

Rural and Northern Perspectives: The View from Here

CPA Convention 2019, Special Edition

Message From the Chair Submitted by Dr. AnnaMarie Carlson, C. Psych.

Welcome to a special edition of the Rural and Northern Section's newsletter, the View from Here. In this edition we have highlighted our section's convention events. We have also heard from one of our members about things to see and do while in Nova Scotia.

I hope to see many of you in Halifax. Enjoy the special edition of our newsletter!

AnnaMarie Carlson, Ph.D., C.Psych.
Rural and Northern Section Chair



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Schedule for Rural and Northern Section Events at CPA 2019

Friday, May 31, 2019

11:15am - 12pm Chair's Address presented by Dr. AnnaMarie Carlson, 'Exploration of Psychological Service and Training Models: Finding a Fit for Rural Practice'

2:45pm - 3:45pm Symposium, 'Increasing Access to Psychology Within Rural Settings'

1. Dr. Amanda Lints-Martindale, 'Assessment-related Psychological Consultation within a Rural Mental Health Program'
2. Dr. Michelle Conan, 'Building Capacity as an Early Career Psychologist in a Rural Community Mental Health Program'
3. Drs. Jolene Kinley & Jonathan Jette, 'The Role of Psychology in Mental Health System Change in a Rural Area'

3:45pm - 4:45pm Invited Speaker, Dr. Christy Simpson, 'Ethics in Context: Navigating Professional Boundaries in Rural and Northern Areas'

4:45pm - 5:45pm Annual General Meeting - Following the AGM, a reservation will be made at a local restaurant as an informal section reception. Please email Annamarie.carlson@umanitoba.ca if you are interested in joining. Meal costs will be your own.

Saturday, June 1, 2019

11:30am - 12:30pm Symposium, 'Teaching and Application of Ethical Standards: Perspectives from Rural Psychological Practice'

1. Dr. Christy Simpson, 'Time for a New Approach? Teaching about Professional Boundaries in Academia'
2. Dr. Amanda Lints-Martindale, 'Psychological Practice as a Generalist in a Rural Setting: Ethical Considerations for Early Career Psychologists'
3. Dr. Shelley Goodwin, 'Navigating the Ethical Bumps on the Road to Rural Interprofessional Collaborative Practice: Independent Practitioner Perspective'

Sunday, June 2, 2019

1pm - 2pm Poster Session

*Please see the website for the most up-to-date information.

<https://convention.cpa.ca/>

Nova Scotia Travel for the 2019 CPA Convention

Submitted by Dr. Shelley Goodwin, C.Psych.

So you're coming to Halifax for the convention. Thinking about staying a bit longer to experience the real rural NS charm and characters? After spending a few days in Halifax at the convention, rent a car and head either south or north, being from South West Nova my preference will be South so I will start there.

But first I want to make sure you hit a couple of great treasures. While in Halifax you can hike up to the Halifax Citadel. Do this in the morning and watch the sun rise! It is spectacular. This is a National Historic site and provides a great look out over the amazing cityscape and harbour. You can always do the hop-on-hop-off bus which takes you around to various parts of the city but start with a walk along the waterfront first. This will take you by NS crystal with their craftspeople blowing glass in an open gallery. It is one of my favorite gifts to give people. Walk along and see the Maritime museum with its remarkable Titanic exhibit, and great spot for kids to engage with nautical related exhibits. Of course, you can also take the tall ship *Silva* for a tour around the harbor and out into the Atlantic, if you are interested.

So the convention is over and now you are ready to hit the Southern road. In my experience most people who come to explore Nova Scotia want two things and they both start with L - Lighthouses and Lobsters.



Nova Scotia Travel for the 2019 CPA Convention Continued...

Submitted by Dr. Shelley Goodwin, C.Psych.

Peggy's cove is probably one of the best-known, however if you talk to the locals in my area, the Cape Forchu lighthouse in Yarmouth is your best option. (Provide pictures) Of course if you don't believe us then do your own comparison. Just as you are leaving Halifax, take the easy trip out to Peggy's Cove. Stroll around the rocks and take some pictures and grab a cup of coffee at a coffee shop along the way. Then slowly wind your way along the coast till you get to Lunenburg, a UNESCO World heritage site, it recognizes the amazing history in the old town. If you want to say you were on the ship that graces our Canadian dime, jump on the Bluenose schooner for a tour if you like. Too classic for you? No worries – we have options, try a mug of brew at the large number of craft breweries, or local coffee shops or even more interesting a nice stiff shot from the Lunenburg's' Ironworks Distillery. Their artisanal spirits provide a nice nova scotia kick!

Continue to drive down the coast, or if you want, to move a bit faster jump out to the Hwy 103 for a faster trip. This part of the trip can be a day or 3 days depending upon your stopping times and interest. Don't forget to check out some of the amazing food- including lobster chowder, one of my favs is in Liverpool at Lanes Privateers. This is a classic-style served with a homemade biscuit. Another favorite spot of mine for the classic lobster chowder is the Kapt Kats' Lobster Shack in Barrington, and Rudders in Yarmouth. Both of these are a bit further down the coast. One of my favorite restaurants is Charlotte's Lane in Shelbourne which is a lovely little town (2 hours from Halifax as the crow flies and an hour from Yarmouth). This town has been featured in several movies (e.g., Scarlet Letter). Say hello to Kathleen who I went to school with at Acadia University and tell her I sent you and you are guaranteed a warm welcome and great food. Actually, truth be told, you will receive a warm welcome either way! It has been honored so many times by Taste of Nova Scotia I cant even tell you. <http://tasteofnovascotia.com/> After Shelbourne you are heading towards my home turf.

So plan to spend the night in Yarmouth – The Comfort Inn is easy and reasonable but there are some other great options. Let me know your style and I can help you out, if you like. Heritage Brewery has a lovely selection of craft brews. I like their Blueberry Grunt and Rusty red Truck. (Blueberry grunt is a local desert that is super yummy – dumplings and blueberries with a bit of whip cream, of course). Consider a town tour to hear all about our ghosts and folklore, foodie tours, and kayaking in the harbour. We have a large number of Acadians in our little tip of the province, their culture is strong. Consider a visit to Le Village Historique Acadien in Pubnico. <https://levillage.novascotia.ca/> A great outing for children and an opportunity to experience the early lives of our settlers. Don't forget to try their traditional dish - Rappie Pie. It is grated fresh potatoes with the starch squeezed out of it, and then reconstituted with broth and a protein added in (usually chicken but can be clams or rabbit). There are two sides to a fight over what to put on it. Some like it with Molasses but I like it loaded with butter and salt & pepper. Give them both a try and pick a side! Suggestion: You might need to close your eyes to eat it as it does not look very appetizing but trust me it is worth a try!

Nova Scotia Travel for the 2019 CPA Convention Continued...

Submitted by Dr. Shelley Goodwin, C.Psych.

You can see the Cape Forchu lighthouse, climb the rocks and walk the trail. Interestingly, this area will be featured in the upcoming movie titled "The Lighthouse" featuring Willem Defoe and Robert Pattinson. After this you may want to head out on an ocean trip in a traditional lobster boat pull up a lobster trap and have some lobster. <http://yarmouthharbourtours.com/> After having your fill of lobster and lighthouse consider the other things that NS is known for!

No sense retracing your steps, so swing up the coast into Digby to get some World-famous Digby scallops and visit Maud Lewis's house along the way. The original is in the NS Art gallery in Halifax, but you can see a replica on the same spot where she lived for many years. The Movie Maudie was a huge success recently and has increased attention to our remarkable folk artist. After Digby consider stopping at one of the local wineries. Some of my favorites are Lockett's Winery, with the red phone booth in the middle of the orchard as well as Avondale Sky Winery but to be honest they are all pretty unique and fun. After this you can continue on to Halifax where you could fly out. So here is my offer to any Rural and Northern section member. If you come to Yarmouth and are interested in a lobster boil on the beach. I will gladly host you. Weather permitting, I will light a fire on the backshore, and we can watch the sunset on the water while the red crustaceans are pulled from the pot. A true NS experience. I will be home from June 2-6 and can make that happen. You can bring the Keith's! (That is the NS beer of choice)



Nova Scotia Travel for the 2019 CPA Convention Continued...

Submitted by Dr. Shelley Goodwin, C.Psych.

Another option is leaving Halifax and heading towards Cape Breton and doing the Highland National Park. This is a lovely spot to travel but to be honest I am not as knowledgeable about it. Last summer my husband and I drove around the Cabot trail and really enjoyed it but I just don't know it as well as I know the Southern tip of the province. From my experience I would suggest the Springhill miners museum, a stop at Rita MacNeil's tea house for a spot of tea, taking in a kitchen party at any small community – there is always one somewhere! For those who are interested in history or have children, Fort Louisburg is an amazing option. We did not allot enough time there (3 hours). I could have spent the whole day, I think. It was very interactive and fun.

To give you a time perspective - recently I drove a friend visiting from BC down to my home from Halifax. We left Halifax at 9:00 and did not go to Peggy's Cove. Our first stop was in Lunenburg, and then we stopped at a couple of shops in the town. We then hit the highway and stopped for a late lunch in Shelburne with a few roadside stops for crafts and it took us the better part of the day. And we did not dally anywhere. Please feel free to reach out to me if you are interested in learning more options.

We hope to see you in Nova Scotia!

The Newsletter is produced by the Rural and Northern Section of the Canadian Psychological Association (CPA) and is distributed to members of the Section. The purpose of the Rural and Northern Section is to support and enhance the practice of rural and northern psychology. The goals of the section are: 1) Establish a network of professionals interested in the areas of rural and northern psychology (this may include individuals currently practicing in rural/northern areas of those with an interest in this area), 2) Enhance professional connectedness by facilitating linkages between rural and northern practitioners, 3) Distribute information relevant to the practice of rural and northern psychology, 4) Provide a forum to discuss practice issues unique to this specialty, and 5) Introduce students and new or interested psychologists to rural and northern practice.

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