

Spring 2011



Special points of interest:

- Dr. Peter Hall named 2011 Health Section Young Investigator Award Winner
- CPA Annual Convention June 2-4, 2011 in Toronto, ON

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Health Notes

Message from the Chair

by TAVIS CAMPBELL, Ph.D.

When CPA comes to Toronto for the Annual Meeting, it is certain to attract a large crowd. Thus, it is my sincere hope that as a member of the Health Section, you will come to the section business meeting on Thursday, June 2nd, from 1:30 PM to 2:25 PM. It is an exciting time as Health Psychology continues to make tremendous inroads in Canada with the growing recognition and acceptance that behaviours, rather than genetics, are most important in determining who gets sick

and who stays well. Many of our members are in high demand in prevention and primary care, helping to manage psychological and behavioural factors or similar that lead to recovery from chronic illness. One example of many is the work done by Kim Lavoie, a professor at UQAM, who is involved with the Heart and Stroke Foundation's Aboriginal Hypertension Initiative, where she teaches a variety of health care professions evidence-based strategies to motivate health behavior change. We need your

participation in order to continue to develop a cohesive network of individuals to whom I can refer outside agencies and researchers and I look forward to meeting many of you and finding out about your work.



Notable Health Section Conference Events

Health Psychology Self-Perceptions, Health and Well-Being: A Temporal Perspective

Fuschia Sirois, Laura Mitchell, Dale Stout, Fuschia Sirois

Thursday 11:00 AM—12:25 PM

Conference Room F Mezzanine Level

Health Psychology Myths and Measures: Mental Health Assessment in Medical Settings

Brett Thombs, Allison Leavens, Vanessa Delisle, Erin Arthurs, Ilya Razykov

Friday 3:00 PM—4:25 PM

Conference Room C Mezzanine Level

Health Poster Session

Saturday 3:00 PM—4:55 PM

Dominion Ballroom Second Level



Dr. Peter Hall

Recipient of the 2011 Health Section Young Investigator Award

Dr. Peter Hall named Health Section Young Investigator Award Winner for 2011

Dr. Hall is an Associate Professor in Applied Health Sciences (Kinesiology) at the University of Waterloo. He also holds a cross appointment with Psychology and with Health Studies & Gerontology. He completed his Ph.D. in Clinical Psychology at the University of Waterloo in 2002.

Dr. Hall's research examines psychological factors that influence emotional and behavioral adaptation to chronic illnesses, particularly

diabetes and obesity. He also has a strong interest in population-level prevention of these same conditions. Much of his research is conducted from a social neuroscience perspective, and involves behavioral, neuroimaging, and survey methodologies.

Dr. Hall holds an Affiliate Scientist position at the Toronto General Research Institute, and is a member of the University of Waterloo Population Health Research

Group. His research is supported by the Canadian Institutes of Health Research (CIHR) and the Social Sciences & Humanities Research Council of Canada (SSHRC).

Dr. Hall is past recipient of the CIHR New Investigator Award, and co-author of the Canadian Diabetes Association Clinical Practice Guidelines for psychological aspects of diabetes management.



Maxine Boudreau

Étudiante au doctorat Université du Québec à Montréal

Doctorat en psychologie à l'UQAM : le profil professionnel

by MAXINE BOUDREAU, Étudiante au doctorat, Université du Québec à Montréal

Depuis 1989, l'Université du Québec à Montréal (UQAM) offre aux étudiants terminant leur baccalauréat un accès direct au programme de doctorat en psychologie. Suite aux modifications apportées par l'Ordre des psychologues du Québec (OPQ) en 2002, l'UQAM crée un nouveau programme de formation comprenant trois profils : recherche (Ph.D.), professionnel (Psy.D.) et scientifique-professionnel (Ph.D. et Psy.D.). Récemment, de plus en plus d'étudiants semblent intéressés par le programme professionnel.

Effectivement, pour l'année 2010-2011, 73 demandes d'admissions ont été enregistrées à l'UQAM, ce qui constitue une nette augmentation par rapport aux années précédentes. Concrètement, le Psy.D., en comparaison avec le Ph.D., propose aux étudiants de mettre l'accent sur la pratique clinique plutôt que la recherche scientifique. Ce programme d'études supérieures s'étend habituellement sur une période de quatre ans, par opposition à six ans pour le Ph.D. Cependant, les exigences de ce programme contiennent également un minimum de recherche, soit la rédaction d'un essai en lien avec le domaine de pratique de l'étudiant. Malgré les nombreux aspects attrayant du Psy.D.,

certaines critiques ont été adressées par les professionnels œuvrant dans le domaine universitaire. Effectivement, plusieurs constatent l'ampleur de la tâche de l'essai doctoral qui prend souvent davantage la forme d'une thèse de niveau Ph.D. En conséquence, le temps requis de quatre ans afin de compléter le Psy.D. s'étend parfois, en raison des contraintes de la rédaction de l'essai. En résumé, le programme de doctorat professionnel de l'UQAM est une alternative intéressante pour les étudiants désirant se concentrer sur la pratique clinique, mais des améliorations sont nécessaires afin d'atteindre les objectifs fixés du Psy.D.

CPA Health Section

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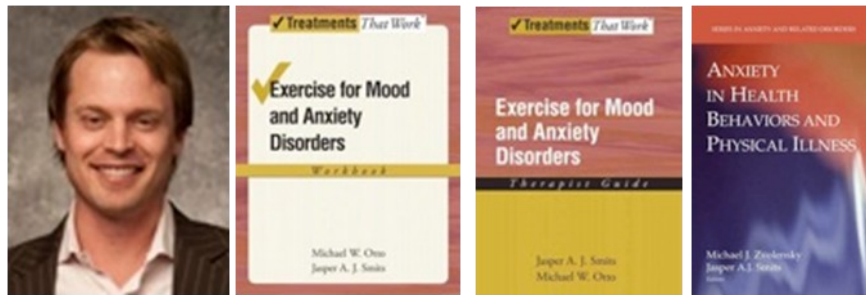


Help Make our Section Better

by TAVIS CAMPBELL, Ph.D.

If you are interested in becoming involved in the Section or contributing to this newsletter in the future, please send an e-mail to the current chair, Tavis Campbell at t.s.campbell@ucalgary.ca.

We look forward to another excellent year and hope to see you in Toronto, June 2-4, 2011!



UPCOMING CONVENTION HIGHLIGHTS

On Thursday, June 2, from 11 am – 12 pm in the Shertaon Essex Ballroom, the Health Section is pleased to be co-sponsoring a presentation from Dr. Jasper Smits.

Dr. Smits is an 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 been at the forefront of research investigating both the mechanism and dissemination of successful cognitive-behavioral treatment strategies. He has specialized in the link between anxiety, illness, and health behaviors (e.g., exercise,

smoking); and the evaluation of novel treatment strategies for anxiety patients. His research is funded by the National Institute of Mental Health and he has published over 50 scientific works, including several well-known books such as 'Exercise for Mood and Anxiety Disorders' and 'Anxiety in Health Behaviors and Physical Illness.'