



canadian CLINICAL PSYCHOLOGIST

Newsletter of the Clinical Section of the Canadian Psychological Association
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Chair's Message

Catherine M. Lee

In recent months the executive of the clinical section has devoted energies to two major projects: preparation for the Calgary convention and enhancing the accessibility and usefulness of the *Psychology Works* Fact Sheets.

Consistent with the mission of the section to promote clinical psychology as a science and a profession we have developed a program for the conference in Calgary that highlights cutting edge work in the psychological treatment of disorders of childhood and adulthood. The activities include a wide range of formats for discussing evidence-based practice. Practitioners can enhance their skills and earn continuing education credits and students can learn assessment and treatment strategies at a full day pre-convention workshop offered by Drs. Stanley J. Rachman and Adam Radomsky on cognitive-behavioural treatment of obsessions.

Dr. Charlotte Johnston, who will be awarded fellow status in Calgary, will present a CPA keynote address on families of children with attention-deficit/hyperactivity disorder. The Master clinician workshop by Dr. Michel Dugas will focus on exposure in the treatment of anxiety disorders. Dr. Dugas will also present a public lecture on treatment of anxiety disorders. The section is also co-sponsoring with the Health Psychology section a presentation by Dr. Gordon Asmundson on health anxiety.

Among the other section-sponsored activities are a two-hour workshop by Drs. Joel Goldberg and Don Addington on new practice guidelines for the treatment of schizophrenia. Students will be pleased to note that Dr. Kerry Mothersill's two-hour workshop on internship applications will also allow the opportunity to meet internship

directors. Section-sponsored symposia will address the latest research on aging (Moderator: Dr. Candace Konnert), addictions (Moderator: Dr. David Hodgins) and sexual dysfunction (Moderator: Dr. Christine Purdon).

In addition, two members of the Clinical section will make presentations on receiving prestigious CPA awards. Dr. Patrick McGrath will be honoured with the Donald Hebb award and Dr. John Hunsley will receive the Education and Training award.

It is clear that clinical psychology is a vibrant profession in Canada. I am delighted that the Calgary convention offers an opportunity for us to exchange ideas and to profile a sample of the cutting edge work that is being conducted.

Responses to the section survey conducted in 2005 indicated that members see advocacy as an important section activity. At the ABM we brainstormed about ways to promote clinical psychology. The idea of sophisticated media campaigns, although appealing, is beyond the budget, expertise and time commitment of most section members. We therefore entered a second phase of brainstorming to think of ways to build on strengths and to capitalize on initiatives in which we have already invested considerable energy. The *Psychology Works* Fact Sheets have provided evidence-based, easily readable information on the ways that psychological interventions can help in the treatment of diverse disorders and conditions. Although the thousands of hits to the Fact Sheets are encouraging, we decided to find ways to broaden the impact of the Fact Sheets so that they would be known to a broad section of the population. We allocated a modest budget to this advocacy initiative. Dr. Adam Radomsky oversaw the preparation of all Fact Sheets in a standard, pamphlet format. This phase is

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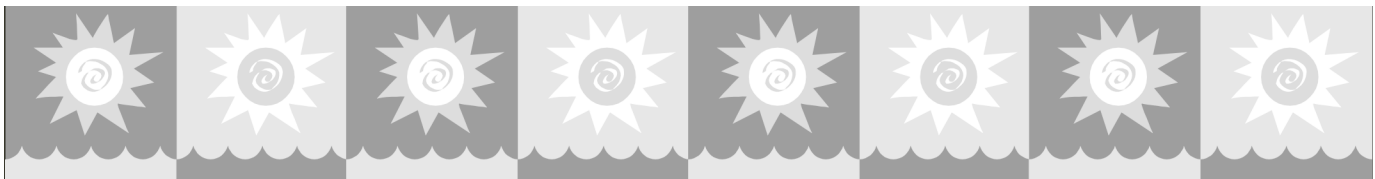


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almost complete. The next will be to contact diverse agencies, sending copies of the Fact Sheets as well as providing links to download additional copies. We hope to have a table at the convention at which people can pick up printed sample Fact Sheets. Of course, even the best Fact Sheet has a limited “shelf life,” so Adam is developing a system that will allow us to ensure that Fact Sheets are updated at regular intervals. Our next brainstorming activity will focus on ways to evaluate the usefulness of the Fact Sheets.



I look forward to meeting you at the convention in Calgary.



Greetings from the Incoming Co-Editors

This marks our first edition of this newsletter as co-editors. One of our main goals is to keep this publication as professional, interesting, and informative as Drs. Deborah and Keith Dobson, outgoing co-editors, have helped it become. We plan to maintain many of the newsletter’s regular features, such as the Chair’s Message, Student Column, and Section Meeting Minutes to keep members up to date both with Section business and with issues relevant to Canadian clinicians. At the same time, we want to take advantage of our energy and excitement with this new task by being open to, and inviting of, change. First, as the Dobsons mentioned in the previous edition, this newsletter will now be offered exclusively on-line, and we hope to benefit from your continued feedback related to this change. Second, after some brainstorming at last year’s CPA conference, we considered ideas for new columns, such as profiles of influential psychologists and “cross-Section” pieces that would take an issue relevant to our Section and integrate or contrast it with the perspective of another Section (or sub-discipline). What do you think? We heartily invite other ideas (or opinions on these ideas) as well as submissions!

We also thought you might want to know a bit about who we are, and how we plan to approach the co-editing process from two different cities. Margo, who is Associate Professor of Psychology at St. Francis Xavier University in Antigonish, Nova Scotia, will be primarily responsible for requesting and collecting the articles for publication. Jessey, who is Assistant Professor at Concordia University in Montreal, Quebec, will be responsible putting the articles together and editing the newsletter. We will communicate primarily by telephone and email, and expect that this will work well for an electronic newsletter.

In conclusion, we are enthusiastic to see how this newsletter will evolve and feel fortunate to be inheriting as sound and polished a publication as the one the Dobsons have helped shape.

The editors extend a sincere thank you to Rhonda Connors from StFX who was instrumental in helping format this issue of the newsletter.

Message from the Chair-Elect

Christine Purdon

Annual Convention, Calgary 2006

This year's annual convention in Calgary will be offering a terrific line-up of workshops, symposia and posters on clinical research and on treatment, and I am pleased to say that is one of the strongest programmes I have seen. We received 111 poster submissions, 12 workshop submissions, 3 theory review submissions, 6 symposia submissions and 2 conversation session submissions. The volume and quality of these submissions reflects the rich climate of clinical research in Canada and the vitality of the scientist-practitioner model. I can state with great confidence that there is a wealth of excellence in research and practice in clinical psychology in Canada, and that you will find a good deal of it at this year's annual convention.

Each submission to this year's Clinical Section of the programme was reviewed by at least two members of the Clinical Section Submission Review Panel. It would have been impossible to make final decisions without their thoughtful input. I am extremely grateful for the valuable time they gave to support this year's annual convention, and would like to extend special thanks to this year's panel, which include:

- Dr. Peter Bieling, St. Joseph's Healthcare, Hamilton and McMaster University
- Dr. Stéphan Bouchard, Université du Québec en Outaouais
- Dr. David A. Clark, University of New Brunswick
- Dr. John Hunsley, University of Ottawa
- Dr. Charlotte Johnson, University of British Columbia
- Dr. Diane LaChapelle, University of New Brunswick
- Dr. Jennifer LaGuardia, University of Waterloo
- Dr. Adam Radomsky, Concordia University
- Dr. Pamela Sadler, Wilfred Laurier University
- Dr. Richard Steffy, University of Waterloo
- Dr. Sheila Woody, University of British Columbia

Clinical Section Fellow Nominations

As further testament to the excellence of clinical research in Canada, the Clinical Section has received a number of nominations for Clinical Section Fellows this year. The recipients of Fellow status will be made at this year's annual convention.

Ken Bowers Award

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. The award was established to honour the enormous contributions of Dr. Ken Bowers (1937-1996) to the field of clinical psychology. Dr. Bowers is widely considered to have been one of the world's pre-eminent hypnosis researchers. In addition, he is renowned for his contributions to our understanding of personality, revolutionizing the trait-situation debate through his assertion of a situation-by-person interactional model. One of Dr. Bowers' last works was a highly influential paper on memory and repression that appeared in a 1996 volume of *Psychological Bulletin*. Dr. Bowers saw the philosophical foundations of inquiry as the common basis for both research and clinical practice. He was a consummate scientist-practitioner who devoted his career to the Department of Psychology at the University of Waterloo. The memory of his intellectual rigor and scholarship continues to shape UW's clinical training program. In this, the 10th anniversary year of his death, I am especially pleased to have the privilege of overseeing this award, and to have as this year's reviewers Ken's wife, Dr. Patricia Bowers and two of his closest colleagues, Dr. Erik Woody and Dr. Richard Steffy.

The Ken Bowers Student Research Award is competitive, in that numerous applications are received for it each year, and is a mark of distinction in that only one award is given. I would encourage clinical research supervisors to bring the award to the attention of their students, and to introduce them to the benefits of presenting at CPA's annual convention. In addition to the award, the Clinical Section programme of CPA has much to offer our student members, including: a scholarly and friendly venue for presentation of new ideas, a full-day clinical workshop given by an internationally renowned Canadian expert at an excellent rate for students, opportunities to learn about internship settings in Canada, and opportunities to meet some of Canada's leading researchers and practitioners in an intimate and cordial environment. Meanwhile, the thriving Student Section of CPA provides numerous well-organized student activities throughout the conference, ensuring that no one need be left at loose ends.

I think this is an exciting year and I am very much looking forward to seeing you in Calgary!

Summary of the Minutes CPA Section on Clinical Psychology

Summary of the Minutes: Executive Committee, Fall Teleconference

Date: September 8, 2005

Present: Catherine Lee (Chair), David Dozois (Past-Chair), Christine Purdon (Chair-Elect), Adam Radomsky (Member-at-Large), Kerry Mothersill (Secretary-Treasurer), Andrea Ashbaugh (Student Member)

Highlights

- All information for the website update will be sent to David Hart, including a list of empirically supported treatment guidelines.
- The list serve continues to be restricted to messages sent by the executive as well as the advertisement of available psychology positions.
- Martin Provencher will prepare a Fact Sheet on Bipolar Disorder.
- The executive discussed preparing a separate "Join Us" ad for students. Catherine will modify the current ad and send it to CPA. Catherine and Andrea will develop a modified draft designed for students.
- Newsletter: Keith and Deb Dobson will be responsible for the October newsletter. Margo Watt and Jessey Bernstein will take over editorship commencing with the Spring issue and the newsletter will be sent by electronic means only. Andrea will prepare a student representation section for the newsletter.
- CPA 2006 Convention: the executive committee spent the majority of the teleconference discussing options for invited speakers, symposia, conversation sessions, and workshops.
- It was agreed that Catherine will prepare a draft of a letter that will be sent to presenters of future pre-convention workshops. The letter will outline the expenses that will be covered, honorarium, etc. Catherine will also draft a list of steps to take in preparing for future pre-convention workshops.
- Christine will post announcements regarding the Ken Bowers Student Research Award in the newsletter and on the list serve. We will continue to have one award of \$500 and a potential runner up award.
- Christine will post the call for Fellows in the newsletter and on the list serve.
- The following positions need to be filled for next year: Chair-Elect, Secretary-Treasurer, Member-at-Large and Student Member. David will post announcements in the newsletter and

on the list serve.

- The Executive committee agreed that a focus will be placed on advertising the availability of the Facts Sheets. The potential for reformatting the Fact Sheets in a pamphlet format was also discussed. Adam will identify and supervise a grad student to reformat the Fact Sheets and investigate possibilities for wider distribution. It was agreed that funds from the New Initiatives budget line would be dedicated to this venture.

Summary of the Minutes: Winter Meeting

Date: Saturday January 28, 2006, Ottawa Ontario

Present: Catherine Lee, (Chair); David Dozois, (Past-Chair); Christine Purdon, (Chair-Elect); Adam Radomsky, (Member-at-Large); Kerry Mothersill, (Secretary-Treasurer); Andrea Ashbaugh (Student Member)

Highlights

- Catherine presented the report from the Chair. The "Join Us" ad was modified and will be included in the next issue of *Psynopsis*. Catherine sent a letter to Dr. Don Addington inviting him and Dr. Goldberg to prepare a presentation on the Clinical Schizophrenia Clinical Practice Guidelines for the 2006 Convention. A proposed template for the letter to pre-convention Workshop presenters was reviewed. Catherine represented the Clinical Section on the CPA Professional Affairs and Convention Committees. The review process for submissions to the convention has been streamlined. A set of procedures for planning the Clinical Section pre-convention workshop was discussed
- Kerry presented the report from the Secretary-Treasurer. He mentioned that there was no newsletter advertising income from the October 2005 issue as the Newsletter will be going electronic as of the next issue. The committee discussed options for reinvesting the GICs and it was decided that one GIC would be invested for a 1 year period and the other for a period of 2 years. The financial costs for sponsoring speakers at the CPA Conference will likely be higher this year. The Section's bank balance as of January 28, 2006 was \$11,487.82 and the GICs were valued at \$4,161.04.
- The submissions to the Clinical Section for the 2006 Convention included: 111 Posters (7 were rejected), 12 Workshops (7 were rejected), 3 Theory Reviews (1 was rejected), 6 Symposia (0 were rejected) and 2 Conversation Sessions (1 was rejected). Reviewers were very responsive and prompt. Reasons for rejection included having no data in the submission (Posters). For Workshops the main reasons for rejection included a lack of novel information, the material was not evidence-

- or theory-based and/or there was insufficient information about the content. A few submissions were not appropriate for the Clinical Section. A thank you letter will be sent to each reviewer and they will also be thanked in the Newsletter. Suggestions were made for modifications to the on line review process (e.g. improved tracking process). Christine will draft a list of proposed changes and it will be sent to the Convention Coordinator and the Convention Committee.
- The Executive Committee will make the policy clearer that students applying for the Ken Bowers award must be members of the Section at the time of submission. Christine will send a notice to the Clinical Section list serve and website and Andrea will post this information on the Student Section list serve. The submissions will be sent out for review by 3 reviewers. Dr. Pat Bowers will be advised of the name of the recipient and she will be sent a copy of the paper. An Honourable Mention will be awarded if the top two papers are close in quality. A letter will also be sent to the Award recipient's advisor.
 - Clinical Section Sponsored Presentations and Introduction of Speakers:
 - Pre-convention Workshop: Rachman & Radomsky (OCD) to be introduced by Kerry
 - CPA Invited Speaker: Charlotte Johnston (ADHD and the Family), to be introduced by Catherine
 - Master Clinical Workshop: Michel Dugas (Treatment of Anxiety Disorders), to be introduced by Adam
 - Conversation Hour: Goldberg and Addington (Schizophrenia Practice Guidelines), to be introduced by Catherine
 - Workshop: Kerry Mothersill (Internship)
 - Public Lecture: Michel Dugas (Anxiety Disorders) to be introduced by Kerry
 - 3 invited Symposia: Christine Purdon (Treatment of Sexual Dysfunction), Candace Konnert (Aging), David Hodgins (Addiction)
 - Kerry will organize publicity for the Pre-convention Workshop and the Public Lecture.
 - Catherine will investigate the option of holding the Public Lecture off-site for next year to increase attendance.
 - David will take photographs of the speakers, award recipients, etc.
 - David discussed the nominations for the four available positions on the Executive Committee.
 - Christine presented the nominations received thus far for the status of Fellow.
 - Each member of the executive will review their job description and update as required. The descriptions will then be posted on the web site by David.
 - Kerry reported that all new members have been added to the list serve. Kerry will send a message to members reminding them that jobs can be posted free of charge on the list serve.
 - Martin Provencher has prepared a Fact Sheet on Bipolar Disorder. The Fact Sheets have been reformatted so that they can be printed from the CPA web page in a Brochure style. The Fact Sheets are the most frequently visited page on the CPA web site. The Fact Sheets will be revised every five years. Requests will be made of the original authors to revise their documents.
 - David will send letters to members who have not renewed for 2006
 - David revised the information on the web site a few months ago. All information has been updated. Several links (e.g. The Academy of Cognitive Therapy) have been added. Additional changes will be sent to David Hart.
 - David will send the new newsletter editors a summary of the mid-winter minutes and Catherine will send a description of the Section sponsored activities at the 2006 Convention. Adam will write a brief article on the Fact Sheets, Christine will write on the submission review process and Andrea will highlight Section information that is relevant for the student members.
 - In order to obtain information on what members have planned for Psychology Month, a call will be placed in the Fall newsletter requesting that members advise the Section of their activities. The Executive discussed several options for promoting psychology.
 - Catherine will approach CPA about having a table available in the Exhibit Hall where the Fact Sheets will be made available.
 - Adam will contact Gord Asmundson and advise that he can offer a reduced rate for the journal Cognitive Behavioural Therapy in the Clinical Section Newsletter.
 - Andrea's Student Representative report in the October Newsletter was well received. She will forward a notice concerning the Ken Bowers Award to the Student representative from each university. The Executive discussed several options for supporting student attendance at the Convention. Andrea will request ideas from students re how to best promote students' involvement in the Section.
 - The Spring teleconference meeting will be held on Monday April 10, 2006 at 2- 4 PM EST

The CPA Section on Clinical Psychology
announces a workshop on

Cognitive-Behaviour Therapy for Obsessions

With

**Stanley J. Rachman , Ph.D.,
& Adam Radomsky , Ph.D.**

Who should attend?

This workshop is intended for psychologists, psychiatrists, social workers, psychiatric nurses, counselors, and students who are interested in expanding their clinical skills in assessment and treatment of obsessions..

Overview

Although early behavioural approaches to understanding and treating OCD have been successful, they are more applicable to checking and washing compulsions than to other manifestations of OCD, such as obsessions without compulsions. A new cognitive approach to obsessions (Rachman, 1997, 1998) has produced a promising new treatment which will be the focus of this workshop. Following a review of the theory, treatment strategies for obsessions will be discussed and demonstrated with clinical examples, role play and group exercises. Participants are encouraged to bring clinical examples to the workshop for analysis.

Learning Objectives

Participants will learn about background empirical and theoretical work that produced the treatment as well as skills relevant to case conceptualization, treatment formulation and specific assessment and intervention strategies related to the cognitive model of obsessions.

About the Workshop Speakers

Professor Stanley J. Rachman is a Professor Emeritus of the Department of Psychology at the University of British Columbia in Vancouver, Canada. He is a recognized leader in the research and treatment of OCD and other anxiety disorders and remains highly active in both the research and treatment of OCD. His many contributions and achievements have been recognized by several prestigious awards. Professor Rachman serves on multiple editorial boards and was Editor in Chief of *Behaviour*

Research and Therapy for many years until his retirement a few years ago. He remains a Consulting Editor to this highly influential academic journal. He has published many books and hundreds of articles on obsessive-compulsive disorder and other anxiety disorders, recently proposing new cognitive models of and treatments for obsessions and compulsive checking, as well as proposing a revised conceptualization of the fear of contamination.

Dr. Adam Radomsky is an Assistant Professor in the Department of Psychology at Concordia University in Montreal, Canada. He currently directs an anxiety disorders research laboratory as well as a clinical practice, both focusing on the research and treatment of OCD as well as other anxiety disorders. Dr. Radomsky has received numerous awards including the ADAA Trainee Travel Award, the AABT Anxiety Disorders Special Interest Group Early Career Award and the Canadian Institutes of Health New Investigator Award. He has published several research articles and book chapters on cognition, emotion and behaviour in OCD and other anxiety disorders and is frequently invited to present his research findings at national and international conferences. His current research focuses on thoughts, beliefs and memory in OCD as well as on new investigations of compulsive checking.

Recommended Readings

Rachman, S. (1997). A cognitive theory of obsessions. *Behaviour Research & Therapy*, 35, 793-802.

Rachman, S. (1998). A cognitive theory of obsessions: Elaborations. *Behaviour Research & Therapy*, 36, 385-401.

Rachman, S. (2003). *The treatment of obsessions*. Oxford: Oxford University Press.



Section on Clinical Psychology
La Section de la psychologie clinique



Registration

Cognitive-Behaviour Therapy for Obsessions

In order to register for this workshop, please complete pre-workshop registration form

The deadline for registration is **May 8, 2006**

Registration Fees

CPA Clinical Section Members \$133.75
CPA Members \$155.15
CPA Clinical Section Student Members \$ 69.55
CPA Student Affiliates \$ 80.25
Non-members \$171.20
(Fees include GST and refreshments at two breaks, but do not include lunch)

Pre-registration and pre-payment is required. There will be no onsite registration. Space is limited. Early registration is strongly recommended.

Directions

Westin Calgary

320 - 4th Avenue S.W.
Calgary, Alberta, T2P 2S6



Why Not Advertise Here?

Advertising in the Newsletter is an inexpensive way to get your message out to clinical psychologists in Canada.

For further information and rates, contact the Newsletter Editors at:

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Fact Sheet Update

Adam S. Radomsky, Ph.D., Concordia University
Member-at-Large, CPA Section on Clinical
Psychology

Did you know that our Fact Sheets are among the most visited pages of CPA's website (www.cpa.ca)?

Last year alone, CPA recorded over 95,000 hits to the Psychology Works/Fact Sheet websites (<http://www.cpa.ca/cpsite/showPage.asp?id=1021&fr> in English and <http://www.cpa.ca/cpsite/showPage.asp?id=1021&fr=FR> in French).

Since becoming aware of this information, the Section on Clinical Psychology has been working hard to enhance our ability to advocate for Clinical Psychology and clinical psychologists through this valuable resource.

Reformat

The current format of our Fact Sheets is good, but we think that improvements can be made. Fact Sheets are currently presented in more of a traditional document style. We are in the process of converting these to more of a pamphlet style, such that they can be folded in two and distributed more widely. This should enable various clinics to put more Fact Sheets on display and it should also make them easier for people to take with them when they leave. This process is nearing completion and we hope to have CPA post our reformatted Fact Sheets sometime within the next few months.

Reorganization

Currently, Fact Sheets are listed on the website in alphabetical order. In order to make them more accessible, we have decided to restructure the way that Fact Sheets are organized and presented online. The Section had long discussions about this, as any classification of mental disorders and related problems is likely problematic. Although we

recognize that our new organizational strategy is far from perfect, we hope that by sorting our Fact Sheets into three broad categories, we will enable people to find them more easily. These three categories are: Problems primarily relating to individuals, Problems relating to children and families, and Problems relating to physical health. Of course, some Fact Sheets will appear under more than one heading, but the number of Fact Sheets is growing and we hope that this new organization will make them more accessible, even as their numbers climb.

Revisions and Additions

Fact Sheets have been an ongoing project of the Section for several years. We are in the process of implementing a procedure through which Fact Sheets can be revised and updated every 5-7 years to keep them from getting out of date. If you produced a Fact Sheet for the Section, you may well be receiving an invitation to revise it sometime soon; if not, stay tuned for updated Fact Sheets that should start appearing in late 2006.

We are also very pleased to announce an upcoming Fact Sheet on Bipolar Disorder, written by Dr. Martin Provencher, Ph.D. Dr. Provencher is a psychologist working at the Cognitive-Behaviour Therapy Unit of the Département de Psychiatrie at l'Hôpital Hôtel-Dieu in Lévis, Québec and has worked extensively with individuals suffering from Bipolar Disorder. We are very pleased about this contribution as information about this prevalent and serious disorder was absent from our materials. We hope to see this Fact Sheet posted online within the coming months.

In Conclusion

Once the above changes have been implemented, we plan to disseminate the Fact Sheets across the country to hospitals, clinics and University Departments. If you like the information contained in the Fact Sheets, please download them, use them, distribute them and tell your colleagues about them. There is no charge for Fact Sheets and we strongly believe that this is one aspect of clinical psychology that should definitely be given away.

If you have ideas or suggestions about new Fact Sheets, please send them to the Member-at-Large for the Clinical Section. We would be pleased to hear from you.





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

Public Lecture

Psychological treatments for anxiety: Helping people to get better... and stay better

The Canadian Psychological Association is pleased to invite the community to attend this talk on issues that affect many people's lives. Come and join

Dr. Michel Dugas
Associate Professor, Department of Psychology
Concordia University

Wednesday June 7th 2006 7 - 9pm
Nakiska Room, Lobby level, Westin Hotel
320-4th Avenue SW
Calgary, Alberta

Dr. Dugas is one of the leading contributors to our understanding of worry and generalized anxiety disorder. His research at Concordia University and at l'Hôpital du Sacré-Cœur de Montréal has investigated cognitive and behavioural treatments for these common problems. He has a worldwide reputation for helping those who suffer from anxiety and worry.



A question and answer period will follow the talk. This event is offered as a community service at no charge.

For more information, contact Teresa Judd at (403) 943-2464.

**Patrick J. McGrath:
2006 Recipient of CPA's Donald O. Hebb
Award For Distinguished Contributions to
Psychology as a Science**

C. Meghan McMurtry, B.A. (Hons)
Christopher J. Mushquash, HBSc., M.A.
Dalhousie University, Halifax, Nova Scotia

Dr. Patrick J. McGrath, R. Psych., is the recipient of the Canadian Psychological Association's 2006 Donald O. Hebb Award for Distinguished Contributions to Psychology as a Science. The criteria for this award stipulate that the recipient must be a person: 1) whose research has enhanced the knowledge base of psychology; 2) whose influence has been exerted through leadership as a teacher, as a theorist, as a spokesperson for the discipline, and/or as a developer of public policy regarding the science of psychology; or 3) whose work has substantially influenced the development of psychology. Through his work as a clinician, researcher, mentor and avid supporter of psychology and its scientific potential, Dr. McGrath has met all three criteria.

Patrick J. McGrath was born and raised in Ottawa, Ontario. He received his Honours Bachelor of Arts with high honours from the University of Saskatchewan in 1971, followed by a Master of Arts degree in 1972. He then pursued a Ph.D. at Queen's University which was awarded in 1979. According to Dr. McGrath, although he was not initially devoted to research, he soon became convinced that research could help many more children than his clinical practice alone.

Following his doctoral studies, Dr. McGrath became the director of the Behavioral Service of the Department of Psychology at the Children's Hospital of Eastern Ontario for the next 10 years. Dr. McGrath moved to Halifax, Nova Scotia in 1989, assuming a position at Dalhousie University. He developed the first Clinical Psychology PhD program in the Maritimes - a cooperative program between Dalhousie, Acadia, St. Mary's and Mount Saint Vincent universities. The program is unique in Canada in that it features comprehensive projects rather than exams to establish breadth of knowledge and expertise in research. Dr. McGrath held the clinical psychology program coordinator position for over 10 years. Throughout his time at Dalhousie University, Dr. McGrath has been a leader, mentor, and a strong student advocate. Currently, he holds a Canada Research Chair in pediatric pain and is a Killam Professor of Psychology, Psychiatry and Pediatrics at Dalhousie.

Dr. Patrick McGrath is an internationally recognized leader and expert in the field of pediatric pain. For example, the 1987 book entitled *Pain in Children and Adolescents*, which Dr. McGrath coauthored with Anita Unruh, was the first of its kind and continues to be of critical importance. This book not only raised awareness of the problem of pediatric pain but also the importance of psychological factors in pain. Dr. McGrath's emphasis on the importance of accurate measurement of pediatric pain was a catalyst for the development of widely used pain assessment tools such as the Children's Hospital of Eastern Ontario Pain Scale and the Parent's Postoperative Pain Measure. He has also done extensive work in the understanding and treatment of various types of pediatric pain (e.g. headache, abdominal pain, procedural pain). Through his research, Dr. McGrath has forever changed the assessment and treatment of pediatric pain.

Although perhaps best known for his decades of work in pediatric pain, Dr. McGrath has recently expanded his research program to investigate alternative methods of mental health care delivery. Specifically, he is interested in the role of technology in the assessment and treatment of pediatric pain and other childhood disorders. In 2000, Dr. McGrath developed and became director of the innovative Family Help program. The Family Help program provides distance treatment of several childhood problems including abdominal pain, anxiety, disruptive behaviour disorders, bedwetting and attention deficit hyperactivity disorder. In addition, Family Help has recently been expanded to include the treatment of mothers suffering from post-partum depression. Of particular importance, Dr. McGrath's program allows for evidence-based primary care to be delivered cost-effectively by paraprofessionals to children and families who live in typically under-served rural areas. Family Help is currently active in Nova Scotia, with research also underway in Northern Ontario, and has the potential to be expanded almost indefinitely.

Both the caliber and sheer volume of Dr. McGrath's research contributions are extraordinary. Dr. McGrath has held a seemingly impossible number of grants worth millions of dollars, published 13 books, six patient booklets which have been translated into various languages and distributed internationally and over 300 articles, book chapters, reviews, abstracts and editorials. Throughout his career, Dr. McGrath has received many awards for his outstanding and prolific research including a Distinguished Scientist Award from the Medical Research Council (MRC, now the Canadian Institutes of Health Research), Clinical Investigator Award from the American Pain Society, Distinguished Career Award from the

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Canadian Pain Society, and the Canadian Psychological Association Award for Distinguished Contribution to Canadian Psychology as a Profession. He was elected to the Royal Society of Canada in 1995 and received the Order of Canada (Officer) in 2003.

Through exceptional leadership, Patrick McGrath has championed psychology as a scientific discipline over the course of his career. For example, he has served as a Board Member of the Canadian Psychological Association as well as a member on the Institute Advisory Board of the Canadian Institutes of Health Research Institute of Human Development, Child and Youth Health. Recently, he also became a member of the Governing Council of the Canadian Institutes of Health Research.

The recipient of the 2004 Martin P. Levin Mentorship Award of the Society of Pediatric Psychology, Dr. McGrath is an active and committed mentor of people in various stages of their careers. He shows enthusiasm for diverse areas of research and is wholly supportive of students choosing their own areas of interest. Dr. McGrath has supervised numerous undergraduate and graduate students in clinical psychology in addition to students from other disciplines.

Patrick McGrath is the director and one of the principal investigators of the Canadian Institutes of Health Research Strategic Training program Pain in Child Health (PICH). PICH is an excellent example of his leadership, emphasis on interdisciplinary research, and commitment as a mentor. PICH is an innovative cross-Canada research training group which brings together leading researchers in pain with students in psychology, nursing, and basic sciences. The program provides trainees with unparalleled networking opportunities, funding for attendance at major conferences and educational institutes, and includes monthly web-based lab meetings.

Over his dynamic career, Patrick McGrath has exemplified the best in psychological research and treatment. In addition, he has been an inspiring mentor to numerous students, demonstrating the personal and professional qualities needed to make a difference. His contributions to the field of psychology and his commitment to the development of young researchers make him a worthy recipient of CPA's Donald O. Hebb Award for Distinguished Contributions to Psychology as a Science. Congratulations Pat!



Dr. Patrick McGrath- 2006 Recipient of CPA's Donald O. Hebb Award



Meghan McMurtry and Christopher Mushquash are Ph.D. students studying under the supervision of Patrick McGrath in the Clinical Psychology program at Dalhousie University. Meghan works in the area of pediatric pain with specific interests in parental reassurance during procedural pain and health policy. Christopher is interested in alternative methods of mental health service delivery with an emphasis on meeting the needs of Canada's rural and Aboriginal populations.



Welcome to the Student Column

Andrea R. Ashbaugh

Perspectives on the graduate school application: From students, for students

Students often hear how difficult it is to get into clinical psychology graduate programs. As a senior graduate student I've had many questions from undergraduates regarding what makes a good application. Three students provide their perspective on applying to graduate school. In the first article, Rana Pishva, who is interested in applying to graduate school in the future, finds out more about the interview process from a faculty member at Concordia University. In the second article, Monique Lahoud, currently in the process of applying to graduate school, offers a timeline of important milestones in the application process. In the third article, Veronica Asgary, a recently successful applicant, offers helpful tips on the application process. I hope these perspectives will answer many questions applicants may have, and will hopefully set some minds at ease regarding this competitive, stressful and mysterious process!

Graduate School Applications: What Stands Out and What Doesn't

Rana Pishva, Concordia University

As an undergraduate psychology student the cloud of "grad school applications" is constantly over my head. The general consensus among students seems to be that no mistakes are allowed, all grades must be outstanding, all volunteer work recorded, and every reference letter impeccable. I had the opportunity to meet with Dr. Adam Radomsky, a faculty member in the department of psychology at Concordia University, to ask about the characteristics of the ideal graduate applicant in clinical psychology. While obtaining a Bachelor's degree, the majority of undergraduate psychology students will have some research experience in labs; however, according to Dr. Radomsky, demonstrating this through poster and conference presentations and especially publications is an important asset of graduate school applications.

Given the overwhelming number of applicants, Dr. Radomsky says that as a supervisor he looks for "continuous strengths and consistently positive qualities in the applicant". Weaknesses are expected and inevitable; often an application that looks "too good to be true" might be just that. However, when noticeable weaknesses are present, a clear explanation for weak points in an application can actually increase the chance of an interview or of acceptance. Above all, an

impressive positive feature to a graduate school application is a fellowship application which shows commitment to research.

Once applications are sent, some applicants will get a chance at an interview. Meeting the supervisor in person, as well as other members of the lab can give the applicant a great impression of their potential work environment. During the interview, what is expected and looked for in an applicant, according to Dr. Radomsky, is an individual who is professional and mature, and who shows ambition and career goals in the field. It is a common misconception that applicants are expected to meet with the supervisor with their thesis topic. What the potential supervisor is really interested in is discovering whether the applicant shows an active interest in the supervisor's research and clear career goals. It is important that the lab's interests and the applicant's research interests are compatible.

According to Dr. Radomsky, individuals who have "demonstrated strength and/or potential in skills that are relevant to science and practice" will have the upper hand in the race to grad school and are more likely to be successful students, scientists and practitioners. For an undergraduate like me, these requirements can be intimidating, and they are also challenging. Being accepted to graduate school is certainly not easy, requiring one to demonstrate years of hard work and determination; however, it does not seem to be an impossible goal either.

What They Never Told You about Applying to Graduate School

Monique Lahoud, Concordia University

It is surprising to most undergraduate students to learn that it will take them about a year and a half to prepare their application to a graduate program in clinical psychology. Many underestimate the level of planning involved in this process. Here are some things that I learned as I went through the application processes myself this fall.

If you are interested in applying to graduate school, you should start by attempting to establish a few good relationships with professors during your undergraduate career in order to be able to ask for positive letters of reference. Ideally, students must obtain letters from (1) their undergraduate thesis supervisor, (2) an instructor with whom they have achieved academic excellence on several occasions, and (3) an instructor who is aware of the student's future goals and ambitions.

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As you begin thinking more seriously of applying to graduate school, it is critical to decide what factors are important to you when selecting schools. For instance, is it more important that you stay near your family or that the research of your supervisor is in line with your own research interests?

Once they have a good idea of which future directions they will be taking, students should start considering preparing for and writing their GREs the summer prior to their graduate school application. This process is both time-consuming and very important for excellent applications. More specifically, students must ensure that they have left themselves enough time to study ahead of their examination date.

As the fall season prior to their applications rolls in, students should begin contacting potential supervisors to confirm that they will be indeed taking on a new graduate student. It is then crucial to begin organizing which schools they will be applying to, know the deadlines and make a checklist of the required documents for each application. Once the applications have been submitted, students should, in those following weeks, contact the potential supervisors again to let them know that they have followed through with their applications.

Some students might have to deal with “blemishes” on their undergraduate record, such as a lower than average GPA, that might reduce the chances of their application being successful. Obtaining more research experience (poster submissions, publications, research assistant positions) to solidify their research record can help reduce the impact of less-than-stellar grades. Also, if there is a good explanation for these low grades, it is important to mention it in the personal statement.

Finally, once applications have been submitted, the waiting period begins. This tends to be a very stressful time. To ease anxiety and uncertainty, it is helpful to develop a plan B in case you do not get accepted into any program. Whatever the outcome, students should remember that many excellent psychologists did not get into graduate school on their first try and there is nothing wrong with reapplying the following year.

Beyond grades: What else matters?

Veronica Asgary, University of Ottawa

As a first-year student in clinical psychology graduate studies, I was asked to give a few pointers on a successful application. Here are a handful of helpful hints and suggestions that I found beneficial. I hope they help!

First, you have to decide what universities interest you. However, this is easier said than done. Would you prefer a program that emphasizes a certain psychological perspective or research direction? Would you prefer smaller or larger classes? Would you like to be able to work in French? I felt it was important to apply to

universities that coincided with my personal preferences, even if these preferences seemed minor.

Once you have chosen universities that appeal to you, go through a list of their faculty members to see whose research interests you. I looked for professors whose research blended well with my past research experience as well as with my future research goals. A helpful way to do this is by exploring their contributions on PsycINFO.

Finally, contact your choices via email to see whether they are accepting graduate students the year you are applying for. This allowed me not only to create a bond with the supervisors, but also to get an idea of their interpersonal style. Did they reply promptly? Were they polite? This can give you some insight into the professor's communicative approach. From this point on, you can send more information about yourself, highlighting your strengths and research interests in order to stand out from other applicants. Lastly, although not always possible, you may wish to meet potential supervisors and their graduate students and get a tour of their research facilities. This allowed me to establish whether the professors and I were on the same page regarding matters such as research, supervisory style, and academic goals, in hopes of minimizing potential misunderstandings. I found this quite helpful in making my final decision. Ultimately, forging a relationship with a supervisor may be the most important thing to do for getting accepted and making a confident decision.

An important aspect of your application package is the quality of your reference letters. Ask your referees a few months ahead of time so they do not feel pressured. Only ask people who can comment comfortably and positively on your research potential as well as on your personality and work ethic. Start thinking about who could be your referee far in advance. This way, if you do not have enough experience or referees, you have time to expand.

Another key component of your application is your letter of intent/statement of purpose. I found it helpful to get feedback on this from my peers. It is important to stress your research abilities and experience, regardless of whether you are applying to an experimental or clinical program. Also, emphasize that you understand the research direction of that particular university and of your supervisor of interest, as well as how you will contribute to the program and particular lab. Needless to say, it is important to personalize each letter according to each university.

A couple of last details I found useful: a good book to guide you during the application process is always helpful and worth investing in; deadlines approach quickly, so keep track of them; and take advantage of workshops offered by your university about graduate school and funding applications. Good luck!