



canadian CLINICAL PSYCHOLOGIST

Newsletter of the Clinical Section of the Canadian Psychological Association
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MESSAGE FROM THE CHAIR

Patricia Furer, Ph.D., C.Psych.

The Clinical Section Executive has been working hard in the past few months especially in preparing for CPA's annual convention in Toronto. We met for our annual mid-winter meeting in Toronto earlier this year (summary of this meeting is provided elsewhere in this newsletter). A special thank-you to Dr. Naomi Koerner and the Department of Psychology at Ryerson University for providing us with a comfortable and welcoming space for our meeting. One of the topics of discussion at this meeting was how to facilitate involvement on the Executive of our section. We continue to encourage participation from members at various stages in their careers and we appreciate having the Executive reflect the professional diversity of our membership. We recognize that the travel costs that have been inherent in membership on the Executive may have served as a deterrent over the years for some of our colleagues. We will be discussing a potential solution for this challenge at our Annual Business Meeting in Toronto on June 3rd and hope that many of you will be at this meeting to provide your feedback.

I would like to extend a special thank-you to Dr. Margo Watt and Dr. Jessey Bernstein who have done such fabulous work as co-editors of the *Canadian Clinical Psychologist*. They have been producing this excellent newsletter since the Spring of 2006. We are very appreciative of Margo and Jessey's creative efforts and hard work over the past five years and know that they will provide guidance and support to our incoming editor, Dr. Elizabeth Levin (Laurentian), and co-editor, Ms. Andrea Woznica (graduate student at Ryerson). A warm welcome to Elizabeth and Andrea from the Clinical Section Executive.

CPA Annual Convention: Toronto June 1-4, 2011

Once again this year, there are many clinical presentations planned for CPA in Toronto. The Clinical Section received 267 clinical

conference submissions this year, including 19 workshops and symposia, and 248 poster submissions.

We would like to highlight the two pre-convention workshops that the Clinical Section is co-sponsoring and we hope that many of you are planning on attending one of these on Wednesday, June 1st. Our first pre-convention Workshop is entitled: *Navigating Therapeutic Routes: One Client, Three Evidence-Based Approaches to Recovery*. We are pleased to be co-sponsoring this workshop with our colleagues from the Counselling Section. This promises to be a very exciting workshop providing demonstrations of cognitive behavioral therapy (CBT), emotion-focused therapy (EFT), and interpersonal therapy (IPT). Three Canadian experts, **Dr. Randi McCabe (CBT)**, **Dr. Jeanne Watson (EFT)**, and **Dr. Paula Ravitz (IPT)** will be videotaping a treatment session with the same actor-client. During the full-day pre-convention workshop, participants will view excerpts from the three videos and will hear from the clinicians. Participants will have extensive opportunity for questions and discussion with the experts. The goal of the workshop is to highlight the unique features of each therapeutic approach as well as to identify areas of overlap. Doubtless we will have a very interesting and informative discussion. I personally am much looking forward to some lively debates in this workshop.

We are also co-sponsoring a second pre-convention workshop with CPA and OPA: *Advocating for the Science and Practice of Psychology: The How, What, When, Where and Whys* presented by a roster of speakers including experts in government relations. I had the opportunity to attend a similar workshop last year at CPA Winnipeg and found it to be very informative. The Clinical Section is pleased to have the opportunity to be involved in this important workshop again this year. Clearly, clinical psychologists are uniquely positioned to advocate for our profession but most of us have not had the opportunity to learn much about this process.

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**CLINICAL SECTION
EXECUTIVE OFFICERS 2010-2011**

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In The News??

If you know of a section member who has recently published a book, article, or chapter, or who has contributed to the field in some other noteworthy manner of late, send the editors a short description and we will be happy to publish it in the Fall 2011 Newsletter.



The Canadian Clinical Psychologist: What do You Want to Read About?

Clinical section members - many from our student contingent! -- have been generously contributing ideas and written pieces to this publication in increasing numbers. These contributions have strengthened it considerably. Below are just two topics included in a few recent newsletters. What would you like to read about next? Send us your ideas, workshop reviews, research summaries, new book publications, and articles relevant to Canadian clinicians, and there is a good chance you will see it appear!

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The Clinical Section is also very pleased that **Dr. Jasper Smits**, Associate Professor and Co-Director of the Anxiety Research and Treatment Program at Southern Methodist University, will be providing several presentations at CPA in Toronto. He is a CPA Invited Speaker and will be presenting a talk on ***Exercise for Mood and Anxiety Disorders on Thursday June 2 at 11:00 am***. He will also be presenting a free public lecture on Wednesday, June 1st at 7 pm. This talk is entitled *Exercise for Mood and Anxiety: Proven Strategies for Overcoming Depression and Enhancing Well-Being*. Dr. Smits' presentations are Co-sponsored with CPA, the Sections of Counselling Psychology, Health Psychology and Sport and Exercise.

Dr. Smits will also serve as the discussant for this year's Clinical Section Graduate Student Symposium which will be held on June 2nd (2:30-3:55 pm). The theme of this symposium, which will be chaired by Ms. Jessica Dere, is *Mental Well-Being through Healthy Behaviours*.

There are numerous other presentations over the course of the conference that will be of interest to our membership. Thursday's sessions include a joint CPA/CCPPP Internship fair; four symposia: *Peer Support and Mental Health Services for Operational Stress Injuries*, *Clinical Applicability of Openness to Experience to the Phenomenology and Course of Axis 1 and 2 Disorders*, *Cognitive Mechanisms in Anxiety and Depression*, and *Caring for Children and Youth with Chronic Mental Health Problems*; and a workshop addressing the *Role of "Mindful Eating" in a Group Treatment Model for Eating Disorders*. On Friday there will be two clinical workshops: *Privacy Laws in the Internet Age: The Challenge of Compliance*; and *Cognitive-Behavioural Treatment for Anxiety Disorders during Pregnancy and the Post-Partum Period*. There will also be four Round-Table Conversation Sessions on Friday including Dr. John Hunsley's *Overview of the EPPP*. Saturday's offerings include five symposia: *Understanding the Role of Significant Others in the Expression and Treatment of PTSD*; *Cognitive and Interpersonal Mechanisms Underlying Depression Vulnerability*; *Perfectionism and Depression: New Theory and Evidence Relevant to Clinical Practice*; *Collaborative Mental Health Care: Maximizing Access to Psychologically Informed Services*; and *Clinical and Counselling Internships: Challenges, Synergies and Successes*. There will also be several workshops on Saturday including *Where Does the Peace Lie?*; *Positive Psychotherapy: A Strength-Based Therapeutic Approach*; *An Overview of Palliative Care for the Clinical Psychologist*; and *Assessment of Risk and Protective Factors in Dangerous Offenders*.

Clinical Psychology Poster Sessions will be on Friday (3:00-4:55) and Saturday (3:00-4:55). This will be a great opportunity to see the new research being conducted in Canada and also to peruse the posters being considered for Clinical Section Awards.

The Clinical Section Annual Business Meeting will be held on Friday, June 3, 10:00-10:55am. We are hoping that many of you will be able to attend this meeting. It is an excellent opportunity to get involved in the Clinical Section and to network with colleagues. We will also have the opportunity to honour a number of our members: We will be presenting this year's new Clinical Section Fellows, the Ken Bowers award for student research, as well as the Scientist-Practitioner Early Career Award.

Looking Ahead

I would like to take this opportunity to announce the Clinical Section Executive for 2011-2012. We will be welcoming two new members to our group, saying farewell to two members, and doing some re-positioning within the existing executive. I am pleased that Dr. Jennifer Garinger, clinical psychologist with Alberta Health Services (Calgary Region), has accepted the nomination for Member-at-Large. We will also have a new Student Representative, Ms. Emma MacDonald, graduate student in Clinical Psychology at Ryerson University. We wish to express our appreciation to our Past-Chair, Dr. Mark Lau, who will be concluding his three year term with the Executive next month. We are also sad to say farewell to Ms. Jessica Dere, who has been such a wonderful Student Representative over the past two years. We are grateful to both Mark and Jessica and we will miss them both. Continuing members of the Executive will be Dr. Peter Bieling, Chair, Dr. Margo Watt, Chair-Elect (moving from the Secretary-Treasurer position), Dr. Liz Nilsen, Secretary-Treasurer (moving from the Member-at-Large position), and myself as Past-Chair. I am looking forward to welcoming our new members to the Clinical Section Executive at the ABM as well as acknowledging the contributions of those who will be leaving.

-PF-

Many Thanks to Volunteer Reviewers of the 2011 Convention Submissions

Dr. Peter Bieling, the Chair-Elect of the Clinical Section, was responsible for this year's review of the clinical submissions to the 2011 convention. He and the other members of the Executive wish to thank the section members who volunteered their time to review the many submissions. We appreciate the effort and care the following individuals devoted to this important task:

Bruce Christensen	Randi McCabe
Charles Cunningham	Stephanie McDermid Vaz
Jessica Dere	Margaret McKinnon
Patricia Furer	Heather McNeely
Heather Hadjistavropoulos	Elizabeth Nilsen
Thomas Hadjistavropoulos	Joseph Pellizzari
Lance Hawley	Karen Rowa
Jelena King	Ian Smith
Mark Lau	Stephen Swallow
Terry Levitt	Margo Watt
Bruno Losier	Jodi Younger

Farewell Editorial

Five years ago, Jessey Bernstein and I assumed the editorial reins of the Clinical Psychologist from Drs. Deborah and Keith Dobson. Deborah and Keith had been co-editors for five years and the newsletter had flourished under their skillful tutelage. Jessey and I were excited about the prospect of working together to maintain the quality of the newsletter - a primary communication forum for the Clinical Section - as it moved to an electronic format. Over the past five years, we have had a lot of fun and have learned a lot about the function and operations of the Clinical Section. We have had the pleasure of working with a number of wonderful executive members who have guided us and supported us in our efforts to be creative with the newsletter. We also have had the pleasure of interacting with many Section members who have contributed to the newsletter via their various submissions. We trust that the same kind of support and encouragement will be accorded the new incoming editor Dr. Elizabeth Levin and co-editor Ms. Andrea Woznica. Like Deborah and Keith before us: "We encourage all members of the Section to take an active role in this process, both by offering ideas about how the Newsletter should evolve, as well as contributing to its specific content." Or, as Garrison Keillor would say: *Be well, do good work, and keep in touch.*

Cheers and best wishes,
Margo

P. S. Thanks, Jessey, for being such an awesome editorial partner for the past five years! Thanks also to my research assistant, Max Hebert, for his invaluable assistance with this issue. Bonne chance with your graduate studies at Concordia next year, Max!

Meet the New Editor and Co-Editor:



Dr. Elizabeth A. Levin graduated from McGill University with a Bachelor of Science degree in psychology, and obtained her master's and doctorate in child psychology from the University of Waterloo. She had the opportunity to teach at the Université canadienne en France. She teaches undergraduate and graduate students at Laurentian University. A registered clinical child psychologist, Dr. Levin consults for several agencies providing services to children, adolescents, and families, and speaks frequently to the media and the public on parenting and child development issues.



Ms. Andrea Woznica completed her Honours in Psychology at the University of Western Ontario in 2008 and is in her second year of the Clinical Psychology program at Ryerson University. Her thesis research is being supervised by Dr. Kristin Vickers and involves the examination of panic reactions in individuals with abnormal eating behaviours.



Section on Clinical Psychology
La Section de la psychologie clinique

CLINICAL SECTION EXECUTIVE SPRING
TELECONFERENCE HIGHLIGHTS

April 18, 2011

Participants: Trish Furer (Chair), Mark Lau (Past Chair), Jessica Dere (Student Representative), Liz Nilsen (Member-at-Large), Margo Watt (Secretary-Treasurer)

Regrets: Peter Bieling (Chair-Elect)

1. Annual report from Chair (Trish) to be completed by April 21st
 - Professional Affairs Committee (Peter) – N/A
2. Membership and financial report (Margo)
 - Membership – Currently, 609 members + 320 students = 929; significant increase from January and consistent with last year at same time
 - Financial report – Current bank balance for the Clinical Section is \$22,115.64 with an additional \$12,022.68 in GICs. Total assets are \$34,138.22.
 - Discussion of budget issues for 2011-2012: Mid-winter meeting: Toronto, same budget;; Discussion re covering some of executive travel expenses for CPA; Margo will review budget and see what might be feasible
3. Student Report (Jessica)
 - Ken Bowers award: Submissions sent to Peter so no report available
 - Student Travel awards: 5 applications to date
 - Student Educational Activity Grant: No update
 - Student symposium for CPA 2011: Scheduled for **Thursday at 2:30** / Dr. Jasper Smits discussant; Jessica will provide him with draft of slides
4. Nominations
 - Executive Nominations for 2011-2012 (Mark)
 - ❖ Chair- elect: Margo; Secretary-Treasurer: Liz; Member-at – Large: discussion of potential candidates; Trish to follow-up
 - ❖ Student representative: Ms. Emma MacDonald, Ryerson University
5. Communications
 - Nominations for Clinical Section Fellows for 2011 (Peter & Trish)
 - ❖ TBA at the ABM in June
 - ❖ Last year's honouree Deb Dobson will have hers presented at conference
 - Scientist-Practitioner Early Career Award (Trish)
 - ❖ 5 candidates from last year provided opportunity to update letters and CV + 5 new applicants from this year; Executive members will review
 - Spring newsletter (Margo): Notice to be sent; Call for new co-editor(s) for the newsletter has been issued
 - Website (Liz): No updates; Executive to discuss definition of clinical psychology (Vallis & Howes, 1996) for possible inclusion
 - Listserve update (Liz): Some concern that emails not being transmitted in a timely fashion; New minutes will be posted; Poster for pre-conference has been posted; Need to post information re Jasper
 - Psynopsis submissions (Margo): Margo will review suitable submissions
6. CPA 2011 Conference
 - Pre-convention workshop: Videotaping of Drs. McCabe and Watson are scheduled; Dr. Ravitz is in Africa but has confirmed her interest; 25 registrants to date – mostly students; Moderator: TBA; Introductions: Trish + José Domene
 - ❖ Advertising discussed
 - Co-sponsoring Advocacy pre-convention workshop (Trish): \$2000 contribution
 - Invited Speaker and public lecture (Margo): Paying honorarium only
 - ❖ Advertising discussed
 - ❖ Involvement of co-sponsoring sections: Counselling, Health and SEP
 - Review process of submissions to Clinical section (Peter): reviewers of workshops no longer be blind to identity of the presenter
 - Certificates for Fellows and award winners – Mark will follow-up
 - Items for meeting of chairs? (Trish, All): Peter and Trish will attend
7. New Business

- Advocacy projects (\$5000 allocated) (All):
\$2000 to pre-convention workshop on Advocacy; Correspondence with John Service re projects that might be funded
- Possible presenters for CPA 2012 Convention (All)
 - Potential Category 2 speakers discussed + Pre-convention workshop ideas

8. Clinical Section ABM **Friday June 3, 10-11 am;**
Meeting for Executive at CPA – Friday at 7PM; Place TBA; Trish will send slides in advance

Adjournment: Moved by Mark; Seconded by Liz



CPA Clinical & Counselling Sections
Pre-convention Workshop: *Navigating Therapeutic Routes*

DATE: June 1, 2011

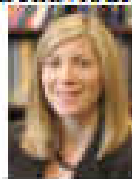
LOCATION: Sheraton Centre Toronto Hotel



1 Client
3 Therapists
3 Different Approaches to Treatment

Each therapist will review excerpts of her videotaped interview with the client, discuss her approach to treatment, and respond to questions from workshop participants.

Cognitive-Behavioural Therapy



Randi E. McCabe, PhD
McMaster University

Emotion-Focused Therapy



Jeanne Watson, PhD
University of Toronto

Interpersonal Psychotherapy



Paula Ravitz, M.D.
University of Toronto

REGISTRATION

\$ 197.75 (CPA MEMBERS) 245.25 (NON-MEMBERS)

\$84.75 (STUDENTS)

CPA Clinical, Sport and Exercise, Health, and Counseling Sections present:
EXERCISE FOR MOOD AND ANXIETY

PUBLIC LECTURE

JUNE 1: 7:00P.M.
SHERATON HOTEL
ROOM: TBA

PROFESSIONAL TALK

JUNE 2: 11:00A.M.
SHERATON HOTEL
ESSEX BALLROOM



Jasper Smits, Ph.D.

Dr. Smits is Associate Professor and Co-Director of the Anxiety Research & Treatment Program at Southern Methodist University. He received his Ph.D. from the University of Texas at Austin and completed a fellowship at Harvard Medical School/Massachusetts General Hospital. Dr. Smits has published over 60 articles, book chapters, and books. He is a member of the Scientific Advisory Board for the Anxiety Disorders Association of America and serves on the editorial board of a number of journals.

There is a wealth of evidence for the mood benefits of exercise. Exercise can rival the efficacy of antidepressant medications in treating depression, and, more broadly, regular exercise is linked with decreased anxiety, stress, and hostility. This presentation provides a review of this impressive evidence, but focuses more on how to help people translate good intentions into action, shutting down patterns that derail exercise attempts. Indeed, no matter how much evidence there is for the mental or physical health benefits of exercise, adults have not been good at getting themselves to exercise. So, how do you get yourself to exercise when you are tired, distracted, or stressed? What do you pay attention to during exercise? How do you prepare yourself so that getting out for exercise is not more effortful than the exercise itself? How do you shift from inactivity to exercise when past attempts have failed? These are the questions addressed in this presentation. The emphasis is on how to get people to exercise, and how to make them feel good.

Message From the Student Representative

Hello fellow Clinical Section members,

I hope that the past few months have been enjoyable and productive ones. The 72nd Annual CPA convention in Toronto is rapidly approaching, and there will be many stimulating and informative symposia, workshops, and poster sessions of interest to section members. I hope that many of you will be able to attend the convention.

For student section members whose abstracts have been accepted by the Clinical Section for presentation at the conference, I would like to remind you about the deadline for section-sponsored award applications. Students are encouraged to apply for the Ken Bowers Research Award and the Clinical Section Travel Awards. The deadline for both awards is May 2, 2011. More information on both of these awards, along with the Travel Award application form, can be found on the section website:

<http://cpa.ca/aboutcpa/cpasections/clinicalpsychology/clinicalsectionnewsandevents/>

Please also see the descriptions of both awards in this newsletter. Feel free to contact me if you have any questions about either award.

The Section's Educational Activity Student Grant continues to be a popular initiative. We received five excellent applications this year, from students across Canada. I am very pleased to announce that Caitlin Davey from Ryerson University was awarded this year's grant, for a workshop entitled "Program evaluation: A focus on realist methodology". We look forward to hearing about the workshop in the next newsletter.

I am also happy to report that we will have our second annual student symposium during this year's convention. This year's symposium is entitled "Promoting mental well-being through healthy behaviours: Highlighting graduate student research contributions to the mental health and physical activity literature", and will include our Section speaker Dr. Jasper Smits as discussant. I am really looking forward to moderating the session, and hearing from the four graduate students whose presentations were accepted as part of the symposium. I hope that many of our section members will be able to attend.

Please feel free to contact me with any questions, comments, or suggestions. All the best,

Jessica Dere, M.Sc.
Student Representative
jesscadere@gmail.com

Clinical Section Travel Awards

The Clinical Section Travel Awards were designed to help clinical section students from across Canada to travel to the annual CPA conference. Additionally, this award was especially designed to encourage communication between Clinical Section students and to promote peer review among students. Three Travel Awards are granted each year and are valued at \$750, \$400, and \$400. The three winning submissions will also have their conference abstract published in the fall edition of *The Canadian Clinical Psychologist*. All students who have posters or presentations accepted by the Clinical Section are invited to apply. For more information, please go to:

<http://cpa.ca/aboutcpa/cpasections/clinicalpsychology/clinicalsectionnewsandevents/>

Prix de déplacement de la Section de psychologie clinique

Les Prix de déplacement de la Section de psychologie clinique vise à aider les étudiant(e)s en psychologie clinique à travers le Canada à assister au congrès annuel de la Société canadienne de psychologie (SCP). De plus, cette série de prix vise à encourager de façon particulière les échanges entre les étudiant(e)s en psychologie clinique et à promouvoir l'analyse critique du travail d'autres étudiant(e)s. Trois Prix de déplacement de la Section de psychologie clinique seront attribués à chaque année: 750\$, 400\$, et 400\$. Le résumé de la communication des trois candidatures gagnantes sera publié dans l'édition d'automne de la revue *The Canadian Clinical Psychologist*. Chaque étudiant(e) qui a une communication orale ou par affiche acceptée par la Section de psychologie clinique est invité(e) à faire une demande de bourse. Pour plus d'information, veuillez vous rendre à:

<http://cpa.ca/aboutcpa/cpasections/clinicalpsychology/clinicalsectionnewsandevents/>

KEN BOWERS STUDENT RESEARCH AWARD

The Ken Bowers Student Research Award was established to honor the enormous contributions of Dr. Ken Bowers (1937-1996) to the field of clinical psychology. Dr. Bowers is widely considered to have been one of the world's pre-eminent hypnosis researchers. In addition, he is renowned for his contributions to our understanding of personality, revolutionizing the trait-situation debate through his assertion of a situation-by-person interactional model. One of Dr. Bowers' last works was a highly influential paper on memory and repression that appeared in a 1996 volume of *Psychological Bulletin*. Dr. Bowers saw the philosophical foundations of inquiry as the common basis for both research and clinical practice. He was a consummate scientist-practitioner who devoted his career to the Department of Psychology at the University of Waterloo. The memory of his intellectual rigor and scholarship continues to shape UW's clinical training program.

The Ken Bowers Student Research Award is given by the Clinical Section to the student with the most meritorious submission to the Clinical Section of the CPA annual convention. All students whose presentations have been accepted within the Clinical Section program are invited to apply. The winning submission is recognized with a certificate and \$1000.00, and the student is invited to describe her/his work in the fall edition of the Clinical Section newsletter, *The Canadian Clinical Psychologist*. The award will be presented at the Annual Business Meeting of the Section, during the 2011 convention. For more information and application instructions please go to:

<http://cpa.ca/aboutcpa/cpasections/clinicalpsychology/clinicalsectionnewsandevents/>

To be eligible you must:

1. Be a student who is first author of a presentation that has been accepted in the Clinical Section at the CPA annual convention in Toronto, June 2-4, 2011
2. Submit an APA-formatted manuscript describing your research*
3. Be prepared to attend the Clinical Section business meeting at the Toronto convention, where the award will be presented
4. Be a student member of the Clinical Section at the time of presentation of your paper at the conference**

*The manuscript must include a title page and abstract page, and must be no more than 10 pages, double-spaced with 2cm margins and 12 point font. Figures, tables and references are not included in the page count. Manuscripts that do not conform to these criteria will not be reviewed. The **deadline** for submission of applications is **May 1, 2011**. Submissions in either English or French should be sent by e-mail to Dr. Patricia Furer (Furerp@cc.umanitoba.ca). If you have any questions about the submission process, please contact Dr. Furer by e-mail.

**If you are a CPA member but not a Clinical Section member contact membership@cpa.ca or 1-888-472-0657; if you are not a CPA member go to

<http://www.cpa.ca/sections/clinical/membership/> and be sure to indicate Clinical Section membership on your invoice.

Students can apply for both the Ken Bowers and the Student Travel Award, but can only win one of these awards per year

Ψ

PRIX KEN BOWERS POUR RECHERCHE EFFECTUÉE PAR UN(E) ÉTUDIANT(E)

Chaque année, la Section de Psychologie Clinique évalue les communications soumises par les étudiants(e)s en vue d'une présentation au congrès annuel de la SCP. En 2011, un certificat et une bourse de 1000\$ seront remis à l'étudiant(e) ayant soumis la communication la plus méritoire. De plus, l'étudiant(e) est invitée à décrire son travail dans la le bulletin des nouvelles de la section clinique dans l'édition d'automne. Le prix sera remis pendant la réunion d'affaires annuelle de la section lors du congrès 2011. Tous les étudiant(e)s dont la présentation a été acceptée au sein du programme de la section clinique sont invités à présenter une demande. Pour plus d'information, veuillez vous rendre à:

<http://cpa.ca/aboutcpa/cpasections/clinicalpsychology/clinicalsectionnewsandevents/>

Pour être admissible, l'étudiant(e) doit :

1. être premier(ère) auteur(e) d'une communication touchant le domaine de la psychologie clinique ayant été acceptée pour le congrès à Winnipeg, le 3-5 Juin, 2010
2. soumettre un court manuscrit décrivant l'étude selon le format de l'APA
3. être présent(e) à la réunion d'affaires de la Section Clinique du congrès à Winnipeg quand le prix sera décerné
4. être membre de la section quand vous présentez votre document

Veuillez suivre les consignes de présentation : le manuscrit doit être à double interligne, avec des marges d'au moins 2 cms, un font 12, avec une page titre, un résumé et un maximum de 10 autre pages de texte, plus des pages de références, tableaux, et figures. Des manuscrits qui ne respectent pas ces critères ne seront pas admissibles. La date limite pour la soumission des candidatures est le **1^{er} mai, 2011**. Les demandes peuvent être formulées en français ou en anglais et doivent être envoyées par courriel à **Dr. Patricia Furer** (Furerp@cc.umanitoba.ca). Si vous avez des questions au sujet du processus de soumission, n'hésitez pas à contacter le Dr. Furer par courriel.

Si vous désirez devenir membre de la SCP vous pouvez vous abonner à <http://www.cpa.ca/sections/clinical/membership/>, assurez vous d'indiquer "section clinique". Si vous êtes membre de la SCP, mais pas encore membre de la section clinique, veuillez contacter la SCP par courriel au membership@cpa.ca ou par telephone au 1-888-472-0657.

CPA student section
hosts its annual
student social!
Join us for free drinks,
pool and door prizes!



La section étudiante de
la SCP présente la
soirée annuelle des
étudiants. Venez nous
rejoindre pour un verre,
une partie de billard et
des prix!

Thursday June 2nd

739 Queen St. West 2nd Floor at 9pm

walk west towards University
Avenue

or

meet us the Sheraton Lobby at
8:50pm for your FREE drink ticket

Jeudi 2 Juin

marchez vers l'ouest
(vers University Avenue)

ou

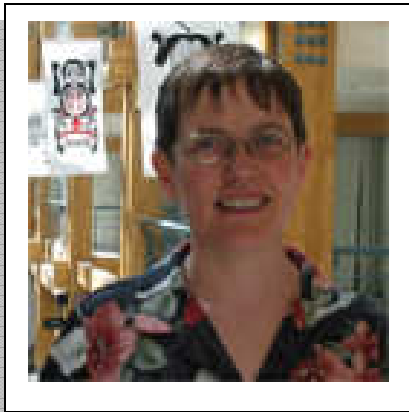
à la reception de l'hôtel Sheraton
à 20:50 pour votre billet de
consommation GRATUITE

Profiles in Clinical Psychology

Profiles of Rural Canadian Psychologists:

Cindy Hardy, Judi Malone, & Shelley Rhyno

Here we share a brief glimpse into our professional lives as practicing rural psychologists in western Canada. We share these reflections on clinical practice to highlight diversity in rural practice.



Starting in the West

My name is Cindy Hardy. I grew up in rural Alberta, and obtained my psychological training in Vancouver (UBC), Montreal (Concordia), and Calgary (Alberta Children's Hospital). Since 1994, I have lived and worked in Prince George BC, which is a city of about 80,000. Prince George cannot be thought of as rural by any definition. However, because Prince George is the service hub for the northern half of the province, practice here shares characteristics of rural and northern practice seen in other parts of Canada. Specifically, there are low population densities, vast distances, and few specialized resources. I have been on faculty at the University of Northern British Columbia (UNBC) since the campus first opened for classes in September 1994. My practice hours are part-time at less than five hours per week. As a result, I can specialize in child clinical psychological services, and my case load looks a lot like that of most child clinical psychologists in private practice. My practice is moderately busy with no need to advertise, and I never feel that I am competing with colleagues for business. Because specialized resources are few and far between, I am often asked to provide consultation and continuing education, and to translate psychological knowledge for end users. I am currently chair of the Northern Attachment Network, a thriving network of service providers who work with children and their families in many communities across northern BC. The main activities of the network are information and resource sharing, and continuing professional education, with the goal of improving the capacity of community organizations and service providers to meet the mental health needs of infants and children. One particularly rewarding aspect of working in a small

community for a number of years is that I am able to see the direct effects of my work over time. Many current colleagues are former students who did part or all of their training at UNBC and have stayed or returned to work in this community.



Moving East to Alberta

My name is Judi Malone and I have been a registered psychologist in Alberta since 1999. My community, St. Paul, has a trading area of 18 000 people including several Aboriginal communities and is over 200 kilometres from a major urban centre. There are currently only four registered psychologists across the greater region of over 40 000 people. I would describe my work as rural generalist practice. I teach university and deliver professional development workshops. I work in two therapy clinics, do research, and act as a consultant to agencies and for community development. In my St. Paul clinic, my clients are predominantly middle-class Caucasian clients. Therapy clients are of all ages and issues range from children coping with separation to professionals with existential angst to insurance related referrals of people with disabilities. Clients travel as far as 150 kilometres to see me in St. Paul and I travel 100 kilometres to provide therapy and community development services to an Aboriginal Cree community where the people live with dire socioeconomic circumstances. There I work within a triage model in a federally funded health centre. Typical presenting issues include trauma, addictions, and the ongoing effects of colonization. My primary professional interest is in the area of professional ethics and I cannot imagine not having close relationships with peers in rural practice with whom to consult on ethical issues. These have often been my most stimulating and rewarding collaborations and have contributed to my personal and professional growth. Personally, I love rural practice. I value relationships, knowledge, and learning. Also, I believe in equality and social justice. These experiences, values, and beliefs have shaped my interests in professional ethics and rural psychological practice.



Ending in Manitoba

“How’s your head, Doc?” is a typical comment from the locals. I am always “the Psychologist.” This is life and practice as a psychologist in the north. That famous line from the sitcom Cheers; “Do you want to be where everybody knows your name” is a good question to ask. Psychology is a second career after a decade or more in business. After I completed my Ph.D., I pursued northern practice and this is where I have been living and working for 3 years. My practice is a consultative model. While I provide direct assessment and therapy services, I usually consult with front line mental health workers. For six month of the year, I supervise psychology residents. In addition, I provide educational workshops to a wide variety of professionals and the public at large. Research is also a key component of practice. My research interests are largely related to service provision for trauma, a salient issue in my community, and the induced-forgetting of negative memories. I have come to realize that psychology is big in this small northern town. Services are in high demand in a place where resources are scarce. What do I like most about the practice northern psychology? The Code of Ethics is brought to life. “Avoid the dual relationship” is a daily ethical challenge. What happens when the cop who stops you for speeding is coming to see you in three days for therapy? How do you navigate through a collateral interview with a teacher, who is also your client? These are just a few of the exciting ethical conundrums. Individuals, their problems, and their cultural backgrounds are very diverse. The traditional role of psychologist does not always work. How best to use psychological knowledge makes for a challenging but rewarding work/life experience.

Conclusions

In this article we have shared some of our experiences as rural psychologists in Western Canada. We hope this provides some insight into our practice and the rewards and challenges of rural professional practice. Ψ

News from the Canadian Register of Health Service Provides in Psychology

Myles Genest, Ph.D.
Vice-President, CRHSPP

The Canadian Register (CRHSPP) is the only Canadian body that credentials psychologists nationally. To be listed in the Register, psychologists must be licensed to practice in their province or territory, and meet a set of high educational and training standards that are consistent with standards of practice for the profession.

Last year, CRHSPP announced the sunset of Masters-level registration. As of February 1 of this year, only doctoral-level psychologists have been eligible for registration with CRHSPP. This establishes the CRHSPP credential as a national, high standard for health-service psychologists.

In addition to serving its credentialing function, the Canadian Register also promotes professional standards by encouraging and delivering information and knowledge transfer, including continuing education and research programs. It has sponsored continuing educational programs for practitioners, with topics including accounting and taxation issues, setting up a private practice, building referral networks, and others. A survey of psychologists by CRHSPP last year identified a specific desire for online continuing educational programs. As a result, the Register negotiated an arrangement with the U.S. National Register, which now allows CRHSPP Registrants to access the National Register’s extensive catalogue and complete any of their on-line continuing educational programs without charge.

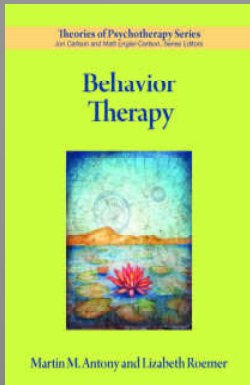
CRHSPP also initiated a Primary Care Listserve, to enable Registrants to share information about Professional and ethical issues, as well as tools and clinical material relevant for psychologists in primary care settings. The Listserve has also served as a networking tool for Registrants.

These are a few recent CRHSPP initiatives. On the basis of input from Registrants and potential Registrants, over the last year, CRHSPP began an ambitious renewal program, which will include promoting the Register among psychologists and among health-service users, assisting the public and third-party payers to become more aware of the benefits of psychological health services and working toward increased accessibility of those services. One part of this is a complete revision of CRHSPP’s website to make it more useful for both Registrants and the public, as well as increasing the visibility of the site in web searches.

We invite you to become a part of the renewed Canadian Register. If you have any questions or would like information about registration, please contact Myles.Genest@gmpsiologists.com or go to the CRHSPP.ca website (soon to be completely updated and renewed).

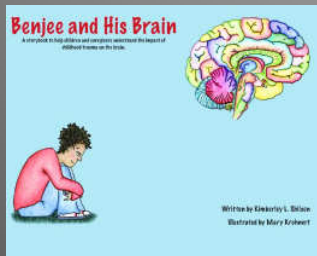
The Book Corner

Please send the editors information about yours and your colleagues' new and forthcoming books on any topic you deem relevant to Section members! If you are interested in writing a brief review of any of the books featured in this or future newsletters, let us know.



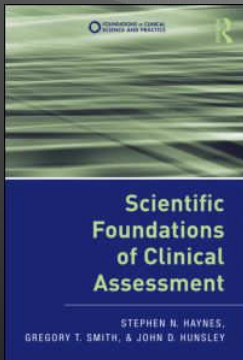
Behaviour Therapy
By Martin M. Antony and Lizabeth Roemer
American Psychological Association (2011)

Behavior Therapy is a cogent introduction to the intellectual and therapeutic realms of behaviorism for students and practitioners. Authors Martin Antony and Lizabeth Roemer survey the scholarly and scientific contributions of Ivan Pavlov, John Watson, Clark Hull, B. F. Skinner, Albert Ellis, and many others, to present a rich analytical panorama of the various kinds of behavior therapies developed over time and prevalent today. Chapters include the history of behavior therapy; theoretical orientations; basic concepts and techniques in behavioral therapy processes, such as functional analysis, operant conditioning, positive and negative reinforcement, and others; an evaluation of the therapy's overall effectiveness, and suggestions for its future development.



Benjee And His Brain: A Storybook To Help Children And Caregivers Understand The Impact Of Childhood Trauma On The Brain
by Kimberley L. Shilson
(2010)

This book is for mental health professionals working with traumatized children and their caregivers. It is difficult to understand the ways witnessing domestic violence or other terrifying experiences impact children. Long-term effects can be seen across settings, and the patterns of behaviour become more entrenched as the child gets older. Early intervention can change some of the patterns and corrective experiences can, in a way, rewire the brain. This book is a tool for therapists to explain complicated processes in a way that is accessible to clients - a personal story told by a boy (fictional). Benjee and His Brain aims to bring hope to therapists working with traumatized youth, and hope to the families with whom we work.



Scientific Foundations of Clinical Assessment
By Stephen N. Haynes, Gregory T. Smith and John D. Hunsley
Routledge (2011)

Scientific Foundations of Clinical Assessment is a user-friendly overview of the most important principles and concepts of clinical assessment. It provides readers with a science-based framework for interpreting assessment research and making good assessment decisions, such as selecting the best instruments and measures and interpreting the obtained assessment data. Written in a direct and highly readable fashion, with plenty of clinical examples that illustrate the relevance of psychometric principles and assessment research.