

Rural and Northern Perspectives: The View from Here

Fall, 2018 Volume 13, Issue 2

Message From the Chair

Welcome to the Fall edition of the Rural and Northern Section Newsletter. I hope you will enjoy some light reading as this fall weather is keeping many of us indoors prematurely.

As you may recall, the CPA convention was held in Montreal this past June. It was the first time the Section made Quorum at our AGM. Thank you to all who attended and I anticipate we will set up virtual attendance options for our future AGMs. At the meeting, Michelle Conan stepped down as our student representative but has agreed to take over as Newsletter Editor. Thank you Michelle! We held elections for student representative and Chair-Elect, and are happy to welcome Nichole Faller (University of Regina) as student representative, and our current Secretary-Treasurer and newsletter editor, Amanda Lints-Martindale into the Chair-elect position. Thank you Amanda for volunteering your time on our newsletter and help us connect as a section. News from the CPA AGM included an anticipated rate increase for regular membership dues (our section dues will remain the same), and that the next convention will partner with the North American Correctional and Criminal Justice Psychology Conference.



Thinking ahead for the next 6 months, I would like to remind you of a few things. First, planning for the 2019 Annual CPA Convention has begun. It will take place from Friday May 31st to Sunday June 2nd in Halifax, NS. Our Past-Chair, Shelley Goodwin is from the area and may be able to offer some suggestions on “hidden gems” for those hoping to explore the area while there for the convention. Secondly, a reminder that February

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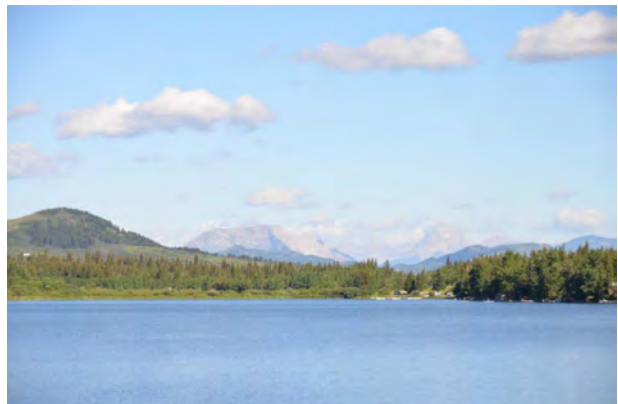
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Message from the Chair, continued...

is Psychology Month and CPA may have funds for costs related to hosting an event (i.e. photocopying). We will send out reminders in January. If you do host an event, please let us know; it would be great to showcase in the newsletter. Thirdly, there will a vote on amendments to the composition of the board of CPA on **October 19**. The membership will have an option to vote electronically. A link to the proposed amendments is at <https://cpa.ca/aboutcpa/boardofdirectors/amendment/>, and if you have questions or views to express on this matter, please contact (executiveoffice@cpa.ca), or I can pass them along on your behalf.

Thank you to the many members who contributed photos to this edition. I would encourage all our members to look around and capture beauty from your area to submit to the next edition. I would love to see a photo from every province and territory! Photos below are near Buchanan, SK (left), Brandon, MB (top right) and Beauvais Lake, AB (bottom right).

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



Photos from ICAP/CPA 2018 R&N Events



Dr. AnnaMarie Carlson's Rural and Northern Section Chair Address focused on Integrating Health Psychology into Rural Practice. She emphasized the importance of interdisciplinary consultation and collaboration, the use of groups to maximize psychologist's time and the unique benefits and challenges of being a health psychologist focusing on a generalist practice (e.g., a variety of chronic health conditions) rather than a specialist which is more commonly seen in urban centres.

Dr. Amanda Lints-Martindale (left), Dr. Shelley Goodwin (middle) and Dr. AnnaMarie Carlson (right) provided a panel discussion entitled *Accessing Mental Health Services in Rural and Northern Areas: An examination of current challenges and potential solutions*. The talk examined the importance of stepped-care consultative models for accessing psychologists within the publicly funded system, the importance of interprofessional collaboration in both public and private systems as well as the overall challenges of working in rural areas, such as the very low number of psychologists practicing within rural and northern areas of Canada.



Rural & Northern Section Annual General Meeting: Minutes

French Translation provided by Dr. Jonathan Jetté, C. Psych. Candidate

Location: RM 516 E (level 5)

Date: June 26, 2018

Time: 17:00-18:00

Meeting called to order at 5:03pm by AnnaMarie Carlson

Welcome and introductions

In attendance:

Jolene Kinley, Shelley Goodwin, AnnaMarie Carlson, Jonathan Jette, Karen Dyck, Greg Gibson, Karen Narduzi, Nichole Faller, Michelle Conan (via phone), Erin Gurr (via videoconference)

Quorum established. Approval of Minutes from 2017 meeting (AnnaMarie Carlson)

Approved by: AnnaMarie Carlson Seconded: Shelley Goodwin Motion passed without opposition.

Update from Chair (AnnaMarie Carlson)

Review section activity and membership for past year: Our section currently has 101 members, which is consistent with last year.

The R&N section partnered with the Aboriginal section to co-sponsored Dr. Jeffrey Ansloos' talk at ICAP in Montreal this year. The talk was well attended, and the section will continue to look for co-sponsor opportunities for upcoming conventions.

The section now has a dedicated Facebook page. Information pertaining to the section will continue to be posted. AnnaMarie will continue to monitor the page.

The section produced 2 newsletters this year, and continues to aim for 2 issues per year. There was discussion and general consensus to increase francophone content, as well as increase submissions from across Canada. There will be a specific request for photographs of psychologists' settings in future issues of the newsletter. Michelle Conan will partner with Amanda Lints-Martindale for the next issue of the newsletter, taking on lead editor role in for the Spring 2019 edition.

Update from CPA

We had a great response from the section's membership re: the CPA Fact Sheets.

There has been a change in the structure of the board of directors which was based on feedback from an external audit. Changes will likely be coming in the next few years with more information to be announced via CPA's website and at the CPA AGM.

Update from Past Chair (Shelley Goodwin)

Shelley noted there are unique opportunities that come up as part of participation in the section's executive and she has enjoyed these interesting experiences – she encouraged all in attendance to consider volunteering for a position on the executive within the R&N section. She continues to work on the Professional Affairs Committee as well as participating in the Professional Psychology Summit looking at training needs of psychologists with a date set for summer 2019 (although not yet confirmed).

Secretary/Treasurer's Report (Amanda Lints-Martindale)

Current balance in May 2018 is \$2208.79 (mostly due to savings from last year)

Membership Dues from CPA 879.00. ICAP/CPA expenses: \$803.25 for speaker and \$450 for awards (student and professional career). After June, 2018 expect a balance of \$1155.54 for the remainder of the year. We will continue to sponsor the North Star Awards as well as the Distinguished Practitioner Award.

Budget approved by Amanda Lints-Martindale, Seconded by Jonathan Jette

Our section has partnered with CPA for all finances to be managed by CPA rather than the individual sections. We have been part of the pilot project, with the other sections being converted to this new system in the coming year. From our perspective, this change has been a good partnership and minor difficulties have been sorted out quickly.

Presentation of Distinguished Practitioner Award (Shelley Goodwin)

Awarded to: Dr. Karen Dyck

Planning for next year's convention (AnnaMarie Carlson)

CPA 2019 will be May 31-June 2, 2019 in Halifax at the Marriott Harbourfront hotel.

Speaker – there was discussion of looking for opportunities to co-sponsor a speaker with other sections.

Reception – budget-friendly options for a reception after the R&N AGM were discussed. There was general agreement with the plan to continue to meet as a group for supper at a local restaurant following the AGM, at personal cost to attendees.

Executive nominations (AnnaMarie Carlson)

Chair Nominee: Dr. Amanda Lints-Martindale Approved by Shelley Goodwin, Seconded Jolene Kinley; motion passed without opposition

Student Nominee: Nicole Faller Approved by Karen Dyck, Seconded Greg Gibson; motion passed without opposition

AGM minutes continued...**Review of provincial reps**

BC – Sandra Thompson, Saskatchewan – Lindsay Foster, NWT/NU - Merrill Dean, Manitoba – Jolene Kinley, Nova Scotia – Shelley Goodwin

We still need to identify representatives from Newfoundland, New Brunswick, Quebec, Ontario, Alberta and the Yukon. Motion: place another call in the newsletter, along with a description of provincial representative duties. Approved by Karen Dyck, Seconded by Shelley Goodwin

Newsletter editor Nominee: Michelle Conan

Webmaster – Colton MacDonald

No other new business

Meeting adjourned at 6:01pm by AnnaMarie Carlson.



Procès-verbaux de la réunion annuelle de la section de psychologie des communautés rurales et nordiques

Emplacement : RM 516 E (level 5)

Date : 26 juin 2018

Heure : 17:00-18:00

ORDRE DU JOUR Réunion débuté à 17h03 par AnnaMarie Carlson

Bienvenue et introductions

Présence : Jolene Kinley, Shelley Goodwin, AnnaMarie Carlson, Jonathan Jette, Karen Dyck, Greg Gibson, Karen Narduzi, Nichole Faller, Michelle Conan, Erin Gurr

Quorum établi.

Approbation du procès-verbal de la réunion de 2017 (AnnaMarie Carlson)

Approuvé par: AnnaMarie Carlson Appuyé par: Shelley Goodwin La motion a été adoptée sans opposition.

Mise à jour de la présidente de la section (AnnaMarie Carlson)

Révision des activités de la section et des adhésions des membres pour l'année dernière.

Notre section compte actuellement 101 membres, ce qui est conforme à l'année précédente.

La section R & N s'est associée à la section de la psychologie des peuples autochtones pour co-parrainer la conférence du Dr Jeffrey Ansloos de l' IAAP à Montréal cette année. La conférence a attiré beaucoup de participants et la section continuera à rechercher des possibilités de co-parrainage pour les congrès à venir.

La section a maintenant une page Facebook. Les informations relatives à la section continue-

AGM minutes continued...

ront d'y être affichées. AnnaMarie continuera à s'occuper la page.

La section a produit deux bulletins d'information cette année et continue de viser deux numéros par année. Suite aux discussions le consensus général est d'augmenter le contenu francophone, ainsi que l'augmentation des soumissions de partout à travers le Canada. Les prochains numéros du bulletin exposeront la diversité de pratique des membres par l'entremise de photographies, il y aura une appel d'offre. Michelle Conan travaillera en partenariat avec Amanda Lints-Martindale pour le prochain numéro du bulletin, elle assumera le rôle de rédactrice en chef pour l'édition du printemps 2019.

Mise à jour de la SCP

Nous avons reçu d'excellente réponses de la part des membres de la section concernant les fiches d'information de la SCP. Il y a eu un changement dans la structure du conseil d'administration, basé sur les commentaires d'une audite externe. Des changements seront probablement apportés au cours des prochaines années, d'autres informations seront annoncées via le site Web de la SCP et lors de l'AGA de la SCP.

Mise à jour de l'ancienne présidente. (Shelley Goodwin)

Shelley a noté qu'il y a des opportunités uniques qui découlent de la participation à l'exécutif de la section et elle a apprécié ces expériences intéressantes. Elle a encouragé tous les participants à envisager de faire de s'impliquer pour un poste de l'exécutif de la section R & N. Elle continue d'œuvrer au sein du comité des affaires professionnelles et participe au Sommet de la psychologie professionnelle sur les besoins de formation des psychologues, une date tentative a été avancé de terminaison pour 2019 (mais pas encore confirmée).

Rapport de la secrétaire / trésorière (Amanda Lints-Martindale)

Le solde actuel pour May 2018 est de \$2208,79 (principalement en raison des économies de l'année dernière) Dépense pour la SCP \$879.00: SCP Depenses: \$803,25 pour conférencier, \$450 pour les bourses (étudiants et carrière professionnel). Après juin 2018, le solde sera de \$1155,54 pour le reste de l'année. Nous continuerons de parrainer le prix de l'étoile du nord (North Star Awards) et le prix pour praticienne distinguée (Distinguished Practitioner Award). Budget approuvé par Amanda Lints-Martindale, appuyé par Jonathan Jette

Notre section s'est associée à SCP pour que toutes les finances soient gérées par le SCP plutôt que par les différentes sections. Nous avons participé au projet pilote et les autres sections implanterons ce nouveau système l'année prochaine. De notre point de vue, ce

AGM minutes continued...

changement a été un bon partenariat et des difficultés mineures ont été réglées rapidement.

Remise du prix le prix pour praticienne distinguée (Distinguished Practitioner Award; Shelley Goodwin)

Prix remis à Dr. Karen Dyck

Planification du congrès de l'année prochaine (AnnaMarie Carlson)

Le congrès de la SCP 2019 se aura lieu du 31 may au 2 Juin, 2019 à Halifax à l'hotel Marriott Harbourfront. Conférencier - on a discuté la possibilité de co-parrainer un conférencier avec d'autres sections. Réception - des options économiques pour une réception d'après AGA de la section R & N ont été discutées. Il y a eu un accord général de continuer avec le plan de se réunir en groupe pour un dîner dans un restaurant local après l'AGA, aux frais des participants.

Nominations pour l'exécutif (AnnaMarie Carlson)

Présidente Nominée : Dr. Amanda Lints-Martindale; Approuvé par Shelley Goodwin, appuyé par Jolene Kinley; motion adoptée sans opposition.

Étudiant Nominée : Nicole Faller; Approuvé par Karen Dyck, appuyé par Greg Gibson; motion adoptée sans opposition.

Révision des représentants provinciaux: BC – Sandra Thompson, Saskatchewan – Lindsay Foster, NWT/NU - Merril Dean, Manitoba – Jolene Kinley, Nova Scotia – Shelley Goodwin.

Nous devons encore identifier des représentants provenant de Terre-Neuve, du Nouveau-Brunswick, du Québec, de l'Ontario, de l'Alberta et du Yukon. Motion : placer un autre appel dans le bulletin d'information, accompagné d'une description des tâches des représentants provinciaux. Approuvé par Karen Dyck, appuyé par Shelley Goodwin.

Éditrice du bulletin Nominée : Michelle Conan
Webmaster – Colton MacDonald

Aucune autre nouvelle affaire

Réunion ajournée à 18h01 par AnnaMarie Carlson.

Distinguished Contribution Career Award Presented to Dr. Karen G. Dyck, C.Psych.

Dr. Karen G. Dyck was awarded the Distinguished Contribution to Rural and Northern Practice Award. This peer-nominated award acknowledges significant contributions made by a psychologist throughout their career. Dr. Dyck worked within the Department of Clinical Health Psychology at the University of Manitoba for nearly 18 years (during which she was also the director for the rural and northern programme within the department), before moving to private practice in 2014 located in a rural community east of Winnipeg, Manitoba. She continues to devote her practice primarily to individuals from rural and remote communities. What follows below are excerpts from letters of support written in support of Dr. Dyck's nomination. Congratulations Dr. Dyck!



Dr. Shelley Goodwin (right) presents award to Dr. Karen Dyck (left)

“Dr. Karen Dyck embodies the creativity, commitment and interpersonal warmth and support that are today the template for successful rural and northern practice in psychology. She deserves this award more than anyone I can think of.”

“Karen almost single-handedly established the CPA Section of Rural and Northern Psychology. The Section was partially a recruitment vehicle, and partly a means to provide a network of support and communication connecting previously isolated psychologists practicing in rural and northern communities. The success of the Section is another indication of Karen's commitment and vision. “

“My experience in rural psychology was excellent thanks to Dr. Dyck. She provided needed mentorship, supervision and endless support in my development of a psychologist.”

“In her tireless efforts to facilitate the wellbeing of rural and northern individuals and communities, Dr. Karen Dyck has effectively promoted the profession of psychology while also contributing to the education of countless psychology students and residents in rural and northern training programs.”

“Over the years and continuing to the present, Dr. Dyck has been instrumental in consulting to Community Mental Health programs in various Regional Health Authorities around the province, advising clinicians on therapeutic and ethical issues, facilitating educational and health promotional classes and psychotherapeutic groups in the community, and providing valuable training to other health care professionals who then disseminate their increased knowledge to an even wider population.”

A Year in the Life of a Northern Psychologist

Submitted by Merrill Dean, M.Ed., Registered Psychologist NWT/NU

For the past two years I have had the opportunity to work across the Northwest Territories in the area of assessment, intervention and consultation in the school systems. The NWT has 8 educational regions or districts that all together have 48 schools. The school populations range from 7 to over 700 in the largest high school in the territory for a total of approximately 8400 students. Nine of the 48 schools are in the capital, Yellowknife; the remaining schools are spread throughout the territory.

As the only psychologist in the NWT practicing as an educational psychologist specializing in school consultation, assessment and intervention support, the opportunity for travel and experiencing the north has truly been a unique experience. I spend approximately 70% of my year travelling outside of Yellowknife. Most of the travel done is by plane which means that freight and baggage costs weigh heavily into deciding what tools to bring with you. Ipad testing has been a real boon, allowing me to go from over 50 kg of luggage to usually about 25 kg; however, depending on where I am travelling I may also have to bring some food as a number of the communities I work in do not have restaurants and have limited and expensive choices in the local grocery stores; \$29.00 for two pounds of coffee justifies packing coffee from home for the week I may be in a community.

With the exception of Iqaluit, NU, and Yellowknife, NT, none of the airports in the NWT have security checks. Indeed, when travelling from Yellowknife to the communities you are also not required to go through a security check. As such, the recent national story about the traveller who got on the wrong plane in Yellowknife and flew 6 hours in the wrong direction is not a unique story up here. The lack of security does make travel a bit easier, but there are always reminders of what you are allowed in your hand luggage. Those posters also serve to remind you that lifestyles can be significantly different in the north.

Upon arrival in some regions travel in winter may be on ice roads; the frozen MacKenzie River, or the newly built highway that runs from Inuvik to Tuktoyaktuk. In January I had the opportunity to travel both – although ending up in the ditch because of whiteout conditions on the Tuk highway, both directions, a week apart seemed a bit much.

Winter days in the NWT have few, if any hours of sunlight. In the Beaufort Delta Region, the sun goes down in December

"...the opportunity for travel and experiencing the north has truly been a unique experience."

A Year in the Life of a Northern Psychologist, continued...

and doesn't rise again until mid-January. Totally by coincidence this past January, my travel in the Beaufort had me travelling from January 7-26 to 4 different communities and I arrived in each one on the day of the Sunrise Festival for that community.

Attempting to ensure that assessments are culturally responsive and reflect the students' lived experiences as well as providing valid and helpful information to assist teachers and families in helping all students learn in a fully inclusive schooling environment is an area of ongoing work. I am constantly aware that school success does not necessarily equate to success on the land or in the communities and many of the students I see shine when placed in language classes or cultural on-land activities. Students in the NWT all study a second language, but up here they may take either English, French or one of the 9 Indigenous Languages as their second language. In communities that have strong traditional language many of the students in the school are English Second Dialect or English Language Learners and this too affects their learning and performance on southern normed standardized assessments. The lack of specialized experts in the north in regards to behaviour, learning and neurological conditions means that the psychologist needs to have extensive contacts and support people for guidance and advice and be a bit of a 'jack-of-all trades'. A good research database such as available through the CPA is key to staying up to date on research, as well as interventions and support.

In many communities the school's location allows the students to reflect upon the beauty of their natural environment and serve to remind students daily of their close ties to the land. School programming and curriculum throughout the territory includes the integration of culture and traditional knowledge in all subject areas. All students take part in cultural experiences on the land.

When travelling I am usually in a community for up to a week. The time I spend there will be divided between assessments, observations, consultation and professional and parent workshops. The huge distances and costs of transportation mean that you try your best to have your

"...The lack of specialized experts in the north in regards to behavior, learning, and neurological conditions means that the psychologist needs to have extensive contacts and support people for guidance and advice and be a bit of a 'jack-of-all trades'."

A Year in the Life of a Northern Psychologist, continued...

Submitted by Merrill Dean, M.Ed., Registered Psychologist NWT/NU

cases fully conceptualized before you begin travel, and that you have packed all the necessary kits, tools and resources. Internet connectivity in some communities is very poor, but as of 2017 all communities have cell phone service and I have discovered that Q-interactive can be fully managed on a hotspot link with your phone (data charges are extra!).

There have been some lessons learned in my travels the past two years that might point to some wisdom to be shared and the implied stories behind them:

- Don't give away your food stash because your plane may not be able to leave and you won't have supper or breakfast.
- Kids in the communities would far rather have mandarin oranges or bananas as a treat than chocolate. The latter is always available to purchase for a relatively cheap price. The former is hard to find and expensive.
- When needing help feel free to flag down the truck going by – you may be a stranger in town but everyone knows who you are and will help you out.
- When a student responds to “I haven't seen a car in 6 months” with a ‘True’ – ask when the last time they left town was. Chances are the community has no ‘cars’, only trucks, SUVs, quads and skidoos.
- Be prepared for the unexpected:
 - ⇒ if the plane comes in and doesn't leave you may be sharing your two bed hotel room with a stranger (really, you only paid to rent the bed – not the room);
 - ⇒ if your B & B is under renos the bathroom may look like an SB 5 question of what is strange or unusual in this picture;
 - ⇒ if the school forgot to pick you up at the airport, someone will take you to town, spend two hours tracking down the principal and make sure you have a place to rest your head;
 - ⇒ snowpants and survival gear do you no good in the trunk of the vehicle when there are 100 km winds on the barrenlands – keep your gear close to you, or better yet, wear it;
 - ⇒ when flying on northern airlines know that you will be weighed and your weight kept in their database – as embarrassing as it may seem, it's safer than having the plane run out of fuel because people lied about their weight.
 - ⇒ northern airlines will not let you fly between October and April unless you have winter gear on, not with you, on!

I have loved the opportunity to travel and work with exceptional educators and students in the north and look forward to doing so for years to come. It is however, a lot of travel and work for one person, particularly one who entered this career late in life after 25 years in education. Running into students whom I've worked with and assessed and hearing their stories of suc-

A Year in the Life, continued...

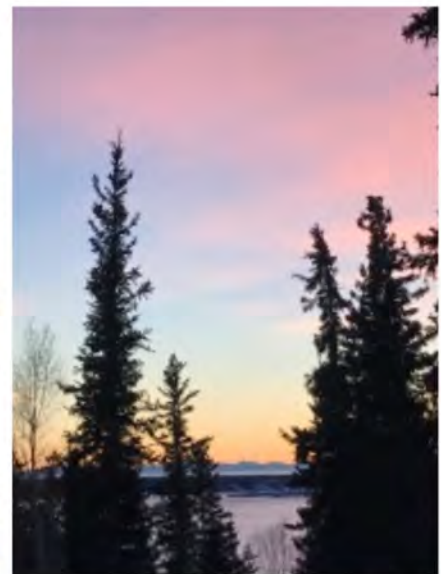
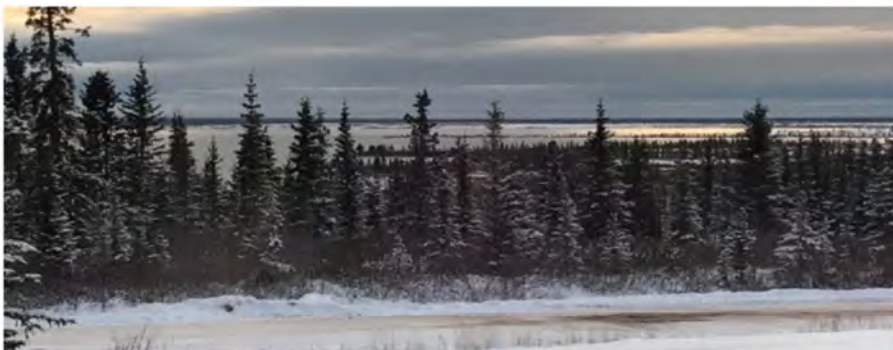
cess while away at college or university, or in the workplace has been one of the huge rewards. The north may be vast in distance but we really are a small community. My travels

now mean that at pretty much every airport or in every grocery store I will meet students and parents I know, or professionals I have worked with. I close this article with the comment, if the pictures and stories attract you and you would like to venture to the north, please feel free to contact me for encouragement and information.

My email is Merril@deanpsych.com

The Mackenzie River.

The Mackenzie River runs from South to North across the territory. Many communities are located on the river, which historically and present day, provides a travel route in a region that has few roads. In summer it is crossed by ferries and boats, in the winter we travel by ice roads.



THE MACKENZIE RIVER: FREEZEUP IN TULITA (UR); THE MACKENZIE ICEROAD - DIRECTIONAL SIGNS ON A FROZEN RIVER; THE ICE ROAD AT 9:00AM (DARK); THE TREES ALONG THE BANKS SHOW THE SIZE OF THE RIVER; LOWER LEFT CENTER: THE MACKENZIE RIVER AT FT. GOOD HOPE; TSIIGETCHIC (LL); FT. PROVIDENCE IN THE SPRING (ML) AND DELTINE (GREAT BEAR LAKE) (UL).

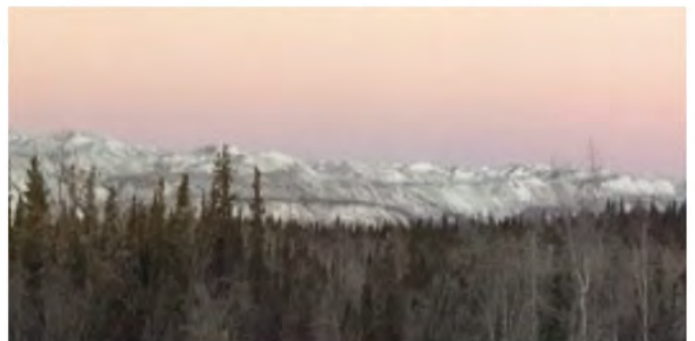
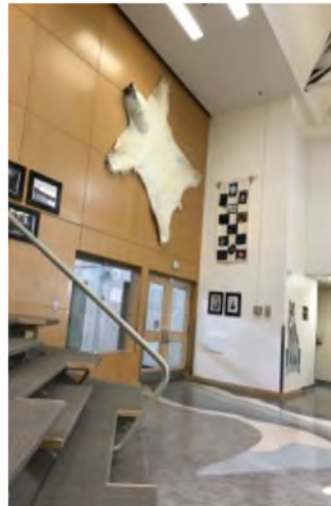
A Year in the Life of a Northern Psychologist, continued...

Submitted by Merrill Dean, M.Ed., Registered Psychologist NWT/NU

Schools

The pictures represent views from schools around the NWT and Nunavut.

- Top Left – a view from the hill by the Iqualuit High School looking out over Frobisher Bay.
- Top Centre – the foyer of the high school in Cambridge Bay – the floor is designed to look like the ice flow edge around the Arctic Ocean.
- Top Right – School renovations in Lutselk'e – the school will have a spectacular view of Great Slave Lake once the renos are finished.
- Bottom Right – the view from the upper floor of Chief Albert Wright School in Tulita, NWT, overlooking Bear Rock.
- Bottom Middle – puppets for the indigenous language classes in Fort Smith.
- Bottom Left – caribou antler covered in velvet on rabbit skin – our students study their communities and territory as well as the world.



A Year in the Life, continued...

Travels

- Upper Left – Yellowknife from Pilot's Monument (photo by Janice Daly).
- Upper Right – Airport Security notice in one of the communities.
- Bottom Right: a airline map of NWT and Nunavut showing some of the travel routes.
- Bottom Centre: Going into town in Uluhaktok from the airport – note the absence of trees.
- Middle: View of Great Slave Lake as landing in Hay River.
- Bottom Middle: Black bear on highway on the way to Fort Smith.
- Bottom Left: Bison beside the highway between Betcheko and Fort Providence.
- Right Middle: De-icing northern style!



Student Feature: Rural Generalist Residency Program, Clinical Health Psychology, University of Manitoba (Part 2 of 2)

Submitted by Michelle Conan, Ph.D.
Candidate



As a previous rural resident in Manitoba (2017/2018) and past student representative for our section, I am taking this opportunity to describe the rural rotation of the U of M rural generalist position.

As noted in Part 1 of 2, the first six months of the rural generalist positions are spent in the urban rotation, based in Winnipeg. The goal is to provide broad training with clinical populations across the lifespan. The second six months of the residency is based in a rural area, currently either Selkirk or Steinbach. The goal is to provide generalist training with clinical populations across the lifespan within the context of a consultative service delivery model. Beginning in March 2018, I was based out of Steinbach for 4 days/week (the other 1 day/week was spent in Winnipeg with other psychology residents, participating in case conferences and seminars.)

A large portion of my clinical time during the rural rotation was dedicated to consultation. For example, every Tuesday morning was dedicated to Adult Review with Community Mental Health Workers (CMHWs), psychiatry, and management. During Review, CMHWs who completed recent intakes spend approximately 10 minutes presenting on background, diagnostic impression, and treatment plan, and then psychology, psychiatry, and management have approximately 5 minutes to give feedback, as needed. The same process is repeated on Wednesday mornings for child and adolescent clients. In addition to the scheduled Review time, CMHWs are able to consult with psychology on an as-needed basis in relation to a range of topics, such as evidence-based treatment, diagnostic clarification, process issues

arising in psychotherapy, etc. For instance, the Seniors' Team, consisting primarily of occupational therapists, requested consultations about topics they wanted to discuss, such as speaking with their clients (older adults) about upcoming death versus assessing for suicide. Overall, the consultation portion of my training provided not only significant breadth in client

*"...working in a rural area
was very enjoyable...."*

Rural Generalist Residency Program, continued...

presentation but also allowed me to gain experience working with professionals of other training backgrounds and building relationships with them.

Assessment and treatment opportunities were available to me in addition to consultation. During my six-month rotation I was able to see child and adult therapy clients for a broad range of referral questions, including depression, anxiety, trauma, and personality disorders. I also conducted assessments for adolescents and adults related to learning disabilities, ADHD, possible cognitive impairment, and personality disorder. In addition I participated in delivering a group presentation on CBT for clients with anxiety while they were on a treatment wait-list. These opportunities were all chosen in relation to my training goals.

Working in a rural area was very enjoyable, and one that I expected having grown up in a small town in Saskatchewan. I thoroughly enjoyed my traffic-less drive to work each morning. However, rural training did present unique challenges. For example, at times both ethical and cultural questions arose in relation to clients, and these tended to involve the strong conservative and religious views found throughout southern Manitoba. These were interesting learning opportunities. In addition, I spent the majority of my rural rotation away from the other psychology residents, which was a transition after having worked together so closely during the first rotation. However, opportunities for group supervision with other rural residents and supervisors were available approximately once per month and Thursdays were still reserved for academic activities in Winnipeg. Overall, my rural rotation was very enjoyable – so enjoyable that I accepted a similar rural position with the Department of Clinical Health Psychology at the University of Manitoba based in Dauphin, Manitoba!

For more information about Rural Residency Training Opportunities at the University of Manitoba, go to the website: http://umanitoba.ca/faculties/health_sciences/medicine/units/clinical_health_psych/resident_training.html



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What's Your View Photo Challenge!

We encourage our readers to submit their photos from around the country! *What's Your View?* Send us your favourite picture of the geography outside your door, and we will post it in the newsletter! Top Left & Right: Downtown Prince Albert, SK submitted by Dr. Lyndsay Foster; Bottom center: Sable Island submitted by Dr. Shelley Goodwin



Editor's Comments

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



I hope that you have enjoyed this fall issue of *The View from Here*—our Rural and Northern Newsletter. I would also like to welcome our new editor of the newsletter, Michelle Conan (former student rep) to the position! We are happy to have you and look forward to connecting with you via the newsletter!! As I transition out of the role of newsletter editor, I extend my great appreciation to our contributors who have been so wonderful to work with!!

If you would like to make a contribution to *The View From Here*, please contact me or Michelle directly by email at Amanda.Lints-Martindale@umanitoba.ca or Michelle.Conan@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!

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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