

The View From Here:

Perspectives on Northern and Rural Psychology

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Message From the Chair

Executive Committee Nominations:

We are currently seeking nominations for several positions including the Student Representative, Chair-Elect, Chair, and Secretary-Treasurer.

I strongly encourage all section members to seriously consider a position on the Executive Committee. I can honestly say that my position as Chair has provided me with wonderful opportunities to meet and collaborate with other rural and northern psychologists and develop friendships across the country. I've also had the opportunity to work closely with the CPA Board and the other Section Chairs; something that has proven to be an invaluable learning experience.

Nominations (of yourself or someone else) can be made either by email (dyckkg@cc.umanitoba.ca) or in-person at the Annual Section Business Meeting to be held at the upcoming CPA Convention in Winnipeg, June 2010. If you are nominating someone, please check with them first to ensure they are willing to accept this nomination. Assuming we have quorum, voting will take place at the business meeting.

North Star Student Award:

The North Star Student Award was established by the Rural and Northern Psychology Section in 2008 to recognize the student with the most meritorious submission to the Rural and Northern Section of the CPA annual convention. There are two categories of competition; poster presentations and oral presentations (symposia, review, conversation sessions). One award will be available within each category. Students with multiple convention submissions across these categories may apply for the award in both categories. These awards will be presented at the business meeting on Saturday June 13th.

Call for Volunteers: Newsletter Editor

The section is currently seeking a volunteer to take on the editor role for the section newsletter, which is published twice per year. It would certainly be possible for two people to share this role, as Cindy Hardy and I have done over the past several years. The primary responsibilities associated with this role include soliciting, reviewing, and editing submissions, and formatting and distributing (electronically) the newsletter. Cindy Hardy (current Editor) and I would be happy to assist this volunteer with their transition into this position and would provide a template that is currently used to format the newsletter.

Please contact me if you are interested in either of these volunteer positions.

Message From the Chair Cont'd

Membership News:

As of April 21, our total membership was 273, including 160 student affiliates. This represents a decrease of 119 members since 2009. This was likely due, in part, to the introduction of membership fees for the 2010 year (\$10.00 for full members; free to student affiliates) and an expected occurrence.

Annual CPA Convention in Winnipeg, June 2010:

This year I was fortunate to have an opportunity to collaborate with the Section on Women and Psychology and the Aboriginal Section to organize the pre-convention institute entitled "Mental, Spiritual, and Emotional Health of Aboriginal Peoples and other Diverse Populations: Theory, Research, and Practice." I hope you're able to join us for what will, no doubt, be an exciting and informative day.

In addition to the institute, there are a number of poster and paper presentations of relevance to the area of rural and northern psychology. Please see page 3 for a complete listing of section activities at the 2010 convention.

The Annual Business Meeting will be held on Saturday June 5th from 3:00 to 3:55 pm in the Cabinet boardroom (second floor 14 boardroom). The Annual General Business Meeting will be catered for the first time ever. Hope many of you will be able to join us.

Karen G. Dyck, Chair

Our Voice on CPA Committees

Members of the Northern & Rural Section represent you on various CPA committees. Contact your representative to stay involved or share your views.

The Professional Affairs Committee, Chaired by Lorne Sexton, is in place to support the practice of applied psychology in both the private and the public sectors to: help the public better understand applied psychology, support the practice of psychology, & help guide the future of the profession of psychology (CPA, 2009)

Our most recent agenda (March 2010) was: updates from the various sections highlighting issues and concerns, the Practice Directorate, & considerations for health hospital and public health psychologists in the current economic climate.

There was an engaged discussion about the role and possibilities for the Practice Directorate. Although still at very early stages, the Directorate has now hired John Service, and has as its current focus:

- ◆ Advocacy & government relations
- ◆ Branding and marketing of psychology
- ◆ Access to psychological services
- ◆ Members of the Professional Affairs Committee discussed ideas to support hospital and public health psychologists as an initial focus.

References

CPA. (2009). Professional Affairs. Retrieved 23 April 2010 from <http://www.cpa.ca/aboutcpa/boardofdirectors/committees/professionalaaffairs/>

Professional Affairs Committee
Judi Malone

UPCOMING EVENTS

Annual CPA Convention 2010, Winnipeg Manitoba, Delta Winnipeg Hotel

Rural & Northern Psychology Section Activities

Preconvention Activities:

June 2, 2010
8:00 am – 5:00 pm

Mental, spiritual, and emotional health of Aboriginal peoples and other diverse populations: Theory, research and practice.
Pre-convention institute of the Section of Women and Psychology; co-sponsored by the Rural & Northern Psychology and Aboriginal Sections.

Convention Activities:

June 3, 2010
3:00 – 4:55 pm
Grand Ballroom

A model for accessing assessment of suicidal risk in a rural community. Poster by James Mendonca, Jeffrey Hoch, and Czednek Cernovsky.
Professional ethics in rural Canadian psychology: Understanding the experiences of practicing psychologists.
Poster by Judi Malone.

June 3, 2010
1:00 – 1:55 pm
Millennium Suite

Five hours to Baghdad: Lessons learned by two psychologists on a multidisciplinary health care mission to Iraq.
Conversation session by Kathryn Belicki and Denis Belicki.

June 4, 2010
12:30 – 2:25 pm
Campaign A

A model for developing interprofessional primary care capacity in managing chronic disorders: A demonstration of the Eating Disorder Interprofessional Community Capacity Building Program model and pilot results.
Workshop by Olga Heath, Tanis Adey, Anna Dominic, Susan Pardy, and Pamela Button.

June 5, 2010
10:00 – 11:25 am
Campaign B

Extending our reach: Innovative strategies for making psychological services accessible and appropriate for rural and northern populations. Symposium by Maxine Holmqvist, Karen Dyck, Margaret Crossley, Shawnda Lanting, and Amanda Maranzan.

June 5, 2010
1:00 – 2:25 pm
Colbourne

Developing, providing, and supporting mental health services in rural communities overview.
Symposium by Elizabeth Church, Judi Malone, Susan Pardy, and Peter Cornish.

June 5, 2010
3:00 – 3:55 pm
Cabinet

Section business meeting.
Join us for light snacks and beverages.



UPCOMING EVENTS CONT'D

Annual CPA Convention - Preconvention Workshop

The registration form for the preconvention workshop, Mental, Spiritual and Emotional Health of Aboriginal Peoples and other Diverse Populations: Theory, Research and Practice is officially posted on the website (please note there are 4 links below depending on whether you are a member or not a member of CPA and depending on whether you plan to attend the entire convention or just the preconvention workshop). This institute will examine issues relevant to the psychological well-being of Aboriginal Peoples (recognizing the diversity of First Nations, Inuit and Métis groups) and other marginalized populations. We will begin with an invited speaker and an opening ceremony. The remainder of the day will consist of refereed papers or workshops that use theory, research, or practical applications in the community to help us understand the issues, challenges and inspirations of encouraging positive outcomes, including:

- ◆ Social determinants of psychological health (e.g., culture, tradition, identity, socio-economic status, family status, sexual orientation, racism and colonization).
- ◆ Feminist, interdisciplinary, community-based or intersectionality frameworks.
- ◆ Challenges facing marginalized women such as the prevalence of, and conditions that lead to: violence, sexual assault, childhood abuse, substance abuse, gendered racism, and interventions to address these (individual, societal, cultural). Ways to cope with vicarious trauma that may occur when researching or working in these areas is also important.
- ◆ Policy areas such as reducing violence, improving education and employment outcomes, child welfare and access to justice.
- ◆ Challenges and inspirations for fostering positive mental health in marginalized populations (e.g., prevention, access to care, culturally competent service delivery) in urban and rural settings.
- ◆ Traditional and western practices that contribute to resilience.
(<http://www.cpa.ca/convention/pre-conventionworkshops/>)

Registration forms can be found (if you are NOT a member of CPA):

- ◆ If you are not a member of CPA and you are only attending a pre-convention workshop go to:
<https://web.cpa.ca/registration/index.php?page=login7>
- ◆ If you are not a member of CPA and you want to attend the convention and a pre-convention workshop go to:
<https://web.cpa.ca/registration/index.php?page=login2>

Registration forms can be found (if you are a member of CPA):

- ◆ If you are a member of CPA and you want to attend the convention and a pre-convention workshop go to:
<https://web.cpa.ca/registration/index.php>
- ◆ If you are a member of CPA and you are only attending a pre-convention workshop go to:
<https://web.cpa.ca/registration/index.php?page=login6>

Teresa Janz, Ph.D.

Chair, Section on Women and Psychology (SWAP), Canadian Psychological Association (CPA)

Psychology Month in Rural & Northern Manitoba

Submitted by Karen G. Dyck, Ph.D., C. Psych., Rural and Northern Psychology Programme, Dept. of Clinical Health Psychology, University of Manitoba

Psychology month in February is an excellent opportunity for rural and northern psychologists to become better known in their communities and provide education to health care providers and the general public about our profession which, in turn, can serve to decrease the stigma associated with accessing psychologically informed services. I'm proud to say that February 2010 proved to be yet another busy psychology month for psychologists in rural and northern Manitoba. In fact, 50% of the presentations that were advertised through the Manitoba Psychological Society (MPS) were conducted by psychologists in rural/northern communities. Rural and northern psychologists also participated in activities during the month of February that were not officially advertised through MPS. The topics were diverse as were the target audiences and included the following:

- ◆ Building Relationships at Work: Working Your Work Personality. Presented to Burntwood Regional Health Authority staff by Dr. Becki Cornock in Thompson Manitoba.
- ◆ Be Your Own Therapist! An Introduction to CBT. Presented to the general public by Dr. Melissa Tiessen in Steinbach Manitoba.
- ◆ How to be Happy. Presented to South Eastman Regional Health staff by Dr. Melissa Tiessen in Steinbach Manitoba.
- ◆ How to be Happy. Presented to South Eastman Regional Health staff by Dr. Melissa Tiessen in Niverville Manitoba.
- ◆ Farmer-To-Farmer: Workshops on Men and Depression on the Farm. Presented to the general public on two occasions by Dr. Greg Gibson in Brandon Manitoba.
- ◆ Negative Self-Talk. Presented by Dr. Shanna Trinke in Winkler Manitoba.
- ◆ Motivation and Relapse Prevention. Presented by Dr. Shanna Trinke in Winkler Manitoba.
- ◆ The Relationship Tool Kit: Building a Sound Relationship the Positive Way. Presented to the general public by Dr. Andrea Lee and Dr. Karen Dyck in Stonewall Manitoba.
- ◆ Behavioral Treatments for the Elderly. Presented by Dr. Craig Yury in Dauphin Manitoba.
- ◆ Cognitive Testing and Dementia. Presented by Dr. Craig Yury in Dauphin, Manitoba
- ◆ What a Health Psychologist Can Do For Your Patients. Presented to Brandon Regional Health Authority staff by Dr. Anna Marie Carlson in Brandon Manitoba.
- ◆ February is Psychology Month, Services Available at Home. Article based on interview with Dr. Michelle Haugen, featured in the Dauphin Herald, Dauphin Manitoba.

Thanks to all these psychologists for making Psychology Month 2010 yet another rousing success in rural and northern Manitoba!

Student Column

Self-Care

Hello to all students!

Welcome to the student column in the Rural and Northern Section Newsletter. Thank you to everyone who wrote in for the anonymous "self-care" forum: selfcare@starchart.ca

Self-Care

The goals of this section of the student column are: 1) To be forum for discussing positive coping strategies, and 2) to be a venue for seeking support from others. It will be written "Dear Abby" style but you will be the advice-givers for other students. You can either respond to questions posed by students or ask advice for situations that are challenging for you about school, research, clinical work, your future in psychology, or rural and northern issues. Recent graduates or seasoned professionals can also respond to questions posed by current students. As mentioned in the last newsletter, all self-care column postings will remain anonymous. It's time to break the silence and talk to one another.

Questions posed by current psychology students. Please take the time to write back with strategies that you have found helpful:

"...Sometimes I feel really overwhelmed ..."

Hi,

I've just been accepted to a clinical psychology program for September 2010. I've heard I'll have to take a couple of advanced statistics courses. I had to work really hard to do well in my undergrad stats courses and I'm scared that I won't do well in graduate levels statistics courses. It might ruin my chances at a scholarship. Do any students have suggestions as to what I can do to help be successful in graduate statistics classes?

Worried Stat Chick

To whom this may concern,

I want to carry out thesis research in rural schools. Will it be hard to get into rural schools? Does anyone have suggestions about how to do this?

Rural Researcher

Hello,

Sometimes I feel really overwhelmed in my clinical psychology program. Between my research, clinical work, and classes, I don't seem to have time for anything else. I don't even have time to date anyone. Maybe all that will change when I graduate in a few years. If any students have found balance in their clinical work and outside lives, can you let me know what you do?

Unbalanced

Dear Self-Care,

Does anyone have any tips about scholarship applications? I didn't get a scholarship last year or this year. I want to make sure to write successful scholarship applications in the fall.

Wanting Money

Student Column Cont'd

Hi,

I'm really worried about applying for a psychology internship this coming fall. From those students who got in to an internship program successfully, do you have any tips to make the process run smoothly (particularly the interviews)? What if I want to do work with rural people? I don't have any experience working with rural people clinically. Do I have a shot at getting in to such a setting without this experience? I've done a bit of thesis research with older persons living in such settings.

Potential Intern

Feedback to Questions:

Stay tuned for feedback to these issues and for more questions posed by students. As this is the first newsletter issue that includes questions posed by students, we can await answers in the next newsletter. However, I will respond to "Worried Stat Chick." Statistics courses seem to involve a number of assignments. For each assignment, what I found really helpful was to carry out my analyses with the statistical software provided, print out my results, and compare these results with those of a couple other students before I did the final write up. A group of three was a nice size: If one person had different results than the other two, it was easy to figure out what went wrong. The added bonus of working with peers from class is that you'll likely form long-lasting friendships with people in your program: A definite necessity in graduate school!

Have a happy spring/summer! I look forward to hearing from you.

Student Column: Part 2

Diary of a new mom:

What's it like being a parent in graduate school? I'm a graduate student in clinical psychology and also the new mom of a 6-month old baby girl, Keriana. Maternity leave is a much-needed break from studies and is also a wonderful joy. It seems like every day there's a new development, so being a parent is a grand adventure. Each little laugh or smile is a mini-miracle. This week's excitement involved having to buy a little foam floor mat since Keriana was rolling and "inch worming" across the hardwood floor.

Psychology classes have been replaced this year with baby boot camp (a get-back-in-shape class for moms and babies) and diaper fit (aqua fitness for mom, with baby in a little boat attached to mom). Keriana is the only baby to fall asleep part way through diaper fit every week, despite the loud music. The water lulls her to sleep – it must have been that dragon boating I did while pregnant. In between exercise classes, there's Mommy-baby time, Movies-for-Mommies, socializing with Mommy's friends, play dates, family time, shopping, and weekly guitar song-writing lessons, continued from my pre-baby days. Keriana tries to "sing" along during guitar lessons. I even got her on stage with me during a performance and she "talk talked" into the microphone right on cue for her solo section in my Keriana song – the audience loved it and I think she thought it was pretty neat too. I wonder if she'll learn to sing a tune before she can talk. We have songs for everything. Her favourite song is the diaper song. Parenting brings out the full silliness in people, it seems. Keriana probably thinks her Dad and Mom are the funniest people in the whole world. She's always laughing at us. Life is so wonderful.

I'll let you know how the new journey unfolds when I head back to school in the fall!

Ethics in the Rural Context

For psychologists, professional ethics codes guide practice in a discipline rife with ambiguity (Schank & Skovholt, 1997).

In this standing feature on ethics in the rural context we collectively share the story of professional ethics in Canadian rural practice through vignettes from our own practices – these demonstrate our challenges, rewards, & ethical dilemmas. The first piece began an exploration of boundaries. The second piece looked at privacy and confidentiality in embedded environments. This third instalment explores generalist practice.

Challenges & Rewards in Generalist Practice

Submitted by Judi Malone

Ah, rolling hills and familiar faces; A quality lifestyle and engaging career. Have you ever shared these feelings with the sense of being pulled multiple directions? Challenges and rewards do not always balance well and, despite our training, rural psychologists can sometimes end up feeling like fish out of water. Consider the following vignette as you reflect on your own rural practice.

You are the only psychologist working on an interdisciplinary team in a health region of over 10 000 people. The other team members are paraprofessionals with minimal training. You get more referrals for direct service than you can possibly manage. Additionally, there are requests for you to be involved in community and professional development and to provide more of an administrative role given your expertise. You love the variety in your work but often feel that you are pulled to provide services in areas in which you are minimally trained – but far more trained than other team members.

Rural practice conditions (such as lack of referral resources) often necessitate a generalist approach (Harowski, Turner, LeVine, Schank, & Leichter, 2006). Specialization can be impractical as rural service needs require those of us in rural practice to be multi-skilled in dealing with diverse populations (Barbopoulos & Clark, 2003).

As rural psychologists, we may face the dilemma of providing needed services for which we are not trained but that may not exist without our efforts (Kersting, 2003). As such, we must decide whether to cover needs, refuse treatment (considering the ramifications of this for the client), provide limited service, or provide service outside our area of competence (Schank & Skovholt, 2006).

Scarcity of rural mental health resources fosters this pressure (Turchik, Karpenko, Hammers, & McNamara, 2007). The primary challenge is to provide optimal care, often with a minimum of resources, without violating the competency principle of ethics codes (Helbok, 2003; Schank & Skovholt, 2006). Rural psychologists may have a moral responsibility to provide some creative and flexible services beyond their scope of training. This may be questionable ethical practice in urban settings but a defensible ethical stance when working with isolated rural clients.

Think about the earlier vignette. How would you handle the situation? Do you ever feel that you are extended beyond the level of your expertise? Why bother with the challenge? Perhaps you are like many rural psychologists and stay in rural practice by choice (Dimogiannis, 2000) – a highly skilled and committed clinician willing to go beyond the call for your community (Greenhill et al., 2009)?

Challenges & Rewards in Generalist Practice Cont'd

Current Dilemma – What Issues Arise for You?

I am looking for your ideas, stories, humour, & wisdom on ethics in professional psychological practice in rural Canada for this column. What ethical dilemmas do you experience? I will be editing Ethics in the Rural Context but we will be writing this column together. Give me your ideas or write a column!

Judi Malone, R. Psych., judim@athabasca.ca, 780-645-8214.

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Useful Links

Journal of Clinical Psychology Volume 66 Issue 5 : Treating Rural and Isolated Clients

(<http://www3.interscience.wiley.com/journal/123335275/issue>)

This special issue includes the topics of:

- ◆ Treatment for Rural and Remote Clients
- ◆ Telepsychology for Children and Adolescents
- ◆ CBT for Depression in Aged Populations
- ◆ Psychotherapy and Religion
- ◆ Self-stigma
- ◆ Ethical Challenges
- ◆ Opportunities and Challenges

Call for Submissions

Please forward all submissions to the attention of:
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E-mail: dyckkg@ms.umanitoba.ca

The Newsletter Editors invite submission of articles and items of general interest to rural and northern psychologists.

Faculty and students are encouraged to send submissions for the next newsletter to Karen Dyck, dyckkg@ms.umanitoba.ca.

We also welcome submissions of photos of rural life and settings.

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. An application for membership in the Rural and Northern Section can be obtained from Dr. Karen Dyck, Section Chair, 200-237 Manitoba Ave., Selkirk MB, R1A 0Y4, dyckkg@ms.umanitoba.ca.

This issue of the Newsletter was edited by Karen Dyck and Cindy Hardy. Many thanks are extended to Crystal Rollings for her invaluable contributions to design and layout.

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