

# The View From Here:

## Perspectives on Northern and Rural Psychology

Volume 3, Issue 2

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### Message From the Chair

#### CPA Convention 2008—Halifax, NS

The 2008 CPA Convention in Halifax provided us with an excellent opportunity to attend presentations and poster sessions related to the field of rural and northern psychology. Several of these sessions are summarized in the current newsletter. Consistent with previous years, we did not reach quorum at our Annual Business Meeting. Nonetheless, those in attendance brought up some excellent points for discussion. Some of the issues discussed included: strategies for increasing attendance at Rural & Northern Psychology Section presentations/posters and potential invited speakers for 2009 convention. Members also provided feedback regarding the types of information they would find most useful when electing an individual for a section position. Thanks to everyone who was able to attend and provide their input. Always nice to meet members in-person!

The recently established North Star Student Award was also presented at the convention in Halifax. First and second place awards, respectively, were presented to Judi Malone from Athabasca University (*Dilemmas, opportunities & lessons to be learned: Exemplary professional practice in rural psychology*) and Graham Trull from Lakehead University (*Planting the seeds of change: Evaluation of the impacts of community gardens on well-being and connections to community and nature in first nations' youth*). Congratulations Judi and Graham! Summaries of these presentations can be found in the current newsletter.

#### Executive Committee Update

Unfortunately we did not have any eligible section members express an interest in the Executive Committee vacancies. As such, I will continue in my role as Section Chair.

I want to express my appreciation to Cindy Hardy who has agreed to also continue in her role Secretary-Treasurer. Our terms will officially end in June 2009. The position for Chair-Elect remains unfilled.

I would like to once again encourage members to seriously consider a position within the Executive Committee. My position as Section Chair has been a wonderful and enriching experience. I have no doubt that my successor will have the same positive experience. Please contact me at [dyckkg@cc.umanitoba.ca](mailto:dyckkg@cc.umanitoba.ca) if you have any interest in becoming a member of the Executive Committee.

#### Student Representative Position Update

I am pleased to announce that the Student Representative position has been approved by the CPA Board. As you may recall, this is a one-year term position with full voting privileges. The responsibilities include:

- Represent the interests of psychology students as they relate to the ongoing initiatives of the section.
- Be an active participant in the section's decision making process, paying particular attention to voicing the needs of the student members.
- Write the student column in the section newsletter (*The View from Here: Perspectives on Northern and Rural Psychology*), liaison with the Student Section, and be actively involved in the coordination of the North Star Student Award.

If you are a student member and interested in this position please contact me at [dyckkg@cc.umanitoba.ca](mailto:dyckkg@cc.umanitoba.ca). Ideally, the elected individual would be willing to assume the above responsibilities prior to the typical start date of June. This would allow the successful candidate to be actively involved in the coordination of the North Star Student Award for the 2009 CPA Convention.

#### Update on CPA Task Force on Prescriptive Authority for Psychologists

As posted on the section listerv, we have had a change in our representative on the Prescriptive Authority Task Force. Dr. JoAnn Leavey will take over as our representative on this task force. Dr. Leavey has been a member of the Rural & Northern Psychology Section since its inception and is the current Director of Planning, Policy, Quality, Research and Information Management with the Canadian Mental Health Association in Windsor, ON. She also holds Adjunct Professor positions at the Schulich School of Medicine and Dentistry at the University of Western Ontario and at the School of Nursing in the Faculty of Applied Science at the University of British Columbia. Her bio-psychosocial educational employment background makes her an excellent fit for this position.

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## Message From the Chair Continued...

In her letter of interest Dr. Leavey indicated "I am not necessarily 'fixed' to a particular position on the matter in terms of being the rep, as in this role, I will be looking to both the committee process and the members in terms of putting forward recommendations. Meaning that it the recommendations should reflect the group process and opinion."

"For the purposes of ensuring transparency, I will state my personal position. I tend to favour prescriptive authority as long as it has an accredited and appropriate training process attached to it, so that practitioners feel comfortable with the added responsibility and liability. Further, I think that in particular prescriptive authority is a necessary scope change for rural and remote regions in order to facilitate best practices for clients."

I encourage section members to utilize the listserv as a means of sharing your views and opinions with one another and with Dr. Leavey about this important issue.

### Invited Speaker for 2009 CPA Convention in Montreal

The Rural & Northern Psychology Section and the Community Psychology Section submitted a joint nomination for an Invited Speaker for the upcoming 2009 convention. I am extremely pleased to announce that CPA approved our joint nomination of Dr. Michael Kral. Michael Kral, PhD, is an Assistant Professor in the Departments of Psychology and An-

thropology, University of Illinois at Urbana-Champaign, and in the Department of Psychiatry, University of Toronto. He is also a registered psychologist in Ontario, and a PhD Candidate in medical anthropology at McGill. Michael has taught at the Universities of Manitoba, Windsor, and Yale. Since 1994 he has been working with Inuit in Nunavut, using community-based participatory action research, on suicide prevention and youth action in the communities. He also works with the First Nations and Inuit Health Branch, Health Canada, on community-based suicide prevention. He is currently involved in a comparative, participatory study of Indigenous youth resilience across Siberia, Alaska, Nunavut, Greenland, and northern Norway. Dr. Kral's convention presentation is entitled "From a Community's Point of View: Indigenizing Suicide Prevention." I hope many of you will have the opportunity to attend Dr. Kral's presentation in Montreal.

Karen Dyck,  
Rural and Northern Psychology Section Chair

## North Star Student Award Winners



Judi Malone accepts her North Star award from Karen Dyck, Section Chair, and Cindy Hardy, Section Secretary Treasurer.

1st Place Winner - Judie Malone



Graham Trull accepts his North Star award from Karen Dyck, Section Chair, and Cindy Hardy, Section Secretary/Treasurer.

2nd Place Winner - Graham Trull

## North Star Student Award - First Place



For the first time, the Rural and Northern Section awarded the North Star Award for outstanding contributions to the CPA conference program by student members of the section. We are pleased to present summaries of the award-winning papers in this issue of *The View From Here*.

## Dilemmas, Opportunities, & Lessons to Learn: Exemplary Professional Practice in Rural Psychology Theory Review, Rural & Northern Psychology Section, CPA 2008

Judi Malone - North Star Winner

“The central dilemma for small community psychologists: how to practice at a high ethical level according to ethics codes, and how to also be an engaged member of the small community”  
(Schank and Skovholt, 2006, p. 5).

In Halifax I was hard-pressed to review rural psychology and professional ethics in a brief presentation. Consequently, what follows represents further abbreviation of the information that is available in the literature. For members who were unable to attend this year’s national conference, this is an opportunity to share what I have been learning, recognising that this newsletter is an opportune way for us to stay in touch, despite geographic distances. It is also an opportunity to sincerely acknowledge the North Star Student Award given for this presentation.

### Personal Placement

As a registered psychologist and doctoral student studying and practicing rural psychology, I have come to see how distinct professional ethics are in rural practice. We work in a different and unique context. I was born and raised in the rural community where I now have a psychology practice. I am one of only four psychologists practicing in a region with over 50 000 people. My “rural generalist practice” includes teaching university, community and professional development activities, and working as therapist in two distinct rural clinics.

### Rural Psychology

There is no one standard or agreed definition of ‘rural’, but what is clear is that the prevailing idea of idyllic stress-free rural life is an urban myth. In Canada our rural communities face ongoing change and despite unique attributes, are increasing diverse. Rural people with a sense of community connectedness report greater subjective well-being than their urban counterparts (Harowski et al., 2006; Schank & Skovholt, 2006). Nevertheless, rural communities also have unique pressures including isolation, fewer resources, and decreased privacy (Barbopoulos & Clark, 2003; Harowski et al., 2006). Rural psychologists experience these pressures within their professional roles while experiencing the distinct advantages as seen in job satisfaction and career and lifestyle opportunities (Perkins, Larsen, Lyle, & Burns, 2007; Schank & Skovholt, 2006).

In Canada, there are high demands for rural psychological services and up to 42% of the advertised positions have been for psychologists in rural areas. Despite this, Canadian psychologists tend to be concentrated in urban areas (Romanow & Marchildon, 2004). Also, there is little formal training in rural psychology in Canada. Initiatives such as the Rural and Northern Community-Based Psychology Training Program in Manitoba, a collaborative care model in Saskatchewan, and the development of this very CPA Section – Rural and Northern Psychology, are just the first professional steps at addressing this imbalance.

### Ethical Challenges in Rural Psychology

The unique context of the work of rural psychologists both complicates, and enhances, their professional experiences in ways not anticipated by their formal training. There is a growing awareness of the special ethical considerations inherent in rural practice. Context or the unique rural setting affects the application of ethical standards of practice. The main ethical challenges identified for rural psychology include: managing professional boundaries, community pressure, generalist practice, interdisciplinary collaboration, and professional development constraints.

### Lessons to Learn

The literature identifies three main considerations. First rural communities and their psychological service needs have been changing and becoming more diverse. Second, although it is recognized as an area of difference in psychology, there are no specific or adequate ethical guidelines to address rural practice. Existing ethics codes may be difficult to apply conservatively in rural versus urban practice. Finally, psychology’s diverse range of application and emphasis on person–environment interactions mean that psychology is well placed to contribute to research in rural mental health practice.

### My Research Focus

Earlier I mentioned that this theory review is based on the literature review of my doctoral dissertation. My doctoral research study is titled, “Rural Psychology Practice in Canada: Issues in Professional Ethics”. I am interviewing practicing rural Canadian psychologists to explore their practical wisdom and experiences in an effort to develop the Canadian perspective. My objectives are to explore what ethical issues arise for rural psychologists and how they deal with these.

### In Conclusion

Rural psychologists work hard to balance rural cultural values and their ethical requirements with few resources for dealing with these dilemmas. This is evident in the shortage of professional meetings, conferences, university classes, and professional development workshops that focus on rural practice and ethics. This is despite the distinct advantages to rural practice that include enhanced career, professional, and employment opportunities, the opportunity to work for social justice, and the challenge and stimulation of generalist practice.

### Invitation to Participate

Being asked to summarize my presentation for this newsletter also presented me with a wonderful opportunity to advertise once more for volunteers to participate in my study. If you are a practising rural psychologist willing to share stories of your experiences, please contact me for more information about participating in this study.

### Keep the Conversation Going

Building on the earlier work of Dr. Cindy Hardy, I also want to use this opportunity to continue an ongoing column on ethics in rural and northern psychology. This peer consultation opportunity will allow us to explore many ethical dilemmas – overlapping relationships, generalist practice, community pressure, interdisciplinary collaboration, professional development, and support. In future editions of this newsletter look forward to brief overviews and case scenarios of these dilemmas. These are, however, our ethical dilemmas. Do you have stories or ideas to contribute, or dilemmas to share? What do you think are the ethical considerations that are particularly relevant for us in rural and northern practice? Consult with me and each other -- I will be editing the column on ethics but we will be writing that narrative together.

## North Star Student Award - Second Place

### **Planting the Seeds of Change: An overview of research evaluating the Ginoogaming First Nation's community gardens.**

Graham Trull, North Star Winner

Aboriginal populations in Canada, particularly those in Northern and rural areas, currently struggle with a variety of social, economic, and health issues. Many of these problems have been shown to relate to levels of connectedness to community and to nature, as well as involvement in cultural traditions. These factors were explored with members of the First Nations community of Ginoogaming in the context of a community gardening project.

The gardening project was initiated by the Food Security Research Network, in collaboration with community members as well as several Faculty and students at Lakehead University. The project involved both youth and elders working on a large community garden, as well as the installation of small garden boxes in the yards of community dwellings.

Quantitative data were collected among community youth both before and after the implementation of the project in order to gain knowledge about the community, and examine possible impacts of the project over time. Paper and pencil questionnaires were used to measure well-being, sense of community, connectedness to nature, and cultural identification among youth in both the participating community and control communities.

The data revealed significant positive relationships between well-being and measures of Aboriginal identity ( $p < .01$ ), traditional food consumption ( $p < .01$ ) and physical exercise ( $p < .05$ ). Aboriginal identity also had significant relationships to sense of community ( $p < .01$ ) and connectedness to nature ( $p < .01$ ). The strongest connection over the course of analysis was the positive association between Aboriginal identity and well-being. This highlights the important role of culture in the lives of these community members.

No significant improvements in these measures were observed over the course of the project. However, qualitative data and observations suggest that the project did have a positive impact on several community members. The value of the qualitative aspect of this research should be emphasized, as it became vital in order to make proper use of the quantitative data. Qualitative data also allowed our research team to reconceptualize the project, and make improvements and adjustments to the project through community collaboration. Important new directions for the project are developed in this way, as the community members gradually work towards independence in its facilitation.

Questions or concerns about the project and results should be forwarded to:  
[trull@uwindsor.ca](mailto:trull@uwindsor.ca)

## Student Column

### Mount Allison University Guest Lecturer Series: Learning the realities of rural psychology

Submitted by Greg Trevors, Psychology Society, Mount Allison University

Here are the numbers: less than 9% of Canadian psychologists practice in rural areas, yet one fifth of Canadians live rurally; one psychologist for 100 000 inhabitants in one area in the prairies; 3 years a position for a psychologist went unfilled in Yarmouth, NS. If those numbers give you pause, consider these: 22 acres and ocean-front property instead of a one-bedroom apartment; 5 minutes commute to work instead of 2 ½ hours; and being able to leave work by 4:30PM and be on horseback by 5. This was the contrast that was presented by Shelley Goodwin, Registered Psychologist, as she shared her experiences working in rural Nova Scotia with Mount Allison University's psychology students.

Shelley provided these figures not only as a way to highlight the need for qualified professionals in rural areas of Canada but to also emphasize the quality of life in these same areas. She herself works in a rural area of Nova Scotia and has witnessed first hand the need for qualified workers, so she came to speak with us with the ulterior motive of persuading young, impressionable students to work in rural locals...or so she joked. In reality, what she did was present a convincing argument on the merits of rural professionalism. She spoke with intent to present realistically the challenges for rural psychologists but also to dispel some false assumptions, namely that, if you seek it, there is no shortage of activities with which to be involved.

Shelley began by citing a lack of educational opportunities as a cause of the scarcity of applicants for positions in rural Canada. Few doctoral programmes offer exposure to rural psychology but rather focus on urban settings, leading to fewer applicants than there are career openings. Since these positions are left unfilled they are being reclassified to incorporate workers from other professions. "This is not something we should be sitting back and observing," she said, "but something we should be actively advocating against," because not only does it mean that psychologist positions are being lost but it is an implicit suggestion that a psychologist's work can be done equally well by others without the same level of training. This is an issue Shelley feels passionate about, so the focus of her talk with us was speaking on the challenging nature of rural work but to highlight the incredibly rewarding opportunities it has to offer for those who choose it.

In a small town, complex, interweaving relationships can form. Your neighbor might be the owner of a store you frequent, whose wife teaches at the high school you attend, and whose son you see weekly when you both bring your dogs to obedience school, for example. This is the kind of experience I grew up with in northern New Brunswick, but it is also the kind of experience that challenges psychologists working in rural areas. Because of the close knit nature of rural areas, all these people could possibly be clients. Navigating these multiple roles with clients, oftentimes unavoidable, is a unique task to rural work, Shelley said.

*"I feel at times that I am like a child in a huge garden picking the brightest and prettiest flowers."*

Shelley called attention to the quantity and quality of opportunities she has experienced working in rural Nova Scotia: career opportunities to learn and grow professionally, such as her counseling with children, part time private practice, rural research, and recently, her work co-authoring a book on equine facilitated mental health; opportunities to educate others, such as leading workshops for the Nova Scotia Community College, teaching positions with Dalhousie and Acadia universities, and guest speaking opportunities like this one, just to name a few. At the very least, keeping a schedule like this will improve one's time-managing skills. The number and variety of activities has been such that Shelley has had to turn offers down. "The opportunities abound," she said, "I feel at times that I am like a child in a huge garden picking the brightest and prettiest flowers."

The goal for our guest speaker series is to educate Mount Allison students on the multitude of career paths available to those with psychology training, and with Shelley Goodwin presenting it was a successful and enjoyable evening. The Psychology Society would like to convey our appreciation to Shelley for sharing her stories and experienced insights on the dynamic rural life for psychologists.

## CPA 2008 Conversation Session: Is Rural Diversity An Oxymoron?

During the final afternoon of this year's CPA conference I and three colleagues, Drs. Karen Dyck, Greg Gibson, and AnnaMarie Carlson from the Rural & Northern Programme of the University of Manitoba's Department of Clinical Health Psychology, facilitated a discussion about the diversity found within the practice of psychology in rural and northern areas. The good news is that most people must have agreed with our premise that diversity runs rampant in rural and northern settings, as very few felt the need to join us to debate the issue (which is the bad news) – although one could guess that the city of Halifax might have been providing some competing diversions on a Saturday afternoon! Whatever the reason, the end result was a gathering of people who are passionate about the work they do within rural regions and I want to thank our atten-

dees for a thoughtful discussion about the people we work with and how to get the message out that rural and northern practice is a rewarding career choice (e.g., the diversity of clients and presenting issues, working closely in multidisciplinary teams, and a less hectic lifestyle to name but a few). I also would like to encourage practitioners and students to continue sharing ideas and information and collaborating on research. Looking forward to seeing everyone in Montreal!

Submitted by Becki L. Cornock, Ph.D., C.Psych., Assistant Professor in the Department of Clinical Health Psychology, Faculty of Medicine, University of Manitoba

## Career Opportunity

Child Psychologist  
Permanent Full-time, Thunder Bay, Ontario

Thunder Bay is the largest city in Northwestern Ontario with a population of over 125,000. Our thriving northern backdrop - renowned for outstanding outdoor recreational opportunities - is complemented by the comforts of a vibrant, distinctive city located a one or two-hour flight from major centres in Canada and the United States. Dilico serves Aboriginal people in the City and District of Thunder Bay, including 13 First Nations communities. Dilico invites you to join our multi-service team of professionals as a Child Psychologist. Responsibilities will include ensuring the needs of children, youth, and families are met by actively participating in the provision of assessment, consultation and treatment services.

**Qualifications and Requirements:** A doctorate degree in psychology with emphasis on clinical child, adolescent and family psychology; registration and excellent standing or eligibility to be registered with the College of Psychologists of Ontario; and two or more years experience in the provision of psycho-

logical services in children's mental health or a related field, preferably with First Nations children, youth and families. Must have a valid Class "G" Driver's License; access to a reliable, personal vehicle; and be willing to travel and provide services within the Dilico service area. For a detailed job description and application form please visit [www.dilico.com](http://www.dilico.com) or contact the Director, Mental Health and Addictions. Please forward cover letter, resume and employment application using Microsoft Word or Word Perfect software only to:

Rose Pittis, Director, Mental Health and Addictions  
Dilico Anishinabek Family Care  
200 Anemki Place, Thunder Bay, ON P7J 1L6

Telephone: (807) 623-8511  
Only Those Considered For An Interview Will Be Contacted. Dilico gives preference to First Nations people.

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## Speaking a Common Language: A Framework for a Youth-Friendly Definition of Rurality in Canadian Mental Health Literature

There is a growing recognition that rural youth are at greater risk for mental health concerns than their urban counterparts. In particular, suicidality and substance abuse are often notably higher in rural than urban communities. Efforts to understand the role of community context in relation to these concerns, however, may be impeded by the lack of a clear definition of rurality in the youth mental health literature. Only when definitions are clear can the role of rurality in relation to mental health and well-being truly be understood and lead to meaningful community-based interventions.

The youth mental health literature was reviewed in order to examine existing definitions of rurality. Specifically, search terms "youth or adolescent" and "rural" were entered into PsychInfo, restricted to the years 2007 and 2008 to obtain a current snapshot of rural definitions. Overall, 77 peer-reviewed journal articles were found. The literature included research studies, reviews, and theoretical articles. Exclusion criteria included dissertation abstracts and other articles not otherwise accessible electronically.

Through this review, it was found that rurality was not defined in almost 60% of articles that reported a rural sample. Where definitions were included, rurality was primarily defined based on population characteristics, such as socioeconomic status, average education level, and descriptions of an aging population. Other articles defined rurality based on population size or density, commuting characteristics such as living distance from a city centre, or a combination thereof. Some researchers<sup>1</sup> propose that a meaningful definition should include a description of population density considered on a continuum from urban to more rural. This proposition is complemented by national guidelines for defining rurality, such as those in Canada, which often include population density as a measure of rurality. From the analysis of the youth mental health literature, however, it was clear that definitions, when included, varied widely. Therefore, guidelines for defining rurality appear necessary in order to make comparisons across research studies or to generalize findings.

One difficulty with defining rurality is that it is a multifaceted concept and no single definition is likely to be adequate. If the realities of group differences are ignored, this can lead to misinterpretation of research findings,

as well as markedly different conclusions and policy implications.<sup>2,3</sup> It is therefore important to recognize the qualitative differences across rural communities in order to yield meaningful research.<sup>1</sup> Moreover, key stakeholders – the youth themselves – must also be included in defining rurality. When youth are excluded from decision-making in research, services based on this research may fail to meet their needs and not be youth friendly.<sup>2</sup> Thus, an additional criterion of an adequate definition of rurality is that it must take into account contextual factors relevant to the population being examined. Therefore, for the present research, 813 youth from five schools were asked to describe the communities in which they live.

When youth were asked an open-ended question about their communities, the five most frequent responses included: 1) Commuting distance by car to a city centre, 2) commuting distance to school and to visit friends, 3) means of transportation to school (i.e. able to walk to school vs. must drive or bus to school), 4) municipal structure (i.e. city, farm, town, village), and 5) ethnic diversity or cultural composition of their community (e.g., diverse community vs. non-diverse community). These definitions take into account youth perspectives and would provide a guideline for a youth friendly definition of communities. Combined with data on population density, the youth responses are proposed as a comprehensive definition of rurality for the purposes of youth mental health research.

Submitted by Laura Lynne Armstrong, Doctoral Candidate, Clinical Psychology, University of Ottawa

### Acknowledgements

The author would like to acknowledge Dr. Ian G. Manion, Youth Net/ Réseau Ado, the Children's Hospital of Eastern Ontario, the schools and youth who participated in this project, the Canadian Institutes of Health Research, and the Ontario Mental Health Foundation.

## Literary Notes

The December 2008 issue of *The Australian Psychologist* is a special issue on training, some of which will focus specifically on rural and northern psychology training.

### Rural Women's Health in Canada:

Book Editors Seeking Chapter Proposals

Beverly D. Leipert (University of Western Ontario), Belinda Leach (University of Guelph), and Wilfreda Thurston (University of Calgary) The editors listed above are preparing a proposal to develop an edited collection on rural women's health in Canada. The book is intended to fill the gap in published scholarship from a Canadian perspective. This book, by focusing specifically on the Canadian context, will provide direction for discussion of practices, policies, and scholarship that promote rural women's well-being. It will be of interest to an international audience in rural, gender, and health studies, to name a few. We are currently seeking chapter proposals. We invite contributions that focus on the health of women in, for example, rural, remote, resource extraction, Aboriginal, Mennonite, maritime, and agricultural communities. We also welcome contributions that address theoretical, methodological or specific practice or policy issues.

We envision the following sections:

- 1) Health Status - including statistics, epidemiological studies, and qualitative research that explore rural women's health, disease, and the determinants of health.
- 2) Health Issues - for example, access to health services, violence, participation in health policy development, rural women and empowerment, health promotion for rural women.
- 3) Theory and methodology - innovative new and enriched established theories and research methodologies that enhance understanding and the study of rural women's health, rural gender, and diverse rural women's sub-populations.

Please submit:

- 1) A one page description of your proposed chapter, including a title and brief description of the content. All author names need to be included with the corresponding author clearly identified.
- 2) A half page summary of the first author's interest and experience in rural women's health.

Due Date: January 28, 2009 in electronic format to [bleipert@uwo.ca](mailto:bleipert@uwo.ca)  
For copies of this proposal, see the following websites:

<http://www.ucalgary.ca/gender> and  
<http://www.fmd.uwo.ca/ruralwomenshealth/index.htm>.

Please forward all submissions to  
the attention of:  
Dr. Karen G. Dyck  
Section Chair  
200 – 237 Manitoba Ave.  
Selkirk, MB  
RIA 0Y4

Fax: (204) 785-7749  
E-mail: [dyckkg@ms.umanitoba.ca](mailto:dyckkg@ms.umanitoba.ca)

[www.cpa.ca](http://www.cpa.ca)

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](mailto:dyckkg@ms.umanitoba.ca).

This issue of the Newsletter was edited by Karen Dyck and Cindy Hardy. Many thanks are extended to Silvia Simoes 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).

### **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](mailto:dyckkg@ms.umanitoba.ca). We also welcome submissions of photos of rural life and settings.