Psymposium

Vol. 35 No. 2 – September 2024
Truth & Reconciliation Edition

Psychologists' Association of Alberta



Understanding People | Working Together

Dene World 2024, 16" Circle, Acrylic on Canvas, 2024 | Alex Janvier | Photo Credit Janvier Gallery | See p. 12 to learn more

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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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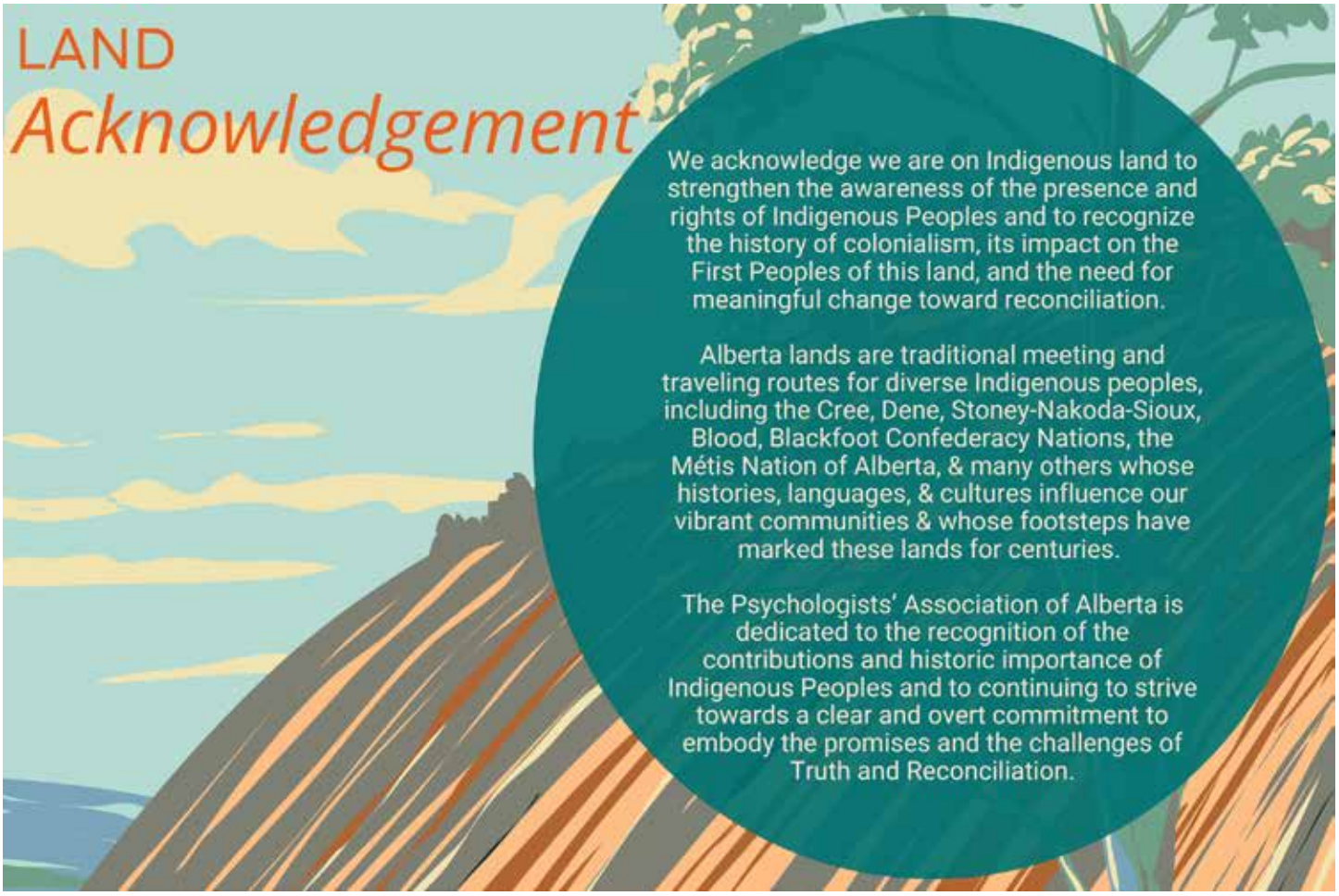
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Editor's Letter



"Two guiding principles associated with Truth and Reconciliation are Two-Eyed Seeing and Two-Eared Listening."

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

Welcome to our special edition of *Psymposium*–Truth and Reconciliation (TRC).

As psychologists we are called upon to:

> *"work with and for Indigenous Peoples. To learn about and understand the impacts of colonial systems on Indigenous histories and current lives, to support the healing journey needed to provide relief and build prosperity, in all of its forms, among Indigenous Peoples in Canada."*
>
> *- Canadian Psychology Association*

Two guiding principles associated with Truth and Reconciliation are Two-Eyed Seeing and Two-Eared Listening. Two-Eyed Seeing was first described in 2004 by Mi'kmaq Elders Dr. Albert Marshall and Dr. Murdena Marshall from Eskasoni First Nation and Cheryl Bartlett, a university professor from Cape Breton. *Etuaptmumk* is the Mi'kmaw word for Two-Eyed Seeing which refers to "*learning to see from one eye with the strengths of Indigenous knowledges and ways of knowing, and from the other eye with the strengths of Western knowledges and ways of knowing ... and learning to use both these eyes together, for the benefit of all*."

Elder Albert Marshall describes Two-Eyed Seeing as much more than the above. It includes:

- *Netukulimk*–a Mi'kmaw understanding that entails co-existence, interrelativeness, interconnectiveness, and community spirit.
- It is a "weaving back and forth between knowledges … fine tuning your mind into different places at once, you are always looking for another perspective and better way of doing things."
- It can be seen as a guiding framework that helps broaden awareness and understanding and that to move forward, both ways of knowing are beneficial.

Two-Eared Listening is more than "active listening." It is deeply listening to the stories of Indigenious Peoples. Two-Eared Listening involves listening with our emotions and the core of our being. It involves being open to new learning and understanding, listening with intension, suspending judgment, communicating respectfully in a way that might challenge previously held beliefs or assumptions, and purposefully engaging in (re)conciliation.

Chief Mi'sel Joe from Miawpukek First Nation said:

> *"When we talk about justice and injustice, that concept is not just spoken words. Injustice is about hurt and pain, so that brings in parts of our body, including the heart and soul. [This talking] includes body language [and] knowing someone is listening and caring. If you are listening from your core, you will understand the telling of these stories of justice and injustice."*

Two-Eyed Seeing and Two-Eared Listening are both significant approaches that bring together ways of knowing in support of Truth and Reconciliation. They are frameworks to better understand the world, the way we work with each other, and in relationships as psychologists and in our community.

Michelle

PAA Member and Psymposium Editor-In-Chief
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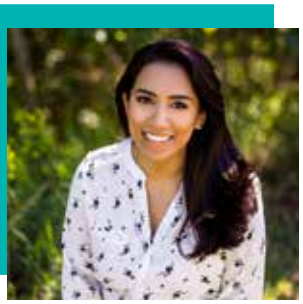




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Board Notes



"It is essential to reflect on the necessary evolution of psychology in addressing historical and ongoing injustices faced by Indigenous peoples."

By Mira Singh, R. Psych
President, PAA Board of Directors

Each September, the psychology community in Alberta comes together to celebrate our collective achievements and recognize the remarkable contributions of our peers. The annual PAA Gala is not only a highlight of the year for us but it is also a chance to honour those who have demonstrated exceptional dedication in areas such as supervision, teaching, leadership, and research.

This year's Gala promises to be a memorable evening, as we celebrate the 2024 Award winners who have made significant strides in advancing our field. Their accomplishments, recognized through nominations from fellow psychologists, reflect a year of hard work and dedication. We encourage you to join us at the Gala to acknowledge their successes, connect with colleagues, and enjoy the banquet.

The Gala also serves as a pivotal moment to welcome newly registered psychologists into our profession. We extend our heartfelt congratulations to those transitioning from Registered Provisional Psychologist to Registered Psychologist. Your journey and commitment to supporting our communities are commendable, and we are excited to celebrate this important milestone with you.

As we gather just prior to the National Day for Truth and Reconciliation, it is essential to reflect on the necessary evolution of psychology in addressing historical and ongoing injustices faced by Indigenous peoples. As a profession, we have a responsibility to expand our knowledge and increase our engagement with Indigenous communities to provide relevant and meaningful mental health supports. To do so, we must further our understanding of key Indigenous values such as traditional knowledge, the connection to land, the significance of family and community, and cultural practices in supporting health and wellbeing. It is critical that we expand our knowledge about the historical and contemporary impacts of colonization, inter-generational trauma, and social justice. By valuing and applying these perspectives together, we aim to enhance our practice and better serve Indigenous communities.

As we gather to celebrate the achievements within our field, it is essential to acknowledge the rich and diverse histories that have shaped the lands we now occupy. They are the traditional meeting and traveling routes of Indigenous peoples, including the Cree, Dene, Stoney-Nakoda-Sioux, Blood, Blackfoot Confederacy Nations, the Métis Nation of Alberta, Inuit and many others, who maintain their deep connection to these lands. These routes were not merely pathways, but they were imbued with cultural, social, and spiritual significance. They facilitated not only movement but also the exchange of ideas, traditions, and relationships among different Indigenous groups. Understanding and respecting these routes is crucial for recognizing the profound impact of Indigenous peoples on the land and their ongoing influence on our communities. It enables us to recognize and uphold our responsibility to ensure the safety and respect of Indigenous experiences.

As we celebrate our field's achievements and welcome new members, let us also commit to advancing our understanding and practice in a manner that honours these vital elements. We look forward to seeing you at the Gala, where we will celebrate our achievements, embrace new beginnings, and continue our journey toward a more inclusive and informed practice of psychology.

Early Career and Provisional members: you are eligible for the Referral Service too!
www.paa-ab.ca > Find a Psychologist

APOLOGY FROM ALBERTA PSYCHOLOGY

6 GUIDING PRINCIPLES

The profession of psychology must acknowledge our history of having caused harm toward Indigenous Peoples.
- Psychology's Response to the Truth and Reconciliation Commission of Canada's Report

Humility
Those in the discipline should be guided by humility.

Cultural Allyship
We are called to stand with Indigenous Peoples, rather than simply knowing about them.

Critical Reflection
The psychologist must be culturally literate and able to "self-locate."

Collaboration
Services should be the product of community collaboration and ongoing discourse.

Social Justice
Psychologists should strive for greater understanding of the social justice context.

Respect
We are at greater risk for misunderstanding or misdiagnosing Indigenous clients.

APPRECIATION TO

PAA-CAP Joint Task Force on Truth & Reconciliation
Association of Canadian Psychology Regulatory Organizations
Council of Professional Associations of Psychologists
Canadian Psychological Association

https://psychologistsassociation.ab.ca/truth/
Psychologists' Association of Alberta



INDIGENIZING PSYCHOLOGY COMMUNITY OF PRACTICE

WE'RE ON COLLABORATE

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

Join us to support learning and knowledge translation activities in the context of truth and reconciliation in Alberta psychology.

Our Reconciliation Process: Learning and Growing



"Each of us must reflect on our role in colonization and commit to action that brings about meaningful and lasting change."

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

Annually, our National Day of Truth and Reconciliation calls on us to move beyond acknowledging the ancestral and traditional lands of all the Inuit, Métis, and First Nations people who call this land home. It reminds us of one of the many imperatives that we have as individuals, psychologists, and a profession to recognize the atrocities and abuses, both past and ongoing, and to consider how we can each, in our own way, try to move forward in a spirit of truth, reconciliation, and allyship. Each of us must reflect on our role in colonization and commit to action that brings about meaningful and lasting change.

Truth and reconciliation requires a commitment to listening to the diversity of meanings that Indigenous People bring to this day and honour their perspectives and experiences. It requires us to affirm the resilience and strength of the surviving families and communities as well as those who were lost. It is also a time to celebrate the customs, traditions, languages, and cultures of Indigenous Peoples with respect and dignity.

PAA is steadfastly committed to embracing our responsibility and realizing our active role in truth and reconciliation. We are honoured that so many Indigenous psychologists and psychologists-in-training have been on this journey with us guiding the process. And delighted that our regulatory college has steadfastly joined in this process.

It is just the beginning. We will continue to hold ourselves accountable to the recommendations in the association's response to the Truth and Reconciliation Report. Join us in making a sincere and significant commitment to moving forward, in taking action, and walking with Indigenous People on this path towards truth and reconciliation.

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Meet our 2024 PAA Gala & Award Winners

Congratulations to these exemplars of our profession! Join us for Alberta psychology's biggest celebration of the year, the PAA Gala, 27 September in Calgary, to honour them.



Dr. Caroline Buzanko

Psychologist of the Year Award



Dr. Sheri Madigan

John G. Paterson Award



Dr. Cheryl Nekolaichuk

Pettifor Lifetime Achievement Award



Dr. Sandra Dixon

The Juanita Chambers Excellence in Community Service Award



Dr. Brae Anne McArthur

Excellence in Clinical Supervision Award



Dr. Damien Cormier

Excellence in Teaching Psychology Award



Jenna Himer

Undergraduate Thesis Research Award



Harleen Sanghera

Master's Thesis Research Award



Jonathan Dubue

Doctoral Dissertation Research Award

Ethics Corner

Decolonializing Psychological Practice



"Psychology as we know it today developed within the academic institutions of Europe and North America."

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

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

The concept of *context* is critically important in understanding mental health as it can be a complex and nuanced area of care. Context affects one's thoughts, emotions and behaviour. Mental health practitioners need to consider their patient's context and culture when assessing and treating them. Decolonizing psychology helps expand one's horizons and positively impact the fields of practice, research, teaching, etc.

Decolonizing one's psychology practice means providing services within a sociocultural context. The ADDRESSING model (Hays, 1996) considers Age, Developmental disability, Acquired disability, Religion, Ethnicity, Sexual orientation, Socioeconomic status, Indigenous group membership, Nationality and Gender for a complete understanding of cultural identity, under-represented groups and oppressive forces. Other aspects of diversity can also be considered, like the language spoken and place of residence, e.g. rural residence and their intersectionality.

To provide competent care, psychologists need to have a basic knowledge of diverse contexts and how they are interwoven into adaptive and maladaptive human behaviour. Practitioners must also be aware of their own orientation and how they might affect their patients. To ensure ethical practice, psychologists need to have open discussions with their patients about the values that underlie treatment. Another important way to enhance learning is for clinicians to consult with experts who represent different cultural, religious, spiritual traditions and groups.

The traditional field of psychology is not the only source of knowledge and healing. Psychology as we know it today developed within the academic institutions of Europe and North America and rose to fame largely in the first half of the 20th century. Indigenous psychologies emphasize the unique worldviews, practices, and traditions of various cultural groups around the globe (Ciofalo et al., 2022). Reflecting on Guru Granth Sahib, the holy book of the Sikhs which has the teachings of different Gurus from the late 14th century onwards, offers timeless wisdom, providing practical guidance for understanding and harnessing the power of the mind. It includes concepts of consciousness, perception, thoughts, emotions, actions and path of self-realization.

We need to appreciate Indigenous science and learn to apply and respect the wisdom and practices of Indigenous cultures. There was failure to incorporate Indigenous culture and knowledge into the discipline of psychology. It is necessary to expand the psychological practice to incorporate Indigenous ways of knowing, being, and doing into psychology. This can be achieved by acknowledging the extreme harm done to Indigenous people through colonization and incorporating the Indigenous ways of practice into the ethos of psychology.

It is time that we embrace a decolonialized approach by implementing Indigenous knowledge systems, providing culturally sensitive care, thus enhancing the well-being of our patients and ourselves.

Learn more about PAA benefits!

Log in and visit paa-ab.ca > Membership > Member Benefits

Welcome Interim CEO Lori Pratt



We are pleased to introduce our new Interim CEO Lori Pratt. With over 15 years of leadership experience in the charitable nonprofit sector and a dedicated focus on mental health advocacy for the past seven years, she has established herself as a passionate and results-driven professional. Alberta born and raised, Lori brings a deep-rooted connection to her community and a genuine commitment to making a difference. Welcome, Lori!

Farewell & Thank You to Dr. Judi Malone

A farewell message from Dr. Judi Malone:

After 11 rewarding years at our association, I resigned as PAA CEO effective 15 August 2024. I love PAA, and I am so lucky to have had the opportunity to take the organization this far with all of you.

Over those years, PAA has doubled our membership, tripled our revenue and staff, and increased services 400%. We are a respected leader in health and policy engagement with staff who can serve members in six languages. These are not my accomplishments alone but are the achievements of a committed team of gifted, tenacious, board and staff members.

I believe PAA's most influential and most innovative days are ahead of it. The team is stronger than ever, the board is skilled and committed, and PAA will continue to accomplish amazing things. And I look forward to contributing from the role as a PAA member. I will now take some time for family and to decompress, and then maybe I will determine my next steps.

PAA members are in excellent hands. Your PAA Board has an engaged CEO succession plan. Your interim CEO Lori Pratt will serve our profession well until the next PAA CEO is named. This is your call to action to identify the leader that we need for our association for the next decade. I will miss PAA as an association, as a community, and as a meaningful career workplace.

Judi, it was our privilege to work with you and learn from you. Here are just a few words that highlight what you mean to us as the PAA Staff Team.



The Land That Has No Time



On the outskirts of Beaumont
there is an area of land where
time stops.

Where time stands
completely still.

As still as I have stood
in my bare feet, toes
squished into the earth,
rooted in.

Imagining I am planted
in this land's magical
soil.

I call it a portal. A trick.

And I close my eyes and
wonder, who else has
stood in this exact spot?

Right where I stand, who else
knew of this land's secrets?

Who else loved this land?

Who cared for this land,

Fought for this land, and gave their life for this land.

The land that has no time.

And if this land could talk to me, would it whisper,

would it cry, would the land SCREAM!

And tell me how it IS and WILL always be

traditional land of the First Nations People,

The Cree,

The Saulteaux,

The Niitsitapi (Blackfoot),

Métis, and

The Nakota Sioux People

Would the land RAGE and CRACK

remembering its deep love for its people,

still waiting for their return.

Would the land forgive me, and let me stay?

Let me love its mystery,

and breathe in its life force?

This land that has no time.

I recognize how privileged I am to live and be free on the land of Treaty 6 territory. And it is my responsibility to continue to learn, continue to educate myself and my children on the path of reconciliation.

I am grateful for the opportunity Dr. Judi has provided us to do that at PAA.

Angela Sargent, PAA Governance Officer

Thank you to Janvier Gallery for permission to use *Dene World 2024.*

ALEX JANVIER

Alex Janvier is a world-renowned Canadian Indigenous Artist from Treaty 6 territory, Alberta, Canada. His vibrant colours and distinctive lines tell you stories about his unique culture and life experiences. Alex has graciously garnered many accolades and recognitions from various organizations as a pioneer of Indigenous Modernist Art in Canada. Alex peacefully passed away at the age of 89. He painted almost everyday.

Janvier Gallery is a small family owned and operated business on the Cold Lake First Nations 149B. It is home to a great collection of Alex Janvier original works of art, and art products. Please visit our website at **www.alexjanvier.com.**

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Indigenous Leadership in Psychology



"My Indigeneity did not necessarily prepare me for my leadership roles; however what I have learned will impact how I will move forward in leading."

Dr. Lindsay Woods, C.Psych. (She/Her)
President, Manitoba Psychological Society

Dr. Lindsay Woods is a Registered Clinical Psychologist and Director of Clinical Services at a large social services agency in Winnipeg, Manitoba. Dr. Woods has been supporting adults, adolescents, children, parents and families for a wide variety of goals and challenges as a support worker, therapist, and now as a psychologist for a total of 20 years. Dr. Woods took on the role of President for the Manitoba Psychological Society (MPS) and is looking forward to continuing to advocate for and represent psychology in the province of Manitoba.

Growing up in Thunder Bay, ON, with mix settler (French and Irish) and Indigenous (Anishnaabe) ancestry, Dr. Woods was not immersed in Indigenous culture, but this has been a pathway of exploration and re-connection as an adult. Dr. Woods completed her first year of Sundance in 2022 and is looking forward to continuing her Sundance path.

What does it feel like to be an Indigenous psychologist in a leadership role in a professional association?

This is an interesting question and one I have reflected on recently. It was brought to my attention that I might be the first Indigenous leader of a professional psychological association in Canada. This made me feel both proud and apprehensive at the same time. Living in a province with an Indigenous Premier, I can see the impact of having an Indigenous person in that higher-level position. It instills pride in the Indigenous community, gives hope to youth, shows others that we have something important to contribute, but it can also overshadow the hard work that it takes to work towards and take on leadership. The question can be asked: Is it only about being Indigenous?

In my life, I was not raised immersed in Indigenous culture, traditions or spirituality. I grew up in a loving middle-class family, attending Catholic public school and church in an Ontario city. As kids, we attended some events like Pow Wows, but only as observers. We are members of a First Nation in Ontario, but I never lived there. I always had a pull to learn more but that came later in my life. As I moved through life, attended University and learned about myself, I sought out connection with opportunities to learn about Indigenous culture and built a community. These connections, this community, and my participation in Ceremony has become a very important part of my life and my practice as a psychologist.

I am still learning (I will always be learning). This is true for my work as a psychologist, as a leader in psychology, and for myself as an Indigenous person, mother, wife, daughter, friend, and sibling. I see all three aspects of me as important and they overlap significantly. My Indigeneity did not necessarily prepare me for my leadership roles; however, what I have learned will impact how I will move forward in leading. My clinical training, supervisory work and being part of MPS and other boards in the past did prepare me for this leadership role; however, how I do this is highly influenced by my cultural learning.

It has been noted that there is still a risk and a caution in the act of tokenism when a person of colour takes on a leadership role. I would like to encourage and challenge folks to pause, notice, and reflect on how they see people in leadership, their pathway to that place, and how they choose to lead.

Your Online Indigenous Resources

What's New

PAA's Indigenous Wisdom Council is building on the foundation built by the Joint PAA & CAP Task Force to move forward with our commitment to reconciliation. Visit our Truth & Reconciliation page to learn more.

Indigenous Resources

Here are resources you can reference alongside your own personal and professional efforts to honour Indigenous history and culture.

- Learn more about Truth & Reconciliation in Alberta psychology and the work of the PAA-CAP Task Force on Truth & Reconciliation.
- Take discounted training with Indigenous Awareness Canada to expand your cultural competency as a clinician. Part of your fee supports Indigenous psychologists and psychologists in training.
- Join the Indigenizing Psychology Community of Practice on PAA Collaborate to discuss topics and share resources relevant to psychological practice in Alberta.

View Indigenous Resources curated specifically for Alberta psychologists in practice and in training 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. Resources include:

- Professional practice resources
- National and international resources
- Experiential learning opportunities

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- PAA
- Edmonton Community Foundation
- Calgary Foundation
- CMHA Alberta

Anti-Racism and Psychology

Truth in Truth and Reconciliation



"In my early 20s, I was a teacher with Little Red River Cree Nation in northern Alberta."

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

In my early 20s, I was a teacher with Little Red River Cree Nation in northern Alberta.

Looking back, I recall that I had an open and curious nature with the desire to learn. I was also embarrassed that I was not aware of Indian residential schools, oppression, racism, and violence committed against Indigenous peoples. At one parent-teacher meeting, some parents apologized to me, saying that they would not force their children to come to school due to the history of colonialism and cultural genocide. At that point, I began to learn by active listening and conducting research online to learn and unlearn. As a podcast host of *Against the Tides of Racism* (https://www.againstracismpodcast.com/), I have invited several inspiring Indigenous guests and learned the importance of *truth* in Truth and Reconciliation. We need to hear the truth from Indigenous people and believe them.

After that encounter with the parents, I began to change my way of relating to youth; I would ask about their hunting experiences in October, when they would take weeks off to hunt with their families and friends. I would encourage attendance by creating origami stars; when they come to school, they get to write their names on the stars. On Fridays, I would draw names and welcome them to lunch with me, sharing some of my Chinese food and gifting trinkets. That year, attendance and punctuality improved. These memories continue to stay with me as instead of using "punitive" methods such as detentions (which did not work because they actually wanted to stay after school to spend time with me), I needed to learn new ways to increase attendance and interest in coming to school.

Further, I would also explain my cultural upbringing, and I would share stories of being a young child who didn't enjoy school and could not relate to what I was taught. I spoke Cantonese at home and struggled to learn English in kindergarten. In grade one, I attended another school in the afternoons to take "ESL" classes with peers I did not know. It was an isolating experience, and I felt I did not belong with the "smart" students.

These stories came organically; later, I learned how impactful these stories were with my students who learn best through storytelling and sharing. They, in turn, shared many stories with me about their struggles, joys, and feelings. We also experienced racism together when I took a group of secondary students to Edmonton, and we were under surveillance in the stores. I had never experienced being followed that way and realized the employees were worried that we would steal. I was young, and some commented that I looked Cree. I ultimately told the personnel to stop following us. I was a teacher, and these are my students. Such an encounter is part of the *truth*; we need to do better and be better at reconciliation.

Collaborate with your peers

Join Communities of Practice exclusive to PAA members

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

Alberta Psychology in the Media

Media Engagements April - July 2024

20 MEDIA PIECES

VIA

- CTV News
- 630 CHED Radio
- Medicine Hat News

ON TOPICS INCLUDING

- 4 Ways Nature Heals You and How to Use Them
- Sports Superstitions and Psyche of Sports Fans
- Affects of Being Naked on Body Image
- Spring Start Over
- Post Playoff Depression
- Road Rage
- Disappointments
- Ego
- Planning for the Unplanned
- Professional Development
- Motivation
- Karma
- Environmental Concerns
- Hoarders and Minimalists
- Growing Strong
- Changing Perspective on Your Life
- Pleasing Others
- Fairy Tale Messages
- Failure
- Fellowship

THANKS TO

- Dr. Ganz Ferrance
- Dr. Linda Hancock

Public Speaking Engagements April - July 2024

Presenters	Venue
Dr. Harpreet Gill and Jiya Juneja	Canadian Psychological Association Convention: The Professional Guidance Program for Psychologists in Alberta: Need, Planning, and Development

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!



Support for Ethics



The Professional Guidance Program provides guidance to registered psychologists facing ethical dilemmas and encourages ethical decision-making and practices. Psychologists can discuss their concerns with the Director of Professional Affairs or a Practice Advisor and access a library of resources.

If you use our fee-for-service 30 / 45- min consultation with PAA's Director of Professional Affairs, you will receive a **1.0-hour Continuing Education Credit** for that consultation. Have a quick ethical question? Opt for a brief 15-minute paid consultation.

Did you know?

The Professional Guidance Program offers two webinars on Ethical Decision-Making and Informed Consent.

We have launched the **Psychology Unboxed Podcast**. View our latest episodes on remote therapy, working with insurance/third party and psychological testing and assessment.

Sign up for our full-day 6 C.E. credit in-person workshop on "Best Practices to Prevent Ethical Pitfalls" in Calgary, 13 Sept.

We are excited to unveil our latest offering, the Professional Guidance Ethics **Lunch n Learn**. This new service offers presentations on ethical topics pertinent to psychologists, either addressing your practice's specific needs or common topics we see in our requests.

Learn more: guidance@paa-ab.ca.

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- Nicole Sheldon, B.Ed, M.Ed, Registered Psychologist

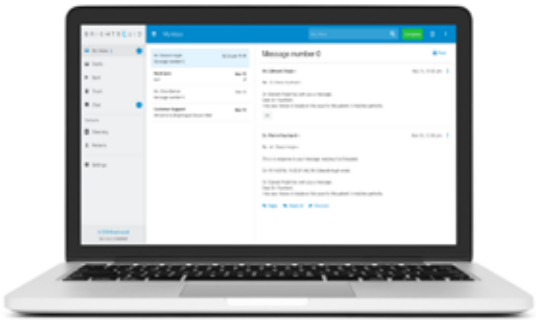
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Each year, the PAA Annual Report is available for members in early September.

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

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