



THE CANADIAN CLINICAL PSYCHOLOGIST

NEWSLETTER OF THE CLINICAL SECTION OF THE CANADIAN PSYCHOLOGICAL ASSOCIATION

Message from the Chair

Margo C. Watt, Ph.D., R. Psych.

The Executive

As usual, members of the executive have been very busy this year. From November to January, the foci of attention were abstract reviews, organization of the student symposium, securing speakers for the pre-convention workshop, invited talks, and the public lecture. The executive met in Toronto in January. Sadly, our secretary-treasurer, Elizabeth Nielsen, announced that she would be leaving. Happily, it was for the wonderful reason that she was expecting a baby and, on the first day of spring (March 21st, Emelia Claire Nilsen Sykanda arrived on the planet. Our sincerest congratulations to Liz, Pete, and Emelia! Fortunately, our very competent member-at-large, Jennifer Garinger, graciously agreed to assume the additional duties of secretary-treasurer. Thank you, Jennifer! Other valuable executive members will be leaving us this year. Past-Chair, Peter Bieling, will be making his exit in June. Peter's presence will be sorely missed. Peter is one of those individuals whose wisdom and wit informs every situation and from whom you always learn something. He has served the executive very well as Chair-Elect, Chair, and Past-Chair. Our student representative, Emma MacDonald, also will be exiting her position in June. Emma is one of those individuals who can manage tasks (all tasks) so skillfully and effortlessly, that those of us with much more age and experience can only watch in awe. Emma follows a long tradition of high-calibre student representatives who have served on the executive and I am optimistic that the tradition will continue. Please note that applications for each of these positions - student representative, secretary-treasurer, and Chair-Elect - are currently being accepted and I would like to encourage members to seriously consider volunteering to serve.

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The Newsletter

On behalf of the executive, I would like to express our abiding gratitude for the continuing efforts of our newsletter co-editors, Elizabeth (Levin) and Andrea (Woznica). The newsletter provides a wonderful forum for disseminating information on Section activities and contributions from members are always welcome.

The Convention

Excitement mounts as we move toward the 74th annual CPA convention in Québec City, QC. The convention this year will be held at the Hilton Québec and the Québec City Congress Centre, June 13-15th. We hope that you will join us for an exciting convention in a beautiful city in the wonderful Canadian month of June – it doesn't get much better than that! Early registration is open until May 13th, but you can register anytime, right up until the morning of June 14th. To register go to: <http://www.cpa.ca/convention/registration/>

As you approach registration, be sure to check out the Pre-Convention Workshops that are scheduled for Wednesday, June 12th. In particular, check out Workshop #4: *Mindfulness-Based Cognitive Therapy: From Theory to Practice* that is being sponsored by the Clinical Section. This workshop is being provided by Dr. Mark Lau, a registered clinical psychologist in private practice at the Vancouver CBT Centre and a Clinical Associate Professor of Psychiatry at the University of British Columbia. The workshop will combine didactic instruction with experiential exercises to teach key aspects of Mindfulness-Based Cognitive Therapy (MBCT). You won't want to miss this valuable learning experience so register early! For more information on Dr. Lau, check out http://www.vancouvercbt.ca/dr_lau.html (also see page 4).

Later on Wednesday (June 12th, 7-9pm), following Dr. Lau's workshop (and maybe some dinner), you will want to catch the Section-sponsored Public Lecture by Dr. Robert Vallerand, at the Hilton Québec. Dr. Vallerand is a Full Professor of Social Psychology and Director of the Laboratoire de Recherche sur le Comportement Social in the Department of Psychology at the Université du Québec à Montréal. His Public Lecture is entitled: *The Role of Passion in People's Lives*. You will not want to miss finding out the answers to such questions as: "What is passion?", "Who is passionate, who's not?", and "Is passion good for people". Hear what Dr. Vallerand has to say about the two types of passion and what they mean for our health and well-being (see page 5).

On Thursday, you will be able to sample from a number of quality offerings being provided by Section members, including the Student Symposium (12:30-2:00pm). This year, the focus of the Student Symposium is *Mechanisms of Mindfulness*, and will feature presentations by four graduate students, with Dr. Lau acting as Discussant. This will be followed by the Section Annual General Meeting (AGM) and Reception, which will take place on Thursday from 4-6pm (Room 2105) to which everyone is welcome! Please come and find out what the Section has been up to this year (e.g., compiling a history of the Section) and share in the refreshments. The AGM and Reception provide a great opportunity for members to “test the waters” and see if they might like to get more involved with Section activities. Of course, you don’t have to wait until then. If you would like more information about how you might get more involved in the Section, please don’t hesitate to contact me (mwatt@stfx.ca) or any member of the executive.

Do the Clinical Section proud and start your Friday off with a “fun run” at 7:00 am! Runners are to meet in the Hilton Québec hotel Lobby. All proceeds raised during this year’s run will go to a good cause. As in other years, the Clinical Section received a large number of excellent submissions for posters, symposia, and workshops this year. As a result, the conference program for both Friday and Saturday is filled with quality offerings from Section members from across the country. The Clinical Section is pleased to co-sponsor (at the invitation of the Traumatic Stress Section) a CPA Invited talk by Dr. Candice Monson, scheduled for Friday at 10am. Dr. Monson’s talk is entitled: *Reconceptualizing PTSD and Enhancing Treatment: Harnessing the Healing Power of Relationships*.

On Saturday morning (10-11:55), the Clinical Poster Session will be held (200AB, Convention Centre). Included in the offerings will be a poster presentation by the Section’s Advocacy Grant recipient, Dr. Douglas Murdoch from Mount Royal University. Dr. Murdoch’s grant was designed to examine *What Makes Clinical Psychology Unique and How Will We Remain Unique in the Future?* Immediately following the poster session will be the much anticipated CPA Invited Speaker talk by Mme Rose-Marie Charest (12:00-12:55pm; 200C Convention Centre 700). Mme Charest’s talk (a joint initiative by the Clinical, Health, and Clinical Neuropsychology Sections is entitled: *Psychothérapie et Autres Activités Réservées par la Québécoise*, and will focus on Bill 21 (An Act to amend the Professional Code and other legislative provisions in the field of mental health and human relations) (see page 5). Bill 21 has dramatically changed the mental health landscape in the province of Québec and has broad implications for practitioners across the country.

In summary, this convention is shaping up to be one of the best in 74 years, so don’t miss it. Join us in Québec City!

Annual General Meeting (AGM) & Reception

The Clinical Section Executive would like to extend a warm invitation to all members to join us for the Annual General Meeting (AGM) and Reception, which will take place on Thursday from 4-6pm (Room 2105). Everyone is welcome to come and find out more about the activities of the Section across the past year (e.g., compiling a history of the Section) and our direction for the future. Come and meet the executive, fellow members, and share in the refreshments. The AGM and Reception provide a great opportunity for members to “test the waters” and see if they might like to get more involved with Section activities. Of course, you don’t have to wait until then. If you would like more information about how you might get more involved in the Section, please don’t hesitate to contact me (mwatt@stfx.ca) or any member of the executive

Given that this will be my last “Message from the Chair”, I would like to take this opportunity to express my sincere gratitude at being provided the opportunity to Chair the Clinical Section for the past year (2012-2013). I became involved with the Clinical Section in the Spring of 2005 when I answered a call for new co-editors of the newsletter. Jesse Bernstein and I met with the incoming Chair of the Section at the time, Dr. Catherine Lee, and then newsletter editors Drs. Deborah and Keith Dobson at the Montreal convention. Needless to say, it was no small task assuming the reins of the newsletter from such capable hands as the Dobsons’. Jesse and I continued in these positions until the Fall of 2011, when we passed the torch to Dr. Elizabeth Levin and Andrea Woznica. Readers will know, of course, that Elizabeth and Andrea have been doing a stellar job since. In 2009, I accepted the invitation to apply for the position of Secretary-Treasurer on the Executive. For the past four years, I have migrated through the executive roles of Secretary-Treasurer to Chair-Elect to Chair. These past nine years with the Clinical Section have provided many valuable learning experiences and opportunities, plus lots of fun! What a pleasure and a privilege it has been to work alongside all the current and former executive members and newsletter editors. The Clinical Section has established a commendable record of attracting competent individuals who are committed to working hard on behalf of the membership. Consider the list of former executive members cited in this newsletter. I hope that others, like you(!), will consider joining the executive ranks and get to enjoy the experience. If you are interested or have any questions, please feel free to contact me at mwatt@stfx.ca.

Dr. Margo C. Watt

Don't Miss These Three Speakers in Quebec City!



Dr. Mark A. Lau is a Research Scientist and Director, BC Cognitive Behaviour Therapy Unit with BC Mental Health and Addiction Services, an agency of the Provincial Health Services Authority. He is also a Clinical Associate Professor in the Department of Psychiatry and a Founding Fellow of the Institute of Mental Health, University of British Columbia and a Founding Fellow of the Academy of Cognitive Therapy. He is an acknowledged expert in Cognitive Behavioral Therapy (CBT) and Mindfulness-based Cognitive Therapy (MBCT), certified by both the Canadian Association of Cognitive and Behavioural Therapies and the Academy of Cognitive Therapy (ACT). He also is Past-Chair of the Clinical Section of CPA. Dr. Lau has an international reputation for his work in treating and preventing depression. He has presented over 60 training workshops in MBCT or CBT to over 3000 professionals across North America, the United Kingdom and Australia. Dr. Lau's Pre-convention Workshop is entitled: *Mindfulness-based Cognitive Therapy: From theory to practice*. This one-day workshop will be an interactive learning experience combining didactic instruction with experiential exercises to teach the key aspects of Mindfulness-Based Cognitive Therapy (MBCT). Participants will learn: (1) the link between a model of cognitive vulnerability to depression and the development of MBCT; (2) about empirical support for using MBCT in mood and anxiety disorders; and (3) about the structure of MBCT and the core therapeutic tasks that accompany each of the group sessions including three forms of mindfulness training used in MBCT: the body scan; mindfulness of the breath, and 3-minute breathing space.

The Workshop is expected to fill up quickly so don't delay - register today!

Dr. Robert Vallerand is a Full Professor of Social Psychology and Director of the Laboratoire de Recherche sur le Comportement Social in the Department of Psychology at the Université du Québec à Montréal. Professor Vallerand is recognized as a leading international expert on motivational processes and is President of the *International Positive Psychology Association* (IPPA). He has written or edited six books and more than 250 scientific articles and book chapters. His research has been cited over 6,000 times (*ISI*) and he has received several million dollars in research grants. He has given several Keynote addresses at the international level. Professor Vallerand has received numerous awards and honours, including the Adrien Pinard Career Award from the *Quebec Society for Research in Psychology*, the Donald O. Hebb Career Award from the *Canadian Psychological Association* (the highest research awards for a psychologist in Quebec and Canada, respectively), and the Sport Science Award from the *International Olympic Committee*.



The focus of his Clinical Section Public Lecture will be *The Role of Passion in People's Lives*. What is passion?", "Who is passionate, who's not?", "Is passion good for people", and which type of passion is more conducive to good health and well-being.

Mme Rose-Marie Charest has been a clinical psychologist for 25 years, and president of the Ordre des psychologues du Québec since 1998. She is in wide demand for conference and media presentations, and has her own weekly television show on Radio-Canada Television (<https://publicite.radio-canada.ca/Pages/En/la-tele-sur-le-divan-en.aspx>). She is the author of numerous books and articles, including *La dynamique amoureuse: entre désirs et peurs*, published by Éditions Bayard Canada and *Avec psychologie*, published by Éditions Libre Expression. Mme Charest has worked hard to build bridges with the colleges of physicians, occupational therapists, nurses, social workers, psychoeducators and guidance counsellors who, along with the Order of psychologists, lobbied for Bill 21, which dramatically changed the mental health landscape in Québec. Her CPA talk, *Psychothérapie et Autres Activités Réservées par la Québécoise*, will be focused on Bill 21 and its implications for psychologists, for the practice of psychology, especially for psychotherapy, and the assessment of mental and neuropsychological disorders. The Bill is one of the building blocks the Québec government has put in place to facilitate the integration of psychologists in collaborative care, and to facilitate collaboration between GPs and psychologists in primary care, with implications for practitioners across the country.



From the Editors' Desk

Greetings Clinical Section Members,

Spring traditionally marks the end of the academic year and the start of summer for students and the conference season for researchers. We hope to see many of you, researchers, clinicians and students at the Canadian Psychological Association annual convention in Quebec City. There is a full program of speakers with something for everyone at the conference.

Although the semester may be over for students, those with mental health challenges have no break. Research suggests that three quarters of mental illnesses have an onset between the ages of 16 and 25, a time when many individuals are in post-secondary studies.¹ In a survey of Canadian university students, 34% reported that they felt so depressed that they had difficulty functioning and 7% contemplated suicide.¹ Mental illness has suddenly become a hot topic on university campuses. Even though 10-20% of students likely have some sort of mental health challenge, there is evidence that students lack the skills to identify common disorders in themselves or their peers.¹ The post-secondary environment provides a unique way to provide education on mental illness that may translate into better acceptance of those with mental illness in and outside of university. The Mental Health Commission of Canada is working to reduce the stigma associated with mental illness as are many provincial organizations. Ontario has just announced an initiative to provide more support to college and university students with mental health problems. If you know of initiatives in other provinces, please share these with us. Let us all do what we can to promote not just the absence of mental illness but the presence of mental wellness.

Penning this newsletter has been a great experience for us. We are now finishing our second year as co-editors and looking forward to a third year. We are also thrilled to have won the inaugural CPA award for best newsletter.

We wish all our readers rejuvenating and relaxing summer holidays.

Elizabeth & Andrea

¹ References are available from the authors.



Elizabeth Levin



Andrea Woznica

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

Research Report

The Influence of Attachment Style on Excessive Reassurance Seeking and Negative Feedback Seeking

Jaclyn A. Ludmer, Lyndsay E. Evraire, & David J. A. Dozois

The University of Western Ontario

Interpersonal factors are among the strongest predictors of the course and duration of a depressive episode (Brown & Moran, 1994). Maladaptive solicitation of feedback through *excessive reassurance seeking* (ERS) and *negative feedback seeking* (NFS) are interpersonal behaviors characteristic of individuals with depression and may place these individuals at risk for interpersonal rejection and an exacerbation of symptomology (Timmons & Joiner, 2008). ERS is defined as “the relatively stable tendency to excessively and persistently seek assurances from others that one is lovable and worthy, regardless of whether such assurance has already been provided” (Joiner, Matalsky, Katz, & Beach, 1999, p. 270). NFS is the tendency to elicit self-confirmatory, negative feedback from others (Swann, 1983).

Examining the developmental origins of ERS and NFS is a new area of research that is just beginning to emerge. The literature is starting to suggest that ERS and NFS might be a function of non-secure attachment (Davila, 2001; Evraire & Dozois, 2013; Shaver, Schachner & Mikulincer, 2005), rather than symptoms of depression per se, as previously thought (Coyne, 1976). Anxious non-secure attachment describes the extent to which an individual worries about the availability of others, whereas avoidant non-secure attachment describes the extent to which an individual feels discomfort in close relationships (Hazan & Shaver, 1987; Shaver, Hazan, & Bradshaw, 1988). The present study explored whether anxious and avoidant non-secure attachment might promote unique maladaptive feedback seeking behaviors independently of symptoms of depression.

Participants were 201 undergraduate students who completed self-report measures. The Beck Depression Inventory (BDI-II; Beck, Steer, & Brown, 1996) is a 21-item questionnaire to assess the presence and severity of symptoms of unipolar depression. The Depressive Interpersonal Relationships Inventory Reassurance Seeking Subscale (DIRI-RS; Joiner, Alfano, & Metalsky, 1992) is a 4-item questionnaire that assesses the extent to which an individual engages in reassurance seeking and his or her partner’s reactions to such behavior. The Experiences in Close Relationships Revised (ECR-R; Fraley, Waller & Brennan, 2000) is a 36-item questionnaire that yields continuous scores for attachment anxiety and attachment avoidance. In counterbalanced order, participants were given stressful written primes depicting an exam failure and a relationship break-up (Allen, Horner, & Trinder, 1996) prior to completing the feedback seeking questionnaire. The Feedback Seeking Questionnaire (FSQ; Swann, Wenzlaff, Krull & Pelham, 1992) is a list of 12 feedback questions such as “what is some evidence you have seen that (name) has good social skills”? Participants were required to select the five out of 12 questions they would most want a close other to answer about them and these choices were assessed for NFS.

A hierarchical multiple regression analysis was conducted to evaluate whether anxious and avoidant attachment significantly predicted ERS beyond the effects of depressive symptoms. Individuals higher on anxious attachment reported higher levels of ERS whereas individuals higher on avoidant attachment reported lower levels of ERS. After controlling for the effects of anxious and avoidant attachment, depression no longer predicted ERS.

A second hierarchical regression analysis was conducted to evaluate whether anxious or avoidant attachment predicted NFS following the social prime beyond the effects of depressive symptoms. Individuals higher on avoidant attachment reported higher levels of NFS following the social prime whereas anxious attachment was unrelated to NFS following the social prime. After controlling for the effects of anxious and avoidant attachment, depression no longer predicted NFS after the social prime.

A third hierarchical multiple regression analysis was conducted to evaluate whether anxious or avoidant attachment predicted NFS following the achievement prime beyond the effects of depressive symptoms. Individuals higher on avoidant attachment reported higher levels of NFS following the achievement prime whereas anxious attachment was unrelated to NFS following the achievement prime. After controlling for the effects of anxious and avoidant attachment, depression did not predict NFS after the achievement prime.

These results suggest that individuals may engage in ERS and NFS not because of symptoms of depression per se (Coyne, 1976), but rather due to non-secure attachment representations (Davila, 2001; Evraire & Dozois, in press; Shaver, et al., 2005). More specifically, anxiously attached individuals may attempt to reduce fears of abandonment and heighten self-worth by excessively seeking reassurance from close others. Avoidantly attached individuals may attempt to secure a sense of accuracy in their negative self-views and negative views of relationships by seeking out negative feedback from close others. These findings provide insight into the types of core beliefs that may contribute to ERS and NFS.

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Book Summary

Incarcerated Mothers: Oppression and Resistance

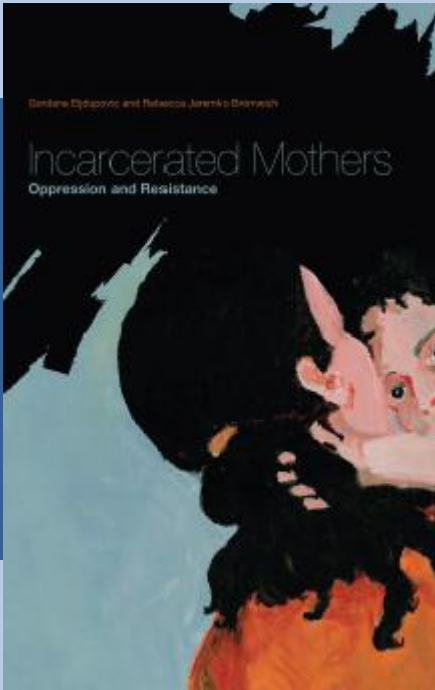
Edited by Gordana Eljdupovic, Ph.D., C. Psych. and Rebecca Jaremko Bromwich, LL.B., LL.M., Ph.D. (Candidate)

This book presents a collection of essays on incarcerated mothers written by Canadian and international researchers. While most of the literature on the effects of incarceration on parenting predominantly tends to focus on the children, this collection focuses on mothers instead.

The first section of the book examines the wider social, economic and gender contexts of incarcerated mothers in Canada, -Australia, France, India, Portugal and the USA. The second section focuses mainly on the lived experiences of incarcerated mothers highlighting salient aspects of mothering as lived from 'within', and based on the mothers' narratives. Essays in this collection are multidisciplinary in scope weaving together perspectives from psychology, criminology, medicine, gender studies, social work, economics, and philosophy. The book foregrounds the manifold challenges and complexities of the issues relating to the lives of incarcerated mothers and the ways in which the 'subjective' and 'objective', the wider context and the inner experiences are inseparable and intertwined.

For more information visit:

<http://www.demeterpress.org/IncarceratedMothers.pdf>



Psychotherapy Practice Research Network

Please consider joining the Psychotherapy Practice Research Network (PPRNet). For more information go to www.pprnet.ca. Membership is free and includes a monthly blog that summarizes the latest on the evidence base for psychotherapy, video recorded talks by experts and the opportunity to participate in practice based research. PPRNet is of interest to psychotherapists, students and researchers.



Psychology Month at Alberta Health Services: Case Presentation & Research Day

Kerry J. Mothersill, Ph.D., R.Psych



In order to celebrate Psychology Month (February), the Psychology Professional Practice Committee (Alberta Health Services, Calgary Zone) decided to organize and sponsor a Case Presentation and Research Day. The event was held on February 22, 2013 at the Sheldon S. Chumir Health Centre in Calgary. Psychologists in the Alberta Health Services Calgary Zone (approximately 220) were invited to make a presentation during the event. The following presentations were made:

- Trauma-focused Cognitive Behavioural Therapy for Children and Adolescents with Histories of Abuse – Ritu Bedi, Ph.D.
- Decision-making Capacity Assessment: Clinical, Ethical and Legal Considerations – Ashley Marsh, M.A.
- The CBT Model and Treatment of Panic Disorders: Interoceptive Exposure and Other Therapeutic Methods – Kerry Mothersill, Ph.D.
- Concussion and the Clinician: Expertise for the Generalist – Stewart Longman, Ph.D.
- Theoretical and Practical Basics in Cognitive Behavioural Treatment of OCD – Gail Belscher, Ph.D.
- Mindfulness Interventions – Al-Noor Mawani, Ph.D.
- Endings in Cognitive Behavioural Therapy – Deborah Dobson, Ph.D.

Two 1.5-hour presentations were made concurrently during the day. Due to room size, the number of attendees was limited to 80. Approximately half of the attendees were psychologists or psychology residents/students. The Case Presentation and Research Day was open to social workers, nurses, recreational therapists, occupational therapists as well as other health care professionals. In addition to in-person attendance, the presentations were seen by many additional health care professionals at 10 telehealth sites throughout the Calgary Zone.

The Case Presentation and Research Day was an excellent way to showcase the clinical and research skills of psychologists within the AHS Calgary Zone. Due to the positive feedback about the day, the Psychology Professional Practice Committee has decided to make this an annual event. This educational event not only provided valuable information about the assessment/treatment of patients, it also served to highlight the important training role that psychology has within the hospital and health care system.

Do you have any comments or suggestions about the Clinical Section Newsletter?

We'd love to hear them!

Email Dr. Elizabeth Levin at elevin@laurentian.ca or

Andrea Woznica at awoznica@psych.ryerson.ca

Ryerson University's Sleep and Depression Lab (SAD Lab)

The Sleep and Depression Lab (SAD Lab) at Ryerson University provides undergraduate and graduate students with an opportunity to get involved with exciting and novel sleep research. Our mission is to improve access to empirically supported therapies for insomnia and depression.

Research studies in the SAD lab focus on answering questions relating to treatment or vulnerability to insomnia and depression. Our vulnerability research includes the examination of the regularity of daily behaviours and sleep, how thoughts about fatigue affect sleep and functioning, and whether there are metabolic and physiological differences between those with and without insomnia. One of our recent studies found that poor sleepers were more likely than good sleepers to acknowledge a fear of the dark. Participants were monitored with psychophysiological equipment to assess their eyeblink latency to sudden noise in alternating light and dark conditions. The poor sleepers demonstrated a greater startle response to the noise only in the dark, while the good sleepers tended to habituate (that is, respond less over time in the dark). Finding evidence for a fear of the dark, both subjectively and objectively, in those with insomnia has implications for treatment.



We are now in the process of developing a combined exposure therapy with CBT for insomnia to help those with co-occurring insomnia and dark phobia. The other arm of our research is conducting randomized controlled trials (RCTs) that test applications for, or modifications to Cognitive Behaviour Therapy (CBT) for insomnia. This includes a National Institute of Mental Health funded RCT that is testing combinations of drug and talk therapies for depression and insomnia, as well as an integrated therapy that combines Behavioural Activation with Behavioural Insomnia Therapy for those with Comorbid Insomnia and Depression.



**Section on Clinical Psychology
La Section de la psychologie clinique**

**Clinical Section Executive Members:
Past & Present**

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 Secretary- Treasurer: Kerry Mothersill (Holy Cross Hospital, Calgary, AB)
 Member at Large: Rhona Steinberg (Simon Fraser University, Burnaby, BC)
 Member at Large: Susan Hyde (Cape Breton Regional Hospital, Sydney, NS)
 Newsletter Editor: Rhona Steinberg (Simon Fraser University, Burnaby, BC)

1991 - 1992

Chair: Michael Vallis
 Past Chair: Keith Dobson
 Chair Elect: Rhona Steinberg
 Secretary-Treasurer: Kerry Mothersill
 Member at Large & Newsletter Editor: David S. Hart (Memorial University of Newfoundland, St. John's, NFLD)

1992 - 1993

Chair: Rhona Steinberg
 Past Chair: Michael Vallis
 Chair Elect: Janice Howes (Camp Hill Medical Centre, Halifax, NS)
 Secretary-Treasurer: Allan Wilson (Camp Hill Medical Centre, Halifax, NS)
 Member at Large & Newsletter Editor: David S. Hart

1993 - 1994

Chair: Janice Howes
 Past Chair: Rhona Steinberg
 Chair Elect: Sam Mikail (Psychology Dept, Rehabilitation Centre, Ottawa, ON)
 Secretary-Treasurer: Allan Wilson
 Member at Large & Newsletter Editor: David S. Hart

1994 - 1995

Chair: Sam Mikail
 Past Chair: Janice Howes
 Chair Elect: Allan Wilson
 Secretary-Treasurer: Deb Dobson
 Member at Large & Newsletter Editor: David S. Hart

1995 - 1996

Chair: Allan Wilson
 Past Chair: Sam Mikail
 Chair Elect: Keith Wilson (Psychology Dept, Rehabilitation Centre, Ottawa, ON)
 Secretary-Treasurer: Deb Dobson
 Member at Large: Paul Hewitt (UBC, Vancouver, BC)
 Newsletter Editor: David S. Hart

1996 - 1997

Chair: Keith Wilson
Past Chair: Allan Wilson
Chair Elect: Charles Morin (Laval University, Quebec, QC)
Secretary-Treasurer: Candace Konnert (University of Calgary, Calgary, AB)
Member at Large: Paul Hewitt
Newsletter Editor: David S. Hart

1997 - 1998

Chair: Charles Morin
Past Chair: Keith Wilson
Chair Elect: Lorne Sexton (St. Boniface General Hospital, Winnipeg, MB)
Secretary-Treasurer: Candace Konnert
Member at Large: Lesley Graff (University of Manitoba, Winnipeg, MB)
Newsletter Editor: Alex Weinberger (Gilmour Psychological Services, Ottawa, ON)

1998 - 1999

Chair: Lorne Sexton
Past Chair: Charles Morin
Chair Elect: Charlotte Johnson (UBC, Vancouver, BC)
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Assistant Editor: Meyen Hertzprung (University of Calgary)

1999 - 2000

Chair: Charlotte Johnson
Past Chair: Lorne Sexton
Chair Elect: Lesley Graff
Secretary-Treasurer: Deborah Dewey
Member at Large: Deb Dobson
Newsletter Editor: Sharon Cairns
Assistant Editor: Meyen Hertzprung

2000 - 2001

Chair: Lesley Graff
Past Chair: Charlotte Johnson
Chair Elect: Michel Dugas (Concordia University, Montreal, QC)
Secretary-Treasurer: Deb Dobson
Member at Large: Darcy Santor (Dalhousie University, Halifax, NS)
Newsletter Editor: Sharon Cairns
Assistant Editor: Meyen Hertzprung
Website Editor: David S. Hart

2001 - 2002

Chair: Michel Dugas
Past Chair: Lesley Graff
Chair Elect: Kerry Mothersill
Secretary-Treasurer: David Dozois (University of Western Ontario, London, ON)
Member at Large: Darcy Santor
Newsletter Editors: Deb & Keith Dobson
Website Editor: David S. Hart

2002 - 2003

Chair: Kerry Mothersill
Past Chair: Michel Dugas
Chair Elect: David Hodgins (University of Calgary, Calgary AB)
Secretary-Treasurer: David Dozois
Member at Large: Susan Graham (University of Calgary, Calgary AB)
Newsletter Editors: Deb & Keith Dobson
Website Editor: David S. Hart

2003 - 2004

Chair: David Hodgins
Past Chair: Kerry Mothersill
Chair Elect: David Dozois
Secretary-Treasurer: Catherine Lee (Centre for Psychological Services, Ottawa ON)
Member at Large: Susan Graham
Student Representative: Mike Coons (Waterloo University, Waterloo ON)
Newsletter Editors: Deb & Keith Dobson
Website Editor: David S. Hart

2004 - 2005

Chair: David Dozois
Past Chair: David Hodgins
Chair Elect: Catherine Lee
Secretary-Treasurer: Kerry Mothersill
Member at Large: Adam Radomsky (Concordia University, Montreal QC)
Student Representative: Mike Coons
Newsletter Editors: Deb & Keith Dobson
Website Editor: David S. Hart

2005 - 2006

Chair: Catherine Lee
Past Chair: David Dozois
Chair Elect: Christine Purdon (University of Waterloo, Waterloo ON)
Secretary-Treasurer: Kerry Mothersill
Member at Large: Adam Radomsky
Student Representative: Andrea Ashbaugh (Concordia University, Montreal QC)
Outgoing Newsletter Editors: Deb & Keith Dobson
Incoming Newsletter Editors: Margo Watt (St. Francis Xavier University, Antigonish NS) & Jessey Bernstein (Concordia University, Montreal QC)
Website Editor: David S. Hart

2006 - 2007

Chair: Christine Purdon
Past Chair: Catherine Lee
Chair Elect: Deb Dobson
Secretary-Treasurer: John Pearce (Alberta Children's Hospital, Calgary AB)
Member at Large: Andrew Ryder (Concordia University, Montreal, QC)
Student Representative: Andrea Ashbaugh
Newsletter Editors: Margo Watt & Jessey Bernstein
Website Editor: David S. Hart

2007 - 2008

Chair: Deb Dobson

Past Chair: Christine Purdon

Chair Elect: John Pearce

Secretary-Treasurer: Trish Furer (Dept of Clinical Health Psychology, Winnipeg MB)

Member at Large: Andrew Ryder

Student Representative: Melissa Kehler (University of Regina, Regina SK)

Newsletter Editors: Margo Watt & Jessey Bernstein

2008 - 2009

Chair: John Pearce

Past Chair: Deb Dobson

Chair Elect: Mark Lau (BC Mental Health & Addictions Services, Vancouver BC)

Secretary-Treasurer: Trish Furer

Member at Large: Andrew Ryder

Student Representative: Melissa Kehler

Newsletter Editors: Margo Watt & Jessey Bernstein

2009 - 2010

Chair: Mark Lau

Past Chair: John Pearce

Chair Elect: Trish Furer

Secretary-Treasurer: Margo Watt

Member at Large: Andrew Ryder

Student Representative: Jessica Dere (Concordia University, Montreal QC)

Newsletter Editors: Margo Watt & Jessey Bernstein

2010 - 2011

Chair: Trish Furer

Past Chair: Mark Lau

Chair Elect: Peter Bieling (St. Joseph's Hospital, Hamilton ON)

Secretary-Treasurer: Margo Watt

Member at Large: Liz Nilsen (University of Waterloo, Waterloo ON)

Student Representative: Jessica Dere

Newsletter Editors: Margo Watt & Jessey Bernstein

2011 - 2012

Chair: Peter Bieling

Past Chair: Trish Furer

Chair Elect: Margo Watt

Secretary-Treasurer: Liz Nilsen

Member at Large: Jennifer Garinger (Alberta Health Services, Calgary AB)

Student Representative: Emma MacDonald (Ryerson University, Toronto ON)

Newsletter Editors: Elizabeth Levin (Laurentian University, Sudbury ON) & Andrea Woznica (Ryerson University, Toronto ON)

2012 – 2013

Chair: Margo Watt

Past Chair: Peter Bieling

Chair Elect: Martin Drapeau (MPPRG-ECP; McGill University, Montreal QC)

Secretary-Treasurer: Liz Nilsen/Jennifer Garinger

Member at Large: Jennifer Garinger

Student Representative: Emma MacDonald

Newsletter Editors: Elizabeth Levin & Andrea Woznica



Section on Clinical Psychology
La Section de la psychologie clinique

Executive Committee Meeting Minutes

FALL TELECONFERENCE Minutes

Monday, September 17, 2012; 12:30-2:30 (Central)

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

1. Approval of Agenda (Martin moved, Liz seconded)
2. Approval of Minutes – June 16, 2012 Executive Committee Meeting (post-ABM meeting) (Jennifer move, Emma seconded); minutes will be posted on website.
3. Report from Chair
 - Update of executive list: Committee discussed the positions that will be open in the coming year (student rep, member-at-large, secretary-treasurer, chair elect). Call for applications will be included in the fall newsletter.
 - Psychotherapy Practice Research Network (PPRNet) contacted the Committee to ask for a representative from the Clinical Section – Martin will be our delegate.
 - Committee discussed possibilities for co-sponsored talks at CPA 2013.
 - Committee was requested to develop a vignette for EBP Task Force: Margo developed one.
 - Pending Deadlines for 2013 Québec Convention:
 - ❖ Nominations for Invited Speakers (Category 2 and 3) **Oct 1, 2012**
 - ❖ Pre-Convention Workshops **Oct 15, 2012**
 - Committee discussed the profit made by the 2012 pre-convention workshop (\$4000).
4. Membership and financial report
 - Membership:
 - Total: 1047 (last year was 1096)
 - Financial report: (September 16, 2012)
 - ❖ Community plan: \$13,601.79 (last year Sept. 21 was 16,724.11); GIC: \$12,443.47
 - Total: \$26,045.26 (last year total assets were \$28,756.79)
5. Student Report
 - Ken Bowers award: The advertisement for 2013 is prepared and will be included in the Fall newsletter. The 2012 winner will provide a summary of the research for the newsletter. Deadline is May 1, 2013 (submissions go to Martin).
 - Student Travel awards: 3 winners (Joyce Ip, Skyler Fitzpatrick, Sarah Hines); Committee discussed changing the 'out of province' criteria to be more transparent to applicants; Advertisement for 2013 will be included in Fall newsletter. Deadline: May 1, 2013.
 - Student Educational Activity Grant: Deadline: December 15, 2012 – advertising through list serve and website; Criteria for application were modified so that it is clear:
 - a. basic information
 - b. 1 page proposal
 - c. 1 page budget
 - d. Letter of support from DCT and department

- Student column for Fall newsletter: Emma working on column, will send to editors
 - Student symposium for CPA 2013: Deadline for abstracts **November 1, 2012** (applicants will be notified by November 8th so that they can still submit to CPA if abstract not accepted for student symposium). Topics/possible discussants were discussed.
6. Past-Chair Report
- Executive Nominations needed for 2012-2013: Deadline for nominations is **March 25, 2013** (sent to Peter)
7. Communications
- Fall newsletter:
 - ❖ deadline for submissions
 - **Friday, October 19th** (to E. Levin or A. Woznica).
 - ❖ Committee will include reports from Margo, Emma, Liz and photos of new Fellows and award winners
 - Call for nominations for Clinical Section Fellows: call will be made in Fall newsletter, list serve, website (deadline: **March 15 2013** sent to Martin)
 - Call for nominations for Scientist-Practitioner Early Career Award: (Deadline: **April 15th 2013** sent to Martin). Committee determined that previous nominees will be considered for 3 years (if still meet criteria for 'early career').
 - Listserv and website: communication seems to be working fine.
8. CPA Québec Convention 2013: Committee discussed topics of interest to psychologists in general, with a focus on the topics pertinent to Quebec clinicians. Topics for the pre-convention workshop, public lecture, keynote speakers, and student symposium were brainstormed. Travel costs for Committee will remain at \$500/member.
9. Update re existing projects
- Advocacy project: Committee discussed the conditions of the advocacy grant:
 - 1) Timeline by which the money needs to be spent will be 2 years
 - 2) Recipient needs to provide document or summary of activities (e.g., talk at the CPA convention (2014) and/or summary of the project in the Clinical Section newsletter
 - 3) Final financial report is required
 - Committee reviewed the criteria for CS Fellow status and discussed importance of making sure applicants for Early Career Scientist-Practitioner award are members of section before being considered.
10. Mid-winter Executive meeting
- ❖ **Mid-winter 2013 Meeting:** Scheduled for **January 25-26, 2013** in Toronto. Committee will meet for dinner on the 25th and meet all day on the 26th.

Adjournment – Martin moved, Jennifer seconded



Section on Clinical Psychology
La Section de la psychologie clinique

Executive Committee Midwinter Meeting Minutes

January 26, 2013, 9:00am - 2:00pm EST

Ryerson University, Toronto

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

1. Approval of Agenda (Emma moved, Martin seconded)

2. Approval of Minutes – September 17, 2012 Executive Committee Meeting Teleconference (Jennifer moved, Peter second)

3. Report from Chair

- i. Margo reported on the Professional Affairs Committee Teleconference January 16, 2013; committee discussed ideas for priorities to convey.
- ii. History of the Section: Jennifer and Margo will collate the history of the executive committee based on information gleaned from the hard drive, newsletters, and past committee members. The goal is to have this completed by April.
- iii. Margo reported that she had submitted an evidence-based vignette to EBP Task Force.
- iv. An update was been requested from the awardee of the Advocacy Grant: Douglas Murdoch, Mount Royal University; *What Makes Clinical Psychology Unique and How Will We Remain Unique in the Future?* Dr. Murdoch's plan is to present the project at the 2014 CPA convention.

4. Membership and financial report (based on information as of January 23, 2013)

- i. Membership: total: 553 (lower numbers likely due to lapsed membership; this time last year was 584)
- ii. Financial report: (total: \$26,429.95; this time last year was \$28,092.95)
 - Community plan plus: \$13,986.48; 5-year stepper: \$12,443.47

5. Student Report

- Ken Bowers award: deadline is May 1, 2013; (applications sent to Martin, executive committee will rank applicants)
- Student Travel awards: (deadline May 1, 2013) Changes were discussed:
 - i. A name change to reflect the research quality as opposed to travel aspect of the award (e.g., Best Student Presentation Awarded by the Clinical Section)
 - ii. Remove the location of applications as a criteria
 - iii. Changing the amount of the award (will remain the same this year, but be presented at ABM for next year's budget)
- Student Educational Activity Grant: deadline was January 15, 2013; 4 applications were received.
 - i. Emma reported that new application instructions were beneficial
 - ii. Future changes to instructions: 1) have applicants indicate the faculty sponsor who would be financially responsible for the award, 2) specify that receipts are required post-event.
- Student symposium for CPA 2013: received 6 applications, top ranked 4 for chosen. Mark Lau agreed to be the discussant.

6. Past-Chair Report

- Executive Nominations for 2013 – 2014: Positions that will be advertised are: Chair- elect, Secretary – treasurer, Member at large, Student representative. Advertisement will be through the list serve. Deadline March 25, 2013.
- Note: between February and June 2013 Jennifer will take over secretary-treasurer responsibilities as Liz will be on parental leave

7. Communications

- Spring newsletter: deadline for submissions is end of March. Committee discussed importance of having editors provide input to executive meetings.
- Call for nominations for Clinical Section Fellows (applications to Martin)
- Updated info for website:
 - i. Jennifer informed committee on difficulties with the CPA website – i.e., she does not have access (all changes need to go through the tech person at CPA); Margo will talk to Karen Cohen so see if this can be changed.
 - ii. Possible changes to the website were discussed:
 - Adding Early Career Scientist-Practitioner winners
 - Change name of “News and Events” to reflect what it actual is (i.e., place where awards/grants are advertised)

8. CPA 2013 Conference – the committee discussed the various clinical contributions to CPA this year (dates not yet confirmed by CPA):

- Pre-convention workshop: Presenter: Mark Lau; *Mindfulness-Based Cognitive Therapy: From Theory to Practice*
- Invited Speaker: Rose-Marie Charest [Co-sponsors: Stewart Longman (Neuropsychology) & Tavis Campbell (Health)]
- Public Lecture: possible speakers were discussed
- Co-sponsored speaker: Dr. Candice Monson - along with Sections: Traumatic Stress, Psychology in the Military, Family Psychology, Clinical Psychology, Counselling Psychology
- ABM: John Pearce will receive his Fellowship award; Margo will organize certificates for other awardees
- Clinical Section Submissions update:
 - i. Martin reported that there were 175 submissions (2 waiting on reviews); The review process discussed with a focus on whether it would be possible to have administrative support.
- Meeting of Chairs: Margo invited committee to provide items to discuss at the meeting.

9. New Business

- Application for Early Career award; deadline April 15, 2013 – sent to Martin and executive committee review. Past applicants who are still eligible will be contacted to see if they would like to have their application considered again.
- Psychology month- February: The committee discussed ways in which section members could be encouraged to promote and report on their various activities.
- Committee discussed whether there is a more efficient way of handling media requests

10. Spring teleconference: Tuesday, April 23, 2013; 10:30-12:30 (Mountain); 12:30-2:30 (EST); 1:30-3:30 (Atlantic)

Adjournment – Peter moved, Jennifer seconded

Student Section

Letter from the Student Executive

Emma MacDonald, M.A.

Hello Clinical Section members!

I hope that the past few months have been enjoyable and productive, and that you're enjoying the warmer weather!

The 74th Annual CPA convention is rapidly approaching, and the Clinical Section is hosting many interesting symposia, workshops, and poster sessions. I hope that many of you will be able to attend the convention in Québec City.

I am happy to report that we will be hosting our fourth annual Clinical Section Student Symposium at the convention. This year's symposium is entitled "Mechanisms of mindfulness: A focus on graduate student contributions to the literature". Dr. Mark Lau of the University of British Columbia will serve as the discussant. The symposium will be held on Thursday, June 13th from 12:30pm to 1:55pm. This symposium will examine mindfulness from a variety of perspectives, including yoga, pain, and food cravings. I hope to see many of our section members at the symposium!

The Clinical Section Educational Activity Student Grant continues to be one of the most popular Clinical Section endeavors. We received four excellent applications this year from students across Canada. I am very pleased to announce that Michelle Gagnon from the University of Regina was awarded this year's grant, for her submission titled "Motivational Interviewing in Clinical Settings". Dr. David Hodgins will lead this full-day workshop. We can look forward to a summary of the workshop in the Fall 2013 edition of *The Canadian Clinical Psychologist*.

Finally, as my term as Student Representative is coming to an end, I would like to express how much I enjoyed my time on the Executive Committee of the Clinical Section. This was a fantastic experience, and I encourage all students to consider becoming involved in the Clinical Section and CPA.

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

Hope to see you all in Québec City!

Emma MacDonald, M.A.

Clinical Section Student Representative

emacdonald@psych.ryerson.ca

Clinical Section Travel Awards

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

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

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

Prix de déplacement de la Section de psychologie Clinique

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

Trois Prix de déplacement de la Section de psychologie clinique sont attribués chaque année. Le premier prix, d'une valeur de 750\$, est décerné à la candidature ayant obtenu le pointage le plus élevé. Deux autres prix, d'une valeur de 400\$ chacun, sont accordés selon l'excellence du dossier (pointage obtenu), à raison d'un prix pour chaque région du Canada (Est, Ouest, Centre) autre que la région où la conférence a lieu. Le résumé de la communication des trois candidatures gagnantes est publié dans l'édition d'automne de la revue 'The Canadian Clinical Psychologist'.

Chaque étudiant(e) qui a une communication orale ou par affiche acceptée par la Section de psychologie clinique est invité(e) à faire une demande de bourse. Un(e) même étudiant(e) peut appliquer à la fois pour le Prix Ken Bowers pour recherche effectuée par un(e) étudiant(e) et pour les Prix de déplacement de la Section de psychologie clinique, mais il(elle) ne pourra recevoir qu'un seul de ces prix. Ce prix est différent de la Subvention de voyage qu'offre la SCP aux étudiants qui doivent parcourir de longues distances pour participer au congrès.

Veillez vous rendre à l'adresse suivante pour plus d'information:

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

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 \$750.00, 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 Québec City
2. submit an APA-formatted manuscript describing your research*
3. be prepared to attend the Clinical Section business meeting at the 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 15, 2013**. Submissions in either English or French should be sent by e-mail to Dr. Martin Drapeau (martin.drapeau@mcgill.ca). If you have any questions about the submission process, please contact Dr. Drapeau 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

Students can apply for both the Ken Bowers and the Student Travel Award, but can only win one of these awards per year.

Prix Ken Bowers pour Recherche Effectuée par un(e) Étudiant(e)

Chaque année, la Section de Psychologie Clinique évalue les communications soumises par les étudiants(e)s en vue d'une présentation au congrès annuel de la SCP. En 2009, un certificat et une bourse de 750\$ seront remis à l'étudiant(e) ayant soumis la communication la plus méritoire.

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

1. être premier(ère) auteur(e) d'une communication touchant le domaine de la psychologie clinique ayant été acceptée pour le congrès au Ville de Québec.
2. soumettre un court manuscrit décrivant l'étude selon le format de l'APA*
3. être présent(e) à la réunion d'affaires de la Section Clinique du congrès quand le prix sera décerné
4. être membre de la section quand vous soumettez votre document**

*Veuillez suivre les consignes de présentation : le manuscrit doit être à double interligne, avec des marges d'au moins 2 cms, un font 12, avec une page titre et un résumé. Cette page titre, le résumé, figures, tableaux et références ne sont pas inclus dans le nombre de pages. Des manuscrits qui ne respectent pas ces critères ne seront pas admissibles. La date limite pour la soumission des candidatures est le **15 mai, 2013**. Les demandes peuvent être formulées en français ou en anglais et doivent être envoyées par courriel à Dr. Martin Drapeau(martin.drapeau@mcgill.ca). Si vous avez des questions au sujet du processus de soumission, n'hésitez pas à contacter le Dr. Drapeau par courriel.

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

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

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