



NEWSLETTER

EDITOR:
DAVID S. HART

VOL. 2, NO. 2 SECTION 26

CANADIAN PSYCHOLOGICAL ASSOCIATION

FALL 1991

EDITORIAL

This number of the of the Newsletter represents a beginning of member involvement. There is an invited comment, two networking offers, a research collaboration proposal, announcements of conferences and internship opportunities, and some member news. We could have more. Each number is an adventure. My goal is to have the Newsletter become a forum for exchange of information stimulating and useful for members of the Clinical Section. Feedback and contributions will be appreciated.

MESSAGE FROM THE CHAIR

Section 26 continues to be active, and we have accomplished much since our last newsletter. A considerable amount of our effort has been, and will continue to be, directed towards the 1992 Annual CPA Convention in Quebec City. We have nominated Sandra Butler, Ph.D. and Thomas Widiger, Ph.D. to be invited speakers at the convention. Dr. Butler, if selected by the Convention Committee, will speak on violence against women. Dr. Widiger, if selected, will speak on the development of DSM-IV. I understand from the Chair of the Convention Committee that both nominees could possibly be selected, so let's keep our fingers crossed. We will let you know the roster of invited speakers when it becomes available.

While on the topic of the 1992 Convention, we have scheduled the Annual Business Meeting for June 12, 1992, at 2:00 pm for 90 minutes. You will be informed in advance of the meeting room. Please make plans to attend. In addition, the Executive has decided to organize a conversation hour on Traumatic Stress issues. Finally, we are in the process of reviewing CPA submissions. As you are aware, with the restructuring of CPA, paper/poster submissions include a designation of most relevant Section, and are reviewed by that Section. Last year we reviewed approximately 250 submissions.

Among our other accomplishments over the past few months are the following. First, we conducted a student recruitment drive in September. We contacted all Clinical Psychology Academic Programs, as well as all Predoctoral Clinical Psychology Internship Programs across the country. It is too early to evaluate the results of this drive,

but we are hopeful that it will attract more students to our Section. Second, we have agreed to co-sponsor the upcoming Banff International Conferences on Behavioural Science from March 15-19, 1992. This conference will be devoted to Cognitive/Behavioural Therapy, and you will hear more about it in our next newsletter as well as Psynopsis. If the conference is well-attended we will consider co-sponsoring it on a more permanent basis. Third, we have a working draft of the information brochure on Clinical Psychology. We are currently revising it, and deciding on artwork. The draft will soon be circulated to interested groups and individuals for feedback. If you would like a copy of the current draft, please contact a member of the Executive. We welcome your feedback. Finally, we are working on a definition of Clinical Psychology. We have sought input from the Provincial Associations, and once a draft statement is prepared we will seek feedback from Section members, the other Sections, as well as the CPA Board of Directors.

The next few months promise to be busy ones as our plans for the Annual Convention go into high gear. One specific goal we have for the remaining year is to develop this newsletter as a forum for Section members. Please consider submitting something for the next edition. Contact David Hart for submission deadlines.

T. Michael Vallis

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INVITED COMMENT

There was such widespread interest in the U.S. Judiciary Committee Hearings of October that one can almost assume that everyone knows the gist of the drama. I was first struck with the news that the already controversial hearings were to have special sessions in response to strong demands from women. The committee received hundreds of thousands of letters objecting to their decision not to question Judge Thomas about allegations that he had sexually harassed a female lawyer while she had been under his supervision. I did not watch the televised hearing, but those to whom I spoke about it described the performance of Professor Anita Hill as impressively cool and intelligent under the often hostile cross examination of her testimony. She apparently modelled strong, rational responding to attempts to undermine her "credibility", attempts which in every case were made by powerful men. Watching the last hour of the Senate

debate, I was further impressed that most speakers asserted that "sexual harassment is an important problem which we must address". During subsequent days I heard interviews on CBC radio which revealed that many Canadian men were reporting that they now had their consciousness raised about the issue. My impression was that a big step forward had been made to "empower" (if I use the word correctly) women in their struggle against sexual harassment. I was startled (out of my complacency, perhaps) by Rhona Steinberg's darker interpretation of the events.

Here is my argument for presenting these views in the Clinical Section Newsletter. Women are more than 50 percent of the clients we serve. In my clinical experience working with women clients, an important goal typically is increasing self-esteem and confidence to cope with the day-to-day interpersonal demands. Highly public models of strength or weakness, the awareness of growing political movement toward or away from protection against victimisation will play a role in therapeutic change, in what we as clinicians can accomplish with our clients. At the least we need to acknowledge and refine our sensibility to these social perceptions and perhaps we need to take some responsibility for political action to strengthen the protection of equality of women. (Editor)

HARASSMENT

RHONA STEINBERG - SIMON FRASER UNIVERSITY

There is a large debate going on as to whether the fight against violence to women was helped or hindered by the televised hearing of the charge of sexual harassment brought against Judge Thomas by Professor Hill. Many believe that these public hearings helped women even though Thomas won the appointment and was exonerated of the charge and that Professor Hill was accused of being delusional. It is suggested that sexual harassment is now out of the closet and that men will be more careful about what they say to women.

There is another way to look at the situation that is not as positive, as the above contention. In all the analyses of the hearings there is very little in print that spoke to the issue of power. The results of the hearing just confirmed to women that if a powerful person harasses you then you have no recourse and you will be blamed. You the victim will become the accused. This confirmed for many women the reality of the violence against women in society. In most cases when a man is violent against a women in this society she is blamed for the crime. This fact is probably one of the reasons that most rapes, batterings, and sexual harassments go unreported. Many clinicians, especially those who work in the area of violence, now fear that the outcome of those confirmation hearings reinforced women's expectation that they again will be blamed if they bring charges against the aggressor.

From the clinical point of view we know that, after a violent episode, to face the perpetrator and bring charges is an act of empowerment. What happened to Professor Anita Hill worsens the dilemma in which clinicians are caught: we have even stronger evidence that if we encourage our clients to lay charges against the perpetrators they will more than likely be made a sacrificial lamb and be subject to further harassment. Yet without confronting either the perpetrator or the system the healing process may be frustrated.

The whole process of the senate hearings indicated to victims that the system will not protect them. It is not only the matter of the decision but also the way the judicial committee asked Professor Hill questions by which her credibility was attacked. Why was Judge Thomas's credibility not questioned? It would have been interesting to see if the outcome would have been the same if the victim had been a man. It is something to ponder.

My impression is that more men than women think that the senate hearings will have a positive effect. Even though Professor Hill was harassed and not treated as an equal, they say that the issue of sexual harassment is now in the public eye. More women than men consider that the senate hearing was a step backwards for women. It is interesting to note that many more women are victims and many more men are perpetrators; perhaps that fact has something to do with the way each gender analyzed the situation.

The outcome of the Senate hearings was predictable. Just recently in Canada the rape shield laws have been revoked. This decision, like the outcome of the senate confirmation hearing, has put women in a more vulnerable position. If their past sexual history can be used against them as it has been in the past most, women will not prosecute their attackers and offenders will go free and rape someone else.

From a clinical point of view it is very hard for a therapist to encourage a client/victim to charge her attacker and continue through the court process because she/he knows that the victim will be traumatized in court, with her whole past sexual history being put on display and her character attacked. It will be more difficult to convince victims, especially women, to come forward. Rape and violence against women will become crimes even more frequently unreported.

For women, the majority of the client population, these two events confirm their fear about the world. Women usually have a problem being assertive and confronting situations. They have been socialized to be passive. With the advent of the Women's Movement, women were beginning to see that they had other choices besides being

passive. The two recent decisions tell women that if you chose to take a more active position you are going to be harassed for it. At the same time, the incidence of violence against women has escalated in the last number of years and perhaps these two decisions may help explain why this has occurred. It may be that if people perceive that there are no negative consequences to such actions then they are more willing to take part in aggression against women. In other words, if a person needs to feel powerful and there is little expectation of punishment for violence against women, then this is a good population over which to assert one's power; woman-bashing is fair game.



NETWORKING

You may wish to exchange ideas and experiences with colleagues working in the same area. The SECTION 26 NEWSLETTER will run a tastefully prepared personal advertisement of your interest topic, your name, address, fax, and email so that the like-minded may correspond. We are a means, not an end.

Supervision Information Network

The supervision literature, once virtually ignored, is now growing rapidly as new models of supervision are advanced, as significant books devoted to the topic of supervision reach publication, and as research articles on the supervisory process appear with greater frequency in our professional journals. Many clinical psychologists are only now discovering this burgeoning literature, as they seek out material to help guide their efforts with the supervision process.

I would like to suggest that the Section 26 Newsletter could serve as an effective forum for the exchange of information and to facilitate contact among psychologists who have an interest in this area. One option would be a regular column in the Newsletter in which readers could pass on recommendations regarding significant articles and books, or call attention to research projects that are in progress.

Please contact me if you are interested in participating in such a network. Send along the reference for any article or book that you found to be particularly useful, with a brief description of the focus of the publication.

To kick things off, here are a couple of recommendations that I have come across in recent months. Janine Bernard, who offered a well received workshop on supervision at CPA '91, has recently (1992) co-authored a book

with Rodney Goodyear entitled "Fundamentals of Clinical Supervision". This book, which is now available from Allyn and Bacon Canada, provides a thorough introduction to the area. Included, are chapters on models of supervision, methods and techniques, evaluation, and on a variety of issues relevant to the practice of supervision.

For those wishing to obtain a broader map of the supervision literature, you may wish to search-out William Robiner and William Schofield's (1990) article entitled "References on Supervision in Clinical and Counselling Psychology" which appeared in *Professional Psychology: Research and Practice* (pp. 297-312). As the title suggests, this article provides a bibliography of relevant books and articles that are divided according to major topic areas (i.e. evaluation, supervisor issues, etc.).

Address correspondence to:
Allan R. Wilson, Ph.D.
Department of Psychology
Camp Hill Medical Centre
1763 Robie Street
Halifax, N.S. B3H 3G2

Trauma Response Network

We have established a network to the extent of compiling a Directory of 40 names of interested persons. The draft Directory will shortly become circulated to members with the newsletter. A Conversation Hour on Trauma Response is being proposed by the Clinical Section for the 1992 CPA program for the convention in June. If you would like your name added to our mailing list, contact David S. Hart, PhD, Psychology Department, Memorial University, St. John's NF A1B 3X9 (FAX 709-737-4000, EMAIL DHART@KEAN.MUN.CA)

The Canadian Association for Study of Anxiety

A group of Canadian Psychologists and Psychiatrists with academic and clinical interests in anxiety disorders were recently invited to a think-tank at Niagra-on-the-Lake, Ontario. This think-tank was organized by Dr. Ron Norton, Department of Psychology, University of Manitoba, and Dr. Richard Swinson, Department of Psychiatry, University of Toronto, and was sponsored by SmithKline-Beecham. Twenty-four participants attended the conference, representing all provinces except New Brunswick and Prince Edward Island. It was determined that considerable interest in collaboration exists across the country, and as a result CASA was formed. There will be a regular newsletter (to be called the Anxioletter) to facilitate communication, and annual meetings of the group

will be held for at least the next several years. Further, CASA has agreed to develop a national database on anxiety disorder patients, and collaborative efforts to improve the assessment and treatment of the anxiety disorders have begun. Anyone interested in the newsletter, or in becoming involved in the association, should contact Dr. Ron Norton, or Dr. Richard Swinson.

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ANNOUNCEMENTS

**Psychologists Association of Alberta Convention '92
May 28-31, 1992, Westin Hotel, Edmonton**

The theme of this major conference is Enhancing our Practice. The presenters confirmed to date have been selected for their ability to present significant contributions to the practice of psychology and mental health services.

Presenters Confirmed To Date

Dr. David Burns, author of Feeling Good, Intimate Connections.

Topic: Interpersonal Process and Resistance In Cognitive Therapy; - *Dr. Cheryl Malmo, coauthor of Healing Voices.*

Topic: Clinical Intervention With Sexual Abuse Victims. *Dr. William Hodges, author of Interventions for Children of Divorce.*

Topic: *Interventions With Children of Divorce; Dr. Irene Stiver, the Stone Center, Wellsley College, New York.* **Topic:** To Be Announced; Co-sponsored presentation with the School Psychologist Association of Alberta; Presentations of Ethics and Discipline Issues; Invitations have been made to politicians interested in Health Policy; Papers on Empirical Research, Clinical Interventions, Theory Review and Symposia.

For Further Information and Registration

Contact: Kerry J. Mothersill, Ph.D.
Chair, Convention Committee
Mental Health Center
Holy Cross Hospital
2210 - 2nd Street S.W.
Calgary, Alberta T2S 1V2
Phone: (403) 541-2120
Fax: (403) 541-2595

Internship at Foothills

The Foothills Medical Centre Consortium in Clinical Psychology (Foothills Hospital and Tom Baker Cancer Centre) is accepting applications for two full-time one year

internships commencing September, 1992. Rotations include Outpatient Mental Health Services, Clinical Neuropsychology, Behavioural Medicine, Psychosocial Oncology, Substance Abuse, Day Hospital Treatment, Psychiatric Inpatient Services and the Young Adult Program. Qualified applicants should request application materials from:

Dr. Ivan Zendel
Director, Clinical Training
Division of Psychology
Foothills Hospital
1403-29th Street N.W.
Calgary, Alberta T2N 2T9
Closing Date: January 15, 1992

Internship at Simon Fraser University

The Simon Fraser University Counselling Service is a comprehensive counselling facility. The Service is now offering two doctoral internships for the year 1992-1993. The clientele consists of university students who have personal, vocational and academic concerns. Interns will have many opportunities to get involved in individual psychotherapy as well as group work. A variety of training perspectives are available at the counselling service, including feminist, cognitive-behavioural, existential, and psychodynamic models. It is a twelve-month internship and the stipend is \$16,000.000 plus benefits. If you wish to apply, please send a curriculum vitae and two letters of reference to:

Dr. Arnold Cera
Senior Psychologist
University Counselling Service
TC 2000
Simon Fraser University
Burnaby, B.C. V5A 1S6

The XXIV BANFF INTERNATIONAL CONFERENCE IN BEHAVIOURAL SCIENCE:

Co-sponsored by Section 26

The State of the Art in Cognitive-Behavioural Therapy March 15-19, 1992

As one of the major developments within the field of psychotherapy, cognitive-behavioural approaches have come to be a pre-eminent approach to the assessment and modification of human problems. The 24th Annual Banff Conference is pleased to present to delegates an excellent selection of speakers and workshops in the area of cognitive-behavioural therapies. Included in the list of speakers and workshops are the following:

Plenary Speakers

1. James Alexander - Changing cognitive schemas: A necessary antecedent to changing behaviour in family therapy?
2. Don Baucom - Cognitive - behavioural marital therapy: The complexities of dyadic change.
3. Dianne Chambless - Cognitive-behaviour therapy for anxiety disorders.
4. Keith Dobson - Cognitive-behaviour therapies for depression - Common therapeutic factors or common change processes?
5. Frederick Kanfer - Motivation and emotion in cognitive-behaviour therapy: A conceptual analysis of the propellants of change.
6. Marsha Linehan - Dialectics of effective treatment: Balancing acceptance and change with borderline patients.
7. Dennis Turk - Cognitive-behavioural mediators of pain: Implications for treatment.

Workshop Speakers and Topics

1. James Alexander - Family therapy
2. Don Baucom and Norman Epstein - Marital Therapy
3. Kelly Bemis Vitousek - Eating Disorders
4. Michelle Craske - Panic and Agoraphobia
5. Jerry Deffinbacher - Anger
6. Charlotte Johnston - Disruptive Child Behaviours
7. Dennis Turk - Pain
8. Michael Vallis and Janice Howes - Personality disorders and post-traumatic stress disorders.

Set in beautiful Banff, Alberta, Canada, the Banff Conference offers an excellent blend of academic and applied information, with ample opportunity for more informal communication between delegates and speakers. Set in the middle of ski season, delegates will be treated to some of North America's finest snow and might even use this conference as the beginning or end of a family holiday. For further information, or to register, contact:

Behavioural Sciences
The Banff Centre for Conferences
P.O. Box 1020
Banff, Alberta
Canada T0L 0C0



OPPORTUNITY PRESENTS

Do you have some innovative work in progress that one or more of your fellow Clinical Section members might find interesting? You do? Well, write a brief account of it and it can be published in the next SECTION 26 NEWSLETTER. Or do you have a question or challenge to put to your colleagues across the country? A commentary that you would like to get off your chest could fit well in our pages. Editorial policy has not been narrowly defined, in fact, it has not been broadly defined either, so try something on me. Wouldn't it be great to have a newsletter that stimulated thought, generated controversy, fomented ideas, aroused passions? Send me a contribution. National exchange follows.

Sex Offenders Study

In conjunction with Dr. Ron Langevin I am trying to gather a diversity of Human Figure Drawings completed by sexual offenders. The choice of client-sketched human figure drawings as revealing pathognomic features is based on a premise that for this group, the physical human body is symbolically very important to them. Our long range attempt is to systematically classify features of sex offender's drawings in such a way as to accurately identify potentials for sexual acting out. For research purposes body features have been divided into Whole Figure and Part Figure characteristics. A 27 figure detail scoring sheet has been developed to classify various features of the figures drawn. Clients are requested to consecutively draw a man, woman, boy and girls in an order of their choice. Each drawing is independent of the other.

For clinicians who may wish to try this approach I can provide the instructions, a short draft paper and the scoring sheet. In return I would like access to a photocopy of the scoring sheet with only personal information of Age, Gender and Offense included.

Alvin H. Shapiro, Ph.D., C.Psych.
176 Albert Street
London, ON N6A 1M1

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MEMBER NEWS

Please send news of your achievements, appointments, etc., of general interest. T. Michael Vallis, Janice L. Howes, and Philip C. Miller have edited the text just published by Plenum Press, *The Challenge of Cognitive Therapy: Applications to Nontraditional Populations*. This text was written to help guide the clinical application of Cognitive

Therapy in populations different from those in which Cognitive Therapy was developed (i.e., depression, anxiety). *The Challenge of Cognitive Therapy* is composed of two parts. Part I consists of three chapters that present a detailed conceptual framework from which to guide the treatment of nontraditional populations. Flexibility in the use of cognitive conceptualizations (of which there are now many), and integration of established methods with more recent develops in cognitive theory, are emphasized. Particular attention is paid to the role of developmental factors, structural approaches to cognition, and the therapeutic relationship. Part II consists of five chapters that illustrate the clinical application of the conceptual model of Part I with populations such as personality disorders, post-traumatic stress disorders, the bereaved, and those with post-partum depression and chronic pain.

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CALL FOR NOMINATIONS - SECTION FELLOWS

In accordance with the by-laws for CPA sections, Section 26 is called for nominations from its members for Fellows in Clinical Psychology. Criteria for fellowship are outstanding contribution to the development, maintenance and growth of excellence in the science or profession of clinical psychology. Some examples are: (1) Creation and documentation of innovative programs; (2) service to professional organisations at national, provincial, or local level; (3) Leadership on clinical issues that relate to broad social issues; (4) service outside one's own place of work; (5) Clinical supervision should be equated with research supervision.

In order for nominees to be considered for Fellow status by the executive council, nominations must be endorsed by at least three members or Fellows of the Section, and supportive evidence of the nominee's contribution to clinical psychology must accompany the nomination.

Nominations should be forwarded to:

Dr. Rhona Steinberg
Chair, Fellows and Awards Committee
Counselling Service
TC 2000
Simon Fraser University
Burnaby, BC V5A 1S6

CALL FOR NOMINATIONS FOR SECTION 26 STUDENT AWARD

An award for outstanding student presentation in clinical psychology will be made at the forthcoming annual CPA meeting. This will be an annual award and the recipient will be chosen based on his/her paper submission to CPA. In the case of multiple author papers, the student must be the senior author. Interested students or their faculty advisors are encouraged to submit abstracts for consideration of the Award to the Chair of the Awards Committee. Up to five outstanding presentations will be selected and these students will be asked to submit their complete papers. The Award will then be selected from this group. This Award will consist of a \$250 cash award plus a certificate of recognition.

Please forward submissions to:
Dr. Rhona Steinberg, Chair, Awards Committee
Counselling Service, TC 2000
Simon Fraser University
Burnaby, BC V5A 1S6

CALL FOR NOMINATIONS OF OFFICERS OF SECTION 26 (1992-93)

One of the most obvious and meaningful ways you can show your support for Section 26 is by being involved in the election process. For 1992-93 the Section requires nominees for the position of the Chair-elect (a three year term, rotating through Chair and Past-Chair) and Secretary-treasurer (a two-year position). Continuing members of the executive will be Rhona Steinberg (Chair), Michael Vallis (Past-Chair), and David Hart (Member-at-large). Although there is no requirement for the following, the Section does support equitable geographical representation and gender balance on the executive. Nominees from Central Canada, and female nominees are particularly encouraged.

Any three or more members or fellows may nominate a member in good standing for election.

NOMINATIONS FORM

We, the undersigned, hereby nominate _____
as a candidate for the office of _____

name

name

name

signature

signature

signature

Candidate's signature _____
Candidate's Mailing address _____

Return nominations to:

Dr. Keith Dobson
Department of Psychology
University of Calgary
Calgary, Alberta
T2N 1N4

Deadline for receipt: March 31, 1992

NEWSLETTER SCHEDULE

The SECTION 26 NEWSLETTER will circulate three times per year: August, November, and March (or late February).



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