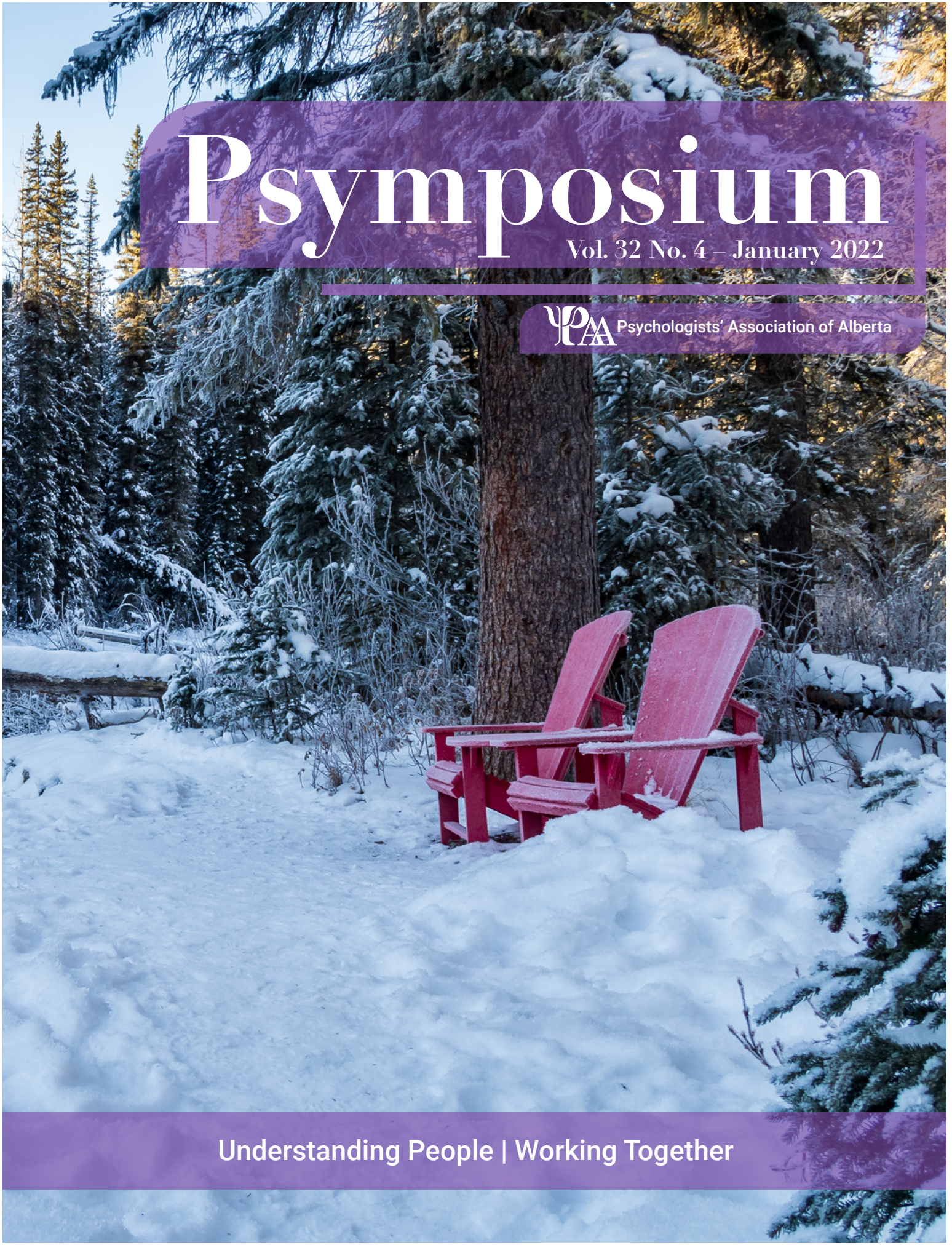


Psymposium

Vol. 32 No. 4 – January 2022

Psychologists' Association of Alberta

Understanding People | Working Together

Do you know where this picture is taken? Hint: This river forms from the meltwater of Replica Peak. Submit answer to Simon@paa-ab.ca

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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.

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

Psymposium
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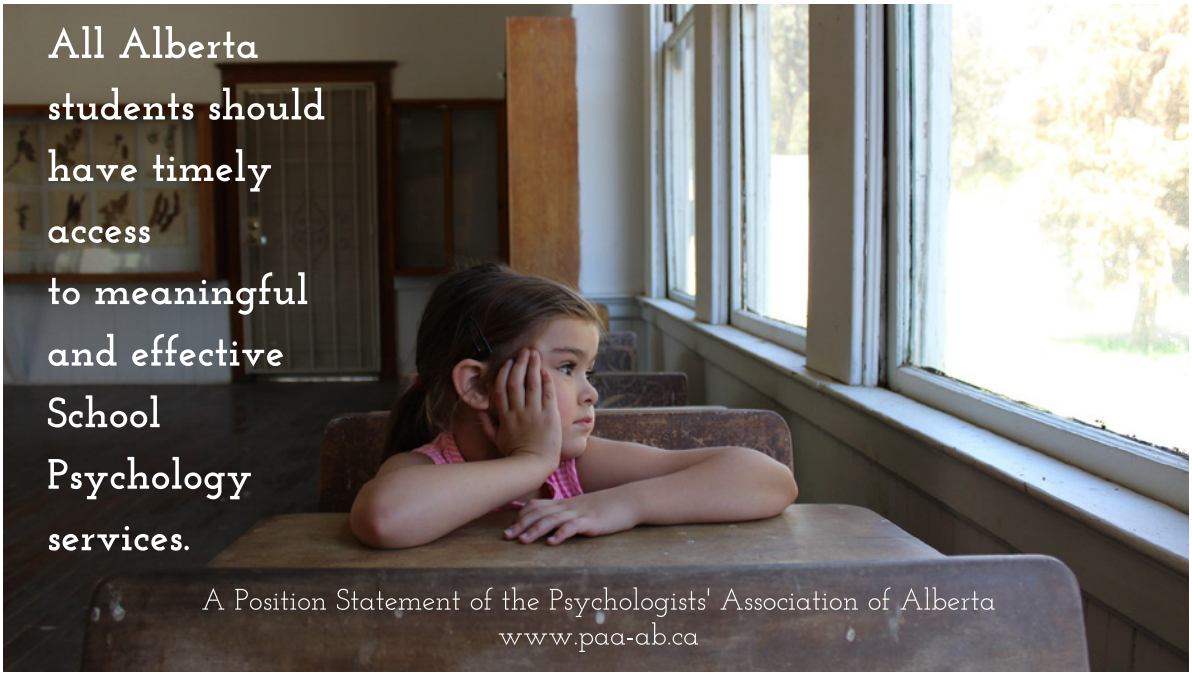
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Editor's Letter



"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom. "

- Viktor Frankl

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

Much change has transpired over the past few years for so many people and in so many different ways. Like myself, you may have paused for a moment and asked, "what the heck just happened over the past couple of years?", "how did we get here?", or "where do we go from here?" Change is unavoidable in our lives, but of course how we respond personally in our own lives, as psychologists, and as a profession, provides opportunity for growth.

In a 12-year longitudinal study, psychologist Salvatore R. Maddi, Ph.D., and his colleagues at the University of Chicago researched the impact of the Illinois Bell Telephone downsizing from 26,000 employees to approximately half of that in one year. Two-thirds of the employees in the study suffered significant negative impacts on performance levels and experienced a decline in their physical and mental health. The other one-third thrived, however, despite experiencing the same impactful events. Salvatore and his colleagues discovered three significant beliefs or "attitudes" that help individuals turn adversity and change into positive growth: commitment, control and challenge. The Commitment attitude helped individuals strive to be involved in ongoing events, rather than feeling isolated. The Control attitude helped them to try and influence outcomes, rather than succumb to passivity and powerlessness, and the Challenge attitude helped them view positive and/or negative changes as opportunities for new learning (American Psychological Association, December 22, 2003).

With February being Psychology Month in Alberta, let's reflect on what that really means for Albertans today. Together, as a profession, how can we continue to create positive change in our communities, advocate and raise awareness about mental health and the significant role psychologists play, and create improved accessibility to services and resources? In this issue of *Psymposium*, check out the upcoming and ongoing events, posts, links, resources and materials that can help you stay informed and become involved.

Thank you to all our members and all that you do in the service of mental health,

Michelle

PAA Member and *Psymposium* Editor-In-Chief
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Community of Practice Highlights



Community of Practice Chair **Terilyn Pott** posted a new thread in the Supervision Community of Practice where members can post ongoing supervision research opportunities. Check it out to get involved in the study she included, or contribute to the thread to help get the word out about opportunities to enhance supervision research!

Communities of Practice (CoPs) are live on PAA Collaborate, your secure online member portal. Need more members to join your discussion? Have you shared an article or other resource and want to spread the word? Welcome to CoP Highlights, your opportunity to direct *Psymposium* readers to your CoP to find a relevant discussion, article, link, invitation, or question. Have a CoP highlight to share? Email jessica@paa-ab.ca with your highlight and the name of your CoP.

2022 Awards: Call for Nominations



Did you know that in 2021, PAA had a record number of award nominations? The Awards Adjudicating Committee had the pleasure of accepting a nomination for each of nine PAA awards, and the membership had the opportunity to vote on their favourite PAA research poster. We were so pleased to honour these exemplars at PAA's annual Welcome to the Profession and Awards Celebration in September with help from sponsors **BMS** and **TD Insurance**, celebrating the newly registered psychologists in our province and the hard work and dedication it takes to become a fully registered psychologist.

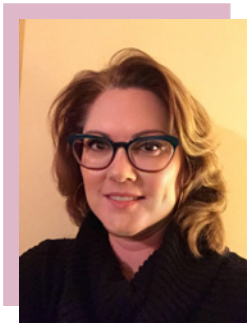
Let's make 2022 another amazing year. PAA recognizes exemplars in categories such as student research awards and lifetime achievement awards. Take a moment to consider who you want to nominate for 2022!

Welcome New PAA Members



Daniel Abilmona
Partheeraj Balasubramaniam
Christina Bassett
Mary Bihnam
Melissa Boyle-White
Mark Brechtel
Nicole Buffie
Alison Byrne
Amanda Carbajal
Kristin Carpenter
Adam Casey
Joy Clark
Carline Core
Elizabeth DeBruyne
Gabrielle Desgagne
Paige Ethridge
Gordon Falk
Laura Gall
Barbara Garside
Erin Greenough
Chayse Haldane
Chelsea Hanson
Polina Hapco
Jesse Howard
Joseph Hoyda
Meghan Ingstrup
Alexander Jackson
Kevin Jones
Sarah Karesa
Jacqueline Kereluik
Jamie Knight
Tracy Knudson
Corine Kozuchowski
Kirstyn Krause
Shelley Lebert
Elizabeth LeRoux
Jody Cumberbatch Lewis
Brittany Li
Pavan Lilly
Kathryn Maier
Maria Malouf
Veronika Markova
Brenda McCarty
Catherine Musgrove
Denim Olson
Tula Paul
Sonya Pittalwala
Tesha Joy Plaza
Véronique Poirier
John Pynn
Kimberly Quinton
Darcy Raymond
Freda Reinhart
Olivia Reverie
Lori-Ann Sacrey
Kaitlin Schamber
Jessica Scott
Sadiya Shah
Zahra Husseini Shahrestani
Cristina Sherren
Noela Shields
Jessca Silva
Kristen Silveira
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Leigh Smit
Janaina Spady
Tina Marie Steele
Sally Stuike
David Tamagi
Nicolette Thiessen
Crystal Vincent
Misha Waheed
Diane Walters
Celine Warawa
Justine White
Erika Wilcox
Tsz Fung Yuen
Oxana Zagreadscaia

Notes from the CEO's Desk



"We are way past minding the mental health care gap in Canada. It's time to mend it—for individuals, families, the workplace and all our communities."

-Dr. Karen Cohen, CPA CEO

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

Psychology Month in February reminds us that we need to be prepared to mitigate the impending psychological pandemic. Seeing the reality is easy. After all, one in five Albertans (even pre-pandemic, now likely more) will experience psychological distress or illness. But ensuring access is not as easy.

Psychologists provide valuable cost-effective services. However, Albertans experience a range of barriers in accessing these services—barriers related to treatment costs, not knowing where to get help, lack of extended health insurance coverage, wait times and more.

While we may not be able to foster barrier-free access, a tremendous step forward would be achieving parity in access for psychological health. That is a solution. And we know the actionable recommendations.

1. Fund psychological health on parity with physical health based on burden of disease.
2. Have psychologists advise on how to increase service access for underserved populations.
3. Engage psychologists in targeting accessibility for effective evidence-based services.

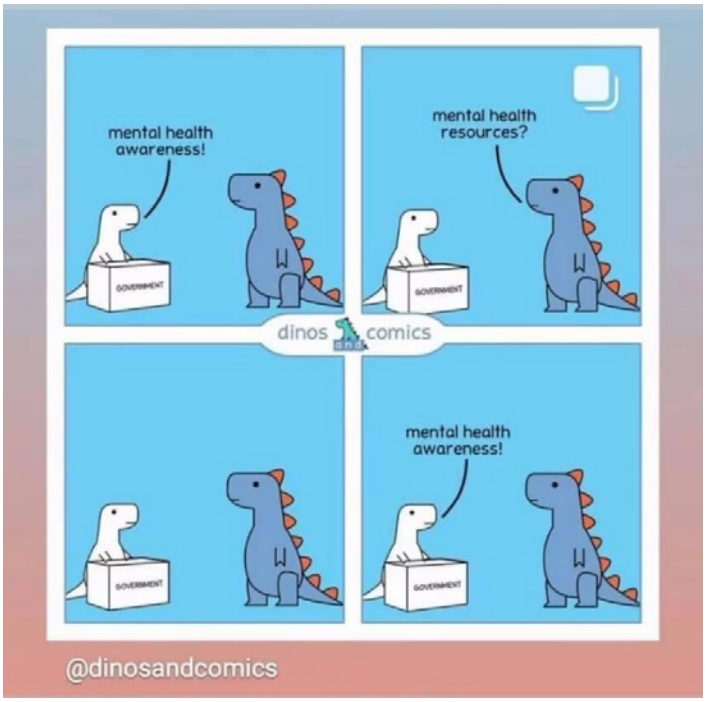
PAA Position Statement
Mental and behavioral health publicly funded services must reach parity with funding for physical health publicly funded services based on the burden of disease.

Minimize Economic Barriers

The services of psychologists for the assessment and treatment of psychological problems and disorders of Albertans should be covered by the Alberta Health Care Insurance Plan, providing all Albertans with the right to choose private or public services provided by registered psychologists. Alternatively, there should be an assurance of sufficient psychologists within public health care services.

Address Specific Population Barriers

Increase direct involvement of psychologists in important policy discussion and decisions. Psychologists occupy critical roles educating on, and advocating for, the psychological needs of all Albertans and have significant expertise in effective and evidence-based services for specific populations.



Used with permission from @dinosandcomics

Target Accessibility

Psychologists can target how to increase cost-effective and beneficial services in areas with specific accessibility issues and for essential navigation of the current public and private mental health systems.

In closing…

When needed, all Albertans, regardless of income, should have access to psychological services. And those services must be provided by regulated health professionals with at least a master's degree in psychology, counselling, psychotherapy, or clinical social work. Albertans deserve parity.

Judi

Technology in Practice Task Force

Benefits and Risks of Using Mental Health Applications



"Navigating the thousands of apps that are available can be a daunting task for the practicing psychologist."

By Dr. Michael Stolte

Mental health applications ("apps") are a technological support that can make a positive difference for clients, provided they are well designed, user-friendly, and utilize evidence-based principles in their application. However, navigating the thousands of apps that are available can be a daunting task for the practicing psychologist. Marshall, Dunstan, and Bartik (2019) acknowledge this challenge in a published review in *Professional Psychology: Research and Practice*. In this article, they summarize the benefits and risks of mental health applications, the role of regulation, the importance of measuring efficacy and effectiveness, difficulties with research in this area, and the potential benefit of identifying a certification system for applications that meet a minimum criterion for evidence.

According to Marshall et al., (2019) potential benefits for increasing use of mental health apps include improved client accessibility, a possibility for client anonymity, opportunities for interactive homework and communication between sessions with a psychologist or other mental health professional, low-cost usage, and less demand on existing resources – particularly for mental health supports that are less complex. Some potential risks include concerns about privacy and confidentiality, the development of applications without expert input, a reliance on technological literacy for effective use, and many mental health applications do not require emergency contacts and are insufficient to deal with more serious concerns such as suicidality or threats to personal safety.

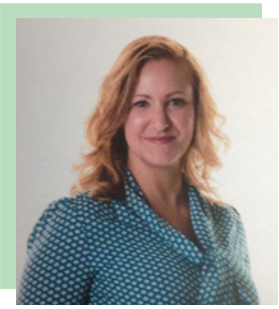
Selecting the right app often falls on the treating psychologist. This can be complicated as psychologists must assess potential benefits and risks when recommending any psychologically-related service to their clients. Psychologists should also seek to maximize treatment effectiveness as a primary consideration.

Last spring, as a member of the Technology in Practice Task Force, we were able to meet with one Canadian company, **TherappX** (https://therappx.com/) that is working towards addressing some of these concerns. Using a proprietary evidence-based rating system, TherappX reviews health care applications and provides numerical and qualitative feedback on user-friendliness, availability, peer-reviewed literature that may support their effectiveness, and other information that may be of benefit to clinicians. Subscribers are then able to search their database and generate a short list of mental health care applications that may be of benefit to their clients. Subscribers are also able to access practice communities to share resources.

Though not an endorsement, PAA was able to sign an affinity partnership with TherappX, so that PAA members can access these kinds of tools, so that they, as psychologists, can increase their own confidence on the efficacy and effectiveness of the mental health apps they may recommend. A video introduction is available at https://www.youtube.com/watch?v=_wP1hagA-6U. If psychologists are interested in this service, contact PAA for a discount code to receive a 20% discount at checkout.

This year, the TiP Task Force is going to focus more on this area of mental health apps. If you are aware of additional resources or tools for us to look at, please forward to Dr. Michael Stolte, Chair of the TiP Task Force at mstolte@integritypsych.ca.

Board Notes



By Nicki Wilson, R. Psych

"These community of practice groups offer members a place to discuss professional practice experiences, issues, and concerns."

Dear Valued Membership,

We would like to remind you of the valuable new program offered to the membership. The PAA Ethics Round Table (PERT) program is a no-cost peer support program developed to enhance ethical professional practice and decision making. These community of practice groups for professional ethics can provide confidential support, education and help circumvent problems in the field of psychology.

Within a community of practice, study round tables provide an opportunity for small groups to address complex issues – in this case related to our professional ethics – in a collaborative manner based on a democratic approach to self-education. Participants examine the topic of focus from many points of view and identify areas of common ground. Participants emerge with recommendations for action that will benefit the community of practice.

All topics will be listed in advance of the round tables and will be specific to professional ethics in psychology. These may include:

- Confidentiality and Consent
- Requests to Release File Information
- Requests to Release Information – Minors
- Rural and Small Communities of Practice
- Professional Competency
- School-Based Psychology Dilemmas
- Conflict of Interest
- Ethical Dilemmas in Clinical Supervision
- Duty to Report
- Provision of Supportable Services
- Billing Practices/Issues
- Termination of Services
- Record Retention
- Telepsychology

The round tables, which are offered at minimum monthly, are facilitated by two to three members who are pre-approved expert facilitators, registered psychologists, and PAA members.

Provisionally registered, early career, full and life members in practice are eligible to participate in these free round tables. Topics and dates are listed on PAA's Continuing Professional Development page. Interested members who want to participate may provide topic-specific scenarios for the discussion. Participation will be limited to a maximum of 15 registrants, including facilitators.

The PAA is committed to supporting our membership and we encourage our members to take advantage of these and other community of practice groups. Our high professional standards and code of ethics differentiates registered psychologists from other health care providers. These community of practice groups offer members a place to discuss professional practice experiences, issues, and concerns in a safe, respectful, productive, and collaborative manner.

Respectfully your President,

Nicki M. Wilson
M.Sc. R. Psych

The Universe Within

Embracing Struggle



"Ultimately what is significant in life is not what happens, but who we become in relation to what happens."

By Gwen Randall-Young, R. Psych

It is common for people to feel betrayed when life experiences are painful. There is a sense either of victimization, unfortunate luck, or bad karma. Pain and suffering are deemed wrong: an aberration from the divine (or our own) plan. Clients often ask me what they are doing wrong – assuming if they were 'doing it right', everything would flow according to their desires.

Pain in life is normal. Both Jesus and Buddha taught that sorrow and tribulation are part of the human condition. How much better it would be if, when birthing ourselves into this world (or giving birth), we knew unequivocally that while there might be pain and difficulty, we have within us all that we need to survive and thrive.

If we knew, at the very core of our being, that we could handle whatever comes our way, we would not spend so much time resisting what is or trying to figure out why it is as it is. Imagine soul is taking ego for a walk through brand new territory.

Soul knows the joys and sorrows of the journey. Soul knows life on Earth is a 'virtual reality' experience that is temporary, and from which learning and growth evolve. Ego, like the frustrated, impatient child, reacts to everything along the path. It gets excited when the journey is fun and rewarding, but begins to complain when the going gets rough. Soul may wish ego would just relax and absorb the tremendous learning – that ego would trust that soul knew what it was doing in bringing us here. Soul knows pain is not punishment, but a powerful teacher.

If we choose to go for the growth, we can allow the pain to teach us to soften our hearts. In accepting the pain, and truly grieving, we allow for letting go, forgiveness and healing. We also gain compassion for the suffering of others. Ultimately what is significant in life is not what happens, but *who we become* in relation to what happens.

Life's experiences provide the opportunity to release the limited ways of ego. Little by little, the 'self' can tune in to the wisdom of the soul. This is evolution of consciousness. Ego may still be triggered by difficulties as it moves along the path, but it learns to listen to encouragement from soul, and to draw on the strength of soul.

In time, with practice, ego can expand its boundaries, and merge with soul. There is no longer a 'split', and we are able to accept whatever life brings with grace, and with the trust that no matter how confusing things might seem to us, things are evolving as they should.

This does not mean all that happens is good – it means there is good learning to be taken from all that happens. There is no need to resist what challenges us, for it is in embracing the challenge that we find our strength.

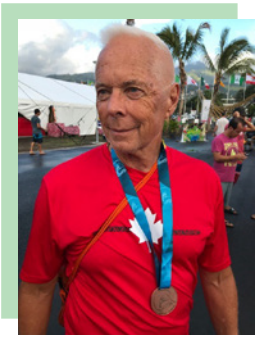


Gwen Randall-Young is an author and psycho-therapist in private practice.

For articles, and information about her books, personal growth/hypnosis MP3s/ CDs visit www.gwen.ca.

Ethics – The Impossible Imperative

The Ethics of Self Care



"The professional tends to classify and to specialize, to accept uncritically the ground rules of the environment. The ground rules provided by the mass response of his colleagues serve as a pervasive environment of which he is contentedly unaware."

- Marshall McLuhan

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

Self-care fails for the same reason intervention with agents of social control fails in finding "the" treatment for PTSD, or its prevention. In his book, *The Age of Fitness: How the Body Came to Symbolize Success and Achievement*, Jurgen Martschukat offers explanation, at least for self-care. We are repeatedly enjoined to the ethical necessity of self-care it seems and continually thus directed.

In Monitor on Psychology, an article titled *The ethical imperative of self-care* details not only the costs of, but the recipes for, addressing this situation, only one more article in a long line of such. In this article, they speak expansively of the COVID factor, the translation of treatment to media delivery, and the pandemic-specific distress emerging. Of course, they also speak of those factors contributing to "burn-out" and the moralistic demand that psychologists model healthy behaviour and emotion. Finally, there is finger shaking that without self-care you can't provide good patient care. Then come the usual suggestions like monitor your psycho-social status, drink more water, eat more vegetables, be kind to yourself, be pro-active, mind your workload, meditate, get social support, go jogging, and so on. And this is nothing new… nonetheless, as Martschukat suggests, this, as with fitness, exists under the ordinance of a system doomed to fail.



In danger of advancing a political agenda, it is necessary to see self-care as doomed through its very promotion. The system promoting self-care is held captive by implicit ideology. Stated more simply, fitness and self-care become yet another "should/must/ought" as defined not only by our profession but societal expectation. While authentic self-care is an escape from the ideological demands associated with productivity, ascendance, reflective/deliberate exertion, the imperatives of professional practice, and the definition inherent therein of being "good," it is implicitly based on such. If you are a "good" psychologist, you should do self-care, nesting it within the tautology of the discipline. So, the challenge is how to escape from a system that defines productivity (read professionalism) and then says productivity is perhaps a liability at the threshold and then defines productive ways to be more productive. The "medium is the message" sort of thing…

The ethical lesson? Well, rather than trying to get psychologists marching to any particular self-care imperative ("should" meditate, "should" get fit, "should" take time, "should" socialize, and so on) we ought to go and just fetch-up joy! In fact, the checklists and recipes on self-care are just road maps to where others have found joy. Meditation can become as demanding as case summaries for some folks. Jogging is just something to get over with for others. As Slavoj Zizek has said, "I have no physical fitness whatsoever. I don't like sport. In my country skiing is popular. I find it nonsense. You climb a mountain and you slide down. Why not stay at the bottom and read a good book?"

Alberta Psychology in the Media

Media Engagements

Sept 2021 – Nov 2021

9 Media Pieces

VIA

- A Resilience Project – podcast
- Global News
- 630 Ched radio
- CTV News Edmonton

THANKS TO

- Dr. Jody Carrington
- Dr. Brent Macdonald
- Dr. Ganz Ferrance
- Dr. Judi Malone
- Dr. Kerry Bernes

ON TOPICS INCLUDING

- Reconnecting kids these days
- Alberta's COVID-19 vaccine after incentive and passport
- Tools for tough talks
- Thinking long-term in a pandemic
- Thanksgiving holiday fatigue, risk of COVID-19 spread
- Youth and the pandemic
- Life with bipolar disorder
- Staying connected through the pandemic
- Edmonton Oil Kings supporting Kids Help Phone

PAA Exhibit Event

Participants	Venue
Dr. Judi Malone	» 15th Annual Pain Society of Alberta: a provincially, nationally, and internationally digital conference with over 1,500 recipients

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 advise the PAA office at paa@paa-ab.ca for our report!



Cindy, Thank Yo

After 22 years of service, **Cindy Kennedy**, PAA's Administrative Officer, will begin an exciting stage in her life: retirement!

Cindy's PAA journey began in 2000 when her three kids were old enough to be in school. She was able to ask herself the question "what do I want to be when I grow up?" The answer was to return to the workforce by taking a Microsoft Office Program at Alberta College, which led her to PAA for the required work experience component.

For Cindy, work is all about relationships, even from the day she was interviewed for the position by Brenda, who she recognized from the soccer field because their daughters knew each other.

At the time, PAA was located in a small office on the fifth floor of the Western Canada Bank on Jasper Ave, where Cindy worked alongside two other office staff. Two part-time executive directors, Dr. Steve Carter and Dr. Bonnie Haave, worked offsite. Cindy recalls the office was quiet initially. "You'd say good morning and not talk with each other much. For a couple months, it drove me crazy until I started a relationship with both of them." It wasn't easy without a kitchen or break room, but she eventually forged personal connections. "We started having coffee in the office, and started a ritual where we'd go for lunch every Thursday, which I still miss."

Cindy started on a contract working four days a week, with July and August off. She recalls her stay-at-home mom friends and neighbours asking "how did you get so lucky?" with the ideal job and schedule. Later, when her youngest son was old enough to take the bus home, Cindy requested permanent part-time status with benefits.

PAA saw Cindy through many personal milestones: her kids' high school graduation, the empty nest stage, her daughter's marriage, the arrival of three grandkids, her husband Doug's retirement, and even the diagnosis of her mom with Parkinson's.

And PAA evolved over the years too – not just in terms of personnel, when friend and then-CEO Pierre Berube passed



"After 22 years, I can walk away
'that was wonderful. It had mean

ou For 22 Years!



saying
ning.' "

"At the end of the day, it's my relationships with members and staff that have meant the most."



the torch to Dr. Judi Malone, who has helped shape PAA into the association it is today, but also in terms of technology. These days, Cindy relies daily on the latest technology, but has seen PAA grow from the fax machine and dial-up internet, and recalls when membership renewal was coordinated by snail mail and manual payment processing, with changes noted on a hard copy. "We'd change membership status on a paper ledger and each month you'd mark changes with a pencil."

Cindy embraces technology but wisely. She knows it can inspire an endless race for greater speed. "Sometimes I feel we need to step back. We try to make things go faster, but if we save five minutes, we immediately try to fill that gap with something else."

So yes, change is good, but so is constancy. For example, one of Cindy's favourite parts of her job has always been getting to know members. "It's talking with members and feeling like even though they may not know me very well, that I've heard stories over the years of what they've been doing in their careers. And I loved going to the conference and putting faces to names." It's a lesson that sometimes gets lost in the pursuit of change. "I used to go to the bank in person and the tellers would know your name and there was a sense of value in that. There's value in going yes - I know who you are."

Another thing that has stayed the same over 22 years? "How supportive PAA has been for me. We work hard but we also enjoy each other. I never felt like a number; I felt recognized."

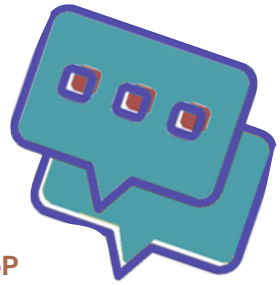
Looking ahead, Cindy's excited about the next phase in her journey, and joining Doug in retirement. They hope to blaze many trails in their motorhome, and spend more time with family, including three grandkids.

It feels like the right time. Retiring is emotional, but "after 22 years, I can walk away saying that was wonderful. It had meaning."

It certainly did. Cindy, you have meant so much to PAA, its members and its staff over the years. Your personal touch makes you special. May that never change!

CoP and Task Force Leadership

Thank you to all PAA members taking an active role in our Communities of Practice and Task Forces, including the following members volunteering for leadership roles:



Awards Adjudicating Committee
Chair – Dr. Judi Malone

PAA Racism in Alberta Psychology Taskforce
Co-Chairs – Mateo Huezo & Caryn Tong

Technology in Practice Task Force
Chair – Dr. Michael Stolte

PAA – CAP Joint Task Force: Alberta's Truth& Reconciliation Response
No chair specified

Mentorship Task Force
Board Liaison – Tamara Stuart

PAA CEO Evaluation Taskforce
No chair specified

Supervision CoP
Chair – Terilyn Pott
Moderator – Laura Friesen

Social Justice, Equity & Diversity CoP
Chair – James Murch
Vice-chair – Joanna Card
Moderator – Emily Wang

Public Education & Workplace Wellness
Chair – Inverpal Braich

Psymposium Trivia



The question from our 2021 November issue:

Q: Do you know where this is?
A: Cypress Hills, AB

For members who subscribe to the hard copy of *Psymposium,* please note a subscription fee change to $65 for the 2022-2023 fiscal year.

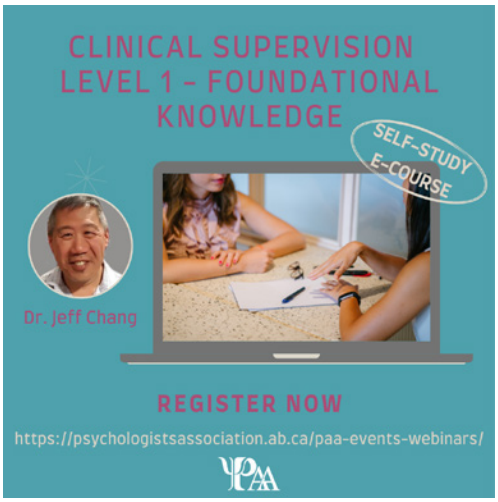
PAA Ethics Round Tables



Do you encounter ethical challenges in psychological practice? Ever wish you had a group of peers to discuss the scenarios you face? Check our CPD page regularly for new Professional Ethics Round Tables (PERT), free registered sessions where you can connect with your peers on professional ethics topics.

Your round table will be hosted by an experienced volunteer facilitator, a PAA member who will guide discussions within your small group session. Come bring your ethics topics to the table!

PAA Supervision Course



Looking for ways to enhance your supervisory practice?

PAA is thrilled to partner with **Jeff Chang, Ph.D., R. Psych** to offer the self-study course Clinical Supervision - Level 1: Foundational Knowledge. This course consists of 10 modules which will provide key foundational knowledge in the area of clinical supervision, in an online self-paced format. You will learn the specific knowledge required for competent supervisory practice, and develop a personal competency enhancement plan.

A special thanks to Jane.app for sponsoring Thinkific, the learning management platform that has brought you this new course!

The course portal can be found at mypaacourses.ca. Members can email jessica@paa-ab.ca for the members-only discount code or find it in the PAA Collaborate Members Benefits library.

Alberta Psychology Showcase



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Purchase a turnkey commercial condominium: Edmonton 10339 - 106 street. Custom designed for psychological services. Numerous effective sound-reduction and air-quality features. Excellent parking. Contact Vince Caputo at NAI Commercial 780 436 7624.

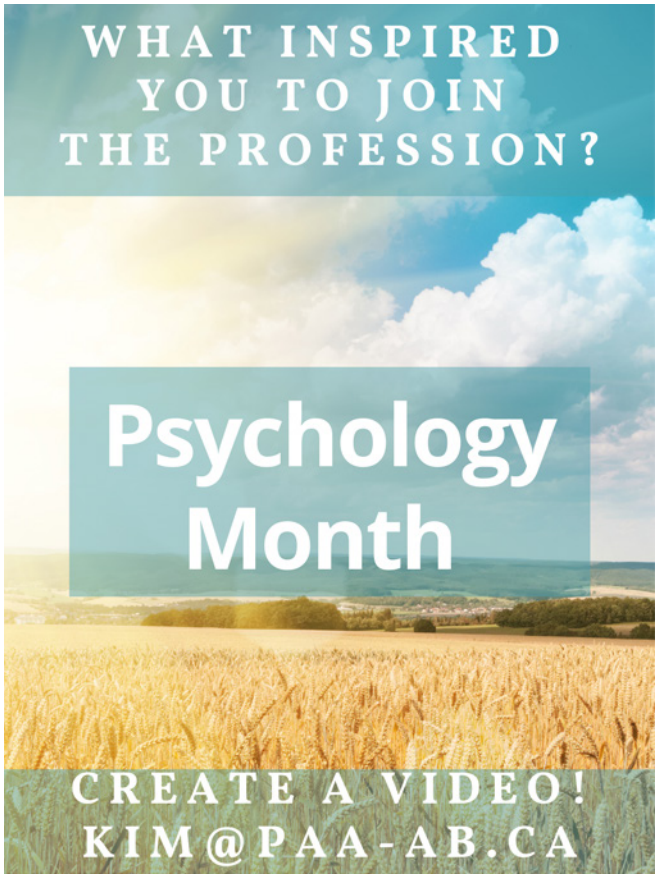
Psychology Month



February is Psychology Month, an opportunity for public education on the role that psychology plays in supporting wellness in our lives, schools, and workplaces.

Want to get involved? Help us highlight the diversity of our profession and the unique career paths it offers. Submit a video where you share how the profession of psychology became the right path for you. Watch what some of your colleagues did for Psychology Month last year in our Psychology Month playlist on YouTube. Interested? Contact Kim for submission requirements. Submit your video to PAA Submissions – Dropbox.

If you're giving public education presentations, PAA has a PowerPoint on the Psychologically Healthy Workplace you can use as a template. We also have brochures, an 11 x 17 poster from CPAP, display boards and the PAA banner available for members by request at paa@paa-ab.ca. Thank you for helping to showcase what psychology has to offer!



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PSYCHOLOGY AND NEUROFEEDBACK CENTRE FOR SALE

Established, 26-year old practice, with client waitlist. Providing Trauma-Informed Therapy through EMDR, Neurofeedback and Sensory Motor Psychotherapy.

Located in a rapidly growing BC coastal mountain community 45 minutes from Vancouver. Immediate full-time client load available to the purchaser.

Those with serious interest, contact
Doug Ryder, Questra Corporate Finance:
Doug.Ryder@questra.ca

Doug.Ryder@questra.ca

Collaborating

Fostering the Profession: Learning–Leading Psychology as a Profession

PAA and our members are committed to maximizing our impact through strategic relationships with other psychology groups, in addition to maintaining a strong relationship with the College of Alberta Psychologists. These groups include:

American Psychological Association

- Dr Lana Hawkins was elected to the APA Council of Representatives
- Robert McGarva as Rural Health Coordinator Representative for Alberta
- Dr Judi Malone as the CESPPA representative for Alberta
- Nicki Wilson as Division 31 Representative

Canadian Council of Professional Associations of Psychology

- Dr Judi Malone, Alberta Voting Participant
- Dr Sally MacLean, Alberta Participant Observer

National Committee on Psychologist Wellness of ACPRO & CPAP

- Tatiana Lund, Student Volunteer
- Dr Judi Malone, Co-Chair

Canadian Psychological Association

- Dr Judi Malone serves on the CPA board representing the provinces

Association of Canadian Psychology Regulatory Organizations

- Dr Judi Malone serves as the liaison of the professional associations to ACPRO

Alberta Health Services

- Dr Judi Malone participates in the:
  - » AHS Professional Practice Council for Psychology
  - » AHS Clinical Strategic Network for Addiction & Mental Health
  - » Alberta Mental Health Research Hub–Addictions & Mental Health



2022 PAA & CAP Joint Town Hall Dates

Town Halls offer members the opportunity to connect with PAA CEO Dr. Judi Malone and CAP CEO Dr. Richard Spelliscy. PAA and CAP join in hosting town halls in different communities in Alberta throughout the year.

CONNECT WITH PAA AND CAP!

LOCATION:	DATE:
AHS Psychology Days	February 2022
Grande Prairie	April 2022
Red Deer	May 2022
Medicine Hat	October 2022
Lethbridge	October 2022
Fort McMurray	November 2022
Lloydminster	November 2022

These dates are subject to change. For the most up to date information, visit our Events and Webinars page.
For more information, contact: ada@paa-ab.ca.

PAA Volunteer Spotlight

Quality volunteers are the bricks that hold non-profit organizations together. We couldn't survive without them! In this column, we'll shine the spotlight on a member who has made a difference! Want to share your story? Contact us at paa@paa-ab.ca for submission requirements.



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Are You With Us? Members of the Psychologists' Association of Alberta (PAA) can join more than 11,000 psychologists in the largest professional liability program available for psychological practitioners in the country. *BMS Canada Risk Services Ltd. (BMS) provides:*

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Exploring Assessment in Professional Psychology

Differential Diagnosis: Figuring Out What is Going On With Clients



"A missed diagnosis could be as detrimental as a mis-diagnosis."

By Dr. Michael Lee Zwiers



I have been trained in Jungian therapy, cognitive and behavioural therapies, non-directive counselling, play and expressive arts therapy, hypnosis, group therapy, and family therapy[1]. Each school or modality takes a different approach to formulating problems and working toward solutions and healing. Whatever theoretical orientation we might use in our work, the art of differential diagnosis is a critical component of our work, and I would argue that it is necessary for success with clients. It provides us with a mental roadmap.

In my experience, when clients are not improving in treatment, it often means that something important has been missed with the clinical formulation. I have never regretted conducting a thorough intake assessment, but I have almost uniformly regretted not having conducted a thorough enough initial evaluation, even when clients are coming for short-term therapy. The only exception is when we use a single-session consultation model, where clients come with a specific concern they wish to address, such as test anxiety. In these cases, I always advise them that their ability to benefit from treatment may be impeded by underlying conditions or factors that we have not taken the time to consider. A superficial evaluation can hamstring our efforts.

The act of diagnosis requires several steps:

1. considering possible diagnoses *(i.e., explanations)*
2. ruling out certain diagnoses, and
3. ruling in other diagnoses.

The first step requires us to cast a wide net. The second requires us to actively look for evidence *against* a condition. The third requires us to actively look for evidence in support of a condition. The operational space where we do this mental work is called the *differential*. It is where we differentiate diagnostic formulations with a specific client or clients (such as a couple).

The art of differential diagnosis is relevant for all theoretical systems, but is best understood when applied to a clearly delineated diagnostic system such as the Diagnostic and Statistical Manual of Mental Disorders – 5th Edition (DSM-5) or the International Classification of Disease – 10th Edition (ICD-10). These systems have carefully categorized diagnostic entities under groupings such as: anxiety, mood, neurodevelopmental, impulse-control, sleep, trauma, etc. While the DSM system articulates specific diagnostic criteria to help facilitate the process (i.e., symptoms, behaviours, clusters, timelines, and impairments), ICD relies on a more holistic appreciation of what a particular condition looks like in a *typical manifestation*. Family therapy expressly aims to understand the broader context of familial and social dynamics and their impact on individuals while frameworks that hyper-emphasize the psychology of the individual (such as the DSM), still require consideration of cultural and societal factors.

When we engage in differential diagnosis, it is important to follow some tried and true procedures. I suggest the following six to guide your work:

First, we should consider all possibilities. *A missed diagnosis could be as detrimental as a mis-diagnosis.* When you see your family physician about a sore throat, you don't want your GP to assume that you have a virus or cold based on statistical probabilities. You want your GP to examine you, to consider all reasonably possible explanations.

Click here to access the rest of the article.

1 When I state that I have been trained in an area, this means that I have taken at least one graduate course or equivalent in theoretical training and received at least 100 direct hours of supervision, and a minimum of 400 hours of applied experience.

Students' Corner

Students' 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 Vanessa Siso, Student Representative on the PAA Board of Directors.

That's me!



Do you like reading books? Consider checking out Student Book Reviews! For more information, email PAA's Student Director.

Did you know that PAA's Referral Service can connect you with psychologists who offer sliding scale fees/student discounts for services?

Interested in connecting with other students/provisionals in a forum where all things psychology are up for discussion? Watch our Collaborate & Facebook pages for updates on virtual provisional/ student mixers!

Interested in becoming a PAA student leader on your campus? Find out more about our PAA Campus Representative program!

Did you know that as a student member, you can access a supervisor list to aid your practicum search? Contact PAA for more information.

Did you know that you can access free psychological services with a volunteer psychologist for up to 3 sessions through PAA's Disaster Response Network?

MEMBER BENEFITS

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LOGIN CANADA

New Kids on the Block
A Column for Early Career Psychologists

Making an Appropriate Referral



"Inherent in this discussion is the importance of having a solid network of colleagues and understanding where and how they practice."

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

Numerous are the reasons why a clinician might need to refer a client to another therapist or healthcare professional. Perhaps the person/family might need specialized help that is outside the area of your own competence; maybe the therapeutic relationship is not working/is unsafe or unhealthy; maybe you are too busy or aren't available to offer the sessions that would be best for the client(s) etc.

Whatever the reason, it seems part of an ethical imperative to make a referral appropriately, kindly, and effectively. Probably a good place to start is to be sensitive to the referral process overall. As we know from our experience of undergoing therapy ourselves or helping others in need, it can be a very delicate thing to enter the first interpersonal space with a stranger. Being aware that this is challenging for most people is wise.

Practically speaking, it's important to present some options and a clear rationale to the client when proposing a new clinician, and to be involved with the process of selection. I recently had a distant family relative reach out to me to ask for a referral for a friend of hers who had witnessed a suicide along with her two children. I recommended a particular therapist and explained that I was doing so for three reasons: first, he is a family systems therapist and trained in family therapy; second, he is quite strategic and, while also empathetic, likes to help people achieve specific goals (apparently the friend had seen a couple of other therapists that were too "touchy-feely"); and he was available within the next couple of weeks (this was important because her friend was looking for help as soon as possible).

Inherent in this discussion is the importance of having a solid network of colleagues and an understanding of where and how they practice. It's hard to make a referral if you don't know anyone to refer to! From specific desires that clients might be expressing ("I really want to do EMDR with someone who specializes in that approach"), to the practicalities like virtual or local therapy options, we are obliged to be able to send someone in the right direction for appropriate psychological care. Without feeling burdened by this responsibility, we can perhaps view it as an opportunity to think more widely about our profession and collegial space; how it can be harnessed to help those we work with – whether it be directly or more indirectly, as with a referral.

Another possible consideration when making a "handoff" is thinking about the placebo effect. We are well aware of the importance of belief and expectation with respect to treatment and its effectiveness, and I can remember several instances where a client has been referred to me with much positive anticipation. In other words, the person referring them, whether it was a friend or another professional, said very positive things about me and my way of engaging with people. Although this is no guarantee of success it can definitely, and did, in these instances, contribute to a positive take-off for the therapeutic work.



Recommended Fee Schedule

Effective 01 January 2022, the recommended fee schedule will remain unchanged.

2022-2023 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.

Welcome New Team Member

Join us in welcoming Natasha, the newest member of your PAA Staff Team!



My name is **Natasha Miller**, and I'm excited to be the new Administrative Officer for the Psychologists' Association of Alberta.

I hold a Bachelor of Arts degree in English from Concordia University of Edmonton, and was involved with the Students Union and CUE's Board of Governors. Together we can create the change to help all Albertans become psychologically healthy. I am looking forward to connecting with you in the future!

PAA Board Meeting Dates 2022



» 04 February 2022
» 07 May 2022
» 09 September 2022
» 04 November 2022

The PAA AGM will be held online 09 September 2022.

Continuing Professional Development

Clinical Supervision Level 1 – Foundational Knowledge



In this self-study course, clinical supervisors will learn the foundational knowledge required for competent supervisory practice. Please contact PAA at jessica@paa-ab.ca for the members-only discount.

Co-Sponsored Webinar



Want to expand your intercultural competency as a clinician? PAA has partnered with **Indigenous Awareness Canada** to bring you their training, designed to help non-Indigenous Canadians and Indigenous peoples move toward reconciliation. Part of your fee will go towards PAA's dedicated reserve fund to support Indigenous psychologists and psychologists in training.

Register for Indigenous Awareness Training.

Upcoming In-Person Workshops

Trauma & PTSD in First Responder Populations

With Dr. Megan McElheran

2022-02-25 in Calgary

Register

Parenting Assessments Workshop

With Ann Marie Dewhurst Ph.D & Ryan Callioux, Barrister & Solicitor

2022-01-20 in Edmonton

Register

Primers

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

Trauma & PTSD in First Responder Populations–**Dr. Megan 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**

The Erupting Addictions Pandemic–**Dr. Kevin Alderson**

The Game of Life: An Introduction to Using Basic Sport Psychology Principles in Clinical Practice–**Dr. Caelin White**

Prescribing Service Dogs or Emotional Support Animals–**Kristine Aanderson**

Psychedelics and Psychedelic-Assisted Therapy–**Dr. Megan McElheran**

Free Recordings

Traumatology 101: Psychology During a Pandemic

Pandemic Adaptations Panel: Counselling Psychology

Pandemic Adaptations Panel: School Psychology

Pandemic Adaptations Panel: Supervision in Psychology

Asynchronous Webinars

Starting and Operating an Independent Professional Practice in Psychology–**Dr. Stephen Carter**

The Weight of the World: Psychologist's Role in Addressing Client's Weight-related issues–**Dr. Angela Grace**

Indigenous Awareness Training–**Indigenous Awareness Canada (IAC)**

2022 PAA Membership Renewal

It will soon be time to renew your membership with PAA! In advance of your renewal, the PAA would like to thank you for your continuing support. PAA membership grants you a range of personal and professional benefits:

- Our always-expanding list of CPD offerings
- Networking opportunities through Collaborate
- Affinity partner benefits
- Industry-leading Practice Advisor program
- Supervisor list for provisional members
- Members' Magazine Psymposium

When renewal opens, renew by 31 March 2022 and be automatically entered to win a discounted registration for a CPD offering in the 2022 membership year! Questions? Contact simon@paa-ab.ca or call 780 424-0294. We look forward to supporting you in 2022!

PAA Referral Service

Are you marketing your private practice effectively?

The PAA Referral Service provides the public with the contact information of registered psychologists who match their region/area of expertise. With excellent value for your marketing dollar investment, the Referral Service is an ideal advertising strategy for those in private practice.

New feature! Early Career and Provisional members–you are now eligible for the Referral Service too!

Albertans can find participating psychologists in our online directory, and by calling the Referral Service line. Our Referral Service also appears in our Google business listing.

Already on the Referral Service? Use our series of videos for your marketing purposes.

Joining the Referral Service is easy. Log in to the membership portal >**Account>Membership>Addons.** The annual fee is $200.00 plus GST (prorated after 01 May), and you can add a direct link to your website for $53.00 + GST.

From Oct to Nov 2021, we averaged **2,295** referrals/month. That's **107** per day.