

CPA'S HUMAN RIGHTS & SOCIAL JUSTICE IN PSYCHOLOGY COMMITTEE

MESSAGE FROM THE CO-CHAIRS

It is hard to believe that it is already almost mid-November. Time is certainly fleeting, but we are continuing to further the important work being done by the CPA and the HRSJ Committee.

Each month we are going to try to highlight a particular topic related to one of our working groups. This month we are highlighting *sexual and societal violence*. As many of you may be aware, since the beginning of the pandemic intimate partner violence, domestic violence, and other forms of violence have been on the rise. Currently, it is particularly important that we use psychological science, practice, and education to inform members and affiliates of our association about the human rights violations that result from this type of violence. Clearly, these are difficult topics to read, hear, and write about, so we truly appreciate the work being done in this area.

As well, we want to make sure all the working groups are feeling supported in the work that they do, so we will be setting up meetings with the leaders of each group to listen, offer support, and address any emerging concerns. In the meantime, laying a solid foundation for this work is essential and we appreciate that it may take some time to move these ideas forward in an effective way. Thank you for your commitment and contribution to this important process.

Sincerely,

Ada L. Sinacore, Ph.D. and Kerri Ritchie, Ph.D., C.Psych.

CPA IN ACTION

Below a few highlights of the CPA's activity to and application of psychological principles, knowledge, science, and practices to promote human rights and social justice.

Upcoming Issue of Psynopsis: Issue 1, Vol. 44

During the CPA's 2021 Virtual Convention, students, researchers and practitioners held a virtual panel addressing, Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls (2019). The upcoming issue of Psynopsis takes inspiration from that presentation and will include submissions reflecting on the Final Report into Missing and Murdered Indigenous Women and Girls and the Calls to Justice.

CPA's 2022 Annual General Meeting and Convention

The CPA's 2022 Annual General Meeting and Convention is scheduled to take place from June 17-19, 2022, in Calgary, Alberta at the Hyatt Regency. Abstract submissions are now being accepted. This year's convention will once again feature a thematic stream devoted to social justice and human rights. Deadline for submissions is December 3rd. Visit <https://convention.cpa.ca/> for more information on the convention and to submit an abstract.

<https://canadianwomen.org/signal-for-help/>

“Signal for Help” is a simple one-handed sign someone can use on a video call. It can help a person silently show they need help and want someone to check in with them in a safe way.

If you see someone use the Signal for Help, check in with the person safely to find out what they need and want you to do.

HRSJ WORKING GROUP UPDATES

The HRSJ Committee is comprised of six working groups, led by various members of the HRSJ’s Steering Committee, which itself meets quarterly. The working groups are focussed on the following areas: 1) Homelessness, Poverty and Food Insecurity; 2) Ableism and Accessibility; 3) Climate Change; 4) Decolonizing and Systemic Racism; 5) Immigrant, Refugee, Ethno-cultural and Racialized Peoples; and 6) Societal and Sexual Violence. The working groups have been populated with members from the larger committee. The groups have had initial meetings and are in the process of developing workplans.

The Steering Committee met on October 29th to discuss the working groups’ workplans and how best to bring their identified action items to fruition. Working groups, as part of the overall HRSJ Committee, are intended to work with the CPA to address and highlight the ways which psychology can and does make a meaningful contribution to addressing each of the working group focus areas.

HRSJ IN MOTION: CPA RELEVANT RESOURCES

Below a snapshot of some CPA resources of relevance to the Societal and Sexual Violence HRSJ Working Groups.

CPA Webinars and Online Courses

- **APA/CPA Course: Violence and Mental Illness – July 2021.** Identify the top three general risk factors for future violence, and explain how specific symptoms of mental illness (especially psychotic symptoms) can increase violence potential. 2.5 CE credits. Course Catalog: <https://cpa.ca/cpaapa>
- **APA/CPA Course: Couples Therapy for Domestic Violence: Finding Safe Solutions – August 2021.** Identifies best practices regarding couple's therapy with those who have experienced intimate partner violence. 3 CE credits. Course Catalog: <https://cpa.ca/cpaapa>

CPA Psychology Works Fact Sheets

- Bullying Among Children and Youth: <https://cpa.ca/psychology-works-fact-sheet-bullying-among-children-and-youth/>
- Relationship Distress: <https://cpa.ca/psychology-works-fact-sheet-relationship-distress/>
- Post-Traumatic Stress Disorder: <https://cpa.ca/psychology-works-fact-sheet-post-traumatic-stress-disorder/>

Psynopsis, CPA's Quarterly Magazine

Issue on Family Violence. Guest Editors: Kerry Mothersill, Ph.D., R.Psych. and John Pearce, Ph.D., R.Psych.

https://cpa.ca/docs/File/Psynopsis/2020/Psynopsis_Vol42-2.pdf

Mind Full: CPA PodCasts

- Dr. Heather MacIntosh: 7 tips for coping with trauma. <https://soundcloud.com/user-389503679/quick-chat-with-dr-heather-macintosh-7-tips-for-coping>
- Dr. Heather MacIntosh worries about domestic violence. <https://soundcloud.com/user-389503679/quick-chat-dr-heather-macintosh-worries-about-domestic-violence>
- Violent extremism and radicalization with Dr. Ghayda Hassan: <https://soundcloud.com/user-389503679/violent-extremism-and-radicalization-with-dr-ghayda-hassan?si=fbbebf8385a146d6952e1276f6a63a90>
- Dr. Zuraida Dada, a psychologist who grew up in South Africa, speaking about societal violence under apartheid: <https://soundcloud.com/user-389503679/reflections-on-apartheid-and-lessons-learned-with-zuraida-dada?si=64a8f29f7b714b40bdb4fc96f2239d85>

Resources

Violence Evidence Guidance Action (VEGA) Educational Resources: The VEGA (Violence, Evidence, Guidance, and Action) Project has created pan-Canadian, evidence-based guidance and education resources to assist healthcare and social service providers in recognizing and responding safely to family violence. CPA Past President, Dr. Kerry Mothersill and CPA Member, Dr. John Pearce, represented the CPA in meetings organized by the Public Health Agency of Canada (PHAC) on this project. <https://vegaproject.mcmaster.ca/>

CONTACT US

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