

Rural and Northern Perspectives: The View from Here

Fall 2021 Volume 16, Issue 2

Message From the Chair



Welcome to the Fall 2021 edition of the Rural and Northern Section's newsletter! For those of you who do not know me, I grew up in Corner Brook, NL (a community of about 20k on the west coast of the island) and moved back here after working for approximately 10 years in Halifax in public health care. I joined the R&N section following the 2019 CPA convention and became the NL representative and agreed to serve as chair this past summer. I am an Associate Professor at the Grenfell Campus of MUN in Counselling and Psychological Services (meaning I provide clinical services to students instead of teaching) while also serving as Director of the Aging Research Centre-Newfoundland and Labrador, with a small private practice that accepts health psychology referrals. I started my first sabbatical in September of 2021 and am enjoying the learning curve that goes along figuring out how to focus on research full time. Thus far, I've learned that I am a lot busier on sabbatical than I ever thought would be possible given I'm not seeing students, hence this being my first communication to you all in this new role. My typical approach when taking on a new project is to seek feedback and input from others, and thus that is what most of this message is about!

I want to encourage you all to consider submitting something to the CPA's annual conference which is currently being planned to be held in **Calgary** (COVID permitting) from **June 17-19, 2022**. The submission system is currently open and closes on December 3, 2021. If you have an idea about invited speakers, a talk, a poster, or symposium, I would be more than happy to discuss it with you. Related to this, we need members to volunteer to review abstracts for our section, please let me know directly if you are interested in and available to do this.

I have also heard from CPA and they would like to spotlight the different sections during Psychology Month. If one of you has something going on that you would like to get the word out about (and are OK being interviewed), please let me know.

Finally, I would like to end this message by saying a huge thank you to everyone who has contributed to this newsletter, but especially our past chair Amanda Lints-Martindale who not only has also stepped in as newsletter editor while our current editor is on leave, but has been very supportive of me in answering my questions as I navigate serving as Chair. I look forward to seeing you hopefully in person in Calgary in June! In the meantime feel free to reach out to me via email: vhutchings@grenfell.mun.ca

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R&N Section Minutes from the AGM

Location: Zoom
June 7, 2021 at 4:15 EST

**Meeting called to order at: 4:15 pm EST
by Amanda Lints-Martindale (chair)**



In attendance: Amanda Lints-Martindale, Jolene Kinley, AnnaMarie Carlson, Karen Dyck, Merrill Dean, Julian Torres, Karen Narduzzi, Shelley Goodwin, Veronica Hutchings, (Partial) Alex Maven, Riley Morrell, Jane Bow; Quorum established.

Approval of Minutes from 2020 meeting (Amanda Lints-Martindale; as published within the newsletter, fall 2020)

Approved by: Shelley Goodwin; Seconded: Karen Narduzzi; Motion passed without opposition.

Update from Chair (Amanda Lints-Martindale):

Section activity and membership for past year: Our section currently has 108 members, which is slightly higher than last year (99 in 2020; 2019 was 86 members). The breakdown of members/students is currently unavailable but has been requested from CPA.

The section published **two newsletters** this year. Many thanks go to our newsletter editor, Michelle Conan, for her excellent work on these publications. Thank you to those who **contributed to the newsletter in 2020-2021** (in no particular order)– Cynthia Beck, Julian Torres, Michelle Conan, Jolene Kinley, Chad Nichol, Merrill Dean, Tiffany Mitchell, Shelley Goodwin, Veronica Hutchings, Sandra Thompson, Pamela Black, Anastasia Gibson, Karen Narduzzi, Matthew Pickard, AnnaMarie Carlson.

Encouraging R&N voices to be heard – *Psynopsis* is an excellent way to reach our larger CPA audience, and to have our perspectives shared with that broader audience. For those interested, upcoming topics are often included on the *Psynopsis* website found here <https://cpa.ca/psynopsis/>. For example, our section provided a submission on the special issue on climate change, on behalf of the R&N section – Amanda Lints-Martindale, Shelley Goodwin, and Jolene Kinley.

CPA AGM minutes will be available online, as well as a variety of topics from the convention, for some time after the convention. Our section sponsored a symposium on the topics of ethics **within rural and northern practice** – presenters include past chairs of our sec-

tion Drs. AnnaMarie Carlson, Shelley Goodwin and Karen Dyck. (June 10, 2021 at 1pm EST). Our section also provided sponsorship for the **MMIWG panel** (June 21, 2021 from 2:15 – 4:15 EST).

Also this year our section has been invited to participate in an ethics working group specific to rural and northern practice, as well as a working groups specific to telepsychology within Canadian psychological practice. Both are excellent opportunities to highlight challenges, benefits, and realities of R&N practice within Canada.

Executive recruitment: nominations currently accepted for Chair elect and Secretary Treasurer. Our existing executive are more than willing to mentor anyone who may be new to an executive position. These positions allow for further involvement in CPA, but also has flexibility so that you are not overburdened. If you are interested in these positions, please contact Dr. Amanda Lints-Martindale.

Secretary/Treasurer's Report (Jolene Kinley)

From our perspective, the new CPA system of managing finances continues to be a positive change with no significant difficulties. Current balance \$3354.01 (mostly due to savings from last year due to COVID, generosity of our speakers, few monetary awards provided, and virtual CPA 2021). This is consistent with CPA's suggestion for keeping balances under \$5000 to maintain non-profit status. Other sections are in similar positions, given that CPA is virtual this year.

Total costs for the convention this year (\$900):

\$150 for speaker honoraria

\$500 to the MMIWG panel

\$250 for awards

We will continue to sponsor the two North Star Awards (\$250 each) as well as the Distinguished Practitioner Award (\$250).

Possible future budgetary matters:

CPA Registration fee There may also be a need to budget for the – the convention registration fees – for select members of the executive, as this is now allowable within CPA. Discussion: Could assist members of the executive who do not have funding to attend the convention.

Student Travel Award: we may want to consider provision of a student travel award, independent of a presentation (budget allowing). Discussion: Could help with recruitment to the section and future executive members. Many expressed support for this idea.

Possible photo contest award (e.g., \$50, something small).

Budget approved by Shelley Goodwin; Seconded by Karen Dyck; motion passed without opposition.

R&N Section Minutes from the AGM, Continued...

Executive Nominations & Elections (Amanda Lints-Martindale)

Chair Elect: Continuing to accept nominations

Secretary/Treasurer: Thank you to our past Secretary/Treasurer, Jolene Kinley, for her service to our section. Continuing to accept nominations

Student Representative(s) Thank you to our past student reps Cynthia Beck from the University of Regina, and Chad Nichol from Laurentian University for their contributions to our section. Continuing to accept nominations

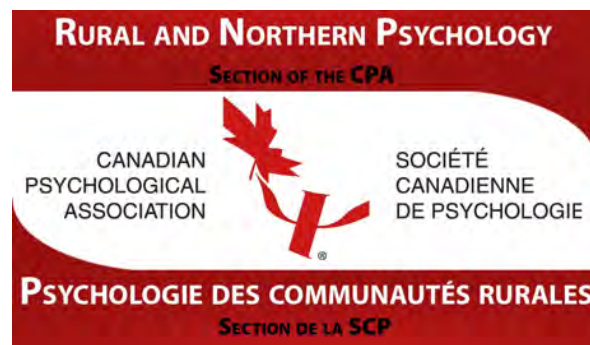
Review of provincial representatives BC – Sandra Thompson, Saskatchewan –Jocelyn Pook, NWT & NU - Merril Dean, Manitoba – Jolene Kinley, Nova Scotia – Shelley Goodwin, Alberta - Tiffany Mitchell, Newfoundland & Labrador – Veronica Hutchings; Ontario: Matthew Pickard ; we still need to identify representatives from, New Brunswick, Quebec, and the Yukon.

New business

Distinguished Contribution Career Award was awarded to Merril Dean by Shelley Goodwin.

CPA 2022 Calgary Please forward potential speakers to chair for consideration.

Meeting adjourned at 5:00 pm EST by Amanda Lints-Martindale



Distinguished Career Contribution to R&N Psychology awarded to Merrill Dean

The Distinguished Contribution to Rural and Northern Psychology Career Award is intended to recognize **outstanding rural and northern psychologists**. Nominations will be considered for psychologists working in any area of rural and northern psychological practice, including education and health services provision, or consulting; and services provided to any patient population or professional clientele in a rural and northern setting. Services provided to diverse client groups or patient populations, including but not limited to children/adolescent/adults/older adults/elders, rural/remote/northern populations, minority populations, and persons with serious mental illness are considered. Contributions are judged distinguished by virtue of peer recognition, advancement of the public's recognition of psychology as a profession, advancement of rural and northern practice through supervision/research/scholarly pursuits, relevant professional association honours, or other meritorious accomplishments denoting excellence as a rural and northern psychologist, including advancement of the profession.



"Merril is an educational psychologist providing services to many northern communities within the Northern Territories. Throughout her career, Merrill has been dedicated to providing psychological services to youth. She has been, and continues to be, a strong advocate for northern psychology. The references included the following summaries: "Here is a rural & northern psychologist that is passionate, adaptable, and committed to providing psychological services to those most in need in her northern environment. Merrill may be in Yellowknife but that does not stop her from engaging in her profession, including our section. She is a long standing Rural and Northern Section member who is willing to help out

in anyway and doesn't let the distance stand in her way."

Congratulations Merrill!

2021 CPA R&N Convention Abstracts

Our section was pleased to be able to sponsor a Symposium that featured discussion of Ethical practice considerations specific to Rural and Northern Canada. The symposium was well attended, and received positive feedback. If you were unable to attend the live presentation, here are the abstracts for your review.



Where Everybody Knows Your Name: Navigating Ethical Demands of Rural Practice (Live online presentation)

Overall Summary

Ethical psychological practice in Canada includes adherence to the four overarching principles: respect for dignity of persons, responsible caring, integrity in relationships, and responsibility to society. It is a responsibility that all practicing psychologists share and therefore ethical dilemmas are not unique to rural practice; they exist in all settings and have no boundaries. Nevertheless, there are aspects of rural practice (e.g., geographical isolation, generalist practice, population size) that increase the probability of encountering an ethical dilemma compared to urban practice. However, it is possible to have a satisfying professional and personal life within rural settings, without sacrificing ethical standards. This symposium will use case examples to illustrate successful navigation of ethical dilemmas in rural practice. Moderator: Dr. Amanda Lints-Martindale.

1st paper: Dr. Shelley Goodwin

One hoof forward: Ethically incorporating Equine Facilitated Psychotherapy into a treatment plan

Abstract

As the profession of psychology grows, it is science and innovation that will move us forward. Our Code of Ethics encourages us to provide evidence-based practices yet what happens when our clients want a therapy that is not yet evidence based? Equine facilitated psychotherapy is one such therapy that is very popular in many rural areas. This presentation will look at the ethical challenges of referring a client for this type of psychotherapy and how Principle IV (Responsibility to society) can guide this process.

2nd paper: Dr. AnnaMarie Carlson

Could it BE more awkward: Navigating dual relationships and stigma in rural practice

Abstract

The ethical principles of preventing multiple relationships, and maintaining privacy and confidentiality tend to be particularly relevant when practicing in small communities. Psychologists have uniquely made a point of discussing the possibility of incidental contacts (i.e., “if I see you at the grocery store...”) with clients at the outset of relationship relative to other disciplines. This session will discuss the potential these discussions may have on the unintended maintenance of stigma of those receiving psychological care, and unnecessarily increasing anxiety in psychologists who are regularly faced with navigating these incidental contacts. Adherence to ethical practice, particularly Integrity in Relationships in rural practice, will be referenced.

3rd Paper: Dr. Karen Dyck

If a psychologist screams in the woods and no one hears her, is it still a cry for help?

Abstract

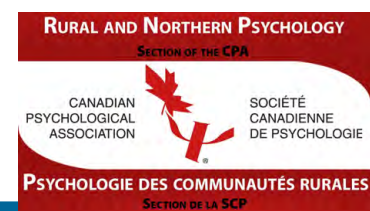
Self-care has been shown to not only have a positive impact on psychologists’ health and wellness but to also affect professional functioning, including impacting patient outcomes. The importance of self-care for psychologists is further emphasized by its’ inclusion in principle II.12 of the Canadian Code of Ethics for Psychologists which states psychologists “engage in self-care activities that help avoid conditions (e.g., burnout, addictions) that could result in impaired judgement and interfere with their ability to benefit and not harm others” (Canadian Psychological Association, 2017, p. 20). Drawing from personal experiences, the presenter will explore proactive strategies for embracing rural practice in ways that promote a sense of both personal and professional well-being.

CPA is now accepting submissions for the **2022 Annual Convention**,
June 17-19, 2022 in Calgary, Alberta.

Submission deadline is December 3rd, 2021.

For more information visit the website:

<https://cpa.ca/the-cpa-is-now-receiving-abstracts-for-its-2022-convention/>



Meet the Executive!

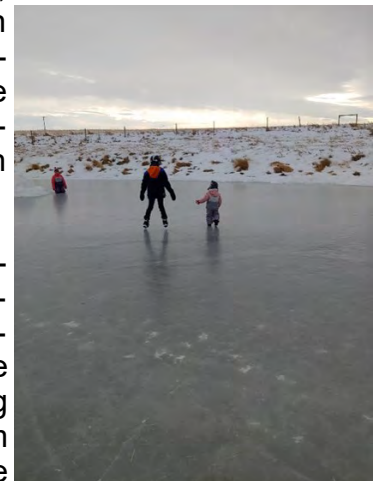
Secretary: Tiffany Mitchell

My name is Tiffany Mitchell, I am the Secretary and Provincial Rep for Alberta. I am a registered Psychologist working in Private Practice for the past 3 years in the areas East and South of Calgary. I consider myself generalized with a developing specialized focus in trauma and anxiety. I work in a variety of populations including children, adolescents, and adults (including specialized populations such as MVAs, veterans, and postpartum). A few of the areas I focus in include trauma (childhood, sexual assault, Motor vehicle), depression, anxiety and perinatal mood and anxiety disorders. I am excited to engage more with the chapter and continue with the excellent work the chapter has already done in supporting and acknowledging Rural and Northern Psychology.



Outside of work I am often at home with my husband and 3 kids, or I am out at the family farm helping with the sheep, cattle and recently harvest. When I am out there, I am reminded at how little impact politics, and even Covid-19 have had on the area, rather I see the devastating impact of weather. Talking with farmers I often hear the anxiety as they discuss not knowing how to feed their animals come winter. Unfortunately, however the stigma against mental health is still very present in rural Alberta, leaving me to more informally left to listen and support, while at the same time encouraging that it is “okay” to see help. My work has taken me into town, but my heart is in the country where the stars and the moon brighten the night, often enough one does not need a flashlight.

Growing up on a farm and through my work I have become passionate and at times vocal about the separate culture that develops in the rural and how this needs to be addressed within psychology practices and the therapy room. In talking with individuals both from urban centres and in the rural communities it becomes clear the different impacts and items that can increase anxiety, willingness to come in, perspectives of healing, and understanding impact of events.



Meet the Executive!

Treasurer: Conor Barker

Greetings from Antigonish, Nova Scotia! My name is Conor Barker, and I am presently serving in the role of treasurer of the Rural & Northern section. I am looking forward to supporting the role of rural psychologists in Canada, and discussing the unique features of rural psychological practices which I think can inform the broader practice of psychology. I am originally from Saskatoon, Saskatchewan, and I started my practice in Swift Current, Saskatchewan. I currently am the clinical director of Brunswick Creek Psychology Services, a private practice that serves southwest Saskatchewan. I oversee the work of six clinicians and one academic strategist. My work experience has included school, health, and private practice settings, for children and adult counselling, assessment, consulting, and professional development.



I have recently joined the Faculty of Education at St. Francis Xavier University, and I serve as an Assistant Professor of inclusive education. My research interests are centred around the competencies of rural school psychologists and inclusive educators in rural and minority language contexts. Specifically, I am interested in the concept of creative practices in psychology and inclusive education, which are defined as practices that are generated by competent teachers and clinicians when the needs present, and the available resources are few. This results in new innovations in practices that can benefit not only students with exceptional learning needs, but new directions in terms of what can be possible in clinical practice.



Outside of my professional career, I am an avid cook and I enjoy a good meal shared with friends and colleagues. Transitioning between provinces reminds me of the importance of community, and how the quality practice of psychology depends not only on developing the knowledge, skills, attitudes, and behaviours of competent psychological practices, but also includes our own self care and connection to our social and professional networks. I look forward to getting to know many of you through this role.

Meet the Executive!

Student Representative: Alison McCleary

Hello all. I am a Registered Clinical Counsellor who, after working for years in my rural hometown in Northwestern BC, realized that there were significant deficits in the available mental health resources in my community. In order to serve my community in different ways, I returned to academia and am now in my fourth year of the Doctor of Psychology program at Adler University in Vancouver, BC. I continue to run my counselling practice virtually while studying which aligns with my values to commit to serving rural communities. I co-host a very fun podcast, Edge of the Couch, that is for students and new therapists to discuss the topics that often feel too risky to bring up during training or with supervisors. I absolutely love doing therapy and am excited at the prospect of being a part of the Rural and Northern sector.



Student Representative: Laura Friesen

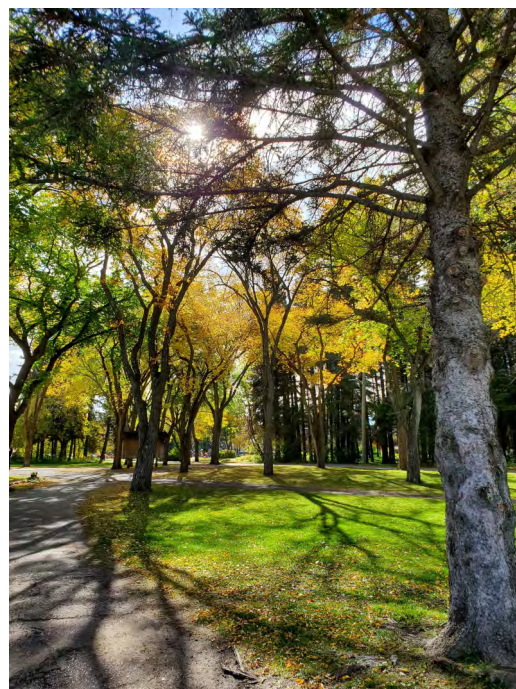
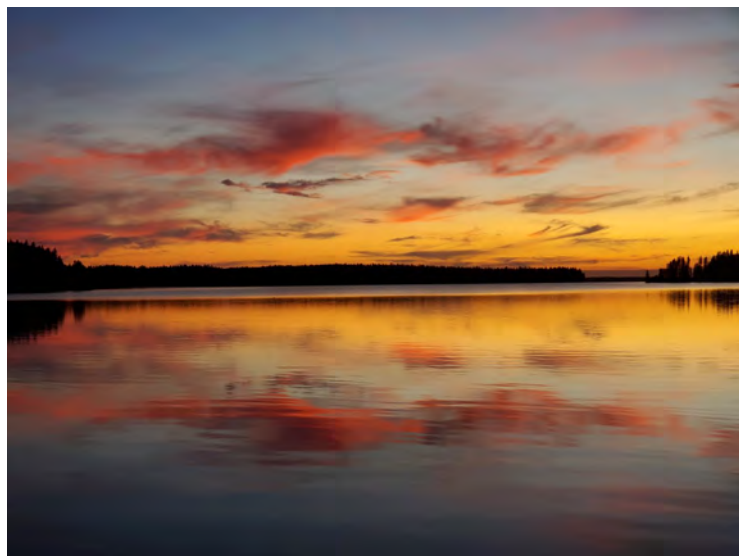
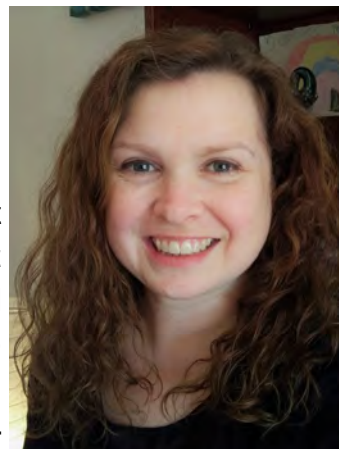
Hello! My name is Laura Friesen. I am a Registered Provisional Psychologist in Alberta and am in the process of completing my doctorate at the University of Alberta. Currently, I am in my pre-doctoral residency and am working to complete my dissertation. I am specializing in rural psychology and my research focuses on this with a specific consideration of rural cultures and the unique needs of rural and remote communities. I originally hail from a small, remote northern Alberta community where much of the focus and values lie in the sense of community, farming, hunting, logging, and other trade professions. I am excited to be a part of this rural and northern community and look forward to the year ahead! Research Website: <https://lsfriesen.wixsite.com/ruralremotepsych>



Meet the Executive!

Past Chair: Amanda Lints-Martindale

I am pleased to be able to continue to serve the R&N section through the position of Past-Chair. By way of (re)introduction, I am a clinical psychologist with an academic appointment of Assistant Professor with the University of Manitoba, and clinical appointment of Consulting Psychologist with the Southern Health-Santé Sud health region of Manitoba. Recently, I have taken on the role of Rural Lead within our Department of Clinical Health Psychology, and am also a primary supervisor for our department's post-doctoral residency program within the rural stream. I appreciate the variety of rural work, as well as the lifestyle working in rural Manitoba provides—my commute to work is relatively stress and traffic-free, and under 10 minutes. My husband and I are both from rural communities, and we enjoy spending time with our two girls (ages 9 and 6), who are a lot of fun. This fall, we spent some time at Riding Mountain National Park, MB which certainly did not disappoint—the weather was beautiful, and the colours were gorgeous. I've included two pictures so that you can enjoy the scenery as well (no filters!).



Options for Cultural Awareness Training



Cultural awareness and sensitivity is a crucial component of psychological practice (Sue, 2003, 2009). While true cultural competency may be unachievable within the diverse landscape of Canada, fostering Cultural Safety is an incredibly important aspect of all healthcare, including psychological services. Cultural Safety's ultimate goal is to provide an environment that is free of racism and discrimination wherein patients and clients feel safe when receiving healthcare services (Curtis et al., 2019).

The following list includes opportunities to engage in cultural awareness training specific to Indigenous cultures within Canada. These workshops and training options are available both provincially and nationally, primarily online. Thank you Merrill Dean who compiled the list and provided it to our section for our members to access via the newsletter.

CPA recommends IAC (Indigenous Awareness Canada) program and members are offered a discounted registration fee for one of the specific programs. <https://indigenousawarenesscanada.com/>

Yukon: offers programs through Yukon University, Yukon Law Society, Yukon Medical Council –Yukon First Nations YFN101 <https://www.yukonu.ca/programs/courses/yfn-001>

NWT – Living Well Together (free) 16 hours <https://my.hr.gov.nt.ca/courses/indigenous-cultural-awareness-and-sensitivity-training-%E2%80%93-living-well-together>

BC - “cultural agility” BC Public Service <https://www2.gov.bc.ca/gov/content/careers-myhr/job-seekers/about-competencies/indigenous-relations/cultural-agility>

San'yas Indigenous Cultural Safety Training (British Columbia, Manitoba and Ontario) <https://www.sanyas.ca/>

Alberta—University of Alberta Indigenous Canada (free) <https://www.ualberta.ca/admissions-programs/online-courses/indigenous-canada/index.html>

Saskatchewan—University of Saskatchewan Building An Awareness of Cultural Humility - <https://cmelearning.usask.ca/online-learning/Building%20an%20Awareness%20of%20Cultural%20Humility.%20%20Caring%20Together%20Through%20Work.php>

SaskCulture has a number of tools to promote diversity and inclusiveness including inventories and links to other organizations <https://www.saskculture.ca/programs/organizational-support/organizational-resources?resource=12&subresource=81>

Training, continued...

Nova Scotia—Nova Scotia Barristers' Society has a collection of videos on the more general topics of cultural awareness, as well as links to Truth and Reconciliation resources <https://nsbs.org/legal-profession/your-practice/practice-support-resources/equity-access-resources/#1-cultural-competency>

Community Sector Council of Nova Scotia - a series of recordings with Mi'kmaw Elders and knowledge sharers <https://www.csc-ns.ca/decolonization-learning-journey/#recordings>

Prince Edward Island—University of PEI - <https://www.upei.ca/professional-development/course/indigenous-cultural-awareness>

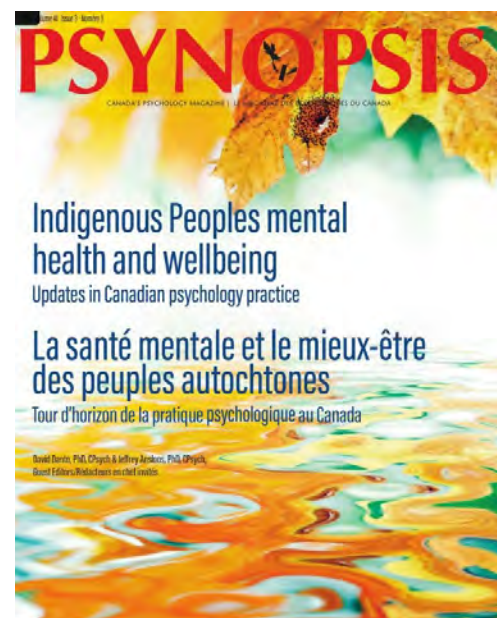
Newfoundland—Memorial University Faculty of Medicine Providing Culturally Safe Healthcare for Indigenous Patients in Newfoundland and Labrador https://www.mdcme.ca/course_info/cultural_safety

Rural competency toolkit from the USA– RHI hub <https://www.ruralhealthinfo.org/toolkits/services-integration/3/cultural-competency>

We encourage you to consider reviewing these resources, and adding a component of cultural competency to your continuing education plans.

Members interested in reading about the Psychology's Response to the Truth and Reconciliation Commission of Canada's report can do so by reading the full document found here: https://cpa.ca/docs/File/Task_Forces/TRC%20Task%20Force%20Report_FINAL.pdf

Review of the special *Psynopsis* issue from 2019: <https://cpa.ca/docs/File/Psynopsis/2019-Vol41-3/index.html> is also encouraged.



Future Newsletter Submissions

I hope that you have enjoyed this special issue of *The View from Here*—our Rural and Northern Newsletter. If you would like to make a contribution to *The View From Here*, please contact Dr. Amanda Lints-Martindale (Amanda.Lints-Martindale@umanitoba.ca). For our fall edition, we are particularly interested in hearing about **innovations from our membership that have been helpful during the COVID-19 pandemic** and will also be highlighting our **photos** capturing the rural and northern geographies and landscapes that you call home.

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 R&N practice
- photos
- book review(s)
- any other topic related to rural and northern psychology in Canada!

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.

The opinions expressed in this newsletter are strictly those of the authors and do not necessarily reflect the opinions of the Canadian Psychological Association, its officers, directors, or employees.

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