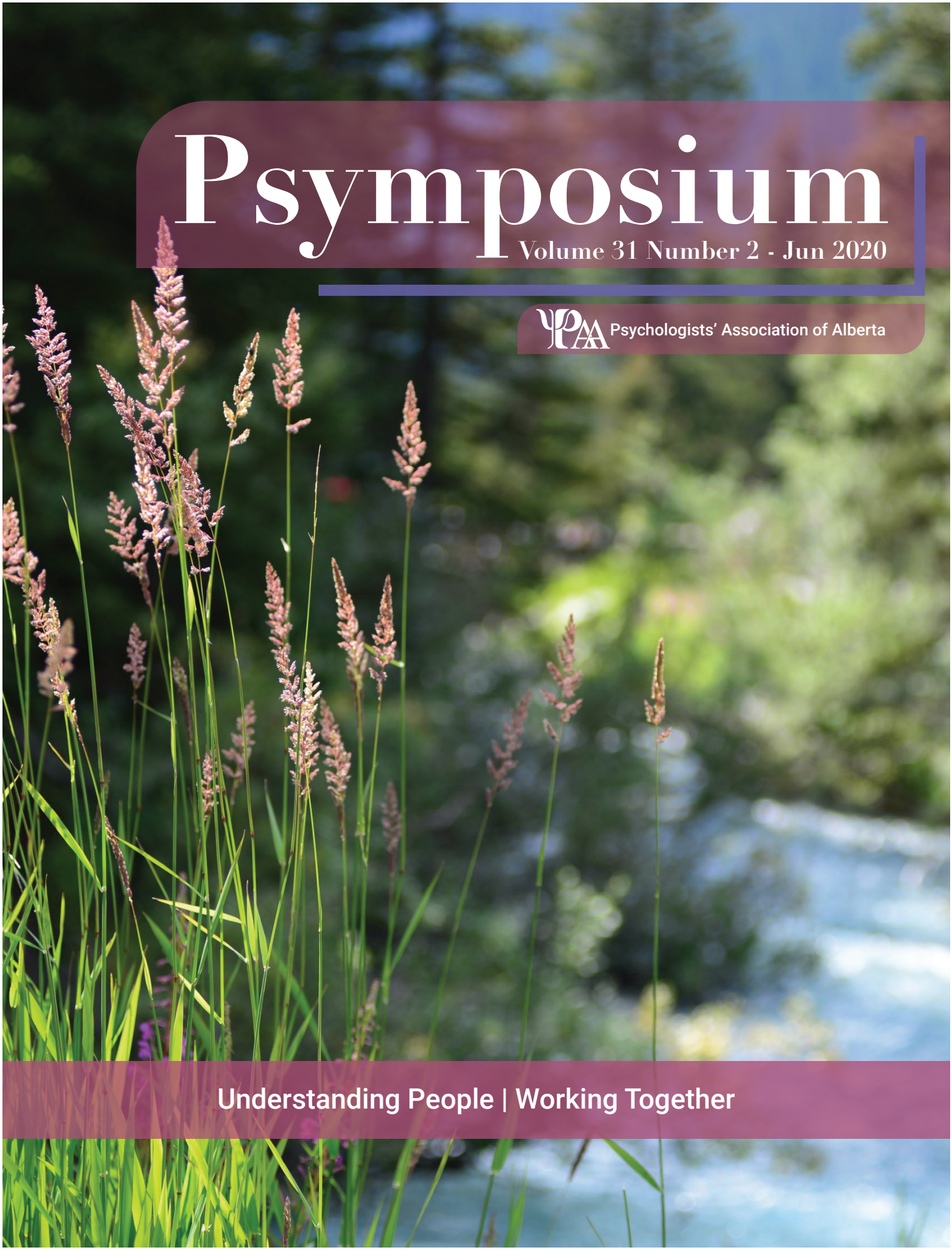


Psymposium

Volume 31 Number 2 - Jun 2020

Psychologists' Association of Alberta

Understanding People | Working Together

Do you know where this is? Submit your answers to Simon@paa-ab.ca

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PAA Psymposium [ISSN 1193-2627] is the official newsletter of the Psychologists' Association of Alberta.

Canadian Publication Mail Product Sales Agreement #40020241.

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PAA Psymposium is published five times a year (January, March, June, September, November) for the purpose of fostering communication amongst psychologists and supporting the goals of the Association and the profession of psychology. The newsletter is available to all members of the PAA on our website or by subscription, as well as to public subscribers and selected individuals and organizations with interests in the practice of psychology.

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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.

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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



"Just as we have supported each other, we also understand the importance and ethical imperative of our own self-care."

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

The Psychologists Association of Alberta has a public education pamphlet titled "The Value of Choosing a Psychologist" and during an unprecedented and difficult time of COVID-19 and social isolation, this cannot ring truer. People within our community, and world-wide, have faced a cascade of "new" compounding challenges ranging from excessive workloads as front line workers, improvised homeschooling and childcare, disappointment of unmet obligations, fears of becoming ill or passing this virus on to others, self-quarantine, job/business loss, and exacerbated pre-existing mental health concerns. Through this, as psychologists we have stayed informed, transitioned as efficiently as possible to provide effective, coordinated services to clients and our community, advocated for better mental health support, and launched our Disaster Response Network providing pro bono services to those in need. I expect we have learned a lot about the psychological impact of this pandemic and will continue to learn further as time goes on. We, of course, understand the profound significance of mental health. I hope on a global scale others will too. We are a resilient profession.

In addition to providing ongoing services to clients via telepsychology, I noticed we also have reached out to each other within our profession. Despite social isolation we found ways of staying connected from sending a quick text message, an email, or video chat as a way of checking-in and asking, "how are you doing", to establishing a list of updated practice information, sharing articles and resources, and providing online collegial support groups. We have not only banned together in assisting clients in the community but we have also risen to support and encourage each other in various ways. Technology has been our greatest link to each other during COVID-19, and as time goes on I'm sure many new advancements in how we connect will evolve. We are a resilient profession.

Just as we have supported each other, we also understand the importance and ethical imperative of our own self-care. As within a delta, a river moves in various directions with it's unique twists and turns, sections of rapids and calm water, I imagine we have all been impacted by this global pandemic differently in one way or another and we have moved through it differently. From the onset of COVID-19, with the emergence of new information on a daily and weekly basis, to recognizing the vast magnitude and rippling implications on people worldwide and witnessing the sweeping aftermath, as psychologists we have also had to recognize and practice our own self-care if we are to help others. Given the social distancing constraints, I believe we became more creative in the ways we pursued this, learned new things about ourselves, and perhaps spent a little extra time engaged in what we truly value. We are a resilient profession.

With the "flattening of the curve" has come a significant impact to society, and as the months continue, the psychological reverberations are sure to rise. Our value as psychologists will continue be a significant mainstay in the health of individuals and of our communities. Let's continue to provide excellent care, to encourage each other, practice self-care and be resilient as a profession.

PAA Editor-In-Chief
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How are you maintaining your client's needs in the face of this current landscape?

Psychology Month in Alberta

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

In recognition of Psychology Month, PAA increased its social media outputs (Facebook, Twitter, & LinkedIN).

Dr. Erin Buhr and Dr. Patrick Keelan of the Public Education and Wellness Committee organized events throughout Public Libraries in Edmonton, St. Albert and Strathcona. The displays included information about PAA and psychological concerns such as anxiety, depression and chronic pain.

Throughout the month, The Psychology Association of St. Mary's teamed up with various faculties like the Indigenous initiatives on campus to offer beading and conversations with Indigenous elders to promote mental health in their respective communities, and the athletics department offered yoga. As well, they held there third annual bake sale to raise money for The Alex Centre in Calgary. Finally, they provided various de-stressing activities and information sessions including hosting PALS dogs, healthy snacks and information posters, TED talk panels, board games, and crafting.

On February 17th, Ms. Jayla Schmidt attended Cochrane Early Childhood Expo and provided mental health information to families.

On February 18 – 25th, the 8th Annual Psychology Day was a tremendous success! Approximately 210 people registered for the event, with over 30 at the telehealth sites. In addition to psychologists, psychology residents and psychometrists, approximately 56% of attendees were from nursing, social work, occupational therapy, and several other professions, including LPN, Addiction Counselling, Child Life, SLP and Recreation Therapy! The event took place at the Alberta Children's Hospital in Calgary. PAA's display was exhibited with more information on psychological concerns.

These are just a few of the ways that we showcased the value of psychology for psychology month 2020.

Thank you to everyone who dedicated their time to promote psychology!



Notes From the CEO's Desk



"Whatever your role within education, the workplace, mental health services or the applied psychology workforce, social inclusion seems to be your business."

- Hayward, Holford, & Kinderman, 2010

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

Communities face challenges best when they collaborate and address everyone's needs. What is our role for those who are being left behind? Our role is to enable their inclusion. Psychological theory underscores our collective responsibility here. Psychological science established the links between mental health problems, discrimination, and social exclusion. What can we do to bridge these gaps?

Inclusive Advocacy
Social justice in psychology targets our shocking health disparities. Social determinants of health have profound impacts (ranging from risk of depression to risk of contracting the coronavirus). PAA's advocacy efforts support the removal of barriers to health equity (access). Recent efforts have targeted Alberta's school children, rural residents, victims of crime and motor vehicle accidents, and those impacted by disasters. We have witnessed steps backwards, such as the funding cut to the Alberta Alliance for Mental Health. But also steps forward. The CAP-PAA Truth and Reconciliation Task Force is thankful for the recent Treaty 7 region Elder Guidance.

Inclusion for Psychological Health
Psychological health requires us to work to mitigate health disparities. Policies and solutions must consider the needs of all. You inform our awareness in our collaborations in support of our students, members dealing with the pandemic, and mentorship. So does our external engagement with Albertans (e.g. our disaster response network), extended health insurance companies, allies (e.g. Registered Nurses), and people with disabilities (e.g. deaf/hard-of-hearing interpreters). In striving to address needs of all psychologists and Albertans we impact vulnerable populations, reducing risks for everyone. After all, psychology is health.

Inclusive Engagement
Being intrinsically inclusive means valuing diversity and engaging in inclusive practices. Your PAA staff team and our key contributors (board, task forces, and committees) seek to be highly effective, diverse, and inclusive teams. Community dialogue helps us identify the systems, policies and other factors required for lasting change and to tackle common challenges. For example, we are moving into a new, fully accessible, office.

PAA Values Inclusion
PAA values diversity and unique perspectives within the organization and within the profession of psychology. PAA believes in the worth of all people and equity for all regardless of age, race, sexual identity, ability, socio-economic level, religious affiliation, or location in the province.

In closing…
As your association, and as psychologists, these are only initial steps. The intrinsic inclusion mindset means being drawn to what is new and different, seeking to learn from experiences, and creating new attitudes and environments. Psychological science and practice underscore the need to correct myths, counter social stigma, and foster an inclusive mindset. This is the next step on a journey to formulate strategies, policies, and training that support a different – and better -- way of doing things. We all have a role.

Judi

Committees & Task Forces

Awards Adjudicating Committee

Dr. Judi Malone – Chair
Dr. Emma Climie
Dr. Kerry Mothersill
Dr. Lynda Phillips
Dr. Jessica Van Vliet
Dr. Erik Wikman

PAA Public Education & Wellness Committee

Dr. Erin Buhr (Chair)
Doris Bong
Sarah Hopkins
Dr. Patrick Keelan
Dr. Wence Leung
Marii-Heleen Motsmees
Derek Pierce
Kyle Poon

PAA Social Justice Committee

Joanna Card (Chair)
Clayton Falk
Krista Forand
Landon Hildebrand
Dr. Taylor McInnes
Camille Mori
Donna Piercy

School Psychology Committee

Dr. Mitchell Colp (Chair)
Dr. Karin Coles
John Laing
Kailyn Jones
Dr. Erica Makarenko
Dr. Ryan Matchullis
Sarah Nugent
Michele Pentyliuk

PAA - CAP Joint Task Force on TRC

Wilma Spear Chief, R. Psych (AB)
Loretta McConnell, R. Psych (AB)
Janice Minoose, R. Psych (AB)
Meaghan 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

Technology in Practice Task Force

Dr. Michael Stolte (Chair)
Aspen Gowers
Dr. Trevor Josephson
Andrew Luceno
Eileen Noel

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

"We also want to remind all of you the importance of self care during these unprecedented times."

To our valued members,

During this Covid-19 pandemic we are all experiencing new and challenging times. Many of us are personally facing uncertainty and tragedy, whereas for others this new phase of life has also offered an opportunity for growth and learning. We know that with change comes challenges and we are so proud of the psychologists in our community. At the beginning of the pandemic our association was responsive in the development of pandemic protocols and the implementation of the Disaster Response Network (DRN).

The DRN targets the psychological well-being and mental health needs of disaster victims and first responders with a focus on serving those who have suffered trauma as a result of a disaster. Unfortunately, this service no longer just applies to the COVID-19 Pandemic, as we have also had to extend these support services to those impacted by the floods in Fort McMurray.

We have had so many psychologists throughout Alberta respond and volunteer their time and energy in order to support the DRN and their fellow Albertans. Thank you so much for your willingness to support those in need. We also want to remind all of you the importance of self care during these unprecedented times.

Here are some simple but effective ways to practice self care:

- Recognize your limits.
- Get adequate sleep and rest for your body and mind.
- Get adequate nutrition throughout your day.
- Find ways to decompress through out your day.
- Be aware of difficult work environments and situations and brain-storm ways to cope or change them.
- Take time to get to learn and acknowledge your own needs.
- Make it a habit to plan something to look forward to everyday.
- Identify what you require to decompress at the end of the day.
- Practice gratitude.

We Albertans are resilient – we will get through this journey together. Please stay safe.

Your president,

Nicki Wilson

2020 - 2025 PAA Strategic Plan Goals

PAA is the voice of & for psychology in Alberta. We advocate for psychology in Alberta, inform the public & the media, & advocate for consumers of psychological services.

- **Advocate** for psychology's unique value
- **Promote** the psychological health of all Albertans
- **Enhance** the development of psychologists across career lifespan
- **Focus** on PAA's membership value
- **Ensure** financial sustainability

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:

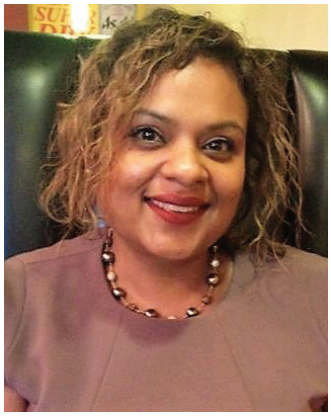
American Psychological Association
- Dr Lana Hawkins was elected to the APA Council of Representatives

Canadian Council of Professional Associations of Psychology
- Dr Judi Malone serves as the chair of CPAP

Canadian Psychological Association
- Dr Arlin Pachet, Dr Cheryl Nekolaichuk, & Dr Judi Malone are on the CPA task force 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

Innovative Practices in Psychology



"Innovative Practices in Psychology is a regular feature that showcases unique psychological practices in the province"



Bio: Chris Pawluk is the Lead Psychologist for Rocky View Schools. Originally from New Zealand where he practiced briefly as a psychologist, he has worked in Alberta as a Rehabilitation and School Psychologist since 2005. He has a small private practice in Carstairs. For more information, people can get in touch at cpawluk@rockyview.ab.ca

By Dr. Naheed Jawed, R. Psych

What was the driving force behind developing the Rocky View Attendance Innovation Campaign?

As a team of psychologists, we wanted to focus more on systems level interventions, and also as part of the diagnostic criteria for Learning Disorder, we have to rule out limited access to high quality instruction. We wanted a quick way to see the total number of absences a student had over their school career. Once we got the data, we realized that absenteeism was a point of intervention that would improve school outcomes for large numbers of students, so we started a campaign to improve attendance. Initially myself and two other RVS psychologists, Kristy McConnell and Dr. Mitchell Colp, pitched the idea to a donor and the school board executive team. We developed the materials to be copyright free and usable by anyone.

How is absenteeism defined and what are some corelates to absenteeism?

We define chronic absenteeism as missing more than 18 days in the school year, or about 10%. It doesn't matter why you miss school; any absence is missed instruction. It could be because of illness, or because of a family vacation. Poor school attendance is associated with the usual gamut of negative life outcomes including academic failure, lower socio-economic status in adulthood, and mental health challenges.

What are some of the factors underlying the Rocky View Attendance Innovation Campaign?

We focused on three main areas, firstly empowering school with the attendance data, early detection algorithms, and the intervention strategies through the triangle of intervention. Secondly, educating students, parents, and teachers about the importance of school attendance. We focused on providing facts rather than myth-busting. The key facts we focused on are:

- Absences are a problem if they are excused or unexcused.
- Sporadic and consecutive absences negatively impact learning.
- Attendance patterns matter in all grades, including Kindergarten.
- Children often find it difficult to catch up on missed work.
- Parents signing off on school absences does not minimize impact.
- Parents underestimate their child's absences by 50%.
- Attendance is critical for school success.

Thirdly, reframing students not coming to school as experiencing a barrier(s) in the environment rather than blaming the child or the family. This shift in attribution was a key to creating more welcoming school environments, and also allowed for more effective problem-solving. Specifically, we broke the barriers down into barriers, aversions, lack of engagement, and misconceptions. That allowed people to focus on controllable factors and it helped steer people away from committing the fundamental attribution error.

What is the Attendance Triangle of Intervention?

Most school-based approaches currently use a Multi-Tiered System of Supports (RTI) - previously called Response to Intervention (RTI). We want to have proactive strategies to improve attendance for all students, then have specific strategies for groups of students who are at risk of chronic absenteeism, and finally, we provide individual supports for students who do not respond to the first two levels. Some of the important proactive strategies include tracking progress, student engagement, and most importantly, staff having positive connections with students.

What was the response to the Campaign and how was it measured?

In four pilot schools we were able to reduce the number of students who were chronically absent from 392 to 192 in one year. We also increased the percentage of good attenders from 83% to 93%. When we rolled that out across all 54 schools, the impact at each school shrank slightly, but we still saw a large impact.

I see this as an example of some of the systems level work psychologists can do in their organizations to improve conditions for students who are marginalized or have barriers to successful participation in society. Psychologists have a great skill set to bring to this kind of system level intervention, and there are many opportunities to do similar work in any organization psychologists work in.

Alberta Psychology in The Media

October 2019 – May 2020

Generated through PAA

Psychologist	Media Outlet	Topic
Dr. Judi Malone	Rural Health Beat newsletter	Rural life provides unique skills to cope with pandemic
	CBC News Calgary	COVID-19: Doing too much, calmly together - Some tips and strategies for helping to build our psychological health during difficult times.
	CBC radio Edmonton AM	Health care providers are using technology to offer care to patients who are self-isolating or social distancing
	CBC radio Alberta at Noon	Kids ask questions about COVID-19
	CBC radio Alberta at Noon	How are you coping with the stress created by COVID-19? What coping strategies work for you?
Dr. Judi Malone and Dr. Ganz Ferrance	630 CHED Afternoon radio	Dealing with self-isolation during the COVID-19 outbreak

Generated through you - Media

82 pieces via

630 CHED radio
770 Radio
Indian Head Wolseley News
Medicine Hat News – All Psyched Up
AskDrGanz.com
CTV News Edmonton
CTV Morning Live
CTV News Edmonton article
Alberta Beef Magazine
CBC News Calgary
CBC News National Network
Global News Morning Calgary
Global News Edmonton
Global News
Prime Time Local News - Lloydminster

thanks to

Eileen Bona
Dr. Caroline Buzanko
Dr. Jody Carrington
Dr. Ganz Ferrance
Dr. Ganz Ferrance with Dr. Karen Cohen, CEO, CPA
Dr. Larry Fong
Michelle Hamilton
Dr. Linda Hancock
Connie Leclair
Dr. Brent MacDonald
Christopher Pawluk
Aimee Reimer

Generated through you - Career Fairs and Public Speaking

Psychologist	Venue
Dr. Ganz Ferrance	Presented to the board of The Evolutionary Business Council on Racism, Unconscious Bias, Diversity, Inclusion and Equality.
Dr. Larry Fong	Presented to The Canadian Bar Association on Mediation and Personality Disorders.
Dr. Ganz Ferrance	Participated with a panel of experts on a Preskills webinar providing support to parents of children and teenagers looking to register in private schools, independent schools, or applying to colleges and universities in the US. Advising parents how to manage their children's anxieties' and stress over college applications, studies and the effects on academic future.
Edna (Teddie) Knowlton Fussell	Provided a free public webinar presentation "*Staying Mentally Healthy: Preventing Loneliness While Social Distancing*".

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

*click for full version



23 Mar

30 Jan
WHO declares COVID-19 a public health event of international concern[1]

21 Feb
PAA Pandemic Plan Draft Initiated

09 Mar
First death in Canada[2]

18 Mar
PAA Pandemic Plan Launched

Feb

Mar

Ap

25 Jan
First confirmed case in Canada[2]

15 Feb
Review world events and implications

06 Mar
First Confirmed case in Alberta[2]

11 Mar
WHO declares COVID-19 a global pandemic[1]

18 Mar



20 Mar
DRN Launched

*click for full version

PAA Pandemic Preparedness Overview & Timeline

Advocate for psychology's unique value

- Active media engagement
- Targeted communications on psychological health & pandemics
- Develop advocacy resource web pages
- Relaunch a grassroots advocacy plan to involve members

Promote the psychological health of all Albertans

- Launched the Disaster Response Network
- Priority for health care providers & first responders
- Active media engagement
- Targeted communications on psychological health & pandemics

Enhance the development of psychologists across career lifespan

- Targeted resources shared with Chelsea & Heather for students & provisionally registered members, respectively.
- DRN 101 – free webinar for volunteers & allies
- Traumatology 101 – free webinar for members
- Rescheduling workshops or moving them to webinars at future dates.

Focus on PAA's membership value

- Advocacy with BMS and facilitating communications over coverage for members.
- Co-hosted the BMS webinar on coverage together with Gowlings Legal Council.
- Targeted supports for transition to telepsychology
- Planning member panels for practice during pandemic
- Planning a townhall.
- Focus – being the reliable source of information for members.
- Regular communications with CAP and collaboration on key communications.
- Pandemic resource centre of our website.
- Regular ENews & social media updates

Ensure financial sustainability

- Monitoring funds specific to pandemic response (increased for virtual offices).
- Reduced travel expenses.
- Monitoring all related government programs and services.
- In negotiations with health trusts and the Canadian Red Cross for access funding

[1] *https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html*
[2] *https://www.alberta.ca/stats/covid-19-alberta-statistics.htm*

*click for full version

29 Apr



*click for full version

27 May



03 Apr
DRN 101 Webinar

16 Apr
Co-host
Town Hall
with CAP

11 May
Northern Alberta Flood
DRN extended

21 May
Counselling
Psychology
Panel

03 Jun
School
Psychology
Panel

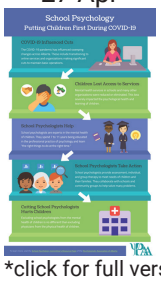
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May

Jun

09 Apr
Traumatology
101 Webinar

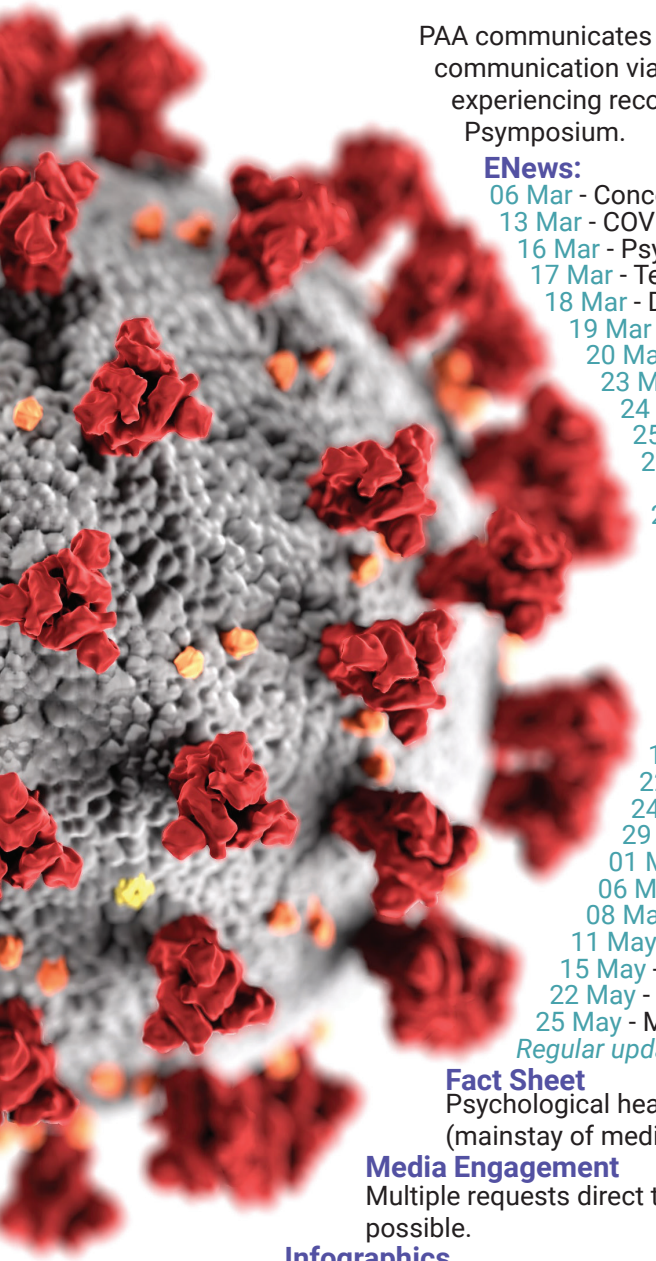
27 Apr



*click for full version

14 May
Co-host
Town Hall
with CAP

28 May
Supervision in
Psychology Panel



PAA communicates to members primarily through ENews with considerable communication via email, phone calls, and through social media. Note that PAA is experiencing record open rates for ENews and record read rates for social media and Psymposium.

ENews:

06 Mar - Concerned about the Coronavirus? Important resources inside!
13 Mar - COVID-19 Epidemiology Overview
16 Mar - Psychologist Self-Care
17 Mar - Telepsychology Resources for Members
18 Mar - Disaster Response & Telepsychology
19 Mar - COVID-19: INSURANCE COVERAGE POSITION STATEMENT
20 Mar - PAA Launches DRN for COVID-19 Pandemic
23 Mar - Telepsychology: Which Providers to Trust
24 Mar - "Journeying Together"
25 Mar - "Voting & Building Psychological Health"
26 Mar - "Member Webinar -- BMS Insurance & Gowlings Legal COVID-19 specific Questions"
27 Mar - Begin Weekly Progress Notes
30 Mar - Pandemic Practice Webinar
31 Mar - Advocacy – Psychologists' Voices Matter
01 Apr - Psychological Practice in the Face of Pandemic: How Alberta Psychologists are Adapting
03 Apr - Progress Note
08 Apr - PAA COVID-19 Survey
09 Apr - Progress Note
15 Apr - Virtual Townhall Tomorrow
17 Apr - Progress Note
22 Apr - Progress Note
24 Apr - Progress Note
29 Apr - Current and Ongoing Advocacy Efforts for Psychologists & Albertans
01 May - Progress Note
06 May - PAA COVID-19 Updated Survey & Townhall notice
08 May - Progress Note
11 May - Message Regarding the BMS Liability Insurance Program
15 May - Progress Note
22 May - Progress Note
25 May - Members Making a Difference & Getting involved
Regular updates to continue

Fact Sheet
Psychological health during pandemics and psychological coping during pandemics (mainstay of media engagement and public education initiatives).

Media Engagement
Multiple requests direct to members and via the PAA offices being accommodated to the extent possible.

Infographics
AHS requested permission to use our infographics which were also shared liberally with allies

Public Service Announcements
Videos in relation to fact sheets and infographics for YouTube, social media use, etc

New Kids On the Block

A Column for Early Career Psychologists

The Art and Science of Self-Care: Professional Health and Well-Being for Psychologists



"Likely, we are aware of what we can do, and sometimes the challenge is actually doing it."

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

Occupational hazards for psychologists in professional practice are numerous and include the stress of our role as providers, shifting role demands, changing standards in the profession, susceptibility to compassion fatigue, the struggle to maintain intimate, confidential and nonreciprocal relationships, and of course, interactions between personal stressors and the demands of our work. According to the APA's "Self-Care Resources," we are all vulnerable to these occupational stressors and certain factors increase our vulnerability. For instance, not maintaining good boundaries or getting overinvolved in the lives of our clients, unrealistic expectations on ourselves and our performance, a lack of leisure and non-work activities, overwork, poor self-care, inadequate consultation, isolation as professionals, and the stigma within the profession for those of us who acknowledge distress and impairment.

Unfortunately, the potential consequences of ignoring these professional pitfalls may be significant and can be grouped into three different domains. First, damage to psychologists themselves such as depression, work dissatisfaction, substance use, suicide, relational problems, ethical violations, and stress related illnesses among others. Second, when we lack proper self-care, we can also do damage to our clients. This is illustrated in cases of malpractice, suicide, boundary transgressions, despair or guilt, exacerbation of symptoms, and also a loss of faith in the therapeutic process. Third, we risk doing damage to the profession of psychology itself. Possibilities of being involved in lawsuits, negative media attention, the loss of credibility, cynicism and disillusionment are all potential risks.

In the hopes of not falling victim to these problems, we are invited to be cognizant of some of the warning signs of occupational burnout. Here, a list might include the following: anxiety, greater likelihood of clinical errors, difficulty concentrating or focusing, forgetfulness, depression or negative mood, impatience or irritability, persistent thoughts about our patients or intrusive imagery from traumatic material, a loss of pleasure in our work and thoughts of suicide.

So, what can we do? How do we protect ourselves from these occupational stresses? Likely, we are aware of what we can do, and sometimes the challenge is actually doing it. Nevertheless, the first place to start is to take these risks seriously: Honestly assessing our emotional and psychological well-being on a regular basis. Also paying attention to the clichéd "work-life balance." Am I resting and playing enough? Pursuing opportunities for intellectual stimulation outside the profession? It is also incumbent on us to challenge some of the stigmas associated with psychologists who acknowledge their own wounds and seek to take care of them. We can also be more committed to developing reasonable and realistic expectations about workload or professional practice. We may employ research-based self-care strategies, for example, attempting to spend a minimum of two hours in nature per week. Another important factor in professional self-care is seeking consultation with others when confronted with clinical and professional challenges. Of course, there are many other ways we can generate adequate self-care, and in these uncertain times, the art and science of doing so is certainly worth consideration.

References available upon request.

Early Membership Renewal Draw

PAA congratulates **Caroline LaPierre** (#428 out of 670), Calgary, AB as the winner of the 2020-2021 Early Bird renewal draw simply by renewing before February 29th! Caroline will be receiving a $75.00 credit towards any PAA Continuing Professional Developments events in the 2020-2021 Membership Year.

Anniversary

Join us in celebrating Cindy Kennedy's 20th year of exemplary service at PAA



"Cindy has been the mainstay to PAA and is affectionately known as "Mama Bear" to everyone in the office. Each one of us has enjoyed working with Cindy and she's been the sounding board for everyone in the office due to her tenderness listening and advice. Those outside the office have come to know Cindy through her personal demeanour on the phone and provide excellent and infectious service as this is her signature quality; Cindy has become an asset to PAA. Congratulations on reaching your 20th anniversary!"

Joanna Leung, PAA Finance Officer

"Cindy, you fill the office with kindness and humour. I enjoy your positive vibes every day. Cheers to your PAA loyalty and all your amazing years of work. You're truly inspiring!"

Kim Bernard, PAA Communications Officer

"I always like that she's very helpful. Whenever I have a question she knows who I should talk to, or how to answer my question herself. Also I find her to be a good person, so it's always nice to chat with her about how she's doing and what's going on for her."

Dr. Erin Buhr, R. Psych (AB), Glenora Registered Psychologists

"Cindy has been a joy to work with as she always has a positive attitude and a smiling friendly face when anyone arrives at the office. I have always admired her compassion and patience with dealing with difficult people (especially managing emotional clients looking for referrals and those egotistical and demanding members we have! lol)"

Tamara Stuart, R. Psych (AB), MacEwan University

"Cindy is an institution all on her own! In my years interacting with Cindy, she has impressed as striking a balance between friendliness and professionalism. Cindy seems calm and unflappable as she carries out the many tasks she does on a daily basis, and seems to always have a smile and ask how my kids are doing. I think Cindy is a major asset to the PAA and a major reason the office has run as well as it has all these years."
Warm regards,

EJ, Everett J. Vroon, M.A., R. Psych (AB), Glenora Registered Psychologists

"Fantastic support - if I ever need anything, Cindy is there with a quick and accurate response. She's the SIRI of the PAA!"

Dr Brent MacDonald, R. Psych (AB), Complex Learners

"Even though I've only been working with Cindy for a couple of months, I can definitely say that she is a person of great diligence, poise, and meticulousness. She had taught me what it is like to be organized, procedural, and properly juggle priorities. Her morning greetings are always a treat and puts a smile on my face whenever I step through the front door arriving at work."

Simon Mak, BSc. Psych, Membership Officer

"Cindy, with her remarkable sense of humour and caring towards each and every staff member and PAA member, is one of the most organized and reliable people that I have ever met. Thank you so much for taking care of each and every one of us, Cindy!"

Dr Judi L Malone, R. Psych (AB), PAA CEO

"In all the time I have known Cindy she has been the cheerful and welcoming voice of the Association. Aside from being very knowledgeable and efficient, Cindy makes everyone who calls in feel special and she does a fantastic job of getting the information needed or directing the caller to the proper information. Cindy's infectious cheerfulness picks up everyone who comes into contact with her. Her demeanor truly represents what a psychology association should be like."

Dr. Stephen Carter, R. Psych (AB), Glenora Registered Psychologists

"She is the epitome of emotional regulation—she is consistently calm, reasonable, and able to respond positively to almost anything coming at her. What a wonderful gift she provides PAA in her ability to self-regulate her emotional reactions when our public figures around the world seem less and less capable of doing exactly that."

Bonnie Rude-Weisman, R.Psych. (AB).

"When I first joined the board Cindy was actually the person that I felt most welcomed by. She has such a kind, warm and energetic smile and I really appreciated that.
She is also so helpful and kind and I appreciate all she does for the PAA!"

Nicki M. Wilson, R. Psych (AB), PAA President

"Cindy has always been such a pleasure to work over the years that she has been with PAA. She's cheerful, efficient and effective with all she's done and has been a huge asset to our organization. Congratulations on 20 years of service to psychology in Alberta!"

Dr. Deb Dobson, R. Psych (AB).

"Cindy has always been very upbeat, friendly, warm, and competent. Despite my small amount of time at the office itself, she cheerfully greets me "by name" whenever I arrive."

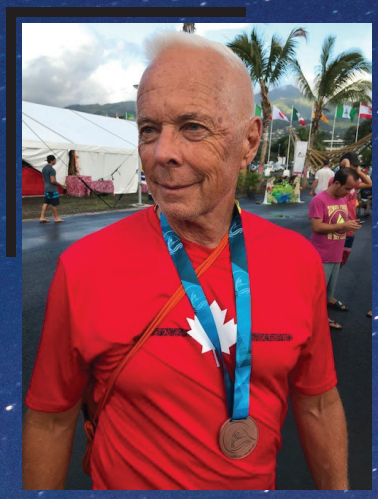
Dr. Lynda Phillips, R. Psych (AB).

"Working with Cindy is a pleasant experience start to finish. Her positive attitude, welcoming smile, and cheerful attitude make every interaction pleasant."

Brittany Stevenson

Ethics – The Impossible Imperative

Informed Consent – The Sun, The Moon and The Planets

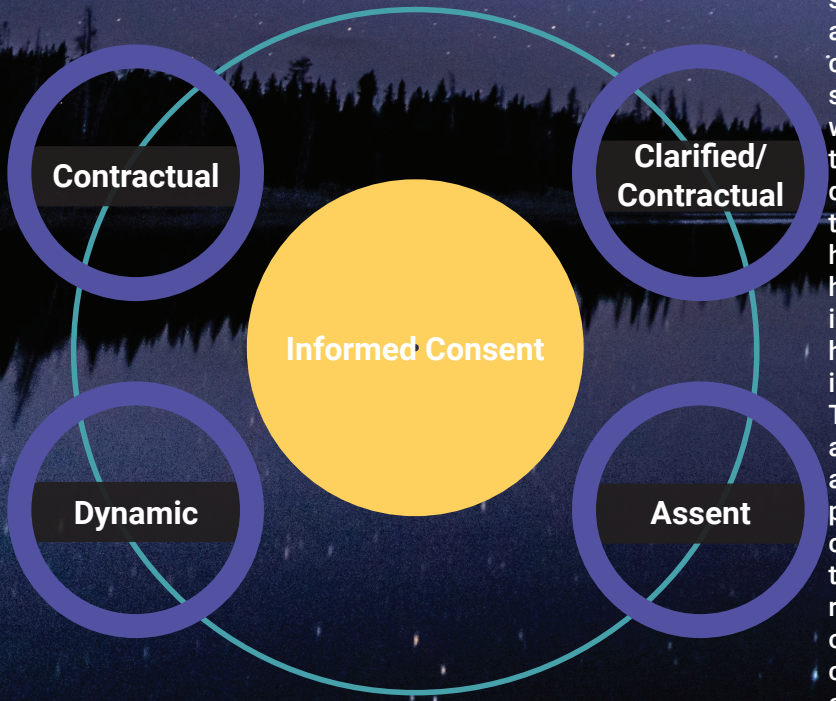


"Too often psychologists see consent as a contractual endeavour which stands alone."

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

A recent article on ethics in a medical journal used the metaphor of informed consent as the sun, around which the planets of privacy, confidentiality, dignity and trust orbited. I have borrowed this metaphor using consent as a sun of sorts and contractual consent, clarified contractual consent, dynamic consent, and assent as the planets.

Too often psychologists see consent as a contractual endeavour which stands alone. It is employed as a process of indemnification – reduction in risk to the psychologist. In this regard certain populations within our discipline seek rules, guidelines and standards which protect them from potential concerns or complaints. Informed consent forms often run several pages in length, and like the agree button associated with an Apple download, are signed pro forma by patients. This approach to consent can be thought of as the most basic of four levels associated with informed consent: the purely contractual.

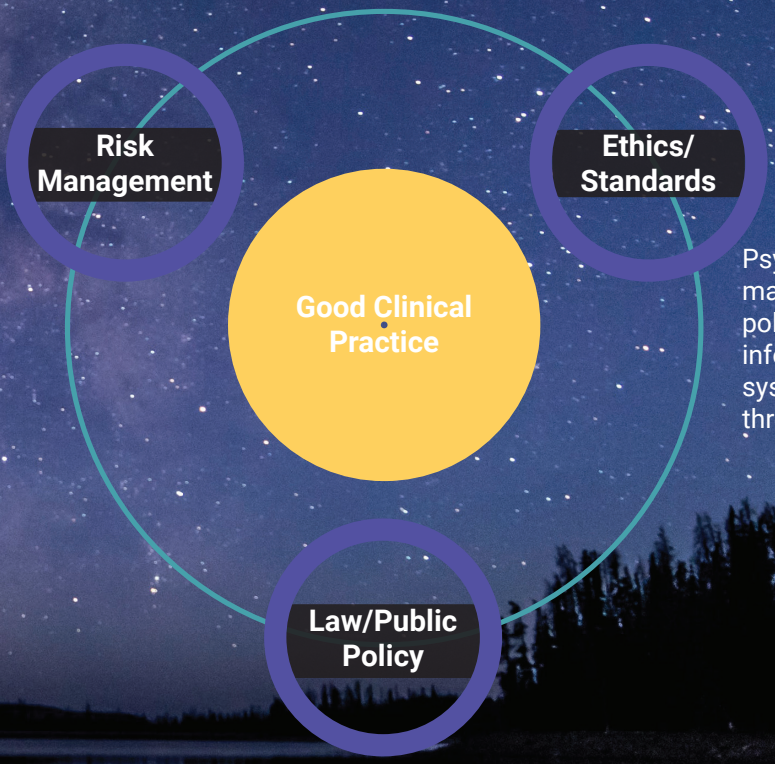


As a contract, consent lays out roles and responsibilities; limits and expectations. In the most detailed sense, I have seen consent forms which attempt to limit the patient's rights to withdraw from the professional activity or the particular psychologist. In one instance, a fine print line in the document stated that, in signing, the patient was relinquishing any right to ever make a complaint! This form of "ski hill" indemnification by the way would never hold up if scrutinized. The College has sought to address this simplistic, more legal and structural form of consent by instilling a second level of consent which is clarified consent: that a psychologist must discuss consent with the patient, and so note having done this. Like an honest car salesman, it is telling the customer how much that accrued interest will really be. These first two levels are about contract, and an emphasis upon the patient as informed consumer. They are the first two planets rotating around the sun of informed consent: contractual and clarified contractual consent.

However, there are two other planets which need inclusion and sadly, for many psychologists, discovery. The first is the concept of dynamic consent. Though they have signed and you have read them their rights, dynamic consent

pertains to the immediacy of response, contact to contact. In treatment or assessment clinicians refer to this as alliance, coherence, or collaboration. The professional relationship may ebb/flow based upon the dynamics of the encounter and in fact pertains to both treatment and assessment. Need for clarity and response to patient state of mind is central to dynamic consent. Increasingly there is emphasis upon feedback and solicitation of information from patients relative to particular clinical activity. Patients are queried as to impressions regarding the process. Ruptures or provocations which impact the relationship are the stuff of dynamic consent, and critical to honouring contractual and informed contractual consent.

Finally, there is the concept/planet of assent. This word translates to approval which for our purposes means a convergence between the psychologist and the patient toward a particular end. Each understands and appreciates the task and is in accord. This stance cannot be assumed to be achieved solely through contractual/informed contractual means, nor will persist without dynamic, session to session, even moment to moment attentions. It is in fact what best clinical practice is about.



Psychologists have been admonished to think about risk management, ethical codes and standards, law/public policy and good clinical practice. Regarding the next step in informed consent, I would suggest you create another solar system with good clinical practice, the sun and these other three considerations the planets which there orbit.

Timely, Topical, and even Controversial

Some "thinks" only a psychologist can believe!

PAA podcasts by *Dr. Jon Amundson* have reached over 6,000 downloads! Thanks for tuning in!



Just a few recent topics:

- *Transgender early intervention*
- *Moral courage and moral injury*
- *Update on cannabis in clinical practice*

Visit http://amundson.podbean.com/ for more!

Working with Animals in Practice

TERMINOLOGY



"There is terminology for partnering with animals to help people. Understanding these terms may help practitioners discern whether training may be necessary to partner with animals in professional capacities."

By Eileen Bona M.Ed, R. Psych

The following are some commonly agreed upon terms for working with animals in practice:

Animal Assisted Interventions (AAIs)
"AAIs are therapeutic processes that intentionally include…(certified) animals… Animal-Assisted Therapy, Animal-Assisted Activities, and service animals are some examples of animal assisted intervention" (Fine, 2006).
AAI is an umbrella term that encompasses all ways of incorporating animals to help others.

Animal Assisted Therapy (AAT)
"AAT is a goal-directed intervention in which a(n) (certified) animal is an integral part of the treatment process. AAT is delivered by a health… professional with…expertise in AAT and within (his/her scope of practice)" (Pet Partners).

Key Features:
- Animal is certified.
- Goals and objectives.
- Professional is within scope of practice and certified in AAT.
- Progress is measured.

Examples of Goals of AAT:
Physical Health - Improve motor skills
Mental Health - Reduce anxiety, process trauma

Animal Assisted Education or Learning (AAE/L)
AAE/L incorporates animals into the learning environment. The certified animal in educational settings is either the subject of the lesson plan or is included to enhance the learning environment.

Key Features:
- Animal is certified.
- Educators, aides or knowledgeable volunteers are trained in AAE/L.
- Educational content is planned and can be within or outside the classroom.

Examples of AAE/L
- Reading Assistance Programs - certified animals are read to by people who are reading-challenged.

Animal Assisted Activities (AAA)
"AAA provides opportunities….and therapeutic benefits to enhance quality of life. AAA are delivered…by trained professionals, paraprofessionals, and/or volunteers, in association with (certified) animals" (Pet Partners).
What does this mean?
AAA involves animals visiting people. There are not usually measurable goals or qualified professionals involved. This is often referred to as "Pet Visitation." The term "Pet Therapy" is outdated.

Key Features
- Treatment goals are not planned.
- Animal is certified.
- Animal handler is certified.

Examples of AAA:
- Certified AAA volunteers take their certified animals to nursing homes to "visit." No formal goals are set.

Animal Assisted Crisis Response (AACR)
"(AACR) gives…trained professionals an additional means….to help people affected by crisis. AACR teams can be used to establish rapport…normalize the experience, and act as…a catalyst for physical movement" (Greenbaum, 2006).
What does this mean?
AACR professionals are trained both in crisis response and AACR. They work alongside certified therapy animals to relieve stress and build bridges between them and people in crisis.

Key Features
- No treatment goals.
- Help people in crisis.
- Professionals are cross trained in crisis and animal assisted methods.
- Animals are certified for crisis situations.

Example of AACR:
- A person is rescued from a burning house and cannot tell responders if others are in there. The AACR team (professional and certified dog) assist the survivor to de-escalate and give information.

These are the most common terms for working with animals in the helping profession including mini horses. When working with ponies, full sized horses, donkeys or mules, the terminology is equine specific.

Extended Article Here

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

Student's Corner

Student's Corner is a section of Psymposium dedicated exclusively to information of particular interest to students. If you have any questions about the information shared here, or if you would simply like to connect, please feel free to email Chelsea Hobbs, Student Director on the PAA Board of Directors.

That's me!



What type of resources would you like to see on our PAA Student Resources wepage? Email Chelsea Hobbs, Student Director with any ideas or suggestions you might have!

Did you know the PAA has a YouTube page? Check it out here!

Looking to connect with other students? Join our PAA Student Facebook Group!

Are you aware of all the benefits your PAA membership offers? Check out the Benefits & Services to learn what your PAA membership can do for you!

Curious to meet our current PAA Campus Representatives? Interested in becoming one? Visit the PAA Campus Representative webpage for more information on this position and how to apply!!

Alberta Science Fair 2020 - Cancelled

The Psychologists' Association of Alberta Behavioural Science Award is given on an annual basis to the best senior project demonstrating insight into the psychological study of behaviour, emotion and/or cognition.

Due to the increasing threat of the COVID-19 pandemic and information from Alberta's Chief Medical Officer, all 2020 Alberta Science Fairs were cancelled.



Youth Science Canada was cancelled this year, a Canada-Wide Science Fair which was to be held in Edmonton. This is the first time in 59 years that this fair has been cancelled.

A science fair is an extremely rewarding experience allowing young scientists to showcase their scientific work.

On behalf of PAA and staff we would like to thank all our 2020 Alberta Science Fair volunteers who offered their time and professional experience for this year's cancelled events.

Quality volunteers are the bricks that hold non-profit organizations together.

We couldn't survive without you!

The Supervision Column

Supervision in the COVID-19 Era



"Just as COVID-19 has exposed the flaws in our society (e.g., gaps in our health care system, our care of seniors), moving supervision on-line can expose vulnerabilities in our supervisory practice."

By Dr. Jeff Chang R. Psych.

This column was supposed to have part two of my interview with Dr. Rod Goodyear. Instead, I'm going to discuss supervision during COVID. I assume that readers have received training or read thoroughly on the clinical and ethical nuances of on-line service delivery, established secure online platforms, and revisited informed consent with our clients to highlight the differences between on-line and in person meetings. Suffice to say that supervision requires the same level of confidentiality and informed consent as our clinical services.

Just as COVID-19 has exposed the flaws in our society (e.g., gaps in our health care system, our care of seniors), moving supervision on-line can expose vulnerabilities in our supervisory practice. A tenuous supervisory working alliance or unclear mutual expectations in supervision are just two of the many problems that could be exacerbated by moving supervision on-line.

As with therapy, the working alliance is the biggest contributor to outcome of supervision. But because supervision is evaluative, the parallel is not perfect. Think of supervision as a form of leadership. During these COVID times we have seen some sterling examples of leadership – supportive, affirming, and positive (when appropriate), while being direct about problems and changes that are required – similar to the characteristics of a solid supervisory alliance. If the alliance is tenuous, our supervisees might be more prone than usual to supervisee nondisclosure. About 85% of supervisees acknowledge intentionally withholding information from their supervisor. Supervisees may not disclose because of fear of evaluation, feelings of inadequacy, factors that interfere with a productive supervisory alliance such as feelings of disqualification, annoyance with their supervisor's idiosyncrasies, or even attraction or feelings of dependence. During COVID, these feelings might be amplified. And if we as supervisors are not at our best (which is pretty likely right now), we may be less patient and supportive, and more irritable. Our problematic idiosyncrasies might show up more. This can exacerbate nondisclosure and send the supervisory relationship into a tailspin. Use the transition to on-line to check in, ask for feedback ("Maybe I have not quite been myself lately with everything that's going on. How can I support you?"), and review how your alliance is faring.

The uncertainty created by hazy expectations can be amplified by COVID also. A clear supervision contract helps. Ideally, this should go far beyond the minimal information that CAP requires in supervision plans. Thomas (2007) has a comprehensive format for a supervision contract that covers supervisor's background, mutual responsibilities, supervisory methods, confidentiality, documentation, risk and benefits, evaluation, dispute resolution, professional development goals, duration and termination of the supervision contract, and many other areas. Hopefully, you've had something like this in place from the beginning. If not, there is no time like the present to tweak things. Take the opportunity, now that your supervision has moved on-line, to renew or develop your supervision contract. Clear expectations orient both the supervisor and supervisee, providing a container for the response of both to the present COVID crisis.

Finally, care for yourselves and care for your supervisees during these unprecedented times.

Recognition

PAA would like to recognize Dr. Jenny McAlister and Dr. Lauren Walker on receive the honour for Edmonton and Calgary Avenue Magazine's "Top 40 Under 40" 2019

Dr. Lauren Walker was nominated for developing "groundbreaking programs to help patients suffering from cancer-related sexual difficulties, one of the most distressing but often ignored side effects of treatment."

Jenny McAlister was nominated for improving the health of both individuals and communities.

Continuing Professional Development

Primers

One-hour recorded overview of the topic. Watch anytime, anywhere. ($40 + GST). Contact Simon (Simon@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**
Psychology of Cannabis Addiction - **Dr. Jonathan Stea**
DIY Videos for Your Therapy Site or YouTube Channel - **Dr. Kyler Shumway**

Past CPD

Traumatology 101: Psychology During a Pandemic Webinar
Online, 09 April 2020 - over 500 registered
*Recording Available for viewing ($0 for Members)

Pandemic Adaptations Panel: Counselling Psychology
Online, 21 May 2020 - over 40 registered
*Recording Available for viewing ($0 for Members)

PAA Members Connect
Online, 26 May 2020

Pandemic Adaptations Panel: Supervision in Psychology
Online, 28 May 2020 - over 30 registered
*Recording Available for viewing ($0 for Members)

Upcoming

Pandemic Adaptations Panel: School Psychology
Online, 03 June 2020 (more)

Biting the Bullet: Exposure Therapy for Phobic Avoidance Disorders
With **Janet Caryk M. Ed.**
Edmonton, 10 September, 2020

Geropsychology Research & Practice: Helping Our Clients, Helping Ourselves
With **Candace Konnert, Ph.D.**
Edmonton, 17 September, 2020 (more)

General Assessments for Counselling Psychologists
With **Jamie Dyce, Ph.D.**
Edmonton, 08 October, 2020 (more)

EPPP Prep: Memory Boosting Learning Strategies
With **Michele Pentyliuk M. Ed.**
TBA, 16 October 2020

Forensic Practice: What Every Psychologist Should Know
With **Dr. Roy Frenzel**
Edmonton, 23 October, 2020 (more)

EPPP Prep: Memory Boosting Learning Strategies
With **Michele Pentyliuk M. Ed**
TBA, 30 October, 2020

Trauma & PTSD in First Responder Populations
With **Dr. Megan McElheran, Ph.D.**
Calgary, 27 November, 2020 (more)

In the Oven

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



On behalf of PAA, we would like to thank you for your dedication to the profession, and in particular the following roles: **PAA's Board, Committees, Task Forces, Representatives, Editor, Contributing Columnists, Practice Advisors, Disaster Response Network, 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.

We appreciate your generous contribution of time and are so lucky to have you as a PAA volunteer.

The Universe Within

Navigating Through Difficult Times



"I'm not afraid of storms, for I'm learning how to sail my ship."

- Louisa May Alcott

By Gwen Randall-Young R. Psych

We have been living in strange times and it is still challenging to try to make sense of it. Never before has it happened that the entire world was under threat at the same time.

A rare twist of fate rendered us as vulnerable, turning our world upside down. For many, the bubble of security in which we lived has burst. The solid ground of our lives began feeling more like thin ice. If we are grounded and centered in the personal world of our own construction, who are we when some unexpected event results in its deconstruction?

Much as we may have the illusion that we are in control of our lives, we do not know which of our many possible futures will play itself out. Ego is shocked when its defining aspects are suddenly non-existent. If the job no longer exists, the home, community or city is destroyed, health is unstable, or loved ones are lost, ego can collapse. It is as though those aspects were the pillars that held ego aloft, and if even one falls, the whole structure that was ego can come crashing down.

Our world was thrust into an existential crisis, at both individual and global levels. Everything that we counted on and saw as real and stable suddenly changed.

Buddhism teaches about the suffering that is caused by attachment. The more attached we are, the more we will suffer when we lose something. I am thinking of the intricate sand mandalas they create. It takes four of them an entire week to create the intricate design with many colors, each at a different elevation and not one grain of sand where it does not belong.

At the end of the week they sweep it all away, with people filling a small bottle with the now mixed up sand, to take it back to the ocean from whence it once came. The task is to demonstrate impermanence This pandemic has swept away our notions of permanence and stability.

We must acknowledge that everything in life is temporary and transient. Nothing stays the same, and there are no guarantees. Eventually, we must let go of everything. We have to think about that once in a while, so that our inner compass keeps pointing in the right direction.

This is a huge wake-up call. We will never be the same. Hopefully we become stronger, wiser, more caring and resilient beings. For now, we are all on the same team. At every level, we see a deep level of concern for the welfare of our human brothers and sisters around the world.

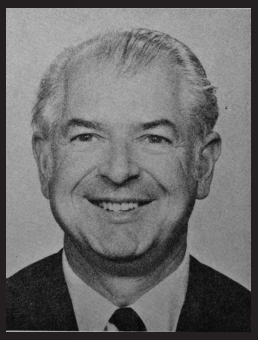
We are reaching out to neighbours we never knew before this. We are thankful in a way we never were, for all those who work to keep society going.

This is a side effect of the pandemic, and one we can live with.

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

Condolences

The PAA's Board and staff expresses their deepest condolences to Meredith Gibson, and her children on the loss of their father and grandfather, Dr. Barry Frost.



Professor Emeritus Barry Frost Ph.D. of the University of Calgary died in London, England, at a nursing home on the 6th February 2020 aged 93 years. Barry was a member of, and later on the Board of, t he Psychologists' Association of Alberta (President, 1971-72); a member of the Department of Educational Psychology from 1961, and Head of the Department (1972-75). He founded the Psychoeducational Clinic, based in the department, to help school children and train clinical and educational psychologists. Barry's other contributions included Founding President of the Canadian Association of School Psychologists; Vice Chairman, Early Childhood Services Coordinating Council (Government of Alberta). Barry and his wife Ruth, who predeceased him, retired to Australia and then England. His daughter, Meredith Gibson, survives him along with his two grandsons, Alec and Niall, of whom he was very proud.

Penned by: **Roy I Brown Ph.D., Emeritus Professor University of Calgary**
Philip Eaton Ph.D.

It is with regret that we acknowledge the passing of Lifetime Member Sharon Comstock, who passed away on May 22, 2020 at Red Deer Hospital.

Notices of condolences for colleagues can be shared with the PAA at paa@paa-ab.ca

Looking to advertise in a future issue of Psymposium or on our website?
All deadlines and advertising rates are available on our website https://psychologistsassociation.ab.ca/classifieds/advertise-with-us





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.

Fully Registered psychologists PAA members and now Provisional Psychologists can join the Referral Service throughout the year. With the PAA Referral Service averaging over 1700 online monthly searches and numerous telephone requests, the annual fee of $200.00 plus GST (prorated after 01 May) will bring traffic with the click of a button.

Participating psychologists' contact information are listed on our online directory. Their 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, and planned enhancements, the PAA Referral Service is an ideal advertising strategy for those in private practice.

Contact Simon at Simon@paa-ab.ca for more information.

New PAA Board Members

Join us in welcoming our latest board members!

Stay tuned for a featured section of our new board members in the September issue of Psymposium



Dr. Jacqui Linder, R. Psych.



Dr. Sandra Dixon, R.Psych.



Tamara Austin, M.A., R.Psych.

MEMBER BENEFITS

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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.

**under pandemic protocol review*

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

Friday 02 October 2020

Telus Convention Centre, Calgary