



# THE CANADIAN CLINICAL PSYCHOLOGIST

Newsletter of The Clinical Section of the Canadian  
Psychological Association

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## MESSAGE FROM THE CHAIR Kristin Reynolds, Ph.D.

I am writing to you on the heels of the successful completion of the 80<sup>th</sup> Annual Canadian Psychological Association Convention, held from May 31<sup>st</sup>-June 2<sup>nd</sup>, 2019 in Halifax, Nova Scotia.

This year, the Pre-Convention Workshops were offered on May 30<sup>th</sup>: <https://convention.cpa.ca/learn-grow/pre-convention-program/>. Of particular relevance to clinical section members were the following:

- Assessing and Treating Sleep Problems in Typically Developing Children and Children with Neurodevelopmental Disorders
- Cognitive, Behavioural, and Neuropsychological Assessments in Populations with Complex Phenomenology
- New Developments in Psychotherapies for Psychosis: From CBT to Third Wave Interventions and Targeted Treatments
- Professional, Ethical and Procedural Considerations for Clinical/Counselling Psychologists Working with Court-related Issues
- Psychology: The Profession of Leaders
- Psychopharmacology for Clinicians: 2019 Update
- Reconsolidation Therapy: A Primer for Clinicians

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Please note that video recordings of select convention workshops are available to create online CE courses, which are typically launched in the fall (following the convention). This can be found at: <https://cpa.lts-online.net/home/>.

We had an excellent lineup of speakers and presentation topics at the convention, and the Section Annual Meeting and Section Reception provided wonderful opportunities to visit with colleagues in beautiful Halifax. This year, our section-sponsored in-congress workshop, presented by Dr. Maxine Holmqvist and colleagues, provided an update on the clinical practice guideline development, in a presentation titled *Putting the Evidence into Practice: A New Online Resource for Canadian Psychologists*. Our section-sponsored speaker, Dr. Natalie Rosen from Dalhousie University, presented *The Interpersonal Emotion Regulation Model of Women's Sexual Dysfunction: Applications and Implications*. We also held a featured Clinical Section Student Symposium, chaired by our 2018 Scientist-Practitioner Early Career Award (SPECAs) recipient Dr. Christopher Mushquash from Lakehead University and our Clinical Section Student Representative Matthew Bernstein from the University of Manitoba. The Symposium was titled *Substance Misuse Among Young People and Indigenous People: Implications for Intervention*. Annie Chinneck from Dalhousie University, Jona Frohlich and Alanna Single from the University of Manitoba, and Elaine Toombs from Lakehead University presented in the symposium. This year, the Executive Committees from three sections including Clinical, Clinical Neuropsychology, and Psychologists in Hospitals and Health Centres, co-hosted a shared-reception. This shared-reception model allowed for increased numbers of attendees and the formation of new connections, and we hope to follow this model again for next year's convention in Montreal.

Thank you to CPA Clinical Section members for the interesting and important research that you do and for sharing it with us in Halifax.

Dr. Kristin Reynolds

Chair, CPA Clinical Section Executive

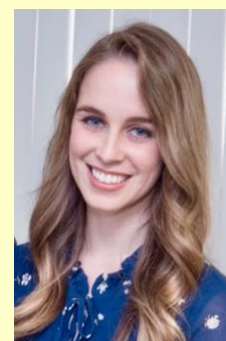


CONVENTION DATES: May 31 to June 2, 2019

# CLINICAL SECTION EXECUTIVE COMMITTEE UPDATE

As an update regarding our Clinical Section Executive, Dr. Aislin Mushquash has completed her term as Past-Chair this June (2019). Dr. Mushquash has been an active and passionate member of the Executive for the past three years in the roles of Chair-Elect, Chair, and Past-Chair, and we extend our sincere gratitude to her for her leadership. Matt Bernstein, who has been the Student Representative for the past two years, has also completed his term with the Clinical Section Executive and will be moving forward to complete his Pre-Doctoral Internship. We thank Matt for all of his hard work and wish him all the best as he completes his internship and doctoral studies in Clinical Psychology.

Welcome, Dr. Kristi Wright (pictured top right)! We are fortunate to have Dr. Kristi Wright who has now joined our Executive as Chair-Elect. Dr. Wright, R.D. Psychologist is an Associate Professor in Psychology and Clinical Placement Coordinator at the University of Regina. Dr. Wright's primary area of research is focused on the health-related worries of children and adolescents (i.e., preoperative anxiety, health anxiety) and seeking to develop innovative prevention and intervention strategies for children and adolescents with such concerns. She has published research in many peer-reviewed journals, presented research at many national and international conferences, and has been the recipient of funding at both provincial and national levels.



Welcome, Jordana Sommer (pictured bottom right)! We are also fortunate to have Jordana Sommer join our Executive as Student Representative. Jordana is a graduate student in Clinical Psychology at the University of Manitoba, co-supervised by Dr. Renée El-Gabalawy and Dr. Kristin Reynolds. She will be completing her Master's this summer and beginning her PhD in the fall. Her primary research interests are in the area of health psychology. In particular, she is interested in identifying psychological correlates of adverse health events (e.g., life-threatening illness, surgery) and examining comorbidity, and mechanisms of comorbidity, between anxiety and trauma-related disorders with physical health conditions.

We are in search for a Member-At-Large on our Executive for a two-year term. The primary responsibilities for the Member-At-Large include assisting with convention planning, including abstract review and awards.

Please contact me at [Kristin.Reynolds@Umanitoba.ca](mailto:Kristin.Reynolds@Umanitoba.ca) if you are interested in this position! We are looking to fill this role

# CLINICAL SECTION EXECUTIVE COMMITTEE

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## Chair (pictured right)

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



## Chair-Elect

Kristi Wright, R.D.Psych  
kristi.wright@uregina.ca

## Secretary -Treasurer

Brigitte Sabourin, Ph.D., C. Psych.  
bsabourin@exchange.hsc.mb.ca

## Member-At-Large

Currently vacant

## Student Representative

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## Newsletter Editors (pictured below)

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CANADIAN  
PSYCHOLOGICAL  
ASSOCIATION



SOCIÉTÉ  
CANADIENNE  
DE PSYCHOLOGIE

## Message from the Newsletter Editors

Greetings fellow Clinical Section readers!

Welcome to the Summer edition of the Clinical Section Newsletter. We hope that everyone enjoyed the 80<sup>th</sup> Annual Canadian Psychological Association Convention in Halifax and had many opportunities to network with colleagues, attend innovative presentations and explore the beautiful city of Halifax. In this issue, we include a number of articles about the convention and highlight our Clinical Section Award Recipients as well as recipients of the Student Travel Awards, the Best Student Conference Presentation Award, and the Ken Bowers Research Award. You can look forward to research summaries from our award recipients in the Fall 2019 edition of the newsletter. We also take you back to the 2018 convention in Montreal and highlight the research summaries for our travel award recipients.

As the summer weather is upon us, we hope that everyone has the opportunity to enjoy time with family and friends and re-energize for a busy Fall. As always, the success of the Clinical Section newsletter relies on the invaluable contributions of its members and we're excited to hear about any ideas you may have for articles or for the direction for the newsletter.

**Matilda and Flint**

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

We'd love to hear from you!

Matilda Nowakowski - [mnowakow@stjoes.ca](mailto:mnowakow@stjoes.ca)

Flint Schwartz - [fschwartz@dal.ca](mailto:fschwartz@dal.ca)



### Message from the Clinical Section Representative

Hi! I'm Matt Bernstein, and I am the current outgoing Student Representative for the Clinical Section Executive Committee of the CPA.

The latest convention in Halifax was unforgettable and I am very much looking forward to the upcoming convention in Montreal. One particularly exciting convention event in Halifax was our annual Clinical Section student symposium. This year's symposium was called *Substance misuse among young people and Indigenous people: Implications for intervention*. We were thrilled that Dr. Christopher Mushquash of Lakehead University joined us as discussant for this event. As is often the case with the student symposium, the competition was intense. However, in the end, we selected four particularly excellent applications among many fantastic submissions. These students highlighted some of the most exciting research in the area of substance abuse and mental health. We were excited by the high turnout and hope everyone who attended enjoyed the symposium!

This year, Jeremiah Buhler of University of Manitoba won the Ken Bowers Award for Student Research for his research on internet-based CBT for chronic pain. A summary of his research will be included in the Fall 2019 Newsletter. Congratulations, Jeremiah! I'd also like to congratulate the Student Travel Award winners: Jona Frohlich (University of Manitoba); Cecile Proctor (University of New Brunswick); Parky Lau (Ryerson University); and Amber Yaholkoski (University of Manitoba). In addition, I'd like to congratulate the winners of the Best Student Conference Presentation award: David Miller (University of New Brunswick) was the overall winner. Jenna Thomas (University of Calgary) and Julia Mason (University of Regina) were runners-up. Congratulations to all of you and thank you to all of the applicants for the Travel Awards and the Best Student Conference Presentation Awards.

I am excited to announce that Jordana Sommer from the University of Manitoba will be taking over as Clinical Section Student Rep! The input of student Clinical Section members is invaluable. Please contact Jordana with any questions or comments about matters relating to the Clinical Section.

Matt Bernstein

Jordana Sommer, B.A. (Hon).  
MA Candidate, University of Manitoba  
Clinical Section Student Representative  
sommerj@myumanitoba.ca

Thank you to CPA Clinical Section members who submitted applications for awards, and Congratulations to our award recipients!

**Ken Bowers Student Award:** Jeremiah Buhler, University of Manitoba Department of Psychology, *A Randomized Controlled Trial of an Online Chronic Pain Treatment for Military, Police, and Veterans*

**Student Educational Activity Grant:** Jessie Lund, Lakehead University, Department of Psychology, *Cognitive Processing Therapy Workshop*

**Scientist-Practitioner Early Career Award:** Dr. Anne Wagner, Founder of Remedy, a mental health innovation community, Adjunct Professor in the Department of Psychology and an Associate Member of the Yeates School of Graduate Studies at Ryerson University.

**Fellows:** Dr. Martin Drapeau & Dr. Patricia Furer

Martin Drapeau, M.Ps., Ph.D., is a Clinical Psychologist and Professor of Counselling Psychology and of Psychiatry at McGill University, Adjunct Professor of Clinical Psychology at the University of Sherbrooke.

Patricia Furer, Ph.D., C. Psych., is a clinical psychologist and the director of the Anxiety Disorders Clinic at St. Boniface Hospital. She is an Associate Professor in the Department of Clinical Health Psychology and Adjunct Professor in the Department of Psychology at the University of Manitoba.



# CLINICAL SECTION AWARD RECIPIENTS



Jeremiah Buhler receiving the *Ken Bowers Student Award*



Jessie Lund receiving the *Student Educational Activity Grant*



Dr. Anne Wagner receiving the *Scientist-Practitioner Early Career Award*



CONVENTION DATES: May 31 to June 2, 2019



## 2018 TRAVEL AWARD WINNERS ABSTRACTS

Jona Frohlich, University of Manitoba

### Abstract:

Alcohol misuse and depression are highly comorbid. Self-medication theory proposes that depressed emerging adults use alcohol to reduce negative emotions. However, recent research suggests that the co-pattern of alcohol misuse and depression is not uniform. Specifically, Frohlich and colleagues (2018) showed that emerging adults *transitioning out of university* could be differentiated from one another based on their co-pattern of alcohol misuse and depression (with support for distinct high- and low-risk subgroups). Given that this is a new way of examining depression-alcohol comorbidity, we aimed to replicate this study with emerging adults *during university*. We then extended this study by examining whether baseline individual differences predicted membership in high- versus low-risk subgroups. Undergraduates ( $N=300$ ) completed four waves of self-reports at six-month intervals over an 18-month period. Parallel process latent class growth modeling supported three classes: *Class 1*, the “high-risk” group, had high stable depression and high stable alcohol misuse ( $n=28$ ). *Class 2* had high stable depression but low decreasing alcohol misuse ( $n=87$ ). *Class 3*, the “low-risk” group, had low decreasing depression and low decreasing alcohol misuse ( $n=185$ ). Multinomial regressions showed that male sex, enhancement and coping-with-depression drinking motives, and high impulsivity, hopelessness, and anxiety sensitivity, predicted membership in Class 1 (vs. Class 3). Consistent with our previous study, these results illustrate that emerging adults display differing co-patterns of alcohol misuse and depression over time during university, including both high- and low-risk subgroups. Our results also provide novel evidence that these subgroups can be distinguished based on sex, drinking motives, and personality.

## 2018 TRAVEL AWARD WINNERS ABSTRACTS

**Amber Yaholkoski, University of Manitoba**

**Abstract:**

Timely assessment for Autism Spectrum Disorder (ASD) is essential to provide a comprehensive understanding of child functioning, advise diagnosis, and inform individualized treatment. Early diagnosis is ideal, yet many children are not identified with ASD until they reach school age. Evidence-based and ‘best practice’ guidelines for ASD diagnosis have been developed; however, results from studies conducted outside Canada suggest disparities between practice guidelines and clinical procedures. To date, research about ASD diagnostic practices for school-aged children in Canada has not been published. To address this gap, this study compared clinicians’ reports of assessment practices to evidence-based and best practice guidelines. 86 clinicians (i.e., clinical and school psychologists, and pediatricians) participated in a web-based survey. Descriptive statistics were reported, and reports between regions in Canada and between professional groups were compared using chi-square, and Kruskal-Wallis and Mann-Whitney tests. Findings suggested a disparity between reported practices and practice guidelines. Specifically, only one-third of participants reported that they always consult with other professionals during the assessment process, and less than half of participants reported that they always use information from physical examinations and observations. Overall, 28 percent of participants did not adhere to practices outlined by best practice guidelines. The information obtained from this study may inform training opportunities and the development of additional practice guidelines targeted for ASD assessment and diagnosis for school-age children. This research also highlights funding and policy changes required to alleviate challenges in the diagnostic process for timely identification and intervention.

## 2018 TRAVEL AWARD WINNERS ABSTRACTS

Cecile Proctor, University of New Brunswick

### Abstract:

#### Background/rationale

After traumatic brain injury (TBI), the severity and persistence of Post-Concussion Symptom (PCS) and Post Traumatic Stress Disorder (PTSD) are often attributed to biological factors. Lange et al. (2011) reported links between these symptoms and psychological factors, including depression. A cornerstone of Acceptance and Commitment Therapy (ACT) is Psychological Flexibility (PF), which is defined by the ability to accept one's current life situation and limitations. Although PF has been shown to improve outcomes in patients with chronic conditions, these effects have not been examined in TBI survivors (Soo et al., 2011).

#### Method

TBI survivors (N=305; Mage = 43.44 years) completed online questionnaires to provide information about their injury (time since, severity) and measures of PF, PTSD, and PCS. Two hierarchical regressions were used to predict reported PCS severity and number of PTSD symptoms (Step 1: demographic; Step 2: injury characteristics; Step 3: PF).

#### Result and Conclusions

Both models were statistically significant, with gender, injury severity and PF (PCS;  $\Delta R^2 = .097$ ; PTSD;  $\Delta R^2 = .110$ ) predicting PCS severity ( $R^2 = .188$ ) and PTSD symptoms ( $R^2 = .159$ ). These results highlight unique contribution of PF to reported PCS severity and PTSD symptoms beyond injury characteristics. Specifically, increasing PF through ACT may improve both psychological and physical well-being.

#### Action/Impact

Understanding the amenable psychological factors underlying PCS and PTSD symptoms after TBI lends insight into the experiences of survivors. Although these results are preliminary, they support the use of ACT during the recovery process in order to improve outcomes.

## 2018 TRAVEL AWARD WINNERS ABSTRACTS

Parky Lau, Ryerson University

**Abstract:**

Dysfunctional beliefs about sleep have been implicated as a potential factor in the etiology and maintenance of chronic insomnia. Cognitive Behavioural Therapy for Insomnia (CBT-I), which, in part, alters negative cognitions and beliefs about sleep is a compelling treatment option, especially for patients whose sleep disturbance is largely a result of unrealistic expectations about sleep and worry about the consequences of getting insufficient sleep. The present study investigated whether individuals with high dysfunctional beliefs, as indexed by the Dysfunctional Beliefs about Sleep scale (DBAS-16), are more amenable to CBT-I treatment, as measured by the Insomnia Severity Index (ISI), compared to those with low dysfunctional beliefs in a sample of 71 patients with comorbid insomnia and depression. A hierarchical regression determined that baseline dysfunctional beliefs predicted change in insomnia scores after four sessions of CBT-I above and beyond baseline insomnia scores,  $F(1, 38) = 6.46$ ,  $\Delta R^2 = .10$ ,  $p = .015$ . Moreover, an independent samples t-test found that individuals with high dysfunctional beliefs demonstrated greater change in insomnia severity post-treatment compared to individuals with low dysfunctional beliefs,  $t(39) = 2.904$ ,  $p < .01$ , 95% CI [1.59, 8.90]. The results suggest that individuals with more dysfunctional beliefs about sleep may be particularly amenable to CBT-I treatment while those with lower dysfunctional beliefs may benefit from a greater focus on the behavioural modifications and restrictions aspect of CBT-I. Recommendations regarding more personalized and flexible treatment planning are discussed.



## Psychotherapy Practice Research Network

The **Psychotherapy Practice Research Network** ([PPRNet](#)) is a Canada wide interdisciplinary collaboration among psychotherapy clinicians, educators, researchers, knowledge users, and professional organizations to advance evidence-based psychotherapy practices. The PPRNet operates in part through generous support and funding by the University of Ottawa, and the Canadian Institutes of Health Research (CIHR). In 2012 [PPRNet](#) was established by psychotherapy practitioners and researchers as a vehicle to improve psychotherapists' effectiveness and client mental health outcomes. To this end, [PPRNet](#) conducts practice-based research in psychotherapy, and it engages in knowledge translation and dissemination. PPRNet achieves its knowledge dissemination goals via a monthly e-newsletter that includes summaries with practice implications of three published psychotherapy research articles. Each very brief summary is written explicitly for a clinician audience and highlights practice implications of the research. Past [summaries](#) are accessible to everyone in a searchable online archive on our website [www.pprnet.ca](http://www.pprnet.ca). Clinical psychologists and students can [join the network](#) for free by going to our website. Membership includes the monthly e-newsletter as a means to keep up to date on psychotherapy practice and research.

[PPRNet](#) is currently offering a unique opportunity for psychotherapists across Canada to **obtain free professional development training** and to contribute to knowledge about psychotherapy. Recently, [PPRNet](#) was awarded a Canadian Institutes of Health Research (CIHR) grant to conduct a practice-based study to improve psychotherapists' effectiveness in identifying and repairing therapeutic alliance tensions and ruptures. The training includes workshops and ongoing clinical consultations. To learn more about the study and to enroll visit our [website](#), or watch our [information video](#).

Giorgio A. Tasca, Ph.D.  
Associate Professor, School of Psychology  
University of Ottawa  
Director of the Psychotherapy Practice Research Network

Stephanie Baker, Ph.D.  
Coordinator of the Psychotherapy Practice Research Network  
University of Ottawa

## Vancouver CBT Centre

302-1765 West 8th Ave Vancouver, BC V6J 5C6  
Ph. 604.738.7337 Fax. 604.738.7339 www.vancouvercbt.ca



### INTERESTED IN JOINING OUR CLINIC?

The Vancouver CBT Centre is a thriving private practice in Vancouver, founded by Clinical Directors Drs. Mark Lau, Melisa Robichaud, and Maureen Whittal. The centre is comprised of a group of psychologists with extensive and specialized experience in evidence-based treatments, including cognitive behaviour therapy (CBT) and mindfulness-based cognitive therapy (MBCT).

We currently have openings for psychologists interested in working on a full-time/part-time basis.

If you would like to join our team at the Vancouver CBT Centre, you must have the following:

- A Ph.D. (or Psy.D.) in Psychology
- Current registration with the College of Psychologists of BC or be eligible for registration.
- Displayed expertise in evidence-based practice. Demonstrated proficiency in CBT is an asset, however expertise in
- other evidence-based therapies (e.g., DBT, MBCT) is also accepted.
- Demonstrated proficiency in at least one area of mental health. This can include anxiety and anxiety-related
- disorders, mood disorders, or eating disorders.

The majority of our clientele are adults, however we would welcome psychologists with expertise in working with children/adolescents, couples, or families.

**Please contact [Marina atvinfo@vancouvercbt.ca](mailto:Marina.atvinfo@vancouvercbt.ca) if you are interested in working with us, or if you would like more information**



## Clinical PsyD Program Director (Full Professor)

### Category: Faculty

Concordia University of Edmonton (CUE) seeks a new faculty member to build and lead a proposed Doctor of Clinical Psychology (PsyD) program in the Department of Psychology within the Faculty of Arts.

Reporting to the Dean of Arts, the Director will initially work with the Psychology Department, CUE's administration, and the Government of Alberta (Advanced Education), to finalize and secure the PsyD program approval. Upon receiving final approval, the Director's role will involve responsibilities for PsyD course development, clinical supervision, research training, comprehensive examinations, dissertation supervision, and teaching. We will be seeking full Canadian Psychological Association (CPA) accreditation for the PsyD program. The successful candidate will also oversee our current graduate diploma and certificate programs in Psychological Assessment. We welcome applications from Canadian citizens and qualified international candidates.

### Requirements for the position include:

- A PsyD or PhD in Clinical Psychology from a CPA or APA-accredited program or international equivalent.
- University-level teaching experience in a clinical program; more than five years is preferred.
- Possession of, or eligibility for, full registration as a Psychologist, in good standing, in a Canadian province or territory.
- Clinical supervision experience in assessment and intervention.
- A demonstrated record of a strong research program, through a record of scholarly publication, grant funding, and supervision of graduate students.
- Demonstrated ability to work collegially as a team leader and member.

All applications should be sent directly to Human Resources (see below). If you have questions related to the position you may contact CUE's Dean of Graduate Studies at [colin.neufeldt@concordia.ab.ca](mailto:colin.neufeldt@concordia.ab.ca)

This is an exciting growth opportunity for the successful candidate to make a significant contribution to our diverse students, the Department of Psychology, the community of applied psychologists in Edmonton and Alberta, and the broader community.

*Continued on following page*

**Closing Date:** This position will remain open until it is filled with a suitable candidate. Concordia is an equal-opportunity employer. We welcome diversity and encourage applications from all qualified individuals.

Salary will be commensurate with assigned duties, qualifications, and experience.

**Application packages** should include:

- A cover letter (including a statement of citizenship/immigration status);
- Current curriculum vitae, including a list of refereed publications;
- A teaching portfolio including a record of clinical supervision training and contributions;
- Recent student evaluations of university teaching (if applicable);
- A statement describing past experience in activities that promote diversity and inclusion, broadly understood, and/or plans to make future contributions; and
- Three confidential professional and/or post-secondary letters of reference forwarded to the following address under separate cover by the referees.

Please forward all documents in hard-copy or electronic format to:

Human Resources  
Concordia University of Edmonton  
7128 Ada Boulevard  
Edmonton, AB T5B 4E4  
Tel: (780) 479-9213  
E-mail: [humanresources@concordia.ab.ca](mailto:humanresources@concordia.ab.ca)



**NOTICE:  
CLINICAL RESEARCH ASSOCIATES  
UNIVERSITY OF REGINA**

Drs. Heather Hadjistavropoulos and Nicholas Carleton at the University of Regina have several positions available at all levels of psychology (BA, MA, PHD) to work on the development, implementation and evaluation of Internet-delivered Cognitive Behaviour Therapy (ICBT) for public safety personnel faced with mental health concerns. Various clinical, educational and research activities are associated with the project. Salaries are based on degree and experience of the candidate. Two year terms will be offered with possibility of extension. For more information, please contact Heather Hadjistavropoulos at [hadjista@uregina.ca](mailto:hadjista@uregina.ca).

## **Research Participants Needed!**

Dr. Matthew Keough and his doctoral student Jona Frohlich at the University of Manitoba are currently seeking participants for a study offered to young adults in Canada between the ages of 18 and 35 struggling with alcohol use and anxiety/depression. The purpose of this study is to test the effectiveness of an 8-week, self-directed, online treatment program designed to help cope with these symptoms. Over the course of the 8-weeks, participants will learn strategies and techniques from 12 different modules, while also receiving online support from our researchers. Our hope is that by the end of the program, participants will experience a reduction in alcohol use as well as symptoms of anxiety/depression. Personal information and potentially identifiable information will be collected. However, all information provided during participation in this study will remain confidential. Participants will also receive a small honorarium for participating.

If this sounds like something you or anyone you know would be interested in, please visit the study website at [www.takecareofme.ca](http://www.takecareofme.ca) to sign up. You may also contact either Jona Frohlich or Dr. Matthew Keough at [support@takecareofme.ca](mailto:support@takecareofme.ca). This research has been approved by the University of Manitoba Psychology/Sociology Research Ethics Board.

Thank you for your consideration!