

# Rural and Northern Perspectives: The View from Here

Fall 2022 Volume 17, Issue 2

## Message From the Chair

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Hello fellow members of the Section on Rural and Northern Psychology and welcome to another edition of The View from Here. Many thanks go out to our dedicated newsletter editor Dr. Michelle Conan. In case you missed it, there was a great article in the September 2022 edition of Psynopsis focused on Careers by Drs. AnnaMarie Carlson, Shelley Goodwin and Amanda Lints-



Martindale on the practice of psychology in rural areas (<https://cpa.ca/docs/File/Psynopsis/2022-Vol44-3/index.html#p=20>). If you haven't already read it, I encourage you to do so. Speaking of Psynopsis, the upcoming edition is focused on Telepsychology with a deadline for submissions in January 2023. A number of us in Rural and Northern areas have been relying on that even before the pandemic. If you have been using Telepsychology, I encourage you to give some consideration to submitting an article to Psynopsis – writing for a broader lay audience can be an enjoyable change from writing a traditional academic article.

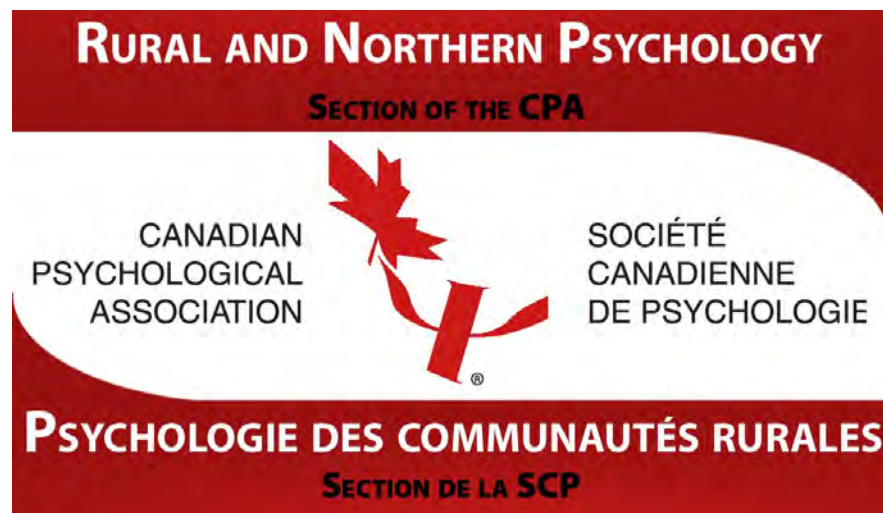
With regard to our executive: we are slowly moving forward with revising our section's terms of reference (yes I know not the most exciting of activities, but a necessary one). I want to congratulate Dr. Conor Barker on his election to the Nova

## Message from the Chair, continued...

Scotia Board of Examiners in Psychology. Unfortunately for us, that means he has had to step down from his role as treasurer in our section. Thank you to our secretary Tiffany Mitchell for stepping up to the role of Secretary/Treasurer. Welcome also to our student representatives: Fiona Trend-Cunningham from Fielding Graduate University and Teija Yli-Renko from UBC. The position of Chair Elect is still vacant. Serving in the role of Chair of the Rural and Northern section has been a great learning experience for me, I would encourage anyone who is considering to reach out to me via our section email address: [rnp psychology.cpa@gmail.com](mailto:rnp psychology.cpa@gmail.com) or if you'd rather a more private communication you can also email me directly at [vhutchings@grenfell.mun.ca](mailto:vhutchings@grenfell.mun.ca)

The next CPA convention will take place at the Sheraton Centre Hotel in Toronto from June 23-25, 2023, and will be held in conjunction with the [5th North American Correctional and Criminal Justice Psychology Conference \(NACCJPC\)](#). The call for submissions is now open and closes on December 14 2022. I want to remind students who submit papers/posters to CPA convention, if you submit it to our section that makes you eligible to apply for the Rural and Northern Psychology Section North Star Award(s) valued at \$250. Students must both be a member of the section as well as submit their paper/presentation to the section in order to be eligible to be considered for the award. A special congratulations to Fiona Trend-Cunningham who was the recipient of the 2022 North Star Award (who subsequently became one of our student reps for this year!). I look forward to seeing you again in person in Toronto!

Veronica Hutchings, PhD, R. Psych.  
Rural and Northern Section Chair



## Introductions to the Rural and Northern Section Executive

### **Amanda Lints-Martindale, Past-Chair**

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 also have a clinical appointment as consulting clinical psychologist with the Southern-Health Santé Sud rural health region of Manitoba. I am a primary supervisor for our department's pre-doctoral residency program within the rural stream. I grew up on a farm in rural Manitoba, so for me, working and living within a rural setting is a satisfying fit with my personal and professional goals. This section has created opportunities for linkages between colleagues who work in R&N areas across the country, and I am hopeful that ongoing member engagement in the section will continue to facilitate these connections. I'd especially encourage early career psychologists in R&N settings to engage with the section, as consultation and connection has been so valuable to me over the years in my own practice. Feel free to connect with me if you are interested in becoming more active within the section, or have feedback for our executive!



### **Tiffany Mitchell, Secretary/Treasurer**

My name is Tiffany Mitchell, I am the Secretary/Treasurer. I am a registered Psychologist working in Private Practice for the past 4 years in the rural 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 on 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. My goal over the next year is to ideally get my own practice up and running in a small town with no current representation.





## Introductions to the Rural and Northern Section Executive

### **Tiffany Mitchell, Secretary/Treasurer**

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 harvest. I am often found outside or at the local swimming pool getting in early morning laps. There are many challenges that are faced in rural Alberta that make it unique from the Urban centres and differing provinces. 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. I have a great passion to increase awareness of the rural networks and the challenges that are faced.



Above: Enjoying the winter on the farm dugout with the kids



Left: the Rocky Mountains

## Introductions to the Rural and Northern Section Executive

### Teija Yli-Renko, Student Representative

Teija Yli-Renko is a first year doctoral student at the University of British Columbia in Vancouver, BC. Originally from northeastern Ontario, she has a keen interest in rural and northern mental health services, particularly in connecting families across systems (school, home, community). Her research and clinical areas of focus surround supports and educational services for children and youth with developmental disabilities. She has worked with children and families providing behavioural interventions, psychoeducational assessments and academic interventions for 5 years in Ontario and British Columbia. Teija is passionate about supporting families in rural contexts and looks forward to exploring the experiences of inclusive educational services for autistic students in her doctoral dissertation.



### Fiona Trend-Cunningham, Student Representative

Fiona Trend-Cunningham is a 4th-year psychology doctoral student at Fielding Graduate University currently living in St. John's, NL. She is a researcher in the areas of posttraumatic growth and women's health and has presented the work of her team internationally. She has worked in women's mental health in Newfoundland and Labrador over the past 20 years, specifically with perinatal health and supporting survivors of domestic violence and her dissertation focuses on secondary traumatic stress in doulas. Her clinical passion for post-modern feminist practice is currently being fostered in her clinical practicum experience in a multidisciplinary clinic with a focus on individual and group work in ADHD and trans-affirmative practice. Additionally, her anti-oppression work focuses on the accessibility of psychology training practices



## Rural and Northern Section Provincial Representatives

Thank you to all of our rural and northern section provincial representatives for volunteering their time!

- Northwest Territories & Nunavut: Merril Dean
- British Columbia: Sandra Thompson
- Alberta: Tiffany Mitchell
- Saskatchewan: Jocelyn Pooock
- Manitoba: Jolene Kinley
- Ontario: Matthew Pickard
- Nova Scotia: Shelley Goodwin
- Newfoundland and Labrador: Veronica Hutchings



### Spotlight on NWT and NU: Merril Dean, Northwest Territories and Nunavut Representative

I am a psychologist living in Yellowknife, NWT. I specialize in assessment. I travel in the NWT and NU, working with school districts, governments, and other agencies as a private psychologist. I am passionate about growing supports for individuals in the more remote areas of Canada. I am an active member with my territorial association and enjoy working with groups in both the RNP group and the Educational Psychology groups of the CPA.

### 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 New Brunswick, Quebec, Prince Edward Island, and the Yukon.** If you are interested in representing your province, please contact our chair, Dr. Veronica Hutchings at [Rnpsychology.cpa@gmail.com](mailto:Rnpsychology.cpa@gmail.com).





## Rural and Northern Section Annual General Meeting Minutes

Location: CPA 2022, Calgary  
June 19, 2022 at 8:00am MST

### Meeting called to order at 803 am by Veronica Hutchings (chair)

1. **Welcome:** Veronica Hutchings opened the meeting with the following: I would like to take this opportunity to acknowledge the traditional territories of the peoples of the Treaty 7 region in Southern Alberta, which includes the Blackfoot First Nation tribes of Siksika, the Piikuni, the Kainai, the Stoney Nakoda First Nations tribes of Chiniki, Bearspaw, and Wesley and the Tsuut'ina First Nation. The city of Calgary is also homeland to the historic Northwest Métis and to Métis Nation of Alberta, Region 3.
  - Members In person: Veronica Hutchings, Connor Barker, Amanda Lints-Martindale, Merrill Dean, Fiona Cunningham, Karen Dyck, Sandra Thompson, Meadow Schroeder, Shelley Goodwin, Judi Malone, Irina Doering
  - Non-members in person: Kyrra Rauch, Kira Brunner, Tanya McDougal, Grace Madden, Tavneit Kaur, Cynthia Russell
  - Virtual: Michelle Conan, Matthew Pickard
  - Quorum established? yes
  
2. **Approval of Minutes from 2021 meeting** (as published within the newsletter, fall 2021)
 

Approved by: Merrill Dean, Seconded: Fiona Cunningham  
Motion passed without opposition.
  
3. **Update from Chair (Veronica Hutchings)**
  - Our section currently has 107 members, which is only one less than last year (108 in 2021, 99 in 2020; 2019 was 86 members). The breakdown of members includes 50 members, 4 early career members, 1 member on parental leave, 2 fellows, 2 Honourary Life fellows, 3 complimentary members, and 45 students. By province we have 15 from B.C, 16 in AB, 8 in SK, 15 in MB, 31 in ON, 3 in PQ, 2 in NB, 0 in PEI, 5 in NS, 5 in NL, 4 in NWT, 2 in YT, and 0 in NU.
  - The section published two newsletters this year. Many thanks go to our newsletter editors in 2021, Amanda Lints-Martindale and Michelle Conan, for their excellent work on these publications.
  - Also thank you to those who contributed to the newsletter in 2021-2022 (in no particular order)—AnnaMarie Carlson, Shelley Goodwin, Karen Dyck, Amanda Lints-Martindale, Tiffany Mitchell, Connor Barker, Alison McCleary, Laura Friesen, Veronica Hutchings.
  - 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 (and put it in the chat) <https://cpa.ca/psynopsis/>

## Rural and Northern Section Annual General Meeting Minutes

- V. Hutchings reviewed the 9 section activities for the convention, including the Invited Speakers Regan Gale who will present remotely on the issue of regulation in the Yukon Territory entitled “Strange Things done in the Midnight Sun”, Julia Riddell’s conversation session “what does it take to practice two-eyed seeing”, Chair Address “The future of the Rural and Northern Psychology Section”, Veronica Hutchings & Tyler Pritchard’s conversation session: Lessons Learned from an unaccredited pre-doctoral rural residency”, 12 minute talk by Conor Barker “Defining clinical competency among rural school psychologists”, Chantal Labonte & Nichole Faller’s conversation session entitled “Questioning what we know: reflections of trainees working with remote Indigenous communities” and the panel discussion led by Fiona Cunningham entitled “A distributed model of clinical psychology doctoral education”.
- We will be recruiting a Chair elect and Student Rep members for 2022. Please forward nominations to the chair.
- Review of provincial reps. BC – Sandra Thompson, Saskatchewan –Jocelyn Pooock, NWT & NU - Merril Dean, Manitoba – Jolene Kinley, Nova Scotia – Shelley Goodwin, Alberta - Tiffany Mitchell, Newfoundland & Labrador – Veronica Hutchings; Ontario: Matthew Pickard. Thank you everyone for your support of the section!
- We still need representatives from New Brunswick, Quebec, and the Yukon and members from those provinces/territories interested are encouraged to contact the chair. It was noted we currently do not have any members (and thus no representative either) in Prince Edward Island or Nunavut.

### 5. Secretary/Treasurer’s Report (Connor Barker)

- From our perspective, the new CPA system of managing finances continues to be a positive change with no significant difficulties. As of May 31, 2022 current balance is \$3535.01 (mostly due to savings from last year due to COVID, generosity of our speakers, few monetary awards provided, and virtual CPA conventions in 2020 and 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.
- Approximate total costs for the 2022 convention:
  - \$ 100 for invited speaker virtual pass registration
  - \$ 50 IT support for zoom connection
  - \$ 500 for awards (distinguished career and 1 student award)
  - \$ 300 for catering
  - (~\$950 total fees for Convention)
- We will continue to sponsor the two North Star Awards (\$250 each) as well as the Distinguished Practitioner Award (\$250).
- Possible future budgetary matters:
  - CE credits for virtual educational opportunities
  - There may also be a need to budget for the costs of attending the conference – the registration fee – for members of the executive, as this is now allowable within CPA.



## Rural and Northern Section Annual General Meeting Minutes

We may also want to consider provision of a student travel award, not dependent on a presentation, should our budget allow in future years.

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

- Budget approved by Meadow Schroeder, Seconded by Merrill Dean.

Approved without opposition.

### 6. Student report - deferred (Thank you to our past student reps Laura Friesen and Alison McCleary.)

### 7. New business

- Distinguished Contribution Career Award – Shelley Goodwin - awarded to Dr. Judi Malone. Congratulations Judi!
- The North Star Student Presentation Award was presented to Fiona Cunningham by Veronica Hutchings. Congratulations Fiona!
- The executive will work towards further clarifying the Professional Career award to ensure consistency throughout the years and leadership transition. Once defined, criteria will be forwarded to members for feedback (likely through the list-serve supported via the CPA website).
- Increase collaboration between provincial reps – possible annual virtual meetings
- Award Criteria – for career award, add the lifetime achievement component (one award per clinician per career).
- The CPA convention in 2023 will be held in Toronto. Please forward topics for speakers and invited talks to the chair for consideration. Possible areas of interest include leadership opportunities in rural practice. Discussion also centered around partnering with other sections (e.g., school psychology, Indigenous Peoples'), and ensuring that overlapping topics are not scheduled for the same time/same day to avoid scheduling conflicts (e.g., many activities through the Indigenous Peoples' section were scheduled during the same time as the R&N section).

### 8. Meeting adjourned at 8:49am

Motion approved by Connor Barker, Seconded by Fiona Cunningham. Approved without opposition.

## Career Award (Distinguished Professional Contributions to Rural and Northern Practice) Presented to Dr. Judi Malone at CPA 2022

During the AGM, the Award for Distinguished Professional contributions to Rural and Northern Practice was presented to Dr. Judi Malone, by Dr. Shelley Goodwin. The award is well deserved, as can be gleaned from the brief speech provided by Dr. Goodwin, reprinted here with her permission.

Over the past 15 years, I have had the pleasure to know Dr. Judi Malone in various roles, including fellow governance member, author, and collaborator. We first met in 2008 through our mutual involvement in the Rural and Northern (R&N) Section. Her consistent and dedicated interest in R&N issues were apparent then and even more so now. She has been an engaged member of our section and her commitment was seen in her role as both chair (2012-2013) and Secretary/treasurer (2010-2012). She has served on the CPA Board of Directors as Member at Large from 2013-2016, and more recently as the CPAP representative from 2018-2022.



**Dr. Shelley Goodwin presenting the award to Dr. Judi Malone**

Judi is a prolific author and has many peer reviewed articles, chapters, and technical reports to her credit. These are frequently cited by other rural authors. Her dedication to promoting R&N practice by nurturing early career psychologists, interns, and practicum students in a supportive and compassionate manner is remarkable. Judi's mentorship contributions reaches beyond Canada to Australia where she has taught, mentored, and collaborated to promote rural psychology on an international level.

Judi has been a consistent and strong supporter of rural psychology and has interacted with all levels of government and psychology practice. She sits on

many committees and it is clear that she gives generously to R&N issues within her service work including her current work on the Advisory committee for the CMHA Rural Mental Health project for Alberta Rural Mental Health, and the steering Committee for ARECA's Alberta Farm Mental Health Network. In her varied roles, including national level psychology boards, she generously brings her significant professional knowledge of R&N issues as well as her thoughtful, supportive, and caring style that has established her as a remarkable persona and distinguished professional who is frequently a sought-after resource within the rural psychology community.

In closing, Judi has made significant contributions to Canadian R&N psychology in various roles as educator, mentor, supervisor, and consultant, while representing our profession to the public in a professional, informed, and mannerly fashion. Dr. Judi Malone is a highly respected psychologist, and it is my pleasure to have nominated her to be able to present to her the award for distinguished professional contributions to R&N practice.

Congratulations Dr. Judi Malone!

### **North Star Award Presented to Fiona Trend-Cunningham**



Congratulations to Fiona Trend-Cunningham for winning the North Star Award at CPA 2022! The North Star Award, valued at \$250, is given to a student member of the R&N section who has also submitted a paper or presentation to the R&N section at the annual CPA convention.

Left: Dr. Veronica Hutchings presenting the award to Fiona Trend-Cunningham

## Book Review

### Submitted by Dr. AnnaMarie Carlson, C.Psych.

#### **The Extraordinary Gift of Being Ordinary: Finding Happiness Right Where You Are by Ronald D. Siegel Guilford Press 2022**

This consumer targeted read tackles insecurity, unfulfillment, and self-judgement with light-hearted honesty from the author who references both personal and professional examples. This book explores the struggle to feel “good enough” beginning with the evolutionary underpinnings of competition, then transitions into messages from society that we *need* to feel good about ourselves, while bombarded from social media that we are never succeeding. The author invites the reader to consider the 3-H (head, hearts, and habits) approach to work with creativity and shame. The book takes the reader on the journey from perfection to self-acceptance and from self-preoccupation to compassion for self and others. Relatable examples provided throughout including common thoughts (e.g., “Does this sound stupid?”) and behavioral tendencies (e.g., overconsumption).

Dr. Siegel expertly introduces the reader to mindfulness, self-compassion, gratitude and forgiveness (with exercises interspersed through the book). I particularly enjoyed a exercise that invites comparison between humans and a forest, shaped by evolution, genetics, and good and bad fortune, yet we do not bear the same judgement to the forest as we might a crowd of people.

From a professional note, this work is complementary with the Acceptance and Commitment Therapy, self-compassion, and mindfulness-based therapies. It also serves to lay the groundwork to the benefit of those treatment approaches for those who are less familiar. The associated Guilford Press website has audio recordings of meditations and fillable forms referenced in the book. This is a book I will be recommending to clients and colleagues alike.





## **A Rural and Northern Residency in Sioux Lookout, Ontario** **Submitted by Tracie Parkinson, Clinical Psychology Ph.D.** **Candidate**

My name is Tracie and I work for the Northern Health Region in Manitoba as an “almost” Psychologist Candidate. My experience working in a rural northern area began with my residency in Sioux Lookout, Ontario for the Northern Ontario Psychology Internship Consortium (NORPIC) from September 2021 – August 2022. I worked at a community organization serving First Nations people living in 33 remote communities. Most of these communities could only be accessed by air or ice road. While the bulk of my work was meeting people from these communities in-person or through TeleHealth in Sioux Lookout, I did have the privilege of meeting some people in their community. The pandemic, however, prevented a travel-heavy year.

Sioux Lookout is approximately 5 hours northeast of Winnipeg. The first time I drove to Sioux Lookout, I felt the dichotomy of two realities. The scenery was breathtaking. Forest, lakes, and wildlife engulfed the area. Amongst this vast wilderness, however, looked to be the epitome of human suffering. The effects of colonization were readily apparent in the people. People looked lost and in pain. People would sit outside or walk close to one of the lakes. Nearly everybody had a look of emotional pain. Some were in tears, some held one another in comfort, some would stare blankly in space, some slept, and some were secretly ingesting substances.

Despite being a white settler, I was surprised at how readily accepted I was within the organization. People were welcoming and felt encouraged to have another person on staff to help. What was unsaid, however, was that I was “just another white person” coming to the region only to leave after getting work experience. The worst part was that this was true. In the north, relationships are everything. A provider coming to establish a relationship then leaving isn’t conducive to the needs of the people – long-term relationships are key. I spoke with an Elder about this, whose kindness and brilliance in healing were paramount in allowing me to be more effective in my residency despite the impermanence of my position. Learning from this Elder has propelled me to uphold the concept of “Two-Eyed Seeing”, become a strong ally, and remember one of the seven sacred teachings of humility when I make a mistake. I am grateful for the knowledge she gave.

These experiences are just a few of the many that made me realize just how

## A Rural and Northern Residency in Sioux Lookout, Ontario Continued

different my residency was compared to a typical urban or rural program. To be embedded in culture was a gift from the Anishinaabe people. However, there were not enough people (trained or otherwise) to manage the work. There was no psychiatric inpatient facility, mobile crisis, or opportunity for free, community-based long-term services. A couple of therapists were available privately for a large fee. There was one psychologist, one social worker, and one addictions worker at the community organization. There were no boundaries on their roles and everybody saw everybody because there was no other way to fulfill the unmet needs. There were two Elders (one in a school, another with the organization) and one Traditional Healer. Hospital staff had just a few mental health workers. Most healthcare workers had little mental health or cultural training, if any. Knowledge of trauma (including intergenerational trauma) was minimal at best. The emergency room was always over capacity. People were burned out with the work and most healthcare workers had a trauma history. Nearly every person in the region had open, gaping psychological or soul wounds and were starving for healing.

To illustrate, the people I worked with in a healing capacity (I refrain from the use of “client” or “patient” because this terminology has been ill met) either had a recent suicide attempt (within days) or were interested in healing intergenerational wounds. Every single person I worked with was either a survivor or family member of someone who attended a residential school. Every person I worked with knew at least one person who completed suicide. Every person I worked with had experienced and witnessed physical, sexual, or emotional violence. Many people had been in prison. Most people used or were using substances to cope. Some people were in gangs or considering joining a gang to gain a sense of connection or family. This is typical in a northern setting – difficulties are extreme and a direct result of colonization and intergenerational trauma.

Sioux Lookout has a population of approximately 5500 people and the surrounding communities were approximately 200-1000 people each. Everybody seemed to know each other and were well-connected. I would see familiar faces working at the local grocery store and walking down the street. On the darker side of this close connection, people flying to Sioux Lookout would be afraid to go back home because one of the (often many) people who sexually assaulted them would be on the same flight, returning to the same community, and living down the road from them. The phrase, “trauma begets

trauma” was also apparent. People with a history of trauma would often revert to similar situations or people that reminded them of their past. Not to mention nearly everybody was living in poverty, racism and systemic oppression were prevalent, food was expensive and deficient of nutrients, and water was lacking or contaminated. There was a hopelessness in Sioux Lookout. Indeed, many people died. One of the residents in my year lost a 13-year-old girl to suicide. One of the people I was working with was found dead of unknown cause. It was difficult to find any hope or promise for the future in these moments.

The work felt like I was placing band-aids on bullet wounds – how do you work with people who currently live in poverty, experience frequent racism and systemic oppression, are disconnected from their culture, have a longstanding history of experiencing trauma in many forms, and have little to no access to the services they need? The answer is not through traditional psychotherapy with a Euro-Western perspective. Cognitive-based therapies were among the least effective and perceived as invalidating. Building relationships was the only answer – listening, understanding, and learning. In particular, connecting with Elders, Traditional Healers, communities, and, of course, the people seeking healing. I met with Elders and the Traditional Healer, attended a sweat lodge ceremony, listened intently to people’s stories, and read about colonization, intergenerational trauma, Indigenous culture, and traditional healing practices. I have merely scratched the surface of the knowledge available, however there is wisdom in Indigenous culture that I believe would be transferrable to people in other cultures and would greatly enhance what we know about psychotherapy.

As I write, I am aware of my naivete. My hope in writing this article is that it has not perpetuated any aspects of colonization. If that is the case, I offer my sincere apologies.

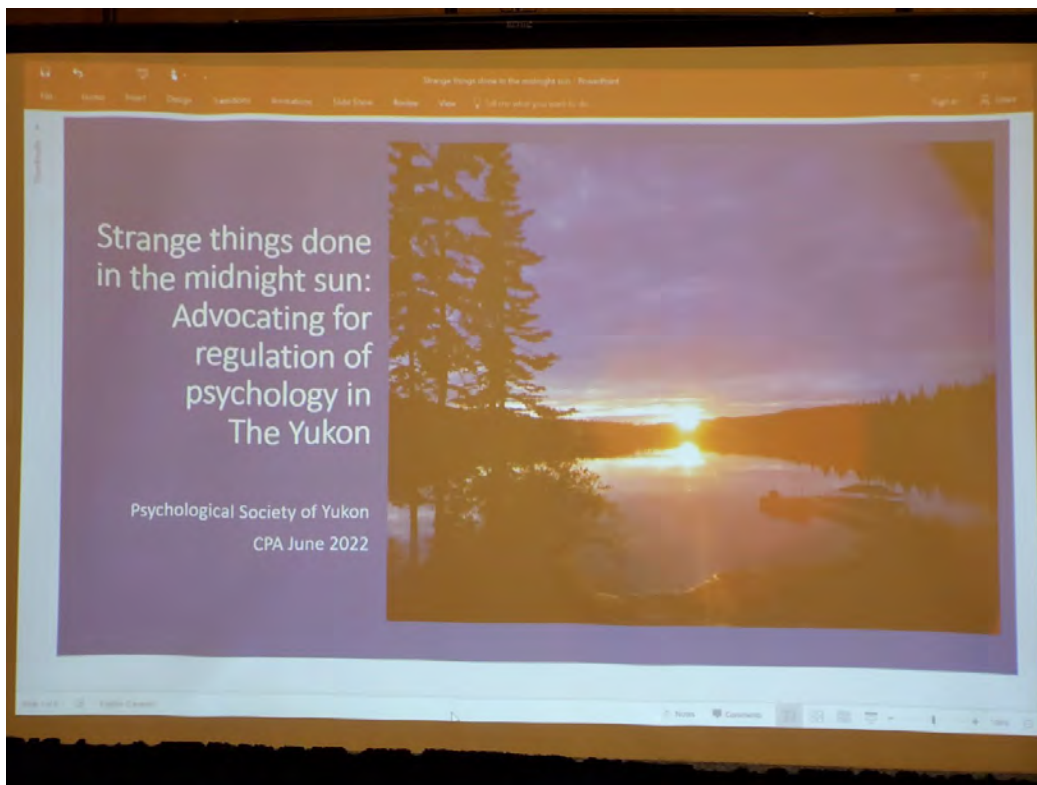
My residency in Sioux Lookout taught me many things that will be too many to list here. A take-home message for me was that making amends, building relationships, and seeking traditional knowledge of Indigenous people with respect and humility will make us not just better healers but also better people. In the wise words of Crazy Horse, “upon suffering beyond suffering, the Red Nation shall rise again and it shall be a blessing for a sick world”. Miigwetch.



## Photo Highlights from CPA 2022 in Calgary, AB Submitted by Dr. Amanda Lints-Martindale, C.Psych.







**Dr. Regan Gale presenting the R&N Section's invited talk**



## Thrival Skills for Therapists

Begins October 24, 2022

Location: Online

Contact Phone Number: (204) 444-5660

Contact E-Mail: [intentional@intentionaltherapist.ca](mailto:intentional@intentionaltherapist.ca)

Event Link : <https://intentional.podia.com/thrival-skills-fall-2022>

This unique 6-week online program was developed specifically for female mental health clinicians interested in redefining what it truly means to take care of themselves and moving beyond simply surviving to thriving. The reality is, as female mental health clinicians we face unique challenges related to workplace hazards, as well as receive powerful messages and reinforcers for being self-sacrificing, conscientious, hard working, and caring women who prioritize the needs of others. Because of that, it's hard for us to make room for ourselves and if we do, it's often accompanied by feelings of guilt and judgement, which quickly push us back to our default patterns that have become so familiar but, in the long run, interfere with us creating a life that we truly want and desire.

Thrival Skills for Therapists offers female mental health clinicians a flexible, convenient, and supportive environment for learning about and applying our "4C's" framework (connection, compassion, courage, and creativity) to self-care. This program uses an asynchronous cohort-based structure, which means participants complete the online program in the same time period along with the support of a group of like-minded women. Over the course of this 6-week program, each Monday participants will receive a new lesson on that week's theme. Weekly topics are designed to help participants: 1) understand the common factors impacting female clinicians' wellness and self-care, 2) develop a more compassionate awareness of their personal self-care roadblocks, 3) apply the "4C's" framework for evaluating and enhancing self-care practices and 4) formulate a personalized plan and begin taking concrete steps to enhance their current self-care practices. Lessons will introduce the theme of the week and include questions/exercises intended to help participants reflect on their own self-care influences and practices and to begin taking steps to redefine how they take care of themselves.

The platform allows participants to complete the lesson at a time that's convenient for them. Thrival Skills for Therapists is hosted on Podia, an easy-to-use online course platform, which includes a private (non-social media) discussion forum to share weekly reflections and intentions with other program participants. Recognizing how important the support of others is in this process, the cohort structure provides opportunities for participants to comment, encourage, and support one another throughout the program.

The program will start on Monday, October 24 and spaces will be limited. Register by October 8, 2022

## Editor's Comments

Submitted by Dr. Michelle Conan, C. Psych.



I hope that you have enjoyed this fall issue of *The View from Here*—our Rural and Northern Newsletter. I am pleased to have the role of newsletter editor for our section. If you would like to make a contribution to *The View From Here*, please contact me or Dr. Veronica Hutchings at [rnp psychology.cpa@gmail.com](mailto:rnp psychology.cpa@gmail.com).

Submissions can be made at any time, and can include:

- an article for our regular feature “a week 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 reviews

### 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 a newsletter editor!** The newsletter editor is responsible for organizing, compiling, and finalizing each of the two rural and northern section newsletters each year. If you are interested in taking on this role, please contact our chair, Dr. Veronica Hutchings at [Rnp psychology.cpa@gmail.com](mailto:Rnp psychology.cpa@gmail.com).

The Newsletter is produced by the Rural and Northern Section of the Canadian Psychological Association (CPA) and is distributed to members of the Section. The purpose of the Rural and Northern Section is to support and enhance the practice of rural and northern psychology. The goals of the section are: 1) Establish a network of professionals interested in the areas of rural and northern psychology (this may include individuals currently practicing in rural/northern areas of those with an interest in this area), 2) Enhance professional connectedness by facilitating linkages between rural and northern practitioners, 3) Distribute information relevant to the practice of rural and northern psychology, 4) Provide a forum to discuss practice issues unique to this specialty, and 5) Introduce students and new or interested psychologists to rural and northern practice.

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