



# THE CANADIAN CLINICAL PSYCHOLOGIST

Newsletter of The Clinical Section of the Canadian  
Psychological Association

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## MESSAGE FROM THE CHAIR

Aislin Mushquash, Ph.D., C.Psych.

I hope you are all enjoying the early signs of spring throughout the country. As summer approaches, we are looking forward to the upcoming International Congress of Applied Psychology convention in Montreal from June 26-30<sup>th</sup>, 2018. The preliminary online interactive schedule is now available online: <https://events.decorporate.ca/ICAP2018/abstract/event-schedule.php>. The clinical section will be offering a Chair Address titled *Show Me the Evidence: Why Clinical Practice Guidelines Matter to Psychologists* on Wednesday June 27<sup>th</sup> from 3-4pm. This will be followed by the Section Annual Meeting at 4pm and the Section Reception at 5pm. Please join us for these events! We are also pleased to be supporting an impressive 105 posters, 16 Gimme-5 presentations, 4 symposia, 6 spoken presentations, and 4 discussion forums.

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Special thanks to Breeanna Streich and Paige Smith, MA Applied Psychology Candidates from Laurentian University for their assistance in design, layout, and putting the newsletter together.

Our section symposia (80 minutes each) will cover the following:

- On the need to understand depressive cognition as part of an adaptive response to the problems of life
- Recent developments in perinatal anxiety and anxiety-related disorders across Canada
- Development of the world health organization's revision of the icd mental and behavioural disorders classification: international psychological science in action
- CBT for psychosis: Models of implementation and training

Spoken presentations (15 minutes each) will be discussing the following:

- Barriers to accessing psychotherapy for psychological trauma among LGBTQ+ people
- There is more to mental illness than negative affect: Comprehensive temperament Profiles in depression And generalized anxiety
- Mindfulness interventions for people with ADHD and their caregivers
- Meta-analytic review of the relationship between eating disorder and suicidality in Ideation-to-Action framework
- The importance of considering parent cognitions in improving empirically-supported treatment for Attention-Deficit/Hyperactivity Disorder (ADHD)
- The development and evaluation of a program for adults in primary care who have experienced adversity in childhood: The embrACE program

Discussion forums (25 minutes each) will cover the following:

- The Role and Specialized Expertise of Psychologists in End-of-Life Care: A Discussion of the Issues, Concerns, and Ethical Dilemmas Encountered.
- Marginalization, Stigma, and Recovery amongst Individuals Living with Schizophrenia/ Psychosis: A Conversation with Practitioners
- The Role of Technology in Empowering and Engaging Patients
- L'organisation de la salle de consultation comme auto-dévoilement du psychologue.

There are also 13 pre-congress workshops (<http://www.icap2018.com/pre-congress-workshops>) being offered on June 24<sup>th</sup> and 25<sup>th</sup>. Of particular relevance to clinical section members are the following:

- Perfectionism: A Dynamic-Relational Approach to Conceptualization, Assessment, and Treatment (6 CE Credits) - Presented by Paul Hewitt and Samuel Mikail on June 24<sup>th</sup> 9am-430pm
- Advanced Skills in Mindfulness-based Interventions: Navigating the Ethics in and of Mindfulness (6 CE Credits) - Presented by Lynette Monteiro and Frank Musten on June 25<sup>th</sup> 9am-430pm
- Treating Simple and Complex Anxiety-Related Disorders with Virtual Reality: Evidence for Best Practices (In English) (3.25 CE Credits) (En Français) (3.25 CE Credits) - Presented by Stéphane Bouchard on June 24<sup>th</sup> 830am-12pm (En Français) and 1-430pm (In English)
- Cultivating Mindfulness: Foundational Practices for Psychotherapy (3.25 CE Credits) - Presented by Lynette Monteiro and Melissa Tiessen on June 24<sup>th</sup> 1-430pm
- Cognitive Behavioural Therapy for Generalized Anxiety Disorder (3.25 CE Credits) - Presented by Noah Lazar, Eilenna Denisoff, Melina Ovanessian on June 25<sup>th</sup> 830am-12pm
- Cognitive Behavioural Therapy for Obsessive Compulsive Disorder (3.25 CE Credits) - Presented by Eilenna Denisoff and Noah Lazar on June 25<sup>th</sup> 1-430pm

# NOTICE

Dear CPA Clinical Section Members

We would like to update you regarding developments related to the Clinical Section Executive. We feel it is important to keep membership informed about these changes and to offer the opportunity for input.

As of March 2018, our current chair-elect, Dr. Kristin Reynolds, is on leave and therefore is not able to step into the chair role as planned in June 2018. To allow for continuity on the executive, Dr. Caelin White, who has served as our member-at-large for the past 2 years, has agreed to temporarily step in to the chair role from July 2018 until February 2019, at which time Dr. Reynolds will assume the chair role. We are working on a plan to ensure the smooth ongoing functioning of section operations through this time of transition.

Moving forward, we have also been looking at re-organizing the allocation of duties among Clinical Section Executive members to reflect the evolving needs of the section. Reasons for undertaking this review at this time included: 1) A decision by CPA to take over book-keeping functions for sections as of January 2019, thus reducing the role and scope of the secretary-treasurer; 2) A pattern of declining section membership and therefore reduced section income over the past several years, necessitating a more streamlined approach to executive membership, and 3) the increased importance of section communications.

We will be circulating a draft of our proposed changes to the Clinical Section Executive roles/duties to all members no later than May 25, 2018, with the aim of being able to vote on these changes at the Clinical Section's Annual Business Meeting on June 27, 2018. We will provide a way for members to vote in advance if they are unable to attend this meeting.

For the coming year, we are still looking for nominations for the member-at-large position, which we anticipate will involve a focus on communications, with the potential for involvement in convention planning. Please contact Dr. Maxine Holmqvist [maxine.holmqvist@umanitoba.ca](mailto:maxine.holmqvist@umanitoba.ca) if interested.

Aislin Mushquash, Ph.D., C.Psych.  
Chair, CPA Clinical Section Executive



**Chair (pictured above)**

Aislin R. Mushquash, C. Psych.  
aislin.mushquash@lakeheadu.ca

**Past-Chair**

Maxine Holmqvist, C. Psych.  
holmqvis@cc.umanitoba.ca

**Chair-Elect**

Kristin Reynolds, Ph.D.  
Kristin.Reynolds@umanitoba.ca

**Secretary -Treasurer**

Pamela Holens, C. Psych.  
pholens@deerlodge.m b.ca

**Member -At-Large**

Caelin White, R. Psych  
caelin.white@ahs.ca

**Student Representative**

Matthew T. Bernstein, M.A.  
umbersm@myumanitoba.ca

**Newsletter Editors  
(pictured right)**

Elizabeth Levin, Ph.D. C.Psych  
elewin@l aurentian.ca

Andrea Linett, Ph.D. C.Psych  
alinett@psych.ryerson.ca

**Farewell Editorial**

In 2011, Elizabeth and I assumed the role of co-editors of the Canadian Clinical Psychologist. Our predecessors, Dr. Margo Watt and Dr. Jessey Bernstein, served in this role for 5 years after taking over from Drs. Deborah and Keith Dobson. This newsletter serves as a primary communication forum for Clinical Section members. For the past 7 years, it has been our goal to fill these pages with informative, educational, and enlightening accounts of clinical research and practice. In doing so, we had the pleasure of interacting with wonderful executive and section members. We truly thank everyone who has contributed to this newsletter, and we hope you have enjoyed reading it. At this time we do not know who the next co-editors will be, but we are confident the newsletter will be in good hands. We wish our successors the best and look forward to reading their newsletter in the fall!

Best wishes to all our readership.

Andrea & Elizabeth





**JUNE 26-30**  
**29<sup>th</sup> International Congress**  
**of Applied Psychology**  
**MONTREAL**

The ICAP 2018 Organizing Committee is looking for volunteers for ICAP in Montreal, QC from June 24-30, 2018. Visit the official website below for more information!

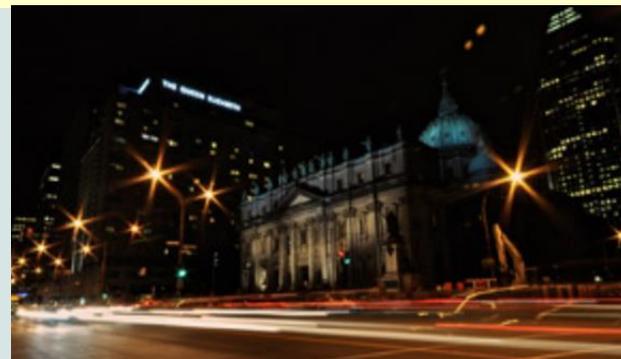
**[ICAP2018.com](http://ICAP2018.com)**



An international destination of choice, Montreal, a city in the Canadian province of Quebec, is easily accessed by land, water, and air. It is the largest city in the province, the second-largest in Canada and the 9<sup>th</sup>-largest in North America! It is named after Mount Royal, the triple peaked hill in the heart of the city.



Stay at one of the ICAP 2018 preferred hotels and enjoy a discounted rate. Book your stay for a few days earlier and enjoy all that Montreal has to offer; stay for a couple of days longer and take part in Canada's July 1<sup>st</sup> festivities! Book before May 23<sup>rd</sup> to ensure you get access to the special rates.



## Message from Clinical Section Student Representative

Greetings clinical section members and happy spring!

I hope you all had an enjoyable and productive winter. Now that spring is here we are busy preparing for the 29<sup>th</sup> Annual ICAP Convention hosted by CPA in charming Montreal, Quebec. Over the winter the clinical section executive members were hard at work preparing for the conference and we have several exciting clinical activities, workshops, symposia, and poster sessions planned for you. It will certainly be a convention to remember!

This year there was a steep competition for the Clinical Section Educational Activity Student Grant, and picking a winner was a great task for reviewers. We are excited to announce that Chloe Hudson from Queen's University submitted the winning application for the event titled *Suicide Risk Assessment Workshop*. Congratulations Chloe! This event looks like it will be a fantastic workshop. Look out for a summary of this workshop in the next edition of the newsletter!

Finally, the Clinical Section would like to invite student members to become a "Convention Reporter". Students who are attending the annual convention are invited to act as convention reporters where they will submit brief summaries of events sponsored by the Clinical Section (i.e., workshops, symposia, invited speakers). The summaries will be featured in the Fall edition of the Clinical Section newsletter, *The Canadian Clinical Psychologist*. Please see the convention reporter advertisement in this edition of the newsletter for full details or contact me directly.

Please feel free to contact me with any questions, comments, or concerns regarding the Clinical Section.

See you in Montreal!

**Matthew Bernstein, M.A.**  
PhD Candidate, University of Manitoba  
Clinical Section Student Representative  
[umbernsm@myumanitoba.ca](mailto:umbernsm@myumanitoba.ca)

# CALLING ALL STUDENTS!



## Calling all students!

The Clinical Section would like to invite you to become a “Convention Reporter”. Students who are attending the annual convention are invited to act as convention reporters by providing a brief summary of an event sponsored by the Clinical Section (i.e., workshops, invited speakers). Your summary will be featured in the Fall edition of the Clinical Section newsletter, *The Canadian Clinical Psychologist*.

To become a convention reporter:

1. Email the Clinical Section Student Representative (Matt Bernstein) as soon as possible (and before June 25th) to indicate which Clinical Section event you would like to review.  
\*Please note: The presentation must be sponsored by the Clinical Section. This is indicated in both the online abstracts and the grid schedule.  
\*Only one convention reporter is assigned for each event.
2. Attend the event and write a 200-400 word summary.
3. Email the completed summary to the Student Representative by Sunday, July 8th.

If you have any questions, please contact the Clinical Section Student Representative Matt Bernstein at [umbersm@myumanitoba.ca](mailto:umbersm@myumanitoba.ca).

As well, if you are interested in acting as a convention reporter but are not sure what event you would like to report on or have questions on how to go about it, please contact Matt Bernstein at ([umbersm@myumanitoba.ca](mailto:umbersm@myumanitoba.ca)), for assistance and more information.

# ATTENTION PSYCHOTHERAPISTS!



## Seeking Psychotherapists for Practice-Based Research

PPRNet is seeking **practicing psychotherapists** to participate in a CIHR funded study on therapeutic alliance. All career stages and approaches welcome.

**Free professional development training** to identify and repair therapeutic alliance tensions. Enrolment is limited to the first 80 eligible therapists.

Contact Us: [PPRNET@uottawa.ca](mailto:PPRNET@uottawa.ca) 1-888-455-9929

Visit [www.PPRNet.ca](http://www.PPRNet.ca) for study information, psychotherapy resources, and to join the network.

Principal Investigator, University of Ottawa: Giorgio A. Tasca, Ph.D. 613-562-5800 ext.3890

Principal Investigator, Mt. Sinai Hospital: Paula Ravitz, M.D. 416-586-4800x7500

The Therapeutic Alliance Tensions and Repair in Psychotherapy Practices Study is funded by the Canadian Institutes of Health Research and conducted by PPRNet in collaboration with:



## AWARD FOR CLINICAL EXCELLENCE (ACE)- 2018

The Award for Clinical Excellence recognizes members of the Clinical Section who have made outstanding contributions to the practice and profession of clinical psychology in Canada. This award honours clinical psychologists who advance the understanding and amelioration of suffering and the promotion of psychological wellness. Candidates should have a doctoral degree in clinical psychology, and a valid clinical psychology license. The majority of their time (70% or more) should be dedicated to direct clinical service. Factors that will be considered in the adjudication of the award include contributions in the following areas:

- assessment and treatment
- mental health promotion
- education and training
- community development and service
- supervision and mentoring
- advocacy
- service development and innovation
- administration and leadership

Applications should include a nomination with a supporting statement by a Member or Fellow of the Clinical Section, a current curriculum vitae of the nominee, and letters of support from two people who are familiar with the nominee's contributions. The award will be presented at the section's business meeting held during the CPA Convention.

The deadline for receipt of the nomination and supporting materials is April 15, 2018. All materials should be sent electronically to:

Caelin White, Ph.D., R.Psych.  
Staff Psychologist  
Operational Stress Injury Clinic  
Ph: 403-216-9876  
Email: caelin.white@ahs.ca

## PRIX D'EXCELLENCE CLINIQUE (ACE) - 2018

Le Prix d'Excellence Clinique reconnaît les membres de la section de psychologie clinique qui ont fait une contribution remarquable à la profession et la pratique de la psychologie clinique au Canada. Ce prix honore les psychologues cliniciens qui font avancer la compréhension et l'amélioration de la souffrance et de la promotion de l'espace bien-être psychologique. Les candidats doivent avoir un doctorat en psychologie clinique, et une licence de psychologie clinique valide. La majorité de leur temps (70 % ou plus) doit être dédié à diriger le service clinique. Les facteurs qui seront considérés dans l'évaluation de l'attribution du prix comprennent des contributions dans les domaines suivants:

- l'évaluation et le traitement
- la promotion de la santé mentale
- l'éducation et la formation
- le développement communautaire et service
- supervision et mentorat
- le promotion
- le développement et l'innovation de service
- l'administration et les qualités de dirigeant

Les demandes doivent inclure une proposition avec une déclaration à l'appui par un membre ou chargé de cours de la section clinique, un curriculum vitae du candidat, et des lettres d'appui de deux personnes qui connaissent bien les contributions du candidat. Le prix sera présenté à la réunion de la section tenue lors de la Convention de la SCP.

La date limite de réception de la nomination et les documents d'appui est le 15 avril, 2018. Tous les documents devraient être envoyés par voie électronique au:

Caelin White, Ph.D., R.Psych.  
Staff Psychologist  
Operational Stress Injury Clinic  
Ph: 403-216-9876  
Email: caelin.white@ahs.ca

## Acceptance and Commitment Therapy for Couples

By: Avigail Lev, PsyD and Matthew McKay, PhD

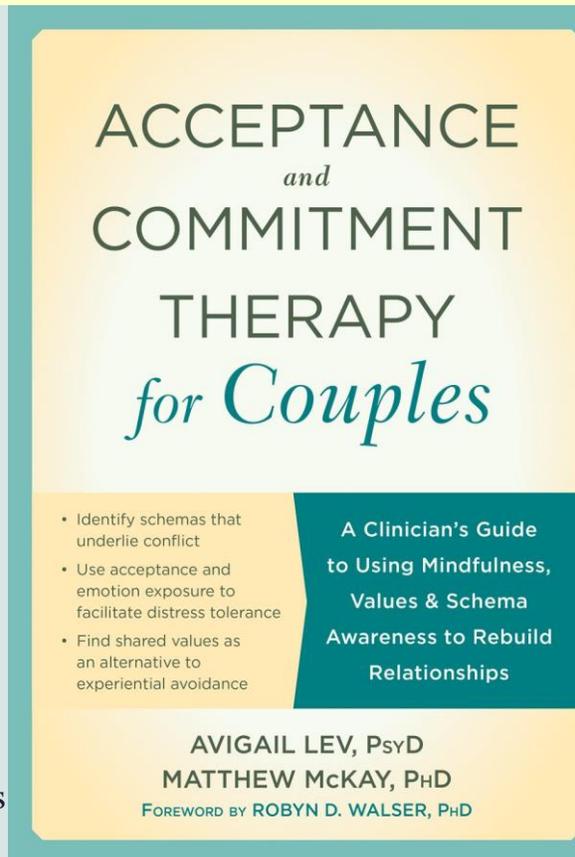
Foreword by: Robyn D. Walser, PhD

**Reviewed By: Breeanna Streich, M.A. Candidate, Laurentian University.**

This book presents comprehensive strategies to overcome conflict in romantic relationships using an acceptance and commitment therapy (ACT) treatment approach. The authors synthesize a schema-based methodology by identifying ten schemas related to attachment (abandonment/instability, mistrust/abuse, emotional deprivation, defectiveness/shame, social isolation/alienation, dependence, failure, entitlement/grandiosity, self-sacrifice/subjugation, and unrelenting standards). The process of therapy discussed is highly detailed and steps are justified.

In every step of the process, the authors use detailed descriptions that allow for a deeper understanding of the existing schemas and triggers that lead to feelings of pain. Firstly, the couple must identify recurrent themes that lead to dispute. Secondly, they must recognize that the current coping behaviours are maladaptive and why. Thirdly, they must clarify values and find mutual beliefs. Lastly, the couple must overcome barriers to implementing these actions that are based on core relationship values. The goal throughout the ACT protocol for couples is to validate each other's emotions, while being honest and expressive about the needs and wants of each person in the relationship. A harmonious relationship involves acceptance, as well as compromise, and the tools discussed throughout this book reinforce these virtues.

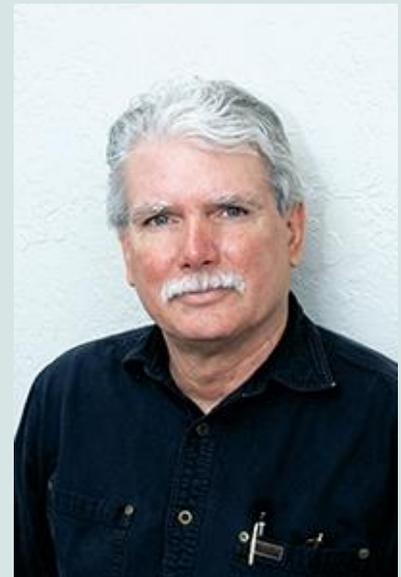
This step-by-step guide is a much-needed tool for couples seeking to repair and strengthen their connection in a meaningful way. The dialogue examples provided in the text are clear and applicable. The suggested exercises and worksheets are practical and straightforward. The authors help the reader to develop an awareness of how their actions and reactions influence their partner. The skill-training focuses on facilitating communication and improving mindfulness. Overall, the unique knowledge and expertise shared throughout makes this book a quality resource for any therapist looking to provide therapy for couples or anyone struggling in their own relationship.



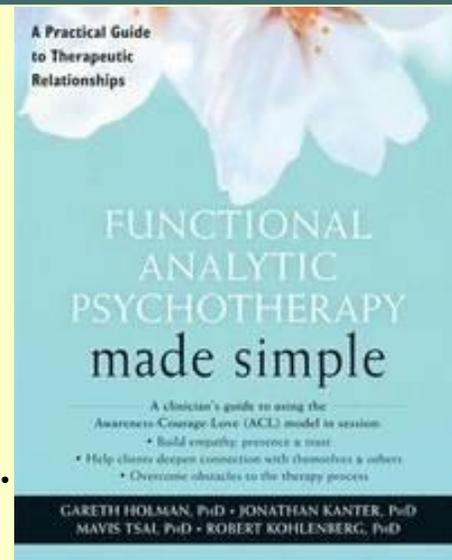


**Avigail Lev, PsyD**, is a psychotherapist and executive coach in San Francisco, CA. She works with couples and individuals who struggle with interpersonal problems, anxiety, trauma, and mood disorders.

**Matthew McKay, PhD**, is a professor at the Wright Institute in Berkeley, CA. He has authored and coauthored numerous books, including *The Relaxation and Stress Reduction Workbook*, *Self-Esteem, Thoughts and Feelings*, *When Anger Hurts*, and *ACT on Life Not on Anger*.



**Foreword writer Robyn D. Walser, PhD** is associate clinical professor in the department of psychology at the University of California, Berkeley, and coauthor of Learning ACT.



## Functional Analytic Psychotherapy made simple: A Practical Guide to Therapeutic Relationships

Written By: Gareth Holman (PhD), Jonathan Kanter (PhD), Mavis Tsai (PhD), Robert Kohlenberg (PhD), Steven Hayes (PhD)

Reviewed By: Paige Smith, M.A. Candidate, Laurentian University.

This book discusses the different aspects of Functional Analytic Therapy, highlighting many of its strengths in work with clients. The goal of the book is to provide a foundation of learning to therapists that are looking to learn about Functional Analytic Therapy. Overall, the book is extremely informative, structured, organized, and educational while touching on multiple facets of the therapy discipline.

The reader may notice that the book is broken down into two sections. “The Ideas”, and “The Practice”, are sections that first provide the theory and how-to of the therapy modality, followed by examples and scenarios that allow the reader to put their learning into practice with themselves or clients. Functional Analytic Psychotherapy has a prominent behaviour component, of which this manual focuses on. Readers are provided with steps to therapy revolving around the functions of behaviours and assisting the client in recognizing them. Throughout the sections of the book there are questions a therapist can use as a form of checklist in their own sessions to help guide them using the Functional Analytic model.

Another important theme that was highlighted was “knowing yourself” as a therapist. The Awareness-Courage-Love model is also highlighted through this book as a key component in the therapeutic relationship as well as Functional Analytic Psychotherapy. When awareness, courage, and love occur between the therapist and the client, there is a sense of connection that develops and fosters the therapeutic alliance.

This text works well to educate therapists on the rationale behind Functional Analytic Therapy and provides explanations as to how you will use the therapy relationship in working with the client. What makes this form of therapy interesting is that the therapist is very open with the client in explaining the therapy modality and goals of therapy. For example, therapists can explain to clients that a goal is to look at their individual behaviours as they occur, so they may pause a session to look at how that individual is behaving and feeling in that moment and how it has an effect on them and others around them.

Most importantly, this book addresses possible mistakes that therapists may make and acknowledges that deviations from the main goals of Functional Analytic Psychotherapy may happen unknowingly. This allows for training therapists to realize that mistakes are sometimes made and the text provides solutions and strategies for using mistakes or mis-directions in therapy as a way to further strengthen the therapeutic relationship. Overall, this book is well written and very easy to learn and practice from and is a great resource for anyone looking to further educate themselves in the area of therapy and Functional Analytic Psychotherapy and the Awareness-Courage-Love model.



**Gareth Holman, PhD**, is a Seattle-based psychologist and consultant. Holman is partner at OpenTeam—a consulting firm that helps business and leadership teams communicate openly and cooperate effectively towards their purpose. His private practice focuses on improving relationships and communication, and he trains and consults with therapists and coaches worldwide who are practicing functional analytic psychotherapy and related behavioral therapies.

**Jonathan Kanter, PhD**, a research associate professor and functional analytic psychotherapy term professor in the department of psychology at the University of Washington. The center's research focuses on functional analytic psychotherapy and other interventions based on a contextual-behavioral understanding of social connectedness and intimate relations in areas of public health significance where relationships matter, such as psychotherapy and racism.



**Mavis Tsai, PhD**, is cofounder of functional analytic psychotherapy, and director of the FAP Specialty Clinic at the University of Washington. Tsai has an international following as a trainer, consultant, and clinician.

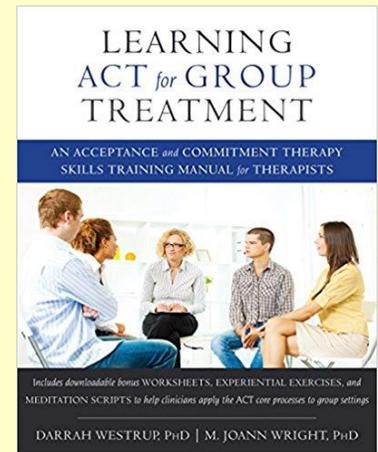
**Robert Kohlenberg, PhD**, is cofounder of functional analytic psychotherapy and professor of psychology at the University of Washington.



## Learning ACT for Group Treatment

Written By: Darrah Westrup, PhD and M. Joann Wright, PhD

Reviewed By: Jaffni Pagavathsing, M.A. Candidate,  
Laurentian University



Group intervention is known to have a unique therapeutic power. In *Learning ACT for Group Treatment*, Dr. Darrah Westrup and Dr. M. Joann Wright present a guide for therapists on how to use action, acceptance and commitment therapy (ACT) in group therapy. ACT is a therapy that is founded on *relational frame theory* and *functional contextualism*. Relational frame theory suggests that humans have the ability to “understand and derive relations between things” and this “allows human beings to link any thing together”. These “things” do not have to be actual physical objects, as they could be concepts. This linking behaviour could be maladaptive in some contexts, such as when we link our selfhood to a concept such as being a failure. The way in which we use language to continue this linking behaviour becomes problematic.

Functional contextualism suggests that everything exists and occurs within a specific context and that in order to understand a behaviour’s function you will need to look at the context in which it occurs. The goal of ACT is to obtain psychological flexibility which requires examining the language and cognitions that could help clients work through the problems they are experiencing in their lives.

The book is divided into two parts. Part 1 focuses on the benefits of using ACT in group therapy settings. Chapter 1 provides a brief introduction to ACT. Chapter 2 provides the reader with specific benefits that ACT could bring to group therapy. Some examples of benefits of ACT in groups is that it optimizes the therapeutic relationship, enhances individual learning, harnesses social support, and facilitates compassion. Chapter 3 explores some of the issues that therapists may face while doing group work, especially within the ACT framework. The authors also provide specific examples with client-therapist dialogue, which allows the reader to develop a sense for the type of dialogue found in the ACT model.

Part 2 focuses on applying ACT in group settings. Chapter 4 discusses the specific skills that therapists may want to target during the sessions. It also includes how to plan specific treatments and how the therapists may approach the initial session. The next few chapters discuss the main behavioural pillars of ACT. Chapter 5 discusses willingness, which requires clients to be willing to see their thoughts for what they are. Chapter 6 discusses building defusion from thoughts. Chapter 7 focuses on contacting the present and increasing the client’s awareness of what is happening in the ‘now’.

Chapter 8 discusses developing self-as-context which requires the development of a strong sense of self that is not threatened by the environment. Chapter 9 outlines working with values which focuses on identifying values and putting individual values into action. Chapter 10 focuses on creating committed action to ensure that group members make value-driven choices. Each of these chapters follow a specific client-therapist example, which makes it clear to the reader on how to best approach the ACT framework. Chapter 11 provides an overview of conducting ACT in different types of groups, including an open-ended, drop-in group, limited-session group, open-membership, sequential group, and single-session intervention. This chapter highlights the flexibility of the ACT model for use in group therapy.

In addition to the book chapters, there is supplementary content available online which contains additional group exercises which include commentary that can help guide sessions. There are also handouts available to increase the readers' learning about ACT. With all of its available resources, this book is an excellent choice for those who wish to use ACT in group therapy sessions.



**Darrah Westrup, PhD**, is a licensed clinical psychologist practicing in Colorado and California with an established reputation for her work as a therapist, program director, trainer, researcher, and consultant to practitioners at various firms and organizations. She is a recognized authority on post-traumatic stress disorder (PTSD) and acceptance and commitment therapy (ACT), and has conducted numerous presentations and trainings at international, national, and local conferences, seminars, and workshops.

**M. Joann Wright, PhD**, is currently director of clinical training and anxiety services at Linden Oaks Behavioral Health at Edward Hospital in Naperville, IL. She is also executive director of the Psychological Solutions Institute in Lisle, IL. Wright is dedicated to teaching and delivering contextual behaviorally based, empirically-supported treatment strategies, protocols, and models in order to help people reduce the suffering in their lives.

