

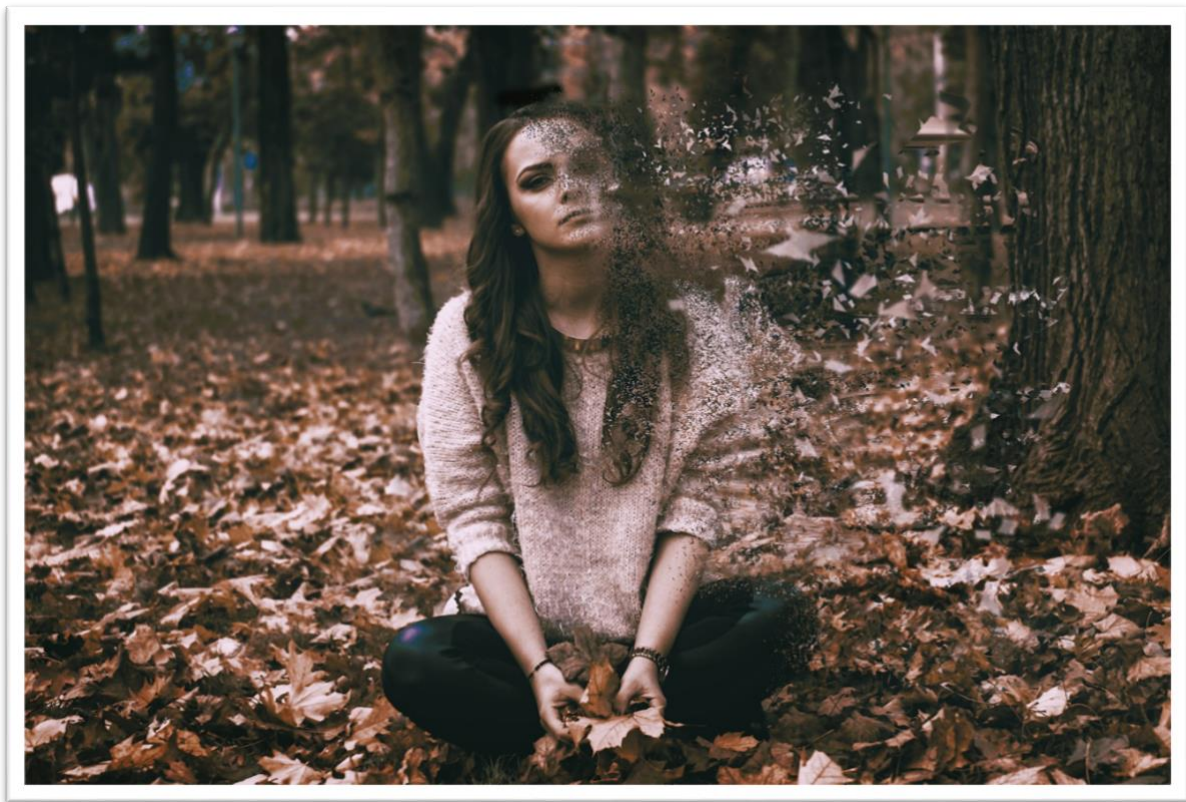
CPA Traumatic Stress Section Newsletter



Dear members of the Traumatic Stress Section,

We hope that your summer went well and that you are settling back into a fall routine. This is the first edition of the 2019/2020 Quarterly TSS Newsletter. In this edition, you'll find an introduction to the new TSS Executive Committee (p. 2), highlights from the 2019 CPA Conference (p. 5), upcoming presentations from TSS Executive members (p. 6), and TSS Awards (p. 7).

Upcoming editions will include summaries from current research in the field of traumatic stress, TSS Section updates, and much more! If you have a research or practice program you'd like featured in the next newsletter, please send it to one of our ex-officio members, Robyn, at rshe424@gmail.com.



Meet the Executive Committee

Chair, Eva Monson, Ph.D., CPsych

Dr. Eva Monson is an assistant professor at the Université de Sherbrooke and a researcher at the Centre de recherche - Charles-Le Moyne – Saguenay – Lac-Saint-Jean sur les innovations en santé in Québec, Canada. She received her PhD from McGill University in 2016 where she explored trauma and post-traumatic stress disorder as they relate to quality of life and perceived neighborhood contexts. Her current research is devoted to investigating how social and environmental deprivation, from the level of the individual to the neighborhoods where they reside, factor into the dialogue concerning mental illness.



Chair-Elect, Katy Kamkar, Ph.D., CPsych



Dr. Kamkar received her Ph.D. in clinical psychology from Concordia University and completed her pre-doctoral internship and clinical/research postdoctoral fellowship at the Centre for Addiction and Mental Health (CAMH), where she is now a clinical psychologist. Dr. Kamkar provides evidence-based psychological assessment and treatment for injured workers and first responders experiencing mood and anxiety disorders, operational stress injuries (OSI), trauma and PTSD, grief reaction related to loss injury, pain, sleep-related conditions and many other conditions. Dr. Kamkar now holds many titles, including, but not limited to, Assistant Professor, Department of Psychiatry, University of Toronto; Director, Badge of Life Canada; Associate Member, Canadian Association of Chiefs

of Police; Director, Operation Lifesaver Canada; Provincial Mental Health Advisor, St. John's Ambulance Ontario; Founding and Credentialed Member, Canadian Association of Cognitive Behavioural Therapies (CACBT); and Fellow & Member of the Collaborative Centre for Justice and Safety (CCJS) Advisory Council.

Secretary-Treasurer, Rachel Langevin, Ph.D., Psy.D

Dr. Langevin completed her B.Sc. and Ph.D./Psy.D. degrees in psychology at Université du Québec à Montréal. Her Honours undergraduate thesis and doctoral dissertation explored attachment representations, emotion regulation, and behaviour problems in preschool victims of sexual abuse. She completed her post-doctoral fellowship at the Psychology Department of Concordia University (and Centre for Research in Human Development), where she conducted research on the intergenerational transfer of risk using data from the Concordia Longitudinal Risk Project. Dr. Langevin's academic dossier and research have been recognized with numerous scholarships and awards. She has contributed to the scientific literature with several scholarly papers and has participated in dozens of national and international conferences. Her clinical training involved a specialization in cognitive-behavioral therapy for anxiety and trauma-related disorders in adults. She continues to work with these populations in private practice. Currently, she conducts research on the mechanisms implicated in the intergenerational continuity of trauma and abuse.





Past Chair, Anne Wagner, Ph.D., CPsych

Dr. Anne Wagner is a clinical psychologist and researcher who is committed to helping understand and improve trauma recovery. She is the founder of Remedy, a mental health innovation community. She is an Adjunct Professor in the Department of Psychology and an Associate Member of the Yeates School of Graduate Studies at Ryerson University. She has presented and published extensively in the use of trauma-informed care, trauma treatment, stigma and interpersonal relationships. Her work has been funded by the Canadian Institutes of Health Research, the Ontario Trillium Foundation, the Canadian Foundation for AIDS Research, and the Canadian Armed Forces. Anne has a particular focus on innovating mental health interventions, for example by working with a community-led approach (e.g., with HIV/AIDS service organizations and community health centres), using different treatment formats (e.g., with couples), and facilitators of treatment (e.g., MDMA).

Student Representative, Alina Protopopescu, BA, BSc, Ph.D. Candidate

Alina is a fourth-year, Ph.D. Candidate in the Research & Clinical Training Stream in the Department of Psychology, Neuroscience & Behaviour at McMaster University and a Clinical Psychology Resident at St. Joseph's Healthcare Hamilton. She received her undergraduate degrees from McMaster University and Brock University in Biology (Hns.) and Psychology (Hns.) before entering her Ph.D. in 2016. Her doctoral work focuses on posttraumatic stress disorder and its relations with emotion regulation, moral injury, and other psychiatric symptoms (e.g., depression, anxiety, dissociation, and cognition) and how these symptoms impact treatment outcomes in military personnel, veterans, and public safety personnel.



Ex-officio, Lara Hiseler, Ph.D., CPsych



Dr. Hiseler is a registered clinical and forensic psychologist working with adults at Hiseler, Kelly, & Associates in Peterborough, Ontario. She completed her masters in counselling psychology at the University of New Brunswick and doctorate at the University of Alberta, where her dissertation focused on incarcerated women's experiences of developing self-compassion. She completed a pre-doctoral internship and post-doctoral training at Ontario Shores Centre for Mental Health Sciences, a psychiatric hospital, working with adults found Not Criminally Responsible due to Mental Disorder, conducting both assessment and treatment. She has also worked for the Ontario provincial correctional system (Ministry of Community Safety and Correctional Services), providing crisis intervention and risk assessments for the Ontario Parole Board. In private practice, Dr. Hiseler has expertise in assessment and treatment of Post-Traumatic Stress

Disorder with a wide variety of adult clients, including first responders, military, and correctional personnel. Dr. Hiseler has specialized training in trauma, including Level Two Eye Movement Desensitization and Reprocessing and Provider Status for Cognitive Processing Therapy.

Ex-officio, Vivien Lee, Ph.D., CPsych

Dr. Vivien Lee, C.Psych. is a clinical psychologist and founder of the *Centre for Trauma Recovery & Growth* in Toronto, ON. She specializes in trauma, PTSD, depression, and anxiety and has extensive experience working with and training first responders (e.g., police, paramedics, firefighters, corrections, dispatchers) and military. Particular interests for Dr. Lee also include optimizing peer support and family support.

She is a clinician for *Wounded Warriors Canada's* residential group therapy programs. In addition, Dr. Lee serves as a clinical advisor and board member for *Toronto Beyond the Blue*, an organization providing support to families of Toronto Police Service (TPS) officers; and is the clinical advisor for *Boots on the Ground*, a peer support telephone line for first responders across Ontario. She serves on the board of directors for the Public Services Health & Safety Association (PSHSA), and sits as an ex-officio board member with the Traumatic Stress section of the Canadian Psychological Association (CPA).

Dr. Lee earned her PhD and Masters in Clinical Psychology from Western University, and Hon.BSc. in Psychology and Criminology from the University of Toronto. Her graduate research focused on the impact of trauma on child and adolescent development.



Ex-officio, Jenna Boyd, M.Sc., Ph.D.

Jenna Boyd recently completed her Ph.D. in the Research and Clinical Training Stream in the Department of Psychology, Neuroscience & Behaviour at McMaster University. She is a Post-Doctoral Fellow at the Anxiety Treatment and Research Clinic, St. Joseph's Healthcare Hamilton where her clinical work focuses on the treatment of anxiety and trauma-related disorders. Her doctoral work focused on cognitive functioning and the efficacy of cognitive remediation approaches among individuals with PTSD.

Ex-officio, Lindsey Snaychuck, BA

Lindsey Snaychuck recently graduated with her honours degree and is currently the coordinator of the Fear and Anxiety Research Lab at Vancouver Island University. She is also nearing the completion of a certificate in Sexual Health from the University of Alberta and plans to pursue graduate studies in clinical psychology.



Ex-officio, Robyn Shields, BA

Robyn left her career as a paramedic in 2014 to pursue clinical psychology. She has since completed her BA-Psychology (Hns.) with a focus on the relationships between symptoms of PTSD, burnout, and empathy in a sample of Canadian paramedics. She is now a clinical psychology masters student at the University of Regina, under the supervision of Dr. R. Nicholas Carleton in the Anxiety and Illness Behaviour Lab (AIBL). Her proposed MA thesis is a mixed-methods investigation of avoidance behaviours in paramedics.

Highlights from CPA 2019

CPA TSS Award for Excellence in Psychology, Martine Hébert, Ph.D

Each year the CPA-TSS recognizes a psychologist for achievement within the science and practice of the psychology of traumatic stress. The award recognizes either clinical or research excellence, and the 2019 award recipient is Martine Hébert!



Martine is the Tier 1 Canada Research Chair in Interpersonal Traumas and Resilience and the co-holder of the Interuniversity Research Chair Marie-Vincent on child sexual abuse. She is full professor at the Department of Sexology, Université du Québec à Montréal, and director of the Sexual Violence and Health Research Team ÉVISSA. ÉVISSA is an interdisciplinary group aiming to achieve a comprehensive understanding of sexual violence, including consequences on mental, physical, and sexual health in different developmental contexts (i.e., childhood, adolescence, early adulthood). She served as the leading investigator of the Youths' Romantic Relationships Project, a representative study of over 8000 teenagers in Quebec and, with her partners, is developing a school-based program aiming to promote healthy relationships and prevent dating violence. She is also currently funded by the Canadian Institutes of Health Research (Foundation Grant) to conduct a longitudinal study identifying crucial mediators involved in resilience pathways among sexually victimized youth and to test the effectiveness of a more personalized approach to treatment. She has authored more than 250 articles or chapters and has co-edited 3 books on child sexual abuse and psycho-sexual development. She has received many different awards, including the 2014 Thérèse Gouin-Décarie prize from the Association francophone pour le savoir, which is offered in recognition for outstanding contributions in the field of social sciences. She was also the recipient of the Montreal Women's Y Foundation Women of Distinction Awards – Education in 2013, recognizing her leadership in the training of the next generation of scholars. In 2017, she achieved one of the highest recognitions in Canada by being elected as a member of the Royal Society of Canada for her contribution in her field of research. Congratulations Martine!

2019 Student Poster Award, Jessie Lund & Jessica Ip

This year's poster award was a tie between the incredible work of Jessie Lund and Jessica Ip. We are wishing these early career scholars all the best with their future research endeavours.

CPA TSS Member-Lead Workshop

Dr. Vivien Lee, *Optimizing success using prolonged exposure in the return to work process for first responders.*

There has been increasing recognition of the cumulative impact of responding to traumatic events throughout the course of a first responder's career (e.g., police officers, firefighters, paramedics, correctional officers, dispatchers); however, there has been little research into best practices in return-to-work (RTW) plans for first responders returning after a leave. One result of work-related PTSD is that stimuli that are a regular, everyday part of a first responder's duties can come to serve as trauma-related triggers for the individual first responder, despite years of working with these stimuli (e.g., sirens, lights, vehicles, uniforms, tones, hearing about traumatic calls). Theoretical and clinical rationales for incorporating prolonged exposure into a graduated RTW process using systematic exposures to trauma-related triggers were presented, with evidence to suggest that such process can optimize the success of not only returning to, but also maintaining a RTW in the long-term.

Dr. Lee notes that there has been (very) limited research literature on returning to work after work-related trauma and clinical experience over the past 9 years. During her time at the Centre for Addiction and Mental Health, incorporating into the RTW process was an important component of clinical work as part of their Psychological Trauma Program/Work, Stress, and Health program. Dr. Lee is very excited to report that her workshop was presented to a room full of people and she would like to thank everyone who came out! The workshop was videotaped by the CPA, and is available for viewing through the CPA for those who are interested.

Upcoming Conference Presentations



International Society
for Traumatic Stress Studies

The 35th Annual Meeting of the International Society for Traumatic Stress Studies is being held November 14-16th, 2019 at the Boston Marriott in Boston, Massachusetts. For those of you who are attending, be sure to stop by the following presentations authored by members of the TSS executive.

Eva Monson
Room: Gloucester
Poster Presentation: Trauma and gambling: A scoping review.
Speaking Date and Time: November 15, 2019 from 1:30 PM to 2:45 PM

Jenna Boyd
Room: Gloucester
Poster Presentation: From theory to practice: The focus of cognitive interventions in cognitive processing therapy is differentially associated with PTSD symptom change in treatment.
Speaking Date and Time: November 15, 2019 from 1:30 PM to 2:45 PM

More ISTSS conference information can be found at <http://www.istss.org/am19/home.aspx>

TSS Awards

CPA Traumatic Stress Section Award for Excellence in Psychology

The CPA-TSS Award for Excellence in Psychology recognizes “achievement within the science and practice of the psychology of traumatic stress,” and recognizes either clinical or research excellence in the field. To be eligible for application, the nominee must be a current member of the CPA-TSS and work within the field of traumatic stress. *Submission Deadline: December 2, 2019*

To Apply:

Nominees can self-nominate or be nominated by another person. A full application package should be sent to the Section Chair, Dr. Eva Monson (eva.monson@usherbrooke.ca). Applications should include:

- Up-to-date curriculum vitae
- Letter outlining outstanding clinical or research contribution

CPA Traumatic Stress Section Student Presentation Award

This award recognizes the best presentation (poster/Gimme-5/oral) given by a student at the Annual Meeting of the CPA as a part of the Traumatic Stress Section. *No application is needed.*

CPA Traumatic Stress Section Student Awards

The CPA-TSS Student Awards recognize undergraduate or graduate theses completed in Canada on the psychology of traumatic stress. The awards are aimed at students who have demonstrated excellence in clinical or research work in the field of traumatic stress. Two (2) awards per year will be awarded. To be eligible, the student must have completed their graduate or undergraduate degree at a Canadian university, have defended their final thesis/dissertation within the past 18 months, and (if self-nominated) be a current member of the CPA-TSS. *Submission Deadline: December 2, 2019 (for both application to Dr. Monson and submission to CPA)*

To Apply:

Nominees can self-nominate or be nominated by another person. A full application package should be sent to the Section Chair, Dr. Eva Monson (eva.monson@usherbrooke.ca). Applications should include:

- Thesis title and abstract
- One-page statement of why the nominee should receive this award
- Up-to-date curriculum vitae
- Supporting letter from an academic supervisor

Please note: This award requires that students also submit to a 12-minute talk format presentation of CPA 2020 conference (on the topic of the student’s thesis). Link to CPA submission:

<https://convention.cpa.ca/>

Call for Abstracts!

The submission portal is now open for CPA Convention 2020, taking place in Montréal, May 28-30, 2020.

We are encouraging section members to submit abstracts for review to the TSS: <http://convention.cpa.ca>.

More information can be found at convention.cpa.ca/faq.

The deadline for submissions is December 2nd, 2019