Psymposium

Volume 31 Number 4 - Dec 2020

Psychologists' Association of Alberta



Understanding People | Working Together

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

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

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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Editor's Letter



"People have developed rituals of connection around arrivals and departures of their day, celebrations, eating suppers together, and even more recently Zoom meetings to stay connected with loved ones while respecting social distancing."

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

A little fact that you may or may not be aware of is that in 2020, the sale of puzzles sky-rocketed. A primary reason for this increase is that people simply have been finding ways to occupy themselves at home – I have been doing the same. Completing a 1000+ piece puzzle per week has become a weekly challenge for my husband and myself… we started in March, and we have accumulated quite the collection. The puzzles are fun, especially when you can feel the satisfaction of each piece clicking into place, and they are challenging at the same time especially when you simply cannot find the piece you are looking for. Moreover, it is the conversations and time spent together that draws us into that time and space – it has become our new "ritual of connection" (Doherty; Gottman).

"Rituals of connection" is a term often used by myself in couples counselling, which can also apply to families, friendships, coworkers and even communities – it is a way of keeping us connected, it is intentional/purposeful, and it helps bring structure and predictability into our lives in a meaningful way. People have developed rituals of connection around arrivals and departures of their day, celebrations, eating suppers together, and even more recently Zoom meetings to stay connected with loved ones while respecting social distancing. Examples, as a profession, are annual meetings and celebrating the lifetime achievements and significant contributions of psychologists in our field.

This past year has brought forth a variety of challenges in staying connected with each other. As we step into a new year, however, let us not forgo our rituals of connection, but instead explore creative ways to restructure them and celebrate our time together.

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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

Size	Cost per issue (1 issue)	Cost per issue (2 consecutive issues)	Layout Costs (if not formatted to print)
1/8 page	$115	$105	$20
1/4 page	$205	$185	$30
1/2 page	$385	$350	$40
Full page	$660	$595	$60
Back Cover	$745	$670	N/A





PAA Volunteer Opportunities

Consider joining your Peers!

Volunteers are the foundation of an effective professional association.

Quality volunteers are the bricks that hold non-profit organizations together. We couldn't survive without you!



Benefits of Volunteering for PAA

- Raising the profile of psychology with the public.
- Contributing to the ongoing development of our profession in Alberta.
- Opportunity to receive the support and recognition of your peers and have fun!

Specific Volunteer Opportunities

PAA Committees & Task Forces

Committee & Task Force members aid PAA with various factors of the organization such as awards, public education, and advocacy efforts.

Career Fairs

At career fairs, volunteers man the PAA display booth and may answer inquiries regarding careers in psychology and the psychology profession.

School Presentations

Various presentations at high schools and universities occur throughout the year on a variety of topics including the psychology profession, PAA, careers, and mental health.

Public Presentations

Public speaking presentations occur throughout the year to a variety of audiences on various topics. Examples of past presentations include: mental health awareness, organizational psychology, and psychology disorders.

Teachers' Conventions

At teachers' conventions, volunteers man the PAA display booth and may answer general inquiries regarding PAA and psychology profession.

Science Fairs

Volunteer duties at science fairs may include presenting or judging various awards.

PAA has several exciting opportunities that arise at different times of the year. To meet these requests, PAA needs a team of volunteers we can contact. If you are interested in volunteering, please contact the office paa@paa-ab.ca to request an application.

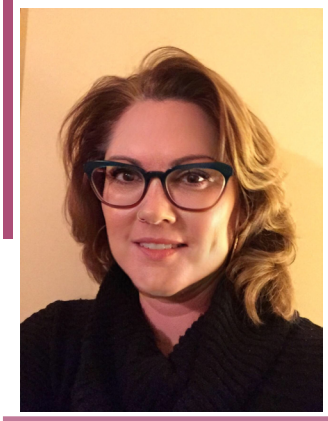


PAA's success reflects the ongoing dedication and enthusiasm of our volunteers. Thank you for your dedication to the profession, and in particular all of you who help to serve:

- PAA's Board
- Committees & Task Forces
- Psymposium (Editor & Columnists)
- The PAA Practice Advisor Program
- PAA's Media Psychologist Program
- The Disaster Response Network
- Public Education Events and Presentations (Science Award Judges and Presenters, Public and Career Speakers and Exhibitors.)

We are so very proud of all our contributors, and especially grateful for your continuous support as we all move through these difficult times together.

Notes From the CEO's Desk



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

- Erik Erikson

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

Psychologists, in practice, research, training, and development are in the business of relationships.

Collaboration
Collaboration is realized when we network, coordinate activities, cooperate, and ultimately when we come together for both a purpose and for one another – joining for the success of all. When do we collaborate most successfully? When we take a lead role in championing collaboration by articulating, refining, and buttressing a vision in a way that attracts others to the endeavour.

We *support collaboration* when we give freely of our time and wisdom (reminiscent of so many PAA volunteers) and when we mentor.

We *foster collaboration* when we support a sense of community and connection.

We underscore collaboration when relationships and roles keep people engaged.

PAA Values Collaboration
PAA believes the profession of psychology is strengthened through collaborative practice. Working respectfully with other professionals, community partners and agencies enables us to build integrity in our relationships and reflect a variety of perspectives in the work that we do.

Collaboration for Psychological Health
PAA's Strategic Plan is a great example of a collaborative process. It will take many members and partners to achieve our 5-year goals to:

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

Collaboration will drive these goals. We work together in teams – the PAA staff team, leadership team, key collaborators, taskforces, committees, and engaged volunteers. Our work is further supported by our active engagement in coalitions, alliances, partnerships, and networks.

Collaboration requires trust and consensus building. It allows different leadership styles to contribute simultaneously. The goal of collaboration is not to solve problems through compromise but to achieve synergies that lead to innovative solutions. Recent successes include our project with the Canadian Red Cross and targeted work with PCNs and Victims of Crime programs specific to championing evidence-based targeted psychological treatment.

PAA is also in the midst of internal collaborations with our Racism in Alberta Psychology taskforce, Mentorship taskforce, and Truth & Reconciliation in Alberta Psychology taskforces (the latter collectively with CAP).

Some issues seem immovable and determining solutions won't be easy. But we know that collaboration of diverse kinds of people, working together, is the key. We do that with you, our members.

In closing…
PAA values collaboration and the benefits of working respectfully with others. Most of all, we value collaborating with you, our members. We can and do, collaborate for the psychological health and wellness of Albertans. With the ongoing pressures of the pandemic, collaboration remains essential.

Together, in collaboration.

Judi

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

Board Notes



"Psychologists are in a strong position to bring awareness to this important issue and support the journey of change."

By Nicki Wilson, R. Psych

At our recent PAA and CAP annual event many of you heard Dr. Arthur Evans present on the topic of racism. More specifically, "Can Psychologists Combat the Racism Pandemic?" Although there are varying opinions to this question, I believe the answer is, yes. Psychologists are in a strong position to bring awareness to this important issue and support the journey of change. As leaders we can take action to fight racism.

Some of the many ways we can help with the fight against racism include the following:

Education

If we want to do something about racism, we need to understand it. Dr. Evans stated that racism operates on many different levels including individual mediated racism, institutional racism, structural racism, and internalized racism. Racism negatively impacts many individuals on multiple levels while at the same time protecting those in power and privilege. It is important to educate ourselves on social justice, equality, and diversity. We need to learn from the experts and others' past experiences - both personal and professional - to really understand the multiple facets of racism.

Having difficult conversations

Talking about racism is uncomfortable but as psychologists, we have the tools to help facilitate difficult conversations. It can be challenging to have conversations about race but if we purposely avoid it, we only add to and perpetuate the system of power, privilege, and inequality.

As we are leaders in our profession it is also important to model how to have difficult conversations and provide individuals around us with the tools necessary to do so. Racism thrives on silence, so it is important that we speak up. Even if we struggle with those conversations there will likely be some learning and value that will come out of it.

Taking a Stance

Education and the creation of conversational awareness are only a couple of the initial steps needed to make change. We also need action. We need to have the ability to confront racism when we find it. We need to stand up, be brave, and be the leaders that we are. We need to ask ourselves what does racism mean to me? What have we done in our own lives to show that we will not condone racism? It is not enough to simply say, we do not condone it. It is time for change – we have choices who we vote for in our government, where we spend our money, and where we work. We need to take an active stance against racism.

There are many ways we can work to fight racism in our individual lives, but we also need to look at our own profession and make space for diversification at many levels including access to post-secondary education for all, diversified courses and learning materials, access to practicums, internships and mentorship to name a few.

We as leaders in this helping profession need to be part of the change – part of the hope. Do your part to fight racism.

Respectfully,

Nicki Wilson, R. Psych. PAA Board President

MEMBER BENEFITS

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bms.
GoodLife CORPORATE WELLNESS
Alamo
TD
LEXUS OF EDMONTON WEST
BRIGHTSQUID
SANDMAN HOTEL GROUP
greenspace
red arrow
safely home

Annual Report 2019-2020

The 2019-2020 Annual Report is now available online!



https://psychologistsassociation.ab.ca/annual-reports/

2021 PAA Recommended Fee Schedule

Effective 1 January 2021 the recommended fee schedule will remain unchanged.

2021 PAA Recommended Fee Schedule

Service	Per Session
Individual Therapy/Assessment	$200.00
Couple/Family Therapy/Assessment	$200.00
Group Therapy (per person)	$60.00
Custody/Access & Legal/Forensic Assessment	$300.00
Expert Witness Testimony (half day minimum fee)	$1200.00
Expert Witness Testimony (full day minimum fee)	$2400.00
Consultation/Corporate Services (half day)	$900.00
Consultation/Corporate Services (full day)	$1800.00

- Report writing, telephone consultation, letters & form completion is billed at the rate of the service being provided
- Billing can also occur in 10 minute increments for services done outside the therapy hour such as phone calls, letters & the like calculated at one-fifth the hourly rate for each 10 minutes. Incremental billings are also appropriate for services provided beyond a 50 minute session
- Fees for specialized services & treatments not listed on the above schedule may exceed the current recommended guidelines

Psychologists' Association of Alberta Awards 2021

PAA recognizes companies, psychologists and other individuals through a series of 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

Awarded to 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 completed and evaluated during past two years.

Masters' Thesis Research Award

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

Doctoral Dissertation Research Award

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

More Awards

PAA Behavioural Science Award

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, recognizes organizations for their efforts to foster employee health and enhancing organizational performance. Alberta applicants get assistance with their application from the PAA Public Education & 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 Celebration
The current cycle ends 30 April 2021.

Winners of the 2020 PAA Awards!

PAA Psychologist of the Year Award

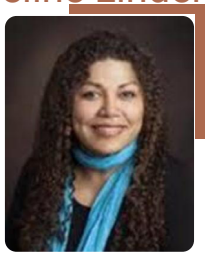
Dr. Jac Andrews



Over his 32-year career, Dr. Andrews has played a critical role in advocating for the profession of school psychology. In the past two years, Dr. Andrews led the University of Calgary's School and Applied Child Psychology (SACP) program towards accreditation with the Canadian Psychological Association (CPA).

PAA Pettifor Lifetime Achievement Award

Dr. Jacqueline Linder



Dr. Jacqueline Linder's commitment to social justice, academic excellence, and ethical and compassionate clinical practice make her a worthy choice for recognition for the PAA's Jean and Dick Pettifor Memorial Award. As an advocate and researcher, her work in the area of human trafficking and soul loss is ground-breaking.

PAA Excellence in Clinical Supervision Award

Dr. Nicole Kostiuk



Dr. Kostiuk has been supervising students for several years. She goes above and beyond to not only teach her students valuable therapeutic techniques and concepts but to also teach her students to engage in valuable self-reflection.

PAA Excellence in Clinical Supervision Award

Jessie Swanek



Jessie is receiving this reward in recognition of her research for her Thesis entitled "Baby It's Cold Outside: Psychopathic Traits and Sexual Coercion." In her study, Jessie provided an in-depth analysis of sexually coercive behaviour in those with psychopathic traits. Jessie's study is truly unique in its significance for our existing scientific literature.

PAA Best Poster

Jonathan Dubue



Jonathan's poster titled "Canadian Psychologists' Experiences of Conducting Suicide Risk Assessment" showcased that psychologists list suicide risk assessments (SRAs) as one of their greatest clinical challenges.

The Universe Within

Don't Believe Everything You Think



"Worry is like paying interest on a line of credit you have never used..."

By Gwen Randall-Young R. Psych

When we "believe," we assume what we believe is true. Experience shows us that is not true! Remember that, at one time, people believed the world was flat. They were sure, because when they looked far and wide, they saw flatness. Their perspective was limited.

When my daughter was two, we watched a magnificent fall sunset where you could actually see the movement of the sun going down. Well, it was not going anywhere; the earth was turning. When it disappeared from sight my daughter cried inconsolably. She did not know it would come back in the morning. Her perspective was limited.

A pretty woman may not believe that she is attractive. An anorexic teen believes she is fat. People believe they cannot draw but have never taken a class.

Then there are the things we assume. A friend or family member may not return a call or text, so the sender assumes the person is upset with them, or they are not important to the recipient. The truth is the person may have been really busy, or meant to call, but was distracted.

Your partner does not respond the way you would like, so you interpret that he/she does not really love you or at least does not care about you. In truth, you may be very loved, but that does not mean we always get what we want.

How much healthier would it be to assume the best of others, rather than the worst, or to assume that we will get through difficult times rather than calamity thinking?

So now let's turn our attention to anxiety and worry. I have counselled many clients over the years who suffer because of worry thoughts. These usually start with "what if?" or "I worry that...". Often these are very caring people and worry about everyone they love. Generally, they are projecting their own fears onto others. A part of them "believes" the worst case is going to happen.

Worry is like paying interest on a line of credit you have never used, or paying the mortgage on a house you will never own! You will never get that interest back. It has eaten away at your happiness and continues to do so unless our way of thinking is changed. The things we worry about have not happened!

What then is the answer? What we need to do is to replace those worry thoughts with other thoughts. When they come, we can refuse to indulge them. Worry thinking usually is a pattern that has existed for some time.

It is like giving up any habit. We do have the ability to censor our thoughts. We can choose to do this. Worry thoughts are like the mind gossipping to itself. Do not listen!

Instead do something that distracts you like a hobby, reading or doing puzzles. Do something that will cheer up someone else. When we focus on bringing positives to others, we are not thinking about ourselves.

Try not to keep living under a self-imposed dark cloud. Stop sharing doom and gloom thoughts with others. Worry and fear have a negative impact on our immune system. Positive, optimistic thoughts strengthen it.

Stay in the moment. Live in the moment. I tell myself that even if an asteroid will hit the earth tomorrow, I still have today, and I am going to savour it.

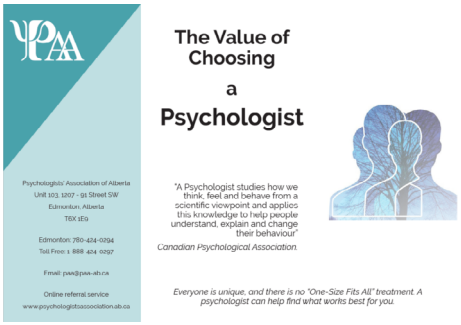
Gwen Randall-Young is an author and Registered Psychologist in private practice. For articles, and information about her books, personal growth/hypnosis MP3s/CDs visit www.gwen.ca

PAA Resource Materials

The following resources & materials can be obtained from the PAA office to assist with your promotional activities.

PAA Brochure

- The Value of Choosing a Psychologist -- For all Psychology Month 2021 activities
- PAA Postcards – 7 information brochures (depression, cannabis, substance use/abuse, OCD, chronic pain, etc.)
- PAA Referral Service
- School Psychology Service brochures
- The Psychologically Healthy Workplace





Power Point presentations on Psychological Coping during a Pandemic; Psychologically Healthy Workplace

Display boards - Two professionally developed display boards for information sessions, trade fairs, public information sessions, or other forums.

PAA Banner - The PAA banner highlights "What Psychologists Do" and PAA's "Referral Service" for trade fairs, public information sessions, or other forums.

All resources & materials are available to all our members by contacting our office at paa@paa-ab.ca

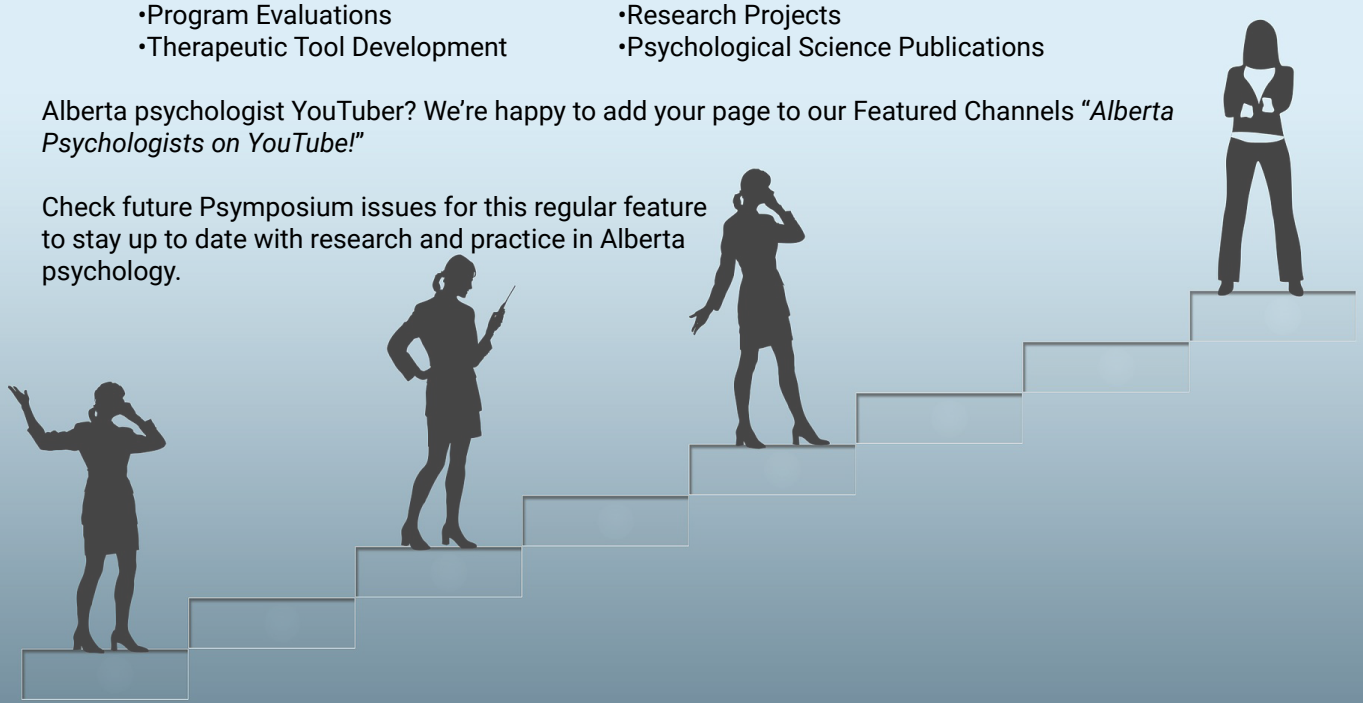
Alberta Psychology Showcase

PAA members have a wealth of expertise in science and practice. We want to showcase your work online and in Psymposium. Email Kim@paa-ab.ca and share your recent:

- Implementation Science
- Program Evaluations
- Therapeutic Tool Development
- Research or Project Grants
- Research Projects
- Psychological Science Publications

Alberta psychologist YouTuber? We're happy to add your page to our Featured Channels "*Alberta Psychologists on YouTube!*"

Check future Psymposium issues for this regular feature to stay up to date with research and practice in Alberta psychology.



Ethics – The Impossible Imperative

The Domains of Ethics



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



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

There are several ethical domains which affect us. Initially, two principle ethical domains, within which psychologists operate, exist: professional ethics and guild ethics. The first, we are all familiar with: the Ethical Code, Standards of Practice and guidelines, which constitute a foundational skill. In fact, oral examinations often are situated in the signal salient concern:

"Does this person think like a psychologist?"

meaning demonstrate the ethos – habits of thought which the profession seeks to engender. The goal is the development of phronesis - skillful means to be in the profession. The goal of **professional ethics** is to protect the public. Ethics unify and homogenize practice so that what takes place in the domain of practice is consistent, at least at the level of guiding principles. What are the common virtues which we would aspire for and be recognized as worthy by the public at large? These thoughts constitute 'risk management'; to raise our concern for responsibility. The regulatory bodies that enforce these standards are often seen as parental; a source of authority.

Guild ethics, on the other hand, are definitions of practice that protect the profession. Who gets into the club and who doesn't! Standards here are exclusionary, meant to provide definition, enhance status, and define boundaries. They are codified in legislation and public policy. An apocryphal story of a legislator who was pressed to define in law the parameters of a profession and when asked whether this was for the benefit of the public or the group of professionals, the professionals stated "a little of both."

We see this guild ethic in emerging practice areas: the selling of professional designation if one secures proper training. At worst, this emerges as exclusionary and crass marketing. For example, EMDR-then EMD-was described as so straight forward that it could be completed with just the article itself - "information has been given here to achieve complete de-sensitization of 75-80% with any individually treated trauma related memory" (Shapiro, F.). EMDR has now evolved in a guild sense to inclusion in things like Alberta's Workers Compensation billing forms. The replication of the main effects of EMDR are entirely possible through principles of classical psychology and self-regulation, without the bells and whistles now associated with the levels of proficiency designated through EMDR training.

An additional ethics domain is intra-personal: how ethics can shape character. Often psychologists ask not how to think on an issue, but only "what should I do?" Afraid of deeper ramifications, professional and guild ethics are reduced to risk management and pursuit of specified rules. "Just tell me what I should do" is the implied request. It is in the intra-personal that we are invited to think outside the box of simplistic interpretation and the most self-serving aspects of guild ethics. To paraphrase William James:

> *"What is ethics? For some it is a way to avoid tough stuff: how not to get in trouble or rationalize behaviour, for a few it is a way to be a better person, for someone else it is a way to feel superior to others, as well, there are those who see it as providing them with special privilege, …what is ethics then? These and so many other things."*

No wonder he called it the "impossible imperative."

References available upon request.

Timely, Topical, and even Controversial

Some "thinks" only a psychologist can believe!

PAA podcasts by *Dr. Jon Amundson* have reached over 6,500 downloads! Thanks for tuning in!



Just a few recent topics:

- *O/C behaviour in COVID*
- *Requiem for Scott Lilienfeld*
- *Who gets through divorce better and Post-Traumatic Growth re-visited*

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

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!

Follow us on Instagram!

Collaborate with us!

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!!

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!

Innovative Practices in Psychology



This edition of Innovative Practices in Psychology features Dr. Cory Hrushka, an AASECT certified Sex Therapist (Diplomate status) and Supervisor, an Associate in Sex Education, and a Clinical Sexologist. He tells us about some interesting developments in sex therapy, in Alberta.

By Dr. Naheed Jawed, R. Psych

Dr. Hrushka, lets discuss the difference between a sexologist and a sex therapist.

A sexologist is someone who studies sexuality, which is different from a sex therapist who applies therapeutic skills in regard to sexuality issues. AASECT Certified sex therapists typically have extended knowledge in a focused area such as sociocultural factors or issues related to gender or sexual orientation, couple relationships and intimacy skills, and sexual expressions and lifestyles (polyamory, swinging, BDSM, fetishes, philias, etc.). They have specific knowledge regarding sexual and reproductive anatomy and physiology and understand how health and medical factors may influence sexuality and sexual offending behaviour. There is a strong focus on sexual functioning issues, pleasure enhancement skills and the approaches to medical interventions, if applicable.

Tell us about your model for relational interaction patterns and dynamics.

I wrote an article, the *Model of Action and Perceived Power*, which describes a pattern/concept I've seen in clients in therapy. It's based on my therapeutic practice over 20 years, and interactions with those in the sexual community. It's a new model, looking at relationship dynamics and interaction patterns between partners in the bedroom and what the "dance roles" may look like for things to work better. To understand how sensual/sexual play interaction works, clients need to know where they fit on a spectrum. The spectrum is identified, based on both a perceived power and an action-based grid. By understanding how couples complement each other within the bedroom (which could be very different than their behaviour in their general day-to-day interactions in the relationship) clients can get a better understanding of how they can enhance intimacy and sexuality, by effectively dancing in the bedroom better and more fluidly: *https://www.insightpsychological.ca/blog/model-of-action-and-perceived-power-mapp/*

Can you tell me about your gender transitions program, Transformations, and its therapeutic component?

The Transformations program is a comprehensive package for individuals going through gender transition. We worked with psychiatrists, endocrinologists, and other medical professionals to help facilitate healthy transitioning. We work with individuals during and prior to their meeting with psychiatrists, which could take two or more years. The intent was to speed up the process and help individuals work through any issues that might be stopping them from their transitioning, while also teaching them about the process, and providing referrals and resources: *https://www.insightpsychological.ca/sexuality/transformation-gender-transitions-program/*

Tell us about the launch of a new program, AMARE, and the new sex therapy podcast.

We're building a full-spectrum therapeutic team working in the different areas of sexuality (and in the process of getting AASECT certified for which I am supervising them) so that we can address all issues involving sexuality, intimacy, and gender. Currently there are only a few in Alberta, and it appears I have trained the majority of them so far!
We're also launching our new podcast, "Down the Rabbit Hole with a Sex Therapist" to address key questions we get regarding sexuality and sexual functioning. Currently, we have 12 topics we're planning to explore, including loss of intimacy, fetishes and philias, pornography use, LGBTQ issues, and more! We hope to release our first podcast this fall, with a new episode monthly: *https://anchor.fm/insight-psychological.*

**The extended article is available online! Click here*

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The PAA Referral Service

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

PAA members (who are registered psychologists) can join the Referral Service throughout the year. The yearly fee of $200.00 plus GST (prorated after 01 May) is economical marketing, with the PAA Referral Service.

Since April we averaged: **1,960** referrals per month. That's **98** per day!

Accounting for over-the-phone referrals we direct at PAA, these numbers will be even higher.

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

Referral Service participants may also opt to advertise with a direct link to their own website for an additional fee. With excellent value for your marketing dollar investment, & planned enhancements, the PAA Referral Service is an ideal advertising strategy for those in private practice.

PAA Referral Service can be activated in the membership portal under **Account>Membership>Addons**

Psychology Month



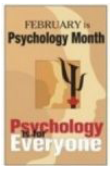
February is national Psychology Month!

It is an excellent opportunity for all of us to let the public know what psychology has to offer. Psychology Month raises awareness of the role that psychology plays in our lives, our schools, our communities, & our employment.

What might you do to promote psychology this February?

The following materials can be obtained from the PAA office to assist with your promotional activities during Psychology Month:

Psychology Month Posters - 11 x 17inch posters produced by the Council of Provincial Associations of Psychology available to members at no cost



Tent Cards - Advertise Psychology Month and "what psychologists do"

Bookmarks

PAA Brochure

The Value of Choosing a Psychologist -- For all Psychology Month 2020 activities
PAA Postcards – 7 information brochures (depression, cannabis, substance use/abuse, OCD, chronic pain, etc.)
PAA Referral Service
School Psychology Service brochures
The Psychologically Healthy Workplace

Power Point presentation on the Psychologically Healthy Workplace is available to all our members by contacting our office at paa@paa-ab.ca and requesting a copy be emailed to you. The presentation is available to use in order to promote psychological health in the workplace. PAA and the Public Education & Wellness Committee would appreciate it if you would inform us by email at paa@paa-ab.ca when you have used the presentation and let us know how useful you have found it to be.

Display boards - Two professionally developed display boards for information sessions, trade fairs, public information sessions, or other forums.

PAA Banner - The PAA banner highlights "What Psychologists Do" and PAA's "Referral Service" for trade fairs, public information sessions, or other forums.

Continuing Professional Development

Primers

One-hour recorded overview of the topic. Watch anytime, anywhere. ($40 + GST).

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)

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

Pandemic Adaptations Panel: School Psychology
Online, 03 June 2020 - over 40 registered
*Recording Available for viewing ($0 for Members)

PAA & CAP Alberta Psychology Annual Meetings & Joint Professional Development Event
Online, 02 October 2020 - over 800 registered

***EPSB ONLY** Introduction of Telepsychology in School Setting*
Online, 06 & 08 October 2020

EPPP Prep: Memory Boosting Learning Strategies
Online, 09 & 15 October 2020
Online, 11 November 2020

Psychology as a Profession: Psychology Graduate Students
Online, 21 October 2020

Psychology as a Profession: Psychology Undergraduate Students
Online, 22 October 2020

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

Trauma & PTSD in First Responder Populations
Online, 27 November 2020

Upcoming

A Community of Practice Conversation about Outcome Informed Practices
With Claire Wilde M.Ed
Online, 03 December 2020 (more)

The game of life: An introduction to using basic sport psychology principles in clinical practice
With Dr. Caelin White
Online, TBD

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

In the Oven

Biting the Bullet: Exposure Therapy for Phobic Avoidance with **Janet Caryk M.Ed.**
Rewriting History to Create a Better Future: Positive Prospection in Practice with **Dr. Lydia Ievleva**
Weight Management (Feb 2021) with **Dr. Angela Grace**
Primary Care Collaboration
Professional Ethics
Restructuring Family Therapy

Welcome New PAA Members

Trisha Rodanisky
Monica Naber
Heather Ansari
Asma Al-Sakaf
Katie Card
Jillian Conway
Abhishek Bardoloi
Karen MacMullin
Holly Stewart
Anissa Vandezande
April Langille
Ketan Tailor
Fanie Collardeau
Vanessa Boila
Jessica Hansen
Richelle Wagner
Jillian Levesque
Laurel Miyashita
Patrizia Giampaolo
Dawn Comeau
Taylor Muller
Nadja Hansen
Risha Joffe
Nicola Gradnitzer McNabb
Angela Normand
Lyuda Krupin
Olamide Omotosho
Indira Caro
Pauline L'Hirondelle
Nathalie Mercier
Nicholas Bohn
Terrie McKinley (nee Meikle)
Heather MacPherson
Marius Dumitru

Philip Krause
Nevena Kalajdzic
Lisa Harder
Marie-Josée Kykkanen
Tonia Anderson
Katie Freiheit
Mary Nanninga
Shannon Towson



Kristen Brown
Kate Blanco
Shiva Mortazavi-Moghaddam
Joanne Prysunka
Hadley Mitchell
Marci Carrell
Prabhjot Parmar
Uzma Williams
Saro Jane Bunting
Theresa Brown
Kristen Oliveros
Gemma Leonard
Florida Nazaj
Brittney Nyrose
Zinah Al-Saffar
Brittany Sales
Sally Merrick
Lynette Dundee
Ryan Thornley
Reem Khawar

Amy Johnson
Jessica Baraskewich
Zachary Rhodenizer
Karli Doucette
Christopher Rose
Elise Anthieren
Maryam Abro
Kate Emery
Liane MacDonald
Sarah MacDonald
Makaila Lewis
Daniel Westwood
Andrea Stratton
Garrett Gooch
Mikaela Pahulje
Mackenzie Sapacz
Kendra Stevens
Olivia Cracknell
Dineke Tolkamp
Denise Riewe
Adrian James
Ashley Ewasiuk
Julianna Van Mulligen
HuiBing Wu
Nick van der Sloot
Melissa Francis Channon
Lesley Xu
Sara Bawol
Joanne Park
Brittney Sawyer
Hameda Nyamekye
Amanda Luo

Member Spotlight



Dr Paul McGaffey long time PAA member, lifelong learner, and wood artist, who is joyfully married to Dolores with 8 children and a 34 year specialized neurobehavioral practice, is turning 81, is still licensed, and is planning his post-psychology phase of life. Paul has some words of wisdom for members:

"Norms, by definition, do not define individuals."

Thanks, Paul!