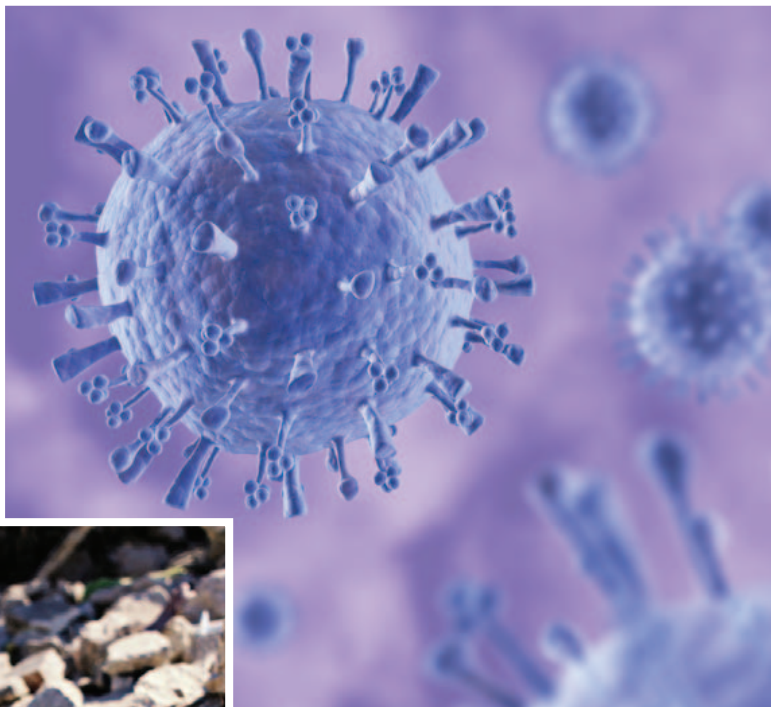


PSYNOPSIS



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**Advancing Psychology's Role in
Emergency Preparedness & Response**

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Disaster Response Networks

Ester Cole, Ph.D., Chair, OPA/DRN Committee; Canadian representative APA/DRN Advisory Committee

The recent Chilean mine disaster has received international media attention and daily news coverage. The 33 Chilean flags posted outside the mine are a symbolic reminder of the 33 human beings discovered alive, trapped 2,300 feet underground. Reports indicate that it could take 3 to 4 months before they can be rescued. The unforgiving environmental conditions will become exacerbated by the unimaginable task of having to clear the heavy falling rocks and debris resulting from the rescue operation.

Psychologists and disaster responders have provided expert interviews related to the mental health, and survival challenges faced by the miners. Snapshots of interviews included themes related to: coping with isolation and confinement underground; PTSD; group dynamics; the impact of darkness on mood, behaviour, sense of time and helplessness; the need for structure; emerging natural leadership; and stress management and resilience. The connections to the outside world, especially with families and mental health support staff, have been highlighted as a golden thread to optimism and hope for survival (see North, 2010). Regrettably, too many international disasters in recent times have called for intervention. Psychologists in international emergencies, for example, offer information, consultation, training, and collaboration with service providers in the affected regions (APA, 2008).

The day-to-day uncertainties experienced by loved ones in the Chilean catastrophe should not be overlooked in the rescue process. APA's ongoing Resilience Campaign (2010) includes recommendations that may help those on the surface: make connections; avoid seeing crises as insurmountable problems; move toward realistic goals; take actions; maintain a hopeful outlook; volunteer; and take care of yourself. Work by volunteers in this field has been invaluable to communities, yet generally underreported.

In Canada, several psychology organizations have contributed to the field of emergency response. CPA has been the

Secretariat and Co-Chair for the National Emergency Preparedness Advisory Consortium (NEPAC) since 2009. It is a non-governmental voluntary consortium of stakeholders with expertise and interest in emergency psychosocial planning. Its mandate is to serve as a pool of expertise to advice, support, collaborate, champion and provide resources on psychosocial preparedness in emergency or disaster to communities and decision-makers across all levels and sectors. See CPA's website (<http://www.cpa.ca/practice/emergency-preparednessandresponse>) as well as this issue of Psynopsis for additional information about NEPAC and CPA's involvement in various emergency response activities.

In November 2009, four Canadian Psychologists (representing Alberta, British Columbia, Manitoba, and Ontario) participated in a DRN State, Provincial, and Territorial Coordinators meeting in Houston, Texas. The two-day assembly addressed topics related to different DRN program styles and sizes; self-care; ethical issues; cultural awareness; opportunities for growth among disaster survivors and those they help; and developing partnerships. For the Canadian coordinators, it provided an opportunity to meet face-to-face, and forge relationships. APA participants attended our panel session: *Learning from our Northern Neighbours: Canadian Disaster Response Network*.

OPA's Disaster Response Network (DRN) provides another example of networking in this area. Its multi-year partnership with the Canadian Red Cross focuses on exchange of information, training, and consultation. The core DRN goals focus on:

- coordination and provision of pro bono services to communities impacted by disaster and/or crisis situation(s);
- the dissemination of information and access to DRN mental health training for OPA members;
- support of members in their provision of disaster response services;
- upholding professional standards regarding disaster mental health care; and
- collaboration with other organizations providing disaster relief services and short-term volunteer interventions.

The Committee organized professional development workshops on relevant topics such as *The Effect of War on Veterans and Their Families after Deployment*, and *Mental Health Services in Disaster Response: A Proactive Approach with Defined Populations*. These types of gatherings continue to provide opportunities for attendees to expand their network with colleagues, graduate students, and staff from emergency services. OPA members continue to update their volunteer information questionnaire for the Association. Each year, volunteers are encouraged to contact the local branch of the Ontario Red Cross for training sessions, and attend a First Aid Course. Members are asked to notify the Association office about their local training. A copy of the Memorandum of Understanding between OPA and the Canadian Red Cross is available to the membership.

The OPA/DRN website information is available and updated regularly. The website contains links to other resources on disaster response literature, PowerPoint presentations, new publications, and helpful services. For example, the APA Deployment Kit, and a document on communicating with children in times of traumatic events have been posted. The committee welcomes new members, and plans to strengthen its agenda for effective channels of consultation in times of need.

The above are but a few examples of psychologists' ongoing volunteer activities with DRN. Together with others, I look forward to reading in Psynopsis documented qualitative narratives and research outcomes in the emergency response field.

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Overview of CPA's Involvement in National Emergency Response Activities

Lisa Votta-Bleeker, Ph.D.
Associate Executive Director, CPA

CPA has a long history of involvement in emergency responding in Canada and abroad (tsunami, H1N1, earthquake in Haiti, SARS), as well as active membership on a number of national emergency response files. For example:

National Emergency Psychosocial Advisory Consortium (NEPAC)

NEPAC's mandate is to serve as a pool of expertise to support, collaborate, champion and provide advice and resources on psychosocial preparedness in an emergency or disaster to the public, communities, health professionals, administrators and decision-makers across all levels and sectors. CPA continues to be the Secretariat and co-Chair for NEPAC which meets monthly via teleconference. In this role, CPA developed and posted documents on coping with concerns about H1N1 and the Earthquake in Haiti.

Council of Emergency Voluntary Sector Directors (CEVSD)

CPA sits on CEVSD, which provides leadership, advice, support, guidance, and formulates recommendations to ensure efficiency, effectiveness, and consistency in the provision of emergency health and emergency social services within Canada. CEVSD is exploring the linkages it can develop with other emergency response sectors. One of the key objectives for the group is to highlight the need for and ways to sustain emergency response among the voluntary sector. CPA will work with other members of the Council to highlight the need for psychosocial planning, particularly the role of psychologists as both mental health professionals and individuals interested in being a volunteer.

CPA Emergency Preparedness Survey of Psychologists and Associations

In 2008, CPA created two emergency preparedness surveys which we launched in April 2009. One was directed towards the provincial/territorial associations to find out about their role in organizing and facilitating psychological emergency response. The second survey was directed to practitioners. The goal of the surveys is to find out who is doing what, what if any training needs there are to provide this kind of service, and to see if there is a need or role for the associations in organizing or facilitating service. The survey was launched via the following: CPA news, CCDP, ACPRO and CPAP. Preliminary findings from the survey were presented at CPA's 2010 Convention. For a final report of the survey results see [http://www.cpa.ca/cpasite/userfiles/Documents/Emergency%20Preparedness/CPA_Emergency_Survey_Final_Report_EN\(1\).pdf](http://www.cpa.ca/cpasite/userfiles/Documents/Emergency%20Preparedness/CPA_Emergency_Survey_Final_Report_EN(1).pdf).

Liaisons with the Public Health Agency of Canada (PHAC)

CPA attends PHAC's annual national forum on emergency preparedness and response. This year's forum is being held October 13-14, 2010 in Fredericton, New Brunswick.

CPA also participated in regular teleconferences arranged by PHAC to provide updates on the status, treatment and government response to H1N1. During these teleconferences, CPA spoke to the need for consideration of psychosocial planning and potential impacts of H1N1 on Canadians' mental health. CPA also provided feedback during an evaluation of PHAC's and Health Canada's response to the 2009-2010 H1N1 pandemic in Canada.

Document Development and External Document Review

In addition to the documents developed through NEPAC, in the past, the CPA:

- consulted on the development of a document on coping with H1N1 developed by the Canadian Medical Association (CMA)
- worked with the Mental Health Support Network to develop information pamphlets for Canadians on coping with SARS
- worked with the Mental Health Support Network to develop a series of pamphlets published by the Public Health Agency of Canada on coping with stressful life events.

CPA has also been asked to review a number of documents developed by external agencies. These include:

- Educational programs geared to youth (*Expect the Unexpected, Facing Fear* and *Bug Out: Get the Facts on Germs!*) that were developed by the Canadian Red Cross.
- A resource guidebook developed by the Public Health Agency of Canada – *Flu Season and the Most Vulnerable People: Preparing Your Organization, Staff, Volunteers and Clients for Seasonal and Pandemic Flu*.
- A report developed by the Public Health Agency of Canada that looked at marginalized populations and pandemic planning: *Issues in Pandemic Influenza Responses for Marginalized Urban Populations Final Report*.
- As an Advisory Committee member, CPA contributed to the development of a Psychosocial Annex to Canada's pandemic response plan.

Via these activities, CPA has endeavored to bring attention to three specific areas:

- the role and importance of psychologists and psychological services in the aftermath of an emergency/disaster;
- the skill set of psychologists in offering information, consultation, training and collaboration with service providers (e.g.,

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Réseaux d'intervention en cas de désastre (DRN)

Ester Cole, Ph.D., présidente, Comité OPA/DRN; représentante canadienne au Comité consultatif de l'APA/DRN

Le désastre minier qui s'est produit récemment au Chili a reçu une attention médiatique internationale et une couverture quotidienne dans les bulletins de nouvelles. Les 33 drapeaux chiliens à l'extérieur de la mine sont un rappel symbolique des 33 humains qui ont eu la vie sauve, mais qui restent emprisonnés à 2 300 pieds sous terre. Les rapports indiquent qu'il pourrait falloir de trois à quatre mois avant de pouvoir les rescaper. Les conditions environnementales qui ne pardonnent pas seront amplifiées par la tâche inimaginable d'avoir à nettoyer les roches et les décombres qui s'écrouleront au cours des opérations de sauvetage.

Les psychologues et les intervenants en situations de désastre ont donné des entrevues d'expert relativement à la santé mentale et aux défis de survie que doivent relever les mineurs enfouis. Des instantanés d'entrevues portent notamment sur des thèmes comme : la gestion de l'isolement et du confinement sous la terre, le TSPT, la dynamique de groupe, l'impact de la noirceur sur l'humeur, le comportement, le sens du temps et l'état de détresse, la nécessité d'une structure, l'émergence du leadership naturel et la gestion du stress et la résilience. Les rapports avec le monde extérieur, particulièrement avec les familles et le personnel de soutien de la santé mentale, ont été soulignés comme le rayon de soleil qui apporte optimisme et espoir de survie (voir North, 2010). Il est regrettable qu'un trop grand nombre de désastres partout dans le monde au cours des dernières années ont dû faire appel à une intervention d'aide. Les psychologues qui s'occupent de situations d'urgence internationales, par exemple, offrent de l'information, des services de consultation et de formation ainsi que leur collaboration avec les fournisseurs de services dans les pays éprouvés (APA, 2008).

Les inquiétudes au quotidien qu'éprouvent les êtres chers dans la catastrophe au Chili ne devraient pas être laissées pour compte dans le processus de sauvetage. La campagne d'information sur la résilience de l'APA qui est en cours (2010) comporte des recommandations qui pourraient aider ceux qui attendent à la surface : entrer en contact, éviter de voir des crises comme des problèmes insurmontables, se donner des objectifs réalistes, agir, ne pas perdre espoir, se porter bénévole et prendre soin de soi-même. Le travail des bénévoles dans ce domaine a été inestimable pour les collectivités, mais n'a pas été souligné de manière générale.

Au Canada, plusieurs organismes de psychologie ont contribué au domaine de l'intervention en situation d'urgence. La SCP s'est occupée du secrétariat et a coprésidé le consortium consultatif sur l'état de préparation en cas d'urgence nationale (NEPAC) depuis 2009. Il s'agit d'un consortium d'intervenants bénévoles non gouvernemental qui a des compétences et un intérêt dans la planification psychosociale dans des situations d'urgence. Son

mandat est de servir de bassin d'expertise pour conseiller, soutenir, collaborer, se faire le champion et fournir les ressources sur l'état de préparation psychosociale dans des situations d'urgence ou de désastre aux collectivités et aux preneurs de décisions de tous les horizons. Voir le site Web de la SCP (<http://www.cpa.ca/practice/emergencypreparednessandresponse>) ainsi que le numéro de Psynopsis pour de l'information additionnelle au sujet du NEPAC et de l'engagement de la SCP dans diverses activités d'intervention en cas d'urgence.

En novembre 2009, quatre psychologues canadiens (représentant l'Alberta, la Colombie-Britannique, le Manitoba et l'Ontario) ont participé à une réunion des coordonnateurs d'État, provinciaux et territoriaux de DRN à Houston, au Texas. La réunion de deux jours a porté sur des sujets relatifs à différents styles et tailles de programme de DRN, les soins auto-administrés, les questions d'éthique, la sensibilité culturelle, les occasions de croissance chez les survivants à des désastres et ceux qu'ils aident et la création de partenariats. En ce qui concerne les coordonnateurs canadiens, cette réunion a donné une occasion de se rencontrer face à face et de tisser des relations. Les participants de l'APA ont assisté à notre séance en panel : *Learning from our Northern Neighbours: Canadian Disaster Response Network*.

Le réseau d'intervention en cas d'urgence (DRN) de l'Ontario Psychological Association (OPA) représente un autre exemple de réseautage dans ce domaine. Son partenariat depuis plusieurs années avec la Croix-Rouge canadienne se concentre sur l'échange d'information, la formation et la consultation. Les objectifs de base du DRN se concentrent sur :

- la coordination et la prestation de services gratuits aux collectivités touchées par un désastre et/ou une situation de crise;
- la diffusion de l'information et l'accès à la formation en santé mentale par le DRN aux membres de l'OPA;
- le soutien des membres dans la prestation des services de secours aux sinistrés;
- le maintien de normes professionnelles au sujet de soins de santé mentale au cours d'une situation de désastre;
- la collaboration avec d'autres organismes dans la prestation de services de secours aux sinistrés et des interventions bénévoles à court terme.

Le Comité a organisé des ateliers de perfectionnement professionnel sur des sujets relatifs à la santé mentale intitulés par exemple *The Effect of War on Veterans and Their Families after Deployment and Mental Health Services in Disaster Response: A Proactive Approach with Defined Populations*. Ces types de réunions continuent de fournir des occasions aux participants d'agrandir leur réseau avec des collègues, des étudiants diplômés et du personnel de services d'urgence. Les membres de l'OPA continuent de mettre à jour leur questionnaire d'information sur

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Aperçu de l'engagement de la SCP dans les activités d'intervention d'urgence nationale

Lisa Votta-Bleeker, Ph.D., Directrice générale associée, SCP

La SCP a une longue histoire d'engagement dans l'intervention d'urgence au Canada et à l'étranger (tsunami, H1N1, tremblement de terre à Haïti, SRAS), ainsi qu'elle a été un membre actif dans un certain nombre de dossiers d'intervention d'urgence nationale. Par exemple :

Consortium consultatif psychosocial sur les situations d'urgence nationales (NEPAC)

Le NEPAC a pour mandat de constituer un bassin de compétences permettant de conseiller, de soutenir, de collaborer, de parrainer et de fournir des ressources sur l'état de préparation psychosociale en cas d'urgence ou de catastrophe publique, à l'intention des collectivités, des professionnels de la santé, des administrations et des preneurs de décisions à tous les paliers et dans tous les secteurs. La SCP continue d'être le secrétariat et de coprésider le NEPAC qui se rencontrent mensuellement par téléconférence. Dans ce rôle, la SCP a élaboré et publié des documents sur la gestion des préoccupations au sujet du H1N1 et le tremblement de terre à Haïti.

Conseil des directeurs du secteur bénévole d'urgence (CEVSD)

La SCP siège au CEVSD, qui fournit du leadership, des conseils, du soutien, de l'orientation et formule des recommandations afin d'assurer l'efficacité, l'efficacité et l'uniformité dans la prestation de services de santé et sociaux d'urgence au sein du Canada. Le CEVSD explore les liens qu'il peut tisser avec d'autres secteurs d'intervention d'urgence. L'un des principaux objectifs du groupe est de mettre en lumière le besoin et les façons de soutenir l'intervention en cas d'urgence dans le secteur bénévole. La SCP entend travailler avec d'autres membres du Conseil pour mettre à jour le besoin de planification psychosociale, particulièrement le rôle des psychologues en tant que professionnels de la santé mentale et personnes intéressées au bénévolat.

Enquête de la SCP sur l'état de préparation à l'intervention en cas d'urgence des psychologues et des associations

En 2008, la SCP a créé deux enquêtes sur l'état de préparation à l'intervention en cas d'urgence qui ont été lancées en avril 2009. L'une s'adressait aux associations provinciales/territoriales et visait à déterminer leur rôle dans l'organisation et la facilitation de l'intervention d'urgence sur le plan de la psychologie. La deuxième enquête s'adressait aux praticiens. Le but des enquêtes est de déterminer qui fait quoi, quels sont les besoins de formation pour fournir ce genre de service et déterminer le besoin ou le rôle des associations dans l'organisation ou la facilitation des services. L'enquête a été publiée dans les

nouvelles SCP, et diffusée par le CCDP, l'AOCRCP et le CSPP. Les résultats préliminaires de l'enquête ont été présentés au congrès de la SCP de 2010. Pour obtenir un rapport final des résultats de l'enquête rendez-vous à l'adresse :

[http://www.cpa.ca/cpsite/userfiles/Documents/Emergency%20Preparedness/CPA_Emergency_Survey_Final_Report_EN\(1\).pdf](http://www.cpa.ca/cpsite/userfiles/Documents/Emergency%20Preparedness/CPA_Emergency_Survey_Final_Report_EN(1).pdf).

Liaisons avec l'Agence de santé publique du Canada (ASPC)

La SCP assistera au forum national annuel de l'ASPC sur l'état de préparation et de l'intervention en cas d'urgence. Le forum de cette année aura lieu les 13-14 octobre 2010 à Fredericton, au Nouveau-Brunswick.

La SCP a aussi participé aux téléconférences régulières organisées par l'ASPC pour fournir des mises à jour sur l'état, le traitement et la réponse du gouvernement à la grippe H1N1. Au cours de ces téléconférences, la SCP a parlé du besoin de considérer la planification psychosociale et les impacts potentiels de la grippe H1N1 sur la santé mentale des Canadiens. La SCP a aussi fourni une rétroaction au cours d'une évaluation de l'ASPC et de la réponse de Santé Canada à la pandémie de H1N1 en 2009-2010 au Canada.

Élaboration de document et examen de document externe

En plus des documents élaborés par le NEPAC, dans le passé, la SCP a :

- été consulté sur l'élaboration d'un document sur la gestion du H1N1 élaboré par l'Association médicale canadienne (AMC);
- travaillé avec le Mental Health Support Network pour élaborer des brochures d'information à l'intention des Canadiens sur la façon de faire face au SRAS;
- travaillé avec le Mental Health Support Network pour élaborer une série de brochures publiées par l'Agence de santé publique du Canada sur la façon de gérer les événements stressants de la vie.

On a aussi demandé à la SCP d'examiner un certain nombre de documents élaborés par des organismes externes. Notamment :

- Les programmes d'éducation axés sur la jeunesse (*Prévoir l'imprévisible, Vaincre la peur et Abats les microbes : les faits sur les germes!*) qui ont été élaborés par la Croix-Rouge canadienne.
- Un guide de ressources élaboré par l'Agence de santé publique du Canada – « *Flu Season and the Most Vulnerable People: Preparing your Organization, Staff, Volunteers and Clients for Seasonal and Pandemic Flu* ».

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Intervention d'urgence

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- Un rapport élaboré par l'Agence de santé publique du Canada qui a examiné les populations marginalisées et la planification d'une pandémie : *Issues in Pandemic Influenza Responses for Marginalized Urban Populations Final Report*.
- À titre de membre du Comité consultatif, la SCP a contribué à l'élaboration d'une annexe psychosociale au plan d'intervention d'urgence en cas de pandémie au Canada.

Par le biais de ces activités, la SCP a tenté d'attirer l'attention sur trois domaines particuliers :

- le rôle et l'importance des psychologues et des services psychologiques dans la foulée d'une situation d'urgence/désastre;
- l'ensemble de compétences des psychologues dans l'offre d'information, de consultation, de formation et de collabo-

ration avec les fournisseurs de services (p. ex. la formulation et l'évaluation des composants comportementaux dans les plans d'intervention d'urgence/en cas de sinistre) dans les régions touchées;

- attirer l'attention sur le besoin de planification/réponse psychosociale dans la planification d'urgence/en cas de désastre.

La SCP entend continuer son engagement dans ces activités et ces dossiers nationaux. Le but de la SCP dans les discussions avec ces organismes respectifs et le gouvernement fédéral est de fournir de l'information et des services au fur et à mesure des besoins, tout en facilitant un dialogue au sujet de la façon que le Canada répond aux urgences afin de veiller à ce que les personnes obtiennent les services psychologiques dont ils ont besoin de façon désespérée de manière opportune. Allez au site Web de la SCP pour les ressources et les mises à jour continues au sujet des efforts de la SCP dans ce domaine (<http://www.cpa.ca/pratiqueprivee/mesuresetdinterventionsdurgence/>).

Emergency Response

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formulating and evaluating the behavioral components of emergency/disaster response plans) in affected areas; and

- bringing attention to the need for psychosocial planning/responding in emergency/disaster planning.

CPA will continue its involvement with these activities and national files. CPA's goal in discussions with these respective agencies and the Federal Government is to provide information and services if and when called upon, as well as to facilitate a dialogue about the way Canada responds to emergencies in order to ensure people get the psychological services they so desperately need in a timely fashion. Visit CPA's website for resources and ongoing updates on CPA's efforts in this area (<http://www.cpa.ca/practice/emergencypreparednessandresponse/>).

Réseaux d'intervention

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les bénévoles pour l'Association. Chaque année, les bénévoles sont encouragés à communiquer avec la section locale de la Croix-Rouge de l'Ontario pour obtenir des séances de formation et assister à un cours de premiers soins. On demande aux membres d'aviser le bureau de l'Association au sujet des cours de formation qu'ils offrent localement. Les membres peuvent obtenir une copie du protocole d'entente entre l'OPA et la Croix-Rouge canadienne.

L'information sur le site Web de l'OPA/DRN est disponible et mise à jour régulièrement. Le site Web contient des liens à d'autres ressources sur la documentation au sujet des interventions de secours, des présentations PowerPoint, de nouvelles publications et des services utiles. Par exemple, la trousse de déploiement de l'APA et un document sur la communication avec les enfants au cours de périodes d'événements traumatisants ont été publiés. Le comité accueille les nouveaux membres et entend renforcer son programme visant à créer des canaux efficaces de consultation en temps de besoin.

Ce qui précède ne se veut que quelques exemples d'activités bénévoles courantes de psychologues auprès de réseaux DRN. Ensemble avec d'autres, j'espère lire dans Psynopsis des anecdotes qualitatives documentées et des résultats de recherche dans le domaine de l'intervention en cas d'urgence.

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Prospective Memory Touches Every Fact of Psychology

Peter Graf, Ph.D., President, CPA

A large excitedly-chattering group of suitcase-toting tourists, and a mailbox on the sidewalk, required me to step aside and wait a while. After they had passed and I was already at the next cross-walk, I experienced a Homer Simpson “D’oh!” moment: I have stood behind a mailbox for about 30 seconds without remembering the letters in my jacket which I had placed there less than 5 minutes earlier with the express intention of posting them on my walk. How does such a cognitive failure come about? There is no doubt that I saw and was aware of the mailbox, but why did I not recognize it as relevant to the plan I had made just minutes ago? And why did that same plan pop into mind just seconds later, in the absence of any obvious plan-relevant cues?

Questions like these are the fodder and motivators for research aimed at understanding prospective memory. Prospective memory is the ability we use for carrying out plans and promises in the future. Despite our heavy dependence on devices or prosthesis for supporting it — think of sticky notes, day timers, alarm clocks and various other electronic reminder systems, prospective memory remains a mystery. It has been — and continues to be — ignored by mainstream memory research and to this day rarely gets even a mention in Introductory Psychology textbooks, with more specialized texts on memory and cognition giving it at best a few short paragraphs.

The 3rd International Conference on Prospective Memory, which was held in July of this year in Vancouver, brought together nearly 100 scientists from 16 different countries. Their collective contributions showcased new research avenues and methods, a host of breakthrough discoveries, as well as serving to underscore why prospective memory deserves and is likely to receive more prominence in the future.

Prospective memory touches nearly every other facet of psychology and this is one reason why its neglect is not likely to continue forever. Prospective memory has long been recognized as intimately linked to other aspects of cognition, and to affect and volition, and research presented at the conference is now documenting those links. Conference presentations emphasized prospective memory’s connections with attention, with planning and decision making processes, with situational factors including internal and external stressors, with anxiety disorders, with substance abuse problems, as well as with emotions and individual differences. New research is also revealing prospective memory’s development across the lifespan and especially its relevance to our construction of the self and of social relationships.

The recognition that prospective memory is connected with the self is longstanding and has fueled considerable speculation. In the early part of the last century, Arnold Bennett, the author of the 1910 book *How to Live on 24 Hours a Day* made the grim observation that “a failure in an enterprise deliberately

planned deals a desperate wound at one’s self-respect”. (To minimize such wounds, Bennett urged his readers to exercise caution when making and embarking on new plans.) Sigmund Freud also commented on our interpretation of prospective memory successes and failures. In 1952, he wrote that “some persons forget all small promises they have made, leave unexecuted all orders which they have received; they prove themselves unreliable in little things and at the same time demand that we shall not take these slight offences amiss — that is, they do not want us to attribute these failings to personal characteristics” (p. 81).

Especially thought provoking and relevant to mainstream psychology is the more sweeping claim by the philosopher Stanley Munsat who in a 1966 book proposed that people make different interpretations about retrospective memory failures and prospective memory failures. He argued that retrospective memory failures, such as failing to remember the author of a book we read last week or failing to remember the name of a colleague, can be blamed on a faulty memory system and as such are easily forgiven. However, prospective memory failures, such as failing to meet a colleague for coffee or returning a promised review or phone call, are interpreted as character flaws and thus they have more serious and lasting consequences.

Research presented at the Vancouver conference gives substance to the claim that pro- and retro-spective memory failures receive different interpretations.

Like retrospective memory — the focus of mainstream memory research for the past century — which is thought to consist of separable systems such as short-term memory, episodic memory and semantic memory, prospective memory is composed of distinguishable components which have been called monitoring, episodic prospective memory and habitual prospective memory.

Monitoring refers to the ability we use for situation where a plan is held in conscious awareness until it is executed (e.g., we use it for remembering what to say when our turn comes in a conversation), while habitual prospective memory is required for following through with repeated activities such as taking medication according to a prescribed schedule. Episodic prospective memory is the ability we use for carrying out one-off plans (e.g., I will call you tonight at 8 pm) which are not maintained in conscious awareness during the retention interval, that is, for the period between making a plan and executing it. As is the case for retrospective memory, prospective memory research has focused on its episodic component, on questions such as the following: Once a plan has been made, and my attention has turned elsewhere, how does that plan come back to mind at the appropriate time or in the appropriate context? Why do plans sometimes to pop into mind all of the time, including

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La mémoire prospective touche toutes les données factuelles de la psychologie



Peter Graf, Ph.D., président, SCP

Un bon groupe de touristes visiblement excités et qui parlaient abondamment en traînant leurs valises, et une boîte aux lettres sur le trottoir, m'ont obligé de descendre du trottoir et d'attendre qu'ils passent. Après qu'ils ont eu passé et que j'étais déjà rendu à l'autre coin de rue, j'ai éprouvé un de ces moments d'Homer Simpson « D'oh! » : je venais de rester planté debout derrière une boîte aux lettres pendant environ 30 secondes sans me souvenir des lettres que j'avais mises dans ma veste, il y avait moins de cinq minutes plus tôt, dans le but express de les mettre à la poste sur ma route. Comment une défaillance cognitive comme celle-là survient-elle? Il n'y a pas de doute que j'ai vu et que j'étais conscient de la boîte aux lettres, mais pourquoi ne l'ai-je pas reconnue comme faisant partie du plan que je venais de faire quelques minutes auparavant? Et pourquoi est-ce que ce même plan m'est-il revenu à l'idée à peine quelques secondes plus tard, en l'absence de tout indice évident qui aurait pu correspondre à mon intention?

Des questions comme celles-ci alimentent et représentent les motivateurs de la recherche visant à comprendre la mémoire prospective. La mémoire prospective est la capacité que nous utilisons de mener à terme nos intentions et nos promesses dans le futur. Malgré notre forte dépendance sur des appareils ou des prothèses pour les appuyer — pensez aux notes autocollantes, aux agendas, aux alarmes et divers autres systèmes de rappel électroniques, la mémoire prospective demeure un mystère. Elle a été — et continue d'être — ignorée par la recherche dominante sur la mémoire et jusqu'à ce jour n'obtient que rarement une mention dans les manuels d'introduction à la psychologie, les textes plus spécialisés sur la mémoire et la cognition lui donnant au mieux quelques courts paragraphes.

La 3^e conférence internationale sur la mémoire prospective, qui a eu lieu en juillet de cette année à Vancouver, a rassemblé près de 100 scientifiques de 16 pays différents. Leurs contributions collectives ont fait valoir de nouvelles avenues et méthodes de recherche, une myriade de percées en recherche, tout en servant à souligner les raisons pour lesquelles la mémoire prospective mérite qu'on s'y attarde et qu'elle devrait être plus préminente à l'avenir.

La mémoire prospective touche à peu près toutes les autres facettes de la psychologie et c'est la raison pour laquelle elle ne sera pas négligée pour toujours. La mémoire prospective est depuis longtemps reconnue comme étant liée de façon intime à d'autres aspects de la cognition et à l'affect et la volition. La recherche qui a été présentée au congrès documente maintenant ces liens. Les présentations au congrès ont mis l'accent sur le rapport de la mémoire prospective avec les processus d'attention, de planification et de prise de décisions, avec des facteurs situationnels, y compris les stressors internes et externes, avec

les troubles d'anxiété, avec les problèmes de toxicomanie ainsi qu'avec les émotions et les différences individuelles. La nouvelle recherche révèle aussi le développement de la mémoire prospective sur la durée de vie et particulièrement sa pertinence dans notre construction du self et des relations sociales.

La reconnaissance que la mémoire prospective est reliée au self depuis date de longtemps et a alimenté un nombre de spéculations considérables. Au cours du début du dernier siècle, Arnold Bennett, l'auteur du livre de 1910 *How to Live on 24 Hours a Day* en arrivait à une observation assez pessimiste qu'un « échec dans une entreprise planifiée de façon délibérée porte une blessure profonde à l'estime de soi ». (Pour minimiser de telles blessures, Bennett incitait ses lecteurs à user de prudence en faisant et en débutant de nouveaux plans.) Sigmund Freud a aussi commenté notre interprétation des succès et des échecs de la mémoire prospective. En 1952, il a écrit que « certaines personnes oublient toutes les petites promesses qu'elles ont faites, laissent inexécutées toutes les commandes qui ont déjà été reçues; elles se prouvent à elles-mêmes qu'elles ne sont pas fiables dans les petites choses et qu'il ne faudrait pas prendre mal ces petites offenses — c'est-à-dire, qu'ils ne veulent pas que nous leur attribuons ces échecs à des caractéristiques personnelles » (p. 81).

Dans son livre de 1966, le philosophe Stanley Munsat a fait des déclarations qui étaient particulièrement inspirantes et pertinentes pour les courants de psychologie dominants en proposant que les personnes font différentes interprétations sur les défaillances de la mémoire rétrospective et de la mémoire prospective. Il laissait entendre que les défaillances de la mémoire rétrospective, comme ne pas pouvoir se rappeler le nom de l'auteur d'un livre que nous avons lu la semaine précédente ou l'incapacité de se souvenir du nom d'un collègue, peuvent être blâmées sur un système de mémoire fautif et en tant que tel peuvent être facilement pardonnées. Cependant, les défaillances de la mémoire prospective, comme l'oubli de rencontrer un collègue pour prendre un café ou de retourner une évaluation promise ou un appel téléphonique, sont interprétées comme des traits de caractère moins heureux et ont des conséquences beaucoup plus graves et durables.

La recherche présentée au congrès de Vancouver a donné de la substance aux énoncés que les défaillances de la mémoire prospective et rétrospective peuvent être interprétées de façons différentes. Comme la mémoire rétrospective — la concentration de la recherche sur la mémoire prédominante au cours du siècle dernier — qui l'on croit composée de systèmes séparables comme la mémoire à court terme, la mémoire épisodique et la mémoire sémantique, la mémoire prospective est constituée de composants qu'on peut distinguer qui ont été appelés mémoire

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Access to Psychological Service – it is going to take a village

K.R. Cohen Ph.D., C. Psych., Executive Director, CPA

The one issue which psychology practitioners across Canada commonly identify as a concern are the barriers Canadians encounter accessing psychological services. The barriers are chiefly cost and supply – cost because psychological services are not covered by provincial/territorial health care plans and supply because in some areas of the country the number of publicly funded and salaried psychology positions is few and/or has decreased.

Decreases come about through cuts to budgets of publicly funded institutions like hospitals and school boards but also because positions in some sectors (notably education and corrections) remain unfilled. Cuts to positions and unfilled vacant positions are often related. Over at least the past decade, psychology practitioners have increasingly graduated to work in the private rather than public sector. Those of us senior enough to remember hospitals cuts to psychological services in the 1990's (particularly to large hospital centres in Toronto) will recollect the concern and alarm for the viability of professional practice in psychology. Over time, however, conversations and consultations across the country reveal that in the majority, psychology practitioners in private practice are well self-employed with many having waitlists and more work than they can accommodate. A successful private practice affords the practitioner greater autonomy and in many cases income than is possible in a public institutional environment. Consequently, the appeal of a salaried position in some publicly funded organizations and systems – these sometimes contract or unstable positions - has paled over time.

We know, for example, that currently the federal government is specifically targeting three different health care provider groups (psychologists, physicians, nurses) for recruitment across 7 federal departments. In the case of psychology, it isn't just psychology practitioners but also researchers. Those who attended CPA's annual convention in Winnipeg in June may have had occasion to go to the session sponsored by the Federal Health Care Partnership in which a variety of psychologists talked about their work experiences across several federal departments (e.g. Correctional Services Canada, Department of National Defense, Veterans Affairs). The purpose of this session, which may indeed become an annual convention event, was intended to build interest and engagement among psychologists to work for the federal government.

When CPA attended a forum in June 2009 at the invitation of the Ministry of Public Safety, the forum made repeated and specific mention of the need to recruit and retain psychologists in federal corrections. When the Minister asked me how they might recruit and retain more psychologists, I replied simply that they needed to participate in the training of psychologists to help build a correctional expertise (e.g. practice, internships) and they needed to pay them competitively. It is widely known that psychologists working in federal corrections earn less than

those working within other sectors and it is equally known that increasing salary scales seems not to be on any agenda. CPA has been working with the Partnership on ways, outside of salary, to build engagement of psychologists.

On reflection, it appears to be the case that access to psychological services has been negatively impacted by divestments of psychological resources within public institutions in the first place and a lack of incentive for psychologists to return to the public practice environment once they have been successful in autonomous self employment in the second place. Even though most practitioners would agree on the need to make psychological services more accessible to Canadians who could not otherwise afford it, there is not unanimity of opinion on how this should be done.

The issues surrounding access are not entirely straightforward. Many private practice psychologists value the autonomy of private practice – setting their own fee schedules, billing clients directly rather than waiting for payment from a third party etc. If there was better public funding for psychological services, should this funding be available for everyone enrolled in provincial or territorial health insurance plan or should it be means tested? On the one hand, the parity legislation passed by our neighbours to the south makes the important point that we should not differentially cap or fund services for mental health as compared to physical health problems. On the other hand, if there was better funding of psychological services would it really provide better access to those Canadians who would not otherwise have afforded psychological services or would it simply result in funding the services for those Canadians who would have otherwise paid for it out of pocket.

There is increasing amounts of data and precedent in other countries (e.g. Australia, the UK, the US) about the impact of unaddressed and untreated psychological problems on individuals, families, communities, the workplace and society and the value in redressing these by enhancing access to mental health services. Canada needs to take heed of these precedents and look at ways we can better meet the mental health needs of Canadians.

Seventy percent of health care falls within provincial and territorial jurisdiction and advocacy around access must involve, and arguably revolve around, provincial and territorial initiatives. At the same time, thirty percent falls to the Federal Government and these services are provided across the country. In addition, as is the case in medicine and nursing, a profession needs to speak with one voice to have maximum impact. For its part, access to psychological services has been a focus of CPA and provincial/territorial association activity for decades. Important progress has been made. Now, CPA and the newly formed Practice Directorate will combine their efforts to make advocacy the key practice-related advocacy initiative.

CPA will help host a Forum on access to mental health serv-

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Accès au service psychologique – il va falloir un village

K.R. Cohen Ph.D., C. Psych., directrice générale, SCP

L'une des questions que les praticiens en psychologie, d'un bout à l'autre du pays, identifient tous comme une préoccupation sont les obstacles que rencontre la population canadienne pour accéder aux services de psychologie. Ces obstacles sont principalement liés au coût et à l'offre – d'une part, le coût parce que les services psychologiques ne sont pas couverts par les régimes de soins de santé provinciaux/territoriaux et d'autre part, l'offre parce que dans certaines régions du pays le nombre de postes financés par les deniers publics et de salariés n'est pas élevé et/ou a diminué.

Les diminutions proviennent des compressions budgétaires dans les établissements financés par les deniers publics comme les hôpitaux et les conseils scolaires, mais aussi parce que les postes dans certains secteurs (notamment dans le domaine de l'éducation et des services correctionnels) ne sont pas comblés. L'abolition de postes et les postes vacants non comblés va souvent de paire. Au cours de la dernière décennie, les praticiens en psychologie ont de plus en plus préféré le travail dans le secteur privé plutôt que public. Ceux d'entre nous qui ont suffisamment d'ancienneté se souviendront des compressions dans les services de psychologie hospitaliers au cours des années 1990 (particulièrement dans de grands centres hospitaliers de Toronto) et des préoccupations et des inquiétudes que ceci avait soulevé quant à la viabilité de la pratique professionnelle de la psychologie. Mais, avec le temps, les conversations et les consultations partout au pays ont révélé que pour la majorité, les praticiens en psychologie dans la pratique privée se trouvent bien à leur propre compte, plusieurs ayant des listes d'attente et plus de travail qu'ils ne peuvent prendre. Une pratique privée qui a du succès donne au praticien une plus grande autonomie et un revenu plus élevé que dans un milieu institutionnel public. Conséquemment, l'attrait pour les postes de salarié dans un organisme financé par les deniers publics – parfois des postes à contrat ou instables – a pali avec le temps.

Par exemple, nous savons qu'aujourd'hui le gouvernement fédéral a besoin tout particulièrement de membres appartenant à trois groupes de fournisseurs de soins de santé différents (les psychologues, les médecins, les infirmières) dans sept ministères fédéraux. Dans le cas de la psychologie, il ne cherche pas seulement des praticiens en psychologie, mais aussi des chercheurs. Ceux qui ont assisté au congrès annuel de la SCP à Winnipeg en juin pourraient avoir eu l'occasion d'assister à une séance parrainée par le Partenariat fédéral pour les soins de santé où divers psychologues ont parlé de leurs expériences de travail dans plusieurs ministères fédéraux (p. ex Services correctionnels Canada, ministère de la Défense nationale, Affaires des anciens combattants). Le but de cette séance, qui devrait dans les faits devenir un événement annuel au congrès, visait à attiser l'intérêt et l'engagement des psychologues pour le travail dans la fonction publique fédérale.

Lorsque la SCP a participé à un forum en juin 2009, à l'invitation de Sécurité publique Canada, on a fait une mention répétée et précise du besoin de recruter et de conserver des psychologues dans les établissements correctionnels fédéraux. Lorsque le ministre m'a demandé comment il pourrait recruter et conserver un plus grand nombre de psychologues, je lui ai répondu tout bonnement qu'il avait besoin de participer à la formation de psychologues pour aider à construire une expertise dans le milieu correctionnel (p. ex pratique, internats) et qu'il avait besoin de les rémunérer de façon concurrentielle. Il est bien connu que les psychologues qui travaillent dans les services correctionnels fédéraux gagnent moins que ceux qui travaillent dans d'autres secteurs, et il est également connu que l'augmentation dans les échelles salariales ne semble pas être à l'ordre du jour.

Après réflexion, il semblerait que, dans un premier lieu, l'accessibilité aux services psychologiques a été accentuée par le dessaisissement des ressources en psychologie au sein des institutions publiques et qu'en deuxième lieu, un manque d'incitatif parmi les psychologues de revenir au milieu de la pratique dans le secteur public une fois qu'ils réussissent à titre de travailleur autonome. Même si la plupart des praticiens conviennent de la nécessité de rendre les services psychologiques plus accessibles à la population canadienne qui ne pourrait autrement se les payer, il n'y a pas d'unanimité d'opinion sur une façon de le faire.

Ces questions entourant l'accès sont difficile à démêler. Un grand nombre de psychologues dans la pratique privée chérissent l'autonomie de la pratique privée – l'établissement de leurs propres barèmes d'honoraires, la facturation des clients directement, plutôt que d'attendre le paiement d'une tierce partie, etc. S'il y avait un meilleur financement public des services de psychologie, le ce financement devrait-il être offert à tous ceux qui adhèrent à un régime d'assurance de soins de santé provincial ou territorial ou devrait-il être pondéré? En revanche, la législation paritaire passée par nos voisins du sud souligne de façon importante que nous ne devrions pas mettre un plafond ou financer des services de façon différentielle pour la santé mentale, comparativement aux problèmes de santé physique. D'autre part, s'il y avait un meilleur financement des services psychologiques, est-ce qu'il assurerait réellement un meilleur accès à la population canadienne qui autrement ne pourraient pas se payer les services psychologiques ou est-ce que ceci produirait simplement un financement des services pour les Canadiens qui les auraient autrement défrayés.

Soixante-dix pour cent des soins de santé relèvent des administrations provinciales et territoriales et les représentations autour de l'accès doivent engager les initiatives provinciales et territoriales, et on pourrait le soutenir, graviter autour d'elles. Parallèlement, trente pour cent des soins relèvent du gouverne-

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Prospective Memory

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when our attention ought to be focused elsewhere? Why does an obvious cue, such as the mailbox in front of my face, sometimes fail to reactivate a previous intention? What strategies if any are available for improving prospective memory? In view of age-related declines on many planning and decision making tasks, why are older people often better than younger adults at following through with appointments?

For answers or speculations about these and related questions, read the special issue of the Canadian Journal of Experimental Psychology which will showcase contributions from the 3rd International Conference on Prospective Memory.

Mémoire prospective

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de surveillance, mémoire prospective épisodique et mémoire prospective habituelle.

La surveillance renvoie à la capacité que nous utilisons pour une situation où un plan est tenu dans un état de sensibilisation jusqu'à son exécution (p. ex. nous l'utilisons pour nous rappeler ce qu'il faut dire lorsque arrive notre tour dans une conversation), alors que la mémoire prospective habituelle est requise pour suivre les activités répétées comme la prise de médicaments conformément à la posologie. La mémoire prospective épisodique est la capacité que nous avons de mener nos plans à terme (p. ex., je t'appellerai ce soir à 8 h) qui ne sont pas maintenus dans notre cognition consciente au cours d'un intervalle de rétention, c'est-à-dire, pour la période entre faire un plan et l'exécuter. Comme c'est le cas pour la mémoire rétrospective, la recherche sur la mémoire prospective s'est concentrée sur son composant épisodique, sur les questions comme ce qui suit : une fois qu'un plan a été fait et que mon attention se porte ailleurs, comment est-ce que le plan me revient à l'esprit au moment approprié ou dans le contexte approprié? Pourquoi est-ce que les intentions nous reviennent parfois tout le temps dans l'esprit, y compris lorsque notre attention devrait être concentrée ailleurs? Pourquoi est-ce qu'un indice évident, comme la boîte aux lettres qui est devant moi, ne réussit pas parfois à déclencher une intention antérieure? Quelles sont les stratégies, le cas échéant, qu'on peut utiliser pour améliorer la mémoire prospective? À la lumière des déclinés liés à l'âge relativement à des tâches de planification et de prise de décisions, pourquoi les personnes plus âgées réussissent-elles mieux que les jeunes adultes à respecter leurs rendez-vous?

Pour des réponses ou des spéculations au sujet de ces questions et des questions connexes, lisez le numéro spécial de la Revue canadienne de psychologie expérimentale qui rendra compte des contributions de la 3^e conférence internationale sur la mémoire prospective.

Access Service

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ices in Canada and continues to work with Treasury Board on mental health issues in the federal government workplace (see the Head Office update this issue for more details). The Practice Directorate has engaged a government relations firm to help the provinces and territories develop a strategy and messaging around access to service (see the summer issue of Psynopsis and/or contact Dr. John Service through executiveoffice@cpa.ca).

Like most things psychological, issues around access to service are complex and solutions may be many. Change is going to take a village – CPA as the profession's national association, the provincial and territorial associations of psychology, and individual practitioners. Many sleeves are rolled up and we can always use a few more. For any questions or suggestions, please contact Head Office through executiveoffice@cpa.ca.

Accès au service

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ment fédéral et ces services sont fournis partout au pays. En outre, comme dans le cas de la médecine et des soins infirmiers, une profession doit parler d'une seule voix pour avoir un impact optimal. En ce qui concerne la SCP, l'accès aux services de psychologie a été un point de mire et une activité de représentation des associations provinciales/territoriales pendant une décennie. Des progrès importants ont été réalisés. Maintenant, la SCP et la Direction générale de la pratique nouvellement mise sur pied combineront les efforts pour faire en sorte que la représentation est une initiative clé liée à la pratique.

La SCP aidera à organiser un forum sur l'accès aux services de santé mentale au Canada et continuera de travailler avec le Conseil du Trésor sur des questions de santé mentale dans le milieu de travail de la fonction publique fédérale (voir la mise à jour du siège social sur cette question pour de plus amples détails). La Direction générale de la pratique a retenu les services d'une entreprise spécialisée dans les relations gouvernementales afin d'aider les provinces et les territoires à élaborer une stratégie et un même message autour de l'accès au service (reportez-vous au numéro d'été de Psynopsis et/ou communiquez avec D^r John Service à l'adresse executiveoffice@cpa.ca).

Comme la plupart des choses qui touchent à la psychologie, les questions autour de l'accès au service sont complexes et il pourrait y avoir de nombreuses solutions. Le changement aura besoin d'un village – la SCP en tant qu'association nationale de la profession, les associations provinciales et territoriales de la psychologie et les praticiens individuels. Plusieurs ont retrouvé leurs manches et nous pouvons toujours accueillir un plus grand nombre de ces personnes qui nous prêtent main-forte. Si vous avez des questions ou des suggestions, veuillez communiquer avec le siège social à l'adresse executiveoffice@cpa.ca.

K.R. Cohen Ph.D., Executive Director and Lisa Votta-Bleeker Ph.D., Associate Executive Director, CPA

A flagship activity for fall 2010 is CPA's leadership, on behalf of the Mental Health Table (MHT), in hosting a Forum on access to mental health services and supports for Canadians. CPA helped launch the MHT and CPA's Executive Director is Co-Chair of the MHT. The MHT is an alliance of national associations who represent the country's regulated health care providers who are involved or interested in mental health (e.g. nursing, family medicine, psychiatry, psychology, social work, physiotherapy, occupational therapy, pharmacy). In 2010, the MHT was awarded funding from Health Canada for a Forum entitled *Which Doors Lead to Where? How to Enhance Access to Mental Health Service: Barriers, Facilitators and Opportunities for Canadians' Mental Health* and will be held in Ottawa on October 5th and 6th. It will host national and international speakers on such topics as evidence-based care in mental health, consumers' perspectives and demand-based supply, and how to put service together so that the right person gets the right service at the right time and in the right place. There will be approximately 90 delegates from health provider, consumer, government and NGO communities whose small group work, launched by speaker presentations, is intended to come up with an analysis and recommendations about how to provide better access to needed mental health care for Canadians. The proceedings from the Forum, in the form of a report, will be made available to Health Canada and through the CPA website.

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In July 2010, CPA attended the 4th International Congress on Licensure, Certification and Credentialing of Psychologists. It was an opportunity for updates in the regulation of practice from our international partners and to present on our ongoing work on international accreditation with the APA. The slide deck from this presentation can be accessed at http://www.cpa.ca/cpsite/userfiles/Documents/Practice_Page/4thcongreJuly2010noclips.pdf.

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Also in July, CPA attended a meeting, at the invitation of the National Associations Active in Criminal Justice (NAACJ), convened by the Mental Health Commission of Canada on mental health and corrections. CPA, directed by the expertise of the members of its Section on Criminal Justice, raised the following issues:

- The need for psychological intervention in correctional facilities and post release
- Distinctions and needs of those among the correctional population who have committed offences and also have mental health problems and need service for same versus those who are inappropriately housed in correctional facilities and need hospitalization for their mental disorders.

Advocacy, particularly around access to psychological service, is a key activity for psychology across Canada's jurisdictions. Since June 2010, CPA has been in discussion with Treasury Board as concerns their disability management initiatives (articles in the popular press have indicated that 40% of disability claims to the federal pub-

lic service are for mental health conditions) as well as psychological service coverage under extended health benefits plans. Senior staff at Head Office, in consultation with the Practice Directorate and the Ottawa Academy of Psychology, continue to work on this file. Note that the federal government employs approximately 500,000 persons country-wide.

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CPA, through its Executive Director, co-chairs the Health Action Lobby (HEAL). HEAL is a coalition of national health and consumer associations and organizations dedicated to protecting and strengthening Canada's health care system. It represents more than half a million providers and consumers of health care. On behalf of HEAL, CPA helped develop a federal pre-budget brief. Its key messages revolve around health human resource, health information technology and a need for a national continuum of care policy.

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CPA has articulated some concerns regarding the need for improved processes to support the Agreement on Internal Trade (AIT) as it impacts Canada's health professions – concerns shared by several of the country's health care provider groups. For CPA's response to the College of Psychology of Ontario's request for feedback on its AIT-related proposed regulation changes see http://www.cpa.ca/cpsite/userfiles/Documents/Practice_Page/cpo_ait.pdf.

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CPA's Associate Executive Director sits on the Program Advisory Committee for TUTOR-PHC (Transdisciplinary Understanding and Training on Research – Primary Health Care Research). This unique CIHR funded training grant opportunity is targeted at students with an interest in primary health care research, regardless of their home discipline. Psychology students (including graduate students, post-doctoral fellows, mid-career clinicians) are encouraged to apply! Deadline for applications is **October 31, 2010** (program runs from May 2011 to April 2012). For more information on the program, visit <http://www.uwo.ca/fammed/csfm/tutor-phc/>. In addition, visit CPA's website for information on additional funding sources and opportunities for research funding at <http://www.cpa.ca/science/grantingcouncils/researchfunding/>.

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In July 2010, the Government announced its decision to eliminate the mandatory aspect of the long version of the Census. Concerned about the impacts of this decision, the CPA wrote a letter to Minister Tony Clement outlining our concerns and requesting that they reconsider their decision. To view the letter see http://www.cpa.ca/cpsite/userfiles/Documents/science_and_research/CPA_CensusResponseLetter_19July2010.pdf.

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Continued on page 15

K.R. Cohen Ph.D., directrice générale et Lisa Votta-Bleeker Ph.D., directrice générale associée, SCP

Une activité phare de l'automne 2010 est le leadership de la SCP, au nom de la Table de la santé mentale (TSM), dans l'organisation d'un forum sur l'accès aux services de santé mentale et le soutien à la population canadienne. La SCP a aidé à lancer la TSM et sa directrice générale en assure la coprésidence. La TSM est une alliance d'associations nationales qui représente les fournisseurs de soins de santé réglementés au pays qui sont engagés en santé mentale ou s'y intéresse (p. ex. les soins infirmiers, la médecine familiale, la psychiatrie, la psychologie, le travail social, la physiothérapie, l'ergothérapie, la pharmacologie). En 2010, la TSM a obtenu le financement de Santé Canada pour l'organisation d'un forum intitulé *Quelles portes mènent où? Comment améliorer l'accès au service de santé mentale : obstacles, facilitateurs et occasions pour la santé mentale des Canadiens* et qui aura lieu à Ottawa les 5 et 6 octobre. Elle accueillera des conférenciers nationaux et internationaux sur des sujets comme les soins factuels en santé mentale, les perspectives du consommateur et l'offre axée sur la demande et la façon de mettre en place les services de manière à ce que les bonnes personnes obtiennent le bon service, au bon moment et au bon endroit. Il y aura environ 90 délégués des fournisseurs de soins de santé, de consommateurs, de collectivités gouvernementales et d'ONG dont le travail en petit groupe, suscité par les présentations de conférenciers, vise à produire une analyse et des recommandations sur la façon de fournir un meilleur accès aux soins de santé mentale dont la population canadienne a besoin. Les comptes rendus du forum, sous forme de rapport, seront présentés à Santé Canada et publiés sur le site Web de la SCP.

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En juillet 2010, la SCP a été représentée au 4th International Congress on Licensure, Certification and Credentialing of Psychologists. C'était l'occasion de se mettre au fait de la réglementation de la pratique de nos partenaires internationaux et de présenter notre travail en cours sur l'agrément international avec l'APA. On peut accéder aux diapositives de cette présentation à http://www.cpa.ca/cpasite/userfiles/Documents/Practice_Page/4thongcredJuly2010noclips.pdf.

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Aussi en juillet, la SCP a assisté à une réunion, à l'invitation des Associations nationales intéressées à la justice criminelle (ANIJC), convoquée par la Commission de la santé mentale du Canada sur la santé mentale et les services correctionnels. La SCP, forte de l'expertise des membres de sa Section sur la justice pénale, a soulevé les questions suivantes :

- Le besoin d'interventions psychologiques dans les organismes correctionnels et après la libération des détenus;
- Les distinctions et les besoins de ceux dans la population carcérale qui ont commis des infractions et qui ont des problèmes de santé mentale et ont besoin de service, et ceux qui sont détenus de façon inappropriée dans les établissements correctionnels et qui ont besoin d'hospitalisation pour leurs troubles mentaux.

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La représentation, particulièrement en ce qui concerne l'accès aux services psychologiques, est une activité clé pour la psychologie

dans toutes les administrations au Canada. Depuis juin 2010, la SCP discute avec le Conseil du Trésor au sujet de son initiative de gestion des incapacités (des articles dans la presse populaire ont indiqué que 40 % des réclamations de déficience dans la fonction publique sont pour des conditions de santé mentale) ainsi que la couverture des services de psychologie en vertu des régimes de prestations d'assurance-maladie complémentaires. La direction au siège social, en consultation avec la Direction générale de la pratique et l'Académie de psychologie d'Ottawa, continue de travailler à ce dossier. Il faut noter que le gouvernement fédéral emploie environ 500 000 personnes à l'échelle du pays.

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La directrice générale de la SCP, copréside le Groupe d'intervention Action Santé (HEAL). HEAL est une coalition d'associations nationales du secteur de la santé et de défense des consommateurs et d'organismes voués à la protection et au renforcement du système de soins de santé au Canada. Il représente plus d'un demi-million de fournisseurs et de consommateurs de soins de santé. Au nom de HEAL, la SCP a aidé à élaborer un mémoire pré-budgétaire pour le gouvernement fédéral. Les messages clés gravitent autour de la ressource humaine en santé, la technologie de l'information en santé et du besoin pour une politique de continuum de soins national.

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La SCP a fait connaître certaines de ses préoccupations quant à la nécessité d'améliorer les processus à l'appui de l'Accord sur le commerce intérieur (ACI) dans la mesure où il influence les professions de santé au Canada – des préoccupations que partagent un grand nombre de groupes de fournisseurs de soins de santé au pays. En ce qui concerne la réponse de la SCP à la demande de l'Ordre des psychologues de l'Ontario pour une rétroaction sur ses changements à la réglementation proposée liés à l'ACI, veuillez vous rendre à http://www.cpa.ca/cpasite/userfiles/Documents/Practice_Page/cpo_ait.pdf.

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La directrice générale associée de la SCP siège au Comité consultatif du programme TUTOR-PHC (Transdisciplinary Understanding and Training on Research – Primary Health Care Research). Cette occasion de subvention de formation unique financée par les IRSC cible les étudiants ayant un intérêt en recherche en soins de santé primaire, peu importe leur discipline d'origine. Les étudiants en psychologie (y compris les étudiants diplômés, les fellows postdoctoraux, les cliniciens en milieu de carrière) sont encouragés à faire demande! La date limite de réception des demandes est le **31 octobre 2010** (le programme entre en vigueur en mai 2011 et se termine en avril 2012). Pour obtenir de plus amples renseignements au sujet du programme, veuillez vous rendre à l'adresse <http://www.uwo.ca/fammed/csfm/tutor-phc/>. De plus, vous pouvez vous rendre au site Web de la SCP pour obtenir plus de renseignements sur les sources et les occasions de financement pour de la recherche à l'adresse <http://www.cpa.ca/science/grantingcouncils/researchfunding/>.

EN BREF : LA SCP TRAVAILLE EN VOTRE NOM

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En juillet 2010, le gouvernement a annoncé sa décision d'éliminer l'aspect obligatoire de la version longue du recensement. Préoccupée par les impacts de cette décision, la SCP a fait parvenir une lettre au ministre Tony Clement décrivant nos préoccupations et demandant qu'il reconsidère sa décision. Pour voir cette lettre rendez-vous à http://www.cpa.ca/cpasite/userfiles/Documents/science_and_research/CPA_CensusResponseLetter_19July2010.pdf.

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La SCP continue de déployer des efforts pour promouvoir la science de la psychologie auprès de ses membres. Les nouvelles études de recherche, où des participants sont requis, sont souvent affichées sur le Portail de recrutement des participants en recherche (PRPR). Veuillez vous rendre au portail (<https://web.cpa.ca/r2p2/index.php?lang=FR>) pour obtenir de plus amples renseignements au sujet des études et des critères de participation.

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La SCP a le plaisir d'annoncer le lancement de son nouveau Carrefour de recherche en psychologie! Le carrefour est un outil en ligne pour les membres seulement qui a pour but de leur permettre de communiquer entre eux selon leurs domaines de compétence en recherche. Les membres intéressés à utiliser cet outil doivent créer un profil qui met en lumière leurs domaines de spécialité de recherche. Les profils alimenteront la base de données, dans laquelle

les membres pourront alors chercher. Comment peut-il être utilisé? Les étudiants peuvent l'utiliser pour trouver des mentors de recherche ou des superviseurs d'étudiants diplômés. D'autres peuvent l'utiliser pour trouver des collaborateurs dans un projet de recherche. La SCP peut l'utiliser pour identifier et consulter des experts en recherche dans un domaine donné. Pour accéder au carrefour, créez votre profil et commencez à entrer en communication avec d'autres membres de la SCP partout au pays. Rendez-vous à <https://web.cpa.ca/researchhub/index.php?lang=FR>.

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La SCP continue d'assurer régulièrement la liaison avec les conseils subventionnaires au sujet de diverses questions touchant la recherche en psychologie. Actuellement, la SCP discute avec les IRSC au sujet du moment approprié pour annoncer ses prix et ses récipiendaires de bourse. Nous allons tenir les membres au courant du résultat de nos discussions.

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En octobre, la SCP assistera à la conférence sur les politiques scientifiques canadiennes de 2010 qui aura lieu à Montréal, au Québec. La conférence de cette année a deux objectifs : 1) identifier les politiques scientifiques canadiennes actuelles et en discuter et 2) tisser des liens plus fermes entre les intervenants et les décideurs. Visitez le site Web de la SCP en novembre pour une mise à jour sur la conférence.

IN BRIEF: CPA WORKING ON YOUR BEHALF

CPA continues its efforts to promote the science of psychology among the membership. New research studies, in which participants are required, are regularly being posted on CPA's Recruit Research Participants Portal (R2P2). Please visit the Portal (<https://web.cpa.ca/r2p2/>) for more information about the studies and criteria for participation.

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The CPA is pleased to announce the launch of its new Research in Psychology Hub! The Hub is an on-line members-only tool designed to allow members to connect with each other based on their areas of research expertise. Members interested in making use of the tool create a profile that highlights their areas of research specialty. The profiles will populate the database, which members can then search. How can it be used? Students may use it to find research mentors or graduate supervisors. Others may use it to find collaborators on a research project. CPA may use it to identify and consult research experts in a given area. To access the Hub, create your profile and begin connecting with other CPA members across the country see <https://web.cpa.ca/researchhub/index.php>.

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The CPA continues to liaise regularly with the granting councils on various issues affecting psychology research. At present, CPA is in discussion with CIHR regarding the timing in which it announces its awards and scholarship winners. We will keep the membership apprised of the outcome of our discussions.

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In October, the CPA will attend the 2010 Canadian Science Policy Conference in Montreal, Quebec. This year's CSPPC has two objectives: 1) to identify and discuss current Canadian science policy; and 2) to forge stronger links between stakeholders and policymakers. Visit CPA's website in November for an update on the conference.

August 16, 2010

To the Editor, Psynopsis
communications@cpa.ca

I read with interest the article E-education in Professional Psychology (Psynopsis, Summer 2010). Dr. Cohen summarized a talk that she gave to the Association of State and Provincial Psychology Boards (ASPPB) in April. She discusses the issue of “e-education” or distributed learning in professional psychology training. For the past decade I have been involved in Canada’s first distributed learning training program for professional psychology and would like to add to this discussion. I too presented to the ASPPB in October 2008 on this topic. At the time, I was the only individual presenting who had direct experience with on-campus education, distributed learning education, and psychology regulation. The position of my fellow panel members seemed to be very much opposed to allowing individuals who had received degrees in a distributed education format the opportunity to practice as a regulated professional. My response at the time was to ask how we could evaluate the potential competence of a prospective psychologist who was trained at a distance if we don’t allow them the opportunity to demonstrate that competence as a regulated professional. To date, the program I am involved with has seen 37 graduates successfully register as psychologists, with another 28 moving through the provisional registration process. To date, none of these individuals have had any conditions or restrictions placed on their practice permits. I often run into knee-jerk reactions about the possibility of training professional psychologists using distributed education methods. To me, these numbers do not reflect the doomsday and end-of-profession responses that I am regularly challenged with. Of course my frustration includes the fact that many psychologists and psychology educators are not working from an evidence base when they criticize the work that I have been immersed in for over 10 years. And, while these numbers may seem small, especially since their context is primarily within Alberta that has over 2000 registrants, it will not be long before we will be able to do meaningful research comparing the professional activity of psychologists trained in a distributed learning model versus those trained in the traditional bricks-and-mortar model.

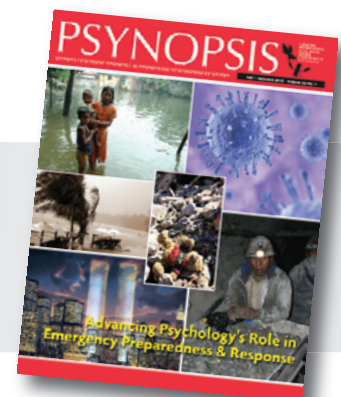
There is a challenge before us, and it is one that I believe we need to embrace and become the leaders of over the next decade. Dr. Cohen is correct when she noted that there are very few ref-

erences in the psychology peer-reviewed literature on distance learning. Much of the literature that describes the effectiveness of distance or distributed learning tends to be found in the education journals (including distance education journals) as well as distance education conference proceedings, which are admittedly more difficult to track down. Distributed learning research can also be found, as Dr. Cohen noted, in the journals of other professions such as medicine, nursing, and social work - all of whom, I would suggest, are ahead of psychology in exploring and examining the positive potential of the use of distributed learning models for every aspect of professional training, competence maintenance, and supervision. We are being left behind as a health profession, especially when it comes to ethically and competently embracing new models of training, and exploring technology that makes geography irrelevant (with its obvious implications for rural and northern psychology practice).

While at times it has seemed like a battle for the hearts and minds of psychology educators and regulators, I continue to remain open to supporting the CPA should it choose to examine the issues involved in distributed learning. My hope is that any Canadian organization of psychology that chooses to examine this issue would do so in a manner consistent with our ethical code by employing the expertise of those who have the experience, training and competence in both psychology and distance learning. Our program contributed expertise to the APA’s Task Force on Distance Education and Training in Professional Psychology (June 2002). I would challenge the CPA to consider something similar and become knowledgeable about the practice of distributed learning, its application in professional training in general, and the current state-of-the-art of its application in the training of professional psychologists outside of Canada (e.g., Fielding’s APA accredited program), as well as within our own country (e.g., Athabasca University’s graduate psychology training program).

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**Remember that Psynopsis is also
available on our website: www.cpa.ca**



Promoting the Integration of Research into Clinical Practice

*Julie Eichstedt, Ph.D., C.Psych. and Kerry Collins, Ph.D., C.Psych.
London Health Sciences Centre, London ON*

Clinical research aims to improve patient care by determining which treatments are effective for which patients and factors that contribute to treatment outcomes. However, a gap exists between research and practice, with interventions used in mental health settings not typically based on evidence of its efficacy (Hoagwood and Olin, 2002). Barriers to research informed mental health practices include clinician's attitudes toward the adoption of evidence-based treatments (EBTs), the institutional context, consumer demand, financial factors, the availability of treatment manuals, and the availability of appropriate training and ongoing supervision in EBTs (e.g., see Aarons, 2004; Saloum, Sulkowski, Surrine, and Storch, 2009; Torrey et al., 2001). Moreover, clinicians typically have their own theories and models that inform their interventions, with perceptions that research is the domain of academics (i.e., not relevant to actual clinical practice). Additionally, clinicians often lack the time needed to keep abreast of new clinical developments, as well as the skills to conduct appropriate literature reviews and critically evaluate the research they read.

Clinical psychologists' training as scientist-practitioners places them in the unique position to support the integration of research into clinical practice within the multidisciplinary community or hospital setting. However, the best methods for promoting research-based practice are unknown. Education alone is insufficient to produce change in clinician's practices (e.g., see Barwick et al., 2008), and provider's attitudes towards EBTs are related to organizational support for EBTs (Jensen-Doss, Hawley, Lopez, & Osterberg, 2009; Zazzali et al., 2008).

As a starting point for change, we have been actively involved in the Research Committee of the Child and Adolescent Mental Health Care Program at LHSC. The committee's aim is to promote the integration of research into clinical practice, with membership representing all service areas (e.g., inpatient, outpatient) and disciplines (e.g., nurses, dietician, social workers). Members vary in their research knowledge, training, and experience, which allows more experienced members to provide mentoring to staff with less research experience in a collaborative atmosphere. The committee has endeavored to promote EBTs in several ways: 1) by encouraging staff participation in clinically-relevant research projects; 2) conducting a survey of staff learning needs related to research and addressing gaps; and 3) increasing staff access to research on EBTs.

An initial mandate of the committee was to encourage staff to engage in clinical research. However, various barriers rendered this goal unrealistic. Many clinical staff lacked the necessary research training and background to be able to engage in independent clinical research, as well as the time to devote to such endeavors. To address these barriers, the committee

adopted a "graduate school research lab" model. A group research project was agreed upon and undertaken, with members sharing the responsibilities for this research. At each stage of the project, more experienced researchers were able to model relevant methods and processes, from how to conduct a literature review and critically evaluate empirical articles, to how to design a research study, to the process of preparing a submission for research ethics and applying for grants, etc. Committee members were also involved to varying degrees in the process of data collection, analyses, and poster and/or manuscript preparation. To ensure the project was feasible and relevant to clinicians, the project selected was related to the evaluation of outcomes and factors affecting outcomes from a CBT group being offered within the program.

Committee members and interested staff were also encouraged to discuss research ideas and initiatives at meetings, from which a second project emerged examining screening measures for substance use among youth. The literature was reviewed and representatives attended a webinar hosted by the Centre for Addiction and Mental Health (CAMH) in Toronto on screening for substance use among youth. One of the recommended screening measures was then piloted in all program areas and data collected on rates of substance use among our patients. This information will be used to determine whether further assessment and treatment of substance use problems is warranted, with the eventual goal of improving clinical services.

A second major initiative involved conducting a web-based survey of staff learning needs related to research and addressing identified gaps. Primary educational needs identified included information regarding how to perform literature searches and available library services, how to measure client change, and program evaluation methods. Speakers from outside and within the committee gave presentations on these and other related topics. Instruments developed or publicly available (e.g., CY-BOCS) to measure client change, and articles and resources pertinent to clinical service delivery, including evidence-based manualized treatments developed by program staff (e.g., CBT group programs for anxiety, OCD, depression), were placed in a shared folder accessible to all staff. Materials for clinicians wishing to engage in program evaluation or clinical research were also provided, including resources on preparing submissions for the research ethics board, information on data screening and analyses, examples of posters and manuscripts, etc.

A third initiative was to establish a Real Simple Syndication (RSS) webpage through library services. Library staff conduct regular literature searches related to the types of mental health problems and issues typically seen within the program (e.g., assessment and treatment of mood and anxiety disorders, eating

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The Advantages of Applied Experience during Graduate School: Perspectives from an Environmental Psychology Student

Lindsay J. McCunn, M.Sc. Candidate, University of Victoria

Studying psychology at the graduate level requires students to think both theoretically and practically. Environmental psychology, in particular, calls for a combination of application and supposition. Environmental psychologists study transactions between individuals and their physical settings. My work often centers on built settings, such as offices and schools, and their effects on occupants' social and environmental attitudes and behaviours. Approaching this kind of research often requires a degree of technical knowledge. Therefore, lacking immediate access to courses in urban planning or architecture, I have sought applied experience with space programming to ensure that my work aligns with real-world constraints and assumptions.

I began working as a contract consultant with a private programming firm at the start of my second year as a Master's student. In architectural terms, "programming" is the stage of the design process during which information about functional and behavioural requirements of a building and its users are gathered. I visit buildings with the Principal of the firm and provide input where I can, gaining exposure to the business of making

buildings more functional for occupants. I listen to concerns about air quality and privacy. I learn about floor loading specifications and power requirements, equipment clearances and office configurations that enhance productivity. I research which sustainable finishing materials to recommend in order to make the inner workings of a building more efficient and healthy. Because of this role, I feel more confident studying the effects of office settings on pro-environmental behaviour among employees, or whether building occupants feel more satisfied and engaged when a building has environmentally friendly aspects integrated into its design. I believe my approach to research has become more thorough because of this active consultation into how buildings work and what users have to say.

Considering the attitudes and behaviours of building occupants from the standpoints of both programmer and researcher has guided the conclusions I have drawn from my work and the work of others. A graduate degree in an applied domain consists of more than taking classes and reading literature; I believe psychology students who network with professionals can build a comprehensive and personalized education as well as a diverse and informed research career in the future.

Clinical Practice

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disorders, psychosis, etc.). The results of these literature searches can be accessed by all staff via a central webpage, along with the tables of contents from relevant journals.

The research committee has been successful in meeting the research needs identified by staff and creating a collegial atmosphere of research support at our setting. However, the broader impact of these efforts on patient care, clinician's attitudes, and service-delivery has not been evaluated to date. Although our efforts may not overcome all barriers, we hope to lay the foundation for increased evidence-based care by making research accessible to all clinicians and demonstrating the applicability of research to clinical practice. As psychologists, we are in the unique position to increase patient access to evidence-based interventions and possibly achieve system change from within the hospital setting.

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Is your perfectionism limiting your research productivity?

Simon B. Sherry, Ph.D., and Skye Fitzpatrick, Ph.D.

Perfectionism is a double-edged sword. For some people, at some point, and in some way, perfectionism may be adaptive, especially in situations where perfection is clearly defined and potentially obtainable (e.g., a 10 out of 10 score on a multiple choice quiz in psychology 101). However, when it comes to being a psychology professor and to disseminating your research, perfectionism is likely to leave you not on the cutting edge—but on the bleeding edge—of that sword.

Whereas self-discipline, organization, and achievement striving encourage success among psychology professors, perfectionism is something different. Perfectionism involves rigidly and relentlessly demanding perfection of yourself. There is a compulsive need to be perfect. Perfectionists tend to do things perfectly—or not at all. They cannot relax until a task is “perfect.” And they strive for perfection in whatever they do, requiring nothing less than perfection of themselves at all times.

Although some researchers suggest perfectionism is an adaptive form of achievement striving, I believe perfectionism is a counter-productive form of compulsive over-striving that limits research productivity (e.g., number of first-authored publications). Perfectionism is tied to problems that hinder task completion such as procrastination, writer’s block, and public speaking anxiety. Moreover, perfectionism may impede research productivity by generating conflictual, unsatisfying working relationships where colleagues are treated more as competitors than as collaborators. A paralyzing fear of failure and mistakes, a crippling preoccupation with others’ opinions and evaluations, nagging self-doubts about performance abilities, and an exaggerated sensitivity to rejection also tend to accompany perfectionism. In a profession where opportunities for failure, evaluation, and rejection abound, perfectionism can paralyze a psychology professor.

While the costs and the benefits of perfectionism in academia are hotly debated, this debate is largely conjectural. To begin addressing this shortcoming, we studied the link between perfectionism and research productivity in 1,258 professors belonging to North American graduate programs in psychology. This study was published in *Canadian Journal of Behavioural Science* (see S. B. Sherry, Hewitt, D. L., Sherry, Flett, & Graham, in press). We found a robust correlation between increased perfectionism and decreased research productivity in psychology professors. More specifically, a higher level of perfectionism was associated with a lower number of total publications and a lower number

of first-authored publications. Total and first-authored publications were measured in terms of books, edited books, refereed journal articles, and book chapters. A higher level of perfectionism was also associated with a lower number of citations and a track record of publishing in journals with a lower impact rating. In sum, our findings suggest psychology professors with a higher level of perfectionism are less likely to produce publications, garner citations, or publish their research in high-impact journals. Such decrements in research productivity may seriously and adversely impact a professor’s career development amid the publish-or-perish field of academic psychology.

Considered in relation to the larger research literature on perfectionism, it appears perfectionism may compromise not only your research productivity but also your overall well-being. Stress, hassles, conflict, anger, depression, anxiety, and suicide are all related to perfectionism. And perfectionists appear particularly vulnerable to negative outcomes (e.g., depression) in the face of perceived achievement failures (e.g., not getting a grant, receiving poor teacher ratings, being denied a promotion, or having a publication rejected). As “perfection” is hard to define, harder to obtain, impossible to maintain, and arguably non-existent, ceaselessly demanding perfection of yourself also predisposes chronic dissatisfaction with your research and with your career. How do you know when a grant, book, or manuscript is “perfect”?

Overall then, perfectionistic psychology professors appear prone to a negative pattern where compulsive over-striving contributes to decreased productivity and to increased distress. Not unlike a dog chasing its tail, perfectionistic psychology professors are caught in a vicious cycle: exerting tremendous effort in pursuit of a questionable goal, spinning round and round, never truly achieving a satisfying outcome, until inevitably giving up or falling down.

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Where Do We Go from Here? Mapping Trends in Private Psychology Practice in Newfoundland

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With the constant changing pace of work and family life, it is easy for individuals to feel stressed, conflicted, overwhelmed and overexerted. That, coupled with increasingly common cases of chronic illness, mood disorders, anxiety and other psychological disorders have people flocking to the psychologist's office to find meaning in the midst of uncertainty. At times like these, private practice psychologists can offer a place of order and refuge and their services can provide great comfort to many.

Our private practice group, H. Khalili Ph.D. & Associates, Inc. was established in 1991. We are a group comprised of three full-time, two half-time and five part-time fully qualified psychologists. Over the summer of 2010, in an effort to decide how best to meet the needs of the clients we serve, we undertook a survey of psychological practices in Newfoundland. This article highlights the findings of our survey and makes some suggestions for the future of private psychological practices in Newfoundland.

Our survey was intended to identify practices and service trends among registered psychology practitioners in Newfoundland. Psychologists were identified and selected using the phone book and through the Canadian Registry of Health Service Providers in Psychology (2008). Those who agreed to become respondents were surveyed through informal telephone interviews and some in face-to-face interviews. The survey consisted of a series of scripted questions regarding the practitioner's practice, including the qualifications of employee's and partner's, areas of expertise and hours of practice.

We were able to survey 27 of the approximately 33 counseling services that

were contacted. Of these, 12 provided services by registered psychologists but only 3 provided full-time services. Ten of the 12 were privately run and 2 were publicly funded. Three of the privately funded psychological practices are run outside St. John's, with 2 of these providing fulltime services. Within St. John's, 5 of the practices provide part-time services only.

In terms of the kinds of services provided, 7 of the 12 practices provide psychological assessment. 12 provide treatment for mood disorders and 3 offer trauma services (with 1 practice employing EMDR). Eight of the practices offer services for children, 2 practices offer services for seniors, two offer multi-cultural counseling and 1 offers services to the hearing impaired population. In terms of specific patient populations, 1 practice specifically works with people with eating disorders, 3 practices advertise psychological treatment of addictions, 6 practices advertise services for ADHD populations and 9 practices offer couples'/relational counseling.

Although not nearly all the psychological practices in Newfoundland were sampled in the current survey, the telephone interviews, along with information obtained by face-to-face interviews did enable us to compile some important information about psychological services provided. As highlighted, there are relatively few full-time registered psychologists working in private practice. Building a network of intra-professional support amongst private psychology practitioners can enable us to collectively better respond to the mental health needs of the communities in which we provide service and identify service gaps.¹ Currently these gaps appear to include, but are not limited to, services in health psychology, specific tools for senior populations, multi-lingual services, addictions counseling and industrial organizational (IO) psychology. Services and programming for eating disorders are also needed, as cur-

rently only 3 offices advertise offering part-time services in this area.

With respect to the general employed population, workplace issues and demands, work life balance, and the corresponding increasingly blurred boundaries between home and work brought about by technology are also issues to which psychologists need to respond. Addictions are emergent areas of need and encompass sex, gambling, internet and substance abuse.

Psychologists themselves are not immune to the workplace and work life balance issues that face us all. Psychologists may find themselves in need of a network of support and confidential processing groups may be one way to provide it. Partnerships among practices may also be a means of support and provide opportunity to learn from each others' expertise. Further, better collaboration and partnerships will facilitate referrals when needed and necessary and enable the profession to better respond to the mental health needs of communities.

The future of psychology in Newfoundland is expanding at a rapid rate. Changing physical and social demographics within the province pose challenges for communities and to the health care practitioners who need to respond to their needs. However, with the development of new and needed programs, along with collaboration between private and public practitioners, the future of psychological practice within this province is demanding but bright. Increased communication and collaboration amongst private practitioners, the development of new and needed services, and more psychologists entering into private practice full time will enable psychology to remain an invaluable health care resource.

¹ Suggested by Dr. Jodi Spiegel, past president of APNL.

Prescription Painkiller Medication: Is it just what the doctor ordered?

David Teplin, Ph.D., C.Psych., Chair,
Section on Substance Abuse/Dependence

There has been much media coverage of late around the abuse potential of prescription painkiller medications. As far as the Canadian “numbers” go, Canadians use more narcotic painkillers than almost any other country, barring the US and Belgium. Spending on prescription opioids in this country has almost doubled from 1998 to 2007. But such numbers don’t tell that much of “the story”.

Here is the real clinical story. In Canada, research indicates that among the illicit street drug using population who use opioids, the non-medicinal use of prescription opioids, rather than heroin, is highly prevalent in Edmonton (89%), Quebec (88%) and Toronto (75%). Only in Vancouver (71%) and Montreal (47%) is the inverse true.

Is there more? Absolutely! Most people do take their prescription medication properly. In fact, recent studies indicate that among chronic pain patients receiving chronic opioid analgesic therapy, the addiction rate for all those patients with no history of current or previous addiction was 1/500 (0.19%).

Is there still more? For sure! Research indicates that the broad availability and accessibility of prescription drugs via friends or relatives for free (56%) or bought (9%), the medicine cabinet, Internet Pharmacies, and physicians, coupled with the myth that they must be safe because they are doctor prescribed, make prescription opioid medication particularly prone to abuse.

Oh yes, and one more thing.....There is a high risk, not only for abuse, but also for overdose. Despite Big Pharma’s efforts to design slow release formulations for legitimate opioid analgesic therapy, many have quickly discovered that this can be overridden by crushing the pills and injecting or snorting the ingredients, or simply chewing them.

Section on Women & Psychology Annual Student Awards

E.B. Brownlie, Ph.D., Student Awards
Coordinator, Section for Women
and Psychology



The Section on Women and Psychology (SWAP) is pleased to announce that Elise Matthews is the 2010 winner of the SWAP Student Paper Award. The winning paper, entitled *Negotiating An Extraordinary Life: The Construction and Cultural Positioning of Voluntarily Childless Experiences of Women and Men in Saskatchewan* was presented at the 2010 CPA annual convention. Ms. Matthews is a graduate student in the Culture & Human Development Program in the Department of Psychology at the University of Saskatchewan, supervised by Dr. Michel Desjardins, who co-authored the paper. The \$500 award was presented to Ms. Matthews at the SWAP business meeting during the convention.

SWAP also awarded five \$200 travel bursaries to students presenting papers or posters particularly relevant to women and/or feminism at the CPA convention or a SWAP-sponsored pre-conference Institute. This year, travel bursaries were awarded to Tera Beaulieu (OISE, University of Toronto), Andrea DesRoches (University of Saskatchewan), Natalie Michel (York University) Jennifer Moore (University of Calgary), and Allison Reeves (OISE, University of Toronto).



International Society
for Traumatic Stress Studies

In collaboration with the International Society For Traumatic Stress Studies (ISTSS), the Traumatic Stress Section of the Canadian Psychological Association (CPA) invites psychologists and researchers to attend the following workshop:

**Advances in PTSD Treatment: Novel Approaches
in the Modulation of the Human Fear Memory**

Date: November 5, 2010

Time: 8:00 a.m. until 4:45 p.m.

**Place: Hotel Le Centre Sheraton Montreal,
Montreal, Quebec, Canada**

This workshop is supported by the Canadian Institute of Health Research (CIHR). For more information on the program, visit the website:

www.istss.org.

CANADIAN
PSYCHOLOGICAL
ASSOCIATION



SOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE

Honorary President 2010-2011 Dr. Susan T. Fiske

Peter Graf, Ph.D., CPA President

It gives me great pleasure to announce that the Honorary President for 2010-2011 is Dr. Susan T. Fiske. She is the recipient of the 2010 American Psychological Association Distinguished Scientific Contribution Award, the 2010 Society for Personality and Social Psychology Donald T. Campbell Award, a 2009 Guggenheim Fellowship and the 2009 William James Fellow Award from the Association for Psychological Science. She is also the Eugene Higgins Professor of Psychology at Princeton University, and holds honorary doctorates from the Université catholique de Louvain-la-Neuve in Belgium and the Universiteit Leiden in the Netherlands.

Dr. Fiske is best known for her work on social cognition, stereotypes and prejudice. She recently finished a third edition of *Social Cognition* (1984, 1991, 2008, each co-authored with Dr. S. E. Taylor), a text ranked in the top-ten all-time most cited works in social-personality psychology, which has transformed social psychology and inspired as well as guided a generation of researchers.

The phrase 'social cognition' describes an intellectual movement that borrowed the techniques, theories, and metaphors of cognitive psychology in order to investigate fundamental social psychological problems, such as the structure of attitudes and how attitudes change, causal attribution mechanisms and self-deception processes. Thirty years ago, the social cognition movement brought social psychology into the experimental mainstream, and it set the stage for the flourishing contemporary research on cultural psychology, social neuropsychology and social neuroscience.


Dr. Fiske, the first social psychologist to testify in gender discrimination cases, has had a distinguished research and teaching career focused on how stereotyping, prejudice, and discrimination are encouraged or discouraged by specific social relationships, such as cooperation, competition, and power. Her work has proceeded on the premise that people easily categorize other people, especially based on race, gender, and age, and that they often fail to go beyond such categories, often fail to learn about the individual person because doing so requires motivation and effort. She has emphasized that social relationships supply one form of motivation to individuate, demonstrating that being on the same team or depending on another person makes people go beyond stereotypes. Dr. Fiske's work has also shown that people in power are less motivated to go beyond their stereotypes.

After receiving her Ph.D. from Harvard University in 1978, Dr. Fiske embarked on an exceptionally prolific career. She has written more than 200 articles and chapters and 7 books, in addition to editing many books and special issues of journals. Her work has been translated into several different languages including Polish, Hungarian and Chinese. Dr. Fiske is the current editor of the *Annual Review of Psychology*, the *Guildford series in So-*

cial Psychology, and the 5th edition of the *Handbook of Social Psychology*. In addition, she has served as an associate editor on five major journals, on the editorial boards of many other journals, as well as on many research grant review committees and other panels.

Dr. Fiske's contributions have been recognized by a long list of prestigious honors and awards (beyond those listed above), notable among them are the Staats Award for Unifying Psychology from the American Psychological Association, the Thomas Ostrom Award from the International Social Cognition Network, the Princeton University Graduate School Mentoring Award, and the Harvard University Graduate School of Arts and Sciences Centennial Medal. She is a fellow of the American Association for the Advancement of Science, of several divisions of the American Psychological Association, and of the Stanford University Center for the Study of Poverty and Inequality. She is an elected member of the American Academy of Arts and Sciences, listed in the *Eminent Women in Psychology Series* of the American Psychological Association, and as of July 2010, she is also the Honorary President of the Canadian Psychological Association.

I look forward to welcoming Dr. Fiske to the CPA convention in Toronto, in June 2010.




En partenariat avec l'International Society for Traumatic Stress Studies (ISTSS), la Section du stress traumatique de la société canadienne de psychologie (SCP) invite les psychologues et les chercheurs à assister à l'atelier suivant :

**Avancées dans le traitement des psychotraumatismes :
Approches novatrices dans la modulation du souvenir de peur chez l'humain**

Date : le 5 novembre 2010

Heures: 8h à 16h45
**Lieu : Hôtel le Centre Sheraton Montréal,
Montréal, Québec, Canada**

Cet atelier est subventionné par les Instituts de recherche en santé du Canada (IRSC). Pour de plus amples renseignements sur le programme, visitez le site www.istss.org.



Présidente honoraire en 2010-2011, D^{re} Susan T. Fiske

Peter Graf, Ph.D., président de la SCP

C'est avec un très grand plaisir que j'annonce que le président honoraire de la SCP en 2010-2011 est D^{re} Susan T. Fiske. Elle est récipiendaire du prix de contribution scientifique exceptionnelle de l'American Psychological Association en 2010, du prix Donald T. Campbell de la Society for Personality and Social Psychology de 2010, fellow Guggenheim en 2009 et du prix William James Fellow Award de 2009 de l'Association for Psychological Science. Elle est également professeure de psychologie à la chaire Eugene Higgins de Princeton University et a reçu des doctorats honorifiques de l'Université catholique de Louvain-la-Neuve en Belgique et de l'Université Leiden aux Pays-Bas.

D^{re} Fiske est mieux connue pour son travail sur la cognition sociale, les stéréotypes et les préjugés. Elle a récemment terminé la troisième édition de *Social Cognition* (1984, 1991, 2008, qu'elle a écrit avec D^r S. E. Taylor), un texte qui est classé comme l'un des dix ouvrages les plus cités en psychologie sociale/de la personnalité, qui a transformé la psychologie sociale et inspiré ainsi que guidé une génération de chercheurs.

L'expression « cognition sociale » décrit un mouvement intellectuel qui empruntait les techniques, les théories et les métaphores de la psychologie cognitive afin d'étudier les problèmes psychologiques sociaux fondamentaux, comme la structure des attitudes et comment changent les attitudes, les mécanismes d'attribution causale et les processus d'autodéception. Il y a trente ans, le mouvement de cognition sociale a amené la psychologie dans le courant expérimental dominant et a préparé la recherche contemporaine qui prend de l'essor sur la psychologie culturelle, la neuropsychologie sociale et la neuroscience sociale.

D^{re} Fiske, la première psychologue sociale à témoigner dans des cas de discrimination sexuelle, a eu une carrière exceptionnelle en recherche et en enseignement axée sur la façon que le stéréotypage, les préjugés et la discrimination sont encouragés ou découragés par des relations sociales particulières, comme la coopération, la concurrence et le pouvoir. Son travail repose sur la prémisse que les personnes catégorisent facilement d'autres personnes, particulièrement en fonction de la race, du sexe

et de l'âge et que souvent ils ne vont pas au-delà de ces catégories et n'apprennent pas au sujet de la personne individuelle parce que ceci exige une motivation et un effort. Elle a souligné que les relations sociales alimentent une forme de motivation à l'individualisation, démontrant qu'en appartenant à une même équipe ou en dépendant d'une autre personne amène les gens à aller au-delà des stéréotypes. Les travaux de D^{re} Fiske ont également montré que les personnes au pouvoir sont moins motivées à aller au-delà de leurs stéréotypes.

Après avoir reçu son Ph.D. de la Harvard University en 1978, D^{re} Fiske a débuté une carrière exceptionnellement prolifique. Elle a écrit plus de 200 articles et chapitres et sept livres, en plus d'avoir édité de nombreux livres et des numéros spéciaux de revues. Ses ouvrages ont été traduits en plusieurs langues différentes dont le polonais, l'hongrois et le chinois. D^{re} Fiske est la rédactrice en chef actuelle de l'*Annual Review of Psychology*, des *Guildford series in Social Psychology* et de la 5^e édition du *Handbook of Social Psychology*. En outre, elle a été rédactrice en chef adjointe pour cinq grandes revues, a siégé aux comités de rédaction d'un grand nombre d'autres revues, ainsi qu'à de nombreux comités d'évaluation de bourses de recherche et autres comités de sélection.

Les contributions de D^{re} Fiske ont été reconnues par une longue liste d'honneurs et de prix prestigieux (autres que ceux indiqués précédemment), entre autres le prix Staats pour l'unification de la psychologie de l'American Psychological Association, le prix Thomas Ostrom de l'International Social Cognition Network, le prix de mentorat de la Princeton University Graduate School et la médaille du centenaire de la Harvard University Graduate School of Arts and Sciences. Elle est fellow de l'American Association for the Advancement of Science, de plusieurs divisions de l'American Psychological Association et du Center for the Study of Poverty and Inequality de la Stanford University. Elle est membre élue de l'American Academy of Arts and Sciences, elle fait partie de l'Eminent Women in Psychology Series de l'American Psychological Association et depuis juillet 2010, elle est aussi la présidente honoraire de la Société canadienne de psychologie.

J'ai hâte de souhaiter la bienvenue à D^{re} Fiske au congrès de la SCP à Toronto, en juin 2010.





Honorary President's Address – Susan T. Fiske, Ph.D.

Susan T. Fiske is Eugene Higgins Professor of Psychology, Princeton University (Ph.D., Harvard University; honorary doctorates, Université Catholique de Louvain-la-Neuve, Belgium; Universiteit Leiden, Netherlands). She investigates social cognition, especially cognitive stereotypes and emotional prejudices, at cultural, interpersonal, and neural levels. Author of over 200 publications, she illuminates how people think about people (continuum model of impression formation, power-as-control theory, ambivalent sexism, and stereotype content model's fundamental dimensions of social cognition).

The U.S. Supreme Court cited her gender-bias testimony, and she testified before President Clinton's Race Initiative Advisory Board. These influenced her edited volume, *Beyond Common Sense: Psychological Science in the Courtroom*. Currently an editor of *Annual Review of Psychology*, *Psychological Review*, and *Handbook of Social Psychology*, she wrote *Social Beings: Core Motives in Social Psychology* (2/e) and *Social Cognition: From Brains to Culture* (3/e). Her forthcoming Russell-Sage-Foundation book is *Envy Up and Scorn Down: How Comparison Divides Us*.

Recently, she won a Guggenheim and psychological science honors: American Psychological Association's Distinguished Scientific Contribution Award and Association for Psychological Science's William James Award. Previously, she was elected Association for Psychological Science President, Foundation for the Advancement of Behavioral and Brain Sciences President, and American Academy of Arts and Sciences Fellow.



The Family of Psychology Keynote Address – John Gottman, Ph.D.

John Gottman is an emeritus professor of psychology at the University of Washington. He is world renowned for his work on marital stability and divorce prediction, involving the study of emotions, physiology, and communication. He was recently voted as one of the Top 10 Most Influential Therapists of the past quarter-century by the PsychoTherapy Networker magazine. His 35 years of breakthrough research on marriage and relationships has earned him numerous major awards. He is the author of 190 published academic articles and author or co-author of 40 books, including his NY Times best seller, *Seven Principles for Making Marriage Work*. Drs. John and Julie Gottman are the co-founders of The Gottman Institute where they currently teach weekend workshops for couples and training workshops for clinicians. He is the Executive Director of the Relationship Research Institute, which creates programs for new parents and treatments for domestic violence. The Gottmans also provide intimate, small group couples workshop retreats and marathon therapy on Orcas Island.



Science & Applications Address – Ed Diener, Ph.D.

Ed Diener is the Joseph R. Smiley Distinguished Professor of Psychology at the University of Illinois. He received his doctorate at the University of Washington in 1974. Dr. Diener is the founding editor of *Perspectives on Psychological Science* and has about 300 publications to his name.

He recently published *Happiness: Unlocking the Mysteries of Psychological Wealth* with his son Robert Biswas-Diener, as well as *Well-Being for Public Policy* with Richard Lucas, Ulrich Schimmack, and John F. Helliwell. In addition, a three volume collection of his most influential works in the area of subjective well-being was published recently (*The Collected Works of Ed Diener*), as well as a book on international differences in well-being, which he edited in conjunction with Daniel Kahneman and John F. Helliwell (*International Differences in Well-Being*).

With over 30,000 citations to his credit, he is listed as one of the most highly cited psychologists by the Institute of Scientific Information. A recipient of many distinguished awards and honorary doctorates, his research focuses on the measurement of well-being; temperament and personality influences on well-being; theories of well-being; income and well-being; and cultural influences on well-being. Recently he has been studying the effects of subjective well-being on health and effective functioning.

Deadline for submissions: November 15, 2010

For more information please visit our website

www.cpa.ca

Présidente honoraire – Susan T. Fiske, Ph.D.

Susan T. Fiske est professeure de psychologie à la chaire Eugene Higgins de Princeton University (Ph.D., Harvard University; doctorats honorifiques de l'Université Catholique de Louvain-la-Neuve, Belgique et de la Universiteit Leiden, Pays-Bas). Elle s'intéresse à la cognition sociale, particulièrement à l'étude des stéréotypes de cognition et des préjugés émotionnels, aux niveaux culturel, interpersonnel et neural. Auteure de plus de 200 publications, elle met en évidence la façon de penser des personnes au sujet des personnes (modèle de continuum de formation d'impressions, théorie du pouvoir en tant que contrôle, sexisme ambivalent et dimensions fondamentales du contenu du modèle de stéréotypes de cognition sociale).

La Cour suprême des États-Unis s'est servie de son témoignage sur les préjugés liés au genre et elle a témoigné devant le Conseil consultatif sur l'amélioration de la qualité des relations avec les races du président Clinton. Cela a eu de l'influence sur le volume qu'elle a édité, *Beyond Common Sense: Psychological Science in the Courtroom*. Aujourd'hui rédactrice en chef de l'*Annual Review of Psychology*, de *Psychological Review* et du *Handbook of Social Psychology*, elle est l'auteure de *Social Beings: Core Motives in Social Psychology* (2 éd.) et de *Social Cognition: From Brains to Culture* (3 éd.). Son prochain livre, qui sera publié par la Russell-Sage-Foundation, s'intitule *Envy Up and Scorn Down: How Comparison Divides Us*.

Récemment, elle a remporté un prix Guggenheim et un prix en science psychologique : le prix pour contribution scientifique exceptionnelle de l'American Psychological Association et le prix William James en science de l'Association for Psychological Science. Elle a aussi été élue présidente de l'Association for Psychological Science, présidente de la Foundation for the Advancement of Behavioral and Brain Sciences et elle est fellow de l'American Academy of Arts and Sciences.

Conférence « La famille de la psychologie » – John Gottman, Ph.D.

John Gottman est professeur émérite de psychologie à l'University of Washington. Il est reconnu dans le monde entier pour ses travaux sur la stabilité conjugale et la prédiction des divorces, supposant l'étude des émotions, de la physiologie et de la communication. Il a récemment été élu comme l'un des 10 thérapeutes ayant eu le plus d'influence au cours des derniers 25 ans par le magazine *PsychoTherapy Networker*. Ses 35 années de recherche ont fait des percées dans le domaine de l'étude du mariage et des relations et lui ont valu de nombreux prix importants. Il est l'auteur de 190 articles universitaires publiés et l'auteur ou le coauteur de 40 livres, y compris son best-seller du NY Times, *Seven Principles for Making Marriage Work*. D^{rs} John et Julie Gottman sont les cofondateurs de la Gottman Institute où ils enseignent actuellement des ateliers de fin de semaine pour les couples et donnent des ateliers de formation aux cliniciens. Il est le directeur général du Relationship Research Institute qui crée des programmes pour les nouveaux parents et des traitements de la violence conjugale. Le couple Gottman offre aussi des ateliers intimes, en petit groupes de couples, et des thérapies marathons sur Orcas Island.

Conférence « Science & Application » – Ed Diener, Ph.D.

Ed Diener est professeur émérite de psychologie à la chaire Joseph R. Smiley à l'University of Illinois. Il a obtenu son doctorat de l'University of Washington en 1974. D^r Diener est le rédacteur en chef fondateur de *Perspectives on Psychological Science* et il est l'auteur d'environ 300 publications.

Il a récemment publié *Happiness: Unlocking the Mysteries of Psychological Wealth* avec son fils Robert Biswas-Diener, ainsi que *Well-Being for Public Policy* avec Richard Lucas, Ulrich Schimmack et John F. Helliwell. De plus, une collection de trois volumes de ses ouvrages qui ont eu le plus d'influence dans le domaine du bien-être subjectif a récemment été publiée (*The Collected Works of Ed Diener*), ainsi qu'un livre sur les différences internationales dans le bien-être, qui est publié en collaboration avec Daniel Kahneman et John F. Helliwell (*International Differences in Well-Being*).

Avec plus de 30 000 citations à son crédit, il est l'un des psychologues les plus cités selon l'Institute of Scientific Information. Récipiendaire d'un grand nombre de prix distingués et de doctorats honorifiques, sa recherche se concentre sur la mesure du bien-être, les influences du tempérament et de la personnalité sur le bien-être, les théories du bien-être, le revenu et le bien-être et les influences culturelles sur le bien-être. Récemment, il s'est penché sur les effets du bien-être subjectif sur la santé et du fonctionnement efficace.

Appel de communications – Date limite de soumission : le 15 novembre 2010

Pour plus d'information, visitez notre site web www.cpa.ca

Second call for nominations for president-elect and two designated directors on the CPA Board of Directors for 2011

Nominations are required for President-elect and two Directors who will assume office at the 2011 Annual General Meeting.

INSTRUCTIONS FOR NOMINATIONS FOR PRESIDENT-ELECT

The President-elect is nominated by all members as defined in By-Law IX.3. Nominations for President-elect require the support of **five Members/Fellows**.

Members and Fellows of the Canadian Psychological Association are invited to nominate for the President-elect. Each nomination must include a curriculum vitae for the candidate, including educational background, present and former positions, and research and/or professional activities. **It must be accompanied by a letter from the nominator and four letters of support** that expresses support for the candidate and contains a statement to the effect that the nominator has ascertained the candidate's willingness to stand for nomination.

The names and supporting materials of nominees must be received by **November 8, 2010** at CPA Head Office and should be sent preferably by email to:

amindirector@cpa.ca

Dr. Martin M. Antony

Chair, Nominating Committee
Canadian Psychological Association
141, Laurier Ave. West, Suite 702
Ottawa, Ontario K1P 5J3

INSTRUCTIONS FOR NOMINATIONS FOR TWO SECTION-NOMINATED DESIGNATED DIRECTORS: PRACTITIONER AND SCIENTIST

Designated Directors who are nominated by the Sections represent the three categories of Scientist, Scientist-Practitioner and Practitioner. For the 2011 elections, nominations are required for **one Scientist and one Practitioner seats**.

Scientists are persons who indicate that their major professional activity in-

volves research and teaching, and whose CVs are judged by the Nominating Section to meet these criteria.

Practitioners are persons who indicate that their major professional activity involves service delivery, and whose CV's are judged by the Nominating Section to meet these criteria.

As presented in By-Law IX, any CPA Member or Fellow who is a member of a section(s) may submit a nomination(s) to any section(s) of which they are a member. The sections shall establish their own procedures for the consideration of nominations received from their members for designated board seats.

All sections are invited to submit nominations for the section-nominated designated positions of **Scientist and Practitioner**.

The submission of each nomination will include the written consent of the nominee, the curriculum vitae of the nominee, and a supporting letter from the nominator.

The name(s) of section nominee(s) for the designated Directors Scientist and Practitioner positions must be received at CPA Head Office by **November 8, 2010** and should be sent preferably by email to:

amindirector@cpa.ca

Dr. Aimée Surprenant

Chair, CPA Committee on Sections
Canadian Psychological Association
141 Laurier Ave. West, Suite 702
Ottawa, Ontario K1P 5J3

PRESENT BOARD REPRESENTATION

So that you may be aware of the present balance of the Board, its current voting membership is as follows:

President:

Peter Graf, University of British Columbia, Vancouver, BC, Brain, Behaviour and Cognition

Past President:

Martin M. Antony, Ryerson University, Toronto, ON, Clinical

President-elect:

David Dozois, University of Western Ontario, London, ON, Clinical

Director retiring 2011

Practitioner: Lorne Sexton, University of Manitoba, Winnipeg, MB, Health Psychology

Director representing the Council of Professional Associations of Psychologists (CPAP):

Jennifer Frain, New Directions for Children, Youth, Adults & Family, Winnipeg, MB

Director retiring 2012

At-Large: Jean-Paul Boudreau, Ryerson University, Toronto, ON, Developmental

Director representing the Council of Canadian Departments of Psychology (CCDP): Suzanne MacDonald, York University, Toronto, ON, Clinical

Directors retiring 2013

Director representing the Canadian Psychological Association's Section on Students:

Brenden Sommerhalder, Doctoral Student, Dalhousie University, Halifax, NS, I/O

Scientist-Practitioner: Mary-Pat McAndrews, Toronto Western Hospital, ON, Neuropsychology

At-large reserved for a Masters level member: Dawn Hanson, Private Practice, Winnipeg, MB

At-large: Sylvie Bourgeois, RCMP, Ottawa, ON, Health Psychology

Experimental Psychologist Conducting Basic Research: Aimée Surprenant, Memorial University, NL, NSERC Scientist

BY-LAW IX - NOMINATIONS - IS AVAILABLE ON CPA WEB SITE:

<http://www.cpa.ca/aboutcpa/by-laws/>.

Rappel de mises en candidature au conseil d'administration de la SCP pour les postes de président désigné et de deux postes de directeurs désignés pour 2011

Des mises en candidature sont requises pour les postes de président désigné et de deux directeurs désignés qui assumeront leurs fonctions lors de l'assemblée générale annuelle de 2011.

DIRECTIVES POUR LES MISES EN CANDIDATURE POUR LE POSTE DE PRÉSIDENT DÉSIGNÉ

Conformément au règlement IX.3, le président désigné est nommé par tous les membres et les mises en candidature doivent être appuyées par **cinq membres ou fellows**.

Les membres et fellows de la Société canadienne de psychologie sont invités à faire des mises en candidature pour le poste de président désigné. Chaque candidature devra être accompagnée du curriculum vitae du candidat et devra inclure ses antécédents en matière de formation, le(s) poste(s) qu'il occupe présentement et qu'il occupait auparavant ainsi qu'un résumé de ses activités professionnelles ou dans le domaine de la recherche. **La mise en candidature devra être également accompagnée d'une lettre du présentateur et quatre lettres d'appui** et devra renfermer une déclaration à l'effet que la personne nommée accepte de se porter candidate à l'élection.

Assurez-vous de faire parvenir vos mises en candidature pour le poste de président désigné accompagnées des pièces nécessaires pour appuyer ces candidatures au plus tard le **8 novembre 2010**, préférentiellement par courriel, à l'adresse suivante :

admindirector@cpa.ca

D^r Martin M. Antony
Président du Comité des
mises en candidature

Société canadienne de psychologie
141 avenue Laurier ouest, bureau 702
Ottawa, Ontario K1P 5J3

DIRECTIVES POUR LES MISES EN CANDIDATURE POUR LES POSTES DE DIRECTEUR DÉSIGNÉ SCIENTIFIQUE ET PRATICIEN NOMMÉS PAR LES SECTIONS

Les directeurs désignés nommés par les sections représentent les trois catégories de membres de la SCP : scientifique, scientifique praticien et praticien. Pour les élections de 2011, des candidatures pour

un poste de scientifique et un poste de praticien sont requises.

Les **scientifiques** sont des personnes qui ont indiqué la recherche et l'enseignement comme principales activités professionnelles et dont le curriculum vitae est jugé conforme à ces critères par la Section faisant la mise en candidature.

Les **praticiens** sont des personnes qui ont indiqué la fourniture de services comme principales activités professionnelles et dont le curriculum vitae est jugé conforme à ces critères par la Section faisant la mise en candidature.

Tel que stipulé dans le règlement IX, tout membre ou fellow de la SCP qui est également membre d'une ou de plusieurs sections peut présenter une mise en candidature à la section (ou sections) dont il est membre. Les sections ont la responsabilité de déterminer leurs propres procédures pour examiner les mises en candidature qu'elles auront reçues de leurs membres pour les postes désignés du conseil.

Toutes les Sections sont invitées à faire des mises en candidature pour les postes vacants de **scientifique et de praticien**.

La présentation de chaque candidature comprendra le consentement du candidat ainsi que son curriculum vitae et une lettre du présentateur du candidat.

Chacune des sections doit faire parvenir le nom de leurs candidats aux postes de directeurs désignés **scientifique et praticien** au responsable du Comité sur les sections **avant le 8 novembre 2010** préférentiellement par courriel à l'adresse suivante :

admindirector@cpa.ca

D^{re} Aimée Surprenant

Présidente du Comité sur les Sections
Société canadienne de psychologie
141, avenue Laurier ouest, bureau 702
Ottawa, Ontario K1P 5H3

COMPOSITION ACTUELLE DU CONSEIL D'ADMINISTRATION

Afin que vous soyez au courant de la représentation actuelle au sein du conseil d'administration, les membres élus sont les suivants :

Président :

Peter Graf, University of British Columbia, Vancouver, CB, cerveau, comportement et cognition

Président sortant :

Martin M. Antony, Ryerson University, Toronto, ON, psychologie clinique

Président désigné :

David Dozois, University of Western Ontario, London, ON, psychologie clinique

Directeurs dont le mandat se termine en 2011

Praticien : Lorne Sexton, University of Manitoba, Winnipeg, MB, psychologie de la santé

Directrice représentant le Conseil des associations professionnelles de psychologues : Jennifer Frain New Directions for Children, Youth, Adults & Family, Winnipeg, MB

Directeurs dont le mandat se termine en 2012

Non désigné : Jean-Paul Boudreau, Ryerson University, Toronto, ON, psychologie du développement

Directrice représentant le Conseil canadien des départements de psychologie (CCDP) : Suzanne MacDonald, York University, Toronto, ON, psychologie clinique

Directeurs dont le mandat se termine en 2013

Directeur représentant la Section des étudiants en psychologie de la SCP :

Brenden Sommerhalder, doctorant, Dalhousie University, Halifax, NS, I/O

Scientifique-Praticien : Mary-Pat McAndrews, Toronto Western Hospital, ON, neuropsychologie

Non désigné réservé à un membre détenant une maîtrise : Dawn Hanson, Pratique privée, Winnipeg, MB

Non désigné : Sylvie Bourgeois, GRC, Ottawa, Ontario, Psychologie de la santé

Psychologue expérimental menant de la recherche fondamentale :

Aimée Surprenant, Memorial University, St. John's, NL, scientifique CRSNG

VEUILLEZ CONSULTER NOTRE SITE WEB POUR PRENDRE CONNAISSANCE DU RÈGLEMENT IX – MISE EN CANDIDATURE AU :
<http://www.cpa.ca/aproposdelascp/reglementsgeneraux/>.

Second call for nominations for election to the status of fellow of the Canadian Psychological Association 2011

The Committee on Fellows invites you to recognize the distinguished contributions of your colleagues by nominating them for consideration by the Committee. Nominees must be Members in good standing of the Association. Should the nominee not be selected as a Fellow the year submitted, he or she will automatically be reconsidered in each of the next two years.

Any Member, except current members of the CPA Board of Directors, can be nominated for Fellow status. Members may not nominate themselves and current CPA Board members may not nominate. As noted in the By-Laws, there are three ways to achieve Fellow status: (1) distinguished contri-

butions to the advancement of the science of psychology; (2) distinguished contributions to the advancement of the profession of psychology; and (3) exceptional service to national or provincial associations of psychologists.

Nominations must be made as follows:

Nominations must include current curriculum vitae for the nominee and **at least three endorsing letters** written in the last calendar year by current Fellows or Members. Preferably, the nominators should be drawn from three different institutions, with no more than one coming from the nominee's home institution.

The letters of nomination should be specific about the ways in which the nominee's research or practice has contributed to the advancement of the science or profession of psychology or as to ways the person's service to national or provincial associations of psychologists have been exceptional. In the case of nominations based upon accomplishments other than published theory or research, the specific innovative contributions and their impact on psychology should be described.

The letters of nomination should point out evidence of the quality of journals in which the nominee has published, awards received, etc. In the case of nominations based upon exceptional service to national or provincial associations of psychologists, the letters of nomination should point the nature of the associations (e.g., nature of the associations, number of members, services they provide).

Normally, the nominee should have completed his or her post-secondary training 10 years prior to being nominated for Fellow status. Someone with less than 10 years experience following graduation, but more than 5 years of experience, could be elected Fellow if his or her contributions or services have been found by the Committee to be truly exceptional.

Nominations must be submitted preferably by email (in PDF format) **by NOVEMBER 30**, and must be accompanied by the nominee's curriculum vitae/resume, together with **supporting statements by at least three nominators**, to:

admindirector@cpa.ca

Dr. Martin M. Antony

Chair, CPA Committee on Fellows and Awards

Canadian Psychological Association

141, Laurier Ave. West, Suite 702

Ottawa, Ontario K1P 5J3

The list of CPA Fellows is available on the CPA Web Site at: <http://www.cpa.ca/aboutcpa/cpaawards/cpafellows/>.

FACULTY POSITION IN INDUSTRIAL/ ORGANIZATIONAL (I/O) PSYCHOLOGY

Applications are invited for a tenure stream appointment in I/O Psychology at the rank of Assistant Professor in the Department of Psychology at The University of Western Ontario, effective July 1, 2011. We have a particular interest in applicants who specialize in topics that are typically associated with the "I" side of I/O psychology and who have a solid background in statistics/research methodology, but applicants trained in any area of I/O Psychology are strongly encouraged to apply. Applicants must have a Ph.D. and the selected candidate will be expected to maintain an active research program, teach undergraduate and graduate courses in I/O psychology topics, and provide graduate student supervision.

The Psychology Department has approximately 50 faculty members, 20 staff members, and over 100 graduate students enrolled in the Masters and Ph.D. programs. It is one of the most distinguished psychology departments in Canada and has a very strong I/O Psychology group. Further information about Psychology, and the I/O Psychology group, at Western may be found at <http://www.ssc.uwo.ca/psychology/> and <http://psychology.uwo.ca/IO>, respectively.

Applicants should submit a curriculum vitae, a statement of research interests and teaching experience (including teaching ratings, if available), copies of representative publications, and arrange to have 3 letters of recommendation sent to: Dr. Albert Katz, Chair, Department of Psychology, The University of Western Ontario, London, Ontario, Canada N6A 5C2. Consideration of applications will commence on September 15, 2010, and will continue until the position is filled.

This position is subject to budgetary approval. Applicants should have fluent written and oral communication skills in English. All qualified candidates are encouraged to apply; however, Canadian Citizens and Permanent Residents will be given priority. The University of Western Ontario is committed to employment equity and welcomes applications from all qualified women and men, including visible minorities, aboriginal people, and persons with disabilities.

Rappel de présentation de mise en candidature pour le titre de fellow de la Société canadienne de psychologie pour 2011

Le Comité des fellows vous invite à souligner la contribution de vos collègues en lui présentant leur candidature. Les candidats doivent être membres en règle de la Société.

Si le ou la candidate n'est pas élu(e) l'année de mise en candidature, il ou elle sera éligible pour les deux années suivantes.

Tous les membres, sauf les membres actuels du Conseil d'administration de la SCP, peuvent être mis en candidature au titre de fellow. Les membres ne peuvent pas se mettre eux-mêmes en candidature et les membres du Conseil d'administration actuels ne peuvent pas proposer de candidature. Comme il est indiqué dans le règlement, il y a trois façons d'obtenir le statut de fellow : 1) une contribution éclatante au développement scientifique de la psychologie; 2) une contribution éclatante au développement professionnel de la psychologie; et 3) un service exceptionnel aux associations nationales ou provinciales de psychologues.

Les mises en candidature doivent être faites de la façon suivante :

Les mises en candidature doivent inclure le curriculum vitae à jour de la personne en nomination et **au moins trois lettres d'appui** rédigées au cours de la dernière année civile par des fellows ou des membres actuels. Préféablement, les personnes qui font les mises en candidature devraient provenir de trois organismes différents, un seul au plus venant du même organisme que celui de la personne mise en candidature.

Les lettres de mise en candidature doivent être précises quant aux façons dont la recherche ou la pratique de la personne en nomination a contribué au développement scientifique ou professionnel de la psychologie ou aux façons dont le service de la personne à son association nationale ou provinciale de psychologues a été exceptionnel. Dans le cas de mises en candidature fondées sur des réalisations autres que de la théorie ou de la recherche publiée, les contributions novatrices précises

et leur incidence sur la psychologie devraient être décrites.

Les lettres de mise en candidature devraient mettre en valeur la qualité des revues où la personne en nomination a publié, les prix qu'elle a reçus, etc. Dans le cas d'une mise en candidature fondée sur un service exceptionnel à son association nationale ou provinciale de psychologues, les lettres de mise en candidature devraient souligner la nature des associations (p. ex. la nature des associations, le nombre de membres, les services fournis, etc.).

Normalement, la personne mise en candidature devrait avoir terminé sa formation post-secondaire dix ans avant sa mise en candidature au titre de fellow. Une personne possédant moins de dix ans d'expérience après avoir obtenu son diplôme, mais plus de cinq années d'expériences, pourrait être élue fellow si sa contribution ou son service a été trouvé vraiment exceptionnel par le Comité.

Les mises en candidature doivent parvenir préféablement par courriel (en format PDF) au plus tard **LE 30 NOVEMBRE** et doivent être accompagnées du curriculum vitae du candidat ou de la candidate et **au moins trois lettres d'appui** à l'adresse suivante :


adminidirector@cpa.ca

D^r Martin M. Antony

Président du Comité des fellows et des prix
Société canadienne de psychologie
141 avenue Laurier ouest, bureau 702,
Ottawa, Ontario K1P 5J3

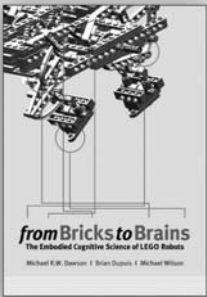
Veillez consulter la liste des fellows actuels sur notre site Web au

<http://www.cpa.ca/aproposdelascp/prixdelascp/fellowsdelascp/>.

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from Bricks to Brains
The Embodied Cognitive Science of LEGO Robots
Michael R.W. Dawson | Brian Dupuis | Michael Wilson

From Bricks to Brains: The Embodied Cognitive Science of LEGO Robots

by Michael Dawson, Brian Dupuis, and Michael Wilson

New Release May 2010
PB ISBN 978-1-897425-78-7

From Bricks to Brains introduces embodied cognitive science and illustrates its foundational ideas through the construction and observation of LEGO Mindstorms robots. Authors place a renewed emphasis on sensing and acting, the importance of embodiment, the exploration of distributed notions of control, and the development of theories by synthesizing simple systems and exploring their behaviour.

Call for nominations for at-large members on the Canadian National Committee for the International Union of Psychological Science (CNC/IUPSYS)

The CNC/IUPsyS is a CPA committee that enacts Canada's participation in the International Union of Psychological Science under a partnership agreement with the National Research Council of Canada. To ensure that the membership is representative of the diversity of psychological science, at-large members of the committee hold positions designated for psychologists whose research falls into one of three broad research domains: health science, neuro-bio-behavioural science, or social science.

Nominations are required from CPA Members and Fellows for the following members on the Committee to be assumed at the CPA Convention in 2011.

Research Domain	Term
Health Science 2-year	2011-2013
Health Science 3-year	2011-2014
Neuro-bio-behavioural Science 2-year	2011-2013
Neuro-bio-behavioural Science 3-year	2011-2014
Social Scientist 2-year	2011-2013
Social Science 3-year	2011-2014

This Committee is expanding its membership in 2011 from three to nine at-large members. The combination of 2- and 3-year terms starting in 2011 is to ensure that membership rota-

tion is staggered in future years. Terms are renewable once, for three years.

Any CPA Member or Fellow whose primary activities are in research and teaching may be nominated. Given the nature of the Committee, candidates who are members of an international association or who have attended at least one international congress will be given preference.

Each nomination shall consist of:

- a letter from the nominator that states the position for which the candidate is being nominated, expresses support for the candidate, and contains a statement to the effect that the nominator has ascertained the candidate's willingness to stand for nomination;
- a current curriculum vitae of the candidate (including educational background, present and former positions, research and professional activities, organization membership and involvement, and international congress participation); and
- supporting statements from two CPA Members/Fellows.

The deadline to submit nominations shall be **DECEMBER 31, 2010**. Nominations and supporting documents should be sent by e-mail to the Chair-Designate of the CNC/IUPsyS at the following address: jennifer.veitch@nrc-cnrc.gc.ca.

Appel de nominations pour des membres non désignés au Comité national canadien pour l'International Union of Psychological Science (CNC/IUPSYS)

Le CNC/IUPsyS est un comité de la SCP qui permet au Canada de participer à l'International Union of Psychological Science en vertu d'une entente de partenariat avec le Conseil national de recherches du Canada. Afin d'assurer que la composition du comité témoigne de la diversité de la représentation en science psychologique, des membres non désignés siègent au comité à des postes réservés à des psychologues dont la recherche se trouve dans l'un des trois grands domaines de la recherche : la science de la santé, la science neuro-bio-comportementale ou la science sociale.

On demande aux membres et aux fellows de la SCP de faire des nominations, qui entreront en vigueur au congrès de la SCP en 2011, pour les mandats suivants du Comité.

Domaine de recherche	Mandat
Science de la santé 2 ans	2011-2013
Science de la santé 3 ans	2011-2014
Science neuro-bio-comportementale 2 ans	2011-2013
Science neuro-bio-comportementale 3 ans	2011-2014
Science sociale 2 ans	2011-2013
Science sociale 3 ans	2011-2014

Ce Comité étend la composition de ses membres en 2011 de trois à neuf membres non désignés. La combinaison des mandats de deux et trois ans à compter de 2011 vise à assurer un décalage dans la rotation des membres dans les années à venir. Les mandats sont renouvelables une fois, pour trois ans.

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Les Cahiers recherche et pratique de l'Ordre des psychologues du Québec

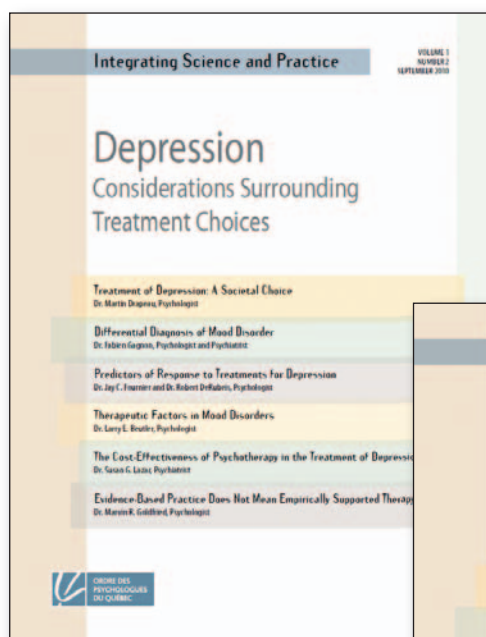
Les traitements alternatifs seraient moins efficaces que la psychothérapie dans les cas de dépression

Les traitements alternatifs, tels que l'acupuncture, la thérapie musicale, le millepertuis et la relaxation seraient moins efficaces que la psychothérapie, d'après un article paru dans l'édition de septembre des Cahiers recherche et pratique publiée par l'Ordre des psychologues du Québec.

Intitulée « La dépression – Considérations autour des choix de traitement », la seconde édition des Cahiers recherche et pratique comporte plusieurs articles signés par des psychologues et chercheurs du Québec et de la scène internationale. Le vice-président de l'Ordre des psychologues, le D^r Martin Drapeau, signe l'éditorial du cahier sur les choix sociaux qu'implique le traitement de la dépression. Le D^r Fabien Gagnon, psychologue, médecin psychiatre et professeur titulaire au Département de psychiatrie et de neurosciences de l'Université Laval traite du diagnostic différentiel des troubles de l'humeur. Les D^r Jay C. Fournier et D^r Robert DeRubeis, tous deux chercheurs à l'Université de Pennsylvanie parlent des facteurs prédictifs de la réponse aux traitements. Le D^r Larry E. Beutler, psychologue, professeur à la Palo Alto University's Pacific Graduate School of Psychology s'intéresse aux facteurs thérapeutiques des troubles de l'humeur et enfin, la D^{re} Susan G. Lazar, médecin psychiatre et professeure à l'Univer-

sité Georgetown et à l'Université George Washington évalue le rapport coût-efficacité de la psychothérapie.

Les Cahiers recherche et pratique en version française ou anglaise peuvent être utiles aux professionnels oeuvrant en santé mentale. Il est possible de les télécharger en se rendant au www.ordrepsy.qc.ca sous l'onglet Publications.



CNC/IUPSYs

Suite de la page 30

Tout membre ou fellow de la SCP dont les activités primaires sont en recherche et en enseignement peut être nommé. Compte tenu de la nature du Comité, les candidats qui sont membres d'une association internationale ou qui ont assisté à au moins un congrès international auront la préférence.

Chaque nomination doit s'accompagner de ce qui suit :

- une lettre de l'auteur de la proposition de candidature qui indique pour quel poste elle propose la personne, qui exprime son soutien à cette candidature et qui contient un

énoncé à l'effet que l'auteur de la proposition de candidature a vérifié la volonté de la personne d'accepter sa nomination;

- un curriculum vitæ à jour de la personne proposée (y compris les études, les postes actuels et anciens, les activités de recherche et professionnelles, l'adhésion et l'engagement dans des organismes et la participation à des congrès internationaux);
- des énoncés d'appui de deux membres/fellows de la SCP.

La date limite pour proposer les candidatures sera le **31 DÉCEMBRE 2010**. Les nominations et les documents à l'appui devraient être envoyés par courriel à la présidente désignée du CNC/IUPsyS à l'adresse suivante : jennifer.veitch@nrc-cnrc.gc.ca.

Highlights of the 2010 general assembly of the International Union of Psychological Science Melbourne, Australia, July 14-15, 2010

*John Berry, Ph.D., and Janel Gauthier, Ph.D.,
Canadian Delegates to the General Assembly and
Members of the Canadian National Committee for the
International Union of Psychological Science*

The International Union of Psychological Science (IUPsyS) is an organization composed of National Members representing countries from around the world. These National Members, only one per country, are from national level organizations such as national societies/associations/committees of scientific psychology, national academies of science, or similar organizations. Additionally there are several regional and international organizations which are Affiliate members or have special Liaison status with the IUPsyS. Eleven Charter Members founded IUPsyS in 1951. Today, it has National Members from over 70 countries, and 17 Affiliate organizations (www.iupsys.net/images/membersaffiliates/iupsys-member-directory-2010.pdf).

As a Union, IUPsyS holds membership both in the International Council for Science (ICSU) and in the International Social Science Council (ISSC). A Work Plan for Co-operation approved by both organizations guides the current relationship between the IUPsyS and the World Health Organization. Additionally, IUPsyS holds special consultative status with the United Nations Economic and Social Council (ECOSOC) and consultative status with the United Nations Department of Public Information (DPI).

The General Assembly

The General Assembly of the IUPsyS is a meeting of Union members held every two years in conjunction with the International Congress of Psychology and the International Congress of Applied Psychology. The 2010 General Assembly was held in conjunction with the International Congress of Applied Psychology on July 14-15 in the Melbourne Convention Centre in Melbourne, Australia.

Prof. John Berry (Queen's University) and Prof. Janel Gauthier (Université Laval) attended the General Assembly as delegates of Canada and participated in the discussions. The Canadian delegation also included Prof. Pierre L.J. Ritchie (University of Ottawa), IUPsyS Secretary-General, and Prof. Michel Sabourin (Université de Montréal), IUPsyS Treasurer. The following are the Assembly highlights.

1. Membership Categories and Dues

A major item was the revision of membership categories and dues. In the past, there were 13 categories of membership, with a different number of delegates and a different level of dues per

member country. The larger countries had more delegates and paid higher dues than smaller countries. At the 2008 General Assembly, Prof. John Berry (Canada) and Dr. Saths Cooper (South Africa) asked why larger countries should have more say and more influence over international psychology than smaller countries. They argued that the norm should be for each country to have an equal representation. They recommended that the statutes be revised to enable every member country to have two delegates.

At the 2010 General Assembly, the Executive Committee of IUPsyS proposed that there should be six categories, based on a formula that took into account the resources of the country, the development of psychology and the number of psychologists in the country. Dues would be higher for larger countries, but each country (except for an entry level country) would have two delegates. The General Assembly endorsed this revision with only one country voting against it. This change is a major step forward to achieve equity in international psychology.

2. New Members

The Bahamas Psychological Association and the Guatemala Psychological Association were admitted as new IUPsyS National Members.

3. Affiliate Organizations

The Society for Research in Child Development and the European Association of Counselling Psychology were admitted as new IUPsyS Affiliate organizations.

4. President's Report

Prof. Rainer K. Silbereisen (Germany), the Union President presented a written report on the Union activities over the first two years of his term. In his report, he highlighted three initiatives undertaken during this period. First, he advanced the goal of including all of psychology; not just in terms of the international range of societies, but also in terms of all types of psychology (basic, applied etc.). Second, in order to improve the level of exchange with National Members, the President sought to be more proactive in recognizing the needs and achievements in all member countries and regions of the world. Third, concerning the participation of the Executive Committee (EC) of the Union, he advanced the goal of enabling EC members to focus on specific tasks within the larger, long-term vision of the Union and, in support of that aim, of including people from outside the Union's inner circle.

Continued on page 33

Extremism and Terrorism: A Role for Psychology

Wagdy Loza, Ph.D., C. Psych. Chair,
Section on Extremism/Terrorism

With the extreme ideologies that are prevailing around the world, it is expected that extremism/terrorism will be with us for a long time to come. This prediction was made a few years ago (see for example, Loza, 2006). Time is proving its validity and we are constantly reminded of it through the media. Most recently (late August 2010), two people were arrested in the Netherlands for alleged terrorist activities involving an assumed test-run of a plot to use airplanes. Unfortunately, Canada is not immune to terrorist plots and attacks seen worldwide. The arrests and charges laid against alleged terrorists in Ottawa also in August, 2010 attest to the strength of this prediction.

The lack of a full understanding of the root causes and goals of the recent wave of extremists/terrorists coupled with the open Canadian nature and good will, I am afraid, will continue to foster extremism and terrorism in Canada. I have been urging psychologists as social scientists to contribute to combating ex-

tremism/terrorism through research, collegial interaction, and knowledge transfer. Indeed as a member of CPA you can help by getting involved. I ask you to consider becoming a member and to take an interest in our section.

The CPA conference in Winnipeg was a success for our newly initiated section on Extremism/Terrorism. We had an excellent invited speaker who attracted a large, interested and knowledgeable audience. The presentations were quite interesting and informative. We were lucky to have diverse presentations that included experts from RCMP and the Canadian Security Intelligence Service (CSIS). I have received very positive feedback about the success of our new section - it did better this year than other well established sections. The credit for this success goes to our executive committee.

We are determined to contribute in making the 2011 CPA conference in Toronto another successful event. We are lining up more world renowned speakers in this growing field. I encourage you to submit your presentations and hope to meet as many of you as possible.

International Relations

Continued from page 32

5. Secretary-General and Deputy Secretary-General

The current Secretary-General and Deputy Secretary-General were initially due to leave in 2008, but agreed to stay on until 2010. Prof. Pierre Ritchie (Canada) was re-appointed Secretary-General until 2012 to continue helping with the inauguration of the new Executive Officer. Dr. Merry Bullock (USA) decided to step down as Deputy Secretary-General following the Assembly meeting in Melbourne. Dr. Ann Watts (South Africa) was appointed Deputy Secretary-General until 2012.

6. Site of the 2016 International Congress of Psychology

Italy and Japan submitted and presented proposals for holding the 2016 International Congress of Psychology. Those bids were reviewed and discussed by the General Assembly, which voted in favour of Japan. The site of the 31st International Congress of Psychology will be Yokohama, Japan; July, 2016.

7. Regional Conference of Psychology

A regional conference for the Caribbean will be held in the Bahamas in November, 2011. This will be a joint conference of IUPsyS, the International Association of Applied Psychology (IAAP) and the International Association for Cross-Cultural Psychology (IACCP).

8. Assembly Consultation on Strategic Activities

On the morning of July 15, the General Assembly met in six breakout sessions to discuss the national capacity building, communication with National Members, policy, web resources, education in psychology, and evaluation and enhancement. Prof. John Berry participated in the session on national capacity building and Prof. Janel Gauthier participated in the session on policy. A report on these sessions will be available in the minutes of the meeting.

9. Bulletin

Note was made that the IUPsyS publishes a monthly bulletin in addition to a newsletter. The Bulletin provides brief information and updates on the work and activities of the Union and related regional and international matters. It is circulated by email to the Union's National Members and its Affiliates and related organizations. It can be accessed at <http://www.iupsys.net/index.php/resources/current-projects/241>.

Next General Assembly

The next meeting of the General Assembly will be in Cape Town, South Africa during the 2012 International Congress of Psychology (July 22-27, 2012).

Surviving on a Graduate Student Budget

Justin Feeney, M.Sc. Student

We've all heard the stereotype of poor graduate students eating their microwave KD on cardboard box tables. Although this is an extreme example, economic hardship is a reality for many graduate students. Some students are saddled with undergraduate student loans and many of us receive minimal graduate funding, where we must still pay for tuition and textbooks. It's easy to feel hopeless, but there are some simple things you can do to reclaim some control:

Create a budget!

Recent surveys showed that over 50% of Canadian households don't budget, which is the easiest way to reduce your costs. Create a monthly budget with targets for each major category, and record spending to make sure you're on track. It is amazing how much a daily coffee (or two!) can add up over the span of a month.

Cut down your food costs.

Watch all local stores for their weekly flyers (*tip: you can view them online*) and store up on non-perishables during major

sales. Consider shopping at discount chains such as No Frills or Food Basics, or pooling funds with friends to buy bulk from Costco. These stores typically charge around 20-30% less for the same goods than their premium counterparts do. Consider generic brands to premium foods, which are often produced by the same companies. Reduce impulse buys by making a list of what you need before you shop.

Cut down your social costs.

We all love going out with friends and romantic partners, but restaurants and bars take a major bite out of your wallet. Consider lower cost alternatives such as having coffee or drinks at home, or going for a picnic with homemade food. Sign up for newsletters at your favourite places to go, and look for deals – museums and art galleries often have free nights and student pricing. Also, consider frugal vacation options such as camping or local attractions.

Cut down on luxuries.

Do you really need the latest *iPhone*, an expensive data plan or 50 HDTV channels? Consider minimizing or eliminating monthly expenses like these. I replaced watching TV with free reading through my municipal and university libraries, and I watch my media online.

For more money-saving pointers, check out some online Canadian savings forums such as <http://www.redflagdeals.com> or <http://www.frugalshopper.ca>, or online coupon sites such as <http://www.save.ca>.



Alberta Health Services (AHS) is seeking a **Psychologist** to join our team at the Centennial Centre for Mental Health and Brain Injury in Ponoka. AHS is one of the leading health care systems in Canada, responsible for delivering health care to more than 3.5 million Albertans. Working at AHS enables a better quality of life, not only for our staff, but for their families – there's no shortage of reasons to join our team.

PSYCHOLOGIST – PONOKA COMPETITION # 10-AMH-330

The successful candidate will provide psychological services to our acute and rehabilitation units within a interdisciplinary model. There will be opportunities for program evaluation, research activities and collaborative projects.

QUALIFICATIONS

- Master's degree with several years of relevant experience or a Doctoral degree in Clinical, Counselling or Educational Psychology.
- Registered with the College of Alberta Psychologists.

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New Member of the CPA Board of Directors

Brenden Sommerhalder
MSc. Student, Industrial/Organizational Psychology
Faculty of Graduate Studies and Research
Department of Psychology, Saint Mary's University
Halifax, NS

Student representative on the CPA Board of Directors, Brenden is currently a graduate student in the Industrial/Organizational Psychology program at Saint Mary's University in Halifax, and researches mental and physical health promotion in the workplace. Brenden is serving on the Students' Section executive as Chair-Elect. Please feel free to contact Brenden at brenden.sommerhalder@smu.ca.

Welcome Students!

Dear Students,

I hope everyone has had an exciting yet restful summer, and I would now like to take this opportunity to welcome all of you to a new academic year. It is also with much pleasure that I introduce to you the new Executive of CPA's Section for Students for 2010-2011:

Chair

Rana Pishva, Doctoral Student – Clinical/Developmental Psychology, Queen's University

Past Chair

Philip Jai Johnson, Doctoral Student – Clinical Psychology, McGill University

Chair-Elect & Student Representative on CPA's Board of Directors

Brenden Sommerhalder, M.Sc. Student – Industrial/Organizational Psychology, Saint Mary's University

Campus Representative Coordinator

Missy Teatero, Doctoral Student – Clinical Psychology, Lakehead University

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Undergraduate Affairs Coordinator

Justin Feeney, M.Sc. Student – Industrial/Organizational Psychology, University of Western Ontario

Communications Officer

Taylor Hatchard, Bachelor of Arts (Hons.) Student – Psychology, Carleton University

Website & Listserv Manager

Kelly Hayton

I would also like to take this opportunity to thank **Kelly Smith, the outgoing Past-Chair of the Section**, for her guidance and enthusiasm over the last few years – it has been a pleasure working with you, and we wish you all the very best with your career!

The Section for Students provides opportunities for students to learn from each other and to begin preparing for their careers in psychology (www.cpa.ca/students). The past several years have seen a growth in our Section's membership, and some exciting initiatives are currently underway. In 2010-11, the Section will continue to be involved in a number of initiatives and events, such as ensuring student representation on all the CPA Sections, promoting Psychology month in February, conducting formalized elections for Executive positions, and liaising with the National Health Sciences Student's Association (NHSSA).

Due to the fantastic number of quality submissions already received for *Psynopsis* this year, we will not be accepting any further submissions for the 2010-2011 year. However, we are currently in the final preparation stages of a new publication, *Mind Pad*, which will be a publication designed specifically for articles written by students. We will keep you posted about details, including a call for submissions, for *Mind Pad*.

Our Campus Representative Program continues to thrive, as we aim to have undergraduate, graduate, and faculty CPA representatives at every Canadian university and college. Becoming a student representative is a great way to become more involved with CPA, and to act as a liaison between CPA and the students in your department. To see if the rep position at your institution is vacant, please visit our website (www.cpa.ca/students/studentrepresentatives/campusrepresentation). For more information on becoming a student rep, please contact Missy Teatero, Campus Representative Coordinator, mteatero@lakeheadu.ca.

In keeping with past years, we are preparing student-oriented workshops for the **72nd Annual Conventional in Toronto June 2nd-4th**. If there are any topics you would like us to address, please email your suggestions and ideas to me at rana.pishva@queensu.ca. The convention is a wonderful opportunity to learn about a wide variety of cutting-edge research, network with students and faculty from around the country and visit one of Canada's most exciting cities! We will also be hosting our very successful Annual **Student Social Night** – so be sure to mark your calendars!

In closing, I am proud to be the Chair of this vibrant and dynamic section, and to work with a highly dedicated team of students who are committed to ensuring that your voice is heard within CPA. If you have an idea for an event or initiative that you feel might be of interest to our Section, please do not hesitate to contact me at rana.pishva@queensu.ca. I am also happy to address any questions or concerns you may have. Thank you all for making our Section a success and I wish you all an exciting and inspiring new academic year!

La version Française de ce message est disponible sur notre site web! www.cpa.ca/etudiantsenpsychologie.

Rana Pishva

Doctoral Student
Clinical/Developmental Psychology
Queen's University

The Benefits of a Small University for Graduate Studies in Psychology

Sandeep Mishra, Ph.D. Candidate, Department of Psychology, University of Lethbridge

Prospective psychology graduate students generally aim to attend larger institutions. However, most are unaware of the numerous benefits of attending a smaller university. This article briefly summarizes some compelling reasons to consider a smaller university for graduate studies in psychology. These observations are based on the experiences of master's and doctoral students in psychology at the University of Lethbridge, a small comprehensive university in southern Alberta.

Collaboration. At smaller universities, faculty members often maintain labs with fewer students. With fewer lab members competing for an advisor's time, students receive more personalized supervision, often developing close working relationships with their advisor. Smaller universities also allow for enhanced communication and collaboration with others both within and outside one's own lab and department.

Institutional support. Students at smaller universities regularly receive disproportionately higher institutional support compared to students at larger universities. Furthermore, at many smaller universities, administrative staff are more personally invested in an individual graduate student's success. The School of Graduate Studies at the University of Lethbridge, for example, supports students with generous teaching assistantships, research stipends, and conference funding.

Research focus. Many large universities require all graduate students to take a large number of courses. Although breadth of

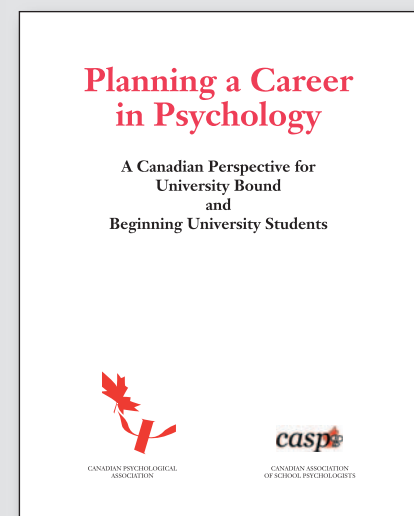
knowledge is important, smaller universities often place less emphasis on course volume, and greater emphasis on independent learning and research productivity. With more time to devote to research, graduate students at smaller universities often have a greater opportunity to publish more extensively. Many of the graduate students in psychology at the University of Lethbridge have published numerous papers in prestigious, high-impact journals.

Funding and productivity. Students at smaller universities frequently experience great success in conducting and publishing research, leading to more competitive applications for obtaining awards and funding. Psychology graduate students at the University of Lethbridge have received numerous awards for academic and research excellence, external research funding as principal investigators from independent granting bodies, and prestigious fellowships from federal and provincial agencies. Success rates for these awards among psychology graduate students at the University of Lethbridge exceed success rates at many larger institutions.

Prospective graduate students in psychology should seriously consider attending a smaller university such as the University of Lethbridge for master's or doctoral degrees. Enhanced student-advisor relationships, greater institutional support, and a focus on independent learning and research productivity at many smaller universities facilitate the development of academics and practitioners who can effectively compete in an increasingly challenging job market.

Published in 2009, *Planning a Career in Psychology - A Canadian Perspective for University Bound and Beginning University Students* by Marvin L. Simner, Ph.D. is available on the CPA website at: <http://www.cpa.ca/publications>.

This publication will be of interest to beginning university students with a desire to major in psychology and to high school students contemplating university. The booklet gives an overview of the discipline and deals with several ways to determine whether psychology is indeed an appropriate career choice. It also focuses on registration, licensing, training, and offers suggestions for those who might choose, after several years of university, not to become a psychologist and instead to enter the job market after completion of a bachelor's degree. Last, the booklet offers guidelines on how to succeed in university.



Benefits of Mentorship from the Undergraduate Perspective

Kirsten Klinge, BA, University of Alberta, CPA Student Affiliate

*Mentoring is a brain to pick, an ear to listen,
and a push in the right direction.*

– John C. Crosby

Many are familiar with the term “mentor”, however few are aware of its origins. According to ancient Greek mythology, Mentor was the name of Odysseus’ advisor who was responsible for the care and education of Odysseus’ son, Telemachus. As the origin of the term suggests, the idea of mentorship has a long history.

Mentorship is an important component of education, especially in university. For many undergraduate students, university can be a lonely place. Class sizes are typically in the hundreds, professors rarely get to know students’ names, and achievement is regularly rank-ordered to adhere to the oft-mandated bell curve grading scheme. While some students thrive, others slip into the abyss and become yet another attrition statistic. Although the answers to student involvement and efficacy are complex, there is one thing that makes a difference: Mentorship.

Mentorship can give students the opportunity to become more engaged in their own education, but mentoring relationships do not come with instruction manuals. Individuals involved in these relationships set their own boundaries and expectations. As with any relationship, it is essential that the two individuals have compatible interests.

Students might begin by considering classes that have been particularly intriguing, or areas they might like to further explore. After a student has reflected on an area of interest, he or she may begin to consider professors that share this passion. To help find out more about a particular professor, most universities post a brief biography and publication list of members in a given faculty. It is helpful to be thorough when deciding who to contact, as the aim is to create a relationship of support and guidance.

Despite the fact that many professors are busy people, they will often make time to sit down with an interested student. An appropriate way to start dialogue with a potential mentor is to send an email. When composing an email, begin with an introduction followed by a brief outline of the area of interest. Conclude the email by suggesting a face-to-face meeting to discuss this particular area of shared interest. It is recommended that

the email is written in a professional tone with clear language (avoid wordiness!), so as not to be overwhelming for the reader. Despite the ubiquitous nature of email, it is an effective way to establish contact with a future mentor.

At the undergraduate level, mentorship is beneficial for several reasons. Not only does it connect the student to an area of interest, it can serve as that extra layer of support that students might miss during university. Additionally, there is the potential for academic collaborations and partnerships. Lastly, when submitting applications to graduate programs or potential employers, a letter from someone who knows the applicant well, such as a mentor, may be more helpful for decision-makers.

Although mentorship has been around for thousands of years, there is good reason to revisit and rejuvenate this positive relationship between a student and professor.

*A special thanks to my mentor, J.V. for all of her support.

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Activities and Awards

*Andrew Ryder, Ph.D.,
Chair of the Cross-Cultural Section*

The ICC section promotes research and practice at the interface of psychology and culture, in Canada and around the world. We aim to provide a forum to support psychologists interested in pursuing and promoting this area in order to facilitate greater awareness of and engagement with cultural issues in psychology. Student membership is free, and each year we provide awards for the best student paper and poster presentations. This year, the John W. Berry Award was awarded to Chang Su for her paper entitled, “Cross-Cultural study of experience of shame and guilt in mainland China and Canada” and the Frances E. Aboud Award was awarded to Kim Chuong for her poster entitled, “Acculturation of Immigrants: dual perspectives from Chinese immigrants and European Canadians”. Presentations, posters, and workshops by section members make for a full program at the annual CPA convention, and we are continuing to look for ways to support our members during the year. For more information about our activities, consult our website: <http://tonks.disted.camosun.bc.ca/iccp>.



Kim Chuong with Dr. Randal Tonks



Chang Su with Dr. John Berry

Contribute to an increased knowledge-base among our readers

Linda McPhee, Managing Editor, Psynopsis

Psynopsis is Canada's Psychology Magazine where we endeavour to bring articles to the readership that enhance knowledge and understanding of psychological areas of practice and science or of psychology-related health or social policy. We invite leading experts to submit articles on topics of interest to scientist, educators and practitioners in psychology. Submissions should be no more than 1,000 words for articles that profile developments in science or practice and 400 words for “Have your Say” submissions.

To submit your articles for publication consideration please contact the CPA Head Office at communications@cpa.ca.

Acceptance of an article does not mean inclusion in Psynopsis. For more information please visit the CPA website at <http://www.cpa.ca/publications/psynopsis/> to view our editorial policy.

Contribuez à une base de connaissance accrue parmi nos lecteurs

Linda McPhee, directrice des services de rédaction, Psynopsis

Psynopsis est le magazine des psychologues du Canada. Nous invitons les principaux experts à soumettre des articles sur des sujets pouvant intéresser les chercheurs, les professeurs et les praticiens qui oeuvrent dans le domaine de la psychologie. Les soumissions ne devraient pas compter plus de 1 000 mots pour des articles qui décrivent les questions scientifiques ou de pratique et de 400 mots pour des soumissions à la rubrique « La parole est à vous ».

Pour soumettre vos articles veuillez contacter le siège social : communications@cpa.ca.

Les articles acceptés ne sont pas nécessairement publiés dans Psynopsis. Pour en savoir plus sur notre politique rédactionnelle de Psynopsis visitez notre site Web au <http://www.cpa.ca/publicationsfr/psynopsis/>.

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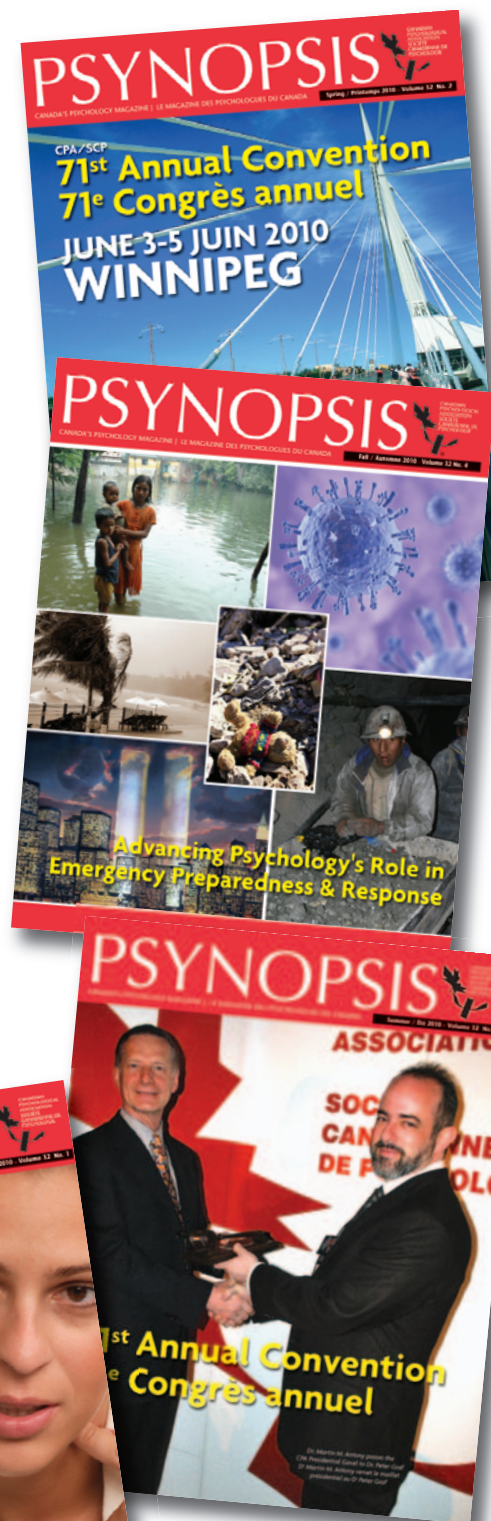
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Psynopsis is also posted on the Canadian Psychological Association's website, one of the most powerful marketing tools available.

In 2010, the design, look and feel of the on-line edition of Psynopsis changed in leaps and bounds! See for yourself, visit <http://www.cpa.ca/publications/psynopsis/>.

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School of Psychology, Faculty of Social Sciences, University of Ottawa École de psychologie, Faculté des sciences sociales, Université d'Ottawa

Full-Time Faculty Position (at all ranks)

The Faculty of Social Sciences comprises nine departments, schools and institutes, which offer undergraduate, Master's and doctoral programs in both English and French. With its nearly 9,000 students, 260 full-time professors, and wide array of programs and research centres, the Faculty of Social Sciences plays a key role at the heart of the University of Ottawa. Its graduate students are supervised by excellent researchers and undertake cutting-edge research in the Faculty's Master's and Ph.D. programs.

The School of Psychology at the University of Ottawa is accepting applications for three (3) tenure-track positions with expertise in:

- Clinical psychology (eligible for registration with the college of Psychologists of Ontario), with a preference for a candidate who conducts research on psychological treatments or who conducts research on youth and families;
- Social psychology;
- and either quantitative or behavioural neuroscience (human and/or animal research).

DUTIES

- Teaching at the undergraduate and graduate levels
- Conducting research and publishing activities
- Supervising Master's and Ph.D. candidates
- Participating in the University's academic and administrative activities
- Other activities as specified in the collective agreement

QUALIFICATIONS

- Holds a Ph.D. in a relevant field;
- Demonstrate excellence in teaching and research;
- Posses a strong publication and research track record

BILINGUALISM

The University of Ottawa is a bilingual institution, and all professors in the Faculty of Social Sciences must be actively bilingual to gain tenure. For these positions, the mastery of both English and French is necessary at the time of hiring.

HIRING CONDITIONS AND SALARY

These are set by the current collective agreement. Tenure-track positions are subject to budgetary approval.

STARTING DATE

July 1st, 2011

Applications must be received by **November 15th, 2010 at 5:00 p.m.** Electronic applications are strongly encouraged.

Applicants must submit their curriculum vitae, a letter indicating their teaching and research experience and interests. They must also indicate their French and English language abilities and submit copies of their main publications. Applicants must also request three referees to send letters of recommendation in confidence, under separate cover.

All submissions are to be sent directly to:

Luc Pelletier

Director, School of Psychology
Faculty of Social Sciences, University of Ottawa
200 Lees Av., room C101-B, Ottawa, Ontario, K1S 5S9
Fax: (613) 562-5147 Email: psychair@uottawa.ca

All qualified candidates are encouraged to apply; however, according to government policy, Canadians and permanent residents will be given priority. Equity is a University of Ottawa policy; women, Aboriginal peoples, members of visible minorities and persons with disabilities are encouraged to apply.

Professeur ou professeure (rang professoral est ouvert)

La Faculté des sciences sociales offre, en français et en anglais, des programmes de baccalauréat, de maîtrise et de doctorat répartis dans neuf départements, écoles et instituts. Avec ses près de 9 000 étudiantes et étudiants, ses 260 professeurs réguliers, son vaste choix de programmes et ses centres de recherche, la Faculté des sciences sociales occupe une place privilégiée au cœur de l'Université d'Ottawa. Les étudiants diplômés de la Faculté, encadrés par des chercheurs chevronnés, mènent des travaux de fine pointe dans nos nombreux programmes de maîtrise et de doctorat.

L'École de psychologie de l'Université d'Ottawa désire combler trois (3) postes réguliers de professeur menant à la permanence, rang ouvert.

Nous sommes à la recherche des candidats et candidates avec une spécialisation dans l'un des domaines suivants :

- un poste en psychologie clinique, avec une préférence pour un candidat ou une candidate qui effectue de la recherche sur les traitements psychologiques ou qui effectue de la recherche auprès des jeunes et des familles. Les candidats et candidates doivent être admissibles au Collège des psychologues de l'Ontario ;
- un poste en psychologie sociale ;
- un poste dans l'un des deux domaines suivants : en méthodes quantitatives en psychologie ou en neuroscience (recherche sur les humains ou les animaux).

FONCTIONS

- Enseignement à tous les cycles d'études ;
- Activités de recherche et publication ;
- Encadrement d'étudiantes et d'étudiants de deuxième et troisième cycles;
- Participer aux activités éducatives et administratives de l'Université ;
- Accomplissement de toute autre activité prévue à la convention collective.

CRITÈRES DE SÉLECTION

- Détenir un doctorat ;
- Démontrer de l'excellence en enseignement et en recherche
- Qualité du dossier de publications et en recherche.

BILINGUISME

L'Université d'Ottawa étant une institution bilingue, tous les professeurs et professeures de la Faculté des sciences sociales doivent démontrer un bilinguisme actif avant d'obtenir la permanence. La maîtrise du français et de l'anglais est nécessaire au moment de l'embauche.

CONDITIONS ET SALAIRE À L'EMBAUCHE

Selon la convention collective en vigueur. L'attribution du poste menant à la permanence est soumise à une approbation budgétaire.

ENTRÉE EN FONCTION

Le 1^{er} juillet 2011

Les candidatures doivent être reçues le **15 novembre 2010 à 17h**. Les soumissions électroniques sont fortement recommandées.

Les personnes intéressées à poser leur candidature doivent faire parvenir leur curriculum vitae, une lettre décrivant leur expérience et leurs intérêts en enseignement et en recherche. Elles doivent aussi inclure une indication de leurs compétences linguistiques en anglais et en français, une copie de leurs principales publications ainsi que trois lettres de recommandation. Les répondants doivent nous faire parvenir directement les lettres de recommandation.

L'ensemble du dossier doit parvenir à l'adresse suivante :

Luc Pelletier

Directeur, École de psychologie
Faculté des sciences sociales, Université d'Ottawa
200 Lees Av, pièce C101-B, Ottawa (Ontario) K1S 5S9
Télécopieur : 613-562-5147 Courriel: psychair@uottawa.ca

Tous les candidat-e-s qualifié-e-s sont invité-e-s à postuler; cependant, conformément aux exigences gouvernementales, les citoyens canadiens et les résidents permanents auront la priorité. L'Université d'Ottawa souscrit à l'équité d'emploi et elle encourage les femmes, les autochtones, les membres des minorités visibles et les personnes handicapées à postuler.



CANADIAN PSYCHOLOGICAL
ASSOCIATION
SOCIÉTÉ CANADIENNE DE
PSYCHOLOGIE

72nd Annual Convention
Congrès annuel

TORONTO

SHERATON CENTRE TORONTO HOTEL

JUNE 2-4 JUN
2011

Deadline for submissions: November 15, 2010

For more information please visit our website

Pour plus d'information, visitez notre site web

www.cpa.ca

Appel de communications – Date limite de soumission : le 15 novembre 2010