

The View From Here: Rural & Northern Perspectives

The View from Here:

Fall, 2015: Volume 10, Issue 2

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Message From the Chair Submitted by Dr. Shelley Goodwin



Fall is here! The trees are a kaleidoscope of colour and while there is no frost on my pumpkins yet my garden is looking well used after a very productive growing year. Living in South Western Nova Scotia we do year round gardening with help from row covers and our unheated greenhouse so planting will start again very quickly with arugula, spinach and

other hardy Asian greens. As a gardener I am aware of the seasons and how things come and go and change, which brings me to happenings within our section.

Executive members Dr. Cindy Hardy (Chair) and Dr. Joanne Crandall (Secretary/Treasurer) have done a fabulous job over the past few years in their respective roles. I want to thank them for their commitment to our section. They are always generous supporters of advancing Rural and Northern issues. Cindy, of course, will stay on in the Past Chair role and I have no doubt that I will be seeking her wise guidance as the year progresses. Dr. Anna-Marie Carlson is our new Secretary/Treasurer. She has jumped in with enthusiasm and it is wonderful to have her on board. Natalie Frost has moved on to other opportunities so has stepped down as one of our Student representatives. I want to thank her for her keen contributions to the executive. An excellent example of her enthusiasm is the article on Dual role in this edition of the newsletter. Colton Macdonald will join Alex Pearson as our Student Representatives on the executive. This rounds out our executive and if you have been paying attention we have one position vacant. Yes, we will be looking for a Chair elect in 2016 so please consider putting your name forward. While not technically part of the executive, Dr. Amanda Lints-Martindale continues to publish our newsletter with flair and I am always very appreciative of her many contributions to our section.

Thank you to all who submitted their thoughts on our membership fee poll. This was very helpful to the executive as we had to come to a decision around CPA's membership fee question. As a result of the overwhelming support of raising the membership fee, while not charging students a fee to join our section, the executive have decided to raise the fee to \$15 for regular membership and keep

Message from the chair, continued...

the free student membership fee. This ensures students open and easy access to our section. Many of you expressed the sentiment that it was important to you to support students in exploring rural areas of practice. To me this captured the sense of community that is so rich in many rural and northern communities and I felt heartened by it. This fee change will be reflected in the 2016 CPA membership roll out that should arrive shortly in your mailboxes.

Last but not least, after a successful research symposium in Ottawa, we are looking at holding another symposium in Victoria (June 9-11). So if you have rural and northern focused research that you are willing to present in Victoria, BC we would like to hear from you. Please send me an abstract of your research by November 1st to slgoodwin@eastlink.ca. It will be reviewed and if you are successful you will be contacted to supply further information. We welcome submissions from practitioners, students, and academics. If we have more than three successful submissions we will look at holding a second or even a third symposium. This is a great opportunity to present your research at a national conference. I look forward to hearing from you.

Rural has always been a part of me, whether I lived in the city or the country. Today, I live in Yarmouth NS, which is 3 hours away from the nearest city center, with Jeff, my partner of 27 years. We have a small hobby farm with fruit trees, bees, horses, meat chickens, hens, and vegetable gardens. My work life includes private practice with a generalist rural focus. I also do sessional teaching at Dalhousie University which has a small campus in Yarmouth NS. I also hold an appointment to the Criminal Code Review Board of Nova Scotia. Psychology is my second career and I enjoy the breadth and depth of it.

As a long standing Rural and Northern Section member I am feeling very new in the chair position. I hope my transition pains will be minimal but please don't hesitate to contact me if you see something I can change or improve upon. I look forward to serving you in this new role.

So as we grow and transition, please feel free to email me at any time with questions or concerns. In the mean time I am heading to the garden to clean up and begin the planting of my garlic for next year.

Annual General Business Meeting Minutes

June 5, 2015 at Westin Ottawa, Ottawa Ontario

Attendees: AnnaMarie Carlson, Natalie Frost, Vivian Houg, Alexandra Kruse, Joanne Crandall (recording secretary), Cindy Hardy (chair), Shelley Goodwin, Bob McIlwraith

Minutes:

1. Amanda will continue to do newsletter. Discussion on following CPA media structure. Using twitter. Writing about new article or book you are reading.
2. Talked about possible presenters. The student election. The North Star Award.
3. Cindy reported with the new structure in place by CPA it is much easier for chairs to do their jobs as they are reminded to do certain things. There are governance issues. Discussion re-

AGM minutes continued...

garding whether students should be charged when they join different sections. Memberships vary because of economy and what students can afford. Should full paying members absorb the cost for students to join?

4. Natalie and Alex are student reps. Natalie is looking at dual roles and hopes to use a questionnaire and ask members about their experience.

5. Other action items: by-laws have been taken care of, no action re: Karen Cohen, no Rural and Northern advocacy

6. Shelley Goodwin will be new chair for this section. Our section finances are not very robust. If we choose to continue to not charge students, this will cost money. 18% of fees goes for maintenance. Sections can charge what they want for memberships. If you have a project, you can hold on to money for up to two years.

7. Counselling Psychology won the newsletter award for this year.

8. We have \$500.00 left in our budget currently.

9. Two North Star awards will be awarded on June 6.

10. Regarding student fee structure, a decision cannot be made as there is no quorum. One idea is to "adopt a student". Some significant issues regarding whether membership fees will be charged for students.

11. Provincial affairs: psychological services to be covered under medicare in some provinces. What will the impact of that be for other provinces?

12. New Business: Shelley is new chair. Cindy is past chair.

13. Two student reps: Alex and Colton

14. AnnaMarie will be new secretary treasurer

15. Next year's CPA conference is in Victoria. Seeking ideas for a guest presenter, preferably someone local. Also, discussion on having a symposium.

16. Provincial reps: at least 1 rep from each province.

Volunteer Opportunity!

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 across the country. If you are interested in representing your province, please contact our chair, Dr. Shelley Goodwin at slgoodwin@eastlink.ca.

North Star Award-Winning Summary
Submitted by Natalie Frost & Dr. Kimberley A. Babb
Symposium presented at CPA June, 2015

***“One way to
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At the most recent Canadian Psychological Association Annual Convention held in Ottawa, ON, a symposium was presented by the Rural and Northern Section which explored research impacting rural communities. Natalie Frost, a graduate student working with Dr. Kimberley Babb at the University of Windsor, presented preliminary findings from her Master’s thesis titled *Establishment of Asynchronous Rapport with Test Administrator: A Comparison of Online and Paper-and-Pencil Testing Procedures*. She was subsequently awarded the North Star Award for her research that seeks to improve psychological service delivery to Canadians living in rural areas.

One way to make psychological tests more accessible to rural populations is to administer them in an online format. However, with the transformation of tests from in-person methods to remotely administered online formats, there is a concern that an important part of psychological services – rapport-building – may be lost. Test manuals typically encourage test administrators to build rapport with clients prior to administering tests and questionnaires. Test administrators can build rapport by showing warmth, friendliness, and interest in the other person through eye contact and a calming vocal tone. But can test administrators build rapport with clients prior to online tests and does this rapport facilitate greater self-disclosure on these tests? This is the question Natalie sought to answer through her research.

Typically, rapport is established in-person prior to psychological questionnaires by engaging the client in real-time back-and-forth, friendly interactions. In contrast, Natalie’s research examined whether asynchronous rapport—warmth and genuine interest between two individuals in the absence of real-time harmonious interaction—could be established between a test administrator and undergraduate participants prior to completing online psychological questionnaires and if asynchronous rapport affected self-disclosure. In order to examine this, Natalie created an asynchronous rapport-building script and online video that participants watched before completing measures that included perceived rapport and self-disclosure. In the asynchronous rapport building script and online video, the test administrator used verbal (e.g., soft vocal tone) and non-verbal techniques (e.g., smiling, expressive gestures) to foster rapport. She found that participants who watched the asynchronous rapport-building video reported greater willingness to self-disclose information on online measures than those who only received online instructions. Addi-

North Star Award continued...

tionally, an indirect effect was found such that participants who received the rapport-building component reported greater perceived rapport with the test administrator and, in turn, reported a greater willingness to self-disclose information.

The findings of Natalie's research suggests that test administrators should be encouraged to build rapport with clients prior to online psychological tests in order to foster a positive relationship and to encourage client self-disclosure on questionnaires. They can do this by demonstrating warmth and sincerity through an online video prior to remote testing. This may be particularly important for psychologists who provide services for those who cannot easily access in-person services. Natalie would like to thank the CPA Rural and Northern Section for the North Star Award and for the executive's support in her research over the past year.

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Award Recipient Natalie Frost (center) with Dr. Joanne Crandall (left) and Dr. Cindy Hardy (right).



Handling Minimal and Accidental Dual Relationships in Rural Communities: Suggestions for Students and New Professionals

Submitted by Natalie Frost

Rural communities have smaller populations which make the possibility of encountering acquaintances quite common. This includes psychologists encountering their clients in settings outside of a clinical office. These encounters are known as dual relationships.

Dual Relationships

“For students considering practice in rural areas, accidental contact is something you need to expect will happen occasionally and feel comfortable with.”

A dual relationship is a relationship between psychologists and others “that might present a conflict of interest or that might reduce their ability to be objective and unbiased in their determinations of what might be in the best interests of others” (Canadian Psychological Association, 2000, p. 26). The CPA Code of Ethics for Psychologists states that it is “the responsibility of psychologists to avoid dual or multiple relationships and other conflicts of interest when appropriate and possible” (Canadian Psychological Association, 2000, p. 23). Psychologists and clients have a unique relationship that is held together by the therapeutic alliance. Dual relationships with clients can affect the balance of the therapist-client relationship which in turn may affect the course of treatment. This is one of the reasons why dual relationships should be avoided by psychologists.

There are different types of dual relationships. The two that will be discussed here are accidental and minimal dual relationships. First, accidental dual relationships are encounters with clients that were unintentional. For example, this may include seeing a client at a community business (e.g., grocery store, bank, restaurant). Second, minimal dual relationships are encounters with clients that are rare and unavoidable. For example, if your client is the only individual offering a product or service you seek in your area then you may encounter them (e.g., client is a travel agent, nutritionist, or is on your child’s sports team). Minimal dual relationships may also occur due to proximity in small areas. It is possible that clients may live on the same street or in the same neighbourhood as you. Regardless of the type of dual relationships, they should be minimized whenever possible.

Rural Psychologists’ Experiences and Suggestions for Managing Dual Roles

Some psychologists provided the author with their experiences with dual relationships in rural areas. All reported frequently having accidental dual relationships with current and former clients. Specifically they noted that restaurants, grocery stores, banks, mechanics shops, and schools were common places these unintentional encounters occurred. Though accidental contact

Dual Relationships continued...

with clients was reported to happen frequently, the psychologists that completed the survey said that they were typically not a major concern. For students considering practice in rural areas, accidental contact is something you need to expect will happen occasionally and feel comfortable with. For example, clients may see you without your make up on or wearing your exercise clothes when you're in public. In the survey, some rural psychologists also mentioned that dual relationships extend to psychologists relationships with other health care professionals. Because there are fewer physicians, psychiatrists, and social workers in rural areas, psychologists are more likely to find themselves encountering them in a professional relationship as well as accidental or minimal dual relationships.

There are things that psychologists in rural areas can do to minimize the impact of dual relationships. The psychologists surveyed also provided advice regarding how to manage dual relationships to students considering practising in rural areas in the future. Here are some of the suggestions mentioned...

1. Be prepared for how you will handle accidental and minimal dual relationships. They are bound to happen. It is just a matter of time before they do.
2. Inform clients of how you will handle accidental dual relationships when you hold an intake meeting with them prior to starting services. It is important that all parties acknowledge that it is a part of small town life.
3. Always be aware of how your actions or relationships with others may impact clients.
4. Read books about conducting ethical services in rural areas such as *Ethical Practice in Small Communities* by Dr. Janet Schank and Dr. Thomas Skoyholt and *Rural Mental Health: Issues, Policies, and Best Practices* edited by Dr. K. Bryant Smalley, Dr. Jacob Warren, and Dr. Jackson Rainer.
5. Be upfront with clients about your relationship boundaries (e.g., cannot be their psychologist and their friend).
6. If your client mentions wanting to join a group that you are already a part of (e.g., church, dance class, bowling club) let them know and discuss how you both will manage the dual role.
7. If your client mentions someone you have a relationship with, let them know immediately.
8. By living in a rural area, you probably have more things in common with your clients than you think. This may make it easier for you to build rapport with them.
9. Have a supervisor with experience in rural practice to guide you. Contact them throughout and even after your training if you have any ethical questions.
10. Build a support system of other professionals. This can be challenging in small areas. Maintain contact with your fellow psychology students and get involved in larger psychological organizations to stay connected.
11. Every now and then treat yourself to a vacation where no one knows you.

These are some of the many things you can do to prepare for, and effectively manage, dual relationships in rural areas.

References

Canadian Psychological Association. (2000). *Canadian code of ethics for psychologists (3rd ed.)*. Canadian Psychological Association, Ottawa, Canada.

So You Are Thinking of Opening a Private Practice? Submitted by Dr. Shelley Goodwin

“...I would like to explore the idea of private practice in a small rural/northern setting and I would love to hear your thoughts and experiences.”

Private practice is frequently cited as an aspiration for psychologists. Almost 55% of the membership of the Association of Psychologists of Nova Scotia (APNS) work in a group or solo private practice (PP survey, APNS, 2015) and approximately one third of all CPA members report being in private practice (CPA Head office communication 2015).

About 15 years ago I first uttered my thoughts of opening a small rural private practice. I still recall the many comments from colleagues and people supposedly in the know. “Nobody can afford to pay you that hourly rate here!”, “Will you make enough to pay your rent?”, “Well another clinician tried that and it didn’t work”. Today I look back and am thankful I did not take their comments seriously.

Throughout the next few newsletters I would like to explore the idea of private practice in a small rural/northern setting and I would love to hear your thoughts and experiences. Some of this will be practice management items while later editions will deal with specific issues related to northern and rural clinical practice issues.

What is rural?

There are many definitions of rural. I offer the following about my community so as to provide a context of my experience. My community is situated 3 hours from Halifax, NS. In 2011 Yarmouth county had a population of 25,000. The two neighboring counties on either side (Digby & Shelburne) had populations of 14,000 and 18,000. In my county the average house sale price was \$132,607 in 2011. Our main industry is fishing. Often postings for psychologists within the local health district remain vacant for years. My community is not considered prosperous but we tend to be hard-working and dedicated folks who thrive in a beautiful and abundant rural area where lifestyle and good community living is prized.

How much?

Defining financial success is difficult as it is such a personal definition so I am going to use the public system as a gauge. Currently, if working in the NS public system, compensation for a doctoral level psychologist at the top of the scale is approximately \$105,000, plus benefits, so approximately \$130,000 after expenses. A master’s level psychologist in the public system in NS is approximately \$22,000 less. The Association of Psychologists of Nova Scotia currently has a recommended hourly rate of \$170. Your province/territory will most likely have a different rate. However, this is a recommended rate and you may not be bound to charge this rate in your practice. That is one of the benefits of Private practice. It is frequently up to you

Private Practice Continued...

how you manage your practice including what you bill hourly.

Digging for answers

When setting up my practice, the first thing I did was speak to a psychologist with a strong business background, who provides consulting services to psychologists in private practice. She did an individual session with me (cost – approximately \$300 in 2003) that began the process of getting the ‘people person’ in me to become a ‘business person’ too. According to many business experts, self-knowledge of your strengths and limitations is an important area to explore before starting your business. The consultant and I talked about the act of clients paying me and my thoughts and emotions around being paid for my services. How much I wanted to make and what would be my expenses. Did I want a solo practice or group practice? How many days did I wish to work? How would I manage my pro bono work? What will I do when clients aren’t paying? Did I want administrative support? All things that as a psychologist in public practice I had never considered. That \$300 has saved me oodles since. I encourage anyone who is thinking of starting their own practice to seek out this opportunity.

Based on this information I decided how to set up my practice. My goal each week is to see 14-18 clients spread between 2-3 days. To be honest I have been known to see more clients and work more than 3 days but I try really hard not to exceed this number of days. I entered private practice full time at 50 so had considerable life and clinical experience behind me. I am dually trained in child and adult populations. I worked several years at a private addictions treatment facility as well as numerous years in public mental health. I am also a retired police officer. This training has been a considerable benefit for my practice, as it allows me to spread a very wide net over populations that may benefit from my services. And it provides me with the diversity in my practice that I enjoy and find stimulating. I mention this because in small community practices it is important to evaluate not just the depth of your training and knowledge base but also the breadth of your interest/competence areas so that you can tap into possible revenue options.

I give myself 6 weeks’ vacation and go to two professional training opportunities a year. I make a point of getting away on my vacations. Because I live in a small province I have found that this frequently means leaving the province or going to an isolated spot where I can truly unwind and disconnect. As a solo practitioner, leaving my practice for vacation creates some challenges. A public practice colleague has graciously agreed to cover my practice should anything happen to me while on vacation as well as be my executer should I become unable to practice. When I leave for vacation he has a list

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Private Practice continued...

“Having colleagues from within psychology and those from other professions is highly recommended.”

of all current clients (sealed in an envelope), keys to my office and filing cabinets with full access to documents, if the need should arise. My lawyer also has this information. In a rural/northern location finding professionals willing to do this may require creative thinking to find the right person to provide this service to you. Thinking and planning ahead is critical.

To incorporate, or not to incorporate

With apologies to Shakespeare, this is the question I am frequently asked. I initially did not incorporate when I was doing my private practice on a part-time basis. I registered my business with Joint stocks as a sole proprietorship however, in hind sight I should have incorporated sooner. When I finally consulted an accountant they suggested that for me the magic amount of income was \$30,000. After \$30,000 it becomes advantageous from a tax perspective to incorporate. Now keep in mind, this figure is for my area so your area may be different. My initial consultation with an accountant was super easy (not sure why I did not do it sooner) and did not cost me anything. My lawyer fees were a little less than \$2,000 for the incorporation. I have heard that one of the benefits of rural practice is that incorporation fees are less.

Surrounding yourself with people who know their profession

I have an amazing accountant and life is so much less complicated because of him. He answers my questions about whether I need employment insurance (yes, self-employed people can get this), CPP contributions, what I can claim as an expense, and for very little extra will also do monthly book keeping. Also in my corner is my lawyer who did the paper work for my incorporation and does the yearly filing requirements. Both are wonderful and allow me to feel comfortable in meeting all the legal requirements associated with running a business within the guidelines set out by Revenue Canada and Joint Stocks. Having colleagues from within psychology and those from other professions is highly recommended. While this is recommended for any type of psychology practice in our geographical locations, it is even more critical that you seek this out. It provides you with support as well as someone to bounce practice ideas off of, including ethical concerns. Inter-professional contacts may include Social workers, nurses, dieticians, pediatricians, psychiatrists, and early childhood educators.

Yes to doing individual therapy, but what about...

When exploring income options, you may want to cast your net wide. While I enjoy seeing clients, there are many things that I enjoy equally as much. One of them is teaching. In rural areas we often don't have a univer-

Private Practice continued...

sity in our back yard. But with technology and most universities offering a considerable number of distance education opportunities we don't need to be geographically close. Teaching with technology allows you to be anywhere and still be connected to academia. Sessional faculty, or instructors, as they are sometimes called, receive payment for each course taught or for each student taking the course depending upon the financial arrangements. Remuneration will vary depending upon which university you work with. However, in the Atlantic Provinces it is approximately \$6,000 per course. So if you teach one course in fall term and one in the winter it is an additional \$12,000 income. If you are really wanting a classroom experience consider summer sessions where you teach on campus for three weeks during the summer. While at UBC I took courses from sessional faculty who came every year from Quebec. She taught courses over the 6 weeks and enjoyed visiting friends and family in her time off as well as exploring the mountains. You can choose to maximize your teaching during these times by teaching both a morning and afternoon course. Or maybe you want to just teach one course and leave time for more fun opportunities. Recently I taught a summer course at Acadia University and brought my horse along. I took dressage lessons from a highly regarded coach early each morning (before it was scorching hot) and then taught a graduate course in the afternoon. It was a great opportunity to combine a personal interest with professional goals.

Consider such things as contract work which may allow you to leave your office setting. For example, if you have a love of assessment, consider doing contract work for local schools (or even ones farther away) who may not be able to meet the high demands for psycho-educational assessments within the school system. Register with a local community college as they frequently require students with learning difficulties to have a recent psychoeducational assessment completed prior to admission. If you have an interest in pain management work, consider working with your provincial Workers compensation agency. An integrated approach now encouraged by such agencies includes a psychological assessment and many agencies are looking for psychologists who are interested in doing pain/behavioral health assessments.

Within the first year of private practice I was able to easily achieve and surpass my initial financial goals. I then began to realize that I needed to learn a new business skill. The skill to say no. Not because I did not have the skills or the competence to do what was being asked of me but because I did not have the time. I was too busy! Learning to manage a practice from getting too big was not on my radar of things to learn. I realized quickly it needed to be learned and FAST.

So the stage has been set. Next edition will feature group work questions and how to deal with Ethical considerations. As a primer take a look at Natalie's story in this edition on what she discovered in her survey from rural practitioners. We hope it will wet your whistle for our next edition. In the meantime consider sending me your thoughts and questions. I would love to hear what is of interest to you and add this to the next edition.



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OF MANITOBA

Rural Clinical Psychologist— University of Manitoba and Southern Health / Santé Sud



Southern Health / Santé Sud and the Department of Clinical Health Psychology in the College of Medicine, Faculty of Health Sciences of the University of Manitoba invite applications for a Contingent Geographic Full-Time Psychologist at the Assistant Professor level (position # 20317), commencing January 1, 2016, or as soon as possible thereafter in the area of Rural Community Clinical Psychology.

The position is based in Southern Health-Santé Sud region. The Psychologist will provide:

- Clinical services to children, adolescents, adults and families
- Consultation to health professionals throughout the Southern Health/Santé Sud region (population 188,000)
- Program development and evaluation, community mental health promotion and substance abuse prevention and intervention activities
- Clinical supervision of residents in the CPA and APA accredited residency training program of the Department of Clinical Health Psychology
- Clinical teaching of students in the health professions and continuing professional education of health professionals in facilities and in the community
- Applied clinical research and program evaluation

The Clinical Health Psychology Department in the Faculty of Health Sciences provides clinical consultation and support to its member psychologists living and practicing in several rural and northern communities. For more information, visit:

www.umanitoba.ca/medicine/clinical_health_psych

Qualifications:

- Doctoral degree (PhD or PsyD) in Clinical Psychology from a CPA accredited clinical psychology training program and completion of a CPA accredited internship / residency.
- Eligibility for registration as a Psychologist (C. Psych) by the Psychological Association of Manitoba www.cpmb.ca
- Pass pre-employment criminal records, child abuse and vulnerable persons checks.
- Excellent inter-personal and inter-professional communications and teamwork skills
- Ability to provide mentorship for treatment modalities in a team approach
- Training, experience and/or research in a community mental health and primary care setting would be an asset
- Training, experience, and/or research background and interests in Aboriginal health issues would be an asset. A vehicle and valid driver's license are essential for this position, given the requirement for consultation in rural areas.

Salary and Benefits:

- An attractive salary schedule and benefits are available through the University of Manitoba.
- The GFT agreement provides for on-site private practice opportunities.
- The Department of Clinical Health Psychology will provide the required clinical supervision for individuals at the C. Psych Candidate level to become registered as C. Psych, and consultation thereafter.

For more information about the Department of Clinical Health Psychology, visit our website: www.umanitoba.ca/medicine/clinical_health_psych.

The University of Manitoba is committed to creating a diverse and inclusive workplace. Applications are encouraged from qualified applicants including members of visible minorities, Aboriginal peoples, people with disabilities, people of all sexual orientations and genders, and others who may contribute to the further diversification of the university. All qualified candidates are encouraged to apply; however, Canadian citizens and permanent residents will be given priority. Interested persons should apply in writing referring to position # 20317, including curriculum vitae, and the names and contact information of three references to:

Dr. Bob McIlwraith
Department of Clinical Health Psychology,
College of Medicine, Faculty of Health Sciences, University of Manitoba
PZ 350 - 771 Bannatyne Avenue,
Winnipeg, MB R3E 3N4
Tel: (204) 787-7972
Fax: (204) 787-3755
email: bmclwraith@hsc.mb.ca

Application materials, including letters of reference, will be handled in accordance with the protection of privacy provisions of "The Freedom of Information and Protection of Privacy (Manitoba)". Please note that curriculum vitae may be provided to participating members of the search process.

DEADLINE FOR INITIAL REVIEW OF APPLICATIONS IS November 30, 2015 and applications will continue to be accepted until the position is filled.

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. Once again, I'd like to thank our contributors for their excellent submissions and the executive for their support of this publication. If you have not yet contributed to *The View From Here* and would like to, please contact me directly at lintsmar@cc.umanitoba.ca. Submissions can also be forwarded to our chair, Dr. Shelley Goodwin. Submissions 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

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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