



Psychologists in Hospitals and Health Centers Newsletter

Volume 4, Issue 3

Fall 2016

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Fall greetings to all of our members! In this issue, we are spotlighting stories from our student members alongside innovation updates across Canada. [Take our Wage Poll Below](#) ! Enjoy!

Message from the Chair: Dr. Deanne Simms, R.Psych.



Hello members of the PHHC Section. I am honored to once again serve in the role of Chair of the Psychologists in Hospitals and Health Centres Section for the 2016-2017 year. Over the past year, I have very much enjoyed the ability to participate in the Section, to collaborate with the wonderful individuals on our Executive committee, and to serve the hard working members of the Section. I am excited to build on some of the momentum and efforts that the Section has underway, as well as to continue to innovate and enhance the Section's profile within the Association, and across Canada.

I would like to thank the members of the PHHC Executive whose terms ended this year. Dr. Peggy O'Byrne, Dr. Peter Henderson and Dr. Lara Hiseler completed their terms as Chair-Elect, Secretary-Treasurer, and Member-at-Large respectively. Peggy was an active contributor to the Section's Leadership Committee and played an integral role in developing and chairing the leadership workshops the Section has hosted at past Conventions. Peter was foundational in enhancing our Section's administrative processes and operations, and effectively managed our budget and expenses. Lara successfully oversaw the dissemination of our Section newsletter, and was actively involved in improving communication with members and enhancing our social media profile. Peggy, Peter, and Lara's hard work and dedication during their time on the Executive was invaluable. We will miss you all!

I would also like to welcome the newest members of our Executive to the team. Dr. Dawn Phillips has stepped into the role of Member-At-Large and will be responsible for organizing the exciting content that the PHHC Section will host at the 2017 Convention. Dr. Amanda Pontefract is taking on the role of Secretary-Treasurer and will be overseeing our budget and operations this year. Dr. Vicky Wolfe will be the Chair-Elect for the 2016-2017 year and will be working to develop and co-chair our new PHHC Advocacy Committee. Welcome to you all! For more information about the PHHC Executive, visit our Section homepage on the CPA website <http://cpa.ca/aboutcpa/cpasections/Hospitals/>.

It was wonderful to see many of our members at the 2016 Convention in Victoria. The Section was able to host a variety of exciting, relevant content, and it was a great opportunity for making connections, networking, and revitalizing engagement amongst our members. It was also an opportunity to gain important feedback about the Section's activities. Based on some of these discussions, the Executive has planned to undertake a number of initiatives this year.

First, we heard that members would value a forum through which to communicate with the Executive and one another. As such, Dr. Theo DeGagne, Chair of our Communication Committee is working on developing and rolling out a listserve for our PHHC members. Stay tuned for a launch date for this service!

Second, we heard that members appreciated the introduction of a Graduate Student Symposium at the Convention. This innovation was developed by Fanie Collardeau, the PHHC Student Representative. Fanie is looking forward to building on the success of last year and is planning another Graduate Student Symposium for the 2017 Convention. Great work Fanie!





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Cont'd. Message from the Chair: Dr. Deanne Simms, R.Psych.



Third, we heard that our members would value a PHHC-Specific Advocacy Committee. Dr. Vicky Wolfe and Dr. Bob McIlwraith, Past-Chair are working to develop such a Committee. Please contact Bob or Vicky if you are interested in participating in this exciting, new initiative.

Finally, our members shared with us their interest in learning more about the Executive and ways to contact us throughout the year. We've worked to create a PHHC Executive page on our PHHC webpage so members can learn more about us and be in touch with us directly about Section-related matters.

With the 2017 Convention just around the corner, the Executive is currently focused on continuing to elicit and host valued content for our members. We are proud to showcase the hard work that our members are carrying out across the country. Thank you to all of those who submitted content for the Stage I submissions to the PHHC Section. We encourage all of our members to also consider contributing content for Stage II submissions (i.e., Posters and GIMMD-5's) to the PHHC Section. The deadline for these submissions is December 2, 2016.

In closing, my recent attendance at a conference focused on improving patient outcomes in the public health system again underscored the utility and importance of the skills psychologists have in enhancing both macro- and micro-level interventions. Psychologists working in hospitals and health centres are well-positioned to collaborate with various stakeholders, across sectors, in efforts to implement changes to improve the lives of Canadians. Our perspective as both clinicians and researchers is unique and valued... when heard. Over the course of the year, I look forward to continuing to support our members and striving to promote our profession. Wishing you all the best throughout the holiday season.

Deanne

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Message from the Chair Communications Committee: Theo De Gagne, Ph.D., R.Psych.

Recruitment, Retention & Innovation: What's in Your Wallet?



Reflecting on an editorial by Dr. Kerry Mothersill in the Winter 2014 issue of PHHC (Some Challenges and Benefits of Hospital Based Practice; Volume 2 Issue 2), I was thinking about innovative practice and how psychologists are working to increase consumer access to psychology in the public health system. Whether by design, or necessity, I am witnessing very creative ideas at work to improve consumer access to psychologists in public health, while promoting the caveat: ***“The right profession-delivering the right intervention- to the right person-at the right time.”*** At the same time, I am also witnessing a decline in our public sector psychology workforce. To this end, I believe that psychologists are well placed to lead the way in arriving at solutions. One example is the utilization of technology like online psychotherapy to reach our patients; often referred to as “disruptive technology.” As the Director of Training for a CPA accredited clinical psychology residency program I am continually impressed by the innovative ideas and practices of our new colleagues in psychology; several of whom completed dissertations in online mental health delivery. As the Regional Practice Leader for Psychology for Vancouver Coastal Health, I have seen the demand to hire more psychologists increase. What used to be considered a dream come true, “They want more of us!” has now become a recruitment /retention challenge. Part of this challenge appears related to lower salaries in the public sector compared to private practice compensation. Another factor is whether we are graduating enough psychologists to replace those who are retiring.

Regarding innovation, a highly positioned psychiatry colleague of mine recently expressed his gratitude that psychology has come to the table with innovative ideas, such as developing a provincial online psychotherapy service that will increase access to expert psychological services provided by psychologists and overseen by psychologists. I do believe we need to be at the forefront providing alternative and non-traditional delivery models as budgets impact service areas and recruitment/retention becomes more challenging.

To address recruitment, retention and compensation issues in British Columbia, I have struck a provincial working group with a major employee union to create a strategy that increases the recruitment of psychologists; this will likely entail contract re-negotiation regarding salaries. However, right now, our flexibility and innovation in service delivery is playing a role regarding recruitment, job satisfaction, consumer satisfaction and employer satisfaction.

Polling Your Wallet: I am currently updating a salary comparison data base across Canada and would invite you to participate in supplying wage data from your service area. I also invite your comments to this editorial, in 50 words or less, to be published in our next newsletter. How are you doing in your service areas, are you noticing similar issues, or is everything going well in your pond and why? Responses to this editorial can be sent to Theo.DeGagne@vch.ca

Survey Link Wage Rates Across Canada: www.surveymonkey.com/r/68FYT5P



Joseph & Rosalie Segal Family Mental Health Centre—Vancouver General Hospital



Be sure to follow us on Twitter and Facebook

<http://www.cpa.ca/Convention/>

Join us online for information and resources!

<http://www.cpa.ca/aboutcpa/cpasections/Hospitals/>

Follow us on Twitter



@cpa_phhc



Increasing Capacity for Online Therapy Across Canada: Vancouver Update

Dr. Christine Korol, R.Psych. Program Lead
Kelty's Key Online Therapy Service at Vancouver Coastal Health



kelty's key

is the new CBT Online Therapy Service at Vancouver Coastal Health and was first described in Volume 2: Issue 2 of the PHHC Newsletter. The online therapy website is now live at www.keltyskey.com and we have released the first units for the depression course. Patients can now work through an overview of depression, behavioural activation, thought challenging and problem-solving content when it is convenient for them and at their own pace.

We designed the website to increase accessibility to materials in three ways. First, no login is required and data are not stored on the server. Once patients end their browser session or complete a unit, their entries are cleared from the system to help ensure privacy. As a self-help resource, the content is entirely free to access from anywhere in the world and can be used as an adjunct to traditional face to face therapy, or as a reference once discharged from the online therapy service.

Secondly, patients enrolled in the Online Therapy Service at Vancouver Coastal Health are assigned a psychologist or certified online therapist who will provide asynchronous communication with them via encrypted email using Hushmail. Online therapists will be able to provide patients with feedback, encouragement and support as they work through the program. They will also be able to tailor treatment to a particular patient's concerns as the library of online content continues to grow. We are planning to release adult content on addiction, insomnia, anxiety, panic, grief, chronic pain as well as a program for families and friends supporting someone through treatment. In the future we plan on developing adolescent content.

Thirdly, thanks to the configuration of the system, we are excited to announce that we are now able to share the platform with any therapist or institution who would like to add online therapy as an additional treatment option for their patients. Therapists can set up their own account with Hushmail, a Vancouver-based company, in order to securely communicate with their patients. Separating the confidential client information from the online therapy service coursework makes it possible for each clinician or institution to ultimately maintain responsibility and control for their own data.

Creating a platform for online therapy is one of the major hurdles to increasing access and capacity for patients needing mental health and behavioral health services. Another barrier is the training and support required to feel confident in this emerging area of treatment. To meet this need, we are currently developing a training centre (Centre for Advancement of Online Therapy) to certify VCH therapists who will be providing online therapy in their service area. Like the platform, we plan to share this resource in the form of a training and certification institute for clinicians throughout the province and Canada to increase access and capacity for online therapy throughout Canada.

We believe that psychologists are uniquely suited to lead the way in this emerging area of technology that will provide another mechanism of change to those who present with mental health and behavioral health challenges.

Stay tuned for more information on workshops, online courses and consultation opportunities in the safe use of technology and online therapy.



kelty's key

is made possible through the generous donation from the Kelty Patrick Dennehy Foundation, an organization dedicated to preventing depression related suicide in youth. For more information or inquiries about the Online Therapy Service at VCH, please contact the Project Lead, Dr. Christine Korol at christine.korol@vch.ca.



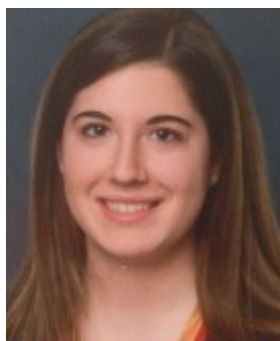
In The Spotlight: Students Across Canada

Student Representative—Fanie Collardeau, PhD Student in Clinical Psychology at University of Victoria



The PHHC section hosted its first Graduate Student Symposium at the CPA Convention 2016, in Victoria. Inspired by the high quality work of our student presenters, we decided to feature those inspiring emerging scholars and clinicians in the present newsletter and we asked them to share with us their professional goals and aspirations.

In the Spotlight: Aliza Friedman



Tell us what you do: I am in the second year of my PhD in Clinical Psychology at Ryerson University working under the supervision of Dr. Stephanie Cassin in the Healthy Eating and Lifestyle (HEAL) Laboratory. I am also currently completing my third clinical psychology practicum at St. Joseph's Healthcare Hamilton in the Eating Disorders Program.

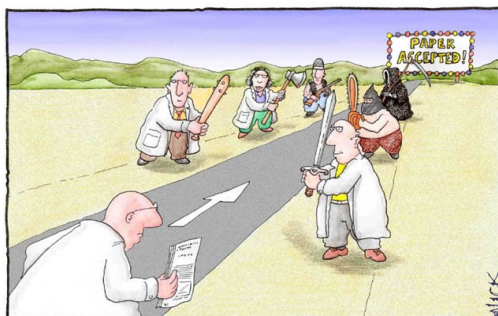
What are you working on right now? My research focuses on the effects of weight-based stigma and discrimination on disordered eating for individuals across the weight spectrum. In particular, I am interested in mechanisms that explain this relationship, in addition to how weight-based stigma/discrimination can be reduced to improve disordered eating interventions.

What's your favourite thing about your studies thus far? My favourite thing about my studies thus far has most definitely been my clinical work. I have had the opportunity to work in a number of interdisciplinary health care settings with excellent supervisors who emphasize evidence-based care.

What is important to you at this stage of your career? At this stage in my career, I am interested in gaining additional clinical and research experience in the field of eating disorders and weight-based stigma/discrimination. I am also interested in contributing to interdisciplinary health care teams and learning about they can be used to optimize health care outcomes.

What would you like to have an impact on in the future? In the future, I would like to be able to work in a health care setting focused on the assessment and treatment of individuals with eating disorders. I also hope to contribute to society's understanding of the negative implications of weight stigmatizing media.

Who or what inspires you these days? I am constantly inspired by the hard work and resilience demonstrated by the patients I work with, in addition to my colleagues at Ryerson University.



Most scientists regarded the new streamlined peer-review process as 'quite an improvement.'

In The Spotlight

In the Spotlight: Keera Fishman



Tell us what you do: I am currently in my second year of the Master's-Ph.D. program in clinical psychology at the University of Ottawa. I am particularly interested in pursuing a career in neuropsychology.

What are you working on right now? Currently, I am examining how apathy, a syndrome characterized by lack of motivation, affects memory and executive functioning in patients with stroke and transient ischemic attack (TIA). In the winter, we will be expanding this study to examine its affect on various aspects of memory in healthy older adults. I am also developing a mentorship program as the Chair of the Peer Review Committee for the Interdisciplinary Conference in Psychology in Ottawa, as well as organizing educational events with the BrainBuddies Outreach committee.

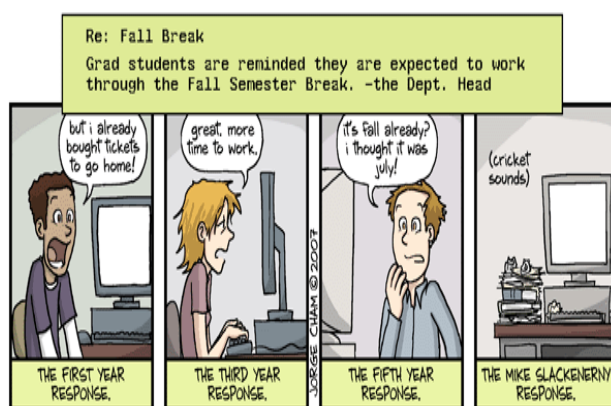
What's your favourite thing about your studies thus far? I think it is imperative that psychologists are well rounded and well versed in a broad array of topics in psychology, in order to build a strong foundation. I have enjoyed modules ranging from psychoeducational assessment to couples therapy, and look forward to developing more specialized skills to work with these populations.

What is important to you at this stage of your career? At this stage, I am eager to continue learning and pursuing further opportunities for professional development. This year, I gave a talk at the Canadian Psychological Association Conference in Victoria, and presented a poster at the Canadian Association of Cognitive and Behavioural Therapies in Hamilton. My research has also been presented at Queen's University and at Sunnybrook Health Sciences Centre. Attending conferences provides a fantastic opportunity to contribute and discuss my research with others, and learn more about recent advances in different fields.

What would you like to have an impact on in the future? Currently, there is abundance of evidence supporting the use of certain clinical practices over others for children and adults. However, many practitioners have not implemented these interventions into their own practices. As dissemination of research findings is essential to improving care for individuals with mental illnesses, I would like to be an advocate for knowledge translation and research-informed change.

What's a fun fact that would be interesting to know about you? In my free time, I absolutely love to ski and hike! I've been skiing since I was 2 years old, and have enjoyed skiing all over North America with my family. I have also hiked all around the world, including in New Zealand, Australia, and Argentina. Next on my list is hiking the Pacific Crest Trail!

Who and what inspires you these days? I've been watching lots of documentaries these days! I've watched some really interesting ones ranging from food (Food Inc.) and space (Cosmos: A Spacetime Odyssey), to savants (Beautiful Minds). Currently, I'm watching a series called "Redesign my Brain," where the CEO of an advertising company in Australia undergoes brain training to improve his memory, attention, and creativity. Neuroplasticity is fascinating and has far-reaching implications in terms of treatment for stroke victims, brain injuries, and mental illnesses.



In The Spotlight

In the Spotlight: Mollie Atwood



Tell us what you do: I am currently a second year PhD student in the clinical psychology program at Ryerson University. I work in the Healthy Eating and Lifestyle (HEAL) laboratory, under the supervision of Dr. Stephanie Cassin.

What are you working on right now? In the HEAL lab, our research focuses on the investigation of psychosocial aspects of disordered eating across the weight spectrum, and the development of evidence-based treatments to improve disordered eating behaviours and overall wellbeing. In particular, my research focuses on understanding the psychological factors that contribute to disordered eating in individuals with obesity who undergo bariatric (weight loss) surgery, as well as the influence of these disordered eating behaviours on weight loss and mental health outcomes following surgery.

What's your favourite thing about your studies thus far? One of the best things about my studies has been the opportunity to meet, and work closely with, other individuals who are enthusiastic and passionate about contributing to knowledge that can improve mental and physical health and wellbeing. My graduate training has also involved frequent travel to conferences to share my research, which has allowed me to visit places I otherwise would not have had the opportunity to visit.

What is important to you at this stage of your career? At this stage in my career it is important to me that I continue to take advantage of the wonderful opportunities that graduate school affords, and that I continue to nurture my interest in pursuing novel research questions. I also place great value on completing a hospital based pre-doctoral internship program that will allow me to deepen my clinical knowledge and skills and prepare me for a long and fruitful career as a clinical psychologist.

What would you like to have an impact on in the future? Bariatric surgery research is in its infancy, and there is still much to discover about how to improve outcomes and quality of life for patients. Although bariatric surgery is associated with a wide range of benefits, including substantial weight loss and resolution of many obesity-related medical conditions, for a significant percentage of patients (around 20 to 50%) weight regain and recurrence of medical conditions in the longer-term is a pressing issue. Thus, a better understanding of the factors that influence suboptimal outcomes, including disordered eating, as well as the development of effective interventions to address these factors is an important research endeavor. Through my research and clinical work in this area, I hope to have a positive impact on the lives of bariatric patients.

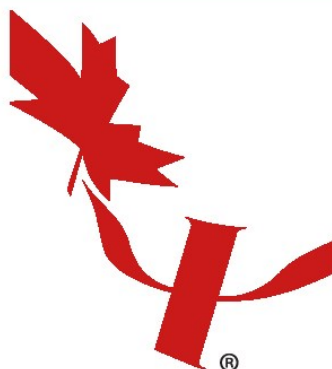
Who or what inspires you these days? I am inspired by the supervisors I have had the good fortune to work with thus far in my career. They have provided me with a supportive and stimulating learning environment, while simultaneously modeling excellence in clinical and academic work. I am also continuously inspired by the patients I work with, and consider myself fortunate to bear witness to their strength and progress as they engage in therapy.



PSYCHOLOGISTS IN HOSPITALS AND HEALTH CARE CENTRES

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PSYCHOLOGUES EN MILIEUX HOSPITALIERS ET EN CENTRES DE SANTÉ

SECTION DE LA SCP

<http://www.cpa.ca/aboutcpa/cpasections/Hospitals/>

Newsletter Contributions Welcome – Instructions to Authors

We welcome submissions from section members to our newsletter. We are interested in hearing from our members to share knowledge, successes and challenges of the hospital based psychologist.

We have developed some recurring columns, but are open to other ideas. The following columns are available for contributions:

1) Open submissions: 500-1000 word column outlining a specific issue; historical review of a department; or any other topic of interest to the section.

2) Leading Practices: 500-1500 words Reports of psychological services that are

considered leading practices, either as a result of recognition by accrediting bodies such as the Canadian Council on Health Services Accreditation (CCHSA: "Accreditation Canada") or similar organizations, or through outcome data that demonstrate the effectiveness of an innovation or an exemplary service model.

3) Recommended reading: 100-150 word summary of any article, book, website, journal, etc that would be of interest to the section.

4) Cross country check up: 500-750 word article outlining an issue or experience that may apply across the country.

5) Student focus: 250-1000 word submission from a student member.

6) Short snappers: 150-175 words describing a new initiative, a promising practice, a summary of a research study, etc.

7) Member profile: 250 word biography including picture of a member.

8) Other areas: announcements, job postings, clinical practice guidelines, management structure.

Please send submissions to:

Dr. Theo De Gagne
Theo.DeGagne@vch.ca

INTERESTED IN ASSISTING WITH THE NEWSLETTER? The Communication Sub-Committee is always looking for passionate members to become involved, especially if you have familiarity with Publisher or Adobe InDesign. Please email the committee's chair, Dr. Theo De Gagne, with your interest. Theo.DeGagne@vch.ca

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