Psymposium

Vol. 34 No. 3 – November 2023

Psychologists' Association of Alberta



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Mission & Vision

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

Psymposium

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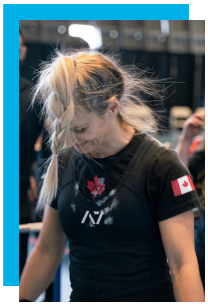
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All Alberta students should have timely access to meaningful and effective School Psychology services.



A Position Statement of the Psychologists' Association of Alberta
www.paa-ab.ca

Editor's Letter



"Wisdom is nothing but a preparation of the soul, a capacity, a secret art of thinking, feeling and breathing thoughts of unity at every moment in life."

- Hermann Hesse

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

Welcome to our winter edition of *Psymposium*.

Recently, I was having a conversation with a friend in the gym. We were sharing our experiences about how we prepare for our lifts–how we set up, and specifics in our routine, which is often unique to each individual. In athletics and in my own experiences of powerlifting, we call this "cadence." The technical definition of cadence is "a beat, timing, or measure of a rhythmical motion or activity." It's actually most often applied in the world of music. In my own world of powerlifting, it often applies to every single step or action, a flow or routine in which one can use muscle memory to help guide them through the lift. For example, it can apply to the sequence of steps I take when I'm unracking the bar in back squat or in setting up for deadlift: I give my lifting belt a good tap to ensure it's on securely, I approach the bar from the left side, dust my hands with chalk, take a few steps and set my feet at a 45° angle, take a deep breath, brace, lift.

The above conversation had me thinking about how we prepare for our work with clients. Do you have a particular routine or way of preparing yourself to be present with clients, despite all the chaos or stresses that are happening in life? How do you settle yourself into the present moment before you even start your day with clients? We most often consider this when we are students in psychology facing our first client, but as time goes on and we become more seasoned psychologists, how has that changed? Do we have a routine that works for us or does it need to be changed—what could be better? Are there circumstances going on in your life and would incorporating extra time at the start of your day be beneficial? Is there a mindfulness activity that can prime the process of being engaged and focused?

What is your cadence when preparing for clients?

Michelle

PAA Member and Psymposium Editor-In-Chief
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Looking For Confidential Ethical Support?

Did you know that PAA has launched a **Professional Guidance Program**?

The program provides guidance to registered psychologists facing ethical dilemmas and encourages ethical decision-making and practices. Psychologists facing an ethical dilemma or clinical concern have the opportunity to discuss their concerns with the Professional Guidance Director or a Practice Advisor and to access to a library of resources. The mission of this program is to enhance professional practice, circumvent problems, and educate psychologists on ethical standards and practices and how to apply them.

Our staff can assist you in learning about and thinking through ethical, clinical, and professional dilemmas in your work as psychologists. We will evaluate your needs and suggest resources that are relevant to your inquiry.

If you use our fee-for-service consultation with PAA's Professional Guidance Director, you will receive a **1.0-hour Continuing Education Credit** for that consultation.

Did you know?

- The Professional Guidance Program has launched two webinars so far, on Ethical Decision-Making and Informed Consent.
- Other webinars on Telepsychology, Rural Practice, Cultural Competence, and more are coming up soon.
- The Professional Guidance team can personalize a profile for you on PAA's newly launched Referral Service. Learn more about the Profile Development Service here.
- We have launched the **Psychology Unboxed Podcast**. View episode 1 on working with children and parents of high conflict and/or divorce.
- Don't miss **Ethics Corner** by our Director of Professional Guidance (see page 10 of this issue.)

Visit our webpage for more information.



PAA Professional Guidance Program

Community of Practice Highlights



Interested in seeing which volunteer opportunities are offered through PAA? Check out the Volunteer Dashboard on Collaborate. Collaborate is our online community for discussions, libraries of shared resources, and so much more.

Through our volunteer program, you can find unique opportunities available exclusively to PAA members.

Have a CoP highlight to share? Email paa@paa-ab.ca with your highlight and the name of your CoP.

2023 PAA & CAP Joint Town Hall Dates

CONNECT WITH PAA AND CAP!

LOCATION:
Red Deer

DATE:
November 2023

Notes from the CEO's Desk: Doctoral Standard



"The National Standard for registration as a psychologist is graduation from a doctoral program in Psychology accredited by the Canadian Psychological Association (CPA)."

Association of Canadian Psychology Regulatory Organizations (ACPRO)
Position Statement on the National Standard for Entry to Practice

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

I began with PAA as the Director of Education and Communications. One of my first tasks was communications relating to PAA members' recent vote in favour of the doctoral standard. Fast forward a decade, and we are now grappling with both title and scope as it relates to entry to practice.

Licensed psychologists across North America are overwhelmingly at the doctoral level but with increasing masters' level representation either as Psychological Associate or as psychologists with varying capacities. Globally, entry to practice varies even more BUT education and training also differ (some countries do not have liberal arts or science degrees prior to specialized degree training). And masters level training in psychology has not been accredited in North America.

> Provincial and territorial regulatory bodies regulate our profession and set the standards, but psychology associations have an important voice. It is the CPA's position that the doctoral degree should be the entry to practice degree for registered psychologists in Canada. CPAP, representing all provincial and territorial psychology associations, has endorsed the doctoral standard.

Other professions are competing for scope of practice. Training barriers have increasing social justice and access implications. And psychologists across North America tend to be divided on entry to practice standards. So where do we go from here?

What is our role? The role of our profession? Following extensive consultation and review, the APA will soon endorse a clear set of recommendations for both master's and doctoral title and scope of practice for psychology.

In closing…

We need to evolve our profession together—but for the good of those we serve and for future psychologists, not with a lens of personal reflexivity. That means an openness to diverse opinions with the ability both to share and to realize that our own training or expertise is only one small part of our future puzzle.

Judi

Are you closing your office or looking to take a break from practice? PAA now has a new Non-Practicing Member category so you can stay connected to your peers and membership benefits. Visit our membership page to learn more. www.paa-ab.ca > Membership

Anti-Racism and Psychology

What I have Learned from Racialized Patients and their World of Work



By Gina Ko, Ph.D., R.Psych

"Organizations need to change their ways beyond performative actions of celebrating diversity."



I began my private practice providing psychological services in 2019, about a week after my final defense to obtain my Ph.D. I had coffee with a friend I met in my master's program, and she encouraged me to start. My friend is South Asian, and she let me know that there is a need for racialized therapists, and that I would be a good fit for Asian, racialized, and minoritized patients.

At first, I hesitated because I felt uncomfortable profiting in private practice as I had been offering single-session walk-in support with a non-profit organization for almost a decade at that time. She voiced that I could immerse in both worlds because patients continue to seek a psychologist with my lived experience and competencies. With her encouraging words, I walked into the registry the next day to request a business name. Within a week, I was in action, leasing space from another colleague in northwest Calgary.

Over the next few months, a number of racialized patients reached out. Some told me they had been looking for a racialized therapist, believing they might not need to explain their cultural background to the same extent as in the past. They disclosed that culture can be put in the background when therapists do not understand or appreciate it fully.

What are racialized patients facing in their world of work? More patients are coming in for work-related stress. Many are employed in the hustle of the corporate world, and they indicate they are quietly quitting or being quietly fired. Some mentioned a bamboo ceiling whereby corporations do not see Asians as leaders. Some have shared that they are offered increased benefits to seek counselling. This paradigm can be a double-edged sword whereby organizations may not see that systemic change is needed to become more inclusive and welcoming of racialized employees.

In therapy, I work with patients to help them cope with work stress by exploring circles of control: what they can control (talking with like-minded colleagues, asking questions of supervisors, reaching out to human resources) and what they can not control. Some have voiced that they have experienced microaggressions, workplace incivility, racism, bullying, harassment, and unfair treatment. Some have disclosed how they see themselves being passed over for promotions even though they work longer hours and say "yes" more often than their white counterparts. Some have shared that their accented English may cause leaders to not see them as leaders. Some have voiced that they do not fit in or belong when they are invisibilized and excluded from being heard and making impactful decisions.

As a psychologist who is not part of such organizations, it is difficult to hear these stories and to only offer coping strategies. Hence, organizations need to change their ways beyond performative actions of celebrating diversity. There needs to be specific processes in place with an anti-racism lens to offer support, amplification, and inclusion of racialized employees' voices and contributions.

Board Notes



"It was great to see so many of you in person at the PAA Gala at the end of September."

By Claire Petersen, R. Psych

I'm writing to you from sunny Medicine Hat, and I hope this message finds you well wherever you call home.

It was great to see so many of you in person at the PAA Gala at the end of September. Our annual awards event is a wonderful way to celebrate some of the amazing work being done across the province.

Congratulations to our award winners from that evening:

- **Dr. Emily Wang** – Psychologist of the Year Award
- **Dr. Gina Wong** – John G. Paterson Award
- **Sunil Phool Kumar** – The Juanita Chambers Excellence in Community Service Award
- **Dr. Terilyn Pott** – Excellence in Clinical Supervision Award
- **Dr. Sandra Dixon** – Excellence in Teaching Psychology Award
- **Jessie Swanek** – Masters' Thesis Research Award

It was my absolute honour to welcome so many newly registered psychologists to the profession. For myself and other board members who were present, it was a lovely way to connect with other psychologists from around the province and to hear about your work and what is going on in your communities.

I'd also like to take this opportunity to congratulate our CEO, **Dr. Judi Malone**, on her achievements over the past year. Dr. Malone has been awarded the CPA Fellow for distinguished contribution to the advancement of the profession of psychology, the APA Fellow for extraordinary contributions to the field of psychology over a lifetime, and the CCPPP Mike Teschuk Award for Lifetime Contributions to Psychology.

One of the ways that we get to explore what's happening is by holding our quarterly meetings in alternating locations. We have the pleasure of holding our November meeting at Blackfoot Crossing Historical Park, a Canadian National Heritage Site where the signing of Treaty No. 7 took place. The park is filled with rich history and vibrant displays of culture. This is a beautiful site for our board to come together and learn more about this area, its people, and their stories.

Finally, I wanted to take a moment to draw your attention to PAA's Referral Service, a revised and refreshed member benefit. Focusing on PAA's membership value and ensuring those benefits are meaningful to you is a key component of our current strategic plan. PAA has always strived to connect individuals seeking psychological assistance with the most qualified professionals. The new and improved Referral Service promises to optimize the way psychologists and clients connect. The Referral Service receives on average 160 calls each month and over 1,100 visits to the referral webpage per month, making it a great source of low-cost advertising for psychologists. If you haven't already checked it out, we'd love for you to visit the new service, or learn more.

Wishing you all a healthy and happy winter season. Take good care.

Gratefully,

Claire Petersen

President

Technology in Practice Task Force

Patterns of Telepsychology Practice in Alberta: Preliminary Results from the 2023 PAA Survey



"These preliminary results suggest telepsychology has become a permanent part of the landscape of psychology practice."

By José F. Domene, Ph.D., R.Psych, University of Calgary

Since 2019, telepsychology has shifted from a specialized area of practice primarily conducted over text or telephone to a widely available option supported by a range of technologies, including video-conferencing platforms (Hanley, 2021). By 2022, a growing number of clients had experienced telepsychology and some, though by no means all, prefer to receive services remotely rather than in person (Sora et al., 2022).

In this context and following up on a 2020 survey, in May 2023, the Technology in Practice Task Force of the Psychologists' Association of Alberta (PAA) surveyed members about their current perspectives and practices in relation to telepsychology.

Participants were invited to complete an anonymous online survey about their telepsychology practices distributed electronically by the PAA. This recruitment strategy yielded a sample of 144 people who completed the survey, a large majority of whom were (a) members of the PAA (98%), (b) either registered psychologists (93%) or registered provisional psychologists (6%), and (c) primarily working in private practice settings (81%). Note that the anonymous and voluntary nature of the survey resulted in a sample that may not be representative of psychologists in Alberta or even the membership of PAA, but their responses may nonetheless provide useful information about how some psychologists in Alberta are engaging with telepsychology.

Preliminary examination of descriptive statistics from the data reveals several key characteristics of survey respondents' telepsychology practice. According to participant responses:

- Telepsychology appears to be widely incorporated into practice, with 97% of participants reporting that they currently incorporate telepsychology into their provision of psychological services (while only 30% did so prior to the emergence of COVID-19).
- Nonetheless, telepsychology appears to form a minority of most people's practice, with 71% of participants spending 1-10 hours per week providing services using telepsychology and only 10% spending more than 20 hours per week doing so.
- Telepsychology is employed to provide a wide range of services, including individual counselling (92% of participants), couple/family/group counselling (42%), consultation (38%), providing/receiving supervision (28%/22%), and assessment (18%).
- 73% of participants have completed some formal training in telepsychology over the past 3 years, with online webinars lasting 1-2 hours being the most frequently reported type of training.
- Participants use a variety of telepsychology platforms, with the most popular being Doxy, Jane, Owl, and Zoom. They also report being satisfied overall with their chosen primary platform.
- Only 37% of participants reported that their platform is regularly (i.e., at least once per year) reviewed for compliance with regulations governing psychology practice, and 36% reported not knowing how often a compliance review occurs.

The Technology in Practice Task Force will continue analyzing the data and provide a full report to the PAA membership at a later date. These preliminary results suggest telepsychology has become a permanent part of the landscape of psychology practice, although it may not be the primary way that most psychologists provide their services. The results also indicate that there is room for additional professional development on best practices in using telepsychology. References available upon request.

Ethics Corner

Professional Guidance Consultation Model: An Educative and Collaborative Process



"None of the professionals focused on the minors who were still at risk."

By Harpreet Gill, Ph.D., R. Psych

Dr. Harpreet Gill is PAA's Director of Professional Guidance, a program that assists members in learning about ethics and thinking through ethical dilemmas in their work as psychologists.

It has been 10 months since the Professional Guidance Program at PAA was launched and almost a year since I started as the director of the program. In this time, I have gained insight from doing consultations with members facing ethical dilemmas. Being a professional psychologist can at times be difficult when one must negotiate among overarching ethical principles that can appear to collide.

Recently, the PGP received a request from Dr. M to address the following concerns:

- Am I required to make a report?
- How do I navigate the protection of confidentiality of both my client and their dependent adult (not a patient) who disclosed new information?

Dr. M has been working with a patient for two years and recently discovered information that may constitute a report pertaining to the safety of the patient's children (three minors and one dependent adult, who we will call S).

Before working with Dr. M, the patient had worked with a psychologist and a psychiatrist and disclosed to them that they had sexually touched S (who was 18 at the time). The mother was alerted, and the patient was asked to leave the house for a few days. S chose not to make a report at the time. The psychologist and psychiatrist, who the patient started seeing at the time, conducted assessments and chose not to make a report.

Recently, S was preparing to move out of the home and was concerned about the safety of the siblings who would still be living with their father. S therefore asked their father to work through a plan to disclose the incident to the minor children, to discuss boundaries and safeguards for the children's protection, and to arrange for their therapy.

With the patient's consent, Dr. M decided to meet with S to discuss S's needs and expectations regarding the upcoming disclosure. It was during that meeting that Dr. M was provided with new information that raised an alarm concerning the safety of the minors.

Dr. M was offered a consult through the Professional Guidance Program and the following topics were asked and explored:

- Is Dr. M in an ethical dilemma?
- What is Dr. M's duty to report abuse, neglect, or sexual exploitation?
- How can Dr. M include a collateral in the treatment plan?
- What information can Dr. M provide to a collateral?
- Did Dr. M's decision to see S constitute a conflict of interest?
- Dr. M was also encouraged to complete the Ethical Decision-Making worksheet available on the Professional Guidance Program page under resources.

continued next page...

. . . Ethics Corner continued

At this point, Dr. M began reflecting on the steps that were missed by them and by the previous psychologist and psychiatrist who were involved in this case. All the professionals were focused on the patient's safety and ongoing treatment, and S's autonomous decision-making in choosing not to make a complaint against their father. None of the professionals focused on the minors who were still at risk. Dr. M expressed that they now have enough clarity on how to move ahead with the situation.

Psychologists in practice may often find themselves in a gray area where answers are not self-evident. It is important for psychologists to know the Code of Ethics, Practice Guidelines, Standards of Practice, laws, and regulations that govern the practice of psychology. Consultation with your peers is important. Being part of PAA connects psychologists to Professional Guidance consultation and other resources that promote excellence in practice.

PAA Gala: A Night to Remember!

Thank you to everyone who supported our 29 September Gala for making the event so memorable!

On the eve of the 2023 National Day for Truth and Reconciliation, we were honoured with wisdom from Elder Beverly Keeshig-Soonias and a performance from Dancing Cree. We were thrilled to celebrate with all of you in person to recognize excellence and to welcome newly registered psychologists to this rewarding career path. Congratulations to 2023 Award Winners:

- Emily Wang, Ph.D
- Dr. Gina Wong
- Sunil Phool
- Dr. Terilyn Pott
- Dr. Sandra Dixon
- Jessie Swanek



Thank you to sponsors BMS Group, Jane.app, The Personal Insurance Company, Kells Counselling, TD Insurance, and Homewood Health for making the evening possible.

Save the date! We'll host next year's event in Calgary on **27 September 2024**. And do you know someone who deserves recognition for next year's awards? You'll soon be able to nominate someone special for a 2024 PAA Award!





Welcome New Staff & Students



"My name is **Angela Sargent**, and I am honoured to have accepted the position of Governance Officer at PAA. Supporting the association and its passionate team is an incredible opportunity for me to contribute to the PAA's wellness mission for all Albertans, and one I am very proud to be a part of."

I look forward to bringing my passion for collaboration and zest for life to the organization.

PAA has also welcomed two student interns, **Carolyn Maciejko** of Concordia University, and **DJ Crossland** of MacEwan University, who have joined our team for the fall.

No Changes to Recommended Fee Schedule

Effective 01 January 2024 there will be no increase to the PAA recommended fee schedule.

Individual Therapy/Assessment	$220
Couple/Family Therapy/Assessment	$220
Group Therapy (per person)	$65
Custody/Access & Legal/Forensic Assessment	$330
Expert Witness Testimony (half-day minimum fee)	$1,300
Expert Witness Testimony (full-day minimum fee)	$2,600
Consultation/Corporate Services (half day)	$1,000
Consultation/Corporate Services (full day)	$2,000

- Report writing, telephone consultation, letters, and form completion are 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, and the like calculated at one-fifth the hourly rate for every 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.



PAA's new Referral Service

A powerful new way to find new patients

Fully redesigned with optimized features and algorithms

www.paa-ab.ca > Find a Psychologist

Have You Accessed These Member Benefits?

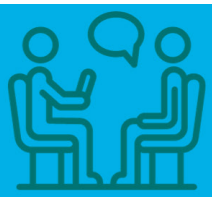
Your PAA membership includes benefits from many service providers. Enjoy group insurance rates for practitioner liability and health, stay on top of technology with tools from affinity partners, and take advantage of discounted hospitality rates. For details, log in and visit the PAA website > Membership > Member Benefits.

TherAppX provides reliable information on health apps in AppGuide PRO, where patients and psychologists go for health apps.	Offers members exclusive group rates, personalized coverage and exceptional customer service for all your home and auto insurance needs.	Receive direct referrals to your private practice through their evidence-based assessment tool, the Mental Health Check.
A habit-formation support platform consisting of a client-facing app paired with a professional-facing Pro Portal.	PAA members can purchase psychology books at a 5% discount.	Secure-Mail is a privacy-compliant way to share information with or about patients.
Online platform for health and wellness practitioners that makes it simple to book, chart, schedule, bill and get paid.	PAA members can use the basic version for free to try and can upgrade to a clinic or professional plan with more features.	Exclusive professional liability insurance for members of PAA.
PAA members receive up to 20% off GoodLife membership.	TD Insurance Life & Health Offer - Premium savings on eligible TD Term Life Insurance policies.	PAA members receive 10% off the best rate.
PAA members receive special discounted rates.	PAA members receive up to 20% off the regular room rate at various locations.	Receive special discounts at more Marriott Hotels in Calgary: Four Points and Element Hotels.

Did you miss the 2023 AGM?

Read our 2023 Annual Report

www.paa-ab.ca > About PAA > PAA Reports



FEEDBACK FROM PAA SUMMER STUDENTS 2023

Best Learning

- How to work in a professional office, independently, and as a team
- Work collaboratively
- Identify the situations in which my skills were most needed

Most Challenging

- Not always having clear guidelines or expectations
- Managing multiple projects and keeping up to date with scheduled meetings
- Balancing work and family

Psychology Contribution

- Helping psychologists learn about and navigate ethical dilemmas
- Creating PAA's Annual Report; gathering information on the new ministers
- Gathering information from referral members for the new Referral Service

Key Comments

- Great experience
- Expanded my view on psychology in Alberta
- PAA is a very positive place to work

Most Rewarding

- Creating a program and resources that directly helped psychologists
- Working with knowledgeable and kind staff
- Opportunity to work at an association and obtaining valuable advice
- Being able to see a significant project, the new Referral Service, from beginning to end

Values Alignment

- Knowledge and growth
- Mental health
- Social awareness, diversity, and inclusion
- Collaboration and team work

Academic Alignment

- Sources for mentorship and supervision
- Learned about ethics in psychology and how to become a psychologist
- Expanded my horizons on options for a psychology student pursuing a graduate degree

Career Alignment

- Learning about the ethical dilemmas psychologists face in their careers
- Furthering my career skills

PSYCHOLOGISTS' ASSOCIATION of ALBERTA

The Universe Within

To Be Right or To Be Kind



By Gwen Randall-Young, R. Psych

"When you have a choice to be right, or to be kind, choose kind and watch your suffering disappear."

- Dr. Wayne Dyer

Why do some people treat strangers or acquaintances better than loved ones? It may be the dad coaching his son who berates him in a way he would never do to other players, or the spouse who is charming and gracious, loved by the world, who becomes verbally abusive behind closed doors.

The part that lashes out is raw ego reacting, uncensored. Most would be embarrassed to have anyone outside the family witness this behaviour. It is generally not done in public or to others because ego does not want to be judged or to do anything that would tarnish the good opinion of others.

There are several issues here. An individual may be unconscious; that is, may not even see the contradiction. Ego also tends to blame others for its behaviour. "She just made me so mad." Finally, ego also thinks it is right, and somehow being the one who is right makes it okay to lord it over others.

Having one persona at home and another for the world means we are not being authentic. Treating outsiders better than loved ones indicates a problem with priorities. Ideally, we should treat all people with respect and dignity at all times. Certainly, we should feel a sense of responsibility towards those with whom we are in relationship, be it a partner or child, as they look to us for love, acceptance, and a sense of safety.

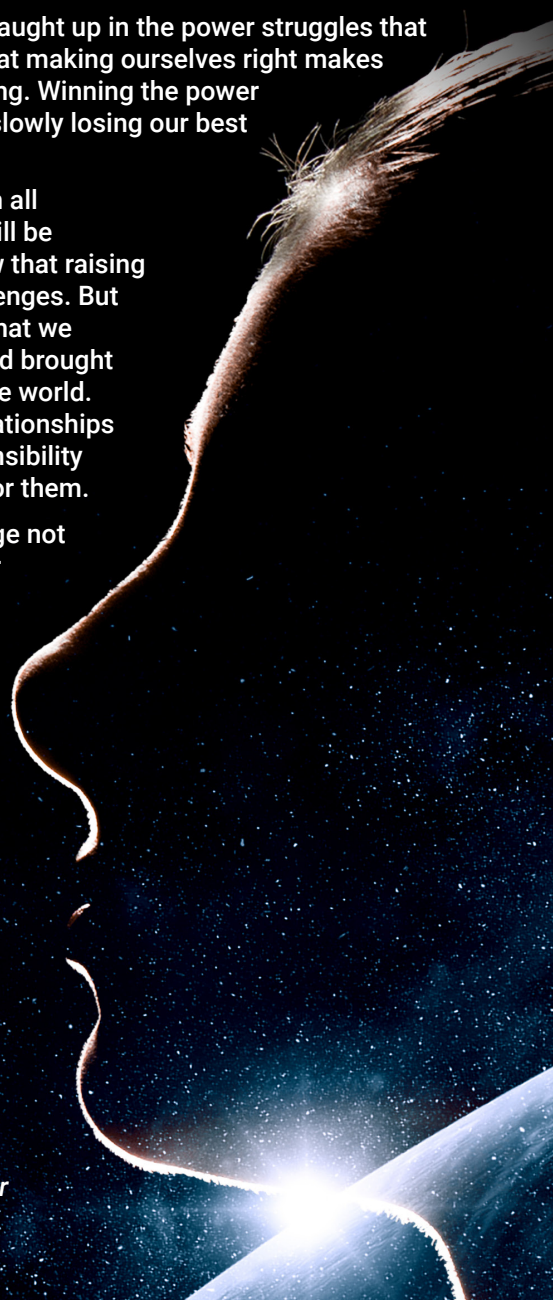
At some point in intimate relationships, after the honeymoon period, couples often begin to engage in a process of trying to change the other. Each has an idea of what a wife/husband/lover should be and begins focusing on where the partner does not measure up. Often, a conflict will develop, and this is where the good guy / bad guy, right/wrong polarity thinking begins to develop.

It is a slippery slope once this starts, as resentments begin to build, and the sense of being unconditionally loved and accepted that was so engaging in the beginning begins to diminish. Caught up in the power struggles that develop, we forget that making ourselves right makes the other person wrong. Winning the power struggles can mean slowly losing our best friend.

We can accept that in all relationships there will be differences. We know that raising children has its challenges. But we must remember that we chose this partner and brought these children into the world. We created these relationships and we have a responsibility to nurture and care for them.

If we see the challenge not as trying to control or change others, but rather to evolve as we meet the challenges with loving kindness and wisdom, we can escape the wheel of suffering.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.



Growing Together: Tips for Future Leaders

Growing Together is for members who are students, Provisionally Registered Psychologists (PRP), or Early Career Psychologists (ECP). This feature is presented by your PAA Board Representatives. Contact them with questions!

- Student members: Katherine at katherine.archibald@ucalgary.ca
- PRP members: Samantha at samleegruber@gmail.com
- ECP members: Sandra at womanofinfluence1@yahoo.com



Psychology Shaping the Landscape

Psychology Groups

- APA Board of Professional Affairs
- The Council of Professional Associations of Psychology of Canada
- The American Psychological Association
- AHS Psychology Professional Practice Council

Health Groups

- The Alberta Pain Network
- APS Working Group on Chronic Pain
- Provincial Addiction and Mental Health Council
- Family Physicians Collaborative Network for Pain & Addiction

Provincial Advocacy Groups

- CMHA Alberta
- Alberta Workplace Wellness Network
- Alberta Women's Health Leadership Council
- Health Coalition of Alberta

Targeted Response Groups

- CMHA Rural Mental Health Project
- Edmonton/Calgary Community Mental Health Action Committees

Alberta Psychology in the Media

Media Engagements

2023 July – August

10 Media Pieces

VIA

- 630 CHED Radio
- CBC Radio Canada
- CBC Morning Live
- CTV Morning Live

THANKS TO

- Dr. Ganz Ferrance
- Dr. Linda Hancock
- Aimee Reimer

ON TOPICS INCLUDING

- The Time is Now
- It's Up to Us!
- Therapy Doesn't Work!
- Communication Landmines
- Family Reunions
- Friends or Acquaintances?
- Using What We Have
- Barriers to Reaching Goals
- Psychological Toll of Wildfire Evacuations
- 4 Tips for Back to School

Public Speaking Engagements

Psychologists	Venue
Dr. Terry Singh	» The Role of Psychology in Treating Schizophrenia and Psychosis for the Schizophrenia Society of Alberta

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

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Continuing Professional Development



Beyond Skills: The Therapeutic Principles of Dialectical Behaviour Therapy

Calgary, 17 November
Rachel King, Ph.D.
Register



Dealing With Situations We'd Rather Avoid: Dos and Don'ts of Responding to Clients, Lawyers, Police, Investigators, and the Courts

Calgary, 24 November
Terry Singh, Ph.D.
Register



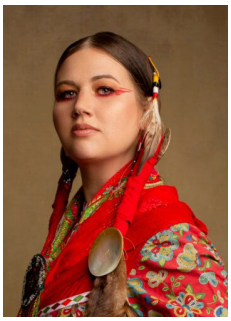
Gender-Affirming Health Care and Education: Why it Matters for Trans and Gender-Diverse Youth and Young Adults

Virtual, 30 November
Ada L. Sinacore, Ph.D.
Register



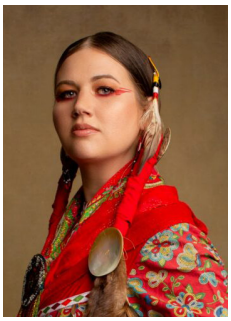
Trauma & PTSD in First Responder Populations

Virtual, 06-07 February 2024
Megan McElheran, Ph.D.
Register



Indigenous Wisdoms in Practice: Land-Based Tools for Wellness: CALGARY

Calgary, 09 February 2024
Dr. Karlee Fellner
Register



Indigenous Wisdoms in Practice: Land-Based Tools for Wellness: VIRTUAL

Virtual, 08 March 2024
Dr. Karlee Fellner
Register



Performance: It's Not (Only) What You Think

Calgary, 22 March 2024
Matthew Bain
Register



Geropsychology Research and Practice: Helping our Clients, Helping Ourselves

Calgary, 26 April 2024
Dr. Candace Konnert
Register

PAA Course Portal

Here are just a few of the offerings available on your PAA Course Portal:

What's New in the DSM-5-TR–*Dr. Michael Lee Zwiers*

Psychedelics and Psychedelic-Assisted Therapy Part 2–*Megan McElheran, Ph.D.*

Clinical Supervision - Level 1: Foundational Knowledge *with Dr. Jeff Chang*

PAA Disaster Response Network–*Judi Malone Ph.D., Judy Moench Ph.D., and Ester Cole Ph.D.*

Effective Advocacy–*Dr. Judi Malone*

Ethical Decision Making–*Dr. Harpreet Gill*

Assessing Perinatal Mental Health–*Kristine Aanderson, Mallory Becker and Dr. Gina Wong*

Pain Psychology: An Introduction to Chronic Pain Management Approaches–*Emily Moore Ph.D.*

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

The Erupting Addictions Pandemic–*Dr. Kevin Alderson*

PAA Referral Service

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

To learn more, visit the PAA website > Membership > Purchase or Renew Membership > 2023/24 > 2023/24 Memberships, and scroll down to Add On Services.

PAA Annual Report

Interested in association highlights of the past year? Visit our website to read the Annual Report, or to access the Annual General Meeting minutes or recorded session. To view a Year in Review video of key highlights, visit the Year in Review playlist on our YouTube channel.

