



Canadian Association of School Psychologists  
L'Association canadienne des psychologues scolaires  
Canadian Psychological Association  
Société canadienne de psychologie  
*PSYCHOLOGISTS IN EDUCATION / PSYCHOLOGUES EN EDUCATION*

JOINT NEWSLETTER

Fall Issue 2012

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**Joseph Snyder, Ph.D.,**

## Message from the CASP/CPA Psychologists in Education

Janus, the Roman god of beginnings and transitions, was capable of looking forward and backward at the same time. Two heads facilitate this task. Although it is not January and I still have just one head, I'll try to use this welcome message to present a brief rundown of our successes of the past year and our plans for the current academic year in progress. And yes, also include a few words on my transition to Chair of the Psychologists in Education section while continuing on as CASP President.

CPA in Halifax was a success! The overall program was great; so, too, was our section's contribution to the posters, papers, symposia, and workshops offered that can be found at: <http://www.cpa.ca/docs/File/convention/2012/abstracts/> (type Psychologists in Education in the search box). The wonderful section keynote address given by Penny Corkum was an awakening to the costs of inadequate sleep. Personally, I enjoyed walking, eating, and drinking coffee in downtown Halifax. And I was fortunate to sight-see during a couple of day trips south to Peggy's Cove and Lunenburg and north to just miss the morning's Bay of Fundy tides but in time to enjoy visiting and sampling the yields of the newly burgeoning Nova Scotia winery industry.

Seems like it was a good year for conventions. ISPA in Montréal was truly enjoyed by just about all attendees/presenters. CASP is proud to have played an important part of not only the local organizing team but also the scientific (program) committee. And it was satisfying to meet many people from around the world including Canada.

All this seems like yesterday. But the planning for the 2013 CPA Convention (in Québec City!) is underway. Alan Leschied of Western

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has graciously accepted our invitation to be our keynote speaker. The topic is school-based mental health. CPA has issued a first call for submissions. I'm looking forward to this conference.

The Canadian Journal of School Psychology [CJSP] continues to be the crowning achievement of CASP. Some journals present occasional highly touted 'special issues'. All issues of CJSP are special. Some are single topic issues, guest edited. Recently an issue dealing with assessment and accommodation of students with learning disabilities at the college/university level garnered notice and praise from highly respected and influential figures in the USA. We have a few other noteworthy issues in the works. School-based mental health and Positive Behavior Support in Canada are but two of the single topics chosen.

As to my transition to Chair of the ED section, I intend to follow up on my few words at the last section annual meeting: Three committees will be struck as follows –

1. Revision and updating of the Section By-laws;
2. Student awards including CPA convention travel support;
3. Use of the proceeds from the CANSTART project.

Expect a call for nominations – including self-nominations – soon. And our involvement with the CPA Task force on publicly funded psychology continues on and on.

CASP has begun a membership drive. (See the appended CASP membership form) This year we are targeting potential student members first, then professionals in the schools.

And that's not all, folks: Our amazing newsletter continues on getting better and better, thanks to Troy!

Joe Snyder, Chair, Psychologists in Education  
CASP President

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## Message from the Editor

Another summer has gone and fall is in full swing. This issue of our newsletter we wanted to fill you in on some of the exciting things that happened this year. CASP and Psychologists in Education were quite active in several conferences this year including the Canadian Psychological Association Conference in Halifax in June and the International School Psychology Association conference in Montreal

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in July. The CPA conference was where the Annual General Meeting was held. In this issue you will read about how CASP and CPA Psychologists in Education were involved in these events.

Troy Janzen, Ph.D., R. Psych. (AB),  
CPA/CASP Joint Newsletter Editor  
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## MEET YOUR CPA PSYCHOLOGISTS IN EDUCATION/ CASP REPS

Pictured are our executive members of the CPA Psychologists in Education including three student reps. They are (from l-r) Juanita Mureika, Ashley Vesely, Kenneth Cole, Joseph Snyder, Troy Janzen, Rashmeen Nirmal, Donald Saklofske, and Jessica Waldon.



Figure 1. CPA Psychologists in Education and CASP Representatives

*Photo courtesy of Barry Mallin*

## Feature Article

### CASP and Section Members Participate at ISPA by Juanita Mureika

Montreal was more than hospitable in July, 2012, when delegates from 34 countries descended on the McGill campus for the International School Psychology Association's 34<sup>th</sup> annual convention. The weather was beautiful, the venue very suitable, and the opportunity to meet new people, to hear excellent keynote speakers,

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and to attend a wide pre-conference and convention sessions was exciting.

CASP is an affiliate member of ISPA and the CASP executive



Figure 2. Juanita presenting CPA Task Force results at CPA

*Photo courtesy of Barry Mallin*

partnered with ISPA on the local organizing committee. An amazing amount of preparation over a number of months went into ensuring that the delegates' needs were met and the scheduling of such a large number of sessions worked well. A number of McGill students were pressed into duty to manage the day to day running of the registration/help desk, help with AV needs and speaker introductions, and generally act as "gophers" for the session speakers. Local artisans set up booths in the lobby of the Leacock Building so that delegates could sample the regional art work. The general sense was that people were very appreciative of the efforts made by organizers and helpers, and a good time was had by all.

Social events were as important a part of the Convention as were the educational opportunities. Like the Olympics, both opening and closing ceremonies were held. Interaction Groups, an interesting way to make participants at a big conference feel more connected by grouping people from a variety of countries into smaller discussion clusters, were organized for several days of the convention. Daily lunches on site facilitated interaction and mingling as well. A special reception was held one evening, featuring local wines and cheeses, and tours of the city were organized for participants for one afternoon.



Figure 3. The CASP sponsored dinner was enjoyed by all

*Photo courtesy of Troy Janzen*

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Canadian school psychology was very visible and well represented at the conference. A number of workshops and research-based sessions were presented by both CASP and Section members from across the country, as well as a number of papers.

The CASP executive took this opportunity to host a special dinner for CASP members – a get-together that we haven't had a chance to have in a long time. Special guests included Dr. Tom Oakland and Dr. Shane Jimerson. It was a good evening, and we are hoping that there will be more opportunities in the future for social events for CASP members in conjunction with meetings/conferences.

ISPA's annual convention will be held in Porto, Portugal, from July 17 to 20, 2013. For those who are able, we highly recommend that you plan to attend. It is a unique opportunity to experience the community of school psychology around the world.

## CASP & CPA Psychologists in Education Lose One of Our Own - Dr. Beatrice Wickett-Nesbitt



**Figure 4. Dr. Wickett Nesbitt receives CPA award for Distinguished Lifetime Service from former CPA Executive Director, Dr. John Service**

Recently, CASP and CPA Psychologists in Education were saddened to learn of the loss of Dr. Beatrice Wickett-Nesbitt. Dr. Wickett-Nesbitt was very active in her life and career in school psychology. Among her many accomplishments, she served as Chief Psychologist at the Ottawa Board of Education from 1962 to 1983. There she established programmes for special needs and disadvantaged children. Dr. Wickett-Nesbitt was awarded the Order of

Canada in 1986 for her innovative programs with emotionally disturbed and children with autism. She also served as Section Chair for the Psychologists in Education section during the earliest years of the section. She was very involved in charities and served in many

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capacities. As was quoted in her full obituary “Bea was an incredibly caring person, always positive, and very strong. She never complained always choosing to accept adversities as challenges. She loved her family and she loved her friends. A true humanitarian, Bea devoted herself to making this world a better place for everyone particularly for children and the disadvantage.” Dr. Wickett-Nesbitt will be remembered and greatly missed.

Dr. Wickett Nesbitt’s full obituary can be read in the Ottawa Citizen at:

<http://www.legacy.com/obituaries/ottawacitizen/obituary.aspx?pid=159870420#fbLoggedOut>



## STUDENT’S VOICE

### International work experience in Ecuador, South America: A graduate student’s tale

by: Rashmeen Nirmal, M.A., Ph.D. Student in School Psychology  
Department of Educational and Counseling Psychology, and Special Education  
The University of British Columbia



Figure 5. Rashmeen presenting at the AGM

Photo courtesy of Barry Mallin

differences, and historical and systemic issues influencing psychology and education.

I arrived in Quito on July 1, 2011 and was greeted by the program directors and my host family at the airport. All I could feel was excitement and eagerness to explore what was about to become my life in Quito for one month. My cohort consisted of 12 graduate

Last summer I embarked on a professional opportunity of a lifetime with the Ecuador Professional Preparation Program (EPPP). The EPPP is an international psychology program aimed at increasing graduate students and psychologists’ competence in working with culturally and linguistically diverse individuals. This was achieved through living and working in Quito, Ecuador, and gaining knowledge and sensitivity to issues such as cultural norms, language

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students and psychologists from Canada and the United States, studying or practicing in the areas of school, clinical, and counseling psychology. We were divided into three work sites: Subcentro de Salud de San Milan (a mountain health clinic), Fundacion Remar (an orphanage), and Mis Primeras Huellas Jardin de Infantes (a school).

I was placed at Subcentro de Salud with three other graduate students. Our role at the clinic varied from providing individual therapy, consultation, morning relaxation groups (i.e., yoga) to running a “kiddie korner,” facilitating the social and emotional development of children in the surrounding community through activities and sports. The most common referrals were internalizing disorders such as depression in adults, domestic violence, challenges with parenting, and externalizing behaviour in children (e.g., oppositional behaviour and attention and hyperactivity concerns). It was obvious that many of the clients were grateful to have someone to talk to and to be heard; an opportunity to express their feelings, concerns, or sorrow that they were keeping inside. We found that simple therapeutic methods such as active listening, paraphrasing, and reflection, and in vivo relaxation strategies such as diaphragmatic breathing to be helpful.

One of the most poignant experiences for me during the EPPP journey was being a “Spanish as a second language” learner. For the first time, I experienced what it feels like to learn a second language in an educational and work environment. Several emotions ran through me such as joy and excitement from learning a new language, to disappointment and inferiority when I felt as though I could not communicate with clients and my colleagues as well as I could in English. As a graduate student and future school psychologist, I know I will be better at identifying second-language learning processes in students, for example, interference, interlanguage, the silent period, code switching, language loss, and language differences (see Roseberry-McKibbin, 2002), as I experienced these processes myself. I will be better at recognizing these processes as normal stages in second-language acquisition as opposed to learning deficiencies, and better empathize with students and families who are learning English as a second language.

Other EPPP activities included hosting a psychology conference in Spanish, attending presentations at different institutions in the community, and one-to-one Spanish lessons per day. Our cohort also had the opportunity to explore various regions of Ecuador and enjoyed activities such as white water rafting, waterfall tours, hiking,

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and mountain biking down Cotapaxi volcano, the highest active volcano in the world!

Given the strong emphasis for school psychologists to be familiar in working with individuals who are culturally and linguistically diverse (e.g., Ochoa, 2005), participating in the EPPP has no doubt enhanced my knowledge and practice in working with children and families from diverse backgrounds. Not only was the EPPP a professional opportunity of a lifetime, it was indeed a personal journey as well. For more information about the EPPP, please contact the writer at [rnirmal@interchange.ubc.ca](mailto:rnirmal@interchange.ubc.ca) or the program directors, Anton Berzins, Tara Raines, and Kevin Scully at [ecuadorppp@gmail.com](mailto:ecuadorppp@gmail.com).

## References

Ochoa, S. H. (2006). Bilingual education and second-language acquisition. Implications for assessment and school-based practice. In R. L. Rhodes, S. H. Ochoa, & Ortiz, S. O. (Eds.), *Assessing culturally and linguistically diverse students. A practical guide* (pp. 57-75). New York: Guilford Press.

Roseberry-McKibbin, C. (2002). *Multicultural students with special language needs*. Oceanside, CA: Academic Communication Associates.

## NEWS & NOTES

- The Dorothy Hill Symposium is October 25, 2012 in Toronto. Register online at <http://www.psych.on.ca>
- CPA's 74th annual convention will be held in Québec City, QC, June 13-15, 2013, at the Hilton Quebec and the Québec City Congress Centre. See you there!
- The 35th ISPA Conference will be held in Porto, Portugal, from July 17 to 20, 2013. See <http://www.ispaopp2013conference.pt/> for more details.
- There is an ADHD conference and 3rd Health & Wellbeing in Children, Youth and Adults with Developmental Disabilities Conference coming in November. For details on these and other events see the CPA events website at <http://www.cpa.ca/events/>
- NASP Annual Convention is February 12-15, 2013 in Seattle. See <http://www.nasponline.org/conventions/2013/index.aspx> for more information
- The 5th International Conference on Fetal Alcohol Spectrum Disorder Research: Result and Relevance - Integrating Research, Policy, and Promising Practice Around the World will be held in





Vancouver, B.C., Feb. 27-Mar 3, 2013. For information see  
<http://www.interprofessional.ubc.ca/FASD>

- The International Meeting for Autism Research (IMFAR) holds its' annual meeting in Donastia/San Sabastian, Spain, May 2-4, 2013. See <http://www.autism-insar.org/imfar-annual-meeting/imfar-2012>
- Trainers in school psychology, I encourage you as well as your students to get involved and contribute to the newsletter!
- School Psychologists: Share this newsletter with your colleagues.
- Join or Renew your CASP Membership today! (see membership form below)



## Application for Membership

*Members can renew and new Members can join for 2013 with this one form. Just select "Renewal" or "New member for 2013". Members for 2013 will receive all 4 issues of the Canadian Journal of School Psychology published in that year.*

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New member? Referred by: \_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Highest degree(s) in psychology held:

\_\_\_\_\_  
\_\_\_\_\_

Program and university if currently a student:

\_\_\_\_\_  
\_\_\_\_\_

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**Indicate (X) as appropriate**     New Member for 2013  
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*Regular Member*: A person employed or trained as a school psychologist or employed by a university and engaged in work related to the field of school psychology.

*Student Member*: A person training to become a school psychologist.

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*Institutional Affiliate (non-voting)*: An organization with an interest in the practice of school psychology.

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\*All members, regardless of category, receive a subscription to the Canadian Journal of School Psychology and additional benefits. To become a member or renew an existing membership, please mail this completed application together with a cheque for the appropriate amount to:

**CASP Executive Director**  
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