

Psymposium

Volume 31 Number 1 - Mar 2020

Psychologists' Association of Alberta

Understanding People | Working Together

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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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Editor's Letter



"...'attitude of gratitude' is associated with a plethora of positives in physical and mental health"

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

The Philosopher, Marcus Cicero professed that "gratitude is not only the greatest of virtues but the parent of all others." Gratitude may be derived from the word "gratia" meaning grateful, and it is often gratuitously expressed or felt. As psychologists, and from the d ecades of research, we know that helping our clients, as well as ourselves, develop an "attitude of gratitude" is associated with a plethora of positives in physical and mental health, in relationships with others, and at a societal level in functioning within communities.

And so, as I write this I begin a new year and a new decade turning my attention toward gratitude for the many aspects of our profession:

- For being involved in a profession where we can help ease the suffering of others and instill a sense of hope.
- For ongoing research in the field that helps us implement exciting new programs and approaches in our field.
- For advocacy in various areas of government, private sectors, allied associations, and raising awareness that builds momentum toward positive changes.
- For evolving in a profession that has a deep sense of purpose, value, and provides so many opportunities to be actively involved in helping create healthier communities.
- For the instructors, mentors, and supervisors who dedicated the time to help us become the psychologists we are today and to those who continue to train future psychologists in an ever complex and changing landscape.
- For the contributors and readers of Psymposium who continue to inspire us.

What are you grateful for in our profession?

Enjoy,
PAA Editor-In-Chief

Michelle Vandegriend, Ph.D., R. Psych.
Certified Gottman Therapist
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The Narrative Project

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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.

Technology In Practice Taskforce

An Introduction to the Technology in Practice Taskforce



"This can be a confusing landscape for the practicing psychologist."

By Michael Stolte, Ph.D. (Special Ed), R. Psych

Statistics Canada (2017) reports that Albertans have the highest percentage of internet users in Canada (at 94%) and that most Canadians use the internet daily. Additionally, 77% of Canadians use technology to communicate, 66% to save time, 52% to help with decisions, and 36% to become more creative. Finally, smart phone ownership (at 76%) now exceeds laptop ownership (71%)[1]. Clearly, technology is impacting many aspects of our daily life!

Given the above trends, it should not be surprising that technology is disrupting psychology. This can be a confusing landscape for the practicing psychologist. It also raises a host of practical, ethical, and legal questions around how best to respond to these cultural shifts. Examples of some of these challenges include appropriate use of social media, cloud-based storage, servers, email and encryption standards, smart phone applications, and practice management software systems.

In response to some of these challenges, the Technology in Practice Taskforce was approved by the PAA Board on September 2018, to begin a dialogue on how many of these current technological trends impact psychological practice. The mandate included the following:

- Review the literature on the use of technology in psychology professional practice.
- Summarize related professional ethics.
- Review multiple North American practice guidelines and alerts in relation to the use of technology in practice.
- Recommend best practices for members specific to:
  - Client communications
  - Client Files / Storage
  - Use of Smart Phones / Portable Computers
  - Wireless Transmission of Confidential Information
- Suggest PAA's role specific to technology in professional practice for psychology.

A small committee was convened (Dr. Michael Stolte, Dr. Trevor Josephson and Mr. Andrew Luceno) and numerous meetings were held over the year, compiling our results into an initial report that was shared with the PAA Board. We were pleased to hear the Board accepted the report and is interested in sharing it with the membership.

The report is structured in a manner that follows the mandate above, interspersed with practical scenarios to generate dialogue. Here is one example:

Case Scenario for Reflection #1

A private practice psychologist is making the transition to electronic records storage and cloud-based computing in order to minimize paper use within the office. He is not sure of the technology but wants to "try out" a few free offerings before committing to a particular product. What are the risks and benefits of this practice? What should he be considering?

We see this report as an introduction to the topic as technology is complex and ever changing. Also, we are not IT or technology experts and want all readers to keep this in mind when reading the report. The report is meant as an initial introduction to a broad topic with many potential avenues for further conversation. We look forward to sharing this information with you, and we hope you find it helpful as we negotiate this ever-changing practice landscape together.

[1]Statistics Canada (2017). The internet and digital technology. Retrieved from https://www150.statcan.gc.ca/n1/pub/11-627-m/11-627-m2017032-eng.htm.

Notes From the CEO's Desk



"Life doesn't make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all."

- Erik Erikson

By Dr Judi L Malone, PAA CEO
Registered Psychologist (AB/AUS)

February is psychology month. 2020 was another opportunity to marvel in the advances of our profession and to engage the public in our role – improving psychological health by helping people cope more effectively in daily life. Indeed, a key tenet of our 2020-2025 PAA Strategic Plan is to, "Promote the Psychological Health of All Albertans". There is no end to the ways in which we can do this, individually or as a profession, together with Albertans.

Advocating Together
Psychological health begets awareness, insight, and change supported by evidence-based practices. These activities range from service provision (such as our psychological trauma services) to seeking our own consultation (such as our consultation with Treaty 7). We do this with you, our members, but also with colleagues. We promote psychological health in collaboration with the Alberta Alliance for Mental Health, CMHA-Alberta's advisory councils on rural mental health chronic depression treatment, the Alberta Pain Strategy, and the Addiction and Mental Health Clinical Strategic and Research Networks. We also work to impact systems, evidenced in our December meeting with the Honourable Jason Luan, Associate Minister of Addiction & Mental Health, and our joint submission for the revised Tobacco Reduction legislation.

> PAA Values Psychological Health
>
> PAA believes in universal access to services by psychologists and the right to work in psychologically healthy workplaces and communities. PAA addresses larger systemic problems and empowers Albertans to live a healthier life.

Growing Together
Psychologists are curious and, for us, evidence-based practices mean ongoing learning and change. We target growth in supports for students, provisionally registered members, early career psychologists, full members, and lifetime members. These range from responsive services and supports through to targeted continuing professional development. Our Practice Advisors and volunteer media psychologists support this growth as do our collaborations with post secondaries -- Alberta may realize both a PsyD and a DPsych in the future!

Value Together
Strength correlates with population size and as PAA's membership continues to grow so does our ability to advocate for the profession and all Albertans. Our volunteers are key contributors shaping our impact in this province. And, growth means increased capacity to work for you, our members. You'll note increased membership tangibles such as a modernized and more frequent Psymposium, the extended health member affinity benefits, our modernized website, and so much more.

In closing…
As a professional association, and as psychologists, we are improving the psychological health of Albertans. We need each other, and we benefit each other. Psychological health, together.

Judi

Committees & Task Forces

Awards Adjudicating Committee

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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)
Dr. Patrick Keelan
Mr. Derek Pierce
Mr. Kyle Poon
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Mr. Clayton Falk
Ms. Krista Forand
Ms. Camille Mori
Ms. Donna Piercy
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Dr. Mitchell Colp (Chair)
Ms. Kailyn Jones
Dr. Erica Makarenko
Mr. Ryan Matchullis
Ms. Michele Pentyliuk
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PAA - CAP Joint Task Force on TRC

Wilma Spear Chief, R. Psych (AB)
Loretta McConnell, R. Psych (AB)
Janice Minoose, R. Psych (AB)
Meagan Farquharson, R. Psych (AB)
Karlee Fellner, Prov. R. Psych (AB)
Dr Judi Malone, R. Psych (AB), PAA CEO
Dr Richard Spelliscy, R. Psych (AB), CAP CEO
Dr Deena Martin, R. Psych (AB), CAP representative

Town Hall Meeting Dates

Town Halls are wonderful opportunities 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 opportunities for dialogue during a question and answer period.

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



Board Notes



By Nicki Wilson, R. Psych

"As the landscape of technology continues to develop and change, it is the responsibility of the psychologists to empower themselves with information, knowledge and practice in a secure, safe and ethical manner."

As time progresses, many organizations, professions and practices are increasingly reliant on technology. The profession of psychology is of no exception. Increased efficiency, convenience, flexibility and productivity are expected from organizations and clients alike.

With its combination of mobile computing devices, high-speed wireless connectivity, various applications, data security and data storage; psychologists are expected to increase their knowledge and use of technology in a secure, safe and ethical manner.

In response to this everchanging technological landscape, the PAA created the Technology in Practice Task Force project in September 2018. This work resulted in the "*Technology in Practice: A guide for psychologists in Alberta*." We would like to thank Dr. Michael Stolte, Dr. Trevor Josephson, and Andrew Luceno for their contributions on this important project.

There are many resources pertaining to the use and practice of technology in the profession of psychology. The Technology Task Force completed a literature review across Canada and North America. They also reviewed the *Canadian Association of Psychologists Code of Ethics, 4th Edition*, and the *College of Alberta Psychologist's Standards of Practice*. It was noted that every principle in the 2017 Canadian Code of Ethics for Psychologists applies to technology in practice including the Respect for the Dignity of Persons and Peoples, Responsible Caring, Integrity in Relationships, and Responsibility to Society. The Canadian Association of Psychologists has 8 specific practice standards that members must be familiar with: Informed Consent for Services, Providing New Information, Provision of Supportable Services, Referral, Client Records, Electronic Records and Confidentiality. It was also noted that Alberta has specifically developed resources including a *2018 Practice Guideline on Telepsychology Services* and a *2013 Practice Standard specific to technology*.

Technology in Practice: A guide for psychologists in Alberta provides information relating to practice and guideline overviews, a summary of related professional ethics and standards regarding the practice of psychology in Alberta, a preliminary scan of available services in Canada, a preliminary scan of regulatory differences unique in Canada, recommendations on next steps, and recommendations for psychologists (Getting Started: Tips and Tricks). This guide also provides specific recommendations surrounding data security including choosing a practice management service, wireless router/access points, providing services via video conferencing, providing services via chat, text or email and cell phones and other mobile devices. The guide also provides helpful case scenarios for reflection specific to the various issues related to the practice of psychology.

As the landscape of technology continues to develop and change, it is the responsibility of the psychologists to empower themselves with information, knowledge and practice in a secure, safe and ethical manner. To access this important guide please use the following link

Respectfully,

Your President, Nicki Wilson

Psychology Shaping the Landscape

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

Health Groups

- The Alberta Health "Valuing Mental Health" Committee Collaborative Practice
- The Alberta Pain Network & Opioid Crisis Task Force
- 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
- AHS Cannabis Baseline Group

Provincial Advocacy Groups

- The Alberta Alliance for Mental Illness and Mental Health
- The Palix Foundation
- The Autism Alberta provincial review
- CMHA Alberta
- Reforming the Family Justice System
- Alberta Workplace Wellness Network
- Alberta Palliative Care Competencies & Education Project

Psychology Groups

- The Canadian Psychological Association
- The Council of Professional Associations of Psychology of Canada
- The American Psychological Association
- AHS Psychology Professional Practice Council

Targeted Response Groups

- 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 Undergrads

Collaboration

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 was elected to the APA Council of Representatives

Canadian Council of Professional Associations of Psychology
- Dr Judi Malone serves as the chair of CPAP
- Dr Sally MacLean as the Alberta Observer

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

Alberta
- We are on the PsyD Advisory committee for Concordia University of Edmonton
- Dr Judi Malone is chairing 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
- We are members of the AHS Addiction & Mental Health Strategic Clinical Network & Research Hub

Ethics – The Impossible Imperative

Terrified!? They said they are going to make a complaint...



"...minimizing your own defensiveness may be all you need to avoid an actual complaint."

By Dr. Jon Amundson, Ph.D., R. Psych

The biggest fear most psychologists have is that someone will complain, and they will lose their license. In fact, loss of licensure is extremely rare in Alberta and the College has a humane side/approach to most issues. Hearings are rare (i.e. formal procedural justice), and wherever possible the College wants to resolve issues through alternative dispute procedure. But that is another column…

Today the issue is when there is actual complaint or threat for such by a patient.

Dr. Amundson was involved with a forensic file and the principal party to the formal assessment announced they were "thinking" of issuing a complaint.

What do you think Amundson should do? Initially, most of us would think to meet, discuss the issues, try to reason through the differences, and so on. This action, however intuitively associated with people like us who are conflict avoidant by nature and prone to talking through problems, would be risky.

Instead, the best route is to cordially disengage and express contrition for the situation. For example:

I feel badly things have not gone well and appreciate your concerns. At this point, we can no longer speak on this issue.

So, why would we undertake this disengaged route? There are a couple reasons. Initially, a lawyer would suggest the patient may use any further engagement to their advantage.

A patient in couple therapy found out the psychologist had initiated an affair with his wife. He called complaining, and the psychologist agreed/desired to meet to talk through it. That meeting was secretly recorded by the patient.

Discussion then can lead to provision of further, potentially probative or incriminating or amplifying material for complaint. Secondary, however is the appearance of complaint interdiction - seemingly using psychological charm to talk them out of it.

A potential complainant stated their desire to meet. When the psychologist demurred in the face of the threat/intent to complain, the patient stated they would not complain if the psychologist would meet.

This wheel and deal situation with a volatile patient can turn back on a psychologist: "she/he tried to talk me out of it", if the complaint is registered at a later date. As well, threat of complaint ought not compromise nor blackmail a psychologist.

A patient stated they wanted to meet to go over a report and upon finding the psychologist was forbearing in their opinion, the patient stated they would not complain if they had their money returned.

Before walking away from this topic, there are a few additional considerations. When the 'complaint' word is not on the table, it is possible to meet/discuss concerns. For many years, in my work with family forensic matters, a patient wants to point out errors as they see them in the report. I have written then addendums to clarify, correct or caution aspects of a report. This is done to not only

provide more comprehensive appreciation of the report but mollify patient emotional concern. In addition, I have asked patients, to avail themselves of a review by a third party – where possible. On two occasions with profoundly volatile patients, I have even made a referral to the College for such third-party review.

In general, demonstrating that you take a patient's concerns seriously, minimizing your own defensiveness may be all you need to avoid an actual complaint. Even in the face of a complaint, park your self-righteousness and protests of virtue and focus upon process, but that might be material for another column.

And so, it goes. Hence from both a legal sense – your lawyer would say cease and desist in potential incriminating communication – and professional integrity, draw a line.

Timely, Topical, and even Controversial



Our PsyD



Introducing Dr. Bill Hanson, the program director for the brand new PsyD program at Concordia University of Edmonton.

Bill has 23 years teaching and research experience, where he's won multiple teaching awards and is a highly cited researcher. He's held leadership positions in three nationally accredited doctoral programs and is currently on the Editorial Boards of two international assessment journals. Clinically, he specializes in assessment and evaluation, health psychology, and therapist training and development.

"*I'm excited to join Concordia University of Edmonton this summer and thrilled to be part of the doctoral program's continued growth and development. CUE's new PsyD program in Clinical Psychology is cutting-edge and, once approved, will be a real boon for Alberta and Canada as a whole.*"

New Kids On the Block

A Column for Early Career Psychologists

Keeping a finger on the pulse: Ways of staying connected to current psychological research



"...it can feel like the task of staying current in our field is nearly impossible."

By Dr. Marc Ross (Ph.D. in Education) R. Psych

Overwhelmed with a deluge of data and studies in psychological science, it can feel like the task of staying current in our field is nearly impossible. With the rapidly evolving list of publications that come from all areas of psychology, from neuroscience to social justice, we are challenged to find our way through the ever-growing literature. Of course, the importance of staying abreast of the latest developments in psychology is both a foundational/functional competence as described by Rodolfa et. al (2005). Yet the question of how to stay "in the know" can be daunting and is itself evolving.

During my supervision, I was encouraged to be aware of the flagship journals in my professed domains of practice. My supervisor would ask, "What colour is the cover of the premier journal in your area?" I was embarrassed to admit I didn't know. For instance, the International Journal of Group Psychotherapy (because I was delivering group therapy) is known as the most "Prestigious" and academically sound in the field – the first issue published in 1951. The publication comes from Taylor and Francis, and it is easy to sign up for the alerts, and to see what articles are being published on a weekly/monthly basis. The same applies to all domains, whether it is counselling psychology, research and professional practice or organizational psychology, it can be valuable to find out which publications are the most trusted.

Relying again on the digital age, it can also be helpful to set up an RSS feed reader, something like "feedly," "dig reader," "feedreader" etc., which are all free, easy to set up, wherein you can simply select keywords or newsfeeds that will then funnel into the app and make it convenient for you to see current headlines and trends happening within the domain of psychology.

Another tool to help us stay abreast of what is happening in the world of psychology are more popular sources of information like Psychology Today or the Monitor from APA. There is also Psymposium, of course, in Alberta, and Psynopsis in Canada for the CPA. Certainly, there are many more publication sources that coalesce various views and opinions, and all are available either in print or online. This is not to mention various podcasts (like the PAA's own "Some thinks only a psychologist can believe"), social media, newsletters, book publications and so on.

If a client asked you, "What are the latest developments in psychology at this time?" How would you answer? Based on what I have been reading through the various source as described above, I would be able to highlight a few areas like: the replication crisis happening in psychology and the push to pre-register studies; the re-emerging interest in psychedelics and their healing potential for various psychological disorders like PTSD; the role of the microbiome and import of food choices in mental health and the debate that continues in this area; the ongoing quest for genetic information on various psychological disorders etc. Anything else?

Welcome Our New Membership Officer

Everyone! Simon Mak is our new Membership Officer at PAA.



"I am grateful for the opportunity to serve as the Membership Officer at PAA. Working four days a week, I look forward to answering any membership inquiries, delivering Psymposium five times a year, and eventually taking on the continuing professional development workshops. Together with my BSc Psych and my heavily customer service based work history, I look forward to giving PAA members my very best.

Alberta Alliance for Mental Health Unveils New Name And New Logo as Part of Organizational Rebirth

Alberta's largest mental health advocacy and lobbying group has unveiled a new name and a new logo as part of a campaign to refresh its image and expand its reach across the province.

The Alberta Alliance for Mental Health – formerly known as the Alberta Alliance on Mental Illness & Mental Health – announced the rebranding moves following a stakeholder dialogue, ongoing membership discussion and a recent day-long Board strategy session.

The organization, now in its 20th year, has been working hard to rebuild its image and re-energize its members after securing a new three-year funding agreement and appointing Lee Hall as its new Executive Director earlier this year.

"The past 12 months has been a really exciting period for us as we've redoubled our efforts to ensure the Alliance remains Alberta's most powerful and effective voice in advocating for mental health," says Hall.

"Our vision is to improve addictions and mental health care and outcomes by engaging our stakeholders, and by identifying meaningful, evidence-based opportunities for transformational change."

The Alliance, formed in 1999, represents 17 professional and nonprofit organizations across the province dedicated to improving mental health and addictions care, support and outcomes for all Albertans.

Alliance members include the Alberta College of Social Workers; the Alberta Psychiatric Association; the University of Alberta Department of Psychiatry; CASA Child, Adolescent and Family Mental Health; the Psychologists' Association of Alberta; and the Alberta Pharmacists' Association, among many others.

Look! We here.

The Alliance embarked on a major revitalization effort over the last year, identifying four new strategic priorities including:

- advocacy through engagement;
- collaboration and consultation; and
- communication and organizational excellence.

"We see the Alliance as a trusted



Lee Hall

connector and knowledgeable advocate for mental health, drawing on the expertise of our members in order to advocate for robust, people-informed mental health policy and programs in our growing province," says Hall.

New AAMH logo

Dr. Xin-Min Li, Chair of the Department of Psychiatry at the University of Alberta, applauds the Alliance's renewed efforts to promote better mental health and addictions services.

"We're extremely excited to be a member of the Alberta Alliance for Mental Health. The work they're doing is vitally important to the promotion of mental health in Alberta, and with this new rebranding we believe the Alliance can serve as an even more effective voice for its members and for the millions of Albertans they serve."

Although the Alliance has traditionally been more Edmonton-focused, it is working hard to expand its organizational footprint province-wide.

At its 2018 Annual General Meeting the Alliance elected a new executive slate, with representatives from Red Deer and Calgary in key senior roles. Membership bylaws were also revised to enable the group to capitalize on a broader range of expertise from across the province.

Hall, who previously worked as a surveyor and educator for nearly two decades with Accreditation Canada, overseeing large and small-scale evaluations of health systems, public and mental health services and community organizations, says the Alliance is also working on plans for an inaugural family-focused conference on mental health.

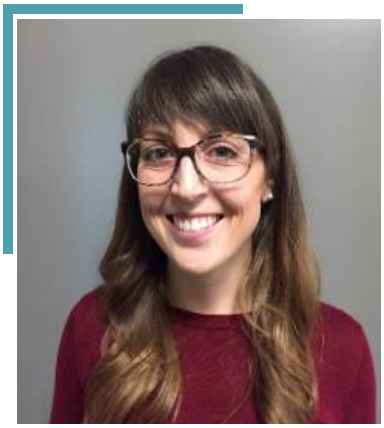
"We're working closely with FAMI-Alberta and the University of Alberta to pull together a conference this spring, so we're really excited about that. The first conference will be in Edmonton and we're hoping it will become an annual event with a provincial focus."

FAMI-Alberta (Families supporting Adults with Mental Illness in Alberta) is a grassroots group that supports family members who are dealing with serious mental health conditions, such as Schizophrenia and Bipolar Disorder.

"The Alliance is determined to strengthen the voices of mental health communities, clients and families, while we engage with Alberta Health and other key partners to ensure that mental health and addictions issues are at the top of the province's health and social agendas," says Hall.

"We look forward to being an active partner with Alberta Health's new Mental Health and Addictions Advisory Council in helping to shape our collective future." •

Student's Corner



"Did you know that PAA has a Facebook Group specifically for you?"

By Chelsea Hobbs
Student Director, PAA Board of Directors

Hello Student Members!

Happy New Year! It is hard to believe that we are already into the Winter semester, and I do hope that everyone's term has been off to a good start. Below are a few things that might be of particular interest to students.

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

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 the role to Brittany at brittany@paa-ab.ca.

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 give a presentation at your university, contact Brittany at brittany@paa-ab.ca for more information.

As always, if you have any questions or concerns, please do not hesitate to contact me directly at chobbs@ualberta.ca. I would love to hear from you!

Warmly,

Chelsea Hobbs
Student Director, PAA Board of Directors



Erin Hawrelak - PAA Student Placement

Erin is our current student completing her 2020 clinical field placement with PAA & is our PAA McEwan Student representative. Erin is passionate about how psychology & the law interact. She is considering study in forensic psychology.

Continuing Professional Development

Primers

One-hour recorded overview of the topic. Watch anytime, anywhere. ($40 + GST). Contact Brittany (brittany@paa-ab.ca) to register.

Trauma & PTSD in First Responder Populations - **Dr. Meghan McElheran**
Family Restructuring Therapy - **Dr. Stephen Carter**
Preparing for Cannabis Legalization in Canada: A Psychologists' Evidence-Based Guide - **Dr. Igor Yakovenko**
The Psychology of Cannabis Addiction - **Dr. Jonathan Stea**

Past CPD

Critical Factors in Completing Parenting Assessments
Dr. Ann Marie Dewhurst
16-17 January 2020 in Edmonton

Best Practices in Gifted Identification & Programming
Dr. Steven Pfeiffer
Co-sponsored with Werklund School of Education, Integrated Services in Education
30 January 2020, Calgary

Upcoming

Developing Your Personalized Approach to Clinical Supervision: The Contextual-Relational Meta-Framework

Dr. Jeff Chang
19 March 2020 in Calgary (more)

General Assessments for Counselling Psychologists

Dr. Jamie Dyce
27 March 2020 in Edmonton (more)

Trauma & PTSD in First Responder Populations

Dr. Megan McElheran
10 April 2020 in Calgary (more)

What Every Psychologist Should Know About Forensic Practice

Dr. Roy Frenzel
17 April 2020 in Calgary (more)

Interventions for Executive Function & Executive Skill Difficulties

Co-sponsored with the University of Calgary, Werklund School of Education, Integrated Services in Education
Dr. George McCloskey
29 April 2020 in Calgary

Competency-based Clinical Supervision: An Experiential Approach

Co-sponsored with the University of Alberta Department of Educational Psychology
Dr. Carol Falender
02 May 2020 in Edmonton (more)

Understanding, Evaluating, & Treating Autism Spectrum Disorders New Data & New Ideas

Dr. Sam Goldstein
08 May 2020 in Edmonton (more)

Geropsychology Research & Practice: Helping Our Clients, Helping Ourselves

Dr. Candace Konnert
22 May 2020 in Edmonton (more)

EPPP Prep: Memory Boosting Learning Strategies

Michele Pentyliuk
29 June 2020 in Edmonton (more)
05 June 2020 in Calgary (more)

In the Oven

Primary Care Collaboration, Weight Management, Sport Psychology, Professional Ethics, Private Practice, Restructuring Family Therapy

The Universe Within

Control Your Emotional Thermostat



"Life becomes a series of ups and downs, and we are at the mercy of things over which we have no control."

By Gwen Randall-Young R. Psych

Sometimes the simplest, most self-evident truths are the hardest to live by. It is said that how we look at life determines how happy we will be. We practice our affirmations, or focusing on the full part of the glass, but somehow when we are not looking, "niggling negatives" creep in.

Our positive mind set works well for us until something goes awry. It could be anything from a flat tire to an argument with a teen, from a bad hair day to loss of a job. An unconscious ego reaction overrides our good intentions.

When ego does this, it acts like a saboteur. Life becomes a series of ups and downs, and we are at the mercy of things over which we have no control.

As long as ego plays a dominant role in our consciousness, we will be reacting to outside forces. Even if we have a good stretch and feel pretty good, there is maybe the sense it cannot last.

When dominated by ego, we actually believe the world out there is the problem, and if it were different we would be happy. Imagine someone sitting at home, freezing because it is very cold outside and they have neglected to turn on the heat. They bemoan the fact that it is so cold, and if only the sun would Is there any way out of this endless drama? Well, yes. Imagine that you have an "emotional thermostat," and you are going to set it at "content." Just the feeling of contentment, not dependent on any conditions. Focus on that feeling of contentment, what it feels like in your body.



When things happen, and you feel ego rushing in to react, think of that feeling of contentment and bring it back to your body; like sitting in that room, watching the blizzard outside, but remaining toasty warm inside. This practice is key to remaining centered, with the ability to respond, rather than react.

This is staying in touch with our "inner observer". We notice what is happening, and if there is a problem we can keep our thermostat steady, while we consider our options and make the best choice. The best choice is often to just let it go. If you get a flat tire, you get it fixed, if it's a bad hair day, wear a hat, if a partner is cranky and snaps at you, give them a get-out-of-jail-free card because sometimes you do the same thing.

None of these things need to ruin your day. What about the bigger things? We know that things will not always go smoothly and problems are a part of life. Of course, we can feel sad or annoyed, but the goal is to quickly come back to our center, regain our balance, do what needs to be done, and maintain our sense of peace.

Gwen Randall-Young is an author and Registered Psychologist in private practice. For articles, and information about her books, personal growth/hypnosis MP3s/CDs visit www.gwen.ca

Professional Support - CAP or PAA?

	College of Alberta Psychologists	Psychologists' Association of Alberta
	Professional Guidance Department	**Practice Advisor Program**
Organization Descriptions	The College of Alberta Psychologists (CAP) is the regulatory voice for the profession of psychology in the province of Alberta. Self-regulated professions establish entrance criteria, establish continuing learning criteria, and apply ethical codes and practice standards for the profession.	The Psychologists' Association of Alberta (PAA) is the voice of, and for, psychology in Alberta. The association advocates for psychology in Alberta, informs the public and the media, and advocates for consumers of psychotherapy, psychological, and mental health services.
Program Descriptions	Guide members in identifying, interpreting, and applying regulatory resources (e.g., Legislation, Code of Ethics, Standards of Practice, Practice Guidelines/Alerts) to their practice situation CAP does not provide the following: • Prescriptive clinical advice – as a self-regulated professional, the psychologist maintains responsibility for professional decision-making. • Legal, business or technological recommendations/advice.	Provide collegial, confidential advice regarding professional practice issues and match psychologists from diverse areas of expertise to assist psychologists working through clinical/ practice situations. PAA does not provide regulatory advice. *Please ensure you fully understand the regulatory information prior to contacting the practice/clinical advising program.*
Eligibility for Services	All regulated members have access to CAP professional guidance (provisional and fully registered psychologists). Provisional psychologists are to first consult on issues with their supervisor.	PAA full members can access practice advisors. PAA currently does not provide provisional or student members with practice support.
Contact	**Edmonton Phone:** 780-424-5070 or **Alberta Toll Free:** 1-800-659-0857 **Email:** psych@cap.ab.ca **Website:** www.cap.ab.ca	**Edmonton Phone:** 780-424-0294 or **Alberta Toll Free:** 1-888-424-0297 **Email:** paa@paa-ab.ca **Website:** www.psychologistsassociation.ab.ca

Working with Animals in Practice



By Eileen Bona M.Ed, R. Psych

"I am excited by the momentum AAT is gaining in Canada. I am contacted daily by Canadians who are exploring the intricacies of integrating animals into their practice."

Animal Assisted Interventions (AAI) are based upon the belief that interactions with animals have inherent value for humans on behavioural, cognitive, emotional, physical, psychological, relational and spiritual levels. AAI are intended to be carried out by qualified professionals who are also trained animal handlers working with specially screened, trained and certified animals.

Although there is evidence to support the benefits of partnering with animals in aforementioned ways, and in performing Animal Assisted Therapy (AAT) as a formal medium of therapeutic intervention, there is no standard code of practice in Canada in this regard.

As a psychologist who has been working in the field of Animal Assisted Therapy (AAT) for nearly 17 years, I am excited by the momentum AAT is gaining in Canada. I am contacted daily by Canadians who are exploring the intricacies of integrating animals into their practice.

There are several important ethical considerations for including animals in practice, and they include the following:

- Understanding the many terms in the field to determine where your practice, skills and knowledge might fit.
- Staying within your scope of practice. As many people are attracted to animals in practice, often practitioners are requested to work with those who may not fit into their scope.
- Researching and attaining thorough training and certification as an animal assisted therapist. Certificates in AAI/T are available at the college level in some provinces in Canada (i.e., Alberta and Quebec) or training and arranging consultation with a credentialed, well known and ethical AAT professional.
- Ensuring your animal has been screened, tested and certified to work with you in your setting and with your population. Animals have preferences and 'scopes of practice' too and these should be discerned before the animal is integrated into practice.
- Consultations and training with skillful and trustworthy animal trainers or animal behavioural specialists with AAT training are vital to you and your animal. This allows the animal to be prepared for its work and for you as the animal's handler to be trained in understanding your animal's communication and stress signals.
- Garnering advices about working animals' schedules, ratio of client / animal interactions are important to the health and well being of the animal and can be attained from these professionals or AAT professionals.
- Having a regular veterinarian who is knowledgeable about AAT, understands your species / breed and can advise on changes your animal may be experiencing is invaluable for your AAT animal's health and welfare.
- It is often necessary to have extended insurance coverage (alongside professional liability) when involving animals in practice. Determining whether both the practitioner and the facility in which the AAT takes place require insurance for the AAT is necessary.
- Providing a waiver to participants is recommended to ensure fully informed consent for participation in AAT. The waiver should provide details of the AAT and require the signature of the participant or guardians of minors.

It is an exciting time in our AAT field. The next steps are to develop approved Guidelines, a thorough Standards of Practice and a Code of Ethics to guide and govern our practices. A more detailed emergent guidelines for animals in practice can be found here and appendix here. In the meantime, I hope this information is helpful.

Eileen Bona
Registered Psychologist
Animal Assisted Therapist
CEO and Executive Director of Dreamcatcher Nature Assisted Therapy
www.dreamcatcherassociation.com

Psychologists' Association of Alberta Awards 2020

PAA recognizes companies, psychologists, and other individuals through a series of awards on an annual basis.

Lifetime Achievement & Excellence Awards

Psychologist of the Year
Celebrates excellent work in the field of psychology

John G. Paterson Award
Celebrates excellent work in the field of psychology

Pettifor Lifetime Achievement Award
Outstanding career achievements in the field of psychology

Juanita Chambers Excellence in Community Service Award
Recognition of advancing the psychological health, well-being, & quality of life through service to the community or advocacy

Excellence in Clinical Supervision Award
Exemplary supervision of one or more individuals in any practice area

Excellence in Teaching Psychology Award
Outstanding teaching of psychology in a government approved post-secondary institution





Research Awards

Undergraduate Thesis Research Award
Awards an undergraduate student for exceptional thesis research (completed & evaluated during the last 2 years)

Doctoral Dissertation Research Award
Celebrates doctoral level student's impressive dissertation research (completed & defended during the past year)

Masters' Thesis Research Award
Recognizes a masters' level student exemplary thesis research (completed & defended during the past 2 years)

More Awards

PAA Behavioural Science Award
Presented at youth science fairs, this recognizes the best senior project demonstrating insight into the psychological study of behaviour, emotion, and/or cognition.

Psychologically Healthy Workplace
PAA collaborates with the American Psychological Association for their annual Psychologically Healthy Workplace Awards. Alberta applicants get assistance with their application from the PAA Public Education & Workplace Wellness Committee & winners get additional recognition from the PAA.

Nominations may be submitted at anytime. The deadline for the next award cycle is 30 April 2020
Awards will be presented at the PAA Annual Banquet in October in Calgary.
website: https://psychologistsassociation.ab.ca/about-paa/awards-recognition/
email: paa@paa-ab.ca

ANNUAL PAA MEMBERSHIP RENEWALS

Easier Than Ever! Online membership renewal for the 2020-2021 membership year opened January 2020.

Visit your profile on the PAA website where you can renew your membership. At the same time, you can check out other features such as: PAA workshops registration, member benefits information, and much more.

Have we got your current profile information? While you are in your account, feel free to update your profile in the membership portal!

Early Bird Renewal: Renew your membership before 31 March 2020 and be entered to win a discounted registration to any of our Continuing Professional Developments during the 2020 membership year.

Membership fees are due on 31 March 2020. A late administration fee will be charged on all membership dues received after 30 April 2020.

If you have any questions, comments, or concerns regarding your renewal or the online renewal system, please contact your membership officer for assistance at Simon@paa-ab.ca or 1.888.424.0297.

MEMBER BENEFITS

LOGIN CANADA

bms.

GoodLife CORPORATE WELLNESS

Alamo

TD

LEXUS OF EDMONTON WEST

BRIGHTSQUID

SANDMAN HOTEL GROUP

greenspace

red arrow safely home

Welcome to the Profession & Awards Banquet

Friday 02 October 2020

Marriott Hotel – 110 9 Ave SE

Join us for an evening of celebration honouring those newly registered to the profession and exemplars advancing the field.

Relax & enjoy fabulous dinner, drinks, and atmosphere while cheering for those whose contributions are acknowledged through the awards and welcoming those who are newly registered about to embark on their journey.

CAP & PAA Conference *Psychology IS Health*

Saturday 03 October 2020

Telus Convention Centre – 136 8 Ave SE

Join your colleagues for a day of learning, networking, and appreciation.

You will hear renowned speakers discuss timely issues in the field of psychology and have lots of opportunity for collaboration and discussion during the networking breaks and the Volunteer Appreciation Wine & Cheese.

Notice of the Annual General Meeting of the Psychologists' Association of Alberta

Friday 02 October 2020

Telus Convention Centre, Calgary