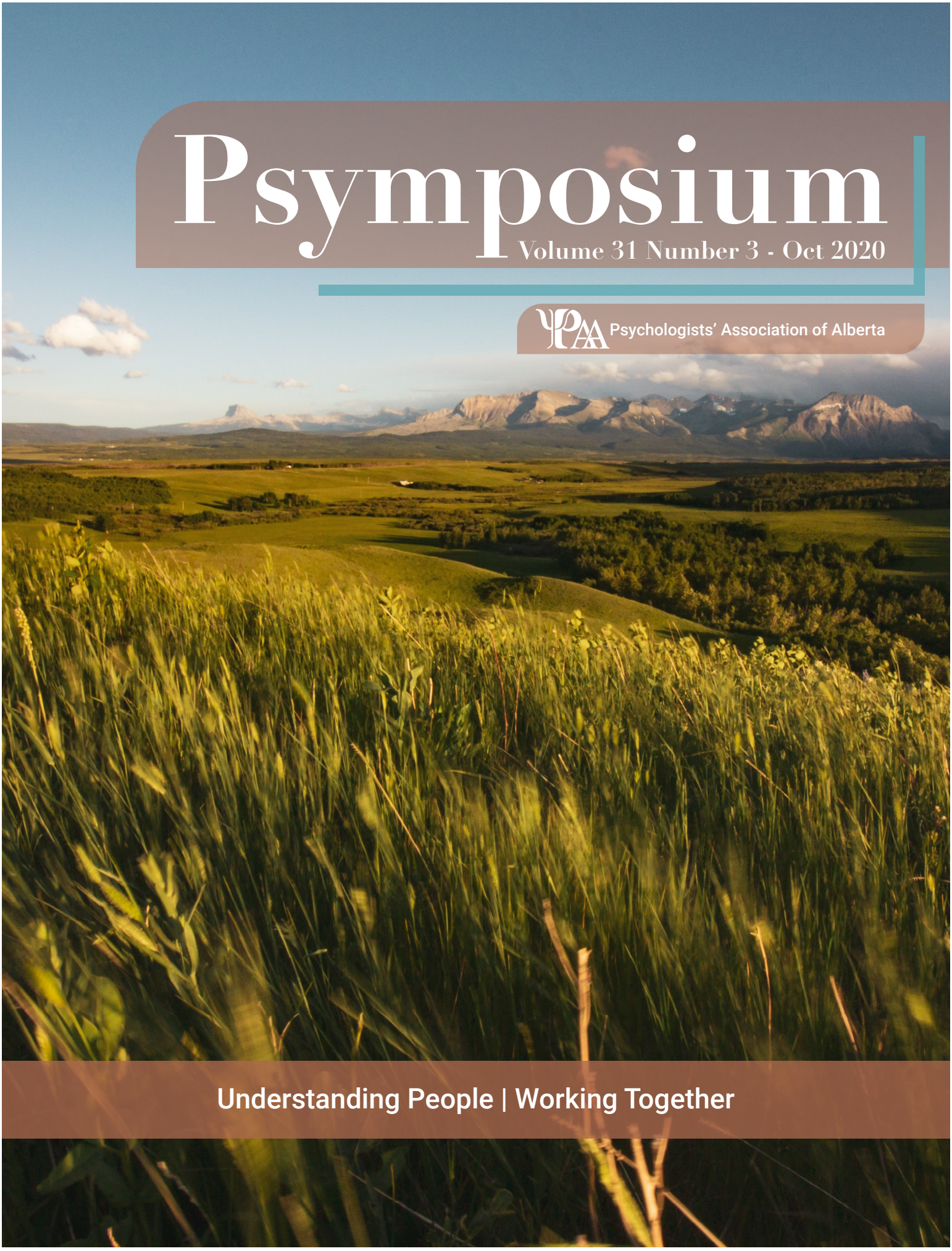
Psymposium

Volume 31 Number 3 - Oct 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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Psychologists' Association of Alberta
Suite 101, 1259 - 91 Street SW
Edmonton, AB T6X 1E9
1-888-424-0297
paa@paa-ab.ca
www.paa-ab.ca

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.

Stay Connected
Like us on Facebook, Tweet us @PAAlberta, and follow us on LinkedIn. Stay up to date on the latest from PAA

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PAA Staff

Administration Officer	Cindy Kennedy Email: paa@paa-ab.ca
Executive Assistant	Ada Nieminen Email: ada@paa-ab.ca
Communications Officer	Kim Bernard Email: kim@paa-ab.ca
Finance Officer	Joanna Leung Email: joanna@paa-ab.ca
Membership Officer	Simon Mak Email: simon@paa-ab.ca
Student Intern	Jetta Paradis Email: student@paa-ab.ca

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Editor's Letter



"Each one of us, and collectively as psychologists, can make a big difference in our community, provincially, and even on a global level."

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

If we think about what the world has been through over the past few months it seems surreal - as some would say, "like something out of a movie", but this is our reality. As psychologists, we are called into action to help others on a multitude of levels – individually, with couples and families, within schools, and in our communities, to name a few.

Psychologists' role during this pandemic is an important one and ideally a global priority. A fundamental right of overall health as described by the World Health Organization is, "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity".

From the onset, on a macro-level, we have seen struggles emerge from quarantine and social distancing, personal protective equipment, return of children to school, social media, racism, the economy, government/political responses and stress on medical systems. On a micro-level, we have seen increased domestic violence, stress from financial hardship, depression, and panic/anxiety, or as some researchers have noted "COVID Stress Syndrome". Pandemics bring with them a sense of confusion and uncertainty and as rates surge and decline it is understandable people would begin to also experience "pandemic fatigue".

Each one of us, and collectively as psychologists, can make a big difference in our community, provincially, and even on a global level. There are so many ways we can lead, educate, and build innovative mental health services, promote self-reflection and simply help others. We are in this for the long haul and our world needs our help more than ever.

PAA Editor-In-Chief
Michelle Vandegriend, Ph.D., R. Psych.
Certified Gottman Therapist
www.stalbertcounselling.com
Email: mvandegriend@stalbertcounselling.com

Timely, Topical, and even Controversial

Some "thinks" only a psychologist can believe!

PAA podcasts by *Dr. Jon Amundson* have reached over 6,300 downloads! Thanks for tuning in!



Just a few recent topics:

- *mental health by the numbers in COVID-19*
- *systemic racism*
- *the social contract*

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

Alberta Psychology in The Media

May 2020 – August 2020

Generated Through You - Media

17 pieces via

630 CHED radio
Indian Head Wolseley News
Medicine Hat News – All Psyched Up
CTV News Edmonton
Global News Morning Calgary
Global News Edmonton
Surviving to Thriving During the Pandemic
Peak Potential Success Show
Talk Time with Sean & Shawna

thanks to

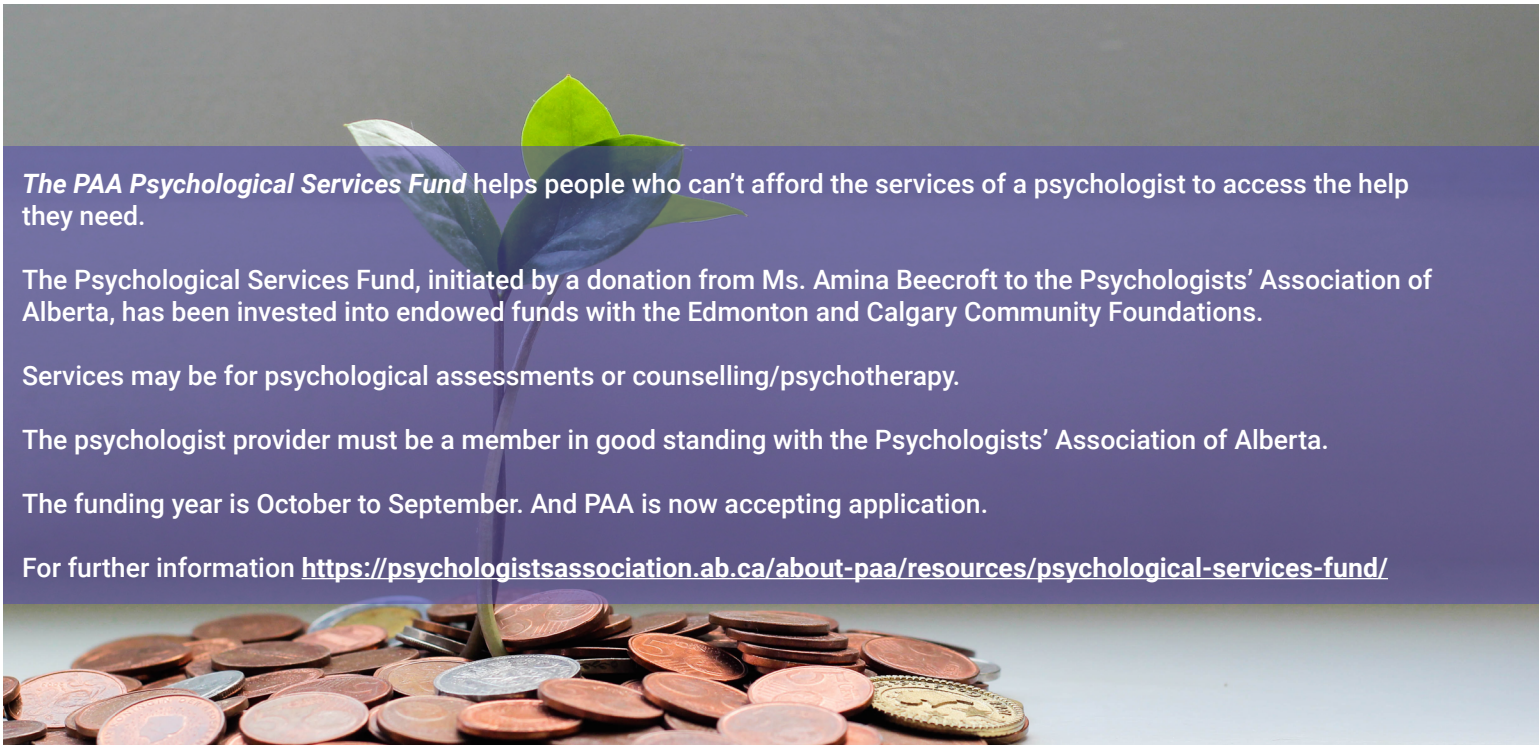
Dr. Ganz Ferrance
Dr. Linda Hancock
Aimee Reimer
Nina Hornjatkevyc
Tanya Anderson
Mallory Becker
Dr. Angela Grace

Generated Through You - Career Fairs and Public Speaking

Psychologist	Venue
Cinder Smith	Provided a private Zoom presentation on what do psychologists do? And, what education and training is required to become a psychologist to MacEwan University Education Facilitator and her student.

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.

PAA Psychological Services Fund



The PAA Psychological Services Fund helps people who can't afford the services of a psychologist to access the help they need.

The Psychological Services Fund, initiated by a donation from Ms. Amina Beecroft to the Psychologists' Association of Alberta, has been invested into endowed funds with the Edmonton and Calgary Community Foundations.

Services may be for psychological assessments or counselling/psychotherapy.

The psychologist provider must be a member in good standing with the Psychologists' Association of Alberta.

The funding year is October to September. And PAA is now accepting application.

For further information https://psychologistsassociation.ab.ca/about-paa/resources/psychological-services-fund/

Notes From the CEO's Desk



"The good life is a process, not a state of being. It is a direction, not a destination."
- Carl Rogers

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

What does your leadership journey look like? Psychologists have long targeted goals – in treatment, education, research, and practice. After all, we are evidence-based professionals and the science of psychology flourishes with outcome-informed measures. And yet, achieving goals does not fully speak to how we lead as psychologists. As Carl Rogers suggests, the journey towards reaching a goal is the real essence. As we take on crucial roles during this pandemic, psychology's leadership takes center stage.

Leading Advocacy
The time is always now for advocacy. Grassroots lobbying initiatives are essential to success. Active participation is crucial. Psychologists are uniquely trained in a vast array of areas and have natural networks and spheres of influence. This positions us to develop core relationships with key players, to promote the value of psychology, and increase access to services.

Leading Psychological Health
As leaders, psychologists seek to positively transform people and organizations. And it is that transformation that represents the journey of which Rogers spoke. Psychologists are ideally placed to realize change with our training and skills in human behaviour, effective communication, and problem solving – balancing both human and organizational needs.

Leading our Profession
Considering leadership? Determine what excites you, start small, find areas of need, seek out training, lead well, say yes to opportunities, find leadership mentors, attend conferences and continuing professional development events, and ask for feedback. PAA has many opportunities ranging from our volunteer pool to committees through to our board of directors.

Leading our Association
PAA is the voice of, and for, psychology in Alberta. We are the voluntary body that advocates for psychology in Alberta, informs the public and the media, and advocates for consumers of psychotherapy, psychological, and mental health services. It is an honour to be amongst the leaders of our great association.

PAA Values Inclusion
PAA recognizes the responsibility to advocate for Alberta's psychologists & acknowledges psychologists as leaders in the field of psychological health. Additionally, PAA supports the profession of psychology through the development of high-quality resources & professional development.

In closing…
PAA values leadership and we honour our responsibility as leaders in health. Most of all, we value and appreciate the contributions of every member. We can, and do, make Alberta a psychologically healthier place to live. With the pandemic, and the growing psychological need, that leadership is essential.

Together, for health.

Judi

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Tools in the hands of each client working toward behaviour change

A professional portal providing value to your practice
Promoting the regaining of agency & self-efficacy
HIPAA and PIPEDA compliant

How are you maintaining your client's needs in the face of this current landscape?

Board meeting dates 2020-2021



02 October
06 November
05 February 2021
06, 07, & 08 May 2021
03 October 2021

Board Notes



"It is even more critical now during the pandemic to connect with others..."

By Nicki Wilson, R. Psych

To our valued members,

Covid-19 has changed many aspects of our lives. Many important social connections that we used to engage in may now be considered unsafe and possibly detrimental due to the virus. Many in-person social connections have been replaced with virtual connections, and while this may be temporarily fulfilling it often does not replace the feeling of overall isolation and often it is not enough to fulfill our need to socially connect.

Although we are aware that this need to physically distance and socially isolate is critical in order to help reduce the spread of Covid-19 it does not come without consequences. We are seeing increased mental health issues in many areas including the impact of loneliness and isolation.

It is even more critical now during the pandemic to connect with others as we know that insufficient connection has many negative impacts on our cognitive, mental, and physical well-being including a reduced immune response, increased negative effects of stress and a decreased capacity for resilience. Social connection can help mitigate the negative effects of stress, increase feelings of positive well-being, regulate emotions, increase self-esteem and confidence and even increase our immune functioning. Overall, there are many benefits of social connection that cannot be overlooked.

As psychologists our roles and responsibilities are more important than ever as we are called upon for support, consultation, collaboration and leadership, and for many of us we are asked to do so in new and unchartered areas. We must not overlook the serious impact that this pandemic may be having on our own cognitive, mental and physical health. It is not just our clients that we have to care for and support. It is critical that we take time for self-care and look for social connection from others including our own colleagues as we navigate all the new challenges we face in our careers.

Connection with our colleagues during this time can be valuable as it may help align the profession, help us learn from one another, problem solve, share thoughts and opinions, open up new channels for connection, and make us more efficient in our roles.

The PAA is currently offering regular opportunities for connection through our PAA Members Connect Series. Dr. Judi Malone and board members offer one-hour virtual sessions and invite all members to come together and connect as we navigate these ever-changing times in our profession.

PAA Members Connect is a chance to connect with PAA members across the province and discuss the most pressing issues we are all facing. This informal online forum will use video conferencing to enable us to have a face-to-face conversation in real time. Please join us on September 16th and October 8th from 12-1 pm. Registration is available on the PAA website. Please look for other future dates as well. We would love to connect with you!
Your President,

Nicki Wilson
MS.C, R. Psychologist

Professional Support - CAP or PAA?

	Organization Descriptions	
Professional Guidance Department		**Practice Advisor Program**
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.
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.	**Program Descriptions**	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.*
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.	**Eligibility for Services**	PAA full members can access practice advisors. PAA currently does not provide provisional or student members with practice support.
Edmonton Phone: 780-424-5070 or **Alberta Toll Free:** 1-800-659-0857 **Email:** psych@cap.ab.ca **Website:** www.cap.ab.ca	**Contact**	**Edmonton Phone:** 780-424-0294 or **Alberta Toll Free:** 1-888-424-0297 **Email:** paa@paa-ab.ca **Website:** www.psychologistsassociation.ab.ca

Ethics – The Impossible Imperative

The Ethics of Black Lives Matter



"Psychologists have a special role in this process, not based upon ideology nor political pre-disposition, but the body of research that demonstrates the reality of the situation we find existent."

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

Though this particular column will no doubt come out down the road from the actions associated with the BLM moments, it is merited for it addresses what psychologists ought appreciate/ speak to. In particular, we are admonished in Principle 4 of the Code of Ethics, Responsibility to Society to:

"*If structures or policies seriously ignore or oppose the principles of respect for the dignity of persons and peoples, responsible caring, integrity in relationships, or responsibility to society, psychologist involved have a responsibility to speak out in a manner consistent with the principles of this code and advocate for appropriate change to occur as quickly as possible*" (Canadian code of Ethics for Psychologists - 2017- Principle 4, p. 31) and we would add when it comes to the epic response to the death of George Floyd how can we not be involved? If people in Italy, Greece, New Zealand and so on are involved, how can we not be, as well? However, our involvement is of a specialized sort. We ought to bring to this the distinctions and points of articulation which define our understanding of these matters psychologically.

I refer specifically to the social psychology and cognitive research on systemic racism, as such would be present in the social and behavioural sciences. From the death of Emmett Till, overt/ explicit racism became unmasked. Explicit racism was and is reflected in overt, clearly discriminatory acts; for example, disappearance and reduction in:

- Segregated facilities;
- Separate but unequal educational institutions
- Jim Crow policy and legislation,
- Membership in/ subscription to large white supremist movements (i.e. in 1926 30,000 KKK robed members staged a march in Washington D.C, and,
- Voter exclusion

Such momentum existed so that by the 70s and 80s almost no one was self-defined as racist. The challenge to and decline of explicit racism was a turning point and has led to the second turning point in the 21st century - the unmasking of systemic racism.

From the day the black panthers presented themselves on the steps of the California legislature armed under open carry laws - ironically, this was the only time the NRA supported gun control- there began confrontation regarding systemic racism (1). Their message was simple:

'We shall not be your negro as such would be defined by white privilege or systemic implicit assumptions regarding what constitutes/defines 'legitimacy': to be seen through white privilege which infuses systemic racism: defining what is 'acceptable' for the black man or woman to be.'

However, such violent confrontation with black assertion led to the appreciation today of implicit racism. Here psychology has much to say. Greenwald and Banaji have provided 20 years of research on implicit bias, or systemic racism. In their work, they demonstrate, that no matter absence of overt racial discrimination, there exists underlying bias which even transcends particular racial class or identity! Malcolm Gladwell tells the story of his come to bias moment when he, whose mother is black, found like 29% of single race Afro- Americans, that he had bias against black people! This is where systemic racism lives, and it is the distinction between the implicit and explicit that has led to confusion as when the RCMP deputy commissioner in Alberta states he feels no systemic racism exists. In the most generous sense, let us suggest he confused explicit with implicit. That while, as stated above, the decline in overt practices and explicit discrimination is to a greater or lesser degree evident, it is the more subtle and covert that is now of importance. Deaths of Afro-Americans at the hands of legal authority have in the past 10-25 years galvanized attention around

1 For those of us involved with the panthers – (see podcast, Some thinks only a psychologist can believe/ an act of stunning vanity...) this did not go well, as assassination and arrest resulted.

Did you know that PAA will soon have a Racism & Psychology in Alberta Taskforce? We are well into the planning stages. If you are interested, please self-nominate with your interest and the community context you could support.

implicit racism. Police have taken a hit in this regard for 2 reasons. Initially, these are overzealous prosecutions and differential response-empirically/naturalistically demonstrated – to black vs. white legal encounters. There is evidence that implicit assumptions fuel more forceful and confrontational encounters. However, equally important is the sense visible minorities – for our purposes Black Canadians and our first Nation population – have not always enjoyed the social contract in the same manner or proportion the majority has. When the expectations the majority has, when the expectations the majority take for granted, do not extend to the other, there is greater reluctance to buy in from that end. Hence where public policy and political, legal and moral obligations have not served a particular community as it serves others – historically or currently - estrangement emerges. This psychological isolation opens opportunity for deviance in the sense of who one turns to for definition and meaning – 'what is more enduring or likely, societal support and opportunity, or the cohort of suspicion, alienation or defiance around me?' Systemic racism is both cause and effect in this dynamic and the police become focus for discontent. This focus upon the police is not always about them per se. Targeting police arises because they represent the tip of the spear of the social contract: they have been empowered to execute, protect and enact this contract, and so for those whom it has failed, police become the most visible reminder of this failure. Hence the cycle emerges where the police are not seen as those who will fulfill the social contract (i.e. to serve, honour and protect), regardless of their own beliefs, practices, and role, and the other who suffers fear, resentment or defiance regarding the contract and its agents.

Psychologists ought to appreciate then and be ready to speak to the long journey from explicit racism and reduction in its expression and the second wave/ 'new' challenge implicit or systemic racism represents. Psychology ought to seek to enact policy that finds space between the estranged and these who are the visible examples of that estrangement. Models exist where police are not simply signals that one does not fit but instead become defenders of the social contract and its extension to every member of society. As Ghandi is alleged to have said, "a society is to be judged by its treatment of the least (i.e. most marginalized of its members)" and William James, before him, extorted us to "always purse the most redemptive vision but only in so doing if we listen to cries of the wounded".

Psychologists have a special role in this process, not based upon ideology nor political pre-disposition, but the body of research that demonstrates the reality of the situation we find existent. Systemic racism leads to harm at many levels for as a Black friend once said to me, "I have to always wonder what you might be thinking about me and entertain the worst, and then that is in me too!" We understand the implicit sense of belief that governs much of our conduct; things like confirmation bias, internalization and overgeneralization, sampling bias, mental filtering, source bias, cognitive dissonance, Fundamental Attribution Error, Just World Theory and so on. These basic psychological perspectives can serve us in not only speaking to the issues of systemic racism, but to the means to address such. This IS an ethical imperative and represents a significant and foundational, and ethical, standard of practice.

The Universe Within

Eliminating "Psychological Viruses"



"As a psychologist, I started thinking about what I call 'psychological viruses.'"

By Gwen Randall-Young R. Psych

Like everyone else I have been thinking a lot about viruses. A virus gets into the body and then gets the body itself to produce more of the virus. This compromises the health of the one who has the virus. And, of course it can be passed on to others. As a psychologist, I started thinking about what I call "psychological viruses." Imagine a workplace where one person starts to spread gossip about another. One person tells another, and they tell two more, and on it goes.

Everyone who listens to the gossip gets the "virus" and they pass it on to everyone they tell. Let us imagine the gossip is about the boss or manager. Think of the workplace as an organism. The more "virus spread" in the organization, the sicker it gets. Of course, there may be legitimate concerns and there are protocols for dealing with those. Often, however it is more a matter of not liking the person. The employees become like a classroom where everyone hates the teacher.

The problem is that the employees are not children, and this behavior starts looking like junior high students ostracizing another. We hear a lot about bosses bullying, but not so much about employees acting like bullies.

The same thing can happen in a neighborhood. What good can possibly come from standing around trashing a neighbor?

Sadly, I saw this when I worked in the school system. If a teacher did not like a student, and made it quite obvious in remarks made to that student in front of the class, then the rest of the class felt being mean to that person was legitimized by the teacher. This kind of polarized, good guy/ bad guy thinking is ubiquitous in our society. It has toxic effects on the one being vilified, but also on the ones who are doing it.



Negative thinking has been shown to weaken the immune system. The body produces stress chemicals, like cortisol, and science has shown that after a negative episode, the immune system is suppressed for six to eight hours. Repeating the "story" causes another six to eight hours of immune system suppression.

Covid 19 has shown us how to prevent virus spread. The masks help reduce or eliminate passing on of the damaging virus. Imagine that we all wore "masks" that prevented us from passing on negative talk, and did not allow others negative comments to enter our system.

If you knew you had the corona virus, you would take great care not to pass it on to anyone. If one has the "gossip virus," and refuses to pass any of it on, soon it is eliminated.

The "vaccine," which we can administer to ourselves, is as old as the proverbial hills. The golden rule advises us to treat others the way we would like others to treat us. My favorite though, is what I call the Bambi rule. Thumper's mom told him, "If you can't say something nice, don't say anything at all."

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

Psychologists' Association of Alberta Awards 2021

PAA recognizes companies, psychologists and other individuals through series od awards on an annual basis. We are accepting nominations for 2021.

Lifetime Achievement & Excellence Awards



Psychologist of the Year

Awarded to a PAA member in recognition of excellent work in the field of psychology.

John G. Paterson Award

Presented to a psychologist or non-psychologist for their exceptional contribution to portraying psychological knowledge to the public through the media.

Pettifor Lifetime Achievement Award

Celebrates a PAA member for outstanding career achievements in, or contributions to, the field of psychology.

Juanita Chambers Excellence in Community Service Award

In recognition of important work in advancing psychological health through service to the community.

Excellence in Clinical Supervision Award

Presented to a registered psychologist whose performance in supervising is deemed exemplary.

Excellence in Teaching Psychology Award

In recognition of outstanding teaching of psychology in an Alberta Government approved post-secondary institution.



Research Awards

Undergraduate Thesis Research Award

Awards an undergraduate student for exceptional thesis research that has been completed and evaluated during past 2 years.

Masters' Thesis Research Award

Recognizes a masters' level student's exemplary research thesis that has been completed and defended during the past two years.

Doctoral Dissertation Research Award

Celebrates doctoral level student's impressive dissertation research that has been completed and defended during the past year.

More Awards

PAA Behavioural Science Award

Is given to the best senior project demonstrating insight into the psychological study of behaviour, emotion and/or cognition.

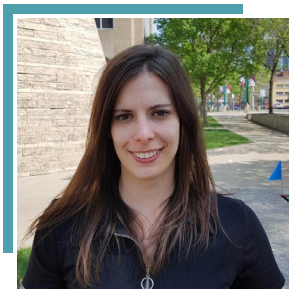
Psychologically Healthy Workplace

In collaboration with the APA which are designed to recognize organizations for their efforts to foster employee health and enhancing organizational performance. Alberta applicants get assistance with their application from the PAA Public Education & Workplace Wellness Committee.

Nomination forms for all awards and more information can be found at
https://psychologistsassociation.ab.ca/about-paa/awards-recognition/
2021 award winners will be recognized at the Annual Banquet
The current cycle ends 30 April 2021.

ECP Ideas

Bringing a voice to our early career members



"I feel so much more connected hearing the author's voice accentuate points, pause, and even occasionally curse in this case."

Tamara Stuart R. Psych.

I am excited and honoured to be the first to fill the designated seat for a PAA Early Career Psychologist on the PAA Board of Directors.

During my journey to becoming a registered psychologist, I became acutely aware of gaps in available resources and supports for those on the same professional path. One of the gaps identified was a lack of representation on the PAA Board of Directors from individuals at various stages of their career. During my time at PAA as an employee, I was an advocate for increasing this representation and was pleased when the Board voted to give the student member voting privileges in 2016 and then to designate a seat for a Provisionally Registered Psychologist in 2017. When I joined the Board of Directors in 2018, the momentum for more robust representation was still in full force. The Early Career Board Member role was created and approved by the Board in September 2018, closing the gap in representation.

This role will provide opportunities to better support our members during all stages of their careers. Throughout my career I have been lucky to be supported by amazing mentors and colleagues. My experiences have instilled in me a strong value of community, dedication, and passion for supporting the psychological community. My passion is helping those on their way to full registration, helping build a strong network of competent psychologists, creating and promoting better supervision experiences, and most of all, increasing support amongst all professionals in the mental health field.

We are stronger together, and this role will help foster that strength. It will provide a voice and opportunities for bringing early career psychologists into the fold. In this role I will be focusing on increasing our connections and communications with our Early Career Members. If you have any concerns, requests/ideas for resources you would like, or topics you think the board should discuss, I would love to hear from you! Send your ideas and comments to: simon@paa-ab.ca with the subject "ECP Ideas"

Continuing Professional Development

Upcoming

EPPP Prep: Memory Boosting Learning Strategies (more)
With **Michele Pentyliuk M. Ed**
Online, 06 November, 2020

Co-sponsor: The Science of Reading: What School Psychologists Need to Know
Online, 20 November, 2020

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

Starting and Operating an Independent Professional Practice in Psychology
With **Dr. Stephen Carter**
Online, 02 04 09 11 Februrary, 2021

Rewriting History to Create a Better Future: Positive Prospection in Practice
With **Dr. Lydia Ievleva**
Online, 18 February 2020

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!

Interested in learning more psychology as a profession? Register for one of the following virtual (free!) workshops!

Undergrad
Oct 22

Graduate
Oct 21

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

Follow us on Instagram!

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!!

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.



A Book Review

Brown, B. (2018). *Dare to lead.* Vermilion.



"I feel so much more connected hearing the author's voice accentuate points, pause, and even occasionally curse in this case."

Reviewed by Chris Shorrock R. Psych., CSAT

Right now Psychology is poised for its potential in leadership. This point launched at last years' CAP/PAA Professional Development Day, and has been accentuated with the global crisis of COVID-19. Therefore, I figured this book might be a timely read with a few friends, who also happen to be psychologists.

I have seen the TED talks and amusing YouTube videos, however this was the first Brené Brown book I have read. Correction: listened to. Per multiple eye surgeries, I am resorting more and more to audiobooks these days. When listening, I am always happy to find an author narrating their own book, as Brene does here. I feel so much more connected hearing the author's voice accentuate points, pause, and even occasionally curse in this case. I am confident any of you reading this know exactly what I mean when talking about all that wonderful non-verbal information that flows in just how someone speaks. I do not think anyone else could have read this book.

She starts "if being on the receiving end of one of life's most valuable gifts fails to leave you with a lump in your throat or butterflies in your stomach, then you're not paying attention" (A Note from Brené, 00:37). I am gripped and all my distractions go quiet. As she talks about connection, fear, vulnerability and even laughter I am hooked... at only 90 seconds in! But... throughout, Brené also goes through list after list: 6 Myths of Vulnerability, 5 Attributes of Empathy, 6 Empathic Failures, 4 parts to Shame Resilience, and 4 Steps to Living our Values. Whew!

Some of you fans might think I am being unfair. Of course Brené Brown is a world-renowned professor and researcher. She has incredible research insights that she shares via these lists. However, her points really hit home for me with her stories. When she describes being absolutely crushed and in shock at her flight being cancelled and having no way of attending her daughter's senior field hockey final… that I get. She does share some essential advice about leadership, and shares these through her own experiences. She shows how to "rumble" with her leadership team, confronting her in setting unrealistic, impossible deadlines. She walks us through her connecting with a colleague, asking them to "paint it done" for her. My favourite part of this book was Brené talking about having a fight with her husband. In line with her own urgings, I got a chance to see beyond the "armor" of her education, credentials, and adoring fan-base to see the very human experience under it all.

Research Projects

Post your Research project on our website for free and reach more potential participants.

PAA wants to advance the science behind psychology and offers to post all approved research projects on our website. Contact paa@paa-ab.ca for more information on making a posting.

Have few minutes to spare? Consider participating in these:

- Therapists' Experiences with Empirically Supported Treatments Study
- Research on Collaboration Factors Between Psychologists and Primary Care Physicians.
- Exploring Best Practices for Albertan Multicultural Counsellors

These and many other studies can be found on our website at https://psychologistsassociation.ab.ca/classifieds/research-participants/

Getting Schooled

Child and Youth Suicidal Ideation in Schools - There's a Protocol for That

By Chris Pawluk
Lead Psychologist
Rocky View Schools
cpawluk@rockyview.ab.ca

&

Aleta Ambrose
Senior Project Manager
Child and Adolescent Addiction, Mental Health and Psychiatry Program
Addiction and Mental Health – Calgary Zone
Aleta.Ambrose@albertahealthservices.ca

Increases in child and youth suicide have recently been highlighted (Rhodes et. al, 2019), and tragically Canada shows a third- place ranking for youth suicide deaths (Malla et. al, 2018). Alberta has an average suicide death rate for 10 to 24- year- olds of 10.6 compared to 7.8 in Canada (Government of Alberta, 2019). The recent Provincial Action Plan (Govt. of Alberta, 2019) on youth suicide calls us all to action on this important topic.

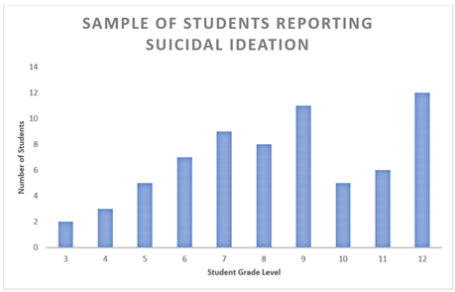


Figure 1. Frequency of self-reported suicidal ideation by grade within Rocky View Schools in 2019.

These increases in suicidal ideation and behaviour have been seen in school boards in the greater Calgary area and resulted in a committee of psychologists, school counsellors, Alberta Health Services leaders, emergency department representatives, and other interested community agencies. This committee aimed to develop a standardized procedure to guide the most appropriate response and referral process for students.

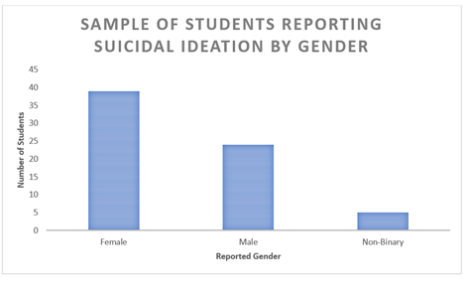


Figure 2. Frequency of self-reported suicidal ideation by risk level within Rocky View Schools in 2019

Experience tells us that school staff are often untrained and report feeling unprepared to respond to suicidal ideation. As thoughts about killing oneself can vary greatly the emergency department may not always be the best match for the student's needs. Matching the level of a response and referral to the level of risk is important and accurately assessing level of suicidality is vital.

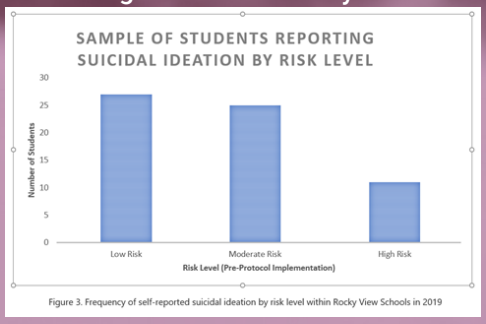


Figure 3. Frequency of self-reported suicidal ideation by risk level within Rocky View Schools in 2019

The School-based Suicidal Ideation Response Protocol describes the steps all school staff can take should they become aware of a student's potential suicidal thoughts, creating a standard process, identifying roles and staff with additional training within the school who can assist with determining an individual's risk level. The protocol also includes guidelines for speaking to a student, a safety plan template, and a parent information sheet. The protocol applies to kindergarten through Grade 12.

Training to the protocol is available through free online modules offered by *Mental Health Online Resources for Educators (MORE)* program at https://more.hmhc.ca/courses/.
If you work in or with schools, you may find this protocol useful to support your own work, or the work of the wider school staff. If you work with children and youth who express suicidal ideation, knowledge of this protocol, including the assessment process, the safety plan, and the return to school plan may help your work.
Please also note that a similar protocol has been developed to support children and youth experiencing Non-Suicidal Self-Injury, also available through MORE.

Aleta Ambrose is a Senior Project Manager for Alberta Health Services, Child and Adolescent Addiction, Mental Health and Psychiatry Program - Calgary Zone. Aleta can be reached at Aleta.Ambrose@albertahealthservices.ca

Chris Pawluk is the Lead Psychologist for Rocky View Schools. Chris can be reached at Chris@ChrisPawluk.com or on LinkedIn.

*References available upon request.

Ethics – The Impossible Imperative

The ethics of COVID



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

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

There is a perfect storm of psycho-social factors which have emerged within and around the pandemic. These features sponsor the distress we are seeing in our practices, and we hear so much about in the media. There are elements to this convergence, each addressed below.

The first is the purely indeterminant aspect of the biology of the virus. This indeterminacy pertains to what it is/how it shall be/what we want to know. For example, medical vulnerability of the population, infectious vectors, treatment options, and prevention. The very unknowable aspects of the disease leaves people vulnerable.

The second is the social implication arising. 'Cancel culture' has a second meaning in this regard, and the songs by Bobbi wine, The Rolling Stones and others capture both the light and dark aspects of "being all alone together". The interruption in the social networks of so many individuals at once has far reaching implications. Involved in this are the economic impacts of the restrictions as well, something many of our colleagues have experienced.

The third is the reactance that arises from imposition of any change upon the previous functioning of a given system; whether that system is the personal narrative of an individual, or the function of a culture or society. Reactance plays into the first two and the last, or fourth point. It emerges in a desire to believe in something that resists the first two above: to hear people say things like 'oh, I think I have already had it'; 'the chance of getting it is so low'; 'we will all get it in the end so why fight it'; 'hey! Whatever happens, happens'; 'Well, grandma has had a good run anyway', and at the far edge, the conspiracy theories that emerge.

And, finally, the fourth, the existential impact of the disease as congregant of the conditions above. The statements regarding personal positioning of oneself and the strong emotions we have seen so far mostly in the United States, speak to the pain associated with the cognitive exertion and reflection these sorts of events sponsor. Any tragedy opens the door for this existential conflict of being, meaning, action, and even reality. No wonder they dance, affiliate, gather in the manor house and deny, or in the immortal words of Scarlett, "…will think about that tomorrow".

The ethical dimensions of the great conjunction of these elements involve not only the 'inside the skin' of our own response but the 'outside the skin' interaction between ourselves and the ones we work for and with. As essential workers, we have an obligation to remain in the field to the extent we are able. We have our own decisions in this regard relative to risk tolerance; not only risk to ourselves but to the students, patients and our colleagues. There is the physical management of risk so that floors are clean, common surfaces de-contaminated, and physical distance respected. We have with media-based treatment, the obligation to maintain ethical and practice standards, as they exist and are emerging. Central to this is not only the obligation to manage files consistent with standards but to keep ourselves aware of the most prudent research/knowledge on the virus itself. As with previous admonitions to attend to emerging issues in practice provenance (i.e. presence or history of violence, substance issues, etc.), we will need to speak to aspects of COVID impact: 'how's it going with the kids?'; 'what has been the most significant aspect of this whole thing?'; 'what has been your best way to cope?', and so on.

The shift in the playing field and anticipation of this as part of our new norm, as well as the hope for relief, constitute vectors in our practice and are ethical at base, both in terms do's/don'ts but the aspirational. On the grandest scale, we have an obligation to flatten both the biological and emotional curve and hence ought to be out there to assist the medics in behavioral nudges and means to assist the public in doing the right thing.

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Dr. Lynda Phillips
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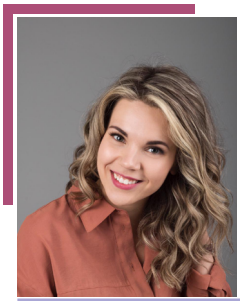
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Loretta McConnell, R. Psych (AB)
Janice Minoose, R. Psych (AB)
Meaghan Farquharson, R. Psych (AB)
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Dr. Deena Martin, R. Psych (AB), CAP representative

Technology in Practice Task Force

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

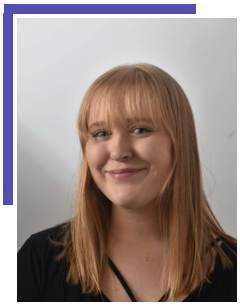
Welcome New PAA Staff



I am back! I completed a psychology student placement course at the PAA office last fall and returned this summer as a Summer Student- Executive Assistant. I am happy to share that I will continue working at the PAA office alongside completing my undergraduate psychology degree at MacEwan University.

Executive Assitant: Ada Nieminen

I am a student at the University of Alberta, in my second year of a Bachelor of Arts studying Psychology and Women's and Gender Studies. Working at PAA this summer was really wonderful because I was able to learn so much and see first hand what PAA does for members as well as all Albertans. I am really looking forward to continuing my work here and I am excited for what is to come.

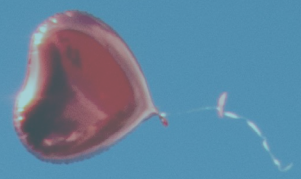


Student Intern: Jetta Paradis

Welcome New YPAA Members

Apr-Sept 2020

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Adam Beeby
Adriana Henderson
Agnes Drysdale
Aisha Yorke
Alana Pinkoski-Benoit
Alanna Willms
Alicia Orr
Alicia Zadora
Alison Steele
Aliza Dadani
Alora Kyllo
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