

# Environmental Psychology Newsletter

*Your Affiliation. Your Section. Your News.*

Spring, 2013

## Message from the Editor

*Get to know your new Editor!*

Page 1

## Message from the Chair

*A warm hello from Charlotte Young*

Page 2

## Convention 2012 Highlights

*An overview of the last time the section got together*

Page 4

## All in the Details

*"In the Field" discusses work of interest to those outside our section*

Page 6

## Submit and Get Involved

*Coordinates and calls for submissions*

Page 6

## EP @ CPA 2013

*A snapshot of where to be, and when*

Page 7



## Message from the Editor



Hello, section members! I am delighted to be the new editor for our wee newsletter. I know there hasn't been a publication

sent around in awhile. I hope we will put together a few newsletters a year to keep you up to date on the happenings of our section, and on CPA news in general.

A bit about me: I am working on my PhD with Robert Gifford at the University of Victoria. I have been focusing on the intersections of urban planning and environmental psychology but have also delved into projects concerning the design, accessibility, and sustainability of schools, offices, neighbourhoods, and hospitals. Recently, I have become interested in the neurological mechanisms underlying spatial cognition and sense of place. Outside of school I play soccer, run, blog for *Psychology Today* magazine (<http://www.psychologytoday.com/blog/environment>), and consult for an architectural programming firm (oh, I'm a Mom, too!).

This issue of our newsletter is a brief one. Future newsletters will feature articles written by members, share interesting news related to environmental and conservation psychology, and outline some of the highlights from the CPA convention. Watch for a couple other neat features too! I invite you to submit summaries of recent work you've had published (or descriptions of projects you are working on). I often wonder what others in our field across Canada are doing -- this newsletters seems like an optimal way to find out.

Please feel welcome to contact me about the newsletter or my work. I'm looking forward to getting to know you!

Linz

Lindsay McCunn, MSc, PhD Candidate  
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# Message from the Chair



*Charlotte Young*

Welcome to our first newsletter of 2013! Please take a few minutes to learn about what your section has been up to and what our plans are for the upcoming CPA convention in Quebec City -- and think about how you can become more involved with the section's planned promotional activities to increase our visibility.

First and foremost, I'd like to introduce you to all of our new 2013 Executive members: Chair-elect, Elizabeth (Lisa) K. Nisbet, Ph.D is an Assistant Professor at Trent University. Her research encompasses personality, social, health, and environmental psychology, exploring individual differences in 'nature relatedness' and the links between human-nature relationships, happiness, health, and sustainable behaviour. Lisa teaches courses on health psychology, emotion and motivation, personality, and the psychology of environmental behaviour. She is an avid (and happy) nature enthusiast.



*Lisa Nisbet*

Past-Chair, Jennifer Veitch, Ph.D, is, as most of you know, with the National Research Council where she studies how people respond to, and interact with, aspects of physical environments (mostly lighting). You can read about her discoveries of the hidden benefits gained by volunteering for CPA in "Canadian Psychology" (February 2013, 54, 50-54). Jennifer also monitors our membership listserv and manages submissions for the Robert Sommer Award in Environmental Psychology.



*Jennifer Veitch*

Our Treasurer is Mark Sandilands, Ph.D., Professor Emeritus at the University of Lethbridge. While managing our section's finances he is also keeping very active in his Masters swimming club. Something you may not know about Mark is that he was a political candidate for the NDP in both the 2008 and 2011 federal elections.



*Mark Sandilands*

Our section's webmaster updating our webpage is Nicole Aitken, a 4th year Ph.D. Student at University of Ottawa. She studies how to motivate people to be more pro-environmental -- and what habits are responsible for environmental behaviours. When not working, she is organizing the statistics coffee club or taking long walks on the beach.



*Nicole Aitken*

Our newest executive member is newsletter editor, Lindsay McCunn. Linz is a Ph.D. Candidate from the University of Victoria whose research focuses on topics in architectural psychology.



*Linz McCunn*

Last, let me introduce myself, Charlotte Young as your Métis Cree Chair. My environmental psychology specialization for the last ten years is as an experimental analyst with Natural Resources Canada. I conduct social impact assessments of policies affecting resource communities and evaluate public perceptions of landscapes. I investigate environmental groups associated with international country campaigns that may plan to launch schemes to impede international trade of our forest products.

I am also involved with the Traumatic Stress Section of CPA. I designed a program called the NOQUAY System -- a traumatic stress/coping program to empower Aboriginal youth, war veterans, and those who have suffered a head injury to maximize rebuilding their internal environment. I use billiards as the teaching tool, for acquiring an improved emotional, fitness. The pilot results are so positive that I intend to continue to expand this program as my life work. My last area of expertise includes assisting others to succeed on their healing path using traditional nutrition, whenever my help is requested, in the area of diet and fat loss.



Ken Church

The CPA convention is just around the corner. Environmental community activism and political action has been the platform teaching theme for our Section from 2012-14. Everyone who presented and presents is getting follow-up interest and feedback from actual community groups and municipalities who want to hear more. The environmental community has the leverage to help boost the needed exposure of our section through both membership and funding.

Also, don't forget to take a look at our exciting list of 2013 CPA convention activities. Our section's business meeting, keynote, and invited addresses are chunked together to run consecutively on Thursday, June 13th. We plan to have a social gathering to meet up together at the Presidential meet-and-greet and, from there, within the hour, to head into Old Quebec for dinner and drinks (TBA).

Our membership selected Ken Church as this year's section Keynote Address. We will get to hear about his latest research, conducted with 34,000 participants, on how to psychologically influence transitioning to wind, solar, biomass, and away from fossil fuels. Ken's federal environmental-communities research called "SMORES" (System-wide Methodology for Optimizing Renewable Energy Solutions) evolved from his 14 years expertise at the CanmetENERGY Research Centre at NRCan. He is conversationally at ease with drawing on critical cases for the course of action in areas we need to invest. What will make this presentation especially valuable for our section is the fact that we remain privileged to hear it. The federal government is shutting down federal scientist conferences by 83% and scientific research publications by 73%. Ken's federal research is internal and has not reached the Canadian public, so it will be up to us as environmental psychologists to share and publicize it.

As our poll for selecting a keynote speaker was only separated from the runner-up by one vote, we elected to exchange having a reception with an Invited Address. This way, we can have two featured speakers on Thursday, June 13th. In Part I of this event, Dr. Manuel Reimer from Wilfrid Laurier University will discuss a legal case for environmental justice, as well as the psychological impacts of an Aboriginal community living close to a major petrochemical industry. A live interview will be conducted with Ada Lockridge, leader of a First Nation community in Chemical Valley, Sarnia. During Part II, Dr. Reimer will present research on international environmental activism called Youth Leading Environmental Change, connecting youth from extreme carbon producing countries. Part II, will not be until Saturday, June 15th.



Manuel Reimer & Ada Lockridge



This image shows what used to be the daycare for the Aamjiwnaang community and how close to a petrochemical plant it is



Here's a youth facilitator, Toufiq, and the water filtering system the participants installed in the main student hall of the University of Dhaka as part of the YLEC action project. This filter is preventing the purchase of hundreds of water bottles every day.

The agenda for our 2013 section business meeting on Thursday will include planning for 2014 projects. We will continue to discuss activism and plan for the 2014 convention in Vancouver. Vancouver is the center of oil pipeline protests with "idle no more" activism, so we will have a host of researchers to invite. Suggested keynotes already proposed so far include those from an interdisciplinary range of scientists at the David Suzuki Foundation. At our business meeting you will also find out the winner of this year's second Robert Sommer Award. And, we will discuss the lofty goals of market outreach strategies to boost both our membership and our financial margin. We will discuss promotional contests for members. For example, every 3 people you help enroll for 2013-14 will enter you into a draw for promotional items such as environmental psychology lapel pins, tie clips, or cloth environmental psychology grocery bags. You help decide. We are an active and globally significant section with so much going on... but we need increased exposure by engaging the scientific, public, and corporate sectors.

Finally, please consider how you can raise the profile and get more involved with our environmental psychology Section. Contact us with your ideas so we can involve you further in the environmental community -- and forward this newsletter to your students, colleagues, and corporate sponsors as an incentive to get them 'involved, engaged and enrolled.'

I'm looking forward to meeting you in Quebec City. Come introduce yourself and help steer our section forward.

Meegwetch, Charlotte Young





# 2012 CPA Convention Highlights

*The EP Section in Halifax, Nova Scotia*

One of our keynote speakers at last year's CPA convention was Peter Duinker, Director of the School for Resource and Environmental Studies at Dalhousie University. He spoke about "What Canadians Value About Urban Forests, and Why That Matters." For those of you who attended, perhaps you took part in his tour of Point Pleasant Park.

After the park was decimated in 2003, Peter's research was essential in its recovery. Indeed, the City of Fredericton, the City of London, the Halifax Regional Municipality, Ekistics Ltd., the

Manitoba Forestry Association, and the Tree Canada Foundation took an interest in his research to better understand the situation.

If you would like to find full details on the research Peter presented, the following will come in handy:

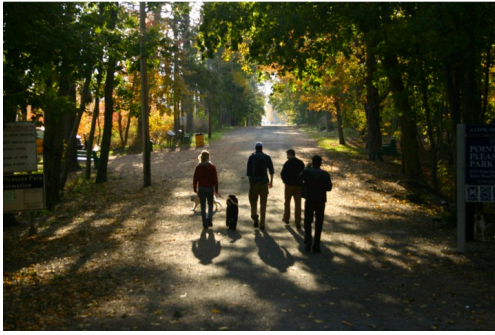
Peckham, S. C., Duinker, P. N., & OrdóZez, C. (Accepted). Urban forest values in Canada: Views of citizens in Calgary and Halifax. Urban Forestry and Urban Greening.

Duinker, P., OrdóZez, C., Steenberg, J., Diduck, J., Cushing, S., Peckham, S., Beckley, T., & Sinclair, J. (March/April, 2013). What do Canadians value about trees in the city? Ontario Arborist.

HRM Urban Forest Planning Team. (2012). Halifax Regional Municipality Urban Forest Master Plan. Halifax Regional Municipality, Halifax, NS. [www.halifax.ca/RealPropertyPlanning/UFMP/index.html](http://www.halifax.ca/RealPropertyPlanning/UFMP/index.html)

Canadian Urban Forest Research Group. (2013). In Support of Trees in the City: A Message for Policy People in Canada. CUFRG, School for Resource and Environmental Studies, Dalhousie University, Halifax, Canada. Available at: [www.canadianurbanforest.ca](http://www.canadianurbanforest.ca)

## Walkers in Point Pleasant Park



## Point Pleasant Park in the Afternoon

*Courtesy of Peter Duinker*

Another speaker was Jennifer Veitch, PhD, whom many of you know as past-Chair of our section. She spoke about "Views from Home: Issues for Sustainable Housing." The abstract is as follows:

"A substantial body of psychological investigation shows that exposure to natural scenes and places can aid in restoration from stressful experiences. The phenomenon appears to apply across settings, with investigations having taken place in hospitals, university laboratories, offices, and homes; it also applies across exposure modalities, with the nature view having been presented in the form of photographic slides, views through windows, and immersion in a natural environment. The benefits are physiological, behavioural, and affective. At least three theories have been proposed to explain these benefits: Kaplan's Attention Restoration Theory; Wilson's biophilia hypothesis; and Isen and Baron's positive affect theory. This presentation will briefly summarize the literature on the restorative benefits of nature near home environments. A case can be made for increasing the nature exposure obtained from residential buildings as part of providing a healthful home environment, but successfully implementing this recommendation in sustainable housing will require interdisciplinary cooperation with the building sciences. The presentation will summarize some of the cross-disciplinary issues with an emphasis on identifying the puzzles that await further research."

## Environmental Psychology-Related Conferences in 2013

**The Environmental Design Research Association (EDRA) Annual Conference**

When: May 29th to June 1st, 2013

Where: Providence, Rhode Island

Website: <http://www.edra.org/content/edra44providence>

**The Behavior, Energy and Climate Change (BECC) Conference**

When: November 18th to November 20th, 2013

Where: Sacramento, California

Website: <http://beccconference.org>



## Section Members in NS Fun at CPA 2012

*Courtesy of Charlotte Young*

The complete report on which this convention presentation was based is available on the NRC web site at: <http://dx.doi.org/10.4224/20375039>. The report was recognized by the Illuminating Engineering Society of North America as representing an advance in the field, and included in its 2012 Progress Report.

Since the convention, short articles about this work have been published in three industry-focused venues:

- NRC newsletter Construction Innovation: <http://www.nrc-cnrc.gc.ca/eng/ci/v17n3/4.html>
- A magazine called Solplan Review, that concerns energy-efficient residential construction
- A magazine called Lighting Design + Application, focused on lighting designers and the lighting industry

Jennifer also gave a one-hour webinar about the report, sponsored by Osram Sylvania. You can see and hear the presentation at OSRAM Solutions - Daylight and View are Mostly Good for Us (December 6, 2012).



*Courtesy of Charlotte Young*

With respect to future research, Jennifer reports that other versions of this work will be presented at conferences in 2013, "each with a slightly different slant on the content. I am hopeful that it will be useful to a group in the International Commission on Illumination that will soon begin work on the first consensus-based document describing why windows and view are important and necessary parts of buildings; this would be a counterpoint to arguments that windows should be small to promote energy-efficient building envelopes."

Last, a pat on the back goes to Christine Kormos, PhD Candidate at UVIC, for winning the 2012 Robert Sommer Award! The 2013 award winner will be announced at our section's business meeting.

**American Psychological Association Annual Convention**

When: July 31st to August 4th, 2013

Where: Honolulu, HA

Website: <http://www.apa.org/convention/index.aspx>

**The 10th Biennial Conference on Environmental Psychology**

When: September 22nd to 25th, 2013

Where: Magdeburg, Germany

Website: [www.envpsycon.ovgu.de](http://www.envpsycon.ovgu.de)

# In the Field

*Environmental psychology is applied and interdisciplinary. Requests made of our members from the 'field' come often and are always welcome!*

Sometimes people from the private sector, government, and other agencies contact our section for advice and information. Just in case you missed some of these requests on the listserv, here's a wee recap.

In April, an RCMP detachment commander in Saskatchewan contacted a few of our section members individually concerning a new school being built in Regina. The architecture firm working on the project, as well as the RCMP, wanted to take the initiative in influencing the school's design so that it might contribute to a reduction in theft and incidents of break and enter. Thanks to those who responded to this fellow – three cheers for Crime Prevention Through Environmental Design! Sorry for the personal plug, but if you care to read a semi-personal blog about this topic, check out mine for *Psychology Today* magazine:

<http://www.psychologytoday.com/blog/ienvironment/201304/thinking-about-crime-prevention-through-environmental-design>

In similar news, our Chair, Charlotte Young, has recently been fielding inquiries about her social impact assessment (SIA) research (assisted by Dr. Craig Leth-Steensen, Carleton University) concerning how a particular green building policy is detrimental to Aboriginal and

Canadian forested communities. Also, this year "The Dark Side of Green Building" was picked up by the President and CEO of Sustainable Forestry Initiative Inc. who was interested to leverage it with the U.S. Green Building Council to build an international case against LEED. The Canadian Institute of Forestry expressed interest to have this published in their Forestry Chronicle. Journalists from the National Post also wish to talk further. Research results indicate how 80% of legislated, timber resources certified under a different wood branding are rejected for credit in LEED green building construction. In this work, a jurisdiction map of Canada's 321 forest communities was produced, including 700 Aboriginal forested communities that have been negatively affected by a social policy that could interfere with their functional livelihood.

This kind of interest from commercial entities is great for growing awareness about environmental psychology research. The study was previously presented at the CPA convention in Winnipeg, and at a science policy symposium on public science in Canada called Strengthening Science to protect Canadians.

## You're Researching What?!

We thought it would be neat to include a section describing work that is a bit off-beat, controversial, or different in some way. Perhaps you've done a study where the methodology caused an unintended reaction -- or maybe you found something opposite to what you thought. The options are endless for this wee section, so let us know if you have any experiences that are atypical, not the norm, or just plain cool!

## Funded Work Opportunities for Students

Sarah Wolfe, from the University of Waterloo, has some great funding opportunities for students in the area of environmental psychology. She is recruiting graduate students to begin in September 2013 in the Department of Environment and Resource Studies at the University of Waterloo. Funding is available for (potentially) two students to conduct water research related to, and compatible with, issues of environmental psychology. The links below list all jobs available in the department; Sarah's positions are listed in the middle as "Water and Society."

[https://uwaterloo.ca/environment-resource-studies/sites/ca.environment-resource-studies/files/uploads/files/Graduate%20Positions%20available%20for%20Fall%202013\\_6.pdf](https://uwaterloo.ca/environment-resource-studies/sites/ca.environment-resource-studies/files/uploads/files/Graduate%20Positions%20available%20for%20Fall%202013_6.pdf)

## Newsletter Submissions

Written submissions – including notices of upcoming events, calls for papers, commentaries, short articles, book reviews, recent publications, teaching, research, and practitioner news – are all welcome. Send submissions to Lindsay McCunn @ [lindsayjmccunn@gmail.com](mailto:lindsayjmccunn@gmail.com)

## EP Section Website

<http://www.cpa.ca/aboutcpa/cpasections/environmentalpsychology/>

**If you are interested in getting involved with the section, please contact our Chair, Charlotte Young, at [c.young@videotron.ca](mailto:c.young@videotron.ca)**

## CPA Convention Info

June 13th to June 15th, 2013 in Quebec City, Quebec (<http://www.cpa.ca/convention/>)

For up-to-date information, locations, and times of all of our section's events, symposiums, and poster presentations (as well as everything else going on at the Convention) download the app for your computer, tablet, or smart phone (<http://www.cpa.ca/App/>).

# CPA Convention 2013

*A Snapshot of EP Section Events*



**Poster | 2013-06-13 11:00-12:55 Quebec City Convention Centre Room 200AB**

EFFECT OF EXPOSURE TO NATURE AND STRESS ON DIASTOLIC AND SYSTOLIC BLOOD PRESSURE, AS MODERATED BY THE PERSONALITY TRAIT OF OPENNESS: *Maxine R Crawford, UBC; Mark D Holder, UBC*

**Poster | 2013-06-13 11:00-12:55 Quebec City Convention Centre Room 200AB**

FACING UP TO UNWANTED TRUTHS: EDUCATING PEOPLE ABOUT THEIR PERSONAL CAUSAL ROLE IN CLIMATE CHANGE CAN BACKFIRE: *Monica El Gamal, Wilfrid Laurier University; Anne Wilson, Wilfrid Laurier University*

**Poster | 2013-06-13 11:00-12:55 Quebec City Convention Centre Room 200AB**

ENCOURAGING PRO-ENVIRONMENTAL BEHAVIOUR: THE INFLUENCE OF GOAL FRAME AND SELF-DETERMINED MOTIVATION: *Tricia Lawrie, University of Regina; Katherine Arbuthnott, Campion College at University of Regina*



**Poster | 2013-06-13 11:00-12:55 Quebec City Convention Centre Room 200AB**

DOES SELF-EFFICACY MEDIATE THE RELATIONSHIP BETWEEN SPATIAL DISTANCE, ENVIRONMENTAL CONCERN, AND NATURE RELATEDNESS?: *Stephanie Pineau, Carleton University; John Zelenski, Carleton University*

**Poster | 2013-06-13 11:00-12:55 Quebec City Convention Centre Room 200AB**

PROMOTING REUSABLE COFFEE MUG USE THROUGH MESSAGE FRAMING: THE LUG-A-MUG STUDY: *Mihnea Voloaca, University of Ottawa; Veronika Huta, University of Ottawa; Luc G Pelletier, University of Ottawa; Nicole N Aitken, University of Ottawa*

**Section Keynote | 2013-06-13 15:00-15:55 Quebec City Convention Centre Room 206B**

PLANNING WITH SMORES - TRANSITIONING TO A LOW CARBON COMMUNITY: *Kenneth Church, Natural Resources Canada*

**Section Annual Meeting | 2013-06-13 16:00-16:55 Quebec City Convention Centre Room 206B**

ENVIRONMENTAL PSYCHOLOGY BUSINESS MEETING: *Charlotte Young, Natural Resources Canada, Canadian Forest Service*

**Reception | 2013-06-13 17:00-17:55 Quebec City Convention Centre Room 206B**

INVITED ADDRESS: MANUEL RIEMER, WILFRID LAURIER U; ADA LOCKRIDGE: AAMJIWNAANG FIRST NATION HEALTH AND ENVIRONMENT COMMITTEE; ENVIRONMENT, AND JUSTICE: FROM CONSCIOUSNESS TO ACTION: *Manuel Riemer, Wilfrid Laurier University*

**Symposium | 2013-06-14 13:30-14:55 Quebec City Convention Centre Room 205B**

COSTS AND BENEFITS: THE LINKS OF ENVIRONMENTAL PROTECTION AND EXPERIENCE TO MOTIVATION, VALUES, AND WELL-BEING: *Nicole M. Aitken, University of Ottawa*

**Symposium | 2013-06-14 15:30-16:55 Quebec City Convention Centre Room 2103**

ADVANCES IN ENVIRONMENTAL PSYCHOLOGY: *Robert Gifford, University Of Victoria*

**Symposium | 2013-06-15 11:30-12:55 Quebec City Convention Centre Room 204A**

ENGAGING YOUNG PEOPLE INTERNATIONALLY IN ENVIRONMENTAL ACTIONS: THE YOUTH LEADING ENVIRONMENTAL CHANGE PROJECT: *Manuel Riemer, Wilfrid Laurier University*