Psymposium

Volume 30 Number 1 - June 2019



"The mission of the Psychologists' Association of Alberta is to advance the science-based profession of psychology and to promote the well-being and potential of all Albertans."

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https://www.psychologistsassociation.ab.ca/site/advertising_information

Our Mission

The Mission of the PAA is to advance the science-based profession of psychology and to promote the well-being and potential of all Albertans.

Our Vision

PAA & its members are recognized leaders in enhancing the psychological health of all Albertans.

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Psymposium is submitted to PsycEXTRA, a database set up by the American Psychological Association, which contains newsletters, policy papers, white papers, fact sheets, reports, magazines. PsycEXTRA is a companion to the American Psychological Association's scholarly database PsycINFO.

BOARD NOTES

by Bonnie Rude-Weisman, Ph.D., R.Psych

PAA Board President



Dear Colleagues,

This is my final report as your PAA President. As of May 4th, Nicki Wilson is your new president. She will be capably supported by long-standing board member Amrita Bhar, as Vice-President and Dr. David St. Arnault, as treasurer. New members to the board include Tamara Lane and Heather Gower. Tamara was previously an employee with PAA prior to completing her master's degree and registration as a psychologist so she comes to the board with a great deal of knowledge about PAA. As an early career psychologist, she will bring a different perspective than that held by us more seasoned types! Heather is our first Provisional Psychologist on the board, allowing for this component of our membership to be heard.

Both individuals will bring their unique perspectives to the board to join Nicki, Amrita, and David, as well as Lisa McIsaac, Claire Petersen, Sandra Gallace, Chelsea Hobbs, and Dr. Sally Maclean. We are saddened to say goodbye to Dr. Kelly Schwartz who will continue to advocate and support the field of psychology through other vehicles.

Your association is growing in numbers and strengthening in voice. At present, approximately 75% of provisional and fully registered psychologists in Alberta are members of PAA, a number not seen in any other voluntary professional psychology body in North America. Increasingly, PAA is being invited to the table on a variety of issues – psychologically healthy workplaces, mental health, psychological health and truth and reconciliation efforts, to name a few. PAA is now an active partner and collaborator with the College of Alberta Psychologists. From this co-operative relationship, the profession of psychology has been further strengthened. Your current board, supported by the exceptional work of the staff of PAA, remains committed to advancing the evidence-based profession of psychology to enhance the psychological health of all Albertans.

Please continue to support the association, not only through your membership fees, but also through your involvement in the various continuing competence workshops offered and in volunteering for the various committees or activities of the association. There are so many tangible (e.g. membership benefits including the insurance program and various discounts offered) and intangible (networking, sense of belonging, pride in our profession, etc.) rewards for being a member of PAA that are highlighted by becoming an active volunteer.

For now, I bid you adieu. To give back to a profession that has afforded me so very much has been an honour. Thank you all for providing me with the opportunity. While I am in the sunset stage of my career,

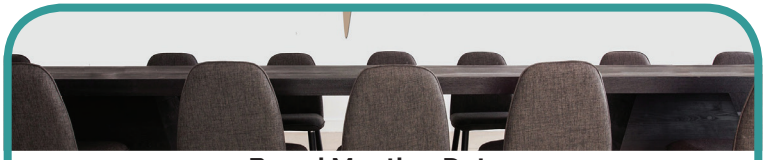
I look forward to other opportunities to give back to our profession.

With gratitude,

Bonnie Rude-Weisman, M.A., (Clinical Psychology),

Registered Psychologist (Alta.).

CAP #1608



Board Meeting Dates

20 September 2019

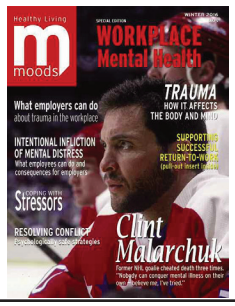
01 November 2019

moods MAGAZINE

www.moodsmag.com

Contributions Accepted

Moods, a Canadian publication found on newsstands across the country, is directed at consumers. Moods covers various aspects of mental health, such as addictions, anxiety, bipolar disorder, depression, eating disorders, trauma, PTSD, OCD, relationships, stress, research and more. Each issue also brings you success stories of celebrities and everyday people who have struggled with mental illness.



If you wish to contribute content please contact us at info@moodsmag.com or visit our website for subscription information.

STUDENT'S CORNER



Hello Student Members!

I hope that this school term has treated you well, and as we settle into the summer months, I wanted to share several opportunities and events that you may be interested in.

Looking to learn more about PAA?

Did you know that PAA delivers presentations at post-secondary institutions across Alberta to answer questions for students? If you are you interested in learning more about the role of PAA, how PAA is distinct from CAP, have specific questions about the registration process, or are curious to learn more about what a day in the life of a registered psychologist is like, this might be an opportunity worth checking out.

If you are interested in having PAA present at your university, contact Brittany at brittany@paa-ab.ca for more information.

Call for PAA Graduate Student Representatives

We are currently looking for PAA Graduate Student Representatives to help ensure the voices of student members are heard. Individuals must be a student member of the PAA and be currently attending a graduate program in psychology in Alberta.

The role of a PAA Graduate Student Representative would include:

- Being a point of contact at your institution.
- Sharing information within the psychological community at your respective university.
- Communicating with the PAA Student Board Member to help ensure issues relevant to you and your fellow students are heard.
- Approximately a 1 to 5-hour commitment per month.

If you are interested in applying, please send your CV and a brief description of why you would be a good fit for this role to Brittany at brittany@paa-ab.ca.

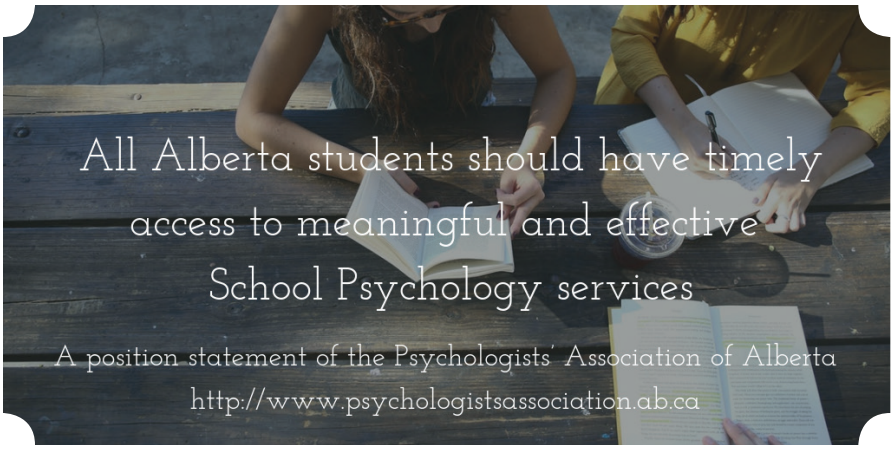
PAA Student Member's Facebook Group

Did you know that PAA now has a Facebook Group specifically for you? Come connect with your peers here: https://www.facebook.com/groups/PAAStudents/

As always, if you have any questions or concerns, please do not hesitate to contact me directly at chobbs@ualberta.ca. Wishing you all a wonderful spring!

Chelsea Hobbs

Student Director, PAA Board of Directors



EDITOR'S LETTER

by Michelle Vandegriend, Ph.D., R.Psych

Psymposium Editor

Welcome to a new edition of Psymposium. I always feel grateful for the continuing hard work and development of our association, our collective voice in the province of Alberta, and the innumerable ways we can be involved in our profession. I thought I would have a bit of fun delving further into formal and informal ways that we can continue to be engaged in contributions to our field - here are 26 of them to name a few...



Advocate in a specific area within the profession that you are passionate about.

Blog about a range of topics in psychology.

Conferences are a great way to meet new people in the field and share ideas.

Donate to the Psychological Services Funds.

Exhibit booths at conventions serve to provide individuals with educational materials.

February is Psychology Month where you can promote mental health in our province.

Guest speaker for groups wanting to learn more about how psychologists can help.

Have educational materials available in your office for people to take with them.

Increase public understanding of what psychologists do through brochures.

Join a PAA committee or task force.

Keep up-to-date with new research in the field and share it with others.

Lunch meeting with colleagues to maintain connections and explore new ideas.

Make a difference being involved with your local political/ government body and policies.

Networking opportunities with members of your community.

Organize, present or assist with a seminar.

Practice advisors provide peer support and expertise to other psychologists.

Q & A meeting for people wanting to find out more information about our field.

Radio guest speaker.

Social media such as PAA's Facebook page, Twitter and LinkedIn to share resources.

Training events and workshops are also a great way to get involved.

University presentations to students about the profession of psychology.

Volunteer with the variety of opportunities offered through the PAA.

Write an article for your local newspaper or magazine.

Xpress your suggestions and ideas by simply contacting the PAA.

YouTube videos that help educate the public or provide additional instruction for students.

Zoom-in on specific committees to volunteer with at the College of Alberta Psychologists.



Enjoy,

Michelle Vandegriend, Ph.D., R. Psych.

Certified Gottman Therapist

www.stalbertcounselling.com

Email: mvandegriend@stalbertcounselling.com.

2019 SCIENCE FAIRS



Central Alberta Rotary Science Fair – Red Deer
29 – 30 March 2019

Olds High School students, Parker Mogck, grade 12 student was the 2019 PAA award recipient for his project "A Link in the System" and Claire Petersen, grade 11 student received PAA member, Dr. Yvonne Buchanan-Sedun's Award for her project "Good Thinking or Gut Feeling?".

Congratulations to Claire Petersen and Parker Mogck!

Judged and presented by Dr. Yvonne Buchanan-Sedun representative of PAA.

Calgary Youth Science Fair – Calgary

5 – 6 April 2019

Ruby Sweet was the 2019 Award recipient for her project "How do we learn best?"

Congratulations Ruby Sweet!

Judged by Ms. Zabrina Kwan and presented by Ms. Cinder Smith representatives of PAA.





Your award made me feel very special. This year my school had no school team. I was an independent project. It is hard to do a science fair project in itself, however doing a science fair project on your own is much worse. It was difficult with no teacher to help me find research and it was difficult to manage everything that needed to be done without a team to support each other. When I won the award you sponsored for having the best psychology study of behaviour emotion of cognition even though I was an independent project, it proved that even without a school team you could still perform well. This has definitely inspired many students at my school to participate in a science fair. Next year we will probably have a school team. We can do our science fair projects now that we will have support. By sponsoring that award you made it easier for a whole new generation of scientists to find their passion.

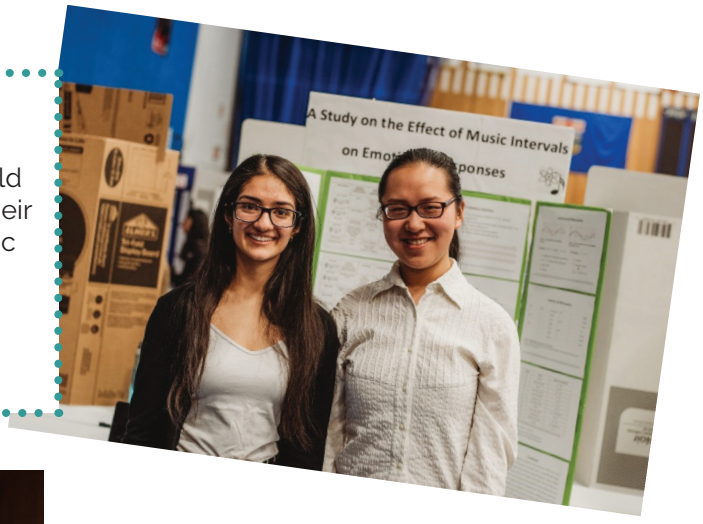
Ruby Sweet

Edmonton Regional Science Fair – Edmonton

6 – 7 April 2019

Jappn Grewal, Harry Ainlay School and Qin Tong Wu, Old Scona School were the 2019 PAA award recipients for their project entitled "(050502) A Study on the Effect of Music Intervals on Emotional Responses".

Congratulations to Jappn Grewal and Qin Tong Wu!







Judged by Ms. Noga Liron and presented by Ms. Tamara Lane representatives of PAA



Hannah Abdo ,who attends Edmonton Islamic Academy, was Honourable Mention for her project entitled "(040305) Inattentional Blindness".

Congratulations Hannah Abdo!



THANK YOU!

On behalf of PAA, we would like to thank you for your dedication to the profession, and in particular your service as a volunteer on **PAA's Board, Committees, Task Forces, Representors, Editor, Contributing Columnists, Practice Advisors, Media Representatives, Science Award Judges and Presenters, Public and Career Speakers and Exhibitors.**

Volunteers like you are the backbone of a strong and effective professional organization and make tangible contributions to advancing the science-based profession of psychology and to promoting the well-being and potential of all Albertans.

NOTES FROM THE CEO'S DESK

by Judi L Malone, PAA CEO
Ph.D., R.Psych (AB/AUS)

"When I look at the world, I'm pessimistic, but when I look at people I'm optimistic"
Carl Rogers



Pessimism can be an unnecessary trap. Tragedies in the news. Post-election and economic uncertainty. Negativity in social media. A progressively more crowded and evolving professional landscape which appears packed with providers all claiming "psychology" as their specialization. On the surface, the state of the world may not seem to offer much hope. But, particularly as psychologists, we know that hope is around us every day. And, we help shape the world around us.

Changing Landscapes

Where is that College of Counsellors? Who can provide a psychological diagnosis in Alberta? Psychotherapy? Bill 30, evolution of the Health Professions Act in Alberta, was passed in December with the details of that College to be announced by June. That was delayed until at least November 2019, and both our College and PAA have been actively advocating to help inform that change.

Psychology is health. Health is provincially regulated – and primarily provincially funded. Psychology is community. Systems shape communities and our provincial government has changed significantly this spring. At PAA, we are committed to building new relationships and ensuring that we keep our networking strengths with our Alberta government. Request an information package and connect with your local MLA. We will assist you to build awareness with our elected provincial MLAs.

Our narrative (who we are and how we impact the health and wellness of Albertans) is key to engaging with – and shaping – these changing landscapes. Adopting a new definition has helped us to tell our story. Psychologists are regulated health professionals who provide services including psychotherapy, assessment, diagnosis, and research of psychological health and problems. They are trained in evidence-based practices and follow a code of ethics that promotes respect for dignity and fair treatment.

Working Together

What a great psychology month we enjoyed this February. A celebration of our profession and its benefits serve public education in tangible ways. My sincere thanks to all who were involved – from social media postings, to presentations, to working the PAA booth. Consider joining our volunteer pool by contacting paa@paa-ab.ca to explore the many easy ways to fit rewarding professional volunteerism into your schedule.

Working for Albertans

Access, access, access. This will remain our key advocacy initiative for as long as Alberta's two-tiered health care system limits public access to psychological expertise and treatment. PAA's referral service remains a popular way to showcase psychological services and our social justice initiatives demonstrate our profession's societal contributions.

Working for Members

Everything we do is for you. In serving you, our members, we ultimately benefit our profession, and our province. The results of our annual member survey serve as our guide in working to prioritize our association activities from member benefits through to advocacy efforts.

Working for the Profession

These are exciting times. The PAA task force on Technology in Practice is well underway. There are already professional changes coming out of the CAP-PAA joint task force on Truth & Reconciliation for our profession in Alberta. Blue Quills University will launch our nation's first Indigenous Psychology Bachelor's Degree this September, with Concordia University of Edmonton poised to welcome the first cohort of PsyD students a year later.

Working with our Regulatory Body

We are leaders. Collaborating with our regulatory body is further evidence of how our profession embodies leadership. And, what better theme for this year's joint conference than leadership? We look forward to seeing you there.

Working with our Partner Organizations

PAA collaborates with an extensive list of partner organizations to influence policy, action, and initiatives with psychological research and practice. Together, we bring psychological science to health and wellness systems.

Our narrative (who we are and how we impact the health and wellness of Albertans) is key to engaging with – and shaping – these changing landscapes.

At the PAA Offices

Our priority in the office is you – our members. Although challenged with significant delays in launching our new website you've likely already noticed significant changes in our ENews and social media. The reasons for our successes at our association are not just a great staff team but our remarkable contributors. Our members volunteer time, talent, and insight. From completing the member survey to serving on the board of directors, volunteers are not only the backbone of our association but allow us to mine the collective wisdom, skill, and experience of our nearly 2800 members.

In closing...

We are shaping change for the better – together. Your support and membership make a difference in this province, for our profession, and for all Albertans. We welcome even more involvement. Volunteer. Share your thoughts.

PAA is our association.

Judi

JOINING THE PAA REFERRAL SERVICE

The PAA Referral Service is designed to provide the public with contact information of registered psychologists who are a match for their region / area of need.

PAA members (who are registered psychologists) can join the Referral Service throughout the year. The yearly fee of $200.00 plus GST (prorated after 01 May) is economical marketing, with the PAA Referral Service averaging over 100 telephone requests & over 450 online searches monthly.

Participating psychologists are listed in our online directory, & their contact information is also provided to prospective clients through the PAA Referral Service telephone line.

Referral Service participants may also opt to advertise with a direct link to their own website for an additional fee.

With excellent value for your marketing dollar investment, & planned enhancements, the PAA Referral Service is an ideal advertising strategy for those in private practice.

PAA Referral Service applications can be downloaded from the Membership section of the PAA website or call us for more information.

780-424-0294 – Edmonton

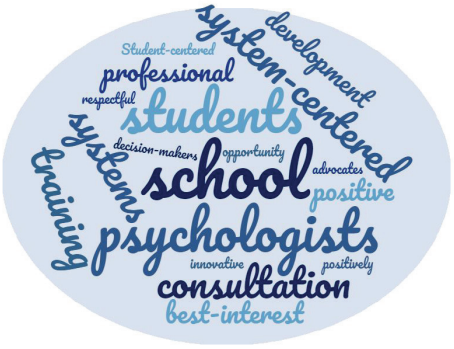
1-888-424-0297 – Toll Free (Alberta)



By Mitchell Colp, Ph.D., R. Psych. & John Laing, M.Ed., R. Psych.

School Psychologists as System-Level Change Agents: Sometimes Being a Radical is Required

School Psychologists promote and support the positive development of students within educational environments. To do so, they must navigate the federal and provincial laws, formal regulatory requirements, identified practice standards, codes of conduct, and ethical guidelines, and keep abreast of emerging research in order to maintain their professional status. The ability of school psychologists to perform their direct and indirect services within communities, while also adhering to their professional requirements, can sometimes be difficult. There may be scenarios in which decisions made by school districts, or other systems, emerge in direct conflict with the empirical literature, training, experience, or professional guidelines well-known to school psychologists. This represents a unique opportunity, however, in which school psychologists may benefit from increased reflection on what it means to be "student-centered" versus "system-centered" practitioners.



Student-centered school psychologists must navigate complex obstacles in a sensitive manner that preserves relationships and serves the best interest of students, educational authorities, and other systems. The following vignette exemplifies how easily some school psychologists may default to system-centered thinking in the face of internal or external pressure:

> *A student who is under the care of Child and Family Services presently resides in a foster placement. They display a profile that is consistent with children who have experienced neglect. For context, they have had multiple home breakdowns over the past three years. They currently attend a school that has been stable for the past two years. They have built positive relationships with same-age peers as well as adults.*
>
> *As their current placement is breaking down and requires a move, questions have surfaced regarding the need to change schools. Their new placement would reside outside of their old school boundary. As your assigned client, the district requested a program plan be created to support the new school placement...*

The support requested in the above vignette appears to be system-centered, and it may not reflect the developmental needs of the student. Indeed, there are complexities when students remain in schools that are outside their designated catchments (e.g., transportation, school funding). The emerging question becomes, "How are system-level complexities considered in relation to the individual needs of students?" Unfortunately, the needs of systems often override what school psychologists believe are in the best-interest of students. To provide student-centered consultation, they need a cognitive framework to reflect on the system-level influence impacting their clinical judgement, case consultation, and recommendations. Consider the following questions to begin your reflective process on what it means to be a student-centered versus system-centered school psychologist:

- What is in the best-interest of the student from a developmental perspective?
- What is the empirical evidence that substantiates my case formulation and recommendations?
- Am I aware of the internal or external beliefs influencing my student-centered consultation?
    - "The student was only in the school for a short period of time..."
    - "The student did not make any significant relationships..."
    - "I don't have any say in where students are placed..."
    - "That is not my role..."

Now that we have explored how system-centered thinking can inadvertently influence our approach to consultation, there remains outstanding elements that must be considered in forwarding student-centered practice in our systems. It would be beneficial for school psychologists to identify the barriers, obstacles, or knowledge gaps that are interfering with their individual and systems' ability to engage in this process and then advocate for their remediation or implement specific resources (e.g., conflict resolution training, coaching and leadership skills training).

School psychologists also need to appreciate their level of education, training, and experience when providing student-centered guidance and consultation. School psychologists are often viewed as experts in child development and are sought for insight from those with less training and expertise who are involved in making critical life decisions for students. It is imperative that school psychologists be confident in supplying decision-makers with knowledge and a student-centered viewpoint, and not assume that such information or questions have been considered prior.

Sometimes the role of a school psychologist is to be a respectful change agent within the systems to which they inhabit. By positively encouraging change in existing views, habits, conditions, or techniques employed by their systems, school psychologists support the positive development of students. This approach or viewpoint may not always be popular and, on occasion, could lead to difficult conversations. However, if it is done in a manner that respects both the views and environmental challenges of system participants, innovative solutions are more likely to be realized. As advocates and champions of vulnerable students, school psychologists must be viewed as part of the whole-system solution.

Some things only a psychologist can believe!

Tune in to PAA podcasts by Dr. Jon Amundson, featuring over 250 podcasts with over 5,450 downloads.

Just a few recent topics:

- Psychotherapy: the insight/affect debate revisited and what constitutes mental health
- The dark side of human nature according to the British Psychological Association
- Top 10 downloaded APA articles in 2018

Visit the Members' Section of the PAA website for more!



Alberta Psychology in the Media

September 2018 – April 2019

There were 8 career fairs, educational presentations, & public information sessions. With special thanks to:

- Ms. Marina Agafonov & Ms. Terril Schumaker, UofC Outrun the Stigma: Mental Health Expo.
- Dr. Judi Malone & Mr. Don Beeken, Employee Branch meeting, City of Edmonton Community Standards and Neighbourhood Branch
- Ms. Seada Karalic, Edmonton Islamic Academy
- Dr. Judi Malone, 2019 APEGA AGM and Conference
- Dr. Wes Miller & Ms. Lindsay Wolf-Owczarek, University of Alberta Pediatric Grand Rounds
- Dr. Wes Miller & Ms. Lindsay Wolf-Owczarek, South Central Catchment of Edmonton Public Schools
- Dr. Angela Grace & EDSNA, Evening of Hope
- Ms. Janet Caryk, Alberta Psychiatric Association Annual Conference

and there were 37 psychology events in the media

With special thanks to Dr. Ganz Ferrance, Dr. Angela Grace, Ms. Michelle Hamilton, Dr. Linda Hancock, Dr. Denise Larsen, & Ms. Baljinder Sull

With appreciation to 630 CHED, Alberta Primetime, CTV News, Caregiver Exchange, Chestermere Anchor City News, Indian Head Wolseley News, Medicine Hat News, & Prime Time Local News Lloydminster

See the impressive list online & thank those members who impacted public education through their relationships & engaged responses with the media.

http://www.psychologistsassociation.ab.ca/site/psymposium_newsletter

AAMIMH - REBIRTH & RE-ENERGIZED

Rebirth: Alberta Alliance on Mental Illness & Mental Health

Reenergized Alberta Alliance on Mental Illness & Mental Health

Unveils new Strategic Plan, Interim Executive Director

It's a new beginning for the Alberta Alliance on Mental Illness & Mental Health (AAMIMH), which marks its 20th anniversary in 2019 as the province's largest mental health advocacy organization.

After completing an extensive organizational review last spring, the 18-member Alliance has unveiled a new strategic plan and a new Interim Executive Director.

Now, the reenergized organization – which represents a broad cross-section of professional associations, nonprofit service providers, academic programs and other partner organizations – is redoubling its efforts to solidify its role as a powerful voice for change in Alberta's addictions and mental health system.

"We took a hard look at what the Alliance does really well, what we could improve on and where we needed to go from here to set the stage for future success," says Lee Hall, the Alliance's new Interim Executive Director and a former Provincial Program Director for the Alberta Government's Primary Care Initiative.



As part of that rigorous process, Hall interviewed virtually all individual and organizational members of the Alliance – including professional associations like the College of Registered Psychiatric Nurses of Alberta, the Alberta College of Social Workers and the Psychologists' Association of Alberta – as well as mental health advocacy groups like the Schizophrenia Society of Alberta and other provincial partners for mental health and addictions.

Hall, who served as a surveyor and educator for Accreditation Canada for 18 years, where she completed large and small-scale evaluations of health systems, public health services and community partners, also met with officials at Alberta Health and Alberta Health Services before presenting the new strategic plan to the Alliance Council in May.

"Our members felt the Alliance had to a degree lost its momentum over the years, and from all the interviews I did there was clearly a consensus that we needed to reenergize, revitalize and rebuild. Now that our new strategic plan has been endorsed by our members, that's what we plan to do," she says.

Dr. Judi Malone, the Alliance's newly appointed Chair and the CEO of the Psychologists' Association of Alberta, shares Hall's upbeat outlook for the Alliance, which was founded in 1999.

"I think our new focus is really exciting. We now have a united voice and we're really focused on coming up with solutions. What we had been doing in recent years was pointing out problems, but that doesn't get you anywhere if you are in any type of advocacy role," she says.

"If you want to impact change on policy, on systems or on governance, you need to come up with solutions, not simply complain about problems. Since the Alliance reflects such a wide range of views – including mental health professionals, service providers and consumers – we're uniquely positioned to offer credible solutions on policy, governance or leadership. That's really our new focus and the direction we're going in now." Under its new plan, the Alliance has identified four strategic priority areas to focus on. The priorities, briefly explained, include:

Advocacy through engagement:

Our strength lies in the collective expertise, knowledge and passion of our members, partners, clients and families. A strong shared voice ensures mental health and addictions are a provincial priority.

Collaboration/Consultation:

Working collaboratively with current and new partners we strive to identify and effect improvements in the addictions and mental health system for Albertans.

Communication:

Effective communication ensures our collective voices are recognized and have impact, as provincial systems and services are improved.

Organizational Excellence:

As a strong and effective hub, representing provincial mental health and addictions, we create the needed foundation for a strong and effective provincial mental health and addictions system.

"As we move forward, I think we have to increase our credibility, leadership and our reputation around the province, so we are seen and recognized as the hub of expertise for mental health and addictions, from research to service providers to nonprofit advocacy organizations," says Hall.

"Our member organizations really comprise the collective expertise and wisdom of mental health and addictions in Alberta. When the province is trying to create new mental health infrastructure or move forward with new policies, and they need to understand where the mental health and addictions community sits on an issue, we need to ensure that we are viewed as a key go-to source of expertise."

One specific client engagement initiative that Hall expects the Alliance to launch over the coming year is a new Voices Committee.

"Besides our many professional associations and other organizations, the Alliance has a category for individual members. Typically, these are people who have special interest and experience with mental illness and addictions or who serve as care givers. As the bylaws of the Alliance currently stand, they can come for lunch and network but they don't actually have a vote in decision making at the table," Hall explains.

"What we are exploring in the new plan is something called a Voices Committee. It will be our individual members, coming together as a unique committee, so we can better understand client and family needs in order to provide strong advocacy. They would collectively have one voice at the table and be a key part of the Alliance's decision-making process," she explains.

"The Voices Committee will have an instrumental role in planning and assisting in conducting focus groups, public awareness activities and other events to ensure the voice and perspective of clients and families is considered in our advocacy and decision making process."

As hot-button issues like medical assistance in dying, or the impact of cannabis use continue to evolve, Dr. Malone notes, the Alliance also aims to play an increasingly influential role in helping to shape related public policy.

"We're seeing a real reinvigoration and reconnection with our key stakeholders and partners in the Alliance, so this is an exciting time for us to walk our talk. Change begets change, so if we want things to happen we now have the potential to help make it happen. It just really takes a concerted effort," says Dr. Malone.

"Besides Lee Hall as our new Interim Executive Director, we also have an extremely active Executive Committee and Council. We've all had to invest a lot of extra time on this over the past few months but we're all very committed to making the Alliance a real force for public good."

In addition to Dr. Malone, the other members of the Alliance Executive Council include:

Past Chair: Dr. Denise Milne, *CEO of CASA, Child, Adolescent and Family Mental Health*

Vice Chair: Rubyann Rice, *Executive Director, Schizophrenia Society of Alberta*

Treasurer: Marlene Morin, *Executive Director, Alberta Students' Executive Council*

Secretary: Carmela Hutchison, *former President, Alberta Network for Mental Health*

"We have a very diverse range of professionals on both the Executive Council and the Council, with providers of services like Dr. Denise Milne from CASA, as well as consumer representatives like Rubyann Rice from the Schizophrenia Society. Moving forward, we want to be able to speak with a very clear voice for clients and their families as well as mental health professionals," says Dr. Malone.

"Sometimes the views of our 18 member organizations are not always going to align, but they will make up that tapestry or richness of experience that is needed to find viable potential solutions. I may be a bit Polyanna-ish on this, but if we properly sourced and funded mental health treatment, and if it wasn't the poor sister of physical health, we would at least put a dent in some of the bigger societal issues like homelessness," she adds.

"So I'm excited about the Alliance's new direction. These are exciting times if you want to feel like you're contributing to something that may really make a difference in peoples' lives. After all, that's why we work in this field."

Says Hall: "The Alliance's plan to revitalize, refocus and reenergize with stronger linkages to partners, clients and families will pave the way for improved mental health and addictions care for our Albertans."

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MEMBER BENEFITS

LEXUS OF EDMONTON WEST
bms.
TD
Alamo
LOGIN CANADA
GoodLife CORPORATE WELLNESS
BRIGHTSQUID
SANDMAN HOTEL GROUP
red arrow
safely home
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PAA DISPLAY/BANNER UNIT

The PAA has two display boards as well as a display banner which can be requested for use by PAA members. They can be shipped by courier at PAA's cost to any member who facilitates an activity to promote psychology or can be picked up at PAA office. The display units are useful for events such as conferences, career fairs, public information sessions and/or school presentations.





The two table top display boards provide a variety of panels to choose from on topics such as What Psychologists Do; Referral Service; Careers in Psychology; Stress; Depression; School Psychology; Psychologically Healthy Workplace; Alberta Psychology in the Media. The banner display highlights "What Psychologists Do and PAA's Referral Service".

For more information call the PAA office at (780) 424-0294 or toll free 1-888-424-0297.

Early Membership Renewal Draw

PAA congratulates

Karen Coe #131, Florida, USA

as winner of the 2019-2020 Early Membership Renewal draw.

She will receive a $75.00 credit towards any PAA Continuing Education Event in the 2019-2020 Membership year.



TOWN HALL MEETINGS

College of Alberta Psychologists (CAP)
&
Psychologists' Association of Alberta (PAA)

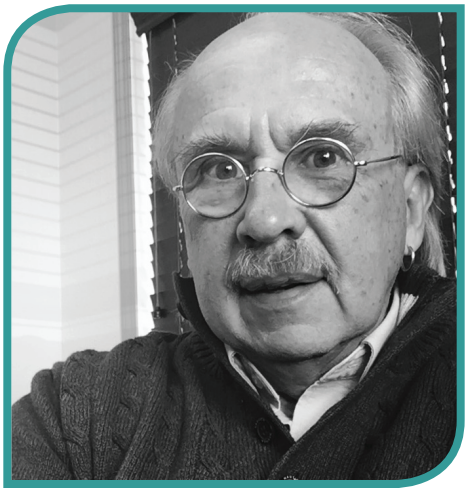
Town Halls are a wonderful opportunity to connect with the CEO of PAA, Dr. Judi Malone, and the CEO of CAP, Dr. Richard Spelliscy, through brief informal updates on the respective organizations and an opportunity for dialogue during a question and answer period.

Interactions with members are meaningful and continue to provide value and vital input to association operations. Please look for an e-mail invitation from the College for the next town hall in your area.

- Yearly in Medicine Hat, Lethbridge, Fort McMurray, and Red Deer
- In conjunction with Alberta Health Services Psychology Day annually in February in Edmonton and Calgary
- Bi-annually in Grand Prairie

WHAT WE DO...

By Terry Wilton



Hey, wanna play pool? There are two different games to choose from… the first involves a single target ball, a cue ball and a player. The objective is to move the ball from a static position into a specified pocket, or if not all the way into the pocket at least into closer proximity to it.

The second game has a number of unique properties. Small hills on the table surface randomly undulate, causing the ball to move spontaneously, effecting both the target and cue balls. Additionally, there are other balls on the table. These balls may block the target ball's path; they might even collide with the target ball, changing its position. Inside the target ball is a battery powered gyroscope, remotely controlled by another player. When it is turned on the target ball spins, moving in an arc rather than a straight line. The person with the cue does not have a single shot but may make a sequence of shots, targeting the ball while it is in motion. A variety of cue balls are available: different surfaces, different internal spins, and different weights. Each of these has its own impact on the target ball.

In this second game, the two players can collaborate regarding the desired outcome. Perhaps the person operating the gyroscope in the target ball might wish it to remain in close proximity to that solid blue one, the one to which an affinity has been formed. The two players can determine how they will cooperate together to get their preferred outcome to happen. The unique properties of the game, and the collaboration of the players, make the play differ markedly between games. Each episode of the game manifests its own emergent characteristics.

But wait, this game is played in an establishment. The owner of the establishment gets to determine how many times the person with the cue can send the cue ball toward the target ball. Additionally, the owner can determine whether the person with the cue can use a variety of different cue balls or must always use a particular one. Finally, the owner can determine how much the person operating the cue and the person operating the gyroscope are allowed to collaborate. These constraints result in a reduction of the range of emergent characteristics arising from the play.

If I talk to practicing psychotherapists and ask which of these games most closely approximates the therapy room they always choose the second one. It illustrates a conception of reality based on complexity theory. Complexity theory postulates self-organizing systems that are dynamic, probabilistic, and non-linear. Complex systems generate their own emergent characteristics. However, current research in clinical psychology, the research on which we rely for empirical support, more closely approximates the first game: the simple linear causation one. From a first point of measurement, an intervention is applied and the resultant change is then measured. The research that is to guide us in the complex world is actually based in a different world, one which postulates that change comes as a result of specified inputs and linear causation.

The two psychologists, the researcher and the clinician, are actually playing different games.

I have asked a number of psychologists how many were exposed to complexity theory as a model for therapeutic practice in graduate school: only one of many. Most did not have much awareness of what complexity theory was. When I described it, there was an immediate intuitive identification that psychotherapy, with real clients in the real world, is actually well modelled by complexity theory. Psychological health can be considered an emergent characteristic in a complex system to which we intentionally, and temporarily, belong. It is better any day than a ball in a pocket.

While complexity theory is not currently applied to clinical psychology, it is within our close cousin, organizational psychology. I expect that its mathematics is well established in a number of other social science and natural science disciplines. Our clinical psychology researchers could make their research more closely approximate the real world clinical environment if they wished by using complexity theory as a foundational model. If they wished… if they would engage the game.

Personally, after playing the second game for decades, I think it is more satisfying, has more delightful outcomes, requires higher levels of critical and creative thought than the first. It is a challenge though.

I thank Psymposium for publishing my column again. There is one more to come.

PAA & CAP'S TASKFORCE ON TRUTH & RECONCILIATION

The PAA-CAP TRC Task Force is in the process of reviewing the Canadian Psychological Association's Task Force Report, "Psychology's Response to the Truth & Reconciliation Commission of Canada's Report" within the context of psychology in Alberta. https://www.cpa.ca/docs/File/Task_Forces/TRC%20Task%20Force%20Report_FINAL.pdf

We are thankful for the volunteers who have gathered together for the next two years to impact change in our province specific to realizing truth and reconciliation impacts within our profession. This dedicated group of peers is reviewing the Alberta context along with the systemic practices of colonization and oppression within which our profession is practised. There are many opportunities for advancement and advocacy and we are proud that in Alberta this is a collaboration between the College of Alberta Psychologists and the PAA.

This task force will:

- Recommend relevant knowledge translation activities for psychology in Alberta
- Highlight and prioritize recommendations specific to the Alberta context for the study & practice of psychology, and for each of the seven identified specific discipline areas
- Identify CAP, PAA, or joint initiatives to assist with realizing these recommendations
- Report on steps taken and outcomes in relation to implementation of recommendations

Now that the task force has been established, and work is underway, the three first priority areas that were established are articulating a strategy for the task force's work, providing targeted consultative feedback on new CAP Practice Guidelines specific to practice with Indigenous people and peoples, and developing recommendations for Alberta's educational institutions that mirror best practices identified in the CPA task force report.



L-R – Judi Malone, Janice Minoose, Meagan Farquharson, Karlee Fellner, Loretta McConnell, Wilma Spear Chief, Richard Spelliscy, & Deena Martin. Photo taken at the Native Centre, UCalgary.

Collaborating - Fostering the Profession - Learning - Leading

Psychology as a Profession

PAA, & our members, are committed to maximizing our impact through strategic relationships. For the profession of psychology that includes:

American Psychological Association

- Dr Lana Hawkins elected to the APA Council of Representatives
- Dr Janet Miller as our APA Public Education Coordinator

Canadian Council of Professional Associations of Psychology

- Dr Judi Malone, chair of CPAP
- Canadian Psychological Association
- Dr Arlin Pachet, Dr Cheryl Nekolaichuk, & Dr Judi Malone on the CPA taskforce on psychologists involved in end of life care (practice guideline development)
- Dr Judi Malone on the CPA board representing the provinces

Alberta

- We are on the PsyD Advisory committee for Concordia University of Edmonton
- Dr Judi Malone chairs the Alberta Alliance for Mental Illness & Mental Health
- We work closely with the College of Alberta Psychologists, advancing the profession together
- We participate on the AHS Professional Practice Council for Psychology

What is a Psychologist?

Brief Definition

Psychologists are regulated health professionals who provide services including psychotherapy, assessment, diagnosis, and research of psychological health and problems. They are trained in evidence-based practices and follow a code of ethics that promotes respect for dignity and fair treatment.

Detailed Definition

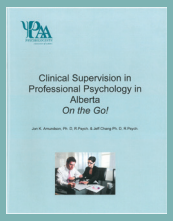
Psychologists are regulated health professionals who provide services including psychotherapy, assessment, diagnosis, consultation, and research of psychological health and problems. They are trained in evidence-based practices and follow a code of ethics that promotes respect for dignity and fair treatment. Alberta's psychologists have advanced university degrees (Masters or Doctoral) and undergo extensive supervised training and examinations. Psychologists study the biological, cognitive, emotional, social, cultural, and environmental determinants of behaviour and through such extensive research and practice, psychologists help people cope more effectively in daily life.

PAA has adopted a new definition of Psychologist as we had, historically, adopted the Canadian Psychological Association's definition of a psychologist. Special thanks to the PAA Social Justice Committee for their extensive discussion, research, and examination for the proposed new definition.

WELCOME TO PAA'S NEW MEMBERS!

(01 February 2019 – 30 April 2019)

Bechthold, Jeffrey (Student)
Bell, Courtney (Provisional)
Berlinguette, Megan (Student)
Beveridge, Samantha (Provisional)
Buhler, Marcia (Full)
Buhr, Robin (Student)
Bullock, Bryan (Provisional)
Chang, Solomon Tienyueh (Student)
Charlicki, Jennifer (Student)
Chen, Frances (Full)
Chia, Michelle (Provisional)
Curial, Lisa (Full)
D'Anjou, Dominique (Provisional)
D'Astous, Julie (Provisional)
Decelles, Amy (Provisional)
Deenoo, Nikesha (Student)
Dookie, Courtney (Provisional)
Dosanjh, Alysha (Student)
Drewicki, Shayla (Full)
Durber, Chelsea (Student)
Ellerbruch Young, Ashlee (Full)
Gallagher, Sarah (Student)
Gaudin, Karen (Student)
Gerwing, Dina (Provisional)
Ghorbani Kalkhajeh, Mahtab (Provisional)
Gillespie, Ricki-Lee (Provisional)
Goddard, Claire (Student)
Gupta, Smita (Provisional)
Hai, Tasmia (Student)
Hamilton, Kimberly (Student)
Hanson, Darby (Provisional)
Heath, Natalie (Full)
Hill, Angela (Provisional)
Hohol, Dianne (Provisional)
Hughes, Adam (Provisional)
Hunter, Deborah (Full)
Hutchinson, Tanya (Full)
Jedrzejewski, Nicole (Provisional)
Johnson, Heather (Student)
Kaldas, Janet (Full with Referral)
Kargger, Rameen (Provisional)
Kassan, Anusha (Full with Referral)
King, Donna (Provisional)
Kittlitz Tower, Kristina (Full)
Kodye, Audrey (Full)
Kropp, Corey (Provisional)
Labrecque, Melonie (Provisional)
Lane, Jo-Ann (Student)
Lavusa, Nifredah (Provisional)
Limoges, Jacqueline (Provisional)
Linn, Kareme (Provisional)
Long, Justin (Provisional)
Long, Susan (Full)
Maclean, A. Michael (Full)
Manaigre, Erika (Provisional)
McDonnall, Breanna (Student)
Mclachlan , Lindsay (Full)
Moore, Shari (Full)
Netelenbos, Nicole (Psychological Asst.)
Ostepchuk, Nicole (Provisional)
Pearson, Lyndsey (Full)
Rayment, Carissa (Provisional)
Santangelo, Leanna (Student)
Sciaraffa, Jessica (Student)
Sedov, Ivan (Student)
Sibanda, Noreen (Provisional)
Singh, Mira (Provisional)
Stacey, Denise (Student)
Stevenson, David (Full)
Strelau, Danae (Provisional)
Thomas, Kimberly (Full)
Thomas, Sinoj (Provisional)
Tran, Susan (Student)
Underhill, Brittany (Provisional)
Walker, Meghan (Student)
Wensmann, Scott (Provisional)
Wisheu, Helga (Full)
Wittebolle, Kelsey (Provisional)
Witzke, Justin (Provisional)
Zelinski, Erin (Provisional)
Zvonkovic, Jessica (Provisional)



CLINICAL SUPERVISION IN PROFESSIONAL PSYCHOLOGY IN ALBERTA *ON THE GO!*

The following brochure is available for purchase through the PAA office:

Clinical Supervision in Professional Psychology in Alberta On the Go! (Manual) - $10 each plus postage and GST.

Clinical Supervision On the Go has been developed so the novice or experienced supervisor can approach the task of clinical supervision more expediently.

NOTICE OF THE 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 21 September 2019
8:00 a.m. – 8:30 a.m.

Place: Edmonton Convention Centre
9797 Jasper Avenue
Edmonton, AB

COMMITTEES AND TASK FORCES 2019/2020

Awards Adjudicating Committee

Dr. Judi Malone – Chair
Dr. Emma Climie
Dr. Kerry Mothersill
Dr. Lynda Phillips
Dr. Jessica Van Vliet
Dr. Erik Wikman
PAA Board Liaison – Dr. Sally Maclean

PAA Public Education & Wellness Committee

Dr. Erin Buhr - Chair
Mr. Don Beeken
Dr. Colleen Lucas
Dr. Janet Miller
PAA Board Liaison –Ms. Sandra Gallace

PAA Forum Committee

Dr. Judi L Malone - Chair
PAA Board Liaison – Ms. Nicki Wilson

PAA Social Justice Committee

Mr. Landon Hildebrand - Chair
Ms. Joanna Card
Mr. Clayton Falk
Ms. Krista Forand
Ms. Donna Piercy
PAA Board Liaison – Ms. Lisa McIsaac

School Psychology Committee

Dr. Mitchell Colp - Chair
Dr. Yuanyuan Jiang
Ms. Kailyn Jones
Dr. Erica Makarenko
Mr. Ryan Matchullis
Mr. Robert McGarva
Ms. Michele Pentyliuk
Dr. Nina Wyrostock
PAA Board Liaison – Ms. Claire Petersen

PAA Technology in Practice Task Force

Dr. Michael Stolte - Chair
Dr. Trevor Josephson
Mr. Andrew Luceno

PAA-CAP Joint Task Force Alberta's TRC Response

Ms. Meagan Farquharson
Dr. Judi Malone
Ms. Loretta McConnell
Ms. Janice Minoose
Ms. Brenda Reynolds
Ms. Wilma Spearchief
Dr. Richard Spelliscy

Book Review Editor

Dr. Michelle Vandegriend

PAA Provisional Board Representative

Ms. Heather Gower

PAA Student Board Representative

Ms. Chelsea Hobbs

Disaster Response Network Co-ordinator

Dr. Judy Moench

APA Rural Health Co-ordinator Representative for Alberta

Mr. Robert McGarva

Public Education Co-ordinator Representative to APA

Dr. Janet Miller

PSYCHOLOGISTS' ASSOCIATION of ALBERTA

Psychologists' Association of Alberta

"Welcome to the Profession & Awards Banquet"

Friday 20 September 2019 - Citadel Theatre, Edmonton

Join us in celebrating newly registered psychologists, along with those being honoured at the award ceremony.

Details are available on our website

https://www.psychologistsassociation.ab.ca/site/paa_workshops__forum?type=event&id=104

bms.

PAA would like to thank our Diamond sponsor BMS Group

A Reflection of our 2018 PAA Award Winners

2018 Excellence in Clinical Supervision - Dr. Stuart Hoover

"Dr. Hoover knew exactly when to challenge and validate me, what makes Dr. Hoover unique in his ability to provide this feedback, is that, at the end of each supervision session, he requests feedback about his own supervisory skills. In this way, I was able to approach Dr. Hoover with tangible feedback regarding my supervision experience, which he immediately incorporated into his work. I never felt that I could not give him my own feedback, as he created a safe and accessible environment, catalyzing my formative development as a psychologist."

"He never criticized me but, rather, provided me with feedback I could practically use and implement into my work. Further, he also made sure to provide feedback that also recognized what I was doing well. Stu understands that providing feedback only on areas of improvement is not as effective than when it is mixed with feedback on what was done well."

2018 Excellence in Teaching Psychology Award - Dr. Jessica Van Vliet

"While incredibly warm and approachable, Dr. Van Vliet also holds her students to high standards. Her writing is meticulous, her feedback is thoughtful and strength-based, and she truly stresses the importance and value of critical thinking."

"Outside of the classroom, her commitment is best showcased by her role as mentor and how she serves the psychology community, more broadly. As mentor, Dr. Van Vliet has taught me, through modelling and dialogue, the significance of rigor and the importance of dissemination."

2018 Jean & Dick Pettifor Memorial Award - Dr. Anne Price

"During the past 35 years, Dr. Anne Price has built a career as an advocate for the psychology profession, with outstanding service to the field of learning and literacy. A dedicated contributor as a leader, mentor, teacher, practitioner, and passionate champion of those with learning and attention needs, her reputation and impact reaches beyond the Calgary region. Her expertise has been sought on regional coalitions, provincial panels, and national advisory groups, extending her influence far beyond our province."

"Dr. Price has been involved in the development and implementation of programs in early intervention, strategy instruction, family literacy, assistive technology, transitions to post-secondary education, and youth in conflict with the law."

Annual Meeting and Professional Development Day 2019
"Psychologists in Leadership: Leadership in Psychology"

The Edmonton Convention Centre, EDMONTON - 21 September 2019



KEYNOTE SPEAKER

Dr. Andrea Piotrowski

Psychologists: The Profession of Leaders

BREAKOUT SESSIONS #1







Drs. Troy Janzen, Jerry Rose & Gail Matazow

Where's the Party? Navigating through the requirements of third-party work"





Dr. Jill Green & Brea Malacad M.Ed

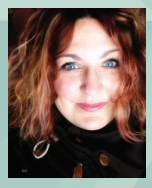
Psychologists Leading Social Change

BREAKOUT SESSIONS #2

Drs. Karen Dushinski & Deena Martin

Boundaries and Bill 21: Implications for Practice Every Psychologist Should Know







Dr. Melanie Noel

Remembering the Pain of Childhood

ENLIGHTENING SPEAKERS



Dr. Christopher Cameron

Creating Transparent Boundaries: A Leader's Greatest Challenge



Dr. Shelagh Dunn

Psychology: The Heart & Science of Leadership



Dr. Angela Grace

The Weight of the World: When the Personal Inspires the Professional



Michaela Patton

Professional Psychology in Alberta: the 2019 Survey of Employment, Salaries, and Workforce Issues



Dr. Gina Wong

Safeguarding Three Generations+: Shoring Up the Motherline/Fatherline

Details are available on our website
https://www.psychologistsassociation.ab.ca/site/paa_workshops__forum?type=event&id=106

www.psychologistsassociation.ab.ca 21

CONTINUING PROFESSIONAL DEVELOPMENT WINTER/FALL 2019

Assessment of Children: Cognitive Foundations & Applications 6th Ed

Dr. Jerome Sattler

05 April 2019 – Calgary, AB

53 participants

"Loved it!"

"...Very pleased with the content & speaker. He was excellent!"

"This workshop was well organized."

UPCOMING WORKSHOPS 2019

EPPP Prep: Memory Boosting Learning Strategies

Michele Pentyliuk

07 June 2019 – Edmonton

21 June 2019 – Calgary



Learning Objectives

To increase participants' awareness of the principles of learning.

- To demonstrate practical approaches and strategies that increase retention and mastery.
- To engage participants in hands-on learning activities that offers practice of strategies.
- To increase participants' repertoire of strategies along with the understanding of how to match content to the most suitable strategy.

Insomnia: Treatment Expertise Using CBT-I

Dr. Gregg Jacobs

05 September 2019, Edmonton, AB



Learning Objectives

After attending this workshop, attendees will be able to:

- Describe the empirical support for CBT-I.
- Understand basic sleep and insomnia physiology and how the elderly show changes in their sleep patterns.
- Understand the efficacy, side effects, and risks of sleep medications and why these are greater for women and the elderly.
- Conduct a sleep-focused assessment of insomnia patients.
- Understand the rationale for, and be able to implement, CBT-I techniques including cognitive restructuring, sleep scheduling, stimulus control, relaxation, sleep hygiene, and sleep medication tapering and a sleep diary.

Questions or suggestion for workshop topics? Contact brittany@paa-ab.ca

More information and registration is available on the PAA Website

https://www.psychologistsassociation.ab.ca/site/paa_workshops__forum

Family Restructuring Therapy

Dr. Stephen Carter

22 November 2019

Edmonton, AB



Learning objectives

- To identify the evolution, dynamics and characteristics of a high conflict family.
- To apply ethical principles, guidelines and standards to work with high conflict families.
- To learn the theory of Family Restructuring Therapy.
- To understand the components of, and necessity of, a retainer agreement for Family Restructuring Therapy.
- To learn and practice applications of Family Restructuring Therapy in building communication and developing a parenting plan, and in working with alienated/estranged children.
- To examine the components of a parenting plan and the developmental needs of children in high conflict separated families.
- To review the components of Family Restructuring Therapy related to boundaries and self-care.
- To understand methods of communication with lawyers and the Court through progress reports.

Psychology Shaping the Landscape

PAA gives you a voice at the table where it matters most to psychology.

Since the last Psymposium, psychology was represented by PAA as follows:

Health Groups	Provincial Advocacy Groups
• The Alberta Health "Valuing Mental Health" Committee Collaborative Practice • The Alberta Pain Network & Opioid Crisis Task Group • CASA / UAlberta Research Chair in Child & Adolescent Mental Health Launch • Collaboration with the other Health Professions Act Associations • AHS Addiction & Mental Health Strategic Clinical Network	• The Alberta Alliance for Mental Illness and Mental Health • The Palix Foundation • The Autism Alberta provincial review • CMHA Alberta & their Rural Mental Health project, specifically • Reforming the Family Justice System • Alberta Workplace Wellness Network
Psychology Groups	**Targeted Response Groups**
• The Canadian Psychological Association • The Council of Professional Associations of Psychology of Canada • The American Psychological Association • AHS Psychology Professional Practice Council	• The Canadian Red Cross specific to the Wood Buffalo 2016 Wildfire recovery • Public Action Plan Ministerial Panel on Child Intervention recommendations • Concordia University of Edmonton's PsyD Advisory Committee • University Blue Quills Indigenous Psychology Undergraduate program



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