

Psymposium

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BOARD NOTES



**David Piercey,
Ph.D.
President**

By the time you read this we will have passed through Psychology Month. Every year since 2005, the Canadian Psychological Association and the provincial psychology associations have organized activities in February to raise Canadians' awareness of the role psychology plays in their lives and in their communities.

This year, for example, we participated in CPA's "Mind You Mental Health" campaign. In order to increase public awareness of the importance of professional psychology in mental health services, the campaign involved having local celebrities having their pictures taken wearing Mind Your Mental Health t-shirts, with CPA then posting them to social media with an accompanying message. Thanks to Ganz Ferrance in Edmonton who did so much for our Association with this aspect of the campaign.

As well, CPA's campaign encour-

ages the public to engage in a write-in campaign to provincial governments to let them know that access to professional psychological services within public health care is particularly important. As at least one in five Canadians are diagnosed with some form of mental illness during their lifetimes, as depression and anxiety are the most common forms of psychological distress diagnosed, and as the impact of such disabilities far exceeds that of diagnosed cancer or infectious diseases, the full societal impact of mental health needs (we actually prefer the term "psychological health") is quite significant.

However, access to psychological services is severely limited in the public health system (as it is also in Community Services, Child Welfare, and Education), wait times are often unnecessarily long, and most private insurance plans provide only minimal coverage, and only to those fortunate enough to have them. Provincial governments, always challenged just to provide timely access to basic, physical health services, have not yet embraced the necessity to extend greater coverage for mental health, nor indeed to ensure the quality of care from those who are hired as generic "mental health therapists".

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ASSOCIATION of ALBERTA

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PAA Symposium is published three times a year (April, August and December) for the purpose of fostering communication amongst psychologists and supporting the goals of the Association and the profession of psychology. The newsletter is sent to members of the Psychologists' Association of Alberta as well as to selected individuals and organizations with interests in the practice of psychology. Non-members may subscribe for \$25.00 per year (3 issues).

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Our position is that the cost of not providing appropriate funded psychological treatment to ameliorate these concerns is an unfortunate societal cost that should instead be addressed to enhance the balance of our social capital. Alberta, as Canada's richest province, simply should be demonstrating responsible leadership in this area.

Perhaps we are just yet another voice in our advocacy for what we are convinced is in the public interest. I attended a CPA Summit in November on the supply of, and demand for, psychologists in Canada, where the state of our profession was discussed by representatives from across the country. The proceedings will be used to shape more of CPA's national advocacy efforts and inform the further development of our profession, particularly in service areas where we are underrepresented.

What I took away from the Summit was certainly thought-provoking, as it seemed apparent to me that the public interest continuously needs to be addressed in our advocacy efforts, and that the voice of psychology is critical in the dialogue around social policy. As

examples, while we are capable of producing enough Ph.D.'s in resupply for retiring faculty members, we are not producing enough clinicians in specialized training programs to address the complex mental health needs of the public. And, while provinces may be in the process of developing new models for primary health care services, psychology is not given the consideration it warrants in the discussion over mental health service provision within these new models. Instead, other professions may be superseding us in certain areas.

These are the sorts of areas, then, that we may be able to influence within our respective roles, irrespective of whether we work in higher education, government service, or in direct service provision at any level. And, as we approach another season for recruitment of new Board members and volunteers for our other committees, please consider how you might be able to assist your Association in the further promotion of our profession.

Psymposium Advertising Rates (effective May 2013)

Psymposium is the official newsletter of the Psychologists' Association of Alberta and is published three times a year with the purpose of fostering communication between psychologists and supporting the goals of the Association and the profession of psychology. The newsletter is sent to all members of the PAA, as well as to public subscribers and selected individuals and organizations with interests in the practice of psychology.

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EDITOR'S LETTER



Frank McGrath, Ph.D., R. Psych.

So spring has sprung! As 2014 continues to unwind, we are all hopefully experiencing the renewal and warmth of this season.

I sometimes wonder if the annual cycles of my private practice in psychology are shared by others? It seems that the post New Year's SAD season brings distress and resolutions to the fore and, accepting the challenge, much therapeutic hard work is undertaken. Spring seems to be a time of connection, renewal and recommitment for those who are "walking the walk". And, for those merely "talking the talk", there can be a disconnection from self or others and perhaps a resignation from the mission of growth and wellness. My practice usually drops off in the summer as the longer days and vacation lift people's spirits and allow them to connect more with one another and extended families. The falling of leaves seem to be a harbinger of closer quarters and increasing self-reflection.

I may be projecting my many years of academic life onto my client population, but the end of the year and the religious celebrations that ensue seem to be a mix of anticipation, relief and disappointment as another year leaves us resolving to "try harder" in the next one. I also assume, though there are few of these folks in therapy, that Mindfulness, Acceptance, Connection, and of course a few positive cognitions are preserving mental wellness for many without the need of medications or even therapy to keep them buoyant. I know that whenever I have moments to connect with colleagues and reflect on my own work it helps me enjoy the seasonality of psychological practice rather than lament it. I am grateful that Psymposium gives me "and us" this opportunity.

This issue begins with David Piercey, Ph.D., in his

President's Message, reminding us that February was Psychology Month which highlighted the importance of psychology in our community. He discusses advocacy for mental health, the issue of limited access to psychological services in the public health system, and the important role we all play in promoting our profession. In the spirit of advocacy, R. Corranne Johnson, Ph.D., R.Psych, and Shawn Crawford, Ph.D., R.Psych, discuss the importance of school psychology services, and provide information on appropriate models and consultation practices in this field. Furthermore, Dr. Bob Acton, Ph.D., Wayne Boss, MSc. R.Psych and Meghan Reid, MA, R.Psych bring our attention to the APA's Psychologically Healthy Workplace Awards which were adopted by the PAA in 2012.

In our Profiles in Psychology series – Deborah Dobson, Ph.D., R.Psych interviews forensic psychologist Patrick Baillie, Ph.D., who also obtained a law degree from the University of Calgary. Dr. Baillie reminds us of the role psychologists can play in the legal field, especially in helping judges answer tough questions. Dr. Baillie also provides insightful advice on working with clients. For instance, he states the importance of "helping the individual at whatever stage of readiness of change he or she is at", and prefers that independent practice be re-considered as interdependent practice. In regards to the education and training available to up and coming psychologists, he discusses the issues around the multitude of online degree programs being offered.

Also in this issue Terry Wilton, R.Psych, comments on our views of mental health and challenges us to breakdown the categories we might have made, and to look at mental health more on a continuum, and asks us to reflect on the meaning of health in "mental health". Finally, Gwen Randall-Young, R.Psych, discusses how to create peace of mind in our lives by learning how to quiet the chatter of our minds that can often stir-up unwanted emotions.

... enjoy your summer!

Frank W. McGrath, Ph.D. R. Psych.

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THE UNIVERSE WITHIN

by Gwen Randall-Young, R. Psych.

Creating Peace of Mind

"A quiet mind cureth all."

Robert Burton



Have you ever wondered why time spent in nature can be so peaceful and nourishing to the soul? Sometimes the silence seems immense, almost overwhelming. We often simply stand still, almost mesmerized by the fresh, pure air and the beauty around us.

The reason the silence sometimes seems to echo endlessly is because for a moment, at least, we have stopped all thinking. The silence fills both our external and internal worlds. Time seems to stand still. It is a transcendent moment.

Such moments are rare, because the mind usually fills our consciousness with uncontrolled chatter. Like a radio or television left on, there is a continuous stream of comments, reflections and replays. Whether driving or making dinner, the commentary is there.

Sometimes it can be pleasant, as when we are remembering something that warms our hearts. For some, it can be a "worry channel" that brings all the news about what there is to stress about in one's life at any given moment. If there is not something real, it can always make something up. Those worry thoughts usually start with "what if?"

For others it may be a "self-criticism" channel, which berates, chastises and belittles all of who we are and what we do. It may be generalized to all aspects of our being, or it may focus on just one area.

For others still, the channel may be dedicated to belittling and judging other people. Everyone has

their faults, but this channel plays them over and over again, until finally we define those others in terms of our own judgments of them, rather than who they really are.

It is easy to see how this mind chatter can set the emotional climate within us. Thoughts are a form of energy, and the energy of these negative thoughts is broadcast to every cell in our body. It fills our consciousness and sets our mood. Even if they are not so much negative, as they are those busy thoughts telling us how much we have to do, we are still deprived of any sense of calm and peacefulness.

Think of the calmness you feel when you enter a clearing in the forest. Imagine it to be spacious and filled with light. Now imagine that you can create just such a clearing in the forest of your own mind. It is a special sanctuary that is open and clear, regardless of how entangled and overgrown the rest of the forest might be, and regardless of whatever beasts might be lurking out there. This is your safe place, where you can come to rest, revive and rejuvenate.

Aim to spend more and more of your time there. The mind does not need to be running all the time. It is a tool that we need, and it can be extremely effective. A light does not need to be left on after we leave the room, but it certainly is helpful when we return to the room and need to see. If we learn to focus our mind, it will not need to keep "running," going over and over the same thoughts without doing anything productive about them.

If we must figure out what to do about a situation, then we can sit down and bring the light of our consciousness to illuminate all aspects of the situation. We can generate possible solutions and decide on the best one. Then we can leave that room.

If we notice we have left our mind "idling" and it is stuck in a negative rut, it is time to turn it off. This can be done by visualizing our "clearing" and going there for a time. It can also be done through the practice of meditation or listening to a guided meditation. If all else fails, sing a song or say the alphabet backwards!

The more we practice interrupting a "polluted" stream

of consciousness, the easier it becomes to do. Over time our thoughts become more positive and pure, because that is what we are choosing. This is one way of creating within, the beautiful peace that nature both reflects and offers to us.

*Gwen Randall-Young is a psychotherapist in private practice and the author of **Growing Into Soul: The Next Step In Human Evolution**. For articles, and information about her books and “**Deep Powerful Change**” personal growth/hypnosis CDs, go to www.gwen.ca*

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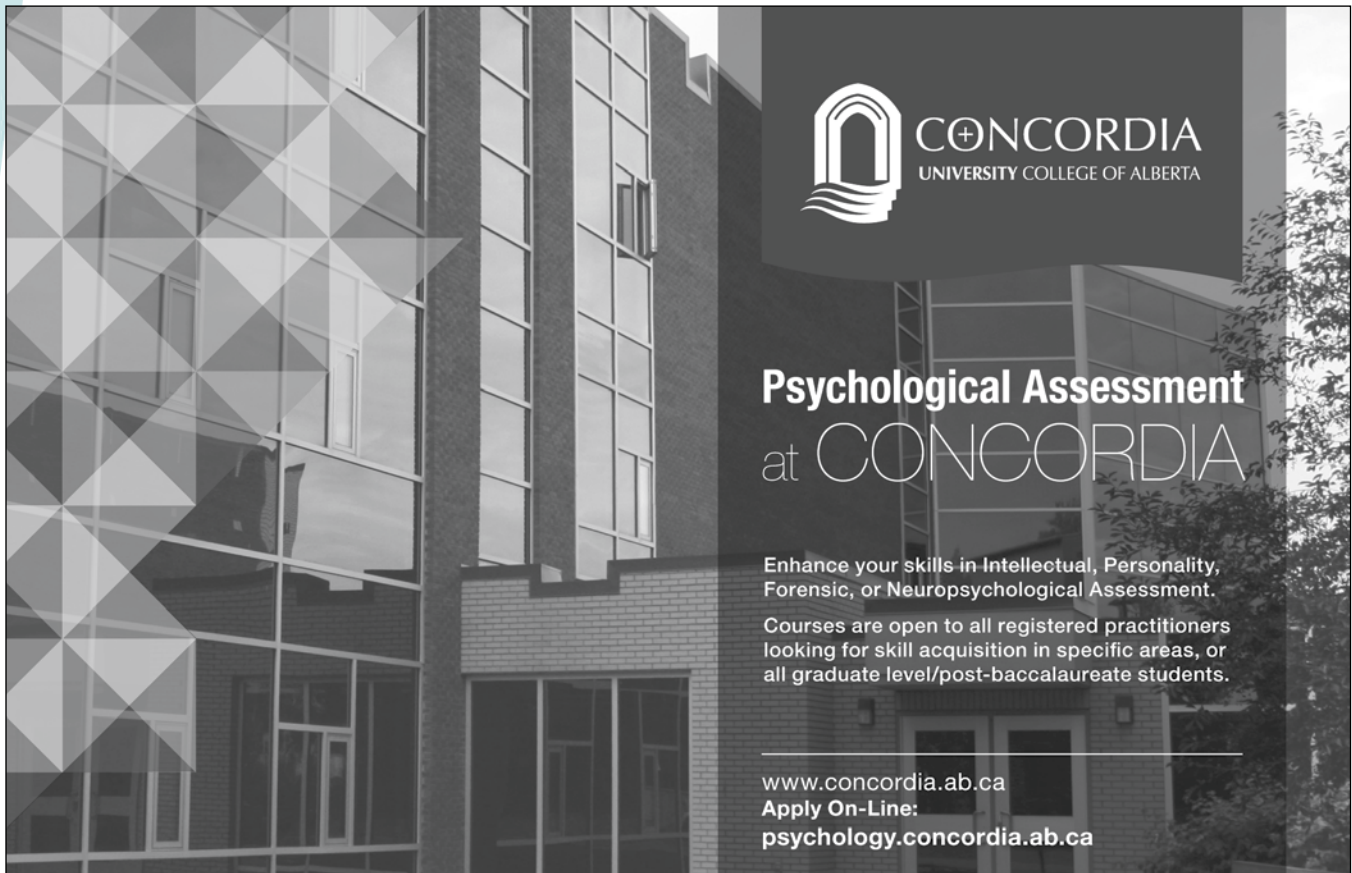



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PROFILES IN PSYCHOLOGY

by Deborah Dobson,
Ph.D., R. Psych.



Deborah Dobson

Dr. Patrick Baillie lives and works in Calgary, but has been a leader within the fields of psychology and the law across Alberta and Canada. He obtained his Ph.D. in Counseling Psychology from Virginia Commonwealth University and completed his internship in Calgary. He has worked for many years at the Forensic Assessment and Outpatient Services (FAOS) through Alberta Health Services (AHS) in Calgary. During his career as a forensic psychologist, he completed his Bachelor of Laws (LL.B.) from the Faculty of Law at the University of Calgary, and is one of very few psychologists who have been admitted to the Law Society of Alberta. He has worked in many different areas, including as a consultant to professional and Olympic athletes, to the Calgary Police Service (CPS), completing independent assessments for civil and criminal law in addition to his work at FAOS. He served as the Chair of the Mental Health and the Law Advisory Committee for the Mental Health Commission of Canada in 2012 and continues to be a member of the Commission's Advisory Council. He served on the Accreditation Panel of the Canadian Psychological Association for six years, including two years as Chair. He volunteered with the New York Police Department (NYPD) after the tragic events of September 11, 2001, and provided counselling in a tent city in Haiti after the earthquake in 2010. He has published broadly, including as a freelance journalist. It is an understatement to say that Dr. Baillie has had a very intriguing career to date!



Dr. Patrick Baillie

Dr. Patrick Baillie lives and works in Calgary, but has been a leader within the fields of psychology and the law across Alberta and Canada. He obtained his Ph.D. in Counseling Psychology from Virginia Commonwealth University and completed his internship in Calgary. He has worked for many years at the Forensic Assessment and Outpatient Services (FAOS) through Alberta Health Services (AHS) in Calgary. During his career as a forensic psychologist, he completed his Bachelor of Laws (LL.B.) from the Faculty of Law at the University of Calgary, and is one of very few psychologists who have been admitted to the Law Society of Alberta. He has worked in many different areas, including as a consultant to professional and Olympic athletes, to the Calgary Police Service (CPS), completing independent assessments for civil and criminal law in addition to his work at FAOS. He served as the Chair of the Mental Health and the Law Advisory Committee for the Mental Health Commission of Canada in 2012 and continues to be a member of the Commission's Advisory Council. He served on the Accreditation Panel of the Canadian Psychological Association for six years, including two years as Chair. He volunteered with the New York Police Department (NYPD) after the tragic events of September 11, 2001, and provided counselling in a tent city in Haiti after the earthquake in 2010. He has published broadly, including as a freelance journalist. It is an understatement to say that Dr. Baillie has had a very intriguing career to date!

During your Ph.D., you completed your dissertation on career transition in elite and professional athletes.

You have worked with athletes as well as published and presented in this area. Can you make some comments on how it is similar and different to work with athletes compared to the other clients that you have worked with? Can you comment on these experiences?

The grandfather of applied sport psychologist (and my mentor), the late Dr. Bruce Ogilvie, and the former chief psychologist for the United States Olympic Committee, Dr. Shane Murphy, have commented that 90% of the issues they dealt with in working with elite athletes were the same sorts of counselling and clinical issues seen in the broader, general population. A key difference, though, is that these athletes are usually highly motivated to want to fix the problem *right now* (in part because the personal issues negatively impact athletic performance), so are enthusiastic sponges for any interventions and strategies a psychologist can offer. Certainly, there are specific performance enhancement tools (e.g., pre-competition imagery, relaxation methods), but work with athletes sometimes requires instantaneously effective interventions, stretching the psychologist's creativity, with results that are often very measurable – and public. Watching the Olympics or the Stanley Cup and having clients involved brings a different intensity to such events as the athletes' personal successes and failures become all the more poignant.

I've been fortunate, even in most of my forensic work, to have had many clients who are motivated for self-improvement and personal change. Some have had broad clinical issues, while others have faced challenges that are more situational in nature. My focus, whether in sports, forensics, or employee assistance (with police), has always been on helping the individual at whatever stage of readiness for change he or she may be at. Being genuinely curious and engaged helps start any relationship, but clients also want to see change, so bringing a range of therapeutic interventions (and being willing to modify those that aren't working) is a key part of maintaining the professional relationship.

You have done a great deal of work on the interface of Psychology and the Law, including volunteering to provide an annual workshop for the pre-doctoral

psychology residents in Calgary on this topic. What are one or two suggestions that you could provide for a practicing psychologist so that they practice according to ethical and legal guidelines?

One of the questions on the College of Alberta Psychologists' oral examination for new psychologists asks about situations the candidate feels unprepared to handle. For many years when I was sitting on the panel of examiners, I'd hear students say, "well, I don't do anything forensic", to which my response might be "how do you know?". I understand that the answer refers to, for example, conducting assessments for court or insurance purposes, but I ask psychologists to keep in mind that there are many circumstances in which someone else could be evaluating your notes and your work. Is workplace conflict contributing to his depression? WCB might want to take a look at your notes. Slow recovery from a head injury five years after a previous involvement in therapy? The defendant might be arguing that the former client had a predisposition for anxiety. So, the first piece of advice is to ensure your notes are full, fair, and legible, also known as comprehensive, objective, and helpful.

My second suggestion relates to the notion of independent practice. I've been fortunate to have worked with many great colleagues. Whether having coffee with Dr. Hap Davis or wandering down the hall to see Dr. Marc Nesca, Dr. Suzanne Lemieux, Dr. Jasen Elliott, and others. I've always enjoyed having access to these folks' perspectives as checks and balances to my assessments and my therapy work. I've often advised practicing psychologists to have a good network of professionals (preferably including a psychiatrist) with whom to check in and compare notes. *Independent* practice, in my mind, isn't the goal; *interdependent* practice makes more sense.

Can you comment on what it was like for a psychologist to go to law school? Was it helpful to have had the prior training in assessment, interviewing and therapy? How did your training have an effect on your view of the legal system?

My primary motivation in wanting to attend law school

wasn't to become a lawyer, but to learn to think like a lawyer, understanding legal language and culture. Put simply, mental health professionals and lawyers don't speak the same language, so errors in translation are far too common. For one difference, lawyers like more certainty: Is this client "insane"? How many sessions of therapy will this client need? Psychologists, on the other hand, are usually client-centered and might benefit (and even be more helpful) by remembering that there is typically another side of the story or by reminding ourselves that we should be able to demonstrate the effectiveness of any interventions we use.

Part of the encouragement for me to attend law school came from my legal mentor, the late Honourable Alan Gold, former Chief Justice of Quebec. We'd been friends for fifteen years before I started law school. The Honourable Judge Gary Cioni and the Honourable Judge Allan Fradsham gave me my early opportunities with the courts in Calgary, became my local legal supports, and saw how much I struggled with the differences between the law and psychology. Psychologists have a tremendous role to play in helping (and shaping) the courts, by answering tough questions that judges aren't trained to deal with, but we shouldn't try to answer legal questions (or give legal advice).

The Mental Health Commission of Canada has worked hard to develop national policy and a strategy for mental health services in Canada. You have presented and written extensively about building bridges between the mental health and the justice systems. What are some contributions for stigma reduction and addressing the impact of mental illness on the criminal system you foresee the MHCC making?

Ask any judge or lawyer about the problems facing the justice system and you will quickly hear about access to justice, unrepresented litigants, and the "revolving door" of the criminal courts. Many criminal court judges describe how their role is often more related to social work than to law. Homelessness, substance abuse, and mental health problems are important factors in many cases before the courts, and resources to support individuals with these issues are often lacking. My police clients

and the courts know the “frequent flyers” all too well. Thankfully, Calgary has a range of positive services (such as the Police and Crisis Team – co-sponsored by Calgary Police Services and Alberta Health Services, pairing sworn police officers with civilian mental health nurses and social workers – and the Diversion Program) that look beyond the stigma of mental illness and try to make a difference.

The Mental Health Commission’s Opening Minds anti-stigma initiative has been looking across Canada for programs that make a demonstrable difference in reducing stigma. Programs are now in place to address stigma in emergency rooms and in the workplace. Additional programs aimed at youth not only shift some perceptions in that age group, but also foster family discussions. But while we might reduce the shame that causes some people to be reluctant to seek services, we also need to ensure that those services are available. Access to treatment and to other community supports might go a long way to reduce some of the challenges the courts are facing when trying to use legal tools to fix social and medical problems.

The one other flawed intersection of mental health and the criminal justice system relates to the lack of treatment resources for the huge number of prisoners with mental health problems. Some dedicated psychologists, psychiatrists, nurses, and other mental health professionals work in our remand centres, jails, and penitentiaries, but these people have so many potential patients and so few transition resources that until we decide to seriously address mental health in Canada, we’ll continue to see tragedies.

As the Chair of the Accreditation Panel of the Canadian Psychological Association (CPA), I suspect that your opportunities to be involved in the development of the 2011 Accreditation Standards also will influence national training programs. What are some of the developments in training that you have seen and predict for the near future within Canadian psychology?

There are two clear challenges that come to mind: (i) the internship imbalance; and (ii) the rise of

(unaccredited) online degree programs. While CPA accredits approximately the same number of doctoral training programs as it does pre-doctoral internships (approximately 30 of each), the doctoral programs are usually larger in student numbers than are the internships, so finding an accredited internship can be a challenge for those wanting to finish up their degrees. Students may try to boost their practicum hours, to look better on applications, but that can result in a longer time to graduation. In response, CPA tried to reduce the pressure for more hours, instead emphasizing the breadth of training experiences. Ultimately, though, we need to build the size of the internship pool. That might mean more collaboration between doctoral programs and local training sites to encourage the development of internship placements or more advocacy with government and other funders to create more paid training opportunities.

For me, though, a bigger challenge comes from the plethora of online degree programs. Hundreds of students are registering for expensive programs that offer an uncertain future. With Alberta continuing to permit registration of new psychologists at the Master’s level, many of the graduates from online programs may be applying here, challenging the College to ascertain the competence of people who’ve never been in a traditional classroom setting and who may have limited practicum experience. We don’t protect the public by allowing substandard care and we don’t protect students against the limitations carried by some degree programs.

It must have been fascinating to work with the NYPD after 9-11 and in Haiti after the earthquake. Many psychologists think about becoming involved in this way, but few follow through. Could you describe your experiences helping people going through these crises and traumatic events?

In a manner similar to when working with elite athletes,

Psychologists have a tremendous role to play in helping (and shaping) the courts, by answering tough questions that judges aren’t trained to deal with...

the NYPD officers and the victims of Haiti's earthquake were immensely appreciative of the opportunity to talk with someone who had ideas for how to cope with the tragedies each had experienced.

For Haitians, spirituality and their relationship with God were integral in therapy and had to be addressed. When seeing clients or patients in Calgary, I don't talk much about my relationship with God. In Haiti, it would have been awkward not to do so. Most Haitians have never had access to psychological help, so trying to do some group sessions and public education – in a culturally sensitive manner – became part of the process of sharing psychology. And I gained a whole new perspective on resiliency.

With NYPD, the stories were often extensions of things I'd seen through my work with CPS: survivor guilt; PTSD; and, management politics. Unfortunately, the 40,000 NYPD officers didn't have much faith in their employer's Psychological Services, so our clients were happy to have the chance to meet with an outsider who nonetheless knew their language. CPS's Psychological Services, with Dr. Adriana Celsler as manager, has a positive reputation for supporting members and respecting ethical responsibilities (including confidentiality), so the time with NYPD meant doing what I do here while perhaps enhancing the reputation of psychological counselling generally.

You have worked with many colleagues within psychology and other fields. What has it been like to work with lawyers, Alberta Health Service staff, the police, psychologists and volunteers with different organizations over the years?

Early on, psychologists like Dr. Tom Dalby, Dr. Clive Brewis, Dr. Barbara Schmalz, and Mike Lee showed me exceptional patience as I was developing my professional identity. Later, Dr. Kate Hamilton and Dr. Denise Fillion came to AHS and brought new energy and broad talents. Now, I'm the old guy, trying to avoid becoming complacent and, therefore, very much appreciating that folks are willing to challenge me and my thinking. I've been fortunate to surround myself with friends and colleagues who are bright, caring,

passionate, interested and interesting. The same kind of language applies to my associations with CPS, CPA, the courts, the College, and the Mental Health Commission. I don't have a whole lot of patience for large egos; my friends are typically people who put our clients first and who always remember and respect the humanity of every individual.

What advice do you have for psychologists entering the field in 2014 and the future? What skills do you think will be important for them to develop?

Advice? Well, keep an open mind (and be willing to consider alternative hypotheses and interventions); maintain a strong sense of ethics (including knowing why you are doing what you're doing, particularly in grey areas of the law and ethics); develop a network of professional colleagues for learning and support; and, in your own way, make a difference.

Skills? Be willing to demonstrate the value of what you do; be a competent consumer of psychological research; continually participate in training and supervision (of you and by you); understand your limitations and have resources available for referral; and, understand the pros and cons of social media and other emerging technologies. (More ethics complaints arise from that last point than from any other single area.)

In addition to your professional work, how do you enjoy spending your time? I know that you have been a freelance journalist and photographer. What are some of your future, non-career related goals?

Years ago, I wrote a (still-unpublished) novel and there are a couple of other books I'd like to add to the collection before possibly seeking a publisher. Closer to home and now, though, I'd like to find a bit better balance in my life, with more time spent with friends and family and an ever-affectionate poodle named Justyna. (She's been to work with me. Clients and patients usually love her and the dynamic of those sessions is often very different, in a good way.) I'm also moving into a greater involvement on the law side of my identity and while that's a career goal, it's still part of simply trying to be a positive influence through what I do.

WHAT WE DO...



by Terry Wilton, R. Psych.

Most of us work within the mental health industry. Even if the words “mental health” are not painted onto the sign on our door, still we fall under that broad designation as clinical and counseling psychologists.

It would be more truthful, however, to say we have worked in the “mental illness” industry. Traditional practice in mental health has focused much more on illness rather than health. At one of my places of employment there was pride in identifying symptoms of mental disorders as comprehensively as possible. We interpreted all differences, distress and dysfunction as psychopathology.

Perhaps it is easier for us to think in the terms of illness rather than health. Our lists of criteria in the DSM make this somewhat of an objective matter. In doing so, we might consider that health is the default position for human mental functioning – when illness is absent or treated we fall back into health.

What if we could think of mental health as something on its own, something that we could have to varying degrees? What if we could consider that even if we did not have a diagnosable mental illness that we could work toward increasing levels of healthiness?

Concepts such as vitality and vibrancy come to mind. And so too ideas of wisdom, grace, peace and joy. We could consider that relationships could be enhanced with deeper levels of intimacy and meaning. We could recognize that lives could be lived with increasing levels of balance, resiliency and hope.

I was looking at the Global Assessment of Functioning scales for both adults and children recently. At all, but the top level of the GAF, the descriptions still reference whether “symptoms” are present. We reserve 90% of

that scale for how severe symptoms are. We do this even though we call it a “global” assessment of functioning.

Now, if I can speak personally, I am in my sixties. I strive to be healthier, not just illness-absent. Clearly some parts of my body are getting past their best-before dates. Yes, I have physical symptoms of pain and limitations more than I did 30 years ago, probably more than 30 months ago. However, with daily exercise, control over what I put into my body, active decisions of what I do with my body and mind I strive to increase my healthiness. I not only exercise myself physically, but spiritually, in striving for mutually beneficial relationships, and intellectually as well. I love the times I can be creative. These are all very tangible elements of my life. I believe that they are rich contributors to my degree of healthiness.

We are not without literature that can guide us with respect to what “mental healthiness” can be. In Brene Brown’s book The Gifts of Imperfection she identifies 10 guideposts to “wholehearted living”. It is probably the best manifesto I have read for “mental health”. There is a fine chapter in Wisdom and Compassion in Psychotherapy (edited by Germer and Siegel) on “Growing through ethics” that offers practical approaches to what can replace actions and habits that create harm. It is a refreshing look at ethics that are positive, active and integrated into the choices we make rather than just mistake avoidance.

In both of these resources healthy living includes integrity and honesty in our communication. We are more ethical and more wholehearted when we refer to what we do truthfully. This too is a sign of health. Which makes me wonder about integrity and honesty when we name mental illness services as “Mental Health Services”.

I truly see a role in our society for helping those with severe, persistent and disabling psychiatric illness. I also see a role for helping others achieve mental health. Let’s just broaden our idea of what that is. For what it is, is what we do.

... we might consider that health is the default position for human mental functioning – when illness is absent or treated we fall back into health.



NOTICE OF
ANNUAL GENERAL MEETING
 OF THE MEMBERSHIP OF THE
 PSYCHOLOGISTS' ASSOCIATION OF ALBERTA

The PAA Board of Directors is hereby providing notice pursuant to PAA Bylaw 6.3, to call an **Annual General Meeting** of the membership as follows:

Date: Saturday, May 31, 2014 **Place:** Edmonton, Alberta
 9:00 a.m. – 10:00 a.m. **PAA Office**
 Unit 103, 1207 - 91 Street SW

There are no bylaw changes or special resolutions proposed for the meeting.

Correction Notice: The AGM notice in the December 2013 issue of the Psymposium incorrectly identified the location of the AGM to be in Calgary.

Please advise the PAA office if you are interested in attending the AGM.

Contact the PAA office at:
 (780) 424-0294 (Edmonton) (403) 246-8255 (Calgary)
 Toll free 1-888-424-0297 (Anywhere in Alberta)
 Email: paa@psychologistsassociation.ab.ca

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Due to provincial legislation, our auto insurance program is not offered in British Columbia, Manitoba or Saskatchewan.

*No purchase is required. There is one (1) prize to be won. The winner may choose between an amount of \$60,000 CAD to build a dream kitchen of his/her choosing or \$40,000 CAD cash. The winner will be responsible for choosing a supplier and for coordinating all of the required work. The contest is organized by Security National Insurance Company and is open to members and other eligible persons who reside in Canada and belong to a professional or alumni group which has entered into an agreement with the organizer and is entitled to receive group rates from the organizers. The contest ends on October 31, 2014. The draw will be held on November 21, 2014. A skill-testing question is required. Odds of winning depend on the number of eligible entries received. The complete contest rules are available at melochemonnex.com/contest. Actual prize may differ from image shown.

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GETTING SCHOOLED

Welcome to our first column of *Getting Schooled* for 2014. Our theme for this year will be on the role of consultation and its importance in providing effective school psychology services. In our first column, Drs. Johnson and Crawford outline the foundational underpinning of a consultative framework of practice, highlighting the differences between a school psychology consultation model and an assessment model. They also articulate the integral role of consultation within our province's re-conceptualization of education. We hope this article provides our readers insight into how consultation works. We look forward to providing more information in this area throughout 2014, specifically related to various models of consultation (e.g., Bergan and Kratochwil's Behavioural Consultation model, Rosenfield's Instructional Consultation model, and Erchul and Marten's Integrated Consultation model), as well as practical applications of these models within the school psychology context.



School Psychology Services: Starting with Consultation

*By: R. Coranne Johnson, PhD. R. Psych. and
Shawn Crawford, PhD. R. Psych.*

Since 2008, the Alberta education system has undergone significant changes as a result of multiple initiatives including *Inspiring Education*, *Setting the Direction*, and *Speaking Out*. The Alberta government has systematically gathered information and articulated the re-conceptualization of the education framework in our province. Within the *Inspiring Action* discussion paper (Alberta Education, 2010), the government outlined their intent to develop policy "... to ensure that each and every child has the opportunity to maximize their potential..." (Forward, Minister Hancock). Specifically, the paper delineated key premises in inclusive education: collaboration amongst educators, parents and psychologists; enhanced assessment strategies to

measure growth; a continuum of supports and services that ensures that all students have their needs met. These premises focus on adults working together to develop and provide student programming that results in optimal learning.

School psychologists possess a unique combination of expertise in assessment techniques, evidence-based interventions, and preventative programming that are essential in an inclusive education system (PAA, 2010). Our profession has an opportunity to provide services to students, their families and educators through the process of collecting data to determine the problem, then plan and support implementation of responsive programming. If school psychologists adopt a broader service model that enables us to use the scope of our skills to meet the needs of ALL students, we will have a pivotal role in Alberta schools (Johnson & Crawford, 2012; PAA, 2010).

To this end, the National Association of School Psychology (NASP, 2010) has developed a Model of Comprehensive and Integrated School Psychology Services to define excellence in school psychology practice. Within this model, NASP identified Consultation and Collaboration as an **integrated component** of all school psychology services. Consultation entails collaborating with the adults (educators and parents) to identify problems, creating solutions and measuring progress.

Consultative Framework

Many school psychologists use consultation skills in their work, but do not utilize consultation as a school psychology service that permeates all other services – both direct and indirect. Consultation is "a method of providing **preventative** oriented psychological and educational **services** in which consultants and consultees form cooperative **partnerships** and engage in a reciprocal, systematic **problem-solving** process guided by ecobehavioural principles. The goal is to **enhance and empower consultee systems** thereby promoting students' wellbeing and performance." (P.626, Zins & Erchul, 2002). The bolded concepts in this consultative framework need to be examined further to grasp the breadth and depth of this method of service provision.

Proactive Practice

School psychologists who work in a Model of Comprehensive and Integrated School Psychology Services

(NASP, 2010) do not have to wait for children to fall behind enough to meet the criteria for a diagnosis. School psychologists engage with learning teams when students are at-risk of developing significant deficits in school, working collaboratively with educators and parents to remediate presenting problems – academic, social and/or behavioural. Furthermore, school psychologists work to influence system change in schools, school districts and provincial initiatives by identifying common challenges and analyzing the underlying causes, then advocating for preventative frameworks (eg. Response to Intervention) and programs (eg. Kindergarten Phonological Screening). Prevention is key: broad system reform and timely individual service prior to academic failure and/or the presentation of significant behaviours (NASP, 2010; Zins & Erchul, 2002).

Service Framework

Typically in an assessment model the outcome of our work was a product – a psycho-educational assessment report – our ability to help a student was narrowly focused on a diagnosis and special education funding (PAA, 2010). Fundamental to working in a consultative framework is the understanding that school psychologists' work in a broader role – providing both direct and indirect service (Johnson & Crawford, 2012; NASP, 2010; PAA, 2010; Zins & Erchul, 2002). School psychologists can continue to work with students (e.g. assessment, counselling) and additionally help students by collaborating with educators and parents to build individual and systematic capacity that results in long-term effective student support. Specifically, school psychologists actively participate in the planning and implementation of interventions and programming, coach educators and parents on the application of strategies, and troubleshoot barriers. As a result, consumers of school psychology services are more varied, and include students, educators, parents, and school systems.

Shared Responsibility

Pivotal to consultation is the partnerships within the learning team. Team members: educators, parents and school psychologists are valued for their divergent expertise, and it is recognized that each individual has unique perspectives and strengths, thus a distinct role and responsibilities. There is a non-hierarchical relationship that is voluntary with a common focus – the wellbeing of a student (NASP, 2010; PAA, 2010; Zins & Erchul, 2002). The learning team works together to understand the problems, clarify the goals, then design

and implement solutions. There is a foundational commitment by all team members to assume shared responsibility for the effectiveness of the plan and engage in continued participation. As such, this process is action-oriented, designed to facilitate learning and change practices.

Creating Solutions

A consultative framework is based on a systematic problem-solving process that integrates the collective input of all team members. Within this process, the school psychologist provides structure and guidance to facilitate problem identification, intervention development and implementation. This process is often cyclical as next steps are clarified and progress is evaluated. Throughout the process, the school psychologist provides information on evidence-based interventions and assists with fidelity of strategy implementation. A fundamental priority is to identify and modify environmental factors, thus utilizing universal strategies that will benefit all students (NASP, 2010; Zins & Erchul, 2002).

Building Capacity

The outcome of school psychologists providing services through a consultative framework is the enhancement of learning teams' capabilities (NASP, 2010; PAA, 2010; Zins & Erchul, 2002). Essentially, our goal is for both educators and parents to become more proactive and responsive to evolving student needs. Through the collaborative partnerships in which school psychologists share their expertise, educators and parents are able to incorporate into their personal knowledge the evidence-based strategies used, thus enhancing their capacity and empowering them to move forward. In a consultative framework, a school psychologist builds the capacity of those that they work with, in a sense attempting to work their way out of a job. Yet it is important to note, the demand for school psychology services increases in this model as educators value the timely support as classroom demands increase (Mayer & Johnson, 2013)

Conclusion

In a Comprehensive and Integrated School Psychology Services Model, the ultimate goal is that all students are provided with an educational environment that enables them to achieve their potential (NASP, 2010). Within the evolving educational landscape in Alberta and throughout North America, instructional practices are focusing more on continual student progress. As a result, support services to schools need to be responsive to

inclusive education goals. Therefore, the job description for school psychologists must evolve beyond the completion of a designated number of assessments per year into a more complex and varied service delivery that results in a broader educational impact. Below, Zins and Erchul (2002) have articulated the practical application of this conceptual shift:

“All school psychology services to children and schools are best provided through a consultative framework. That is, virtually all requests for assistance in dealing with a problem should begin with consultation. Thus, services such as psychoeducational assessment and counseling are viewed as components of problem clarification or as interventions developed through consultation to solve the problem.”
p. 631

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Authors

R. Coranne Johnson, PhD, R. Psych., is a school psychologist working in private practice, primarily with Peace River School Division. She is the co-chair of the Psychologists' Association of Alberta's School Psychology Committee.

Shawn Crawford, PhD, R. Psych., is a school psychologist working in private practice and is a clinical supervisor at the University of Calgary Applied Psychological and Educational Services (UCAPES). He is a member of the Psychologists' Association of Alberta's School Psychology Committee.



ALBERTA HEALTH, PRACTICE IDENTIFICATION NUMBER

Alberta psychologists who want to refer a client for a psychiatric evaluation or consultation have to have a Practice ID number with Alberta Health in order for the consulting psychiatrist to be able to bill Alberta Health Care for the evaluation report or consultation.

In order to obtain a Practice ID number, psychologists need to complete and submit the government's Referral Provider Information form, which can be found on our website www.psychologistsassociation.ab.ca under the Members Only Area.

Psychologists then need to provide the receiving psychiatrist their practice ID number when making a referral.

This does not apply in the case where a psychologist is discharging a client to the care of a psychiatrist and is not expecting any reports from the psychiatrist.

PSYCHOLOGICALLY HEALTHY WORKPLACE AWARD

In 2012 PAA fully adopted the American Psychological Association (APA) *Psychologically Healthy Workplace Awards* (PHWA) to be awarded to outstanding organizations in Alberta that foster employee psychological health and well-being while enhancing organizational performance.

As psychologically healthy workplaces have strong relations to significant improvements in both employee and organizational health, the APA and 56 provincial and state associations across the U.S. and Canada promote psychologically healthy workplaces through free education to organizations and their employees as well as operate and adjudicate the PHWA. (See this link for summaries of relevant research: <http://www.apa.org/news/press/releases/phwa/index.aspx>).

Since 1999, PHWA have been presented to organizations by state, provincial and territorial psychological associations with support from the APA. The award program highlights a variety of workplaces, large and small, profit and non-profit, in diverse geographical settings.

Applicants are evaluated on their efforts in the following five areas:

- Employee Involvement
- Work-Life Balance
- Employee Growth and Development
- Health and Safety
- Employee Recognition

The local award program has been extremely successful with recognition of over 500 organizations at the state level. Organizations that have received the award at the provincial or state level have the opportunity to win international awards, and some Canadian organizations have been awarded the top international awards.

In 2003, the APA launched the *Best Practices Honors*, a recognition that highlights the efforts of those provincial and state-level winners with particularly

innovative programs and policies that contribute to a psychologically healthy work environment.

In 2013, the PAA awarded the first full awards (prior to 2013 we awarded the *Psychologically Healthy Workplace Initiative Award*) which involved organization applications, anonymous employee input, and site visits from members of the PAA Committee. Award winners included Renfrew Educational Services, Caber Engineering and Momentum.

The PAA's Psychologically Healthy Workplace Committees (Edmonton and Calgary branches) strive to increase the number of psychologically healthy workplaces in Alberta. They do so through two main initiatives:

1. Education. Committee members donate their time and provide free, hour-long workshops to organizations to explain the benefits of psychologically healthy workplaces.
2. Identification and recognition of organizations that are intentionally working towards psychologically healthy workplace cultures. Every other year, the PHWA is presented to an employer who has created a workplace that exemplifies healthy workplaces.

The committee is keenly interested in seeking new members and finding organizations that may benefit from a free education event (one hour in length) given by one of our committee members. If either opportunity is of interest to you, please contact Dr. Judi L. Malone via email at judim@psychologistsassociation.ab.ca.

Bob Acton, Ph.D; Wayne Boss, MSc. R.Psych.;
Meghan Reid, MA, Registered Provisional
Psychologist, CCC

PAA RECOMMENDED FEE SCHEDULE 2014

There will not be any changes to the PAA Recommended Fee Schedule for 2014. The current PAA Recommended Fee Schedule remains in effect for 2014.



HAVE YOU JOINED THE PAA REFERRAL SERVICE?

The referral service is a program established, operated and maintained by the Psychologists' Association of Alberta (PAA). The Referral Service is designed to provide the public with access to the names of registered psychologists who are participating members of the Referral Service.

PAA members who are registered psychologists are welcome to join the referral service at any time during the year. Pro-rates are available after May 1st. The yearly fee of \$180.00/year is easily recovered through one referral call given to you through the service.

The PAA office receives many calls each day requesting names and phone numbers of psychologists through the referral service.

Another option for referral service members is to have their name included on the on-line referral service which is available through the PAA website. The on-line referral service is provided at no additional charge over and above the annual fee for referral service.

Another feature for the on-line referral service is an optional direct link to the referral service member's website. There is an additional cost of \$50.00/year for those members who choose to include a direct web link as this is an extra feature which provides an excellent advertising venue for their practice.

Did you know that we receive an average of 91 telephone calls for the referral service at the PAA office per month, and over 1204 visits to the online referral search page of our website per month.

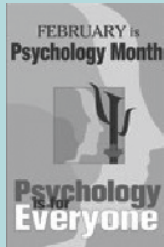
If you have not already done so, we would encourage you to join your colleagues on the PAA referral service. We are certain you will find that the service will provide you with an excellent advertising venue in generating business/gaining new clients. The fee for the referral service can also be a tax deduction for advertising your business.

You can download a referral service application on the PAA website at www.psychologistsassociation.ab.ca and go to the Memberships tab – Membership applications. Alternatively, you can contact the PAA office and have a copy of the application emailed, faxed or mailed to you.

(780) 424-0294 – Edmonton
(403) 248-8255 – Calgary
1-888-424-0297 – toll free anywhere in Alberta



PSYCHOLOGY MONTH EVENTS, FEBRUARY 2014



PAA's display board and Psychology Month materials will be exhibited and displayed at the following Psychology Month Events:

January 28th – Dr. Ganz Ferrance and his client Ellen Walker appeared on CTV Morning Live segment “Treating Mental Illness”. They spoke on the importance of good doctor-patient relationship when it comes to treating mental illness. Part of Bell Let’s Talk Mental Health campaign.

February – Active provincial participation in the national awareness campaign “Mind Your Mental Health” <http://mymh.ca/> , including that Dr. Ganz Ferrance provided Mr. David Xiao, MLA Edmonton-McClung with CPA’s campaign letter. Local celebrities Shawna Randolph and Michael Higgs both Alberta Primetime hosts supported this initiative campaign. Other media/celebrities were engaged through the month. Pictures during the campaign can be viewed on Twitter (@MYMH_CAN) and Facebook <https://www.facebook.com/mindyourmentalhealth>).

February - Ms. Sherrie Banks displayed Psychology Month materials in her Edmonton westend office.

February - To recognize Psychology Month, PAA posters & pamphlets were displayed in the main lobby of Undergraduate Student Services in the Faculty of Education at The University of Alberta. Catherine Wilkes, R. Psych. Director of Student Support, Undergraduate Student Services wanted Education Students and staff to know ‘Psychology is For Everyone’. She also displayed posters and pamphlets in her private practice office in St. Albert, Alberta.

PAA materials were displayed within the various Alberta Health Services (AHS) hospitals and clinics. AHS Psychologists were in attendance to distribute information to individuals and families as well as other multidisciplinary staff and to answer questions related to psychology service and the profession.

February 3rd and 4th - Foothills Hospital

February 5th - Sheldon Chumir Health Centre

February 6th - South Health Campus (Hospital)

February 7th - Case Presentation and Research Day - brochure

February 7, 10 and 11th – Alberta Children’s Hospital

February 12th - Richmond Road Diagnostic and Treatment Centre

February 4th – Dr. Ganz Ferrance appeared on CTV Noon News and talked about Psychology Month, ways to handle depression, and other mental health issues.

February 7th – Dr. Ganz Ferrance was interviewed on the 630 CHED Edmonton radio station and discussed what needs to be aware of during Psychology Month.

February 13 – 14th

2014 Calgary City Teachers' Convention was held at Telus Convention Centre and manned by Dr. Brent Macdonald, Ms. Kimberly Walters and Ms. Agnes Li.

February 20 - 21st

2014 South Western Alberta Teachers Convention was held at the University of Lethbridge and manned by Ms. Sandra Annis and Ms. Heather Ponech.

February 25th – Dr. Mark Nicoll displayed PAA materials at the Stollery Hospital for the general public and staff to access.

February 27 - 28th

2014 Greater Edmonton Teachers' Convention was held at the Shaw Conference Centre, set-up by Ms. Michele Pentyluk and manned by Ms. Amrita Bhar, Ms. Kimberly Long, Ms. Alison Gervais and Ms. Jeanne Williams.

Thank you to everyone who dedicated their time to promote psychology

PAA ANNOUNCES A NEW BROKER AND AN IMPROVED PROGRAM FOR MEMBER LIABILITY INSURANCE

**Psychology Practitioner Liability Insurance:
A program for the profession by the profession**

We are pleased to announce that members of the Psychologists' Association of Alberta now have access to an improved liability insurance program brokered by BMS Group Inc. BMS replaces McFarlan Rowlands as the exclusive professional liability insurance broker for members of PAA, the provincial and territorial associations, and CPA. BMS brings a new member-centric perspective to the design and delivery of the psychology insurance program, including significant immediate and long-term benefits to policy holders.

No action is required from you at this time. If you are currently insured through McFarlan Rowlands, your policy is automatically transferred to BMS who will be contacting you at the time of renewal of your policy. You should expect better coverage for less money.

Please visit our website at www.psychologistsassociation.ab.ca for a summary of the new program and for details on the new liability insurance program

For more information, please contact BMS Groups:
Phone: 1-855-318-6038 or email: psy.insurance@bmsgroup.com



PAA MEMBER BENEFITS

Please login to the members only area of the PAA website to get more information. The following is a summary of member benefits for goods and services:

INSURANCE

BMS Group Inc. offers exclusive professional liability insurance for members of PAA. BMS brings a new member-centric perspective to the design and delivery of the psychology insurance program, including significant immediate and long-term benefits to policy holders.

For more information, please contact BMS Group:
Phone: 1-855-318-6038 or Email: psy.insurance@bmsgroup.com

TD Insurance Meloche Monnex offers PAA members group home and car insurance. You can benefit from special privileges, such as preferred group rates, enhanced coverage and flexible limits. Request a free, no-obligation online quote and more details, visit www.melochemonnex.com/paa or call (toll-free) 1-866-258-3036.

TD Travel Insurance is also available at PAA preferred rate for PAA members who has home or auto insurance, please call (toll-free) 1-877-593-8023 for more information.

MERCHANT SERVICES

TD Merchant Services is offering a preferred pricing program for medical market professionals, including psychologists. For more information and to apply, contact TD Merchant Services at 587-336-4471 or by email Steve.Kantor@td.com

QUIKCARD SOLUTIONS INC. - Health Benefit Solutions

- Preferred Rate for members of the PAA for Quikcard health benefits for your company employees
- Merchant accounts available for accepting payment from your clients for psychological services if your client is on the Quikcard plan.
- Quikcard Solutions Inc. also offers a wide variety of insurance including life, disability and travel insurance.

For further information contact QUIKCARD at (780) 426-7526 or toll free 1-800-232-1997 or visit their website at www.quikcard.com

OTHER SERVICES

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PAA members can purchase psychology books through **Login Brothers Canada** at a 10% discount by contacting Ray Humphrey at 1-888-221-2212 or by email at raymondh@lb.ca

CAR RENTAL

Alamo Rent A Car

Year-round membership discounts available at more than 550 participation locations, unlimited mileage, wide selection of quality vehicles, up to 10% off discount and 24 hours emergency roadside assistance. Please call 1-800-354-2322. Request **Rate Code BY and Assoc. ID 706768** whenever you have a car rental need.

Avis Rent A Car

PAA members can get daily and weekly discount rate in both Canada and the United States. Please call 1-800-331-1212 and request **AWD Code S017100** for our association rate.

You can access a direct link to Avis and Alamo on the PAA website in the member only area.

HOTELS

The Sandman Signature Hotel Edmonton South – offers from \$149 for the standard guestrooms and will extend the privileges to our members for complimentary upgrades upon arrival if the King Suites are available. You can phone for reservations at 780-430-7263, contact Jason Draney.

Sandman Signature Hotels and Sandman Hotels - preferred association rates vary at each hotel, depending on location. **Sandman Hotel Group Central Reservations: 1-800-726-3626** and indicate that you are a member of the Psychologists' Association of Alberta in order to get the best available association rate.

Clarion Hotel Calgary Airport would like to extend the privileges to PAA members and look forward to providing guaranteed preferred guest room rate starting from \$149.00 per night/standard guest room for your business or leisure travel.

Please contact 1-800-661-8157 or visit our website for on line reservation. For more information, visit www.calgaryclarion.ca

***Preferred rates are subject to availability and black out dates**

Please visit our website www.psychologistsassociation.ab.ca or scan



STAFF SHOWCASE

The Psychologists Association of Alberta is the voice of and for psychology in Alberta. We are the voluntary body that advocates for psychology in Alberta, informs the public and the media, and advocates for consumers of psychological services. In this edition of Psymposium we wanted to introduce you to the staff of PAA who work for you, our members.



Cindy Kennedy
Receptionist/Administrative Assistant

I have been with the association since January 2000 as a receptionist and administration assistant and have grown along with PAA during this time.

Over the past thirteen years I have provided service to our members and the public by providing referrals, maintaining the website, media requests and coordinate important events such as Psychology Month, Alberta Teachers Conventions and Alberta Science Awards.

I enjoy camping and travelling to warm destinations in the winter and golfing with family and friends.



Rose Cooper
Continuing Education/Communications Administrative Assistant

I serve our membership with the organizations of the workshops, the biannual conference and the Psymposium magazine.

My experience includes mainly administrative roles in a variety of professions, including aerospace, construction, insurance and now non-profit.

I emigrated to Canada from England 7 years ago, and I am loving my life in Canada. I enjoy swimming, hiking and reading, and in particular the mountains, taking as many opportunities as I can to visit Banff and Jasper.



Joanna Leung
Office Manager

I have been with the association since September 2011 and have provided services to our members including memberships, the referral service, managing the office business, and finding ways to add value to the benefits our members receive.

I manage daily office operations by developing and implementing new administrative systems and share my goals and objectives with my administrative staff to enhance member services.

I enjoy my upbeat lifestyle and participate in fitness activities such as yoga, ping pong, weightlifting, listening to music and dancing. Exploring new ideas and seeking out new adventures in business is part of my curiosity.



Krista Henry
Executive Assistant/Finance Manager

As the newest member of the PAA office team, my primary responsibilities are to support the Executive Director and Director, EC, in the day-to-day operations and ensure the financial management of PAA is upheld as the Financial Manager to the Association.

My previous experience working with non-profit counselling firms and political organizations, in addition to my degree in Psychology, provides a great foundation for the work that I will be doing for the Psychologist's Association of Alberta and I look forward to working with the fantastic team here at the PAA.

I recently moved to Leduc and enjoy most of my time with my family getting to experience all that Alberta has to offer.



Judi L Malone, Director
Education & Communications

My portfolio includes Public Education and Marketing, Communications, & Continuing Education.

I am in a new role serving our membership. I facilitate the work of many of our essential volunteers, collaborate to strengthen the role and profile of psychology in Alberta, and explore options for members continuing professional development.

I live in Northeastern Alberta, in St. Paul County, and love to be outdoors along the North Saskatchewan river skiing, running, or snowshoeing when I am not in my rural private practice or working for you with the PAA.



Pierre Berube
Executive Director

As the ED, I serve as the chief executive officer for the Association and report to the Board of PAA. As part of my job-sharing responsibilities with Dr. Judi Malone, I also maintain responsibility for the advocacy efforts of our Association with government bodies and health, social, and educational authorities.

I am proud to have been a member of PAA since 1976 and this year I have just received a life membership with our Association.

I live in Sherwood Park, but my wife and I spend most of our vacation time on our sailing boat on Vancouver Island.

PAA
Understanding People,
Working Together

ALBERTA PSYCHOLOGY IN THE MEDIA

Psychology in the Media generated through the PAA office: November 2013 – March 2014

DATE	PSYCHOLOGIST	MEDIA OUTLET	TOPIC
November 2013	Dr. Jon Amundson	More Than Money show on News Talk 770 Radio - Calgary	How to handle seniors who are stubborn about such things as living arrangements, health issues, etc.

Psychology in the Media – not generated through the PAA office: November 2013 – March 2014

DATE	PSYCHOLOGIST	MEDIA OUTLET	TOPIC
Winter 2013 issue	Mr. Jeff Sych	WCB Work Sight magazine	Peace of Mind
November 2013	Dr. Linda Hancock	The Medicine Hat News – All Psyched Up (regular column)	- Don't forget to remember - Here comes the tiger
	Dr. Linda Hancock	Indian Head-Wolseley News – All Psyched Up (regular column)	- Don't forget to remember - Your child is now an adult
	Dr. Janet Miller	Alberta Primetime – Vocal Point life style panel	E-cigarettes, childhood obesity linked to premature puberty & more
	Dr. Brent Macdonald	Alberta Primetime	Academic awards: motivating or discouraging?
December 2013	Dr. Ganz Ferrance	Alberta Primetime – Vocal Point	Health problems for commuters, workaholics, and turning off your phone
	Dr. Ganz Ferrance	CTV News	Your immune system and your mental health
	Dr. Linda Hancock	The Medicine Hat News – All Psyched Up (regular column)	- Unique ideas to take the stress out of Christmas shopping - Remembering those leaders who made a difference - The formula for happiness
	Dr. Linda Hancock	Indian Head- Wolseley News – All Psyched Up (regular column)	- Deal with it so everyone can benefit - Ten unique Christmas shopping ideas - Making a difference
	Dr. Janet Miller and Dr. Ganz Ferrance	Alberta Primetime – Vocal Point	Office Christmas parties, mental health at work, and office stress
	Dr. Patrick Baillie	Alberta Primetime	Controlling online anonymity
January 2014	Dr. Ganz Ferance	Alberta Primetime – Vocal Point	- Creativity – boosting exercise, vitamin supplement efficacy, and airsickness - Employee wellness programs, doctor housecalls, and cold weather = sickness?

Continued next page...

ALBERTA PSYCHOLOGY IN THE MEDIA (con`t)

DATE	PSYCHOLOGIST	MEDIA OUTLET	TOPIC
	Dr. Linda Hancock	The Medicine Hat News – All Psyched Up (regular column)	- What could you do this year? - Cooking up the good life - Remember the basic foundations of life - The shadow people may not have the best advice - Is there a ‘Godfather’ figure in your life?
	Dr. Ganz Ferrance	CTV News	Ganz Ferrance on New Year’s resolutions
	Dr. Linda Hancock	Indian Head- Wolseley News – All Psyched Up (regular column)	- What could you do this year? - Cooking up the good life! - The shadow people
	Mr. Michael Stolte	Global News - Edmonton Health Matters	U of A study looks at supports and services for families with children with autism
	Dr. Janet Miller	Alberta Primetime – Vocal Point	Children and ... food allergies, life satisfaction, & more
	Dr. Marliss Meyer	CTV News	Discusses mental health issues and some of the warning signs of depression in children.
January/ February edition	Dr. Denise Larson	Albertaviews	Guide to Higher Education 2014, textbox features, U of A’s Hope Studies Central
February 2014	Dr. Brent Macdonald	Alberta Primetime	Kid shaming
	Ms. Claire Wilde	CTV News	Eating Disorder Awareness Week
	Dr. Linda Hancock	The Medicine Hat News – All Psyched Up (regular column)	Thinking ahead about your obituary
	Dr. Ganz Ferrance	Alberta Primetime – Vocal Point	- E-Cigs, school junk food rules, and stress - Fast & feast diet, Olympic inspiration, and more
	Dr. Robin Everall Dr. Krista Pierce	Edmonton Journal	Campus crisis: Alberta post-secondary schools grapple with mental health issues
	Dr. Janet Miller	Alberta Primetime – Vocal Point	Aggressive Vs. passive parenting and more

**In addition to psychology in the media, PAA receives several requests for career fairs and public speaking engagements promoting psychology to the public.
November 2013 – March 2014**

DATE	PSYCHOLOGIST	VENUE
December 3, 2013	Ms. Brandi Smith	Spoke to students at Old Scona Academic High School Personal Psychology 20 class and discussed the topic putting the person before diagnosis.

If you or a colleague are interviewed through any media outlet (newspaper, radio, television), or if you have attended a career fair or public speaking engagement, please contact the PAA office to advise us so that we can include the information in our report.



WELCOME TO NEW PAA MEMBERS

(October 26, 2013 – February 21, 2014)

Bischoff, Theanna (Full Member)	Lee-Morin, Jessie (Provisional Member)
Bali, Shristi (Student Member)	Lo, Lai Kwan Shirley (Provisional Member)
Bauche, Lisa (Provisional Member)	MacQuarrie, Nora (Full with Referral)
Boone, Heather (Provisional Member)	Maree, Ilse (Full Member)
Briggs, Dallis (Full with Referral)	McDonald, Natasha (Provisional Member)
Carrington, Jody (Full Member)	McKendrick, Amy (Full Member)
Chuchmuch, Alison (Student Member)	Mitchell, Kristi (Provisional Member)
Clelland, Krista (Full Member)	Mohie, Erika (Provisional Member)
Cordara, John (Full Member)	Mountain, Melissa (Provisional Member)
Diamond, Dana (Provisional Member)	Nordlund, Felicia Katrina (Provisional Member)
Diana, Erin (Provisional Member)	Ratte, Krystal (Provisional Member)
Dreterle, Adele (Psychological Assistant)	Reed, Marcus (Full with Referral)
Eeson, Jennifer (Provisional Member)	Sheffied, Amy (Full with Referral)
Farrell, Kevin (Provisional Member)	Sinclair, David (Full Member)
Ferre, Denise (Provisional Member)	Smith, Cinder (Provisional Member)
Gemmel, Dayna (Provisional Member)	Sroczyńska, Agnes (Student Member)
Giampaolo, Patrizia (Provisional Member)	Stauffer, Kimberely (Provisional Member)
Golinowski, Derek (Provisional Member)	Suzuki, Naoto (Full Member)
Gray, Melissa (Provisional Member)	Thomas, Diana Annie (Provisional Member)
Gregory, Karen (Provisional Member)	Thomas, Asha (Provisional Member)
Haley, Kelsey (Student Member)	Tkachuk, Tammy (Provisional Member)
Hall, Zoila Carolina (Provisional Member)	Turner, Christine (Provisional Member)
Hennig, Christy (Provisional Member)	Unworth, Amanda (Provisional Member)
Jack, Deloris (Full Member)	Wegenast, Rhiannon (Provisional Member)
Jones, Shannon (Provisional Member)	Williams, Mary-Anne (Provisional Member)
Keller, Jason (Student Member)	Williams, Michael (Provisional Member)
Konkoly-Thege, Barna (Provisional Member)	Willis, Brice (Provisional Member)
Kurilova, Jana (Provisional Member)	Witdouch, Sandy (Provisional Member)
Laycock, Jennifer (Provisional Member)	Wong, Andrea Jana (Full Member)

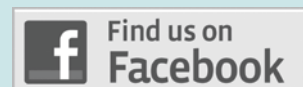
PAA IS NOW ON FACEBOOK

Please visit the PAA Facebook Page by typing in the link below into your web browser.

<http://www.facebook.com/pages/Psychologists-Association-of-Alberta/169589246436220>

Or you can visit the PAA website at www.psychologistsassociation.ab.ca and click on the icon shown here.

You do not have to have a Facebook account to view the PAA Facebook page.



CALENDAR OF EVENTS

June 20, 2014 – An Introduction to the MMPI-2-RF.

Presented by Dr. Yossef Ben-Porath, Ph.D. Location: Courtyard Calgary Airport, Calgary, AB. For more information please see the insert in this edition of *Psymposium*. Sponsored by the Psychologists' Association of Alberta. Contact (780) 424-0294 Edmonton, (403) 246-8255 (Calgary), Toll free (888) 424-0297 anywhere in Alberta or email paa@psychologistsassociation.ab.ca

Please be sure to check the PAA web site regularly for any newsletter updates and upcoming events. Log onto the website at www.psychologistsassociation.ab.ca and click on *PAA Workshops/Conferences and/or Non-PAA Training Events*.

UPCOMING MEETINGS & SOCIAL EVENTS

BOARD MEETINGS

March 22, 2014 - Edmonton

ANNUAL GENERAL MEETING

May 31, 2014 – Edmonton

**Please advise the PAA office if you are interested in attending any of the above board meetings.

Mental Health Central

www.mentalhealthcentral.ca is a website or "hub," connecting Canadians through a central platform from which they may locate, promote or share mental health-related services, information, resources and research at **no charge**. It is a liaison for professionals, organizations, and individuals searching for or offering various mental health-related services, education, books, and events (whether non-profit or not) to the workplace, community and schools — a one-stop, service and resource centre offering **unlimited listings**.

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