

# Rural and Northern Perspectives: The View from Here

Fall, 2017: Volume 12, Issue 2

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

Welcome to the Fall 2017 issue of the Rural and Northern Section's newsletter.

This June, we had a shuffle of our executive. Cindy Hardy leaves the executive from her role as Past-Chair. Shelley Goodwin moves into the role of Past-Chair and remains a representative on several CPA committees. I moved out of the Secretary-Treasurer position and into the 2-year term as Chair, and Amanda Lints-Martindale has taken on the role of Secretary-Treasurer (in addition to being our Newsletter Editor!). Michelle Conan from the University of Saskatchewan will be joining the executive for a one-year student representative term. Finally, a thank you to Colton Macdonald for continuing as our Webmaster. Amanda is looking for a replacement as Newsletter Editor, so please consider volunteering. Thank you Amanda for continuing to put together the newsletter for us! We will be voting on a Chair-Elect in 2018, so please consider putting your name forward before the June business meeting at the CPA convention.



A goal for the next section meeting in Montreal is to have members attend via phone or webconference. Stay tuned for more information.

Our membership numbers have decreased over the past few years, with much of the decline coming from our student members. This was particularly notable in the past year with our student membership dropping from 103 to 37, and is likely attributable to the change in the CPA policy that all student members be charged a fee per section. I want to extend a renewed invitation to all members for suggestions on how to increase membership and ways the section may be useful to you. I also wanted to

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## Message from the Chair, continued...



pass on a thank you from CPA for all of the feedback you have provided on fact sheets over the past year.

Within the past year, CPA has published articles related to access to service (*An Imperative for Change: Access to Psychological Services in Canada* and *Psychologists Practicing to Scope: The Role of Psychologists in Canada's Public Institutions*) <http://www.cpa.ca/>. I would appreciate feedback from the membership regarding how these recommendations have fit (or not fit) with your rural practices, and ideas regarding access

and scope that you see from your rural and northern lenses. I would like to be able to bring forward to CPA any needs of this group that would benefit from broader advocacy.

And finally, a little about me. I work for the University of Manitoba but am located in the hospital in Brandon, MB. My primary area of clinical practice is generalist health psychology. I am born and raised in "small-town" Saskatchewan, and trained across the Prairies. My parents retired just this past year from farming, passing on the land his grandfather homesteaded, and moved to Brandon. My kids are happy to have their favorite baby-sitters close by. Feel free to contact me at [AnnaMarie.Carlson@umanitoba.ca](mailto:AnnaMarie.Carlson@umanitoba.ca). Enjoy the newsletter!

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## Connect on Social Media!

The Rural and Northern Section is on **Facebook!** Like our page to get up-to-date information about section activities!



Find us on:  
**facebook®**

## Service Award: Distinguished professional contributions to rural and northern practice awarded to Dr. Barry Wiser

This award is intended to recognize outstanding rural and northern practitioners in psychology. Dr. Shelley Goodwin, past-chair of the Rural and Northern Section presented this award to this year's recipient, Dr. Barry Wiser. Dr. Wiser's nomination letters included the following notations on his rural psychological practice:

"What makes Dr. Barry Wiser's contributions distinguished is his longstanding dedication to promoting rural practice by nurturing early career psychologists, interns, and practicum students in a supportive and compassionate manner. Being in a rural location brings with it considerable challenges and one of those is finding supervisors. I recall not that long ago he was supervising 3 different psychology candidates for the provincial regulatory Board. This created considerable time challenges for him but he willingly took it on so that we could have these psychologists in rural NS."

"He has held numerous psychology team positions throughout the years, including adult team, child team, pain team, team leader, information systems committee, young offender's treatment team, and inpatient unit psychologist."

"In wanting to promote psychology, Dr. Wiser does not limit himself to clinical practice and community involvement. He taught undergraduate psychology courses at Acadia University as a sessional faculty and was well regarded by his students and academic colleagues. He has also taken on numerous management roles and promoted the use of psychological research in clinical interventions and program evaluation within the department."

"In these roles he not only brings his significant professional talents to the many and varied tasks but also his thoughtful, supportive, humble, and caring style that has established him as a remarkable person and distinguished professional who is the go-to-person within his department."

"Lastly, Dr. Wiser has made significant contributions to our community in various roles as educator, mentor, supervisor, and consultant, while representing our profession to the public in a highly professional, informed, and mannerly fashion. He is a highly respected psychologist and I believe he makes an excellent recipient for this national level award of distinguished professional contributions to rural and northern practice award. Dr. Wiser's nomination was supported by his numerous colleagues with letters of support and the committee commented on the strong application that they presented."

## Congratulations Dr. Wiser!



## **Rural and Northern Psychology Section Annual Business Meeting Minutes**

**Location: Nova Scotia Room, June 9 2017 16:45-17:45**

Attendees: AnnaMarie Carlson (recording secretary), Shelley Goodwin (Chair), Amanda Lints-Martindale, Judy Malone

1. Approval of Minutes from 2016 meeting was deferred as we did not reach quorum
2. Update from Chair - Shelley Goodwin
  - Section members active in providing feedback on Fact Sheet reviews
  - Shelley has been active on the Professional Affairs Committee, particularly issues related to Medical Aid in Dying (MAiD) task force
  - We had 102 members this year; 63 full, 37 student, 2 complimentary members. This represented a significant loss of student members from 103 last year, but stable full membership. This likely reflected the fee increase to students.
  - We did not have any applicants for the North Star Student Awards
  - We had worked at co-sponsoring a speaker with the Psychologists in Hospitals Section but unfortunately the speaker became unavailable
3. Secretary/Treasurer's Report - AnnaMarie Carlson
  - Revenue for 2017 - \$955. Our revenue typically covers our budget of 3 awards, and \$250 towards a speaker
  - We will have savings for next year of \$725
4. Research and Distinguished Provider Award - Shelley Goodwin
  - This year's winner in Dr. Barry Wiser from Nova Scotia.
  - Judy was going to look into award rating systems used for other awards
5. Update on Newsletter (Amanda Lints-Martindale)
  - Members will be asked to submit a photo from his/her area, and these can be posted to our section Facebook page
  - Two newsletters were published last year
  - We will advertise for new editor now that Amanda is moving into Secretary/Treasurer position
6. Executive nominations - Shelley Goodwin
  - Secretary-Treasurer – Amanda Lints-Martindale
  - Student – no nominations received yet; will post via email
7. Planning for next year's convention - AnnaMarie Carlson
  - Speaker – Judy indicated that there will be many internationally known speakers attending ICAP and that we could co-sponsor
  - Section submission(s) – Shelley suggested we host a symposium and/or round table discussion
  - Reception – likely off site again given the small number of attendees
  - Possibility of alternative attendance (e.g. skype link, teleconference code) – will follow-up with CPA rep

## Volunteer Opportunity: Newsletter Editor

We are looking for a volunteer to take on the role of newsletter editor. The ideal person would be a psychologist who is currently working in a rural/northern community or someone who is providing services to residents in rural/northern communities. The editor plays an integral role in facilitating communication and knowledge exchange between our membership. We have consistently received high praise for our newsletter and are committed to maintain this level of excellence.

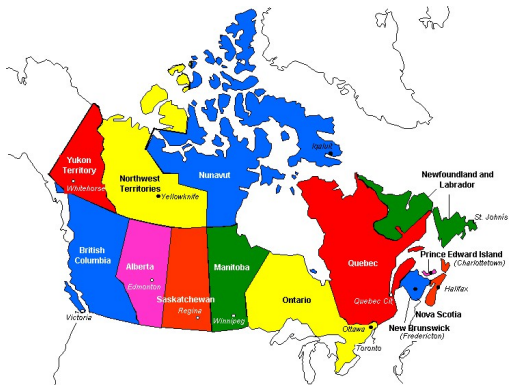


The newsletter is published twice per year (fall and spring). The primary responsibilities of the editor include solicitation and review of articles as well as formatting the newsletter. Members of the section's executive committee are available to assist in identifying material for the newsletter.

Please contact either Dr. AnnaMarie Carlson, or Dr. Amanda Lints-Martindale (amanda.lints-martindale@umanitoba.ca; Secretary/Treasurer & current newsletter editor) if you're interested in this position or would like more information.

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## Volunteer Opportunity: Provincial Reps



Would you like to be more involved in the Rural and Northern section of CPA? **The Rural and Northern section of CPA is currently looking for provincial representatives** from each province and territory across the country. We currently have representatives from Saskatchewan, Manitoba and Nova Scotia; all other provinces and territories do not yet have a designated representative!! If you are interested in representing your province, please contact our chair, Dr. AnnaMarie Carlson at [AnnaMarie.Carlson@umanitoba.ca](mailto:AnnaMarie.Carlson@umanitoba.ca).



## A review of the University of Manitoba's Rural Pre-Doctoral Residency Programme in Clinical Psychology

**Submitted by Julian Torres, B.A., Psy.D. Candidate**

### INTRODUCTION

The residency or internship year is a very important stage in the professional development of every Clinical Psychologist in Canada; it provides the first glimpse into the challenges of a full-time position, pushes our boundaries, and helps crystallize our theoretical orientations and areas of competence. I was fortunate to match into a rural residency with the University of Manitoba for the 2016-2017 year, as it was an excellent experience that I believe prepared me well for my professional life. I completed this residency in August of 2017 and was invited by Dr. Lints-Martindale to share my experience with the Rural and Northern section of CPA. I have gladly accepted this invitation, as I would happily share my experience with anyone interested.

I think it is important that I mention I truly enjoyed the rural experience in part because I have a personal interest in rural life that initially drew me to apply for this residency. My spouse grew up in a rural region and we plan to establish ourselves in the countryside, so rural psychology would fit my personal plans. I am also interested in working with populations across the lifespan, and rural practice requires one to be competent enough with various populations in order to manage the broad demands of the setting, where specialization is not the norm.

A few friends, when I mentioned that I was going to be a resident in a rural area, commented that they imagined dusty roads and a professional driving to an isolated farmhouse with sunglasses, a tie, and a briefcase. While we all knew that this was a romanticized view based on Hollywood movies, I did not know what else to expect. The reality was certainly much closer to psychological practice in any other site; I had an office in a well-populated area and clients would come to see me at their appointed time for treatment or assessment. The main difference, perhaps, were the particular challenges rural clients might face, such as the commute being possibly over an hour for their one-hour appointment.



Windmill at the Mennonite Heritage Museum in Steinbach, MB

### LOGISTICS

The rural stream at University of Manitoba's pre-doctoral residency programme requires the first six months to be spent working within the Winnipeg Regional Health Authority, working for two days with adults (at St. Boniface Hospital) and two days with children and adolescents (at the Manitoba Adolescent Treatment Center). The second half of the year I spent working within Southern Health-Santé Sud, which covers the geographical region roughly to the south of Winnipeg, east to the Ontario border, and approximately mid-way across the width of Manitoba. I worked out of Steinbach, although the catchment area for our services included the entire region. I found the commute to be rather pleasant and

## Pre-Doctoral Training Programme Review, continued...

uneventful because, living in Winnipeg, I drove against the rush-hour traffic; starting the rural placement at the very end of winter allowed me to skip any harsh blizzards. The commute allowed me extra time to reflect on my case load, listen to audiobooks, and sing to my playlist as loud as I liked.

### PSYCHOLOGY IN SOUTHERN HEALTH

The main role of psychology in Southern Health is one of consultant; psychology also provides treatment, assessment, and research. The Community Mental Health Program (CMHP) in the region is composed of several Community Mental Health Workers (CMHWs) who are stationed in strategic hubs across the region and who come from varied backgrounds (e.g., psychology, counselling, social work, occupational therapy, psychiatric nursing).

The region has two psychologist positions in partnership with the University of Manitoba's Department of Clinical Health Psychology, only one of which was filled during my residency. Within the consultative model, the CMHWs can reach out to the psychologist for treatment suggestions and diagnostic clarification as well as feedback regarding clinical interventions, evidence based practice and general ethical queries. Comprehensive psychological assessments can also be requested. The psychologist is also involved in capacity-building of the clinical team and program evaluation (e.g., outcome measurement, development and implementation of new clinical services).

### MY EXPERIENCE

I found the consulting role to be interesting, engaging, and challenging. Being able to closely listen to a case presentation, generate a reasonable conceptualization, and create a treatment plan that includes considerations of many possible aspects is a skill that one gets to practice often in the rural stream. I tried to be as helpful as I could with the information that I had, and I had to adjust to the fact that I might not hear about the outcome of my clinical input, as logistics did not always permit follow-ups on all cases. While I recognize that this uncertainty could be anxiety-provoking for some psychologists, personally, I found it liberating; I had to learn to mindfully let go of the outcome.

Another aspect of this role that required some adaptability is the fact that, as a consultant, the psychologist does not have institutional authority. The psychologist is not the "superior" of the CMHWs, nor their supervisor. The psychologist acts as an external consultant, facilitated to the region by the University of Manitoba, which is ultimately the psychologist's employer. The psychologist only participates on a case when invited to do so, and is therefore mindful of this relationship during the consultation. I had to learn to consider the individual training background of the CMHW, their personality, the assets at their disposal, and the boundaries of the program's mandate when making clinical suggestions. All this, of course, in addition to the facts of the case and the needs of the client. It represented an extra dimension to consider, which made the CMHW a new type of de-facto client for me.

## Pre-Doctoral Training Programme Review, continued...

I was fortunate enough to meet in person with many of CMHWs, and interact over the telephone or e-mail with most of them, and I appreciated working with them, helping them, and learning from their expertise in their area. I also had the opportunity to work with some ethical questions that arose from working in the rural area, such as the concept of “rurality” as a culture, or the predominance of religion (mainly Christianity) in the life of many of the clients I was fortunate to work with, whereas I consider myself to be agnostic. Ethical questions such as these led to many hours of supervision exploring possible answers, answers which are complex enough to warrant their own essays, but are summarized by stating “it depends”.

I am greatly thankful of these types of experiences, as they helped me focus on new ideas and extend my comfort zone. I do not believe I would have faced these same questions in other settings, and I imagine it would take years of experience to come up with any satisfactory answers. I look forward to the opportunity to continue my career as a rural psychologist (as soon as I complete my thesis!).

For more information on the Rural Stream within the Pre-Doctoral Residency program at the University of Manitoba's Department of Clinical Health Psychology, please go to [http://umanitoba.ca/faculties/health\\_sciences/medicine/units/clinical\\_health\\_psych/resident\\_training.html](http://umanitoba.ca/faculties/health_sciences/medicine/units/clinical_health_psych/resident_training.html)

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## ICAP/CPA Convention 2018

As many of you are aware, CPA is joining with ICAP (International Congress of Applied Psychology) for the annual convention in Montreal June 26-30, 2018. The submission system is now open and closes Dec. 1, 2017. See (<http://icap2018.com/submissions>) for more information. Registration rates are higher than the usual CPA conference, but with this we have access to more days of convention programming and are able to hear speakers who are experts worldwide. CPA is providing additional discounts to members; \$495 for regular members, \$175 for students. We have a symposium in the works, but with our limited fiscal resources, it may be difficult for our section to invite a speaker. However, please contact [AnnaMarie.Carlson@umanitoba.ca](mailto:AnnaMarie.Carlson@umanitoba.ca) with any speaker suggestions.

Students, the section gives out two \$200 North Star awards (one for a poster and one for oral presentation), so once your submission is accepted, please apply for the award. Full members, please begin to consider someone you might like to nominate for the *Distinguished Professional Contributions to Rural and Northern Practice Award*. Please contact Shelley Goodwin [slgoodwin@eastlink.ca](mailto:slgoodwin@eastlink.ca) for more details.



## **New Student Representative 2017-2018: Michelle Conan, B.A. (Hons), Ph.D. Candidate**

The 2017/2018 student representative on the executive of the Rural and Northern section of CPA is Michelle Conan, a Ph.D. student from the University of Saskatchewan. As a way to introduce herself, Michelle answered the following three questions for us to share with our membership.

**Is your work-related position primarily student/research/clinical?** I am currently completing my pre-doctoral residency in one of the rural streams at the University of Manitoba. I am also preparing for my dissertation defense.



**What are your clinical and or research interests:** I find so many areas of clinical psychology interesting! I am especially interested in work involving children's mental health. In terms of research, I am focused on the area of women's body image, attractiveness, and the relationship to nonverbal communication, such as how subtle biases are communicated between women nonverbally. I have also participated in research on how to increase safety on mine sites in Saskatchewan.

**In your experience, what has been the most difficult challenge of rural/northern practice and greatest benefit?** In my experience so far I think the most difficult challenge is the distance people must travel in order to access resources. The greatest benefit is becoming familiar with and building relationships with local people and resources in order to coordinate care and improve clients' access to help.

**Welcome to the Executive Michelle!**

## Editor's Comments

Submitted by Dr. Amanda Lints-Martindale, C. Psych.



Greetings! I hope that you have enjoyed this issue of *The View from Here*—our Rural and Northern Newsletter. As always, I would like to extend my great appreciation to our contributors to this issue of the newsletter.

If you would like to make a contribution to *The View From Here*, please contact me directly by email ([Amanda.Lints-Martindale@umanitoba.ca](mailto:Amanda.Lints-Martindale@umanitoba.ca)). Submissions can be made at any time, and can include:

- **an article for our regular feature “a week/day in the life of a rural and/or northern psychologist”**
- research findings and summaries
- information on upcoming conferences and training opportunities
- articles on the experience, challenges, and benefits of practicing in rural and/or northern locations
- photos
- ethical dilemmas
- book review(s)
- any other topic related to rural and northern psychology in Canada!

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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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