Psymposium

Vol. 33 No. 2 – Sept 2022
Truth & Reconciliation Edition

Psychologists' Association of Alberta



Understanding People | Working Together

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Mission
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This edition of *Psymposium* honours Canada's National Day for Truth and Reconciliation, 30 September 2022.

LAND ACKNOWLEDGEMENT

We begin by acknowledging we are on Indigenous land to strengthen the awareness of the presence and rights of Indigenous Peoples and to recognize the history of colonialism, its impact on the First Peoples of this land, and the need for meaningful change toward reconciliation.

Alberta lands are traditional meeting and traveling routes for diverse Indigenous peoples, including the Cree, Dene, Stoney-Nakoda-Sioux, Blood, Blackfoot Confederacy Nations, the Métis Nation of Alberta, & many others whose histories, languages, & cultures continue to influence our vibrant communities & whose footsteps have marked these lands for centuries.

The act of territorial acknowledgment weaves Indigenous presence into our systems and processes. In the words of Chelsea Vowel, Métis Plains-Cree speaking woman from Lac Ste. Anne, Alberta, this can be a transformative act in response to Indigenous erasure.

The Psychologists' Association of Alberta is dedicated to the recognition of the contributions and historic importance of Indigenous Peoples and to continuing to strive towards a clear and overt commitment to embody the promises and the challenges of Truth and Reconciliation.

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Editor's Letter



"People fail to get along because they fear each other; they fear each other because they don't know each other; they don't know each other because they have not communicated with each other."

- Martin Luther King Jr.

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

In this issue of PAA's *Psymposium*, we focus and reflect on Indigenous communities.

As a profession, and as caretakers of this planet and of each other, it is our responsibility to become aware of, and accountable for, the ways in which we can authentically grow in our personal and professional understanding of the systemic complexities, both past and present, endured by Indigenous communities, and to create collaborative, culturally informed change for the future. In the *CAP Practice Guideline – Working with Indigenous Populations*, "a psychologist shall take reasonable steps to familiarize themselves with the current and historical injustices suffered by Indigenous peoples prior to providing services, and ensure all professional activities are performed in a culturally sensitive, safe, and competent practice" (18.1).

Two foundational skills we learn in providing services and professional activities are the development of "communication" and "relationship" to form a positive working alliance. We need to acknowledge, however, that much of our past education, training, and the language that we use in providing counselling services, conducting research, teaching, advocacy and developing programs stems from a western framework and institutions. To practice in a culturally informed, culturally safe, and ethical way means revising our understanding of "communication" and "relationship" from an Indigenous perspective—a first step of many—and to understand the differences between Indigenous and Western worldviews (Working Effectively with Indigenous Peoples Blog: *Indigenous Peoples Worldviews vs Western Worldviews*, 2016). "Any individual within a culture is going to have his or her own personal interpretation of the collective cultural code; however, the individual's world view has its roots in the culture – that is in the society's shared philosophy, values and customs." (The Comeback: Saul, J., 2014)

Proceeding with an open heart and an open mind and to become allies in healing, calls us to better understand by truly listening—what do "reconciliation", "culture", "respect", "apology", and "humility" mean when working with Indigenous communities, and have we integrated a way or opportunity to receive feedback that helps guide us in our practice and best efforts to advocate (Calvez, S. & Danto, D. CPA National Day for Truth and Reconciliation, 2021, CPAVideochannel)?

I encourage you to check out all the learning opportunities and resources presented here by our contributing authors and those available on PAA's Indigenous Resources website.

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

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Psychology's Response to the TRC Report - Part 3

By Tamara Austin M.A. R.Psych; Joanna Card M.Ed. R.Psych; Shandra De Clerck M.Sc. M.A. R.Psych; Krista Forand M.Ed. R.Psych; Andrew Nicholson M.Sc. R.Psych.



"The report outlines that there are estimated to be fewer than 12 Indigenous psychologists in Canada, an alarmingly low number."

This is article three in a series by members of the Social Justice, Equity and Diversity Community of Practice (on PAA Collaborate) reflecting on Psychology's Response to the Truth and Reconciliation Commission of Canada's Report (2018).

The first article (2021 Sept, p.15) acknowledged our unethical conduct towards Indigenous Peoples, past and present. The second article (2022 June, p. 19) summarized six guiding principles for the practice of psychology in general, as outlined in the report.

This article focuses on the following topics outlined in the Task Force Report relating to education in the profession of psychology and Indigenous Peoples in Canada:

1. Barriers for Indigenous students
2. Key training elements for undergraduate students and graduate students
3. Cultural literacy training for practitioners

Barriers for Indigenous Students

The report outlines that there are estimated to be fewer than 12 Indigenous psychologists in Canada, an alarmingly low number. Potential barriers to Indigenous students pursuing studies in psychology likely include financial challenges and a sole focus by higher education on Western epistemologies. The report recommends the creation of more post-secondary funding opportunities for Indigenous students that can support them directly with tuition, as well as indirectly with factors that impact their ability to pursue education, such as childcare. Equally as important is psychology's role in advocating for improved access to early childhood, primary and secondary education for Indigenous and First Nations persons. In 2012, it was reported that 63% of Indigenous and First Nations adults did not have a high school diploma, highlighting that there are systemic failures to support lifelong, linguistically and culturally appropriate education, even prior to entry into the post-secondary education systems. The lack of appropriate educational opportunities places Indigenous students at further disadvantage when they transition to post-secondary learning (Chiefs Assembly on Education).

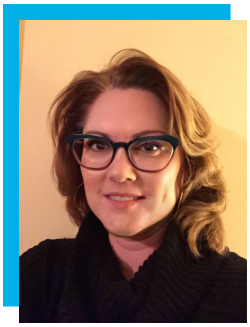
Should the Indigenous student successfully complete their secondary education and apply to post-secondary schools, the data shows that funding is insufficient. In 2010, it was noted that Indigenous Services Canada (ISC) had a budget of $400 million for 27,000 students. This has not improved as ISC funding is reported to be $320 million over a 5-year period. The number of applicants exceeds the budget. One suggestion made by the task force was for 1% of professional psychology registration fees to be put towards bursaries. To address the distrust of Western ways of knowing, the task force emphasized the obligation of university psychology programs to include and validate diverse perspectives and epistemologies, invite Elders as guest speakers, and explore opportunities to create relevant academic positions. Additionally, there is a need for the profession to advocate that the government appropriately fund these programs and ensure they are accessible in rural communities.

Post-Secondary Training and Education

There is a need to provide specific courses on Indigenous cultural literacy apart from general cultural diversity courses. This specific focus will help teach undergraduate students the longstanding impact of Canadian policies and history, residential schools, intergenerational trauma, and the subsequent responsibility to understand and respect Indigenous ways of knowing.

Currently, there are many graduates of master's and PhD level psychology programs who have little to no knowledge of the residential school system or the intergenerational trauma experienced by Indigenous Peoples in Canada. Recommendations to begin to bridge this gap include: mandatory graduate level training offered by culturally competent instructors partnered and advised by community-approved Indigenous leaders and Elders, and a doctorate level program integrating Indigenous cultural, linguistic, and spiritual knowledge, approaches to health and mental health, and ways to empower...(article continues here.)

Notes from the CEO's Desk



"Restorative Justice is a big word with many meanings. When I think about it, how is it that we can learn from the past to what we can do better for the future of our people? In our culture we teach that, we live that, we walk our talk."

- Late George Brertton, Saddle Lake Cree Nation

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

Some of the most profound lessons in my life came from teachings that the Late Elder George Brertton shared with me from his heart, in narrative, and with love. At Mannawanis Native Friendship Centre. At Poundmakers Adolescent Treatment Centre. At University Blue Quills. At the kitchen table while he held my infant daughter. I will forever be grateful for those teachings, the most important of which is that I have only begun to learn.

Along with the recent growing awareness of Indigenous cultures and the ongoing legacy of cultural genocide, racism, violence, and dismissal still dominate many conversations. There are systemic reasons to ensure that most of us remain unaware of the social, economic and political devastation of Indigenous communities through the mismanagement of Canada's treaty obligations. Coined "a move to innocence," many of us struggle to reconcile our guilt, complicity, and fears in relation to our understanding of human and civil rights based on social justice. This is my call to each of us to unsettle that innocence.

True accountability for the profession of psychology means that both:

1) collectively as a discipline and

2) individually as practitioners, scholars, teachers, and researchers

we must answer for our unethical conduct. Psychologists are therefore responsible for facilitating a true reconciliation process with Indigenous Peoples in Canada and for ensuring that their future conduct be ethical.

- Canadian Psychological Association / The Psychology Foundation of Canada, 2018

Indigenizing psychology or decolonizing psychology are not metaphors and cannot become platitudes. For social justice. For the tremendous shift and benefit to our profession and to those who we serve. Unsettling but powerful.

But where do we start? What do we do? It seems so overwhelming. But it's not. Not for psychologists. A courageous group has drawn the map. Plotted the course for us in translating from the TRC to our professional responsibilities and options. It's all here in Psychology's Response to the Truth and Reconciliation Commission of Canada's Report—a beautiful resource.

In closing…

We are all settlers here in Alberta, even those of us of mixed heritage. What we have is because of the treaties. Every one of us has treaty rights AND responsibilities. We are all treaty people.

Judi

Technology in Practice Task Force

Reflections on Telehealth as an Agent of Reconciliation



By Dr. Michael Stolte

"Telehealth is a powerful tool that must be handled carefully to ensure continued trust in the profession."

At the recent Canadian Psychology Association (CPA) conference in Calgary, Hadjistavropoulos (2022) reflected on navigating future ethical trends in psychology. One key theme was the role of technology and the ethical complications that can arise for the practicing psychologist in a 21st century context. Reflections included

- the rapid adoption of telehealth (due to COVID-19) and ensuing challenges;
- data transmission, storage and security challenges;
- the need for competence and training opportunities for psychologists in telehealth as well as other new technologies;
- the rapid proliferation of applications ("apps") and dearth of empirical science on the majority of these tools;
- emerging issues with informed consent and privacy when using apps;
- and a host of other potential applications such as artificial intelligence and computer visioning aids that psychologists may be asked for opinion on in the context of providing mental health care support.

Within this context, I was reflecting on the theme of reconciliation and how telehealth can either facilitate or act as another source of oppression for people. Provided it is implemented effectively, ethically, and is in alignment with privacy and security requirements, telehealth may contribute to reconciliation in the following ways:

1. Improved access to mental health supports. We have long known that psychology is not equally available to everyone. Those with limited income, or that live in rural or under-served communities, often struggle to gain access to timely and appropriate mental health supports. Provided it is implemented well, the rapid adoption of telehealth has collapsed geographical boundaries and created opportunities for those who need mental health services to access them quickly and more easily. If someone has access to reliable, high-speed internet, they can now access services more readily, without having to travel excessively to receive those services.
2. Reduced barriers to mental health supports. Different people have different preferences for communication and the available technologies reflect these differences. Some prefer to text, whereas others prefer to have a phone call, video call, or meet in-person. Again, the boundaries and interface between the professional office setting and the patient are changing quickly. Each communication medium comes with its own strengths and weaknesses for psychology. There are more options for the patient, however, and this means it is more likely that patients will access the mental health care when they need it, and in a medium that works well for them. Increasingly, psychologists will have to become more adept at these technologies to know how best to respond to their patients.

However, alongside increased access and reduced barriers to psychology, there is also potential for exploitation of patient trust, loss of privacy, and breach of inter-jurisdictional regulations. Despite the rapid changes in their practice environments, psychologists must maintain competency and tread carefully when adopting new technology, to ensure that patient privacy, safety, and trust are not compromised in the spirit of convenience and expediency. Telehealth is a powerful tool that must be handled carefully to ensure continued trust in the profession.

Board Notes



"We have a responsibility to educate ourselves, spend time examining our implicit cultural biases, and work to gain cultural literacy."

By Claire Petersen, R. Psych

I am writing to you this morning from my home in Medicine Hat, AB. I would like to begin by acknowledging we are on Indigenous land to strengthen the awareness of the presence and rights of Indigenous Peoples and to recognize the history of colonialism, its impact on the First Peoples of this land, and the need for meaningful change toward reconciliation.

Medicine Hat is located on Treaties 4 and 7, which are the traditional meeting and traveling routes for diverse Indigenous peoples, including the Blackfoot, Blood, Piikani, Stoney-Nakoda, the Cree, Sioux, the Saulteaux bands of the Ojibwa peoples, the Métis nations, and many others whose histories, languages, and cultures continue to influence our vibrant communities and whose footsteps have marked these lands for centuries.

As we approach the National Day for Truth and Reconciliation in Canada, I am reminded of how important it is to pause, reflect on our past, acknowledge and apologize for our mistakes, and recommit to meaningful change in the way we work.

In Psychology's Response to the Truth and Reconciliation Commission of Canada's Report, the Truth and Reconciliation Taskforce provided a statement of accountability and made a formal apology to Indigenous Peoples on behalf of the profession of psychology in Canada. They further noted that:

> *In order to be accountable as a profession, psychologists must engage in critical self-reflection and evaluation of their skills and performance, particularly in relation to how their work impacts others. This is especially crucial when the population that is receiving services is vulnerable or already marginalized.*

The PAA is dedicated to the recognition of the contributions and historic importance of Indigenous Peoples, and to continuing to strive towards a clear and overt commitment to embody the promises and the challenges of Truth and Reconciliation. This commitment can be seen in the work carried out by PAA and its members.

The PAA Racism in Psychology Task Force has been instrumental in developing a provincial education resource list that can be found in our Indigenous Resources Page. These resources were vetted and are provided to the benefit of Alberta's psychologists in practice and in training, and those considering the field of psychology, especially our future Indigenous psychologists. You will also find a link to an online asynchronous offering of Indigenous Awareness Training that PAA has co-sponsored with Indigenous Awareness Canada (IAC).

On PAA Collaborate, there are two relevant Communities of Practice established to support meaningful conversation and sharing of resources:

- **Indigenizing Psychology**: A place to support learning and knowledge-translation activities building on the CPA's Task Force Report, within the context of psychology in Alberta.
- **Social Justice, Equity and Diversity**: A community for members interested in discussion about social justice, equity, and diversity in psychology.

As psychologists, we have a responsibility to educate ourselves, spend time examining our implicit cultural biases, and work to gain cultural literacy. It is crucial that we commit to aligning our work with the guiding principles set out to the study and practice of psychology, including cultural allyship, humility, collaboration, critical reflection, respect, and social justice (CPA, 2018). Without knowledge and understanding of how to respect and honour Indigenous ways of knowing and Indigenous approaches to wellness and healing, we risk doing more harm. We also must take care not to speak on behalf of those who can speak for themselves by looking for opportunities to honour and amplify the voices of Indigenous healers, psychologists and practitioners. Moving forward, my hope is that as a profession, we can continue to work together to better understand our complicated past and commit to further education that will enhance our cultural competence so that we may truly carry out the work of reconciliation.

Claire Petersen, R. Psych, PAA Board President

Continuing Professional Development

Upcoming EPPP Workshops





Demystifying Registration as a Psychologist in Alberta: PAA's Targeted Career Support Training for Provisionally Registered Psychologists

Preparing to pass the EPPP and register as a psychologist in Alberta - with **Dr. Thérèse Chevalier**

Mastering Learning Strategies: Memory Boosting Learning Strategies for the EPPP - with **Michele Pentyliuk, M.Ed.**

2022-09-16 (Calgary): Register

2023-01-20 (Virtual): Register

Co-Sponsored Webinar



Ready to begin or continue your journey of reconciliation? PAA has partnered with **Indigenous Awareness Canada** (IAC) to bring you training relevant to you and your practice.

With IAC training, you can

- Gain foundational knowledge in Indigenous awareness
- Expand your intercultural competency as a clinician
- Save with a discounted registration fee of $150
- Support Indigenous psychologists and psychologists in training, with $50 of your fee going to a dedicated PAA reserve fund

About IAC: IAC offers online Indigenous Awareness Training to assist Canadians in learning about Indigenous People and to help non-Indigenous Canadians and Indigenous peoples move toward reconciliation. IAC delivers Online Indigenous Awareness Training, Indigenous Awareness Training Workshops, Outreaching, Recruitment and Retention of Indigenous Employment Inclusion Workshops and Indigenous Consulting Workshops across Canada.

To register, visit https://psychologistsassociation.ab.ca/event-details/?id=190.

Psymposium Trivia



The question from our 2022 June issue:

Q: We're not sure what this squirrel is up to, but we do know where. What Alberta lake is this?

A: Moraine Lake, AB

Thanks to PAA member **Beth Balshaw** for submitting the correct answer!

DID YOU KNOW?

Being knowledgeable about ethics and jurisprudence is a professional requirement and as such, psychologists are to review and access regulatory resources throughout their career.

CAP has integrated TRC content into our jurisprudence and ethics self-study materials and examination, the Law and Ethics for Alberta Psychologists (LEAP) Examination.

While the LEAP Exam is an important first step in acquiring jurisprudence knowledge – additional readings, study, and consultation may be appropriate.

College of Alberta Psychologists



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CAP Establishes EDI as a Strategic Priority



"CAP recognizes that the journey of reconciliation is an ongoing responsibility and the work of all."

By Richard J. Spelliscy, Ph.D., R. Psych.

The College of Alberta Psychologists (CAP) formed a joint task force with our fraternal body, the Psychologists' Association of Alberta (PAA), in November 2018 with a mandate to review the Canadian Psychological Association's Task Force Report, Psychology's Response to the Truth and Reconciliation Commission of Canada's Report within the context of Alberta psychology. The TRC Task Force is comprised of Indigenous psychologists/leaders from communities across Alberta as well as representatives from CAP and PAA. Early consensus was obtained on the need to identify and deliver concrete outcomes that honour and respect the TRC's "Calls to Action" in tangible ways within the mandate of each organization. To this end, CAP has:

- Adopted the Canadian Psychological Association *Canadian Code of Ethics for Psychologists* (2017) that specifically prohibits discrimination against peoples and communities.
- Incorporated both the *Criminal Code of Canada and Alberta Human Rights Act* definitions of harassment and discrimination into the most recent edition of our *Standards of Practice* (2019).
- Developed two new Standards of Practice: Truth and Reconciliation and Diversity and Cultural Competency.
- Consulted distinguished Indigenous scholars and elders at the University of Lethbridge.
- Held the 2020 inaugural virtual Professional Development event which focussed on combatting racism.
- Dedicated the Fall 2020 issue of *The CAP Monitor* to anti-racism.
- Integrated TRC content into our jurisprudence and ethics self-study materials and examination (LEAP).
- Issued a formal CAP Council statement against racism and all forms of unjust discrimination indicating that all psychology students, applicants and regulated members deserve equal opportunities and fair treatment that is guaranteed under the Canadian Charter of Rights and Freedoms (October 2020).
- Co-sponsored a workshop, Cultural Safety and Humility – It Starts with Me, with the Association of Canadian Psychology Regulated Organizations (ACPRO) for psychology regulated members across Canada (October 2021).
- Implemented the Professional Practice Guideline "Working with Indigenous Populations and Communities: A Guide to Culturally Safe Practices & Humility."
- Participated in An Indigenous Focused workshop, Indigenous Tools for Living – Alberta Psychology (October 2021).
- Referenced the PAA Indigenous Education Resource Library.
- Initiated a mandatory continuing educational requirement of a minimum two (2) hours annually to Indigenous-focussed cultural safety and humility education or awareness in (commencing 01 February, 2023).
- Elevated equity, diversity, and inclusion as one of four strategic objectives in CAP's 2022-2025 Strategic Plan.

Overall, CAP Council is committed to supporting future initiatives that provide Indigenous communities, psychology students and regulated members a voice, collaborating with other regulatory bodies, in addition to PAA, to address both historical and current injustices in health care. It is also committed to examining barriers to entering the profession to ensure equity prevails in both the receiving and delivery of health care services. CAP recognizes that the journey of reconciliation is an ongoing responsibility and the work of all.

CoP and Task Force Leadership

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

Task Force Chairs

Awards Adjudicating Committee
- Chair – Dr. Judi Malone

PAA Racism in Alberta Psychology Task Force
- 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
- De facto Chair – Dr. Judi Malone

PAA CEO Evaluation Task Force
- Chair – Claire Petersen



CoP Executive Teams

Supervision CoP
- Chair – Dr. Terilyn Pott
- Moderator – Laura Friesen
- Publications Officer – Jessica Heil
- Engagement Officer – Aimee Reimer

Social Justice, Equity & Diversity CoP
- Chair – Joanna Card
- Vice-Chair – Krista Forand
- Moderator – Emily Wang

Public Education & Workplace Wellness CoP
- Chair – Inverpal Braich

Rural & Northern Psychology CoP
- Chair – Laura Friesen
- Vice-Chair – Kirsten Timpany
- Moderator – Dr. Terilyn Pott
- Publications Officer – Laurelle St. Jean

Indigenizing Psychology CoP
- Chair – Michael Yankowski
- Vice-Chair – Jasmine Fouillard
- Moderator – Mark Nicoll
- Moderator – Kirsty Keys
- Publications Officer – Danae Laut

Clinical/Counselling Psychology CoP
- Chair – Inverpal Braich
- Vice-Chair - Dr. Zoey Zhang

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:
Lethbridge	06 October 2022
Medicine Hat	07 October 2022
Red Deer	23 November 2022
Lloydminster	24 November 2022

These dates are subject to change. For the most up to date information, visit our Events and Webinars page.

2022 PAA Award Winners



We're pleased to announce the winners of the 2022 PAA Awards, which are presented at the PAA Welcome to the Profession & Awards Banquet on 23 September 2022 at the Marriott Hotel in downtown Calgary.

Awards are given in recognition of excellence in the field and these recognitions allow us to publicly acknowledge those contributions. PAA would like to acknowledge our own exemplars, honouring those who shape our profession in such meaningful ways.

Learn more about this year's winners on our Awards page!

Psychologist of the Year Award - Dr. Gina Wong

John G. Paterson Award - Dr. Jonathan N. Stea

Pettifor Lifetime Achievement Award - Dr. Lloyd Flaro

The Juanita Chambers Excellence in Community Service Award - Monica Mankowski

Excellence in Clinical Supervision Award - Dr. Anusha Kassan

Excellence in Teaching Psychology Award - Dr. Gina Ko

Masters' Thesis Research Award - Kristen Brown

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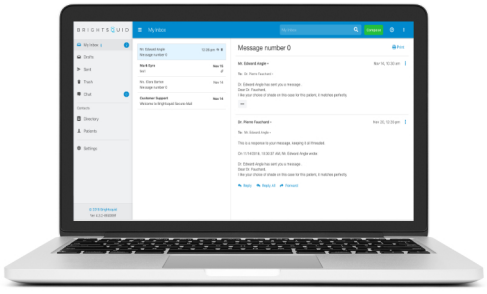
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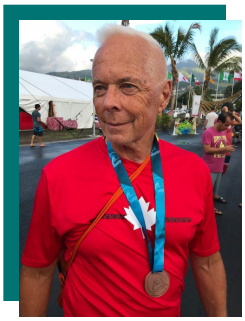
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Ethics – The Impossible Imperative

The Ethics of Social Justice



Psychologists are implored "to attend to misuse, and the use, of psychological knowledge in addressing social issues."

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

Professional Psychology: Research and Practice is a very cool journal and a recent article, "Ethical Guidelines for Social Justice in Psychology" outlined three domains of social justice. These domains rest upon the foundational principles in codes which implore psychologists to attend to misuse, and the use, of psychological knowledge in addressing social issues. We are directed to address issues which would require clarification, definition, or direction, as psychology could provide such.

The article as mentioned, speaks of 3 areas of justice.

The first is **interactional justice** involving:

- Reflection on relational power dynamics;
- Mitigation of such; and,
- Empowerment within such

The second is **distributive justice:**

- Consideration/ focus regarding needs within marginalized communities
- Contribution at different levels i.e., time, money and effort to priorities of marginalized communities

The third domain is **procedural injustice**:

- Appreciation/ involvement regarding larger social systems and institutions; and,
- Contributing to awareness of such

Within each of these are implicit directions. For example, in the clinical encounter, to be aware not only of cross-cultural issues but the issues of privilege, isolation, systemic inclusion/ exclusion, implication, and the distinctions between professional and patient; and in this regard, to escape implicit ethnic, religious or cultural stereotype but neither to patheticize, homogenize, or idealize the "other."

On a second level, to provide service to the marginalized: to provide pro bono service and assist in the extension of services and to appreciate/ advocate for those outside the cultural service paradigm. These actions may involve work within larger social institutions to design, manage or evaluate reforms; and to bring psychological method and research to the understanding and framing of social issues. The "giving psychology away" and "reforms as experiments" movements from the 70's need to be resurrected relative to pursuit of social justice.

Finally, to truly address the larger systemic issues, less by carrying a sign and marching than using psychology to educate, challenge and build public policy. For more on domains of action and their implication for our daily lives in clinical practice, I would invite readers to listen to the Social Justice podcast on this topic and the Fall 2020 article in *Psymposium* on Black Lives Matter and systemic racism, as well as PAA Collaborate where you'll find the Social Justice, Equity & Diversity group and other Communities of Practice.

To embrace the following from our own Code of Ethics:

"*If structures or policies seriously ignore or oppose principles of respect for the dignity of persons and peoples, responsible caring, integrity in relationship or responsibility to society, psychologists… have a responsibility to speak out in a manner consistent with the principles of this code and advocate for appropriate changes to occur as quickly as possible.*" (CPA, Code of Ethics for psychologists 2017- Principle 4, p.31)



Alberta Psychology in the Media

Media Engagements

April – July 2022

14 Media Pieces

VIA

- 630 Ched
- The Medicine Hat News
- Global News

THANKS TO

- Dr. Ganz Ferrance
- Dr. Linda Hancock
- Dr. Meghan McElheran

ON TOPICS INCLUDING

- Battling "battle fatigue"
- 3 ways nature heals you
- Mental health support for First Responders
- Dealing with disappointment
- Motivate yourself
- Episodic problems
- Patience and timing
- Live like this may be your last

Public Speaking Engagements

Psychologists	Venue
Dr. Gregor W. Jason	» A presentation titled *Mild Traumatic Brain Injury and the Persistent Vicious Circle of Symptoms* for the Canadian Bar Association, Alberta branch, via Zoom.

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!

In memory of Jo Ann Hammond-Meiers, PhD.



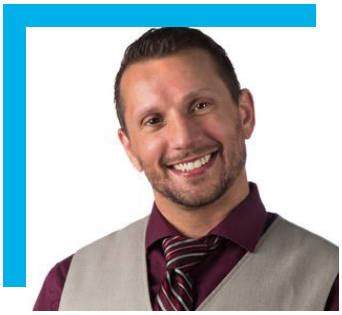
December 5, 1949 – June 26, 2022

Colleague, friend, mentor and ally; we remember and celebrate an incredible woman whose contributions enriched the lives of many, both professionally and personally.

~ Jo Ann Hammond-Meiers, Ph.D. Registered Psychologist, Board Certified Dance Movement Therapist, Registered Art Therapist (ATR, RCAT).

A Film Review

Kímmapiiyipitssini: The Meaning of Empathy. Elle-Máijá Tailfeathers (writer, director, producer); National Film Board of Canada, 2021.



"Alberta has been devastating for addictions… so many harm reduction facilities have been cut down. You can advocate for change."

- Elle-Máijá Tailfeathers

Reviewed by Chris Shorrock, R. Psych., CSAT

Follow filmmaker Elle-Máijá Tailfeathers as she creates an intimate portrait of her community and the impacts of the substance use and overdose epidemic. Witness the change brought by community members with substance-use disorder, first responders and medical professionals as they strive for harm reduction in the Kainai First Nation.

It is worth noting the multiple awards Máijá and this film have received, such as the Emerging Canadian Filmmaker Award, Hot Docs Canadian International Documentary File Festival, Rogers Audience Award, Trailblazer Award, The Colin Low Award for Best Canadian Documentary, and others. I was incredibly fortunate that after some calls and e-mails with her agency and agent, Máijá and I connected by phone directly. Below are some excerpts of our talk.



What are you working on now?

Right now, I'm in Winnipeg working on a series Little Bird discussing the 60's scoop; something difficult, but we need to talk about, then I'm coming home to the Kainai Blood Reserve.

I am so curious about all the people in your film, sharing their lives and struggles in them.

Some are doing well… some things are the same. About 15 people have died since, including people I've known for years.

I offered my deep condolences. Máijá spoke resolutely about needed change and in support of harm reduction treatment funding, adding that many of the deaths by poisoning and/or overdose were preventable. She had witnessed people with addictions being de-humanized. I was especially moved by how specifically she had stated that both communities and people were made vulnerable.

You've had so many painful losses. How do you take care of yourself to keep doing this kind of work?

I spend time with family, and spend time on the land. My mom leads with empathy and care and helps out the people.

Clearly an inspiring force in Máijá's life, and taking on an important role through the film, her mother, Dr. Esther Tailfeathers, is a prescriber of opiate agonist therapies but also importantly, talking with people about the need to process and heal the trauma that is part of their turn to addiction now. A powerful example for me from the film is Dr. Tailfeathers talking with George who shares that he was in a Residential School, and "that's why I drink" (1:32.10); Dr. Tailfeathers points out both the need to work on that trauma in a safe space in treatment, and also that "it is not your fault."

How can psychologists help?

Alberta has been devastating for addictions… so many harm reduction facilities have been cut down. You can advocate for change. Thank you for taking interest in the film. You can get involved in the impact campaign. Having conversations with open hearts and open minds. Things desperately need to change.

Kímmapiiyipitssini: The Meaning of Empathy, by Elle-Máijá Tailfeathers, is available at: https://www.nfb.ca/film/kimmapiiyipitssini-the-meaning-of-empathy/

Reconciliation Guidance for Disciplines

The following is a summary of highlights of Guiding Principles Relating to Specific Areas Within the Discipline from the Psychology's Response to the Truth and Reconciliation Commission of Canada's Report.

Assessment

Culturally-Grounded Assessments and Approaches: Psychology in Canada has a responsibility to promote the development of culturally appropriate psychological tests and procedures.

Empowerment: Assessment should focus on empowering the person and contributing to personal success, which should be defined within the therapeutic context as well as the collective community.

Confidentiality: Psychologists should develop community-based confidentiality agreements and specify how the information is to be used and shared within a community.

Alternative Methodologies: The task force recommends the re-evaluation of approaches to assessment that strictly adhere to quantitative, theoretically generalizable measures.

Outcomes: The standard of continuity of care is to have access to the psychologist that completed an assessment. Assessment should inform treatment.

Treatment

Role of the Psychologist: The task force encourages psychologists to view themselves as facilitators and supporters of the healing wisdom and knowledge that is already present in Indigenous communities.

Diversity in Approaches to Intervention: Psychologists who provide interventions should be prepared to include the family and community in treatment.

Culturally-Appropriate Treatment Methods: Western clinical approaches to treatment are unable to fully capture the emotional and spiritual experiences of members of the Indigenous community.

Research

The task force refers the reader to the following information:

First Nations Information Governance Centre: https://fnigc.ca/ocap-training/

Tri-Council Agencies Chapter 9 – Research Involving the First Nations, Inuit and Métis Peoples of Canada is a policy statement

Education

The task force addressed four broad topics in relation to education in psychology and Indigenous Peoples in Canada:

1. Barriers for Indigenous students
2. Key training elements for undergraduate students
3. Key training elements for graduate students
4. Need for those currently in the field to obtain cultural literacy training

Program Development

Psychologists should develop mental health programs in partnership with Indigenous community members, through collaborative development and advocating for funding for community-based health programs.

Program Evaluation

The task force recommends that members of the profession be open to non-Western or Indigenous methods of program evaluation.

Social Justice

Psychology can be an ally to Indigenous Peoples. Reciprocal knowledge transfer between the profession and Indigenous communities, nationally and internationally, can be of great of value for both the profession and the Indigenous population in Canada.

How Have We Contravened Our Code of Ethics?

The profession of psychology, in its interaction with Indigenous Peoples in Canada, has contravened its own code of ethics.

Psychologists have not, as a profession, engaged in the essential cultural safety and cultural competence training required.

Much of the care that has been provided has not been grounded in appropriate cultural understandings.

Historically, the profession has failed to respect the rights and dignity of Indigenous Peoples.

Psychology, as a discipline, has not demonstrated a respect for the social structures of Indigenous communities in Canada.

We must acknowledge our history of having caused harm toward Indigenous Peoples.

Summarized from *Psychology's Response to the TRC Report*

TRC Statement of Accountability

The Psychology's Response to the Truth and Reconciliation Commission of Canada's Report overwhelmingly agreed that psychologists must be accountable for the profession's marginalization of Indigenous Peoples in Canada. The task force developed the following two-part statement of accountability:

1. Acknowledgement of accountability for harms done to Indigenous Peoples in Canada on the part of the profession of psychology, including an articulation of the specific harms done and a formal apology to Indigenous Peoples in Canada on behalf of the profession.

2. A position statement providing direction on how to move forward toward reconciliation between the field of psychology and Indigenous Peoples, and how psychology can support Indigenous Peoples in Canada moving forward.

Where's the Truth?

By Ryan Hoard, Indigenous Narrative Therapist
Registered Provisional Psychologist, AB.

"As I contemplate the upcoming year, I can only settle on one idea: possibilities through relationship."

Boozhoo, Aaniin; Tansi; Greetings,

As we are now in the new year and have journeyed through the holiday season, for my people around this time of year, the winter solstice is a time of storytelling and renewal. In my life I have come to take this time to reflect and honour the year that has passed and look forward to the one on the horizon.

As I wandered through the memories of the past year, several themes came through in my work:

- *Pushing comfort zones*
- *Promoting Indigenous Peoples efforts to reclaim, repair and self-determine*
- *Creating spaces for Indigenous allies to move beyond cultural competence*

As I contemplate the upcoming year, I can only settle on one idea:

- *Possibilities through relationship*

I think the cosmos can work in funny ways; the aforementioned excerpt is from an email I sent to colleges and co-workers mid-January 2022 that spontaneously popped up while I was brainstorming ideas for this article.

As I reflected on the idea of "Psychology with Indigenous People in Alberta: What is Working," I was initially struck by a string of thoughts and emotions but I finally came to the desire to revise the idea being asked to reflect on to "Indigenous People and Psychology in Colonial Alberta: What's not Working and What Is." Without first acknowledging what's not working, can we truly say reconciliation is working? These two constructs go hand-in-hand and this, for me, is more reflective of and akin to what I would say is real Truth and Reconciliation. My Elders and Teachers tell me "Truth first then Reconciliation, this is what will guide real reconciliation."

Talking Circles are of various kinds are relatively common across Indigenous groups around the globe, I utilize several types in my practice. Given the past and on-going losses Indigenous peoples have suffered due to colonialism and the resulting impact on our lives, some groups have begun to establish transcribed circles to document traditional knowledge and wisdom for future generations. These conversations have a unique animate quality that is difficult to put into words, it's experiential. For that reason, I offer a transcript of an interview on the idea of "Psychology with Indigenous Peoples in Alberta: What is Working."

I would like to acknowledge my interviewer, Don McGillivray, who has taken the time and made the effort to Honor Indigenous Truth and humbly work at Reconciliation.

For the full article, click here.

There is no manual on how to Indigenize Psychology. But please join us as we discuss many topics meant to push your thoughts and awareness of working with Indigenous people and their traditional practices within the Western Psychological mindset.

We discuss serious topics but in a welcoming and friendly manner. Bring questions, come with an open mind, and broaden your knowledge to make you a better psychologist in serving the Indigenous Population.

People of all backgrounds working together to bridge Western Psychology and Traditional Indigenous Practices

Join our Indigenizing Psychology Community of Practice today!

https://collaborate.paa-ab.ca/home

Vice Chair
Jasmine Fouillard
"Kîwêhtinacâhkos"

B.Sc., M.Ed.,
Registered Psychologist

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Welcome New PAA Members

Hala Abdullahi
Arian Abyaneh
Emily Ackerman
Tayo Adamek
Pragya Agarwal
Oluwatoni Ajayi
Omolara Akinpelu
Jenny Al-Adra
Muhammad Ali
Jane Allen
Leana Allison
Jaqueline Amorim
Karen Andres
Elena Antoniadis
Simran Arora
Kehkashan Arshad
Mary-Anne Back
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Deborah Barkowsky
Rebecca Beaulne
Lule Begashaw
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Roopa Belur
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Michelle Blondin
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Emily Boehmer
Lisa Boisvert
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Paige Bontus
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Karissa Boynton
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Tyler Chaisson
Vanessa Chen
Jasmine Chohan
Vanessa Chong
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Juliana Chukwu
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Cody Cobler
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Kari Cole
Megan Cook
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Jennifer Crawford
Lisa Cuthbertson
Christine Danyluk
Wendy Davies
Erin Davis
Dana Delorme
Ashlyn Demers
Kanika Dewan
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Jose Domene
Amy Donovan
Keisha Doucette
Virginia Dowdell
Andrea Dwyer
Brittany Dyck
Courtney Edwards
Natalia Mihaela Eftimie
Wardah Elahi
Kristin Falconer
Ranee Fallorin
Samantha Farrell
Adriana Fernandez
Cristina Fernandez Conde
Shirley Filipe
Meagan Fisk-Jordan
Rebecca Florence



Jackie Flynn
Jeremy Fonteyne
Karen Fox
Shyla Fraess
Tamika Francis
Lindsay Friesen
Alison Gaffney
Mayrane Galante
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Mattise Gauthier
Jenette Gerencir-Pugh
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GoodLife CORPORATE WELLNESS
SANDMAN HOTEL GROUP
LOGIN CANADA

TRC Task Force Update

Working Together: Truth and Reconciliation Starts With Us



"We have only begun this work, but seeds have been planted, cared for, and are starting to grow."

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

We start in prayer and song. We share laughter and tears. We end in circle. Strong relationships have been built. PAA and CAP embrace our role as allies in this group. And a difference is being made. Alberta psychology has a Truth & Reconciliation Practice Standard (18), Practice Guidelines for Working with Indigenous Populations and Communities, and comprehensive Indigenous Resources to facilitate learning. Accredited training in Indigenous Awareness, yearly required continuing education in Indigenous awareness, and familiarity with the TRC are required for successful LEAP exam completion. A wisdom council, speakers' series, and further community building initiatives have also started.



In the Fall of 2018, Dr. Richard Spelliscy and I brought an idea to our councils with the formal format common of joint working projects, taskforces or committees. But this one was different. This one was a hopeful, unchartered, attempt at humility, learning, support and growth. This one was to challenge our role and responsibilities in relation to the TRC here in Alberta. And it has.

As the natural circle of this group's time draws to a close, new circles are opening. The Indigenizing Psychology Community of Practice is growing. And some sustainable projects to showcase, support, and build community and consultation are falling into place and will continue to be guided by consultation with community and Elders.

We have only begun this work, but seeds have been planted, cared for, and are starting to grow. We don't control the outcomes but it's an honour to be part of it. And I feel most privileged to know the strong women guiding this journey.

With thanks to our group members, as pictured, **Dr. Judi Malone**, **Janice Minoose**, **Meaghan Farquharson**, **Karlee Fellner**, **Loretta McConnell**, **Wilma Spear Chief**, **Dr. Richard Spelliscy**, and **Dr. Deena Martin**, working together with the express purpose of reviewing the Canadian Psychological Association's Task Force Report, Psychology's Response to the Truth and Reconciliation Commission of Canada's Report within the context of psychology in Alberta.

Indigenous Resources Webpage



Have you checked out PAA's Indigenous Resources for Psychologists webpage? Here you'll find resources for psychologists, psychology students, and Albertans about Indigenizing psychology in our province and honouring Indigenous ways of knowing, wellness, and healing.

As health care providers, it's our responsibility to learn the most effective ways to work with our patients and patients. On this page you will find:

- Educational resources from across Alberta by location
- National and international resources
- Narrative and hands-on learning options in the form of videos, museum links, and interactive websites

A warm thank you to our PAA – CAP Joint Task Force: Alberta's Truth & Reconciliation Response for compiling these resources, and to Wilma Spear Chief, Loretta McConnell, Karlee Fellner, Janice Minoose, and Meaghan Farquharson of our working group who began this collection. Want to learn more?

- Explore the site
- View the PAA-CAP TRC Task Force report
- Join a community to discuss these issues on PAA Collaborate.

TRC Practice Standard



Do you know that of the 22 Standards of Practice, one relates specifically to Truth and Reconciliation?

"A psychologist shall take reasonable steps to familiarize themselves with the current and historical injustices suffered by Indigenous peoples prior to providing services, and ensure all professional activities are performed in a culturally sensitive, safe and competent practice."

- *College of Alberta Psychologists Standards of Practice (2019)*

Looking for Private Practice Resources?



Have you checked out the Private Practice Community of Practice? Log into your account on Collaborate to explore threads and library entries from peer psychologists in private practice. This Community of Practice (CoP) is a great place to ask questions or share knowledge. Check out the community library for free video resources or reach out to jessica@paa-ab.ca and volunteer as a Community Engagement Executive! There's lots to explore – come be a part of the community!

Upcoming PAA Board Meeting Dates



PAA Board of Directors' upcoming 2022 meeting dates:

- 09 September 2022
- 04 November 2022
- 03 February 2023
- 06 May 2023

Annual Report Now Available Online

The 2021-2022 PAA Annual report will be available for members in early September.

https://psychologistsassociation.ab.ca/annual-reports/#paa-annual-report-2021-2022

AGM Reminder

Notice of the annual general meeting of the membership of the Psychologists' Association of Alberta:

The PAA Board of Directors is hereby providing notice pursuant to PAA bylaw 6.3, to call an Annual General Meeting of the membership as follows:

Date: Friday 09 September 2022

Time: 12:00 P.M. – 1:00 P.M.

Location: Online

Register: https://psychologistsassociation.ab.ca/event-details/?id=258

Full-and Life members will vote on Special Resolutions:
https://psychologistsassociation.ab.ca/2022-paa-special-resolutions/

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!

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>Add-ons.** 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 May 2022 to July 2022, we averaged **1,748** referrals/month. That's **57** per day.