

The View From Here:

Perspectives on Northern and Rural Psychology

Volume 2, Issue 1

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Message From the Chair

Membership News

I want to welcome the many new members to the Rural and Northern Psychology Section. I am happy to announce that our membership has continued to grow and that we now have 208 members in our section!

Executive Committee Appointments

I am pleased to announce the appointments of Dr. Cindy Hardy and Dr. Henry Harder to the positions of Secretary-Treasurer and Chair-Elect, respectively. Their terms will end at the business meeting in 2008. I will also be continuing on in my position as Chair until 2008. At that time we will, once again, be inviting nominations for these positions.

Section Bylaws

The section bylaws have been approved by the CPA Board. Our next step will be to develop a role description for a Student Representative position and vote on amending our existing bylaws to include this position on the Executive Committee.

Listserv

I have had a couple of section members express an interest in taking the lead on managing a section listserv. Hopefully this will mean that a section listserv will be operational in the near future.

Webpage

I am still seeking a volunteer to take the lead on developing and maintaining the section webpage. Please contact me if you are interested in this position.

Annual CPA Conference in Ottawa, June 2007

Thanks to all of you who volunteered to review the submissions for the 2007 CPA conference. With three conversation sessions, one symposium,

one theory review session, and three posters our section will definitely have a more prominent presence this year! I hope all of you will have the opportunity to take in some of these interesting poster sessions and presentations and to participate in the Third Annual Rural and Northern Section Business Meeting.

Conference Events at a Glance

(Please check your conference guide for any scheduling changes)

Thursday, June 7th

- Understanding the mental health of rural families: Exploring pathways from stress to intervention (Cyndi Brannen). Symposium, Nova Scotia (Westin) from 4:30 – 5:55 p.m.

Friday, June 8th

- Third Annual Rural and Northern Psychology Section Business Meeting. Capital Hall 2B (Congress Ctr.) from 8:00 – 8:55 a.m.
- Identifying high risk indicators for suicide using the problem solving inventory (Nancy Cochran). Conversation session, Capital Hall 2B (Congress Ctr.) from 1:00 – 1:55 p.m.
- Distance supervision in a northern context (Jerry Paul). Theory review session, Quebec (Westin) from 1:30 – 1:55 p.m.
- Ten years of rural and northern psychology: The excitement builds (Karen Dyck). Conversation session, Provinces 1 (Westin) from 4:00 – 4:55 p.m.

Saturday, June 9th

- Expanding shared mental health care through telehealth training (Laurene Wilson). Conversation session, Newfoundland (Westin) from 4:30 – 5:25 p.m.

Hope to see you in Ottawa!

Karen Dyck, Rural and Northern Psychology Section Chair

It's a Small World

Submitted by Melissa Tiessen, McGill University

Hello everyone! My name is Melissa Tiessen and I am a Ph.D. student in Clinical Psychology at McGill University in Montreal, Quebec. I am currently – finally! – in the last year of my Ph.D., expecting to graduate in only a few more months. I come to the Rural and Northern Psychology Section as both a practitioner-scientist interested in rural and northern issues, and as a former northern resident. I grew up in northern Manitoba, where a continuing issue is access to health services (of any kind, not only psychological services). Building on this first-hand experience, before I began graduate school I also worked for a federal government mental health services program serving First Nations people throughout Manitoba, but particularly in rural and remote areas. This experience highlighted for me some of the key mental health needs, both generally in non-urban areas of Manitoba and

specifically for First Nations people. Consequently, I have had the fortunate opportunity to pursue my doctoral research as a collaborative project with two First Nations communities in northern Manitoba, focusing on the psychological well-being of the youth in these remote locations. I hope that after I complete my degree I will be able to continue in the field of rural and northern psychology, as it is certainly an underserved yet much needed area of specialization.

My hope for the Rural and Northern Psychology Section is that it will continue to bring together researchers and clinicians with similar interests in this area. Particularly as a student, rural and northern work can be quite isolating, so it is so important to have an opportunity like this section and newsletter to help bridge the gaps. Additionally, I hope that the section will offer opportunities to share and discover new strategies to improve mental health care in rural and northern areas.

Submitted by Hope Yungblut, Graduate Student, Memorial University of Newfoundland

I graduated in 2004 from Laurentian University with a B.A. (Hons) in Psychology and a focused study in Political Science. I am currently completing a Master's in Applied Social Psychology (MASP) at Memorial University of Newfoundland.

While completing my bachelor's degree I volunteered with the local palliative care association and worked for two developmental services agencies. It was during this time that I became aware of the challenges faced by social service providers delivering services to vulnerable populations in rural and northern areas. Issues of client confidentiality and service availability became apparent and have become areas of continuing interest for me.

The MASP program has provided solid training in experimental design, theoretical frameworks, and advanced data analysis. This training has been enhanced by the opportunity to apply these skills in practical settings through two work terms. I am currently completing my second work term at the Centre for Rural and Northern Health Research (CRaNHR) located at Laurentian University in Sudbury, Ontario. I am working collaboratively with CRaNHR's team on the Northern Ontario School of Medicine Student Tracking Study and the Family Medicine Tracking Study.

My hopes for the Rural and Northern Psychology section are to be able to discuss ethical and methodological issues surrounding rural and northern research. As a student just beginning a career in this field I hope to make contacts with other professionals which is often difficult to do in our isolated settings.

Call For Rural & Northern Representative

Dr. Ian Nicholson, Chair of the Professional Affairs Committee of CPA, is seeking a representative from our section to sit on this committee. If you are interested in learning more about this opportunity please contact Dr. Karen G. Dyck, Chair of the Rural and Northern Psychology Section, at dyckkg@ms.umanitoba.ca.

EXCITING OPPORTUNITIES IN RURAL AND NORTHERN PSYCHOLOGY



The Department of Clinical Health Psychology in the Faculty of Medicine of the University of Manitoba invites applications for five Contingent Geographic Full-Time (GFT) Clinical Psychologist positions at the Assistant Professor level, commencing July 1, 2007 or as soon as possible thereafter, in the following communities in Manitoba:



Brandon (#ALW 426) Geriatric Psychiatry and Mental Health Services for the Elderly
providing cognitive assessment, neuropsychological evaluation and behavioural management, consultation within both inpatient and community settings.

Brandon (#ALW 438) Health Psychologist, Acute Care Medicine Clinics
development, implementation and evaluation of chronic illness prevention and health promotion programmes within Brandon General Hospital and the City of Brandon.



Thompson (#AEM 422) Clinical Psychologist,
providing psychological assessment and treatment services within an 8-bed adult inpatient mental health unit and consultation to adult and child community mental health outpatient programmes in Thompson and the Burntwood Region.



Steinbach (#06057) Rural Clinical Psychologist
with skills in adult, child, adolescent and family treatment, health promotion and consultation, serving a number of rural communities in the South Eastman Region.



Beausejour (#06038) Rural Clinical Psychologist
with skills in child, adolescent and family treatment, health promotion and consultation, serving a number of rural communities in the North Eastman Region.

The Department of Clinical Health Psychology provides ongoing clinical consultation and support to its members practicing in rural and northern communities through in-person and tele-health supervision, case conferences and continuing education. Supervision of interns and residents in our CPA and APA accredited internship program and development of an active program of clinical research are also part of these positions.

For more information about these positions, the communities and health regions in which they are based and about the Department of Clinical Health Psychology, visit our web site: www.umanitoba.ca/faculties/medicine/clinical_health_psych

Qualifications:

- PhD in Clinical Psychology from a CPA or APA accredited training program and CPA or APA accredited internship
- Eligibility for registration as a Psychologist by the Psychological Association of Manitoba
- Must pass pre-employment criminal records and child abuse registry checks
- Education and experience in psychological assessment and health psychology
- Education and experience in community-based psychological service and consultation with other health professionals
- Education, experience and/or research background in Aboriginal health would be an asset
- Valid driver's license and vehicle required for North Eastman and South Eastman rural positions

Salary and Benefits:

An attractive salary schedule and benefits are available and in addition, the GFT agreement provides for on-site private practice opportunities

The University of Manitoba encourages applications from qualified women and men, including members of visible minorities, Aboriginal peoples and persons with disabilities. All qualified candidates are encouraged to apply; however, Canadians and permanent residents will be given priority. Interested persons should apply in writing, indicating the position number(s) of the position(s) they are seeking to be considered for, and including curriculum vitae and provide the names and contact information of three references to:

Dr. Robert McIlwraith, Department of Clinical Health Psychology
Faculty of Medicine, University of Manitoba
PZ 350 – 771 Bannatyne Avenue
Winnipeg, MB R3E 3N4

Tel: (204) 787-3876 Fax: (204) 787-3755 Email: bmcilwraith@hsc.mb.ca

Application materials, including letters or reference, will be handled in accordance with *the Freedom of Information and Protection of Privacy Act (Manitoba)*.
DEADLINE FOR INITIAL REVIEW OF APPLICATIONS is May 15, 2007 and applications will continue to be accepted until the positions are filled.

CPA External Activities – Winter 2007

Canadian Consortium for Research (CCR): The CCR continues meetings with key politicians and government officials in support of significant increases in support for the granting councils in the March, 2007 Federal Government budget. In addition, the Consortium is purchasing an advertisement in the Hill Times, the weekly Parliamentary newspaper.

The Creation of a Mental Health Commission: The Government of Canada held a ten day web based consultation regarding a Canadian mental health commission. Some reports suggest over ten thousand Canadians responded. CPA and CAMIMH continue to advocate for a commission which will support both science and practice.

New Social Sciences and Humanities Research Council President: This is a very important development for SSHRC. The new President is an historian from the University of Ottawa. He knows the Ottawa scene and is a former President of the Humanities and Social Sciences Federation of Canada. In fact, Dr. Gaffield has been on the same advocacy team as the CPA Executive Director on several occasions. CPA met with him on February 13, 2007, a time which did not allow for a written report to be included in the Board agenda binder. A verbal report will be provided by the President during the Board meeting.

Prevnet Conference: Prevnet is a CIHR funded research network focused on bullying. CPA officially supports the network and Board members Wendy Josephson, Dan Perlman, Juanita Mureika and Ian Nicholson and Associate Executive Director Karen Cohen have been involved. Ian Nicholson attended a workshop in February, 2007 on behalf of CPA. The workshop occurred at a time that did not allow for a report to be included in the Board agenda binder. A verbal report will be provided during the Practice Leader's report to the Board.

The Social, Psychological and Mental Health Aspects of Disasters Workshop: The Public Health Agency of Canada and CPA co-hosted this expert invited two day workshop. It took an all hazards approach with a focus on public health emergencies such as an influenza pandemic and SARS. The workshop was successful and a report is being prepared.

National Disaster Forum: CPA has been invited to the last three Forums. The federal and provincial/territorial emergency preparedness and response agencies are now including health professional associations and the volunteer sector (eg Canadian Red Cross) more regularly and meaningfully in discussions of emergency preparedness and response.

Surge, Sort and Support: The Public Health Agency of Canada is developing an online course for hospital staff to train them to respond effectively to psychological casualties during an emergency or disaster. CPA was invited to sit on the advisory committee.

sory committee.

Psychological Information for Canadians During Disasters: The Public Health Agency of Canada is in contract negotiations with CPA regarding the development of several sets of fact sheets designed to inform the public about the psychological impact of public health emergencies such as SARS or an influenza pandemic. The topics will focus on the needs of children, seniors and implications for communities. Another will provide advice to health and human services providers (eg teachers, day care workers, physicians) regarding what to expect from their patients, clients and students and how to respond. CPA wrote similar materials for Health Canada after 9/11 and for the Mental Health Support Network of Canada during SARS. These materials have been well received, continue to be used, and the hard copies have undergone a second print run.

Disasters and Seniors: The Public Health Agency of Canada held an expert invited workshop in Winnipeg. CPA was represented by Dr. Margaret Gibson who previously represented the Association on the Canadian Coalition for Seniors Mental Health.

Canada's Mental Health Guide: CPA recommended a guide in one of its submissions to the Standing Senate Committee studying mental health in Canada. The Committee's final report, *Out of the Shadows at Last* attributes the recommendation to CPA. The Public Health Agency of Canada is interested in exploring the idea and has convened an initial working group comprising a representative from the Agency, CPA, the Alberta Government's Ministry of Health and Wellness and the Government of British Columbia's Ministry of Health.

Middle Managers in Health Facilities Conference: Several associations collaborate to host a biannual convention for middle managers in health systems. CPA is a co-sponsor along with the Canadian College of Health Service Executives, the Canadian Nurses Association, the Canadian Medical Association and others. The last two conferences have broken even financially. Attendance has been between around 150 people from across Canada. Planning for the 2009 conference began this month.

Health Action Lobby (HEAL): HEAL held a meeting to develop a strategy to address the issues related to the interface between publicly and privately funded health care services. This is a difficult topic for Canadians and for national health care associations. This is the first time the coalition has discussed these issues. CPA has been pushing for such a meeting for several years. The report will be available shortly replete with an action plan.

Off the Beaten Track – Psychology in Northern Manitoba

**Submitted by Becki L. Cornock,
Ph.D. C.Psych Candidate**

Greetings from Flin Flon, Manitoba, a city of approximately 6000 people 750 km northwest of Winnipeg. I am the psychologist for the Norman Regional Health Authority, an area that spans 76,000 square km and serves approximately 26,000 people. A bit of daunting job description; however, I am happy to share my experiences to date as the newest rural psychologist in the University of Manitoba's Department of Clinical Health Psychology Rural & Northern Programme.

As overwhelming as the task first seemed, after six months I am pleased to report that I am feeling quite settled. The people have been fantastic, very welcoming (although I am told it will be a good 5-10 years before I am actually "from" here, but having made the local paper twice I might have knocked a couple of years off of that deadline!). The gorgeous scenery is a nice job perk as not everyone's commute to work boasts moose, lynx, and fox sightings. The rocks and lakes provide a beautiful backdrop to any outdoor activity that you can dream up – hiking, fishing, boating, cross-country skiing, snow-mobiling, biking, camping...you get the idea. And on days that I am not travelling in the region I can walk home for lunch, which I love!

The Clinical Health Psychology department has also been key in helping me get my feet on firm ground; providing practical advice, educational support, testing resources, and collegial support in the form of supervision and consultation. Having an entire department at the tip of my typing or dialling finger has largely relieved the pressure of being the only show in town. It's been a great help to know I can draw on colleagues to help me be able to figure out how to rule out vascular dementia one day, query pervasive developmental disorder the next, and assess an emergent psychotic process on demand. As challenging as it has been to wear all of these different clinical hats, I do not think that I could ask for a better variety of experiences, especially during my year of supervised practice.

Probably one of the most important adaptations I have had to make as a rural practitioner is my definition of productivity. I used to equate productivity with face-to-face hours and was feeling pretty unproductive after the first couple of months – in fact, I was embarrassed to submit my departmental stats! It took some mental work for me to adjust to the amount of time devoted to travelling, the steep learning curve that has accompanied most referrals, and the mind boggling amount of time it takes to set up scoring programs and wait on hold for someone in tech support in WhoKnowsWhere, USA to field my cry for help. I would leave work feeling tired, thinking that I had a busy day, but could not quite account for my time. Luckily most of the start-up woes are behind me and now that I have a few months under my belt I have been able to see what impact I have made and am happy to continue plugging away at my list of referrals.

In adapting to rural practice I have also been pleasantly surprised to learn how much I enjoy the consultant role. The efficiency of working with a practitioner for an hour and possibly impacting three clients' lives, as compared to working with one client for an hour is very rewarding. Again the variety of cases makes for interesting and challenging meetings where I continue to learn and also have the opportunity to share some expertise. The reality of a reduction of paperwork is definitely an added bonus.

I am enjoying my time in the Norman Region and would welcome others to consider rural practice as a career option. Whether you are a seasoned professional or are just starting out I would encourage you to entertain the benefits of the lifestyle that accompanies more-rural/less-urban living (e.g., no traffic to fight, reasonably affordable housing, living a bit closer to nature, etc.). Every area has its unique gifts and challenges – think about where you might fit in.

“... I would encourage you to entertain the benefits of the lifestyle that accompanies more-rural/less-urban living ...”

Pre-Doctoral Internship Training in Rural and Northern Psychology

The training programme in Rural and Northern Psychology offered by the Department of Clinical Health Psychology is a one-year pre-doctoral internship offered in both rural and Northern Manitoba.

Two residents are accepted into this programme every year, one in the rural stream and one in the Northern stream. Residents in these streams spend half of their year in urban rotations and the second half of their training year in rural or Northern communities in Manitoba. The goals of these streams include providing residents with closely-supervised clinical experiences in culturally-appropriate service provision with a broad diversity of primary care activities and opportunities for collaboration with multi-disciplinary teams. Individuals with particular interest in community-based approaches and rural health, working with under-served populations, cultural factors in health, consultation, and prevention may find these internship experiences especially attractive. We hope that graduates of our programme will pursue careers in rural practice.

Urban Rotation

The residents' first six months (September through February) are spent in clinical rotations in Winnipeg teaching hospitals, with both adult and child-oriented rotations designed to supplement the rural/northern community experiences and provide residents with a breadth of clinical experience during the internship year.

Rural Community Rotation - Interlake

The rural resident spends their second six months (March through August) in full-time clinical training in the Interlake region of Manitoba. A psychologist based in the region provides supervision. Additional supervision is provided by other members of the Department of Clinical Health Psychology on periodic visits to the region for consultation, and through telephone, fax, and e-mail. The rural resident maintains contact with interns in Winnipeg through weekly case conferences and seminars.

The Interlake Region (population 73,000) extends north of Winnipeg between Lake Winnipeg and Lake Manitoba. The economy of this region is primarily based on agriculture, and there is some tourism and

commercial fishing along the lakes. The Interlake Region includes the towns of Selkirk, Gimli, Stonewall, Teulon, Ashern, Arborg, Riverton, Lundar, Hodgson and Gypsumville, as well as a number of First Nations Communities.

The rural rotation is intended to expose the resident to a community-based consultative service delivery model. Within this framework, residents have opportunities to complete psychological assessments and provide therapy services (individual, family, group) to clients with diverse ages, backgrounds, and presenting problems. Residents also provide consultative services to community mental health workers and other health care professionals based in several rural communities, and may be involved in programme development and evaluation, and health promotion and illness prevention efforts.

The resident may also choose to spend a portion of their rural rotation at the Selkirk Mental Health Centre, an inpatient facility providing short-term and long-term treatment, forensic and psychogeriatric programmes for the region as well as to the entire province and beyond, including the Inuit residents of Nunavut.

The rural rotation involves travel within the region, although the resident can live in Winnipeg, and commute. An average of 2-3 hours per week of travel time between communities is expected.

Northern Community Rotation

This resident's second six months (March through August) are spent in full-time clinical training in a northern community (Flin Flon, Thompson or Dauphin). Training locations change from year to year depending on supervisor availability. The 2007-2008 rotation will take place in Flin Flon (Norman region).

The Northern resident is expected to live in the northern community for six months of training. An additional remoteness allowance of \$300 per month is provided for those six months. The programme also pays for two round trips by air to Winnipeg. Contact with the other residents is maintained during this rotation by a weekly Telehealth conference and by regular telephone contact with other residents.

The northern rotation provides the resident with training opportunities in the areas of psychological assess-

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ment and therapy with clients of diverse ages, ethnic backgrounds, and presenting problems. Another major role for the resident is to provide consultation to other professionals including community mental health workers, multidisciplinary inpatient treatment teams, and family physicians. Additional opportunities are often available to prepare and facilitate educational workshops and community presentations on topics in which the resident has particular interest or expertise.

Burntwood Region

Thompson, "The Hub of the North", is a modern city of 15,000, 750 km north of Winnipeg, and connected to Winnipeg by road and regular airline service. Thompson's economy is based primarily on the large nickel mine, and the city also provides a range of services to the surrounding area. Opportunities for outdoor recreation abound in the surrounding area. Thompson maintains significant links with the University of Manitoba, and a number of University courses are taught in Thompson. A number of programmes in the Faculty of Medicine also place medical students in Thompson's hospital for periods of training in a variety of specialties. Thompson is the largest community in the Burntwood region of the province, and provides health care services to a large expanse of northern Manitoba. The resident and supervisor provide psychological services to the region, partly through Thompson Hospital, which includes a 10-bed mental health unit, and partly through consultation with various health, family services and mental health programme staff in the region. Service includes travelling to communities such as Gillam, Lynn Lake, and Leaf Rapids.

The NorMan Region

Population 24,000 is located in the western portion of northern Manitoba, and includes the towns of The Pas and Flin Flon. Highway and airline service connect the communities with Winnipeg. The Pas is located 600 km northwest of Winnipeg and has a population of 6,300, with a further 2,000 population in the adjacent First Nations community. The town's economy is based on forest products, with a large paper mill and sawmill. Flin Flon, a mining town of 7,200 people, is located 100 k.m. north of The Pas, close to the Saskatchewan border, surrounded by rugged Canadian Shield scenery. Outdoor recreation opportunities are also plentiful in both these communities.

The resident and supervisor are based primarily in Flin Flon and also provide service to The Pas Health Complex which includes an eight-bed Mental Health Unit.

The Parkland Region

Population 44,000 is in the western part of Manitoba and includes the city of Dauphin (population 10,000) as well as the towns of Swan River, Roblin, and Ste. Rose du Lac. The economy of the Parkland Region is based on agriculture, forestry, and tourism, and the region boasts both National and Provincial Parks. Outdoor recreation opportunities such as hiking, fishing, and skiing are abundant throughout the region. The City of Dauphin is located 325 km northwest of Winnipeg and is connected to Winnipeg by highways and regular airline service. The Dauphin Regional Health Center is the major health facility of the Parkland Region and is closely linked with the University of Manitoba through a full time Family Medicine Residency Program. University library services and videoconferencing facilities are also on site. The resident and supervisor provide psychological services to the region through consultation with various community health and mental health programs and by providing clinical consultation to the ten-bed inpatient mental health unit of the Dauphin Regional Health Center.

Application Procedures

Applicants from Clinical Psychology doctoral programmes accredited by the Canadian Psychological Association and/or the American Psychological Association are accepted. Application details are available at our website:

www.umanitoba.ca/faculties/medicine/clinical_health_psych/main.html

The deadline for applications is November 15, 2007. Additional information about the Rural/Northern Internship can be obtained by contacting:

Dr. Valerie Holms
 Director of Training and Education
 Department of Clinical Health Psychology
 PZ 350 – 771 Bannatyne Avenue
 Winnipeg, MB R3E 3N4
 Tel: (204) 787-3960
 Fax: (204) 787-3755
 Email: vholms@hsc.mb.ca

Student Column

Clinical Psychology at Lakehead University: We're small, but we think big!

**Submitted by Harpreet K. Chattha, PhD
Clinical Psychology student, Lakehead University**

Located in the 'sunniest city' in all of Eastern Canada and at the tip of Lake Superior is Lakehead University, the home of the doctoral programme in Clinical Psychology. The Lakehead Clinical Psychology programme was the university's first ever doctoral programme and is considered its flagship PhD program. Since its inception, our doctoral programme has graduated 18 students who have successfully secured or are in the process of gaining professional practice registration. Our graduates have proceeded to careers in academia and clinical practice in leading institutions all across the nation. In addition to our clinical programme, we also offer a Masters degree in Experimental Psychology (General Experimental Stream and Applied Health Research Stream).

The Lakehead University Clinical Psychology PhD programme is well-suited for students who wish to gain both depth and breadth in their academic and clinical training within the context of a very strong science-practice paradigm. Consistent with its generalist approach, the programme offers clinical training experiences across the lifespan. A lesser known attribute of our clinical programme is the multitude of opportunities for training in Northern and Rural psychology. In fact, course requirements as well as electives are available in cultural psychology, and rural and community psychology. In addition, for students interested in acquiring clinical training with a specific Rural/Northern focus, the Lakehead psychology department is also affiliated with the Integrated Services for Northern Children (ISNC) and Northern Ontario Assessment and Resource Centre (NOARC), which are organizations that are designated for providing service to the Northern Ontario population.

The Lakehead University Psychology Department has strong affiliations with several community health care agencies and organizations, including the Children's Centre Thunder Bay, Thunder Bay Regional Health Sciences Centre, St. Joseph's Care Group, Lakehead Psychiatric Hospital and the Thunder Bay Regional Cancer Centre. Many health professionals at these institutions have adjunct status with our psychology

programme and students have access to both research and clinical training opportunities at these sites. The areas of training are quite diverse and include experiences in clinical health psychology, clinical neuropsychology, clinical child psychology, forensic mental health, community mental health, complex clinical care and rehabilitation psychology. It is common for students at local training sites that do not have an explicit expressed rural/northern focus to gain experience with children, youth and adults from First Nations backgrounds.

While the clinical students develop a foundational understanding through academic requirements, their learning is further supplemented by the expertise of the 12 full-time clinical and experimental faculty members, who are recognized for their research programmes and clinical activities. Research areas within the department include eating disorders, personality and social-cognition, affective disorders, cross-cultural research, psychology of aging, biopsychology, hormones and behaviour, cognitive psychology, statistics, applied health, learning disabilities and child/adolescent psychology. The program is also linked to the Centre of Excellence for Children and Adolescents with Special Needs, where one of our faculty members is the site director. Three of our faculty members (2 clinical, 1 experimental) are founding members of the newly established multi-site Centre for Biological Timing and Cognition (CBTC) that is developed in collaboration with the University of Toronto and Trent University and supported by a CFI grant. The CBTC site at Lakehead has three labs with state of the art research equipment to train graduate students in clinical, basic, and translational research. Several of the Psychology faculty members similarly have labs to train students in specific research areas. The research conducted by the graduate students with the Psychology faculty is disseminated through national and international scientific conferences and peer-reviewed journal publications. Interdisciplinary research is also conducted with other departments and programs, such as Gerontology, Women's Studies, Public Health and the Northern Ontario Medical School.

A defining characteristic of our programme, often noticed by new students or visiting faculty, is our welcoming departmental atmosphere. Many of our faculty advocate an open-door policy with students and both our faculty and graduate students strongly value collegiality. In addition, Thunder Bay offers the outdoor-enthusiast a number of recreational options. The numerous scenic outdoor trails and natural landmarks provide opportuni-

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ties for hiking, rock/ice climbing, biking, skiing and camping.

Lakehead's Clinical programme has attracted students from all-across Canada. We are also fortunate to have a diverse graduate student population consisting of students with varied backgrounds and interests, but all with a strong passion for clinical psychology! Lakehead Psychology graduate students have been very successful at securing external funding across each of the tri-council funding agencies. Students also have opportunities to acquire graduate and research assistantships within the university. I

f you wish to learn more about the Clinical Psychology programme at Lakehead University, please contact:

Ms. Sheila Delin

Graduate Administrative Assistant
Tel: (807) 343-8591
Email: sdelin@lakeheadu.ca

or

Dr. Josephine Tan
Director of Clinical Training,
Tel: (807) 346-7751
Email: jtan@lakeheadu.ca.

For information on the experimental graduate programme, please contact Ms. Sheila Delin or:

Dr. Michael Wesner
The Experimental Director
Tel: (807) 343-8457
Email: mwesner@lakeheadu.ca.

CPA Foundation Silent Auction

Every year the CPA Foundation holds a silent auction during the CPA Convention, with proceeds going to support the Foundation's mandate of assisting students of psychology, supporting psychological research and promoting greater access to psychological services. This year the 5th Annual CPA Foundation Silent Auction will be held at the Westin Hotel in Ottawa on Thursday June 7, from 6 to 8 pm. Like last year, the auction will take place during the CPA Presidential Reception and will be free! The auction is sure to be fun this year, with frenzied bidding happening amongst the bustle of the hundreds of attendees at the reception. But to make the auction a success, we depend on the generosity of the psychology community to help by donating items for the auction.

Do you or any of your Section members have an item that has been gathering dust in the basement but are hesitant to part with? Or maybe one of your Section members paints, draws, photographs, knits or crafts. These are the types of items we're looking for people to donate to the CPA Foundation Silent Auction! Not only will your item find a great home - you will also get a tax receipt for it! The most popular items from the past few years have included jewellery, crafts, art-

work of all sorts, electronics, company products of all types and a variety books. If you can't think of anything you'd like to donate, please consider cash and we will purchase an item on your Section's behalf sure to start a bidding war.

Remember, all donations are tax deductible! The donor's name will be prominently displayed both at the auction and on a sponsor's display at the convention. You will also be acknowledged in the fall 2007 edition of *Psynopsis*.

Please consider making a donation to the auction. If you, have any questions, please contact :

Natasha Teoli
Fundraising Coordinator, CPA Foundation
Advocacy Manager, Council of Provincial Associations of Psychologists Canadian Psychological Association
141 Laurier Ave. West, Suite 702
Ottawa, Ontario Canada K1P 5J3
T: 416-320-8572
F: 613-237-1674
www.cpa.ca

Post-Doctoral Residency Training in Rural Psychology

The Residency training programme in Rural Psychology offered by the Department of Clinical Health Psychology is a one-year post-doctoral training experience in rural Manitoba.

The residency in rural psychology provides opportunities for a diversity of experience. The resident can structure time to suit training needs and interests. A wide variety of clients are served in terms of presenting problem, age, cultural and ethnic background. Residents conduct individual and family treatment and assessments and may also run groups. In addition to treatment, the resident is often asked to provide consultation services to mental health workers, other health professionals, and schools. In keeping with community psychology principles, the resident may choose to focus some attention on public education or continuing education for health workers in the region, or work with other agencies and self-help groups in the region to plan and implement public education programs. The 2007-2008 resident will begin his/her training September 4, 2007 and will participate in a brief orientation in Winnipeg prior to beginning their place-

ment in the Interlake Region of Manitoba.

Individuals who have completed (or will complete by September 2007) all doctoral degree requirements in Clinical Psychology, including an APA or CPA accredited pre-doctoral internship, may apply for this specialized training position. The deadline for receipt of applications is June 15, 2007.

Additional information about the Rural Residency can be found under the Postdoctoral Training link at:

www.umanitoba.ca/faculties/medicine/clinical_health_psych/main.html

or by contacting:

Dr. Valerie Holms
 Director of Training and Education
 Department of Clinical Health Psychology
 PZ 350 – 771 Bannatyne Avenue
 Winnipeg, MB R3E 3N4
 Tel: (204) 787-3960
 Fax: (204) 787-3755
 Email: vholms@hsc.mb.ca

New CPA Section on Substance Abuse/Dependence

In keeping with our other colleagues in the health professions (e.g., physicians, psychiatrists, nurses) the timing is indeed right for interested Members of the Canadian Psychological Association to form a new Section called Substance Abuse/Dependence.

The ultimate aim of this Section would be to promote advances in scientific research, professional training, and clinical practice within the broad range of substance use including the problematic use of alcohol, illicit street drugs, prescription drugs, club drugs and nicotine.

This Section will aim to achieve these goals through the fostering and promoting of psychology and clinical practice in this field in Canada by:

1. Promoting the roles of psychologists in the assessment and treatment of alcohol and drug related problems.
2. Improve the quality of psychological practice in the drug and alcohol field through establishing and pro-

moting standards of clinical practice, promoting scientific research and psycho-education.

3. Promoting professional and public awareness of the roles that psychologists can play in both the assessment and treatment of alcohol and drug related problems.
4. Promoting the development of programs for the assessment and treatment of problems of alcohol and drug use among psychologists.
5. Promoting discussion of important issues in the area of substance dependence.

If you are interested in forming a CPA Section on Substance Abuse/Dependence (whether you are working in this field or have in interest in this clinical area), please feel free to contact me.

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The Newsletter is produced by the Rural and Northern Section of the Canadian Psychological Association (CPA) and is distributed to members of the Section. The purpose of the Rural and Northern Section is to support and enhance the practice of rural and northern psychology. The goals of the section are: 1) Establish a network of professionals interested in the areas of rural and northern psychology (this may include individuals currently practicing in rural/northern areas of those with an interest in this area), 2) Enhance professional connectedness by facilitating linkages between rural and northern practitioners, 3) Distribute information relevant to the practice of rural and northern psychology, 4) Provide a forum to discuss practice issues unique to this specialty, and 5) Introduce students and new or interested psychologists to rural and northern practice. An application for membership in the Rural and Northern Section can be obtained from Dr. Karen Dyck, Section Chair, 200-237 Manitoba Ave., Selkirk MB, RIA 0Y4, dyckkg@ms.umanitoba.ca.

This issue of the Newsletter was edited by Karen Dyck and Cindy Hardy. Many thanks are extended to Kari Harder for her invaluable contributions to design and layout.

The opinions expressed in this newsletter are strictly those of the authors and do not necessarily reflect the opinions of the Canadian Psychological Association, its officers, directors, or employees.

All submissions are reproduced as submitted by the author(s).

Useful Links

The Centre for Rural and Northern Health Research has a wonderful website that offers information on a variety of topics relevant to rural and northern health. The homepage includes links to research, publications, resources, and seminars (including power point presentations). You can find them at www.cranhr.ca

Clinicians interested in learning more about empirically-supported treatments will find www.therapyadvisor.org particularly helpful. Registration to the site is at no cost and allows you access to detailed descriptions of empirically-supported approaches to treat a variety of disorders in both children and adults.

Look at www.silink.ca to find articles, measures, and loads of other useful evidence-based information about substance use and abuse.

Is your collection of classic writings in psychology lacking? Find full-text reproductions at <http://psychclassics.yorku.ca/index.htm>.

Call for Submissions

The Newsletter Editors invite submission of articles and items of general interest to rural and northern psychologists. Faculty and students are encouraged to send submissions for the next newsletter to Karen Dyck, dyckkg@ms.umanitoba.ca. We also welcome submissions of photos of rural life and settings.