had thought I was done with all that!), and I had to complete a lengthy application form. It has turned out that it was time and effort well spent.

In the early 1980's, psychological organizations were told repeatedly by private and public sector decision-makers that the licensing of psychologists was not credible because the profession also routinely registered/licensed psychologists who were not trained to provide health services. How could an agency know whether it was securing someone qualified to offer health services?

The message was clear: Until the profession either eliminated such provisions or created a credible, national, readily accessible vehicle to identify appropriately qualified health-service psychologists, there was no prospect for enhanced funding. The credibility and funding of all psychological practice was in jeopardy. This was a high-priority, national issue for organized professional psychology in Canada.

In 1985, at the initiative of Canadian psychological associations and regulatory boards, the CRHSPP (now shortened, the original name was the Canadian Register of Health Service Providers in Psychology) was formed, a national credentialing body for health-service psychologists, which could address the concerns about the governance of psychological practice in Canada.

The federal government was sufficiently convinced of the legitimacy of the CRHSP credential that it then used CRHSP registration to determine whether or not a psychologist was eligible for exemption from charging GST on services. The Register grew quickly: My registration number, a scant two years after CRHSP was formed, was 3069.

What does the Register do?

1. It credentials psychologists who provide health services. Because the Register maintains a national standard, its criteria for listing may differ somewhat from those of the regulator in a particular jurisdiction. (And because it has to certify a credential, applicants have to provide sufficient information for their qualifications to be vetted; thus, the lengthy application form.)
2. CRHSP publishes the Register of all psychologists who meet its standards. This Register is provided to third-party payers, and is made available to groups and individuals who request it.
3. CRHSP maintains a website with searchable listings from the Register: findapsychologist.ca Members of the public, third-party payers, and other psychologists all use the site to help identify health-service psychologists in particular areas of the country, and with particular expertise.
4. Many psychologists believe that the public has insufficient access to psychological services. CRHSP's objectives include promoting that access, through promoting better funding and increased awareness of what psychology has to offer.

¹ Genest MacGillivray Psychologists, Halifax

5. CRHSP also works to provide current and relevant information for Registrants. Along with the Association of Psychologists of Nova Scotia, CRHSP is working to obtain clarification of the HST/GST rules, which underwent some descriptive changes in the last federal budget. CRHSP publishes an online newsletter in English and French, Rapport, with content geared to practising psychologists.
6. In a recent survey of CRHSP registrants and potential registrants, psychologists said that they would value more continuing education opportunities, and in particular, web-based opportunities. The Register has sponsored a variety of CE workshops, and has expanded that to the on-line environment. It is in the process of rolling out further CE initiatives.
7. I found it striking that in that survey, many psychologists said that they believed that we have insufficient presence and credibility in this country. Psychologists said that there is a vacuum in terms of helping the public and decision-makers to understand what psychologists do, how what we do differs from that of other professionals, and how people can access psychological services. As a credentialing organization, CRHSP cannot lobby on behalf of psychologists. Nevertheless, the Register is increasing its activities in educating the public and third-party payers about the value of psychological services and the distinctions between psychologists and other health professionals. In this respect, the Register continues to expand its “advocacy” role.

Like most of my colleagues who were surveyed, I applied to be listed on the Register because I recognized the value of having a credential that was recognized nationally, and I wanted to be part of an organization that could represent and promote the value of psychological services in Canada. Confirmation of exemption from the GST was also important.

All health-service psychologists in the country are now eligible for the GST-exemption. I have, nonetheless, remained with the Register and joined its Board because I continue to believe that it is important to have a national credential, and to promote the national credential to the public, politicians, insurers, and others. CRHSP can also serve as a forum for psychologists to communicate with each other (e.g., it has a primary-care listserve), to access continuing educational opportunities, and to receive other benefits.

Until now, Master’s-level psychologists, who are eligible to practice in their jurisdictions, have been able apply for listing on the Register. The bylaws were amended so that Master’s-level registration ended on January 31, 2011. Only doctoral-level psychologists are now eligible to join CRHSP.

Please go to www.CRHSP.ca for information and to download a Membership Application. If you have any questions about the Register, I would be pleased to hear from you (myle.genest@genestpsychology.com). As for my complaint about the onerous application process, part of the problem was that I had not been terribly organized about keeping records, so that I was tracking down information that was not right at hand. My impression is that psychologists trained in the last couple of decades have been more systematic about that, and I expect it would be less trouble now. Nonetheless, if you want a credential, there is no way past having to provide evidence that you deserve it.

Visit the [website](#) to join us and be part of it.

This article is an updated version of a paper that originally appeared in Rapport’s first online issue (2012:#1), which CPA members are free to reprint and to provide to regional associations, with reference to the original source.

The views expressed are those of the author and do not necessarily reflect the views of the Clinical Section.

Call For Nominations: Clinical Section Executive Members

Do you want to get more involved in CPA or feel that you could add to the way that the Clinical Section serves psychologists across the country? This is your chance to learn more about the profession from a national perspective or support the work of the CPA and the Clinical Section on the national stage.

An easy and meaningful way you can show your support for the Clinical Section is to participate in the election process. For 2014-2015, the Section requires nominations for one position; namely the position of Chair-Elect (a three-year term, rotating through Chair and Past Chair). Current members of the Executive who will be continuing in 2014-2015 will be Dr. Martin Drapeau (Chair), Dr. Jennifer Garinger (Chair-Elect), Dr. Sheryl Green (Secretary-Treasurer) and Dr. Al-Noor Mawani (Member-at-Large). 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 28th, 2014**.

Please send nominations for the Executive to:

Margo C. Watt, PhD (Past Chair)
 Professor of Psychology
 Saint Francis Xavier University
 Antigonish, NS Canada B2G 2W5
mwatt@stfx.ca

New Changes to the University of Toronto's Graduate Program in Counselling and Clinical Psychology

We are pleased to announce new and exciting changes to the Counselling and Clinical Psychology Graduate Program at the University of Toronto. As of 2013, the program reflects an expansion of the Counselling Psychology Graduate Program offered at the Ontario Institute for Studies in Education (OISE) to include specialty scientific and practical training in the field of Clinical Psychology. This expanded program features two new fields that allow it to reflect the diversity of research foci and clinical interests of faculty at the University of Toronto: a field in Clinical and Counselling Psychology that is housed primarily at OISE, and a field in Clinical Psychology that is housed primarily at the University of Toronto Scarborough (UTSC). The fields are distinguished by faculty research and clinical specializations contained within the respective fields, while sharing a common model of training that emphasizes evidence-based assessment and treatment of mental disorders.

Our Program Moves Forward

Our program grows, accepting 10 students into the Clinical and Counseling Psychology Field and 5 in the Clinical Psychology Field. Students will take most of their courses in their specific fields, but will participate in joint coursework, colloquia and research groups in order to optimize their exposure to the faculty and breadth of research interests represented in our program.

We are honoured to join the ranks of excellent clinical psychology doctoral programs in Toronto and look forward to meeting and interviewing the next cycle of applicants for 2014 admission.

University of Toronto; New Faces in the Program:

Six core clinical faculty comprise the Clinical Psychology field of the Counselling and Clinical Psychology program. Their interests range from personality and psychopathology to neuropsychology and mindfulness-based psychological treatments. A unifying theme of the core faculty is expertise in state-of-the-science methods of assessment and intervention, and neuroimaging-based approaches to the study of mental disorders.

- **R. Michael Bagby, Ph.D., ABAP, C. Psych.** with interests in personality disorders and dimensional models of personality.
- **Anthony C. Ruocco, Ph.D., C.Psych.** with interests in clinical neuropsychology and neuroimaging of severe mental disorders.
- **Zindel V. Segal, Ph.D., C.Psych.** with interests in mindfulness meditation and affect regulation in mood and anxiety disorders.
- **Amanda A. Uliaszek, Ph.D.** with interests in dialectical behavior therapy and statistical modeling of trait-level descriptors for borderline personality disorder.
- **Konstantine K. Zakzanis, Ph.D., C.Psych.** with interests in clinical neuropsychology, neuroimaging and psychopharmacology.
- **Marc Fournier, Ph.D.** with interests in naturalistic and laboratory-based personality assessment, autonomous self-regulation, and vulnerability to depression.



R. Michael Bagby, Ph.D., ABAP, C.Psych.



Anthony C. Ruocco, Ph.D., C.Psych



Zindel V. Segal, Ph.D., C.Psych



Konstantine K. Zakzanis,
Ph.D., C. Psych.



Marc Fournier, Ph.D.



Amanda A. Uliaszek, Ph.D.

**Job Posting: Dalhousie University Faculty of Medicine
Tier 2 Canada Research Chair in Pain**

Dalhousie University's Faculty of Medicine invites applications for a tenure stream position as a Canada Research Chair (CRC) Tier 2 in Pain at the level of Assistant or Associate Professor.

Dalhousie University is recognized as an international leader in pain research, with a group of over 25 interdisciplinary faculty from a range of departments who span basic and clinical science across the lifespan (e.g. pediatric pain, women's and adult pain). Children's pain is a particular area of strength at Dalhousie University and continues to be an area identified for strategic development by the institution. Dalhousie has strong links with our affiliated academic health centres, including the IWK Health Centre and the Capital District Health Authority.

Applicants conducting pain research in any of the following areas will be considered: biomedical research; clinical research; health services research; social, cultural, environmental and population health research. The successful CRC holder should be a dynamic researcher within 10 years of his/her most recent degree and who is, or has the potential to become, an internationally recognized scientist in the area of pain. Successful applicants should demonstrate that their research complements our institutional strengths in pain. The primary host department for the Chair will be the Dalhousie University Department of Anesthesia, Pain Management and Perioperative Medicine, with additional joint- or cross-appointments in other departments as appropriate given the selected applicant's background and interests

The application deadline is November 29, 2013. Please send a curriculum vitae, a 2 page research statement, a 1 page description of teaching philosophy, and arrange to have 3 letters of reference sent under separate cover directly to Dr. Christine Chambers, Chair of the Search and Selection Committee c/o Jesslyn Kinney, Program Manager – Medical Research Development Office, Dalhousie University, 5849 University Avenue, Room C222, PO Box 15000, Halifax, NS Canada B3H 4R2. E-mail: mrdo@dal.ca

Dalhousie University is an Employment Equity/Affirmative Action employer. The University encourages applications from qualified Aboriginal people, persons with a disability, racially visible persons, and women.

**Job Posting: Ontario Institute for Studies in Education, University of Toronto
Position in Applied Psychology and Human Development
Assistant/Associate Professor– School Psychology**

Posting Date: August 13, 2013

Closing Date: November 15, 2013

The Ontario Institute for Studies in Education, University of Toronto invites applications for a tenure-stream appointment at the rank of Assistant or Associate Professor commencing on July 1, 2014 in the Department of Applied Psychology and Human Development (APHD).

We seek applicants with expertise in child clinical, developmental or school psychology. Successful candidates will have a doctoral degree. Consideration may be given to applicants who will complete their doctoral degree by the appointment date or shortly thereafter. Successful candidates must be registered or eligible for registration with the College of Psychologists of Ontario. We welcome applications from candidates with research interests in any of the following areas: learning; typical or atypical cognitive or socio-emotional development; assessment, prevention, consultation or intervention in childcare, school, community or health settings; cognitive, biological or environmental risks for learning difficulties and psychopathology and the assessment, prevention, and treatment of these risks; developmental disabilities; or internalizing or externalizing disorders. Salary will be commensurate with qualifications and experience.

Candidates should be outstanding scholars as evidenced by their areas of research, grant and publication records, and their collaborations. We look for evidence of excellence in teaching and student training, excellence in research and the capacity for collegial service and service to the profession. The successful candidate will contribute primarily to the School and Child Clinical Psychology (SCCP) program, which is the only Canadian Psychological Association (CPA) accredited doctoral program that explicitly provides combined professional training in school and clinical child psychology. The specific mission of the SCCP Program is to provide students with theoretical, research, and professional training in preparation for leadership positions in academic and applied settings. The framework for the program is the scientist practitioner model.

Applications should include a cover letter, a curriculum vitae, 3 recent research publications, results of teaching surveys (or equivalent evidence, such as a teaching dossier), and a statement outlining current and future research interests. If you have questions about this position, please contact Professor Lana Stermac at: aphdchair.oise@utoronto.ca. The review of applications will begin on November 1, 2013, and will continue until the closing date of November 15, 2013. All application materials should be submitted online at: <http://uoft.me/academicopportunities>. The U of T application system can accommodate up to five attachments (10) MB per candidate profile; please combine attachments into one or two files in PDF/MS Word format. Submission guidelines can be found at: <http://uoft.me/how-to-apply>.

Applicants should ask three referees to send letters directly to the department via email to aphdchair.oise@utoronto.ca by November 15, 2013.

For more information please visit the Ontario Institute for Studies in Education homepage and the Department of Applied Psychology and Human Development website at: <http://www.oise.utoronto.ca/aphd>.

The University of Toronto is strongly committed to diversity within its community and especially welcomes applications from visible minority group members, women, Aboriginal persons, persons with disabilities, members of sexual minority groups, and others who may contribute to the further diversification of ideas. All qualified candidates are encouraged to apply; however, Canadians and permanent residents will be given priority.

CALL FOR NOMINATIONS CLINICAL SECTION SCIENTIST-PRACTITIONER EARLY CAREER AWARD

The Clinical Section Scientist-Practitioner Early Career award recognizes members of the Clinical Section 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 2015 CPA convention in Ottawa, ON. The deadline for receipt of the nomination letter and supporting materials is **April 15th, 2014**. All materials should be sent electronically to **Dr. Jennifer Garinger** at jennifer.garinger@albertahealthservices.ca.

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

Le prix du scientifique-praticien en début de carrière de la section clinique reconnaît les membres de la section clinique 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 œil.

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 2015 de la SCP à Ottawa. La date limite pour la réception de la lettre de nomination et du matériel connexe est le 15 avril 2014. Tout le matériel doit être envoyé par voie électronique au Dr. Jennifer Garinger at jennifer.garinger@albertahealthservices.ca.



Ken Bowers Award Winner – Mr. Mark Petter (Dalhousie University)



2012 Clinical Section Fellow – Dr. John Pearce (who was in attendance at the 2013 ABM and received his award)



Outgoing Executive Members, Dr. Peter Bieling and Ms. Emma MacDonald, with Chair Dr. Margo Watt



2013 Clinical Section Fellow – Dr. Catherine Lee

CALL FOR NOMINATIONS CLINICAL SECTION FELLOWS (2013-2014)

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 **April 15, 2014** to:

Dr. Jennifer Garinger
Sheldon M. Chumir Health Centre
6th Floor, 1213 – 4th St SW
Calgary, AB T2R 0X7
Phone: (403) 955-6675
Fax: (403) 955-6688
Email: jennifer.garinger@albertahealthservices.ca

MISES EN CANDIDATURES FELLOWS DE SECTION CLINIQUE (2013-2014)

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.

La date de clôture des candidatures est **le 15 avril 2014**. Adressez les candidatures à:

Dr. Jennifer Garinger
Sheldon M. Chumir Health Centre
6th Floor, 1213 – 4th St SW
Calgary, AB T2R 0X7
Phone: (403) 955-6675
Fax: (403) 955-6688
Courriel: jennifer.garinger@albertahealthservices.ca



Section on Clinical Psychology La Section de la psychologie clinique

Minutes of the Annual Business Meeting June 15, 2012 Halifax, NS

Attendees: Peter Bieling, Patricia Furer, Jennifer Garinger, Liz Nilsen, Margo Watt, Emma MacDonald, Martin Drapeau, Maxine Holmquist, Deborah Dobson, Christine Chambers, Adam Radomsky, Sherry Stewart, Andrea Woznica, Elizabeth Levin, Jill Chorney (N=15).

1. Approval of Agenda

Peter Bieling called the meeting to order. The agenda for the June 15, 2012 Annual Business Meeting was approved as written. Moved by Deb Dobson; seconded by Patricia Furer; motion carried.

2. Approval of Minutes

The minutes of the June 3, 2011 ABM were approved as circulated. Moved by Liz Nilsen; seconded by Patricia Furer; motion carried.

3. Report from the Chair (Peter Bieling)

Section Executive

The Executive Committee for 2011-2012 included: Peter Bieling (Chair), Trish Furer (Past-Chair), Margo Watt (Chair-Elect), Liz Nilsen (Secretary-Treasurer), Jennifer Garinger (Member-at-Large), and Emma MacDonald (Student Member). The executive had two teleconference meetings (September 2011 and April 2012) and two in-person meetings (June 2011 in Toronto and January 2012 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 promoting a request for proposals for advocacy work (\$5000 value). The proposals were evaluated by the committee and the awardee is Douglas Murdoch (Mount Royal University) for his proposal: *What makes clinical psychology unique and how will we remain unique in the future?* The Clinical Section continued to 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. With regard to the present (June 2012) convention program, the Clinical Section has sponsored a public lecture by Dr. Sherry Stewart; a student symposium (with Dr. Alex Chapman as Discussant); and sponsored a pre-convention workshop entitled, *Dialectics in action: An introduction to the practical acceptance and change strategies from Dialectical Behavior Therapy*, with Dr. Alex Chapman (N = 52).

4. Report from the Secretary-Treasurer (Liz Nilsen)

Membership report

As of June 9, 2012, the Clinical Section has 1078 members (387 students). These numbers are comparable to last year's numbers at the same time.

Financial Statement, June 3, 2011 – June 9, 2012

The Clinical Section continues to be in a solid position financially. The financial statement of June 9, 2012 indicated that there is \$24,451.13 in the chequing account and \$12,443.47 in the 5-year Stepper GIC. The total assets of the Clinical Section are \$36,894.60.

Proposed Budget, 2011-2012

The proposed budget for 2012-2013 was reviewed. Total income is projected to be about \$15,220.25 with total expenses expected to be in the range of \$24,500.00. Margo Watt moved that the proposed budget be accepted; seconded by Sherry Stewart; motion carried.

5. Report from the Student Representative (Emma MacDonald)

Emma 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.

Clinical Section Travel Award

She reported that there were 18 eligible applicants for the Clinical Section Travel Award. One student will receive \$700, and two students representing distant regions of the country will receive \$400 each.

Clinical Section Student Grant

Emma reported that there had been six applicants for the fourth annual Clinical Section Student Educational Activity Grants (\$2000). The award is to be granted to Suzanne Chomycz from Lakehead University, for a workshop entitled: *Innovative treatment options: Providing services to rural and northern communities*. Summaries of the award recipient's projects will be included in the Fall Newsletter.

Clinical Section Student Symposium

Emma also reported on the third Student Symposium, which was held on Thursday afternoon. The focus of

the symposium was: *Understanding features of borderline personality disorder* (in keeping with the theme of the preconvention speaker) and included four graduate student presentations.

6. Report from the Chair-Elect (Margo Watt)

Submissions to the 2011 CPA Annual Convention

Margo reviewed the submissions for CPA 2012. She noted that there were 176 Clinical Section submissions this year – with 168 accepted submissions (95%): 150 poster submissions; 6 workshop submissions; 10 symposia submissions; 2 conversations.

Margo expressed appreciation to the 21 individuals from across Canada who reviewed this year's submissions: *Peter Bieling, Nick Carleton, Kelsey Collimore, Doug French, Sarah Francis, Patricia Furer, Jennifer Garinger, Valerie Grant, Cindy Hardy, Sara King, Naomi Koerner, Diane LaChapelle, Elizabeth Levin, Bruno Losier, Randi McCabe, Lachlan McWilliams, Chris Mushquash, Trevor Olson, Christine Purdon, Karen Rowa, Angela Weaver*

SECTION AWARDS

Clinical Section Fellow 2012

- ❖ In recognition of their important contributions to Clinical Psychology and the Clinical Section, the Section awarded the status of Fellow to Dr. John Pearce, Alberta Children's Hospital and University of Calgary; and Dr. Sherry Stewart, Professor, Departments of Psychiatry and Psychology, Dalhousie University.

Scientist Practitioner Early Career Award

This year's recipient of the Scientist Practitioner Early Career Award for the Clinical Section is Dr. Jill MacLaren Chorney of Dalhousie University and IWK Health Centre, Halifax, NS. 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 Christianne Macaulay (St. Francis Xavier University, Antigonish, NS). The title of her paper was: *Dispositional mindfulness mediates relations between adult attachment and anxiety sensitivity*.

7. Report from the Past Chair (Trish Furer)

Clinical Section Executive Elections

Margo Watt moved to the position of Chair of the Clinical Section Executive for 2012-2013; Martin Drapeau was elected by acclamation to the position of Chair-Elect; Liz Nilsen was remain in the position of Secretary-Treasurer; Jennifer Garinger will remain in the position of Member-at-Large; and Emma MacDonald will continue as Student Representative. Congratulations and a warm welcome to the new executive member – Martin Drapeau

9. Thank you to newsletter editors (Peter Bieling)

On behalf of the Clinical Section, Peter Bieling thanked Elizabeth Levin and Andrea Woznica for their on-going work as newsletter editors. Peter announced that the Clinical Section newsletter had won the award for best section newsletter from CPA.

10. Calls for Proposals for Quebec 2013 (Peter Bieling)

Members were encouraged to propose speakers/topics for the 2013 CPA Convention which is to be held in Quebec City, QB. This includes ideas for a keynote speaker, pre-convention workshop, master clinician

workshop, public lecture, and symposia.

11. Adjournment (Peter Bieling)

The meeting was adjourned. Adam Radomsky moved to adjourn the meeting; seconded by Deborah Dobson.

Submitted by

Elizabeth Nilsen, Ph.D., C. Psych.
Secretary-Treasurer, CPA Clinical Section



Section on Clinical Psychology La Section de la psychologie clinique

Executive Committee Spring Teleconference Meeting Minutes

April 23, 2013

1030-1230 (Mountain); 1230-230 (EST); 130-330 (Atlantic)

Attendees: Jennifer Garinger, Emma MacDonald, Margo Watt, Peter Bieling, Martin Drapeau

1. **Approval of Agenda** (Jennifer move, Martin second)
2. **Approval of Meeting Notes** – January 26, 2013, Executive Committee Meeting (Emma move, Jennifer second)
3. **Report from Chair (Margo)**
 - The executive expressed excitement about upcoming workshops/speakers at CPA Convention.
 - Margo reminded executive members to register for the pre-convention workshop (Dr. Mark Lau, *Mindfulness-based Cognitive Therapy: From Theory to Practice*). There was some discussion about costs and revenue generated from these pre-convention workshops in the past. Jennifer to review past financial information to provide further details regarding this.
 - Discussed increasing honorarium provided to Dr. Robert Vallerand (Public lecture: *The Role of Passion in People's Lives*) to account for added expenses for travel. Executive agreed that it would be reasonable to do given that Dr. Vallerand will be attending the convention from out of town. Honorarium provided will be \$1000.
 - CPA Invited Speaker: Mme Rose-Marie Charest (*Psychothérapie et Autres Activités Réservées par la Québécoise*). CPA will be taking care of arrangements related to this speaker. Co-sponsored with Clinical, Health, & Neuropsychology sections.
 - Update from Advocacy Grant recipient, Dr. Douglas Murdoch, Mount Royal University; *What Makes Clinical Psychology Unique and How Will We Remain Unique in the Future?* Dr. Murdoch will be attending CPA Convention, presenting a poster on Saturday. He will also attend the section's AGM on Thursday and will present a brief synopsis of work to date.
 - Discussed inviting student members to act as convention reporters, reporting on the public lecture, pre-convention workshop, and invited speaker for example. Executive agreed this would be a good idea. Emma to draft procedures for advertising this opportunity to students.

- Jennifer and Margo have been working on collating the history of the section, based on information gleaned from the section's hard drive, newsletters, and past committee members. An abbreviated version of this history will be available for members at the AGM. A list of past executive members has been submitted to the Spring newsletter.
- Margo has had a RA create a 'handbook for executive members', summarizing of everything someone would need to know about the executive when coming into an executive position. Discussed providing the RA with an honorarium as appreciation for time spent on this project. Executive agreed that an honorarium of \$50 would be appropriate.
- Executive to propose amending section by laws to indicate use of Robert's Rules of Order (vs. *Procedure for Meetings and Organizations*, by Kerr & King). This change will go to the AGM for approval from members.
- Margo provided an update on a recent tele-meeting she had with Karen Cohen. Margo shared that this was a very positive conversation and she recommended that future chairs try to schedule this type of meeting with Karen at last once per year, perhaps in the fall, to encourage open communication between the Head Office and the section.
 - Margo talked to Karen Cohen about support for section administrative work. Karen was open to having more discussions about the possibility of having an admin assistant available to assist.
 - Margo also talked to Karen about translation services, which are quite costly. If the section requires a 'big item' translated (e.g., policies), CPA would be agreeable to cover the costs associated with this. However, everything else would be up to the section to cover the costs for.
- Discussed formalizing the process for providing gifts for departing executive members. One suggestion that all agreed on was to present departing members (as well as award winners) with framed certificates, which could be personalized.
- Margo requested feedback from executive members on CPA's new Strategic Plan. Suggestions regarding rewording some sections and thoughts regarding the creation of practice guidelines were discussed. Margo to take these suggestions forward to CPA.
- Margo is completing the section's Annual Report. This will be submitted to CPA in May.

4. Membership, Finance, and Communications (Jennifer)

- Total membership as of April 18/13: 1000 (slightly up from this time last year – 920), with 325 student members
- Total assets as of end of March 2013: \$33549.73
 - Chequing balance: \$20,608.52; GIC 5 year stepper: \$12, 941.21
 - It was noted that the GIC matures in February 2014.
- No listserv issues in recent months\
- Website issues
 - Sections are still unable to update website themselves, although CPA has been very supportive in assisting with website edits as required.
 - Jennifer to liaison with CPA webmaster to update website with past business meetings, newsletters, Travel Award winners (2006-2010), and Student Educational Activity Grant winners
 - Discussed renaming and editing 'News and Events' page. Jennifer to liaison with CPA to do so.

5. Student Report (Emma)

- Deadlines for Ken Bowers award and Student Travel awards revised - May 15.
 - Emma noted some questions from students applying for the Ken Bowers award regarding page limits. These instructions will be more clearly outlined in future calls for applications.
 - Emma to update executive regarding applications coming in for review.
- Executive discussed revising criteria for Travel Awards in the future. There has been some lack of clarity regarding criteria relating to geographic location of applicants. Instead of using East, West, and Central distinctions (which are presently used), the executive decided to use distance from convention as determining criteria in future. Decided upon 500km as the rule for new awards.

- Emma presented proposed changes to Student Awards which would allow for a separate award to support student travel (adjudicated by clinical section executive), in addition to a peer-reviewed award named 'Best Student Conference Presentation Award'. Emma to make necessary revisions to the student awards descriptions and will present at the AGM for the section to approve.
- Emma reported not having access to membership list on the section management website. She will contact Kim Black regarding this.

6. Past-Chair Report (Peter)

- Peter reported that the following nominations for 2013-2015 executive positions have been received: Jennifer Garinger (Secretary-Treasurer) & Al-Noor Mawani (Member-at-Large). Peter to notify new executive members. Discussed nominations for Chair-Elect position.
- There are a number of applications for Student Rep, requiring a vote. Discussed process for doing so. Peter to organize this.

7. Chair-Elect Report (Martin)

- Martin reported that two Fellow nominations were received. Candidates are Dr. Paul Hewitt and Dr. Catherine Lee. Executive reviewed nominations and agreed that both candidates are very deserving of fellowship status. Martin to notify and recipients will be invited to attend the AGM in Quebec to receive Fellowship. Dr. John Pearce has confirmed that he will be attending this year's AGM to receive Fellowship.
- Deadline for SPECA applications is the end of April. Martin to send applications to executive for review and adjudication.
- Discussed current process of having SPECA winners present at annual convention. Executive to consider revising schedule of applications in the future so that the winner would present at the same year's convention.

8. CPA 2013 Convention (All)

- Discussed having translation services at convention, particularly for Dr. Vallerand's public lecture. Margo to follow up on this with Dr. Vallerand and convention organizers.
- Discussed advertising for pre-convention workshop & public lecture. Jennifer to create poster for pre-convention workshop for distribution on website and listserv. Discussed budget for advertising of public lecture. Martin to consider best ways to advertise to the public in Quebec.

9. Margo to email Emma convention schedule so that she can coordinate student symposium

- AGM will be held on Thursday, June 13, 4-5pm and will be followed by a reception.
- Details regarding executive meeting during the convention to be decided at a later time
- Follow up from winter meeting: Jennifer checked AGM minutes re: any money for newsletter editors to attend convention. In the past, editors have received \$100 honorarium each.
- Margo and Martin to attend section heads meeting at convention. No items raised by executive members to add to the agenda for this meeting

10. AGM: Thursday, June 13, 2013, 4:00-5:00pm

Adjournment – Emma moved, Martin second



Section on Clinical Psychology
La Section de la psychologie clinique

Executive Committee Post-ABM Meeting 2013

Thursday, June 13, 2013

Quebec City, QC

Attendees: Jennifer Garinger, Margo Watt, Al-Noor Mawani

1. Fall 2013 Meeting

A 2 hr teleconference was scheduled for Monday September 23, 2013 (10:30-12:30 MST; 12:30-2:30 EST).

2. Mid-Winter 2014 Meeting

A discussion was had about needing to schedule the mid-winter meeting for January 2014. Executive will have to decide upon a location for the meeting. Meeting details will be decided upon during the fall teleconference.

3. Executive Positions

Martin Drapeau has assumed the Chair position and Margo Watt has moved into the Past-Chair position. Jennifer Garinger has moved into the Chair-Elect position. New members to the executive include: Al-Noor Mawani (Member-at-Large), Sheryl Green (Secretary-Treasurer), and Skye Fitzpatrick (Student Representative). Next year we will need a new Chair-Elect; this position will be advertised in the Fall Newsletter.

4. Discussion Items

Possible speakers were discussed for the 2014 CPA Convention (Vancouver, BC), including for the pre-convention workshop, invited speakers, public lecture, student symposium, and master clinician workshop.

Student Section

Message from the Student Representative

Skye Fitzpatrick

Hi there! I'm Skye Fitzpatrick, and I am thrilled to be taking over the role of Student Representative for the Clinical Section Executive Committee of the CPA. This is my first column in this role, and I would be remiss if I did not start by extending my gratitude to Emma MacDonald. Emma MacDonald served as the Student Representative for two years and paved the way for the Clinical Section to continue doing exciting and innovative work. I am looking forward to continuing her great work in this role. Thank you, Emma, for your outstanding contributions!

The latest convention in Quebec City was an exciting one, and I am very much looking forward to the upcoming convention in Vancouver. A particularly exciting new development during the Quebec City convention was the introduction of "Convention Reporters". These undergraduate students attended Clinical Section events and reported back for those of you who may have missed them. You can read their reports in this newsletter. The Section is hard at work to make the Vancouver convention exciting and memorable, with lots of great opportunities for students! I am hopeful to see many of the Clinical Section students in attendance. **Please remember to submit your abstracts to the Clinical Section by December 1st**, as students whose abstracts are accepted by the Section are eligible to apply for three awards: the Ken Bowers Research Award, the Best Student Conference Presentation Awards, and the Clinical Section Travel Awards. These awards are for Clinical Section members only, and are an exciting opportunity for students. I encourage all students that are eligible to apply! You can find more information about both awards on the Clinical Section website as it becomes available (<http://www.cpa.ca/aboutcpa/cpasections/clinicalpsychology/>), and keep an eye out for reminders via the Clinical Section listserv.

This year, Mark Petter of Dalhousie University won The Ken Bowers Award for his project examining the effects of mindfulness on pain in youth. You can read a summary of his research in this edition of the newsletter. Congratulations, Mark! I'd also like to congratulate the Student Travel Award winners; Bethany Gee of Ryerson University was the overall winner, with Brooke Beatie of the University of Regina and Alexander Daros of the University of Toronto as the runners-up. Thank you to all the applicants for the Travel Awards, and especially for their participation in the peer-review process!

In other student news, the **Clinical Section Educational Activity Grant** will continue for a fourth year. This grant provides student members the opportunity to apply for funding to host an extracurricular educational activity. The deadline for applications has been extended, so please see the ad in the newsletter or the website for more information. Congratulations to Michelle Gagnon from the University of Regina, who received the grant last year to fund a workshop titled "Motivational Interviewing in Clinical Settings". 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 focused on the Mechanisms of Mindfulness-Based Therapeutic Approaches. This was an interesting symposium that highlighted a wide variety of student research. Thanks to all the presenters and to Dr. Mark Lau, who served as the discussant.

Also, I am thrilled to announce that the theme for the 2013 Student Symposium is **new technologies in psychology and e-mental health such as cyberpsychology, computer-assisted technology, virtual reality, web or computer-based applications, online systems, and online and telephone-based psychotherapy**. Dr. Heather Hadjistavropoulos will be serving as the discussant. Please make sure to mark this on your convention itinerary!

Feel free to contact me with any questions or comments about matters relating to the Clinical Section, the input of student members of the Clinical Section is invaluable.

Looking forward to seeing you in Vancouver!

Skye Fitzpatrick,
Skyler.fitzpatrick@psych.ryerson.ca

Ken Bowers Student Research Award

The Ken Bowers Student Research Award was established to honour 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 presentations have been accepted within the Clinical Section program are invited to apply.** The winning submission is recognized with a certificate and \$1000, and the student is invited to describe her/his work in the fall edition of the Clinical Section newsletter, *The Canadian Clinical Psychologist*.

To be eligible you must:

1. be a student who is first author of a presentation that has been accepted in the Clinical Section at the CPA annual convention in Vancouver, June 2014.
2. submit an APA-formatted manuscript describing your research*
3. be prepared to attend the Clinical Section business meeting at the Montreal convention, where the award will be presented
4. be a member of the Clinical Section at the time of submission of your paper**

The manuscript 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 the page count. Manuscripts that do not conform to these criteria will not be reviewed. The deadline for submission of applications is **May 1, 2014. Submissions in either English or French should be sent by e-mail to Dr. Jennifer Garinger (Jennifer.Garinger@albertahealthservices.ca). If you have any questions about the submission process, please contact Dr. Garinger 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 <http://www.cpa.ca/clinical/membership/index.html> and be sure to indicate Clinical Section membership on your invoice.*

Ken Bowers Award: Summary of 2013 Recipient

The Effects of Trait Mindfulness and a Brief Mindful Attention Manipulation on Pain among Youth.

Mark Petter^{1,5}, Christine T. Chambers^{1,2,3,4,5}, Patrick J. McGrath^{1,2,3,5,6}, Bruce D. Dick⁷
 Department of Psychology¹, Pediatrics², Psychiatry³, & Anesthesia⁴, Dalhousie University;
 Centre for Pediatric Pain Research⁵, IWK Health Centre;
 Research and Innovation⁶, IWK Health Centre and Capital District Health Authority;
 Department of Anesthesiology and Pain Medicine⁷, University of Alberta.

Pain is a subjective experience that is influenced by a variety of biological, psychological, and social factors (Hadjistavropoulos et al., 2011) and is common among adolescents (King et al., 2011). Pain catastrophizing negatively impacts adolescents' pain (Crombez et al., 2003). Pain catastrophizing refers to the tendency to magnify the threat of pain, to ruminate about pain, and to feel helpless when in pain (Crombez et al., 2003). Mindfulness refers to a state of consciousness that involves attending to present moment experience in a nonjudgmental and accepting manner (Kabat-Zinn, 1996). This nonjudgmental awareness appears to be at odds with the negative evaluations of painful sensation that characterize pain catastrophizing (Bishop et al., 2004). Evidence with adults suggests that mindfulness may ameliorate pain, and reductions in pain catastrophizing may mediate the relationship between mindfulness and pain variables (Cassidey, Atherton, Robertson, Walsh, & Gillett, 2012).

The purpose of this study was to examine the relationship between mindfulness and pain in both real-world and experimental contexts in an adolescent population. Furthermore, this study examined the impact of a brief mindful attention manipulation on experimental pain responses among adolescents with and without meditation experience. Based on previous research it was hypothesized that more mindful youth would report less pain interference in their daily lives and would show reduced levels of experimental pain. Furthermore, it was hypothesized that these relationships would be mediated by reductions in pain catastrophizing. In regards to the brief mindful attention manipulation for experimental pain, it was hypothesized that this manipulation would result in decreases in pain intensity relative to a control condition. Secondary analysis also examined the moderating role of meditation experience, as meditation practice may be necessary for these manipulations to be effective (Grant & Rainville, 2009).

Participants were 198 adolescents recruited through the community, 21 of whom had a regular meditation practice. Participants initially completed a measure of trait mindfulness (Child and Adolescent Mindfulness Measure; Greco, Baer, & Smith, 2011) and pain catastrophizing (Pain Catastrophizing Scale; Sullivan, Bishop, & Pivik, 1995) before completing a daily pain and meditation interview as well as a measure of pain interference (PROMIS Pediatric Pain Interference Scale; Varnie et al., 2010). Participants were then randomly assigned to the brief mindful attention manipulation or control group prior to taking part in an experimental pain task (the cold pressor task; Birnie, Petter, Noel, Boerner, & Chambers, 2012). In the mindful attention group, participants were asked to listen to a 10-minute audio recording which instructed them to attend mindfully to the sensations that arose during the experimental pain task. Following the experimental pain task participants reported on their average pain intensity and completed a measure of situational catastrophizing.

In regards to adolescent's day-to-day pains, hierarchical regression analysis showed that after controlling for typical pain intensity, and pain catastrophizing, trait mindfulness remained a unique and significant predictor of pain interference. Mediation analysis indicated that trait mindfulness had a significant direct effect on pain interference, as well as an indirect effect through pain. Contrary to hypotheses, the brief mindful attention manipulation did not offer an overall benefit for adolescents undergoing experimental pain. This hypothesis was made based on previous promising results in pediatric samples for mindful attention (Petter et al., 2013) and similar attention-based manipulations (Piira, et al., 2006). One explanation for the lack of significant findings in the current study is that the manipulation used was extremely brief and did not provide ongoing instruction during the pain task. The rationale for not offering instruction during the pain task was to ensure that any analgesic effects were a result of attending mindfully to the pain stimulus and not due to the distraction of listening to an audio recording. It is possible that a more extensive manipulation that provided opportunities for mindfulness practice or ongoing instruction during pain task would be effective, although this is purely speculative. However, this would be in line with the finding that the manipulation was effective among adolescents with previous and ongoing meditation experience who would have had previous practice with this type of manipulation.

These findings may have potential clinical applications and point to a need for further research in this area. In particular, there are interventions available that have been proven to enhance trait mindfulness among adolescents (e.g., Biegel, Brown, Shapiro, & Schubert, 2009). Given the consistent relationship between trait mindfulness and pain in this study, research examining the effects of these interventions on youth with recurrent/chronic pain conditions appears warranted. However, in the context of relatively brief forms of pain (e.g., procedural pain, postoperative pain) it appears that a brief mindful attention manipulation does not benefit youth unless they have previous meditation experience.

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Clinical Section Educational Activity Student Grant

Established in 2008, the Clinical Section Educational Activity 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 Educational Activity 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.

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:

- Must be a student member of the Clinical Section of CPA and must, therefore, also be a student member of CPA.
- The proposed activity must be relevant to clinical psychology and must be consistent with the Clinical Section's commitment to evidence-based practice.
- When feasible, the activities supported by the Grant should encourage a broad and/or diverse audience in addition to the graduate students in the organizing department (e.g., graduate students from multiple universities; clinicians within the community).
- The proposed educational activity 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 Educational Activity Student Grant are encouraged to also be financially supported by other sources, such as a university, hospital, or community organization.
- The activity must be held at a university or hospital.
- If the activity is a workshop, it must be a minimum of one half-day in length.

How to Apply:

- Complete and submit the application form, available at:
<http://www.cpa.ca/aboutcpa/cpasections/clinicalpsychology/clinicalsectionnewsandevents/>
- Submit a description of the educational activity (e.g., the format and who will be presenting), its relation to clinical psychology and the logistics of the educational activity (e.g., when and where it will take place, how long it will be, who is invited, etc.) (max 1 page)
- Submit a proposed budget, including where additional money not covered by the grant will come from (max 1 page).
- ***Please note:** Documents exceeding the maximum page limits will not be reviewed.
- Have both the Chair of the Department and the Director of Clinical Training submit a letter or email in support the educational activity and to confirm where the additional funds will come from.
- Submit all of the above to the Student Representative of the Clinical Section of CPA, **Skye Fitzpatrick**, skyler.fitzpatrick@psych.ryerson.ca by **January 15, 2014**.

Conditions of the Grant:

- Upon awarding of a Student Grant, direct confirmation should be provided from the speaker(s) or presenter(s) of the educational activity to the Treasurer of the Clinical Section regarding the planned date and format of the activity.
- All money awarded must be used for the educational activity and any unused funds must be returned to the Clinical Section.
- The Clinical Section reserves the right to withhold or withdraw funds following the awarding of a Student Grant, in the event that the activity is *substantially* altered from that originally proposed (e.g., change of speaker(s)).
- Following the awarding of a Student Grant, changes to the originally submitted budget (i.e., reallocation of funds) that exceed 20% of the total budget must be submitted for approval to the Treasurer and Student Representative of the Clinical Section. Proposed changes may be reviewed by the original selection committee.
- After completion of the educational activity, have both the Department Chair and the Director of Clinical Training submit a letter or email to confirm the date of the activity and the number of attendees.
- Recipients of the Clinical Section Educational Activity Student Grant will be asked to provide a summary of the completed activity for the section newsletter.

Educational Activity Grant

Michelle Gagnon

On Friday September 27th, the University of Regina's Psychology Graduate Students' Association (PGSA) welcomed Dr. David Hodgins as he shared his expertise on the topic of motivational interviewing in addictions. Dr. Hodgins, professor and Department Head of the Department of Clinical Psychology at the University of Calgary, is a leading Canadian researcher in the area of motivational interviewing with addictive behaviours, and has offered workshops on this topic at a national and international level. The PGSA felt fortunate to be able to benefit from his expertise and the provision of such an exceptional learning opportunity to students and community professionals. This full-day event was supported by an Educational Activity Grant provided by the Clinical Section of the Canadian Psychological Association.

This dynamic workshop entitled "The Basics of Motivational Interviewing with Addictions" offered attendees an interactive opportunity to develop their motivational interviewing skills. Over 60 graduate students and community members took advantage of this practical learning opportunity. Students from psychology, social work, and nursing were in attendance, as well as professionals with backgrounds in clinical psychology, nursing, physical therapy, social work, and addictions services. In the morning, Dr. Hodgins provided an engaging review and discussion of motivational interviewing techniques. Salient examples of various motivational interviewing techniques were illustrated using video clips and in-class exercises. In the afternoon, attendees were provided the opportunity to practice the learned techniques in groups.

The PGSA was pleased to receive an abundance of positive feedback on this event. Participants indicated that they enjoyed the practical nature of the workshop and looked forward to implementing the techniques into their own practice. Furthermore, participants felt that the workshop had widespread utility and applicability, as the motivational interviewing techniques that they learned could be applied to various clients and could improve numerous types of client-practitioner interactions. Participants also enjoyed the opportunity to interact and exchange ideas with students and professionals from diverse fields.

The PGSA would like to thank the Clinical Section for their generous support. In addition, many thanks are offered to the University of Regina Department of psychology, particularly Dr. Richard MacLennan, Dr. Heather Hadjistavropoulos, and Dr. Nicholas Carleton, as well as the department's wonderful administrative assistants, Catherine Hologroski and Brenda Yung. Finally, warm thanks to Dr. Hodgins for expertly providing us with this delightful opportunity.

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. There are four Clinical Section Travel Awards, each valued at \$300.

All students who have posters or presentations accepted by the Clinical Section are invited to apply. This award is separate from the travel bursaries granted by CPA to students traveling long distances.

To be eligible, students must be:

- Enrolled in a university that is **at least 500km** from the city in which the conference is being held.
- First author on a poster or oral presentation accepted by the Clinical Section for the annual convention of CPA. The poster or oral presentation must present the results of an empirical study. Presentation of literature reviews and conversation sessions are not eligible.
- A student member of the Clinical Section at the time of submission, and must, therefore, also be a student member of CPA. A Canadian citizen or attending a Canadian university.

To apply, please submit:

1. Application form (to be available on the website). The application form will be available on the website (<http://www.cpa.ca/aboutcpa/cpasections/clinicalpsychology>) soon.

2. 1 page summary of the project (Single spaced, 1 inch margins, size 12 font)
3. A copy of the notification of submission acceptance

Please submit via e-mail to the student representative of the Clinical Section, Skye Fitzpatrick (skyler.fitzpatrick@psych.ryerson.ca) before **April 1, 2014**. Notification of the results will occur via email by May 1, 2014.

If you have any questions, please contact Skye. Fitzpatrick at skyler.fitzpatrick@psych.ryerson.ca

Travel Award Winners 2013

OVERALL-WINNER: Bethany Gee, Ryerson University

The Efficacy of Cognitive Restructuring and Mindfulness Strategies in Reducing Postevent Processing among Socially Anxious Individuals

Bethany A. Gee, Martin M. Antony, Stephanie Cassin, & Janice Kuo

Social anxiety disorder (SAD) is defined as a marked fear of social situations in which an individual is exposed to potential scrutiny from others (American Psychiatric Association, 2013). Prominent models of SAD (Clark & Wells, 1995; Rapee & Heimberg, 1997) postulate that postevent processing (PEP), which involves reviewing a past social event in detail and is typically negative in nature, serves as a key maintenance factor of SAD. The current study examined the efficacy of a single session cognitive restructuring or mindfulness strategy on decreasing PEP and its associated effects, as well as investigated the cognitive processes involved. Seventy-four socially anxious participants completed a speech task to elicit PEP, were taught a cognitive restructuring, mindfulness, or control strategy to manage their negative thoughts related to the speech, and completed several questionnaires. As compared to the control condition, participants in the cognitive restructuring condition reported greater positive affect at poststrategy. Participants in the cognitive restructuring condition also reported decreased beliefs about the perceived costs of negative social situations from baseline to follow-up, as compared to the control condition. Regardless of study condition, decreases in cost biases and maladaptive beliefs about the self and others significantly predicted reductions in PEP. Thus, cognitive restructuring appears to be a promising strategy to decrease the negative effects associated with PEP. Research to fine-tune the strategy in order to increase its efficacy is necessary.

RUNNER-UP: Brooke Beatie, University of Regina

Mental Health Attitudes and Experiences, Symptom Acuity, and Psychological Fortitude as Predictors of Help-Seeking Among Young Adults

Brooke E. Beatie, Don Stewart, & John Walker

Mental health problems are expected to be the leading cause of disability in Canada within the next 20 years (CIHI, 2011). As most mental disorders have an onset prior to age 24, young adults are at particular risk for developing mental health problems (Kessler et al., 2005). Despite having higher prevalence rates of mental health problems, young adults comprise the cohort least likely to seek mental health services (CCHS, 2003). Although many variables play a role in accessibility, including structural and systemic limitations (De Jong et al., 2012) and treatment knowledge and preferences (Stewart et al., 2010), psychological factors may have a particularly strong influence on mental health help-seeking by young adults (Stewart & Ritchot, 2010). To further our understanding of such factors, we investigated the relationships among a range of variables that would seem to exert either a facilitative or inhibitory influence on mental health help-seeking. More specifically, we assessed mental health attitudes and experiences (includes measures of stigma and mental health literacy), symptom acuity (DASS-21 and K10), and psychological fortitude (Fortitude Questionnaire) in relation to both help-seeking attitudes and behaviors among a cohort of young adults. Our findings are discussed in terms of factors that facilitate or inhibit help-seeking among young adults, and include recommendations to reduce barriers and increase service utilization by this vulnerable cohort.

RUNNER-UP: Alexander Daros, University of TorontoFacial Emotional Recognition in Patients with Borderline Personality Disorder

Alexander R. Daros, Anthony C. Rucco

Patients with borderline personality disorder (BPD) often present with severe emotional instability and interpersonal difficulties. These symptomatic features of BPD may influence emotion perception in individuals with this illness, perhaps biasing their discernment of emotions in faces. The current study evaluated outpatients with BPD ($N = 33$) and an equal number of IQ-demographically-matched non-psychiatric controls (HC; $N = 33$) who completed the Penn Emotion Recognition Test, a measure of facial emotion recognition. They also completed a self-report measure of difficulties with emotion regulation. Results indicated that whereas patients with BPD did not differ from HC on their recognition of emotional facial expressions overall, they did have greater difficulties recognizing neutral facial expressions. This reduced capacity to recognize neutral emotions was associated with greater difficulties in regulating emotions. These findings suggest that patients with BPD may have greater difficulties recognizing neutral expressions and this problem may underlie emotional and interpersonal features of this illness.

Best Student Conference Presentation Award

The **Best Student Conference Presentation Awards** are designed to recognize and support high quality student research. These awards are also designed to encourage communication between Clinical Section students and to promote the development of reviewing skills.

There are three awards: First prize, worth \$200, is given to the highest-ranking submission overall. There are two runners-up, awarded to the next two highest-ranking submissions, each worth \$100.

These awards are adjudicated through a peer-review process. Students who apply will be expected to evaluate 2-3 posters/presentations over the course of the convention. Students will receive a list of posters/presentations to evaluate and the reviewing form at least 1 week before the conference. Students will be required to submit their evaluations within 1 week after the conference.

To be eligible, students must be:

- First author on a poster or oral presentation accepted by the Clinical Section for the annual convention of CPA. The poster or oral presentation must present the results of an empirical study. Presentation of literature reviews and conversation sessions are not eligible.
- A student member of the Clinical Section at the time of submission, and must, therefore, also be a student member of CPA.
- A Canadian citizen or attending a Canadian university.

To apply, please submit the application form and a copy of your accepted abstract via e-mail to the student representative of the Clinical Section, Skye Fitzpatrick (skyler.fitzpatrick@psych.ryerson.ca) before **May 15th, 2013**. The application form will be available on the website (<http://www.cpa.ca/aboutcpa/cpasections/clinicalpsychology>) soon.

Please note: Any students that fail to either complete and/or submit all of their assigned evaluations will **NOT** be eligible for the award.

Convention Report

“Mechanisms of Mindfulness: A focus on gradate student contributions to the literature”

Amanda Carson, Undergraduate student, Carlton University, Ottawa ON

In attending the 2013 CPA Convention in Quebec City, I admit I was excited to attend the Mechanisms of Mindfulness symposium, sponsored by the Clinical Psychology Section. Having researched the subject of mindfulness in my own studies, I was looking forward to seeing other student's approach to the topic and their results. To add to my enthusiasm and surprise, Dr. Mark Lau, an expert on mindfulness-based CBT, who had not been mentioned in the convention program, oversaw the symposium and conducted a commentary at the end.

To begin, Samantha Horswill gave an informative talk, providing an introduction which outlined the different models of mindfulness and its clinical uses in mindfulness based interventions. This presentation was beneficial to those who were not familiar with the concept of mindfulness, and was a refresher for those who were.

Following this introduction, the most enticing of studies was presented by Julien Lacaille, who outlined research in training individuals in the different components of mindfulness (awareness, acceptance and disidentification) in order to reduce food cravings, using chocolate as a stimulus for cravings. The slideshow featured several decadent photos of the tasty substance, all of which reinforced the idea that mindfulness may be a critical method in approaching the reduction of cravings.

Chrissy Macaulay then presented her research, which compared groups participating in either mindfulness based meditation or hatha yoga sessions and looked at their potential as interventions for anxiety sensitivity. This research seemed to help demonstrate the potential range of applications mindfulness-based interventions may have.

Mark Petter, presented research which investigated the effects of trait mindfulness and a brief mindful attention intervention on pain in youth. He also provided a very clear articulation of the complex relationship between the perception of pain and mindfulness, specifically in youth.

Of all four presentation a recurring theme seemed to be that there is a place for mindfulness in the literature of clinical psychology, and furthermore, mindfulness based interventions seem to have a widespread and diverse range of clinical applications.

The final commentary from Dr. Lau, was both insightful and encouraging to those presenting, providing examples from his own experience to further his points. Considering this was one of the first CPA events I attended, it set a wonderful tone and set exceedingly high expectations in student research for the duration of the convention and I was not disappointed.

Convention report- Clinical Section Public Lecture

Catherine Gallagher, Undergraduate student, St. Francis Xavier University, Antigonish, NS

The Clinical Section's Public Lecture at this year's 74th Annual CPA Convention was offered by Dr. Robert Vallerand. His talk entitled: *The Role of Passion in People's Lives*, was very well attended, and was given (very skillfully) in both English and French. In explaining the dualistic nature of passion, Dr. Vallerand addressed the differences between harmonious and obsessive passion, and how these differences stem from the level of control one has over their passion (i.e., harmonious), or conversely, the level of control the passion has over one's life (i.e., obsessive). While the passion itself can be the same for both harmonious and obsessive passions (e.g., a particular sport or activity), the main differences between these forms of passion is in one's ability to control the level of activity engagement and the level to which the passion identifies the person. Moreover, Dr. Vallerand highlighted the influence that these two types of passion can have on our physical and psychological well-being, experience of positive affect, and interpersonal relationships. Whereas harmonious passion fosters healthy well-being, obsessive passion can be detrimental to one's physical and psychological health. Over time, obsessive passion can consume one's life and ultimately lead to burnout due to an inability to "let it go". Indeed, having an obsessive passion may be more detrimental than no passion at all.

Dr. Vallerand's take away message was this: to cultivate harmonious passion, you have to take your passion seriously without taking yourself seriously. By exerting control over your passion, and by making time for other fun activities in your life, you will experience an increase in positive experience and overall sense of well-being.

Call for Clinical Section Student Symposium Submissions

The CPA Clinical section is pleased to be sponsoring a student symposium at this year's upcoming CPA Annual convention. Submissions from students are invited for the symposium to be held at the 75th Annual CPA Convention, which will take place in Vancouver from June 5th to 7th, 2014. To qualify, a student must be first author of a proposed presentation, and must be a student member of the Clinical Section, and therefore a student member of CPA, by the time of the convention.

Each year, the student symposium has a theme that is relevant to the work of one of the section's invited speakers. This year, we are looking for student presentations on the general topics of **new technologies in psychology and e-mental health such as cyberpsychology, computer-assisted technology, virtual reality, web or computer-based applications, online systems, and online and telephone-based psychotherapy**. We are pleased to announce that **Dr. Heather Hadjistavropoulos of the University of Regina** will act as discussant for the symposium.

The steps for making a submission are as follows:

- 1) Please create a submission abstract according to the CPA guidelines: 250 characters for the title, 1400 characters for the text (not including name or affiliation). For more information, please visit: <http://www.cpa.ca/convention/>
- 2) Email your submission to the Clinical Section Student Representative, Skye Fitzpatrick, at skyler.fitzpatrick@psych.ryerson.ca by Friday, November 1st, 2013.
- 3) Applicants will be notified by Friday, November 8th, 2013. This will allow students whose submissions are not selected for the symposium to submit their abstracts to the general call for submissions before the CPA deadline of Friday, November 15th 2013. Presentations selected for the symposium will be submitted by the Clinical Section Student Representative, who will chair the student symposium.

I look forward to receiving your submissions. Please email me at the above address if you have any questions.
Skye Fitzpatrick, Student representative, Clinical Section

Students, what would you like to see in the Clinical Section Newsletter?
We'd love to hear from you!

Email Dr. Levin at elewin@laurentian.ca or
Andrea Woznica at awoznica@psych.ryerson.ca