



# THE CANADIAN CLINICAL PSYCHOLOGIST

Newsletter of The Clinical Section of the Canadian  
Psychological Association

December 1, 2018

## MESSAGE FROM THE CHAIR

Kristin Reynolds, Ph.D.

I am writing to you from Winnipeg, MB, where we have had an early start to cold weather and snow this fall!

Beginning with a few announcements, we've had some recent changes to our Clinical Section Executive. First, I am pleased to welcome Dr. Elizabeth Levin and Dr. Brigitte Sabourin to our Executive. Dr. Levin joins us as Member-at-Large; and Dr. Sabourin joins us as Secretary-Treasurer. Dr. Levin is an Associate Professor in the Department of Psychology at Laurentian University. She has served as newsletter co-editor for the past seven years and was interested in continuing to work with the Clinical Section in another capacity. Dr. Levin has been teaching child development to undergraduate students and psychological assessment to graduate students for over thirty-five years. Dr. Sabourin is an Assistant Professor in the Department of Clinical Health Psychology at the University of Manitoba. She has been a member of Winnipeg's Health Sciences Centre Pain Management Centre since September 2014, where she provides assessments as well as group and individual treatment for individuals living with chronic pain. She is also involved in supervising psychology residents and in teaching undergraduate medical students.

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With respect to departures, Dr. Maxine Holmqvist, Dr. Pamela Holens, and Dr. Caelin White have ended their terms as Past-Chair, Secretary-Treasurer, and Member-at-Large, respectively. While serving on the executive, Dr. Holmqvist initiated vital and timely work in the area of clinical practice guidelines (CPGs), which clinical psychologists will most certainly benefit from in the years to come. This work is ongoing, and was recently funded through the Social Sciences and Humanities Research Council. We thank Drs. Holmqvist, Holens, and White for the dedication, organization, creativity, and enthusiasm that they brought to their roles and responsibilities on the Executive. I would also like to thank Dr. Caelin White, who has served as Member-at-Large for the past two years, and has stepped into the role of Chair while I am on maternity leave with my now almost 8-month-old daughter. I will be assuming my position as Chair in February 2019. Thank you to Dr. Aislin Mushquash, currently in the Past-Chair role, and to Matthew Bernstein, who is in the second year of his term as Student Representative. The Executive will be recruiting members to begin in July 2019.

I also want to extend thanks to those who were involved in making ICAP 2018 such a success, including submission reviewers, presenters, and attendees. With 5 Discussion Forums, 19 Gimme 5 Presentations, 4 Professional Development Workshops, 121 Printed Posters, 8 Spoken Presentations, and 4 Symposia, our section was active in promoting a positive exchange of knowledge at an international scale! With ICAP 2018 behind us, we are beginning to prepare for the 2019 CPA Convention in Halifax. Stay tuned for additional email correspondence regarding the upcoming convention. We encourage members to engage with CPA dialogue, as well as the upcoming convention.

- Dr. Kristin Reynolds



# CLINICAL SECTION EXECUTIVE COMMITTEE

## Chair (pictured right)

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CANADIAN  
PSYCHOLOGICAL  
ASSOCIATION



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DE PSYCHOLOGIE

## Message from the Newsletter Editors

Greetings fellow Clinical Section readers!

Welcome to the Fall edition of the Clinical Section Newsletter. We hope that everyone enjoyed their time at ICAP in Montreal and has been having a productive Fall as we head into the holiday season. You may have noticed that this edition of the newsletter is coming out a bit later than usual. This is due to a change in editorship and, with this being our first newsletter, we are still in the process of finding our flow and footing! We would like to thank the previous editors, Elizabeth Levine and Andrea Woznica, for the amazing work they have done over the past 7 years on the newsletter. We are excited to continue their excellent work and to be able to promote the strong work of the clinical section and our members.

We would like to take this opportunity to introduce ourselves. Dr. Matilda Nowakowski is a health and clinical psychologist at the Chronic Pain Clinic at St. Joseph's Healthcare Hamilton where she works as part of an interdisciplinary team providing assessment and treatment for patients with chronic pain. She is also an Assistant Clinical Professor (PT) in the Department of Psychiatry and Behavioural Neurosciences at McMaster University, where she is involved in teaching, supervision, and research. Matilda completed her Ph.D. from Ryerson University in Toronto in 2013 under the supervision of Dr. Martin Antony and her predoctoral internship and postdoctoral fellowship at St. Joseph's Healthcare Hamilton. She has been a member of CPA and the Clinical Section since 2009 and is very excited to take a more active role in the section. Flint Schwartz is a psychologist (Cand. Reg.) in private practice in Halifax. He completed his M.A. at the University of Manitoba in the School Psychology Program. Currently he is a Ph.D. candidate in the Clinical Psychology program at Dalhousie University under the supervision of Dr. Amy Bombay. He is excited to contribute to the Clinical Section.

The success of the Clinical Section newsletter relies on the invaluable contributions of its members. As such, we're excited to hear about any ideas you may have for articles or for the direction that you would like to see for the newsletter. We want to make the newsletter as useful as possible for all of our readers! Please feel free to contact us at the information provided at the end of the newsletter. We look forward to seeing you at the 2019 Halifax Convention.

**Matilda and Flint**

## Message from the Clinical Section Representative

Hi there! I'm Matt Bernstein, and I am the current Student Representative for the CPA Clinical Section.

The past Montreal convention affiliated with ICAP was one of the biggest of its kind. The next CPA convention will take place from May 31-June 2, 2019 in Halifax. Some students served as "convention reporters", which meant that they attended various Clinical Section events and reported back for those of you who may have missed them. You can read their reports in this newsletter.

This year, Jeremiah Buhler from the University of Manitoba won the Ken Bowers Award for Student Research for his research examining the efficacy of an internet-based chronic pain treatment for military, police, and veterans. Congratulations, Jeremiah! I'd also like to congratulate the Student Travel Award winners; Shayna Pierce (University of Manitoba); Jesse Wilde (Western University); Monica Tomlinson (Western University); and Ellen Jopling (University of British Columbia). In addition, I'd like to congratulate the winners of the Best Student Conference Presentation award: Vincent Santiago (Ryerson University) was the overall winner. Tatiana Sanchez (University of British Columbia-Okanagan) and Aiden Mehak (McGill University) were the runners-up. Congratulations to all of you and thank you to all of the applicants for the Travel Awards and the Best Student Conference Presentation Awards.

In other student news, the Clinical Section Educational Activity Grant will continue for another year. This grant provides student members the opportunity to apply for funding to host an extracurricular educational activity. The deadline for applications is January 15th, so please see the ad in the newsletter or the website for more information. Congratulations to Chloe Hudson (Queen's University) who received the grant last year to fund a workshop titled "Suicide Risk Assessment Workshop".

The Section has hit the ground running to make the 2019 Halifax convention a memorable one, and we are thrilled about the opportunities and events we have planned for students. I am excited to see many of the Clinical Section students in attendance. Students whose abstracts are accepted by the Section are eligible to apply for three awards: The Ken Bowers Research Award, the Best Student Conference Presentation Awards, and the Clinical Section Travel Awards.

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## **Message from Clinical Section Representative**

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These awards are for Clinical Section members only, and are an exciting opportunity for students. I encourage all students that are eligible to apply! You can find more information about these awards on the Clinical Section website as they become available:

<http://www.cpa.ca/aboutcpa/cpasections/clinicalpsychology/>, and keep an eye out for reminders via the Clinical Section listserv.

Finally, I am excited to announce that the theme for the 2019 Student Symposium will have Dr. Chris Mushquash of Lakehead University as the discussant for the symposium. Broadly, his research is in the area of Indigenous mental health and addiction; so, the symposium will likely be in this general area. More information about it will be sent through the list serv soon. Please make sure to mark the student symposium on your convention itinerary!

Feel free to contact me with any questions or comments about matters relating to the Clinical Section, the input of student members of the Clinical Section is welcome.

Looking forward to seeing you in Halifax!

**Matt Bernstein**

**Matthew Bernstein, M.A.**  
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**JUNE 26-30**  
**29<sup>th</sup> International Congress**  
**of Applied Psychology**  
**MONTREAL**

## CONVENTION REPORTERS SUMMARIES

### **Clinical Psychology Section Invited Keynote Address - Using Digital Technologies to Improve Suicide Prevention**

**Presented by:** Helen Christensen

**Convention reporter:** Matthew Bernstein, University of Manitoba

The 2018 Clinical Section Keynote Address focused on some of the newest and most innovative research on digital suicide interventions. Because we currently live in a digital age, technologies such as websites, apps, and sensors have become increasingly important. In Dr. Helen Christensen's talk, she outlined the developments that she along with her collaborators in Australia have been making in the digital technology space. Specifically, they have examined the effectiveness of such interventions in schools, workplaces, public online environments, healthcare settings, and crisis and aftercare. Digital technologies are so important because they provide a greater reach than other interventions; they reach the greatest number of people, involve less stigma, and are cheaper. One of the main interventions that Dr. Christensen and her team have been working on is called SHUTi (Sleep Health Using The Internet), an online CBT program for insomnia. They found that depression and suicide symptoms both decreased following the use of this insomnia CBT program. Dr. Christensen is a world-renowned leader in the use of technology to deliver psychological interventions, particularly in the areas of anxiety, depression, and suicide. On a personal note, my research is in the area of online information and interventions for depression and anxiety. I have cited a considerable amount of research published by Dr. Christensen and her colleagues, and it was truly a pleasure to attend her talk and hear her present in person.

## Mindfulness Interventions for People with ADHD and their Caregivers

**Presented by:** Carlin Miller, Brianne Brooker, Molly Cairncross; University of Windsor

**Convention Reporter:** Andrea Antoniuk, University of Alberta

This spoken presentation contextualized mindfulness-based interventions (MBIs). The presentation also discussed a meta-analysis on MBIs for people with ADHD and outlined several studies that the research team implemented.

Dr. Miller dispelled the popular myth that mindfulness involves clearing one's mind. Rather, mindfulness facilitates paying attention to what is happening in the present moment, including thoughts, sensations, and events perceived in the mind-external world. Therapeutic interventions utilizing mindfulness practises (i.e. manualized MBIs) have been demonstrated to reduce stress, distress, and rumination, as well as increase resiliency. Redirecting attention from ruminations and other forms of mind wandering is a logical potential intervention for people with Attention Deficit/Hyperactivity Disorder. Evidently, this topic has received some research attention in the past. Cairncross' master's thesis meta-analytically studied MBIs use among people with ADHD and found that MBIs could be a complementary treatment protocol for children and adults with ADHD.

Additionally, Cairncross's meta-analysis justified further research examining the impact of MBIs on ADHD symptoms. The presenting research team developed a caregiver-focused program and implemented it over an 8-week timeframe. The program included a 20-minute intervention and ADHD psychoeducation. Positive benefits of the program included reduced depression, anxiety, and stress, as well as increased measures on facets of mindfulness. However, the findings are limited by population non-representativeness, and data is lacking long-term residual effects.

The final study described in the presentation was an MBI for children with ADHD. Participants in grades 4 and 5 received group sessions and home practice activities. Sessions included movement-based mindfulness activities (e.g. yoga and other forms of bodywork). The interventionists provided some instruction about attention difficulties *but* used grade-appropriate language and avoided clinical jargon. The children also completed crafts that served as memory cues relating to the intervention. After the study's completion, the researchers found mixed success. Even though the children enjoyed attending the group sessions, they exhibited low motivation to perform mindfulness exercises at home. Attrition and small samples limited generalizability.

Although the researchers met some challenges with implementing and studying MBIs for people and caregivers with ADHD, results certainly suggest that mindfulness techniques may be a beneficial accompaniment to ADHD therapy.



## CLINICAL SECTION ACTIVITY GRANT RECIPIENT



### Suicide Risk Assessment Workshop

**Recipient:** Chloe Hudson, M.Sc., Ph.D. Student, Queen's University

The Clinical Psychology Program at Queen's University hosted a full-day advanced workshop on suicide assessment in adults and adolescents by Dr. Michael Condra on Friday, October 26th, 2018. The Canadian Psychological Association's Clinical Section Activity Grant provided financial support for this workshop. Clinical psychology students and local clinicians learned about the psychological context for suicide, factors to consider when conducting a suicide risk assessment, an effective framework for carrying out a suicide risk assessment interview, risk management strategies, and professional responsibilities related to suicide risk assessment. Dr. Condra integrated didactic instruction with role-plays using standardized patients to provide a comprehensive overview of suicide assessment.

## 2018 SCIENTIST-PRACTITIONER EARLY CAREER AWARD (SPECAs) RECIPIENT

**Christopher Mushquash, Ph.D., C.Psych.**



**Dr. Christopher Mushquash, Ph.D., C.Psych.**, is a Canada Research Chair in Indigenous Mental Health and Addiction, and an Associate Professor in the Department of Psychology at Lakehead University and the Division of Human Sciences at the Northern Ontario School of Medicine. He is the Director of the Centre for Rural and Northern Health Research at Lakehead University. In addition to his academic appointments, Dr. Mushquash is a registered clinical psychologist providing assessment, intervention, and consultation services for First Nations children, adolescents, and adults at Dilico Anishinabek Family Care.

He completed his pre-doctoral residency in the Faculty of Medicine at the University of Manitoba, specializing in rural and northern clinical practice and his Ph.D. in clinical psychology in the Department of Psychology and Neuroscience at Dalhousie University in 2011.

Dr. Mushquash is the recipient of numerous awards for his work, including the Canadian Psychological Association President's New Researcher Award, Lakehead University Outstanding Alumni Award, the Northwestern Ontario Visionary Award, and the Ontario Ministry of Research, Innovation and Science Early Researcher Award. In 2017, Dr. Mushquash was inducted in the Royal Society of Canada's College of New Scholars, Artists and Scientists.

He is the vice-chair of the Institute Advisory Board for the Canadian Institutes of Health Research, Institute of Indigenous Peoples' Health.

Dr. Mushquash is Ojibway and a member of Pays Plat First Nation.

## 2018 AWARD FOR CLINICAL EXCELLENCE (ACE) RECIPIENT John Walker, Ph.D., C.Psych.



**Dr. John Walker** is a Professor in the Department of Clinical Health Psychology at University of Manitoba. He started his career as a school psychologist with the Child Guidance Clinic of Winnipeg. After three years in his position, he moved to a position with St. Boniface Hospital and the University of Manitoba Faculty of Medicine. He was in this position until his retirement in June 2018. He continues to be active in research. In 2018 he was awarded the title Professor Emeritus by the University of Manitoba.

John lead the development of the specialty Anxiety Disorders Clinic at St. Boniface Hospital. This clinic provided services to adults referred from across Manitoba. More recently the clinic began to provide services to children and their parents experiencing problems with anxiety until Dr. Walker's departure.

In his work with the University of Manitoba, John provided supervision first in adult inpatient psychiatry and later in the anxiety disorders program to practicum students, psychology residents, and post-doctoral fellows. The supervision focused initially on adults and later on children and parents.

John is especially interested in self-help approaches to treatment and participated in the development of the Anxiety Disorders Association of Manitoba (ADAM) and Anxiety Canada. He worked with ADAM in developing cognitive-behavioural group programs, led by peers in the organization, focused on panic disorder and social anxiety disorder. These programs have been available in ADAM locations around Manitoba for many years. John has also been involved with a web-based program for parents of anxious children called Coaching for Confidence. He is working with his colleagues to complete an evaluation of this program and hopes to have it available to parents in the future in the form of a web-based program and a self-help book for parents.

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**2018 AWARD FOR CLINICAL EXCELLENCE (ACE) RECIPIENT**

John Walker, Ph.D., R.Psych.

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In addition to his focus on anxiety disorders, John has worked with colleagues in gastroenterology in work focused on understanding the psychological impact of coping with chronic health conditions. He has also focused on knowledge translation focused on dealing with depression ([www.depression.informedchoices.ca](http://www.depression.informedchoices.ca)) and anxiety.

John is coauthor (with Drs. Patricia Furer and Murray Stein) of a book focused on health anxiety titled; *Treating Health Anxiety and Fear of Death* (2007) and a self-help book for adults (Stein and Walker) titled: *Triumph over shyness: Conquering shyness and social anxiety* (2009).

Readers, what would you like to see in our next Clinical Section newsletter?

We'd love to hear from you!

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