



canadian CLINICAL PSYCHOLOGIST

Newsletter of the Clinical Section of the Canadian Psychological Association
Volume 21, No.1
October 2010

INSIDE THIS ISSUE:

- 2- Officers 2010-2011
- 4- Editors' Message
- 5- Summary of Minutes of Clinical Section Meetings
- 11- New Section Fellows: Drs. Asmundson, Dobson & Walker
- 12- Inaugural Scientist-Practitioner Early Career Award: Dr. Christine Chambers
- 13- Pre-Conference Workshop Review: Advocacy
- 14- Introduction to the Canadian Association of Cognitive and Behavioural Therapists
- 15- Student Corner: 1st Student Symposium successfully held; 2010 Ken Bowers, Travel Award & Student Grant Winners, with summaries
- 23- The Book Corner

MESSAGE FROM THE CHAIR

Patricia Furer, Ph.D., C.Psych.

As the new Chair of the Clinical Section, I would like first to express my appreciation to two long-serving and outstanding members of the executive, Drs. John Pearce and Andrew Ryder. Dr. John Pearce has just completed four years on the Executive, first as Secretary-Treasurer and most recently as Past-Chair. John was always a font of wisdom and calm reflection, and a marvel of organization. John had the ability to seamlessly integrate our various opinions and viewpoints and did a beautiful job of representing the Clinical Section to CPA. John is one of those people who seems to know everyone and he was always able to connect with the right person so as to facilitate the promotion of the goals of our section. I always enjoyed John's warmth and enthusiasm and am very appreciative of the time and energy he put into the Clinical Section. We were all very proud of John when he was named Fellow of the Canadian Psychological Association in 2008.

Dr. Andrew Ryder has just completed four years on the Clinical Section Executive as our Member-at-Large. Andrew took on the challenging tasks of managing our website (and transitioning it through various painful adjustments) and organizing the Clinical Section Fact Sheets, before passing on the latter task to CPA. Andrew's web and computer skills were critical in these areas. Andrew was always an insightful and innovative contributor in our planning and kept our discussions lively. He was the lead in establishing our new Early Career Scientist-Practitioner Award (first awarded in June 2010). Andrew himself was a recipient of the 2009 CPA President's New Researcher Award, a very well-deserved tribute. Andrew is now the Chair of the International and Cross Cultural Section and I look forward to working with him in this capacity. Thank you John and Andrew!

I would also like to welcome two new members to the Clinical Section Executive: Dr. Peter Bieling is our new Chair-Elect and Dr. Elizabeth

Nilsen has taken on the role of Member-at-Large. Peter hails from St. Joseph's Hospital and McMaster in Hamilton and brings experience and knowledge from his tenure on the CPA Board of Directors. We welcome Liz from the University of Waterloo. Amongst her various duties, she will be managing our website and will be coordinating the listserv.

Continuing members of the executive are Dr. Mark Lau, Past-Chair; Dr. Margo Watt, Secretary-Treasurer; and Ms. Jessica Dere, Student Representative. We would like to extend a special thank-you to Dr. Jessey Bernstein and Dr. Margo Watt who continue to do such fabulous work as co-editors of the *Canadian Clinical Psychologist*.

CPA 2010 Annual Convention

It was exciting to see the annual convention return to Winnipeg this summer. And, I must say, it was very convenient for me to be able to just head downtown to see some fabulous presentations and connect with many colleagues instead of flying across the country.

The Clinical Section co-sponsored several major presentations in Winnipeg. Along with CPA, we co-sponsored a pre-convention workshop entitled *Advocating for the Science and Practice of Psychology: The How, What, When, Where, and Why*, presented by a roster of speakers including prominent Manitoba politicians and experts in government relations. All those who attended gave very positive reviews to the innovative structure of this workshop. See page 13 of this issue for a review of the workshop.

One of our invited speakers, Dr. David Hodgins from the University of Calgary, presented an interesting talk entitled *Beating the Odds: Promoting Self-Recovery from Gambling Problems with Brief Motivational Interventions*. This presentation was co-sponsored by our section and the Section on Counselling Psychology. The Clinical Section Keynote presentation was delivered by Dr. John Walker. His presentation was entitled *Flying Blind: The Challenge of Informing Consumers About Treatment Choices for Common Mental Health Problems*. Dr. Walker also

continued on page 3

**CLINICAL SECTION
EXECUTIVE OFFICERS 2010-2011**

NEWSLETTER EDITORS

Chair:

Patricia Furer, Ph.D., C.Psych.
Department of Clinical Health Psychology &
Anxiety Disorders Program
St. Boniface General Hospital
M5-409 Tache Ave
Winnipeg, MB R2H 2A6
Ph: (204) 237-2335
Fax: (204) 237-6264
e-mail : furerp@cc.umanitoba.ca

Past-Chair:

Mark Lau, Ph.D., R.Psych.
BC Mental Health & Addiction Services
201-601 West Broadway
Vancouver, BC V5Z 4C2
Ph: (604) 707-6358
Fax: (604) 707-6399
e-mail: mlau4@bcmhs.bc.ca

Chair-Elect

Peter Bieling, Ph.D., C.Psych
Department of Psychology
St. Joseph's Hospital
50 Charlton Avenue East
Hamilton, ON L8N 4A6
Ph: (905) 522-1155 ext. 35015
Fax: (905) 521-6120
e-mail: pbieling@stjosham.on.ca

Secretary-Treasurer:

Dr. Margo C. Watt
Department of Psychology
St. Francis Xavier University
P.O. Box 5000
Antigonish, NS B2G 2W5
Ph: (902) 867-5215
Fax: (902) 867-5189
e-mail: mwatt@stfx.ca

Member-At-Large:

Elizabeth S. Nilsen, Ph.D., C.Psych
Department of Psychology
University of Waterloo
200 University Avenue West
Waterloo, ON N2L 3G1
Ph: (519) 888-4567
Fax: (519) 746-8631
e-mail: enilsen@uwaterloo.ca

Student Representative:

Jessica Dere, M.Sc
Department of Psychology (PY-148)
Concordia University
7141 Sherbrooke W.
Montreal, QC H4B 1R6
Ph.: (514) 848-2424 ext. 5285
Fax: (514) 848-4523
email: jessicadere@gmail.com

Dr. Margo C. Watt

Department of Psychology
St. Francis Xavier University
P.O. Box 5000
Antigonish, NS B2G 2W5
Ph: (902) 867-5215
Fax: (902) 867-5189
e-mail: mwatt@stfx.ca

Dr. Jessey Bernstein

Department of Psychology
McGill University
1205 Dr. Penfield Avenue
Montreal, QC H3A 1B1
e-mail:
DrBernstein@gmail.com

In The News??

If you know of a section member who has recently published a book, article, or chapter, or who has contributed to the field in some other noteworthy manner of late, send the editors a short description and we will be happy to publish it in the Spring Newsletter.

Call for Nominations: Officers of the Clinical Section (2011-2012)



An easy and meaningful way you can show your support for the Clinical Section is to participate in the election process.

For 2010-2011, the Section requires nominations for three positions (1) the position of **Chair-Elect** (a three-year term, rotating through Chair and Past Chair); (2) the position of **Secretary-Treasurer** (a two-year term); and (3) the position of **Student Member** (a one-year term, renewable for a second year). Continuing members of the Executive for 2011-2012 will be Dr. Peter Bieling (Chair), Dr. Patricia Furer (Past-Chair), and Dr. Elizabeth Nilsen (Member-at-Large).

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

Nominations shall include:

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

Deadline for receipt of nominations is March 25th, 2011. Send nominations for the Executive to:

Mark Lau, Past Chair
BC Mental Health & Addiction Services
201-601 West Broadway
Vancouver, BC V5Z 4C2
Email: mlau4@bcmhs.bc.ca

continued from page 1

graciously agreed to provide a free public lecture on June 2, 2010. This talk was on *Confidence Building: Helping your Shy and Fearful Child*. His talk was very well attended and generated much interest for the parents and health care providers, as the large number of questions directed at Dr. Walker after his talk attested to. Thank you to both Dr. Walker and Dr. Hodgins for their time and expertise.

This was also the inaugural year for the Clinical Section Student Symposium, an initiative led by our Student Representative, Ms. Jessica Dere. This symposium served as a forum for graduate student research in the addictions area. Despite the very tough scheduling slot (the last presentation slot on Saturday afternoon!) the students did a terrific job of highlighting the important contributions our psychologists of tomorrow have to make to our profession. We plan to sponsor another student symposium for CPA 2011 in Toronto, again tying into the theme of one of our invited speakers.

Overall, the Clinical Section provided a significant number of contributions to the convention schedule. We had 80 posters, 6 workshops, 2 theory reviews, 6 symposia, and 2 conversation sessions at this year's convention.

Our Annual Business Meeting was held on June 3 and it was a nice opportunity to review the Section's activities and to hand out our numerous awards. This year's recipient of the Ken Bowers' award is Matilda Nowakowski from McMaster and Ryerson Universities, whose presentation is summarized on page 16 of this issue. Our first Scientist-Practitioner Early Career Award was presented to Dr. Christine Chambers, Associate Professor at Dalhousie University; highlights of her accomplishments are detailed on page 12. We are also pleased to welcome three new Fellows of the Clinical Section: Dr. John Walker, Dr. Deborah Dobson, and Dr. Gord Asmundson. You will find highlights of their contributions to our profession on page 11 of this issue. I hope everyone had a great time in Winnipeg.

Looking towards CPA 2011 Annual Convention

We are already doing lots of planning for the convention in Toronto. We are developing an exciting pre-conference workshop (more news on this in the months to come) and are arranging for some fabulous invited speakers. I hope everyone is preparing their submissions. The online submission deadline will be in mid-November: Let's make sure that there are lots of terrific posters and presentations from the Clinical Section in Toronto.

- P.F.

Appel de Candidatures Membres du comité exécutif – Section clinique (2011-2012)



Votre participation au processus d'élection des membres du comité exécutif est importante pour la Section clinique.

Pour l'année 2011-2012, la Section clinique doit combler trois postes : (1) **la poste de président(e) élu(e)** qui est un mandat de trois ans qui comprend une année comme président(e) élu(e), une année comme président(e), et une année comme président(e) sortant(e); et (2) **la poste de Secrétaire-trésorier** (mandat de deux années); et (3) **une poste de membre étudiant(e)** (mandat d'un an, renouvelable pour une deuxième année). Les trois personnes qui poursuivront leur mandat en 2011-2012 sont: Dr. Peter Bieling (Président), Dr. Patricia Furer (Présidente sortante), et Dr. Elizabeth Nilsen (Membre Ad Hoc).

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

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

Date limite de réception des candidatures: le 25 mars 2011.

Faire parvenir les candidatures à l'attention de :

Mark Lau, Président sortant
BC Mental Health & Addiction Services
201-601 West Broadway
Vancouver, BC V5Z 4C2
Email: mlau4@bcmhs.bc.ca

Mises en Candidatures Fellows de Section clinique (2011-2012)



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

Les mises en candidature devront être postées **au plus tard le 15 mars 2011** à l'attention de:

Peter Bieling, Ph.D., C.Psych
Department of Psychology
St. Joseph's Hospital
50 Charlton Avenue East
Hamilton, ON L8N 4A6

Ph: (905) 522-1155 ext. 35015
Fax: (905) 521-6120
e-mail: pbieling@stjosham.on.ca

Message from your Newsletter Editors: Climate Change and Mental Health

According to Albert Camus, *autumn is a second spring when every leaf is a flower*. Of course, autumn can also be the season of Indian summer, frost, or hurricanes. In September, hurricanes Earl and Igor wreaked havoc in the Atlantic Region. Other areas of the country have wrestled with their own severe weather events this year, too. Heat waves in Ontario and Quebec caused power outages and medical distress; wildfires engulfed parts of British Columbia; severe droughts and floods seemed to plague the Prairies. In other parts of the world, devastating floods in Pakistan were blamed on unprecedented monsoon rains; Russia suffered record high temperatures as well as burning peat bogs; floods and landslides beset China. In Greenland, one quarter of a mammoth glacier calved into the Arctic sea, setting adrift an iceberg about five times the size of Iqaluit. According to a new book, *The Weather of the Future*, by climatologist Heidi Cullen, all these events are related to global climate change and we had better get used to them.

What does this mean for clinical psychologists? As awareness of the consequences of global climate change increases, there is a growing body of evidence about the health effects of climate change (McMichael et al., 2003). Indeed, the Intergovernmental Panel on Climate Change (IPCC, 2007) has outlined evidence for a range of adverse physical health outcomes and alluded to the fact that many important outcomes will be psychological. These effects may be indirect or direct (Page & Howard, 2009). Indirect consequences could include the impact of mass migration, diminishing resources and economic collapse, or increasing urbanization (Costello et al., 2009). Urbanicity in developed countries, for example, is associated with a greater incidence of schizophrenia (March et al., 2008). Adverse psychological outcomes, such as PTSD (Galea et al., 2005), major depression (Marshall et al., 2007), and somatoform disorders (van den Berg et al., 2005) are well documented in the aftermath of natural disasters such as floods and droughts, which are predicted to increase as a consequence of climate change (IFRC, 2009). Recently, Australian researchers Wolf and Salo (2008) reported the first documented case of 'climate change delusion' in a 17-year-old boy. The boy, worried about drought due to climate change, was refusing to drink water for fear that millions of people would die. Direct effects of climate change, such as extreme weather events, are expected to have immediate impacts on the prevalence and severity of mental health issues (Fritze et al., 2008). It appears that the effects of global climate change will impact us as clinicians, as well as individuals. Our methods (research and clinical practice) will be as relevant here as they are with other issues pertaining to human mental health.

Enjoy your autumn newsletter,
Margo and Jessey

- Costello, A., Abbas, M., Allen, A., Ball, S., Bellamy, R., Friel, S. et al. (2009). Managing the health effects of climate change: Lancet and University College London Institute for Global Health Commission. *Lancet*, 373, 1693-1733.
- Fritze, J. G., Blashki, G. A., Burke, S., Wiseman, J. (2008). Hope, despair and transformations: Climate change and the promotion of mental health and wellbeing. *International Journal of Mental Health Systems*, 2, 1-10.
- IFRC (2009). *World disasters report: Focus on early warning, early action*, pp. 94-119. International Federation of Red Cross and Red Crescent Societies: Geneva.
- Intergovernmental Panel on Climate Change: Summary for policy-makers. (2007). In *climate change 2007: The physical science basis. Contribution of working group 1 to the fourth assessment report of the IPCC*. (Eds., S. Solomon, D. Qin, M. Manning, Z. Chen, M. Marquis, K. B. Averyt, M. Tignor, H. L. Miller. New York: Cambridge University Press.
- March, D., Hatch, S., Morgan, C., Kirkbride, J., Bresnahan, M., Fearon, P., & Susser, E. (2008). Psychosis and place. *Epidemiologic Reviews*, 30, 84-100.
- Marshall, G., Schell, T., Elliott, M., Rayburn, N., & Jaycox, L. (2007). Psychiatric disorders among adults seeking emergency disaster assistance after a wildland-urban interface fire. *Psychiatric Services*, 58, 509-514.
- McMichael, A., Campbell-Lendrum, D., Corvalan, C., Ebi, K., Githeko, A., Scheraga, J., & Woodward, A. (2003). *Climate change and human health - risks and responses: Summary*. Geneva: World Health Organization (WHO).
- Page, L. A. & Howard, L. M. (2009). The impact of climate change on mental health (but will mental health be discussed at Copenhagen?). *Psychological Medicine*, 40, 177-180.
- Wolf, J. & Salo, R. (2008). Water, water everywhere, nor any drop to drink: Climate change delusion. *Australian & New Zealand Journal of Psychiatry*, 42, 350.

February Is Psychology Month!

The goal of national Psychology Month is to generate awareness of, and interest in, the diversity of psychology, and to share with the public how psychology contributes to the overall well-being of the community.

This February, share what we do with others: give a talk, organize a workshop, design a poster, write a letter to the editor --- celebrate our profession!

**Psychology is for
Everyone**





Section on Clinical Psychology
La Section de la psychologie clinique

**CLINICAL SECTION
MINUTES OF SPRING EXECUTIVE
TELECONFERENCE MEETING**

Monday, April 19, 2010
10:00am-12:00pm Pacific Daylight Time

Executive Members: Jessica Dere, Patricia Furer, Mark Lau, John Pearce, Andrew Ryder, Margo Watt

1. Report from the Chair (Mark)

▪ **Annual Report**

Mark reported that the annual report is currently being drafted and will be available soon.

▪ **Advocacy Projects:**

Discussion revolved around the one-day pre-CPA conference workshop which we are co-sponsoring. John reported that his recent communication with Karen Cohen revealed that, to date, few participants had registered for the workshop. Several executive members indicated their intention to attend. It was agreed that the workshop should be promoted to the larger membership via the Listserv. Andrew volunteered to circulate an email to the membership. John suggested that he touch base with Karen Cohen in advance. Trish volunteered to circulate information about the workshop to her Winnipeg colleagues.

John also indicated that a 2-hour town hall-style symposium on advocacy is scheduled for Thursday morning (11-12:55) of the upcoming convention. Executive members were encouraged to attend.

John reminded the executive that, in addition to our \$2000 contribution to this workshop, we have \$5000 designated for advocacy activities. It is hoped that both the workshop and the symposium will initiate dialogue on advocacy and generate ideas for advocacy-related activities.

▪ **Professional Affairs Committee**

Mark will circulate email from the Committee.

▪ **CPA Convention and projects (see below)**

▪ **Section Chairs' meeting on Sections**

Trish agreed to attend the meeting this year, which will be held on Wednesday evening, 4-9 pm.

2. Treasurer's report (Margo)

▪ **Financial report as of April 19, 2010**

Current Account Balance: \$24,587.10 + 11,672.50
(GIC) = \$36,592.60

Funds Committed: \$2000 for pre-convention workshop + honorarium for guest speakers (Walker and Hodgins)

▪ **Membership report as of April 15, 2010**

977 members, including 356 students. Membership appears to be down slightly; expected to increase as convention approaches but may suffer as a result of the World Congress being held in Boston at same time.

3. CPA 2010 Conference (June 3-5)

▪ **Submissions and review process (Trish)**

Trish reported that there were 96 abstract submissions this year as compared to 160 from last year. The World Congress being held concurrently with CPA this year may have hurt these numbers.

Trish reported that the electronic review process went well

▪ **CPA Sections Committee and Pre-Convention Workshops (John)** According to John, there was nothing to report.

▪ **Clinical Section-sponsored presentations:**

a. **CPA Invited Speaker: Dave Hodgins (Mark)**

Nothing to report.

b. **CPA Keynote Speaker and public lecture: John Walker (Trish)**

John Walker's keynote address will take place on Thursday, 3-3:55. Public Lecture to be held Wednesday evening 7-9 pm; location TBA. It has been requested that the room be the same as the one used for the advocacy workshop which will reduce costs for rental of AV equipment.

Suggestions were offered as to how to promote the lecture. Suggestions included local Breakfast TV show, Anxiety Disorders Association of Manitoba, schools, and pediatricians given that the theme is anxious kids.

Margo reported that \$350 was budgeted for promotion of the public lecture but not used. The executive agreed that at least that amount would be available for such a purpose this year.

c. **Workshop on securing an internship: Kerry Mothersill et al. (Mark)**

The Section is not part of but welcomes this initiative.

d. **Clinical Section ABM (Mark)**

Scheduled for Thursday, June 3rd at 2 pm.

– **Introduction of speakers (Mark):** It was agreed that Mark will introduce David Hodgins; Trish will introduce John Walker for both his talks.

– **Advertising of pre-convention workshop and public lecture (Mark & Trish):** See discussion in (b) above.

– **Photographers for speakers and award winners:** Mark and Trish will take pictures

of their respective speakers; Andrew volunteered to take pictures at the ABM.

4. Clinical Section-Sponsored Awards

- **Ken Bowers Award (Trish)**

Trish reported that she has had an inquiry from one potential candidate; May 1st is the deadline for submissions; last year there were 4 submissions.

To be consistent with last year's process (as described by Andrew), Trish will recruit 2 external reviewers who will rank order the candidates

- **Student Awards (Jessica):**

- a. **Student Travel Award:** 4 applications to date; deadline May 1st. Jessica will handle the review process.

- b. **Student Grant Award for Educational Activity - Formal criteria for reviewing applications:** Jessica will forward what she has designed for the review process based on Trish's work. The protocol will include 5 criteria and provide a numerical score.

Margo reported that Sarah Chan, one of last year's winners, recently (April 6) provided confirmation of the workshop for which she received funds, and has indicated that receipts are to follow.

Jessica indicated that a report from the other successful applicant should follow soon.

Jessica indicated that she has one action item to attend to – to circulate student awards to broader audience.

- c. **Student Symposium:** This is scheduled for Saturday, 4-5:30. The symposium includes 4 speakers. Dr. Hodgins will be invited to be the Discussant given that the theme of the student symposium was designed to mirror the theme of his talk.

5. Nominations

- **Section Executive nominations: Chair-Elect, Member-at-Large (John)**

Peter Bieling has agreed to put his name forth as Chair-Elect

Liz Nilson has agreed to put her name forth as Member-at-Large

- **Section Fellows nominations (Trish)**

5 nominations submitted; significantly more than usual

After much discussion, it was agreed that selection would be considered for another week.

It was agreed that clear criteria are required for such decision-making; the examples outlined in

the Call for Nominations might be useful in establishing criteria; consideration should be given as to whether a cap is necessary

Mark will send out letter to recipient(s) once the decision is made.

- **Section Scientist-practitioner Early Career Award (Mark)**

6 nominees; 3-4 emerged as clearly stronger than the rest. It was agreed that we will await possible French nominees until April 23rd. If French nominees are received, Andrew & Jessica will review and rank and circulate via email.

6. Communications

- **Update website (Andrew)**

- a. **New CPA website, Mission statement:**

Apparently, the mission statement is available on the website.

Andrew suggested that it would be advantageous for the new member-at-large to be brought up to speed on the operation (and idiosyncrasies) of the website.

The “ceremonial passing on of the portable hard drive” will take place at the upcoming ABM.

- b. **Annual Report 08/09, ABM & Executive Meeting Summaries 07-09:** These need to be updated on the website.

- c. **Clinical Section Newsletter (Mark) - Ad rates**

This item was discussed in January and rates were adjusted to make them linear. New rates will be included in complete minutes from January meeting which are to follow from Andrew.

- d. **Listserv update (Trish)** Trish indicated that there remain some problems in sending “French only” messages although not insurmountable..

7. Section Projects and Strategic Planning

- Nothing to report on: **Task Force on Empirically Supported Treatments (John); Update on Prescription Privileges Task Force (John); Clinical Section's involvement with the Mental Health Commission of Canada (John); Update re: changes to NSERC and SSHRC granting policies.**

- **Psychology Month – how can we participate and contribute for next year? (All):** Topic for ongoing consideration.

- **Possible Presenters for CPA 2011 Convention:** Update on Les Greenberg (Mark) - To be considered and discussed in Winnipeg.

- **Revise ‘Duties’ document (All):** Mark will forward.

-Submitted by Margo C. Watt, Ph.D., C. Psych
Secretary-Treasurer



Section on Clinical Psychology
La Section de la psychologie clinique

CLINICAL SECTION
ANNUAL BUSINESS MEETING
SUMMARY OF MINUTES

June 3, 2010
Winnipeg, MB

Present: Peter Bieling, Jessica Dere, David Dozois, Sophia Fanourgiakis, Patricia Furer, Jennifer Garinger, Lesley Graff, David Hodgins, John Hunsley, Mark Lau, Liz Nilsen, Matilda Nowakowski, John Pearce, Andrew Ryder, John Walker, Margo Watt, Pamela Woodman.

Highlights:

Report from the Chair (Mark Lau)

• ***Section Executive***

The Executive Committee for 2009-2010 included: Mark Lau (Chair), John Pearce (Past-Chair), Patricia Furer (Chair-Elect), Margo Watt (Secretary-Treasurer), Andrew Ryder (Member-at-Large), and Jessica Dere (Student Member). The executive had two teleconference meetings (October 2009 and April 2010) and two in-person meetings (June 2009 in Montreal and January 2010 in Montreal), as well as regular email correspondence and phone contact throughout the year.

• ***Section Initiatives and Activities***

The Clinical Section has continued its advocacy for the profession including co-sponsoring (with CPA) a pre-convention workshop (*Advocating for the Science and Practice of Psychology: The How, What, When, Where and Whys*) (N=18 participants), designating \$5000 for advocacy purposes (still discussing how best to spend this money), and the institution of the new Scientist-Practitioner Early Career Award (\$1000). The Clinical Section has continued its support of students including conference travel awards and a new Educational Activity Student Grant of \$2000. The Section has had continued involvement with CPA Board including representatives to the Professional Affairs Committee and the Prescription Privilege Task Force (Kerry Mothersill); work on CPA website and archiving of past information. With regard to the present convention program, the Clinical Section has sponsored a public lecture and Master Clinician Workshop (John Walker), a student symposium, pre-convention workshop on advocacy, and co-sponsored (with Counselling Section) a talk by Dr. Hodgins.

The Section continues to strive to improve communication with its membership in a number of ways including the enhanced electronic newsletter. On behalf of the Section, Mark Lau expressed his appreciation to Drs. Bernstein and Watt for their ongoing contribution as co-editors of the newsletter, accompanied by a monetary token of appreciation.

Report from the Secretary-Treasurer (Margo Watt)

• ***Membership Report***

As of June 1, 2010, the Clinical Section has 1054 members (387 students). Margo explained that this represents the first decline in membership in the past ten years but suggested it probably reflects the effect of the World Congress being held concurrently in Boston, as well as a regression to the mean. According to Margo, since 2001, the membership increased by about 10% per year until 2008, and in 2009 the membership showed a significantly greater increase (~25%).

The Clinical Section continues to be in a solid position financially. The 2009-2010 year-end financial statement indicated that there is \$23,587.10 in the chequing account and \$11,672.50 in the 5-year Stepper GIC. The total assets of the Clinical Section are \$35,259.60.

• ***Proposed Budget, 2010-2011***

The proposed budget for 2010-2011 was reviewed. Total income is projected to be about \$13,000.00 with total expenses expected to be in the range of \$21,100.00. Trish Furer moved that the proposed budget be accepted; seconded by Mark Lau; motion carried.

Report from the Student Representative (Jessica Dere)

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

• ***Clinical Section Travel Award***

There were only four eligible applicants for the Clinical Section Travel Award. One student was to receive \$700, and two students representing distant regions of the country would receive \$400 each.

• ***Clinical Section Student Grant***

Jessica reported that there had been seven applicants for the two Clinical Section Student Educational Activity Grants. One award was for \$2000 and the other was for \$1000; the additional \$1000 was made possible because of money left over from last year. Summaries of the award recipients' projects will be included in the Fall Newsletter.

• ***Clinical Section Student Symposium***

Jessica also reported on the inaugural Student Symposium, which was to be held on Saturday afternoon. The focus of the symposium was examining individual differences in substance use disorder (in keeping with the theme of the keynote speaker) and it was to include four graduate student presentations.

Report from the Member-at-Large (Andrew Ryder)

- **Fact Sheets**

Andrew reported that the fact sheets have been taken over by CPA. Apparently, at present, all 50 fact sheets have been composed by Clinical Section members. Andrew indicated that a new fact sheet on bullying and being bullied is forthcoming. He also indicated that it is still difficult to access the fact sheets online and that, at times, it has been possible for anyone to modify the fact sheets.

- **Scientist Practitioner Early Career Award**

Andrew reported on the introduction of the new Scientist Practitioner Early Career Award for the Clinical Section. This award was designed to recognize individuals within ten years of graduating and licensure who have demonstrated outstanding performance in one domain (research and/or practice), solid proficiency in the other, and evidence of integration across the two domains. The first award recipient is Dr. Christine Chambers from Dalhousie University and IWK, Halifax, NS. Dr. Chambers sent her regret for not being able to receive the award (\$1000) in person but offered to do a talk at next year’s convention in Toronto.

Report from the Chair-Elect (Patricia Furer)

- **Submissions to the 2010 CPA Annual Convention**

Trish reviewed the submissions for CPA 2010. She noted that there were fewer submissions than last year: 80 (vs. 119) poster submissions; 6 (vs. 5) workshop submissions; 2 (vs. 6) theory review submissions; 6 (vs. 12) symposia submissions; and 2 (vs. 7) conversation sessions.

Trish expressed appreciation to the 17 individuals from across Canada who reviewed this year’s submissions:

- | | |
|---------------------------|------------------|
| Carolyn Abramowitz | Maxine Holmqvist |
| Peter Bieling | Corey MacKenzie |
| Phillippe Cappeliez | Randi McCabe |
| Susan Graham | Patricia Petrie |
| Lesley Graff | Christine Purdon |
| Heather Hadjistavropoulos | Adam Radomsky |
| Diane Hiebert-Murphy | Margo Watt |
| Peter Hoaken | Kristi Wright |
| David Hodgins | |

- **Section Awards**

- **Clinical Section Fellow 2010**

In recognition of their important contributions to clinical psychology and the Clinical Section, the Section awarded the status of Fellow to three individuals: Dr. Gord Asmundson from the University of Regina, Dr. Deborah Dobson from the Alberta Health Services, and Dr. John Walker from the University of Winnipeg. Profiles of the new Fellows will appear in the Fall newsletter.

- **Clinical Section Ken Bowers Award for Student Research**

The 2010 Ken Bowers Award for Student Research was awarded to Ms. Matilda Nowakowski from McMaster and Ryerson Universities for her meritorious submission entitled: *“Joint attention in parent-child dyads involving children with selective mutism and anxiety disorders and community controls”*

Trish extended thanks to the individuals who reviewed this year’s submissions for the Ken Bowers Award:

- Dr. Tim Aubry
- Dr. Lachlan McWilliams
- Ms. Jessica Dere

Report from the Past Chair (John Pearce)

- **Clinical Section Executive Elections**

Peter Bieling was elected by acclamation to the position of Chair-Elect of the Clinical Section Executive for 2010-2011. Liz Nilsen was elected by acclamation to the position of member-at-Large of the Clinical Section Executive for 2010-2012. Congratulations and warm welcome was extended to the two new executive members.

Thank You to Outgoing Members (Mark Lau)

On behalf of the Clinical Section, Mark Lau conveyed our sincere gratitude to John Pearce and Andrew Ryder for their considerable contribution to the Executive (most recently as Past-Chair and Member-at-Large, respectively).

Calls for Proposals for Winnipeg 2010 (Mark Lau)

Members were encouraged to propose speakers/topics for the 2010 CPA Convention which is to be held in Toronto. This includes ideas for a keynote speaker, pre-convention workshop, master clinician workshop, public lecture, and symposia.

-Submitted by Margo C. Watt, Ph.D., C. Psych
Secretary-Treasurer





Section on Clinical Psychology
La Section de la psychologie clinique

CLINICAL SECTION
FALL TELECONFERENCE MINUTES

September 13, 2010
11:30-1:30 CST

Executive Members: Mark Lau, Patricia Furer, Peter Bieling, Liz Nilsen, Jessica Dere, Margo Watt

Highlights:

Report from Chair (Patricia Furer)

- **Update on executive list:** list now posted on website
- **Update from Professional Affairs Committee (PAC):** Mark Lau reported that the PAC will be meeting tomorrow with John Service in attendance. He shared the following Record of Decisions for Council of Practice Directorate from June 6, 2010:
 - **Policy:** Moved that the CPA Practice Directorate supports the development of Doctor of Psychology (PsyD) education and training programs in Canada.
 - **Policy:** Agreed that the PD take actions to support the development of practice standards in co-operation with CPA and CPA sections
 - **Policy:** Agreed that the PD take actions to support the development of internship and practicum placements for psychology students interns and residents in Canada
 - **Policy:** All Canadians regardless of income have a right to access psychological services

Mark asked whether he should continue on the PAC or another executive member assume the position.

- **Update from Prescription Privileges Task Force:** Apparently, the Task Force is winding down. Peter has read the report in full and described it as a good report - well written, carefully measured, without call for immediate action.

Membership and financial report (Margo Watt)

- **Membership:** Margo reported that the membership has increased slightly since June 2010. At present, we have 1098 members including 410 students. This represents an increase of 44 members in the past 3 months.
- **Financial report:** Margo reported that we have \$18,312.63 + GIC of \$11,672.50 for a total of \$29,985.13 in the bank.

Student Report (Jessica Dere)

- **Ken Bowers award:** Jessica reported that a profile of the 2010 winner (Matilda Nowakowski) and a summary of

her successful submission will be available for the Fall newsletter.

In terms of advertising for applicants for 2011: Jessica will update last year's ads and send to clinical departments. Typically, CPA will mention the awards when informing people that their abstracts have been accepted

- **Student Travel awards:** The names of the 2010 winners with abstracts will be sent to Margo for the Fall Newsletter and posted on the website. Jessica will take care of advertising for applicants for 2011 and forward to Psychology Departments generally. Again, CPA typically mentions the awards when informing people that their abstracts have been accepted
- **Clinical Section Educational Activity Student Grant:** Deadline for submissions is December 15th [since changed to Dec 1 – Eds.] Reviewers may extend beyond executive. French translation is required and Jessica will contact Marie Christine and/or Karen Cohen.
- **Student Column for Fall newsletter:** Jessica indicated that this will follow the usual structure.
- **Student symposium for CPA 2011:** Again this year, the symposium will be linked broadly to the topic of the public lecture. French translation will be required here too

Past-Chair Report (Mark Lau)

- **Executive Nominations for 2011-2012:**
 - **Secretary-Treasurer:** discussed Liz Nilsen assuming position in June [later email discussion led to decision to advertise position – Eds]
 - **Student Representative:** Jessica is finishing her second year so a notice should be sent out soliciting applicants for the position.
 - **Member-at-Large:** Here too a call should be issued for a replacement for Liz. Need to consider geographic representation in filling this position.
 - **Chair-Elect:** A call should be issued for a replacement for Peter.

Communications

- **Fall newsletter:**
 - **Deadline for submissions:** September 30th is the deadline for submissions. There was some discussion of criteria for inclusion of items in the newsletter. It was agreed that submissions should be supportive of the Section's mission to "promote clinical psychology in its broadest definition as a science and a profession to the public, other service providers, clinical psychologists, and the government."
 - **Submissions for Fall Newsletter:** names/pictures of new Fellows and student award winners: Trish will follow-up with Andrew.

- Reviews of conference presentations, workshops, etc: Margo will ask John Pearce if he will compose a blurb for the newsletter.
- **Call for nominations for Clinical Section Fellows (Peter Bieling):** An advertisement will be made in the Fall newsletter. Consideration of amending the criteria will be discussed at a subsequent meeting.
- **Call for nominations for Scientist-Practitioner Early Career Award:** An advertisement will be made in the Fall newsletter.
- **Updated info for website:** Liz reported that she has updated people's contact information and will update the minutes of meetings. She requested that the ABM minutes be forwarded.
- **Listserve update:** Liz will change contact person. She also requested clarification of what we want to use listserve for. It was agreed that it is a useful forum for job ads, notice of awards, newsletter announcements. Trish reminded the executive that anyone who submits a job ad should be encouraged to submit their ad to CPA.
- **Psynopsis submission:** Margo reported that an article from the Fall 2009 Newsletter entitled: *Psychologists Working in Multidisciplinary Settings: Can We Promote the Integration of Research into Clinical Practice?* by Julie A. Eichstedt & Kerry A. Collins was revised by the authors (edited down to 1000 words) and submitted to Psynopsis. It was agreed that we would continue to pick one or some of the better submissions to the Clinical Section Newsletter for submission to Psynopsis.

CPA 2011 Conference

- **Pre-conference workshops:** deadline October 15.
- It was agreed that we would try the videotaping of CBT vs. EFT with actor/ simulated patients plus moderator by approaching TO-local clinicians to participate. The format would include the clinicians giving a brief overview of their approach then discussion of respective approaches following short clips of the videotape.
- **Master clinician workshop and public lecture:** It was agreed that a talk on mental health and physical activity would be a good topic for a public lecture. Margo will pursue possible speaker.
- **Public lecture advertising (Trish):** This will be discussed in January.
- **Student symposium (Jessica):** The theme for the symposium will be determined by the general theme of the public lecture.
- **Other Clinical Section sponsored convention activities?** Trish will pursue possible Section keynote speaker (Category 4). Trish clarified that a Category 1 speaker is arranged by the CPA Board; Category 2 is a

CPA invited speaker nominated by a Section; a Category 3 speaker is co-sponsored by the Section *and* CPA, and possibly with another section (such as Sport and Exercise).

- **Review process of submissions to Clinical section (Trish, Peter):** This will be discussed later.
- **Items for meeting of chairs? (Trish, All):** This will be discussed at the Midwinter meeting.
- **Scheduling for ABM (Trish):** It was agreed that we would have a reception following the ABM in Toronto.

Update re. existing projects

- **Advocacy projects (\$5000 allocated).** Ideas discussed at June meeting included giving it to the Practice Directorate, or to a specific educational activity, or to Internships. It was agreed that Trish would speak to John Service for his ideas.
- **Clarify criteria for CS Fellow status:** It was suggested that unsuccessful applicants may be reconsidered in subsequent year and given option to update application. It was agreed that we would see how it goes this year and discuss later.
- **Early Career Scientist-Practitioner Award – Nomination and Selection Process:** deferred to mid-winter meeting

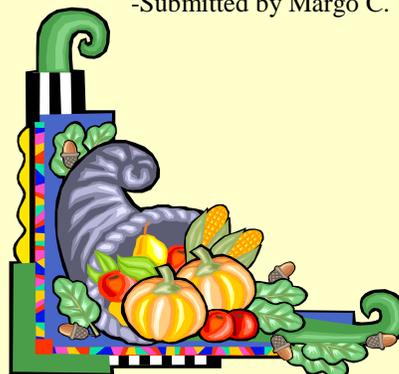
New Business

- **Nominate candidates for the designated director seats on the CPA Board of Directors.** Deadline November 8th
 - Lorne Sexton – nominated to continue in practice
 - Science seat –currently held by David Dozois (Executive members encouraged to think of possible candidates)
- **CPA Award nominations**
- **Psychology month** - February

Mid-Winter Executive Meeting

- Scheduled for Saturday, January 22, 2011. Location uncertain: Toronto? Accommodation? Peter will check availability of Ryerson.
- Friday's workshop (Margo): 1-2 hours for students, Friday afternoon. Brief CBT.

-Submitted by Margo C. Watt, Ph.D., C. Psych.
Secretary-Treasurer



**A Warm Welcome, and an Introduction,
to our Three New Section Fellows**

**Dr. Gordon Asmundson,
Dr. Deborah Dobson
and Dr. John Walker**

Submitted by Patricia Furer, Ph.D., C.Psych
Chair, CPA Clinical Sections

At this year's Annual Business Meeting at the CPA convention in Winnipeg, the Clinical Section was honored to designate three prominent Canadian psychologists as Fellows of the Clinical Section: Drs. Gordon Asmundson, Deborah Dobson, and John Walker. The calibre of the applicants this year was outstanding and it is difficult to provide *brief* summaries of the diverse and extensive accomplishments of our new Fellows.

Dr. Gordon Asmundson is a Full Professor in the Department of Psychology at the University of Regina. He is one of Canada's most prolific researchers in the field of clinical psychology, having published 6 books, 39 chapters, and almost 200 peer-reviewed papers, mostly in the areas of anxiety and chronic pain. Over the course of his career, Dr. Asmundson has held more than three million dollars in research funding, and he currently holds three significant research grants. His research has been directed at understanding the mechanisms underlying various anxiety disorders and related conditions, as well as their overlap with other disabling chronic health conditions.

Dr. Asmundson's work has been recognized by numerous awards. In 2009, he was elected as a Fellow of the Royal Society of Canada, which is the highest academic accolade available to scientists and scholars in Canada. He has also received career awards from the Anxiety Disorders Association of America, the Canadian Pain Society, the Saskatchewan Health Research Foundation, and the University of Regina.

Dr. Deborah Dobson is currently a staff psychologist with Alberta Health Services as well as the Director of Clinical Training for the Calgary Consortium in Clinical Psychology. She is Adjunct Associate Professor in the Departments of Psychology and Psychiatry at the University of Calgary and finds time to maintain a private practice as well. Dr. Dobson has published widely in the areas of schizophrenia, training, and professional issues. She is the co-author of two books with her most recent one, *Evidence based Practice of Cognitive Behavioural Therapy* (2009), quickly becoming a classic.

Dr. Dobson has been very active in a number of psychological associations in Canada. She has provided exemplary service to the Clinical Section of CPA in numerous capacities over the years: she has served as

Chair, Chair-elect, and Past-Chair as well as Secretary-Treasurer on two separate occasions. In addition she has served as the co-editor of our Section newsletter. Dr. Dobson has also been a member of the CPA Education and Training Committee for many years. She is also very active with the Calgary chapter of the Canadian Mental Health Association (she is currently the President) and with the Psychological Association of Alberta.

Dr. Dobson has made significant contributions to the training and supervision of psychology students, first at UBC and, for the past fifteen years, at the University of Calgary. She has supervised dozens of pre-doctoral interns as well as practicum students and psychologists who are in the registration process.

Dr. John Walker is a Full Professor in the Department of Clinical Health Psychology, University of Manitoba, and on the medical staff of St. Boniface General Hospital. Dr. Walker is probably best-known for his academic and clinical work in the area of anxiety. He has published 4 books, 8 chapters and 52 peer-reviewed articles on anxiety, with numerous publications in other areas including mental health, self-help, headaches, insomnia, inflammatory bowel disease, health care utilization and access, and knowledge translation. He has co-authored 176 research presentations, the vast majority of them related to anxiety. He has been co-investigator or collaborator for 22 research grants totalling almost 5 million dollars. Dr. Walker has mentored numerous undergraduate and graduate students, not only in psychology programs, but also in medicine, family studies, and nursing.



**Dr. John Walker, one of three 2010 Clinical Section
Fellow Award recipients, with Section Chair Dr.
Patricia Furer**

While this academic productivity is impressive in itself, it is important to recognize that Dr. Walker has generated this from a hospital-based clinical position. He is the Director of the Anxiety Disorders Program at St. Boniface Hospital, and provides considerable direct clinical care, as well as regular clinical supervision to practicum students, residents and new staff. Dr. Walker embodies the scientist-practitioner ideal, using his vast clinical experience to inform the research, and in turn using the research to inform and improve the clinical service. ♪

**Congratulations to our Inaugural (2010)
Clinical Section Scientist-Practitioner
Early Career Award Winner:**

Dr. Christine Chambers

Submitted by Patricia Furer, Ph.D., C.Psych
Chair, CPA Clinical Section

The recipient of the inaugural Clinical Section Scientist-Practitioner Early Career Award 2010 is Dr. Christine Chambers. This award is designed to recognize members who are within ten years of receiving their Ph.D. in Clinical Psychology and who exemplify the integration of the two core domains of clinical psychology: (1) clinical practice and training and (2) psychological science and research. We received a number of outstanding applications, and viewed Dr. Chambers' accomplishments as really quite exceptional.

Dr. Chambers graduated from the University of British Columbia in 2001. She is currently an Associate Professor of Paediatrics and Psychology at Dalhousie University and holds a Canada Research Chair in Pain and Child Health (Tier II). She also serves as Staff Psychologist for the Department of Psychology at IWK Health Centre. Her current grant funding (as principal investigator as well as co-applicant) totals to more than eight million dollars, including her Canada Research Chair in Pain and Child Health (which was renewed for a second 5-year term in 2009), a CIHR Strategic Training Program Grant with Dr. P. McGrath as Principal Investigator, a CIHR Operating Grant, and a CIHR Team Grant. Dr. Chambers has published over 50 articles, 9 book chapters and has co-edited two books to date. Not surprisingly, she is involved in substantial research supervision and research teaching.

Dr. Chambers has won numerous awards over her career to date, including the Nova Scotia Discovery Centre Emerging Professional of Distinction Award 2007, the Canadian Pain Society Dr. Harold Merskey Award 2007, the Canadian Psychological Association Health Section Young Investigator Award 2007, the Society of Paediatric Psychology (APA Division 54) Routh Early Career Award 2005, the Canadian Institutes of Health Research (CIHR) New Investigator Award 2001-2004, the American Pain Society Young Investigator Travel Award 2004, the World Congress of Paediatric Gastroenterology, Hepatology and Nutrition Young Investigator Award 2004, the Special Interest Group on Pain in Childhood, International Association for the Study of Pain, the Young Investigator Award in Paediatric Pain 2003, the Canadian Pain Society Early Career Award 2003, the University of British Columbia Peter Wall Institute Early Career Scholar Award 2002-2003, the Michael Smith Foundation for Health Research Scholar Award 2001-2003, and the Canadian Psychological Association President's New Researcher Award 2002.

What made Dr. Chambers such a natural fit for the Clinical Section Early Career award is that her work clearly exemplifies the seamless integration of clinical work and research productivity. Dr. Chambers is highly regarded for her clinical work in paediatrics and paediatric pain and is sought out for her skills in clinical teaching and supervision. Her research has direct clinical application, and clearly her research activities are informed by her clinical training and experiences. Dr. Chambers' nominator described her as a "triple threat," describing her as "a superb teacher, a gifted and internationally reputed researcher, and a dedicated and extremely talented clinician."

The Executive of the Clinical Section extend their congratulations to Dr. Chambers as the very meritorious recipient of the Clinical Section Scientist-Practitioner Early Career Award for 2010. Ψ

Note: A call for nominations for the 2011 Clinical Section Scientist-Practitioner Early Career Award will be made on the Section listserv in the new year.

Call for Nominations
Clinical Section Fellows ✎ ✎
(2011-2012)

• • •

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

Nominations should be forwarded by **March 15, 2011** to:

Peter Bieling, Ph.D., C.Psych
Department of Psychology
St. Joseph's Hospital
50 Charlton Avenue East
Hamilton, ON L8N 4A6

Ph: (905) 522-1155 ext. 35015
Fax: (905) 521-6120
e-mail: pbieling@stjosham.on.ca

Pre-Convention 2010: Workshop Review

Advocating for the Science and Practice of Psychology: The How, What, When, Where and Whys

Reviewed by John Pearce, Ph.D., R. Psych
Child Abuse Service, Alberta Children's Hospital
Calgary, AB

Advocacy is an alien domain of professional activity for which most of us have received little training but one we endorse as critical to advance the profession and the welfare of the individuals and groups we serve. In 2008 the Clinical Section surveyed its membership to identify new projects that the Section should pursue. Although we received a broad array of suggestions, advocacy received the strongest support: advocacy for better mental health care, knowledge translation, dissemination of evidence-based practices, and the promotion of psychology's unique skill set and knowledge base. But in order to advocate effectively and on a broader level, the need for training quickly came to the fore as a critical first step.

Fortunately, the CPA also has a keen interest in advocacy training. Our Section and the CPA were pleased to collaborate in the development of this project and to co-sponsor the Pre-Convention Workshop on Advocacy at the Annual Convention in Winnipeg on June 2, 2010. On behalf of the Clinical Section, I want to extend my appreciation to Dr. Cohen and the CPA head office staff for their enthusiasm and support for this project and all the work they did to make the workshop a success.

The nineteen workshop registrants constituted a good cross-section of academic psychologists, practitioners, and students from five Canadian provinces. Dr. John Service of the CPA Practice Directorate served as an able and entertaining moderator whose expertise and experience in advocacy

contributed significantly to our knowledge of this area. We were also fortunate to have two professional consultants from a government relations firm, Connect Consulting Solutions (CCS), who facilitated the workshop. Crystal Colussi, a Senior Consultant with CCS, and Ron Gresh, a Senior Consultant and Partner with CCS, have had extensive experience navigating the provincial and federal political systems and exemplary records of helping clients secure support and funding for numerous community development projects in health care, child protection, and education.

A central objective of the workshop was to improve our advocacy knowledge and skills and to learn how to prepare for and conduct an advocacy meeting. Ms. Colussi and Mr. Gresh walked us through the typical steps in the advocacy process. Woven throughout this review was information about how government works and a

description of the principal players' roles and functions – essentially a short course on “Government 101.” Here are the steps when advocating with government officials:

Step 1: Identify the values of the government you are approaching via reviews of election materials, budget documents, throne speeches, and media releases. These materials outline the government's road map, challenges, and opportunities. As an advocate, you are looking for such opportunities to demonstrate to decision makers the goodness-of-fit between your issues and the government's agenda.

Step 2: When crafting your message, recognize the government's values. Start by appreciating the government's position and all the work on an issue that has probably been done to date, and use language that is consistent with the election platform. Ms. Colussi and Mr. Gresh advised us to refrain from offering suggestions that are inconsistent with the government's values.

Step 3: Identify the decision makers. Political decision makers include ministers, parliamentary assistants, and political staff/senior advisors. The latter individuals are an especially important group because they brief the minister, including conveying information about the particular issues about which you are advocating. Decision makers in the bureaucracy include the deputy and assistant deputy ministers. Developing relationships with politicians can be advantageous if the bureaucrat branch slows down and needs a kick-start to move an issue forward.

Step 4: Securing a meeting. Successful attempts to get in the door are usually the result of three strategies. First, use a gentle and positive tone when talking with gate-keepers. Your overall attitude and tone of voice should convey the message that this will be an easy meeting for the minister or other government officials. Second, state the benefits of meeting: “There's an issue that's coming up on the horizon about which we want to brief you. We want to work with you and fit into your agenda, and we have some practical suggestions.” Prior to the meeting send a short (not more than two pages!) briefing note with bullet points that describes the major issues you intend to discuss prior.

Step 5: Conducting the meeting. Typically you will be allotted about 30 minutes, and the first 5 to 10 minutes should be spent getting to know the official. State your situation clearly and concisely (about 10 minutes) and ask the official or political staffers for advice in order to make them partners in your solution – avoid being prescriptive. Give officials sufficient time to ask questions.

Step 6: Follow-up after the meeting. Send an email the same day to thank the official for the meeting, briefly describe what was discussed and review the action items. It is important to follow-up with subsequent emails and calls to facilitate an ongoing dialogue between you and the official. We must remember that we are always competing with other groups for the government's time, attention, and resources.

A highlight of the workshop was the opportunity to practice some of these strategies in mock advocacy meetings with two

sitting Manitoba politicians. Dr. Jon Gerrard has been the leader of the Manitoba Liberal Party since 1998. Mr. Rob Altemeyer, a member of the Manitoba NDP, was first elected to the Manitoba Legislature in 2003 and re-elected to a second term in 2007. We greatly appreciated Dr. Gerrard and Mr. Altemeyer for taking time from their busy schedules to participate in the workshop. And a special thanks to Dr. Jennifer Frain, Chair of the Council of Provincial Associations of Psychologists (CPAP), who was instrumental in securing Dr. Gerrard's and Mr. Altemeyer's participation.

We broke into two groups to prepare for the mock meetings wherein we were asked to advocate for a specific issue. Several people from each group volunteered to meet with either Dr. Gerrard or Mr. Altemeyer, while other group members observed the meetings and then provided feedback. Our guests offered invaluable suggestions from their perspective as politicians who frequently meet with advocates: having your facts straight, establishing a relationship with the government official before launching into your presentation regarding the issue, emphasizing the advantages of your position to the government, and keeping presentations succinct and concise.

This workshop was a wonderful amalgam of didactic presentations by experienced government consultants and an opportunity to actually practice skills with two sitting politicians, thanks to Dr. Gerrard's and Mr. Altemeyer's cogent feedback based in the real world of political advocacy. It was a unique experience, and one that I hope will be followed by other innovative educational events that will promote effective advocacy for our profession. Ψ

Introducing the Canadian Association of Cognitive and Behavioural Therapies

By Heather Hadjistavropoulos, Ph.D.
University of Regina, Regina, Saskatchewan

As you may have heard, the Association of Cognitive and Behavioural Therapies-l'Association Canadienne des Thérapies Cognitives et Comportementales (CACBT-ACTCC) was officially formed this year. Currently led by President Adam Radomsky, the mission of the association is to create a fully **multidisciplinary** association that will work to advance the science and practice of cognitive and behavioral therapies in Canada. The formation of this association was long overdue given overwhelming evidence in favor of cognitive and behavioral interventions for mental health disorders, limited access to publically funded cognitive behavioral interventions.

We envision this group working closely with many members of the Clinical Section of CPA as we share some common goals. Specific goals of CACBT-ACTCC, however, as described in our bylaws fall into four key areas including:

- **Credentialing:** We plan to develop, maintain and apply standards for eligible practitioners of CBT by providing an opportunity for members who meet the training standards and other criteria to obtain an appropriate credential.
- **Training:** We plan to disseminate information about and provide training for CBT by organizing conferences, courses, workshops or by organizing the printing, publication and circulation of a newsletter or other publications containing articles, information and news relating to CBT.
- **Advancing Knowledge:** We plan to promote scientific research in CBT and related concepts and to provide a forum for discussion of matters relevant to CBT among members of all helping professions.
- **Advocating:** We will work to educate and inform the public about CBT and its availability and to advocate in relation to matters pertaining to CBT and to the Association.

As of August, 2010, we can already boast well over 277 Founding Members, including over 100 Founding Student Members, from a range of disciplines in health and mental health. One of the first major activities of CACBT-ACTCC will be to host a clinically-focused conference.

This conference will take place in Toronto at Ryerson University May 6-7, 2011. Each day of the conference, there will be a full day workshop or two half day workshops to choose from. A call for poster presentations will be forthcoming.

If you are interested in joining this group, contact our Membership Chair – Dr. Martin Provencher (Québec City) at Martin.Provencher@psy.ulaval.ca. Those who register by December 31, 2010 will be recognized as “Founding Members” or “Founding Student Members” of CACBT-ACTCC. Ψ

**Message From the Clinical Section
Student Representative**

I hope you have all had an enjoyable summer, and a great start to the new academic year. I really enjoyed the convention in Winnipeg this past June, and am looking forward to next year's convention in Toronto. It promises to be a great meeting, and I hope to see many of our section's student members there. **Please remember to submit your abstracts to the Clinical Section by November 15th**, as students whose abstracts are accepted by the Section are eligible to apply for two awards: the Ken Bowers Research Award and the Clinical Section Travel Awards. I strongly encourage those of you who will be eligible to apply to do so! You can read a summary of this year's Ken Bowers Award winner's work, as well as the abstracts of the awardees of the 2010 Travel Awards, in this edition of the newsletter. You can find more information about both awards at www.cpa.ca/sections/clinical/newsandevents/. And please look out for reminders about the awards on the section's listserv.

I am happy to report that the inaugural edition of the Clinical Section's student symposium, a new initiative for the 2010 convention, was a success. All of the speakers gave excellent presentations, and the symposium provided a nice opportunity to showcase some of the exciting research being conducted by our student members. I am really looking forward to organizing the student symposium for next year's convention. The theme for the 2011 student symposium is mental health and physical activity, and we welcome submissions from student members whose work relates to this general topic. Please see ad below for more details about the symposium.

Finally, I am also happy to report that the Clinical Section Educational Activity Student Grant continues to be a popular initiative. We received a number of excellent applications this past year, and were able to fund two events thanks to remaining funds from the previous year. One grant was awarded to Sarah Royal and her colleagues from Ryerson University, for their full-day workshop entitled "Dialectical Behaviour Therapy for Difficulties with Emotion Regulation." The second grant was awarded to Sarah Chan and her colleagues at the University of Regina, for a full-day workshop entitled "Challenges in the assessment and treatment of depression". Descriptions of both of these workshops appear below. Student members are encouraged to apply for the Educational Activity Student Grant once again this year; please see below for more details.

As always, please feel free to contact me with any questions or comments about matters relating to the Clinical Section. All the best for the upcoming year!

Jessica Dere, M.Sc.
jessicadere@gmail.com

**2010 Ken Bowers Student Research Award:
Matilda E. Nowakowski**



Summary of Research:

Joint attention in parent-child dyads involving children with selective mutism

Matilda E. Nowakowski

Department of Psychology, Neuroscience & Behaviour,
McMaster University, Hamilton, ON, Canada

Department of Psychology, Ryerson University, Toronto,
ON, Canada

Selective mutism (SM) is a childhood disorder characterized by a lack of speech in one or more social settings despite the presence of normal speech in other settings (APA, 2000). Although SM is currently categorized under "Other disorders of infancy and childhood" in the Diagnostic and Statistical Manual (DSM-IV-TR; APA, 2000), many researchers have suggested that it should be viewed as a distinct anxiety disorder (Anstendig, 1999; Sharp, Sherman, & Gross, 2007) or a variant of social phobia (Yeganeh, Beidel, & Turner, 2006). Given that SM most commonly presents itself in the school setting, the majority of research to date has focused on the functioning of children with SM in school-related tasks, such as language and academic performance (e.g., Cunningham, McHolm, Boyle, & Patel, 2004; McInnes, Fung, Manassis, Fiksenbaum, & Tannock, 2004; Nowakowski et al., 2009). However, almost no research has investigated the quality of interactions between children with SM and their parents. Thus, it is unclear whether parent-child interactions involving children with SM differ from parent-child interactions of typically developing children and, if there are differences, whether these differences may help researchers and clinicians better understand the developmental trajectory of SM.

Accordingly, the present study compared joint attention processes between the parent-child dyad in children with SM, children with anxiety disorders, and community controls. Joint attention, defined as a state in which both social partners are actively focused on the same task, event, or object and are aware of each others' active participation



(Bakeman & Adamson, 1984), has been shown to play an important role in the development of adaptive social behaviours, Mundy & Willoughby, 1996), thus its relevance for children with internalizing difficulties.

Parents and their children were recruited from local child mental health clinics as well as from the community. Based on questionnaires and a structured phone interview completed by parents, 63 parents and their children between the ages of 5 and 8 years were assigned to one of 3 groups: 1) Selective Mutism (SM; $n = 19$; children met the diagnostic criteria for SM); 2) Mixed Anxiety (MA, $n = 18$; children met the diagnostic criteria for one or more anxiety disorders but did not meet the diagnostic criteria for SM); or 3) Community Control (CC, $n = 26$; children did not meet the diagnostic criteria for SM or an anxiety disorder and were recruited from the community). Parents and their children were video-taped in the laboratory engaging in one unstructured free play task and two structured tasks (i.e., discussion about the child's last birthday and preparation for a birthday speech). The videotaped interactions were coded for joint attention behaviours.

We found that, despite no differences in the frequency of parental initiation acts, the SM dyads established significantly fewer joint attention episodes through parental initiation acts compared to the MA and CC dyads during the structured task. These findings suggest that a decrease in child responsiveness may underlie the lower frequency of established joint attention episodes through parental initiation acts in the SM dyads during the structured task. This finding has both theoretical and clinical implications as it highlights one potential mechanism through which the disorder may be maintained as well as the potential usefulness of parental involvement in behavioral therapies for children with SM. A detailed description of the study findings is provided in a manuscript that is currently in preparation.

References

- American Psychiatric Association. (2000). *Diagnostic and statistical manual of mental disorders, 4th ed. revised (DSM-IV-TR)*. Washington DC: Author.
- Anstendig, K.D. (1999). Is selective mutism and anxiety disorder? Rethinking its DSM-IV classification. *Journal of Anxiety Disorder, 13*, 417-434.
- Bakeman, R., & Adamson, L.B. (1984). Coordinating attention to people and objects in mother-infant and peer-infant interactions. *Child Development, 55*, 1278-1289.
- Cunningham, C.E., McHolm, A., Boyle, M.H., & Patel, S. (2004). Behavioral and emotional adjustment, family functioning, academic performance, and social relationships in children with selective mutism. *Journal of Child Psychology and Psychiatry, 45*, 1363-1372.
- McInnes, A., Fung, D., Manassis, K., Fiksenbaum, L., & Tannock, R. (2004). Narrative skills in children with selective mutism: An exploratory study. *American Journal of Speech-Language Pathology, 13*, 304-315.
- Mundy, P., & Willoughby, J. (1996). Nonverbal communication, joint attention, and early socioemotional development. In M. Lewis & M. Sullivan (Eds.), *Emotional development in atypical children* (pp. 65 – 87). New York: Wiley.
- Nowakowski, M.E., Cunningham, C.E., McHolm, A.E., Evan, M.A., Edison, S., St. Pierre, J., Boyle, M.H., & Schmidt, L.A. (2009). Language and academic abilities in children with selective mutism. *Infant and Child Development, 18*, 271-290.
- Sharp, W.G., Sherman, C., & Gross, A.M. (2007). Selective mutism and anxiety: A review of the current conceptualization of the disorder. *Journal of Anxiety Disorders, 21*, 568-579.
- Yeganeh, R., Beidel, D.C., & Turner, S.M. (2006). Selective mutism: More than social anxiety? *Depression and anxiety, 23*, 117-123.

Matilda Nowakowski completed her Ph.D. in experimental psychology from McMaster University under the supervision of Dr. Louis A. Schmidt in November 2009. She is currently pursuing a second Ph.D. in clinical psychology at Ryerson University under the supervision of Dr. Martin M. Antony. Her current research focuses on information processing in social anxiety disorder. She has received support for her research through graduate awards from the Social Sciences and Humanities Research Council (SSHRC) and from the Ontario Graduate Scholarship (OGS) program.

**2010 Clinical Section Student Grant:
Event Summary (1 of 2)**

On May 19th, 2010, Ryerson University hosted a one-day workshop entitled **“Dialectical Behaviour Therapy (DBT) for Difficulties with Emotion Regulation.”** This event was supported by the CPA Clinical Section Student Grant and the Department of Psychology at Ryerson University. It was designed to provide an overview of the basic principles and strategies of DBT for the treatment and management of dysregulated behavior.

Dr. Shelley McMain and Dr. Andrew Ekblad co-led the workshop. Dr. McMain is the Head of the Borderline Personality Disorder (BPD) Clinic at the Centre for Addiction and Mental Health (CAMH) and is an Assistant Professor in the Department of Psychiatry at the University of Toronto. She has written numerous theoretical and empirical papers and has presented many workshops on DBT to healthcare professionals in Canada and internationally. Dr. Ekblad is a postdoctoral fellow at CAMH in the BPD clinic and in the Emergency Department. He has presented original research at international conferences and has published on DBT, personality disorders, and mentoring. The workshop included content on theory, an overview of fundamental treatment strategies in DBT, as well as descriptions and demonstrations of core clinical skills.

Attendees included 80 graduate students from Ryerson University, York University, and the University of Toronto/OISE. Also in attendance were faculty members from Ryerson University. Overall, the workshop was a great success! Students commented that the workshop was a useful introduction to DBT and many reported that it sparked their interest in further training. Dr. McMain and Dr. Ekblad’s training was described as “superb” and “engaging” and students were pleased with the valuable clinical case examples incorporated into the workshop.

We would like to recognize the many who made this event possible. First, thank you to the CPA Clinical Section for their generous support through the Clinical Section Student Grant, and to the Department of Psychology at Ryerson University for their significant contributions. We would also like to thank Dr. Shelley McMain and Dr. Andrew Ekblad for leading this informative workshop. They provided valuable, introductory training to students from graduate programs in Psychology in the Toronto area. Lastly, thank you to Dr. Naomi Koerner for her guidance and support during the planning process and to all Ryerson graduate student volunteers who helped make the day a great success.

About the organizers:

Sarah Royal, Jenny Rogojanski, Rachel Strimas, and Valerie Vorstenbosch were the 2010 recipients of the

Clinical Section Student Grant. Sarah is a second-year Master’s student and Jenny, Rachel and Valerie are first-year PhD students in Clinical Psychology at Ryerson University. Sarah and Rachel conduct research in the Health and Sport Psychology Lab directed by Dr. Michelle Dionne. Jenny and Valerie conduct research in the Anxiety Research and Treatment Lab directed by Dr. Martin Antony.

**2010 Clinical Section Student Grant:
Event Summary (2 of 2)**

With funding from the Canadian Psychological Association Clinical Section Student Grant, clinical psychology graduate students at the University of Regina hosted a clinical workshop titled **“Challenges in the Assessment and Treatment of Depression”** in the spring of 2010. The full-day workshop focused on two major challenges faced by novice therapists working with clients with depression, and was presented by three experienced and well-recognized researchers and clinicians.

Dr. Keith Dobson of the University of Calgary, distinguished scholar and clinician in cognitive-behavioral therapy, presented on working with negative core beliefs in the treatment of depression. As well, Dr. Kristi Wright of the University of Regina and Ms. Sophie Grahame from Child and Youth Services of the Regina Qu’Appelle Health Region presented on issues in the assessment of depression and suicide in children and adolescents. A post-workshop social with Dr. Dobson was also held and gave attendees the opportunity for more in-depth discussion in an informal setting.

In all, thirty-five clinical psychology graduate students from the University of Regina, the University of Saskatchewan, as well as clinicians from the community attended the full-day workshop. The workshop generated engaging discussion among students, presenters, and fostered connections among attendees from different training institutions and backgrounds. The CPA Clinical Section Student Grant is an important grant which allows graduate students the opportunity to initiate and organize educational activities for furthering training in evidence-based treatment, and at the same time incorporating their own training interests and needs. As well, the workshop was a chance for attendees to network with fellow trainees, clinicians, and experts in the field. In addition to acknowledging the CPA Clinical Section, the workshop organizers would also like to thank the University of Regina’s Student Union, Department of Psychology, and the Psychology Graduate Students’ Association for their financial support for this event.

About the organizers:

Sarah Chan is a PhD student of the Health Psychology Lab at the University of Regina. She, along with Paulette Hunter and Heather Eritz, also PhD students of the Health Psychology Lab, organized this event. Melissa Kehler, PhD student of the Clinical Health Research Lab, provided indispensable assistance in the running of the workshop.

Call for Clinical Section
EDUCATIONAL STUDENT GRANT
Submissions

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

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

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

The deadline for this year's applications is
December 1st, 2010. Further information and details about this grant, including the application form, can be found on the Section website (www.cpa.ca/sections/clinical/newsandevents/) or by emailing Jessica Dere at jessicadere@gmail.com.

Call for Clinical Section
STUDENT SYMPOSIUM Submissions

The CPA Clinical section is pleased to be sponsoring a student symposium at this year's upcoming CPA Annual convention. Submissions from students are invited for the symposium to be held at the 72nd Annual CPA Convention, which will take place in Toronto from June 2nd to 4th, 2011. To qualify, a student must be first author of a proposed presentation, and must be a student member of the Clinical Section, and therefore a student member of CPA, by the time of the convention.

Each year, the student symposium will have a theme that is relevant to the work of one of the section's invited speakers. This year, we are looking for student presentations on the general topic of **mental health and physical activity**, and we are pleased to announce that Dr. Jasper Smits will act as discussant for the symposium.

The steps for making a submission are as follows:

- 1) Please create a submission abstract according to the CPA guidelines: 250 characters for the title, 1400 characters for the text (not including name or affiliation(s)). For more information, please visit: <http://www.cpa.ca/convention/>
- 2) Email your submission to the Clinical Section Student Representative, Jessica Dere, at jessicadere@gmail.com **by Monday, November 1st, 2010**.
- 3) Applicants will be notified by Monday, November 8th, 2010. This will allow students whose submissions are not selected for the symposium to submit their abstracts to the general call for submissions before the CPA deadline of Monday, November 15th 2010. Presentations selected for the symposium will be submitted by the Clinical Section Student Representative, who will chair the student symposium.

Please email Jessica Dere, student representative for the Clinical Section, at the above address with any questions. She looks forward to receiving your submissions.

**Congratulations
to the 2010 Student Travel Award Winners!**

The Student Travel Awards were designed to help Clinical Section student members from across Canada finance their travel to the annual CPA conference. The peer-review evaluation process used in the adjudication of this award also offers a valuable opportunity for communication between student members. Thank you to all of the students who were involved in the peer-review process this year. First prize, with a value of \$750, went to **Clarisa Markel** from the University of Toronto. Second prizes of \$400 each were awarded to **Natalie Miller** from the University of British Columbia and **Rana Pishva** from Queen's University. The winners' abstracts appear below. We will welcome applications for the 2011 Student Travel Awards in the spring, for students planning to attend the 2011 CPA conference in Toronto.



**1st Prize
Clarisa Markel**



**Mothers' and Fathers' Views of Parent-Youth Conflict in
Families of Youth with and without ADHD**

Markel, C., Brunsek, A., Murray, J. & Wiener, J.
University of Toronto

This study compared levels of parent-youth conflict reported by mothers and fathers and the attributions for that conflict in 48 mothers and 45 fathers of 13 to 18-year-old youth with and without ADHD. Parents completed an *Issues Checklist* on which they indicated issues they discussed with their teens and the conflict associated with them. The *Parent-Adolescent Attribution Questionnaire* was used to assess their attributions for that conflict. Preliminary results show that while mothers' attributions were not associated with mother reported conflict, fathers' attributions were positively correlated with conflict with youth ($r = .35$ to $.54$). Mothers and fathers of youth with ADHD have more conflict and feel angrier than mothers ($F(1, 46) = 20.79, p < .001$, partial $\eta^2 = .33$) and fathers ($F(1, 42) = 13.71, p < .001$, partial $\eta^2 = .26$) of comparison youth. ADHD symptoms predicted 30% of the variance ($R^2 = .30, F(2, 35) = 6.93, p = .003$) in fathers' views of number of conflicts they have with their youth. When added to the model, attributions predicted 33% of the variance. Thus, the entire model predicted 63% of the variance ($R^2 = .63, F(5, 35) = 10.31, p < .001$) in number of issues that fathers and youth had conflict. The results suggest that reduction of maladaptive conflict might occur if fathers' attributions are addressed.



**2nd Prize (West) ★
Natalie Miller**

**Child Perceptions and Attributions of Maternal Parenting:
Children with ADHD**

Miller, N. & Johnston, C.
University of British Columbia

This study investigated perceptions of their mothers' parenting behaviors in children with and without ADHD. Child attributions for mothers' behaviors were also examined as predictors of the children's perceptions of parenting. 96 mother-son dyads (46 boys with ADHD) participated; boys ranged from 7 to 12 years of age. Mothers and sons completed the same scale measuring positive parenting. Child attributions were assessed using scenarios depicting positive and negative parent-child interactions, where sons' attributed maternal behaviors to four possible causes (maternal ability, maternal effort, task, or the child). No difference in the perceptions of positive maternal parenting between children with and without ADHD was found. This finding suggests that children with ADHD may not show a bias, compared to control children, in assessing the social behavior of their parents. Linear regression models predicted child perceptions of positive parenting from child attributions and ADHD status. ADHD status did not predict positive parenting perceptions. Child attributions of maternal effort, maternal ability, and child responsibility for positive outcomes were positively predictive of positive parenting perceptions ($ps < .05$). Maternal effort was negatively related to positive parenting perceptions for negative outcomes ($p < .001$). Children's attributions for mothers' behaviour are likely to influence their perceptions of their mothers' parenting, and our findings suggest that this is case, especially in positive situations.



**2nd Prize (East): ★
Rana Pishva**

**The Role of Agreeableness in Attentional Disengagement and
Mood Response to Stress.**

Rana Pishva¹, Robyn J. Carson², & Mark A. Ellenbogen²
¹Queen's University ²Concordia University

The personality trait of agreeableness promotes effective conflict resolution strategies and prosocial behaviours. Individuals with high and low agreeableness traits have different information processing mechanisms that enhance the saliency of positive social information. Individuals who score high on agreeableness have difficulty disengaging attention away from positive social stimuli, whereas individuals who score low on agreeableness have difficulty disengaging their attention from antisocial stimuli. This study examined attentional disengagement from emotional stimuli and mood change under conditions of stress. Eighty Five Students were subjected to a social stressor, the Trier Social Stress Test. Attentional disengagement from emotionally charged stimuli was assessed

using a modified spatial cueing task. Participants responded to a neutral target preceded by a dysphoric, threatening, or neutral facial expression. A shortened version of the Profiles of Mood States was used to assess self-reported mood. Participants completed the NEO-PI-R personality inventory to assess their agreeableness personality trait. After controlling for depression scores and gender, hierarchical analyses suggest that stress and agreeableness scores predict disengagement from dysphoric stimuli as well as mood change. Interpretation and implications will be discussed.



Clinical Section Travel Awards

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

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

Prix de déplacement de la Section de psychologie clinique

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

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

KEN BOWERS STUDENT RESEARCH AWARD

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

The Ken Bowers Student Research Award is given by the Clinical Section to the student with the most meritorious submission to the Clinical Section of the CPA annual convention. **All students whose oral or poster presentations have been accepted within the Clinical Section program are invited to apply.** The winning submission is recognized with a certificate and \$1000.00, and the student is invited to describe her/his work in the fall edition of the Clinical Section newsletter, *The Canadian Clinical Psychologist*. The award will be presented at the Annual Business Meeting (ABM) of the Section, during the 2011 convention in Toronto.

To be eligible you must:

1. Be a student who is first author of an oral or poster presentation that has been accepted in the Clinical Section at the CPA annual convention in Toronto, June 2-4, 2011
2. Submit an APA-formatted manuscript describing your research*
3. Be prepared to attend the Clinical Section ABM at the Toronto convention, where the award will be presented
4. Be a student member of the Clinical Section at the time of presentation of your paper at the conference**

*Manuscripts must include a title page and abstract page, and must be no more than 10 pages, double-spaced with 2cm margins and 12 point font. Figures, tables and references are not included in page count. Manuscripts that do not conform to these criteria will not be reviewed. The **deadline** for submission of applications is **May 2, 2011**. Submissions in either English or French should be sent by e-mail to Dr. Peter Bieling (pbieling@stjosham.on.ca). If you have any questions about the submission process, please contact Dr. Bieling by e-mail.

**If you are a CPA member but not a Clinical Section member contact membership@cpa.ca or 1-888-472-0657; if you are not a CPA member go to www.cpa.ca/sections/clinical/membership/ and be sure to indicate Clinical Section membership on your invoice.

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

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

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

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

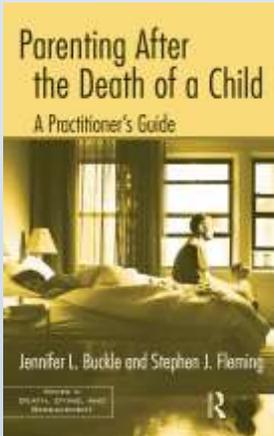
Pour être admissible, l'étudiant(e) doit :

1. être premier(ère) auteur(e) d'une communication (présentation orale ou affiche) touchant le domaine de la psychologie clinique et ayant été acceptée pour le congrès à Toronto, le 2 – 4 Juin, 2011
2. soumettre un court manuscrit décrivant l'étude selon le format de l'APA*
3. être présent(e) à la réunion d'affaires de la Section Clinique du congrès à Toronto quand le prix sera décerné
4. être membre de la section au moment de la présentation du document**

*Veuillez suivre les consignes de présentation suivantes : le manuscrit doit être à double interligne, avec des marges d'au moins 2 cm, et une police de taille 12. Il doit contenir une page titre, une page résumé et ne pas dépasser 10 pages au total. Les illustrations, tableaux, et références ne font pas partie de la limite de 10 pages. Les manuscrits qui ne respectent pas ces critères ne sont pas admissibles et ne seront pas évalués. La **date limite** pour la soumission des candidatures est le **2 mai, 2011**. Les demandes peuvent être formulées en français ou en anglais et doivent être envoyées par courriel à **Dr. Peter Bieling** (pbieling@stjosham.on.ca). Si vous avez des questions au sujet du processus de soumission, n'hésitez pas à contacter le Dr. Bieling par courriel. **Si vous désirez devenir membre de la SCP vous pouvez vous abonner à <http://www.cpa.ca/sections/clinical/membership/>, assurez vous d'indiquer "section clinique". Si vous êtes membre de la SCP, mais pas encore membre de la section clinique, veuillez contacter la SCP par courriel au membership@cpa.ca ou par téléphone au 1-888-472-0657.

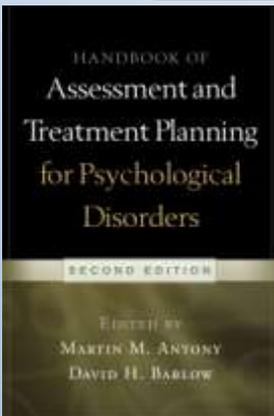
The Book Corner

Please send the editors information about yours and your colleagues' new and forthcoming books on any topic you deem relevant to Section members! If you are interested in writing a brief review of any of the books featured in this or future newsletters, let us know.



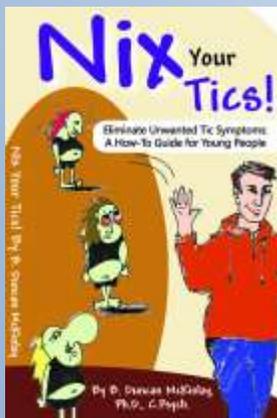
Parenting After the Death of a Child: A Practitioner's Guide
By Jennifer L. Buckle and Stephen J. Fleming
Routledge (August 2010)

In the aftermath of such a tragedy, parents face the challenge of not only dealing with their own grief, but also that of their surviving children. How can someone attempt to cease parenting a deceased child while maintaining this role with his/her other children? Is it possible for a mother or father to effectively deal with feelings of grief and loss while simultaneously helping their surviving children? *Parenting After the Death of a Child: A Practitioner's Guide* addresses this complex and daunting dilemma. Following on the heels of a qualitative research study that involved interviewing bereaved parents, both fathers and mothers, Buckle and Fleming have put together several different stories of loss and recovery to create an invaluable resource for clinicians, students, and grieving parents.



Handbook of Assessment and Treatment Planning for Psychological Disorders, (2nd edition)
Edited by Martin M. Antony and David H. Barlow
Guilford Press (2010)

Widely regarded as a premier clinical reference, this book provides state-of-the-science tools for conducting effective assessments and using the results to plan and monitor evidence-based interventions. Leading authorities present proven approaches to screening and assessment for specific psychological problems. They offer practical guidance and case examples to help clinicians select the best measures for different populations and assessment purposes. Recommended instruments and procedures are described, including applications for managed care and primary care settings. Many of the chapters feature detailed tables that compare and contrast relevant measures.



Nix Your Tics! Eliminate Unwanted Tic Symptoms: A How-To Guide For Young People.
By B. Duncan McKinley, Ph.D., C.Psych.
Life's a Twitch! Publishing (2008)

A recommended book at the 2008 conference for the American Academy of Child & Adolescent Psychiatry (AACAP). Written in a conversational, humorous, and to-the-point style: learn effective alternative treatments for tics like habit reversal training and the Comprehensive Behavioral Intervention for Tics (CBIT). Other excellent resources for those with tics are also listed. Handy 'back-of-the-book' materials; quick treatment summary, cut-out worksheets, and a 'Competing Response Catalogue'.



The Canadian Clinical Psychologist: What do You Want to Read About?

Clinical section members – many from our student contingent! -- have been generously contributing ideas and written pieces to this publication in increasing numbers. These contributions have strengthened it considerably. Below are just two topics included in a few recent newsletters. What would you like to read about next? Send us your ideas, workshop reviews, research summaries, new book publications, and articles relevant to Canadian clinicians, and there is a good chance you will see it appear!

Spring Newsletter 2010 – February is Psychology Month!

After years of dedicated effort, psychologists were rewarded in 2005 with the declaration that February is Psychology Month with the motto *Psychology is For Everyone*. This is an annual national campaign to raise awareness of the role psychology plays in our everyday lives, in our communities, and in our workplace. For the past couple of years, the Spring issues of the *Canadian Clinical Psychologist* (Spring 2008 and 2009) have featured the efforts of Clinical Section members and their organizations across the country in promoting our diverse and far-reaching profession to the general public. Again, in 2010, we will be showcasing these efforts and we invite your contribution. For more information on Psychology Month, please visit www.cpa.ca/psychologymonth.

Spring Newsletter 2010 – What Types of Everyday Work do Canadian Clinical Psychologists do?

We would like to begin to profile of the variety of work clinical psychologists are doing across the country. We hope to profile members who work in various settings – private practice, mental health service units, healthcare organizations, hospitals, schools, universities, industries, legal systems, medical systems, counseling centers, governmental agencies, and military services. We welcome your suggestions and submissions.

Spring Newsletter 2010 - Profiles in Clinical Psychology: People

Something else you will want to check out in the Spring 2010 issue of the *Canadian Clinical Psychologist* is our profile of the work of another Canadian clinical psychologist. In past issues, we have profiled Dr. Gord Asmundson, Dr. Robert Hare and Dr. Sherry Stewart. We welcome your suggestions of people who have made a significant contribution to the field of Clinical Psychology.

Call for Proposals: Deadline Nov 15

See: www.cpa.ca/convention/

CANADIAN PSYCHOLOGICAL ASSOCIATION
SOCIÉTÉ CANADIENNE DE PSYCHOLOGIE

72nd Annual Convention
Congrès annuel

TORONTO

JUNE 2-4 JUIN
2011