Psymposium

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Psychologists' Association of Alberta



Understanding People | Working Together

Canada Jay on a spruce branch, Lake Louise

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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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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



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

"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts... There is something infinitely healing in the repeated refrains of nature- the assurance that dawn comes after night, and spring after winter."

- Rachel Carson

I recently returned from a trip to South Africa, and while there, I had the opportunity to go on a bush walk through the African Savannah with a guide named JuJu. Of all the wonderful people I met, her story stands out for me the most.

As we walked, we shared insights from each other's part of the world. When we paused for coffee, JuJu talked about loss/grief in her past. She described further that the most important factor that helped her move forward was her connection to nature, especially walking with the elephants. This was the whole reason why she decided to take on a job as a guide. To be in connection with all the sights and sounds of nature was healing for her.

I thought of our lives back home in Canada, how much reliance we have on technology, our time spent indoors, and our fast-paced world. There is much value in carving out time daily to be in nature. In a review of the research, Gregory Bratman, Ph.D., an assistant professor at the University of Washington, and colleagues shared evidence that contact with nature is associated with increases in happiness, subjective well-being, positive affect, positive social interactions and a sense of meaning and purpose in life, as well as decreases in mental distress.

Connection with nature and its therapeutic factors can be found across many cultures all over the world. As with JuJu's experience, it has a positive impact on people's emotional well-being including lowered stress levels, increased happiness, and cognitive benefits.

Oliver Sacks, neurologist, naturalist, and historian of science and writer notes:

> *"Clearly, nature calls to something very deep in us. Biophilia, the love of nature and living things, is an essential part of the human condition. Hortophilia, the desire to interact with, manage, and tend nature, is also deeply instilled in us. The role that nature plays in health and healing becomes even more critical for people working long days in windowless offices, for those living in city neighborhoods without access to green spaces, for children in city schools, or for those in institutional settings such as nursing homes. The effects of nature's qualities on health are not only spiritual and emotional but physical and neurological. I have no doubt that they reflect deep changes in the brain's physiology, and perhaps even its structure."*

Whatever you may be doing today, take a moment and find a way to connect to all that our wonderful natural world can provide.

Michelle

PAA Member and Psymposium Editor-In-Chief

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Ethics Corner

Ethics and Risk Management



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

"A lack of understanding of the overarching principles can give rise to false risk management strategies and compromise patient welfare."

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.

Life is full of challenges. People see psychologists for all kinds of reasons: learning new skills, getting support during a difficult phase, managing anxiety and stress, coping with trauma, experiencing family of origin issues, etc. In providing support, psychologists may face unanticipated or negative consequences. Good risk management principles pave the way to achieve ethical ideals.

Bloom's taxonomy on risk management describes how psychologists can progress from basic levels (knowledge, comprehension, application) to higher levels (analysis, synthesis, and evaluation), thus applying and integrating ethically based risk management principles to the work that they do.

The four Principles of the Canadian Code of Ethics also help psychologists articulate their ethical values. Further, there are multiple factors which are in play: communication with the patient throughout the therapeutic process, the context in which therapy occurs, the type of clientele, characteristics of the patients, cultural competence, etc.

Self-reflection, consultation and continuing education are important.

- Am I following the best practices?
- Am I working within the areas of competence?
- Have I ensured informed, written consent?
- Am I aware of any conflict of interest, overlapping relationships, or boundary violations?
- Have I been maintaining records for the purposes of fulfilling patient welfare, managing patient care and being mindful of overarching ethical principles?
- Am I engaged in decolonizing my practice?

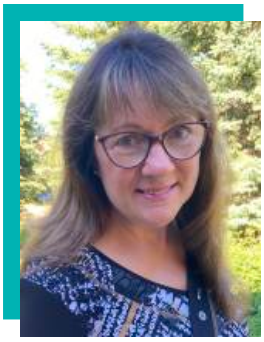
Decolonizing clinical practice emphasizes challenging existing knowledge, engaging in critical dialogue, and sharing knowledge across the discipline to transform therapy practice (Sharma & Kivell, 2023).

Thus, risk management principles when applied correctly provide professional leverage and promotes good patient care. A lack of understanding of the overarching principles can give rise to false risk management strategies and compromise patient welfare.

Some false risk management strategies include believing that having a signed no-suicide contract is the standard of care; or that getting the informed consent form signed at the first appointment fulfills the informed consent obligations.

Ethics means values. When psychologists consider the risk management aspect, their actions should not be driven by irrational fears but should be motivated by their deepest values of having a rewarding career and making a positive difference in the lives of the people that they serve. The phrase "positive ethics" was used by Handlesman, Knapp & Gottlieb (2002) and Knapp & Vandecreek (2005) to refer to ethics to promote patient welfare or prioritize the patient's best interests rather than a way to avoid disciplinary action.

Notes from the Interim CEO's Desk



"Collaborating for wellness can take many forms."

By Lori Pratt
Interim CEO

It has been such a pleasure to connect with so many of you this fall. Thank you to those of you who have reached out to me, attended our AGM, or joined us in Calgary at the PAA Gala. I am working with your Board and staff to foster concrete ways for you to connect and collaborate year-round. Recognizing that individual efforts can only go so far, PAA observes our commitment to: COLLABORATE FOR WELLNESS.

PAA has been instrumental in fostering this spirit of teamwork. By hosting regular workshops, continuing professional development opportunities, ethics round tables, and town halls (to name a few), we offer opportunities for members to share best practices, innovative approaches, and the latest research findings. This collective effort not only enriches your individual practices but also elevates the standard of care across the province.

The emphasis on collaboration extends to technology as well. The Technology in Practice Task Force has been providing PAA and our members recommendations on effective, efficient, and ethical practices using today's ever-changing technology. See their current article on telepsychology services on page nine of this issue.

Collaborating for wellness can take many forms. Whether it's through your professional practices, community initiatives, workplace programs, or personal partnerships, working together can enhance well-being for everyone involved.

As Alberta continues to navigate the complexities of mental health, the collaborative efforts of you, our members, creates promise for a brighter, more supportive future for all Albertans.

Take advantage of PAA's member benefits by connecting and collaborating through:

- Professional Guidance Program - access resources and consultation for ethics and ethical decision-making
- PAA Collaborate – join online Communities of Practice for discussions, libraries, blogs, polls, and shared ideas
- PAA Referral Service – connect with clients
- Continuing Professional Development - live and asynchronous learning opportunities for credit
- Mentor Match – our online networking and career development tool
- PAA Volunteer Program – exclusive volunteer opportunities that support the profession
- Benefits – available from a variety of affinity partners

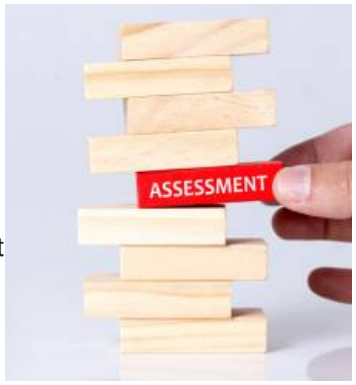
Collaboration and governance go hand in hand. I'm working closely with your PAA Board and staff to ensure continuity, and to keep you informed as we move forward with the recruitment process for your next Chief Executive Officer. I invite you to reach out to me anytime. Let's BUILD tomorrow, TOGETHER.

Exploring Assessment in Professional Psychology

Indigenous Peoples, Ethical Dilemmas, and Problems to Solve



"The work doesn't begin until the person seeking help and the professional offering assistance are equal."



By Dr. Michael Lee Zwiers, R. Psych

Canadians recently took time for our National Day for Truth and Reconciliation. To support the Calls to Action of the Truth and Reconciliation Commission, the College of Alberta Psychologists requires its members to spend four hours a year in Indigenous-focused cultural safety and humility education and awareness. With this goal, four hours is not much at all.

This column offers some stories that are intended to start a discussion about psychology, Indigenous peoples, and ourselves. Although many of the stories were within my personal reach, I present them all in the first person to make them more accessible. I also present some reflective discussion questions and offer some of my own thoughts. Identifying details have been modified to protect privacy.

Story #1: Have we learned anything from psychological research and resulting recommendations?

In 1986 Drs. Lorraine Wilgosh, Robert Mulcahy*, and B. Watters published an article in the *Canadian Journal of Behavioural Science* in which they examined the IQ tests of 366 Inuit children whose test scores fell below 70. They found that Verbal Comprehension accounted for the majority of the resulting low scores, and that perceptual organization was relatively stronger. Their conclusions? "*It is suggested that tests (e.g., Weschler), as originally normed are not adequate to assess the intellectual and academic capabilities of children who are socially, culturally, and linguistically different from the children on whom the tests were originally normed*."

Questions: Almost 40 years later, has anything changed in our practices? What are our responsibilities in both using and interpreting tests scores for individuals, families, and those who work with them? What do you do in your assessment of Indigenous populations that might differentiate your practices from Eurocentric populations?

Reflections: I typically assemble a collection of subtests to answer specific questions (i.e., I tend not to administer the entire intelligence test, allowing me to focus on subtests that are more likely to identify strengths rather than those that might create misleadingly low scores. And in academic testing, I tend to focus on curriculum-based assessment and trial teaching to identify gaps in learning as well as prospective interventions. All my reports with Indigenous populations include the statement, "*CAVEAT: Yy is of First Nations/Inuit ancestry. Since assessment instruments have been developed with a typical European-centric population, all test results should be considered with some caution as they may not fully represent Yy's capabilities.*"

**As a side note, Dr. Mulcahy went on to re-norm the WISC-R with a Northwest Territories population.*

Story #2: Do we understand the impact of socio-economic challenges in Indigenous communities, particularly remote ones?

This past summer, I was speaking with a teacher from a remote fly-in First Nations community who was talking about their mother's health. There were no physicians in their community and essentially no preventive primary care. "*I've never had a routine physical examination by a doctor*," the teacher said. If anyone in her community needed medical care, it was almost always reactive, and required being flown out to a major city. Finally, she said to me, "*At least as a teacher I have access to housing. Not everyone in our community has that*." Then there is the education system. In addition to long-standing underfunding of the education system in Indigenous communities, there is also the problem of personnel recruitment. "*My son didn't have a teacher for grade 4 and 5*," an Indigenous parent told me. Read the full article.

Board Notes



"It was the first time I had an opportunity to co-host the Gala and did so alongside the PAA's Interim CEO, Lori Pratt, and with the support of the other Board members."

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

The last big event for the PAA was the annual Gala which takes place each September to recognize award winners from across the province who contribute valuable information and unique perspectives to our field of work.

It was our pleasure to honour this year's Award Winners that evening:

- 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 – 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



That evening we also welcomed Newly Registered Psychologists to the profession. It was the first time I had an opportunity to co-host the Gala and did so alongside the PAA's Interim CEO, Lori Pratt, and with the support of the other Board members who were present. Public speaking has always been stressful for me but the joy of meeting so many people from our professional community far outweighed my discomfort that evening. Be sure to nominate one of your colleagues for one of the awards to recognize the amazing work they do. I hope you will join us at the Gala next year; I am already looking forward to it!

As the years progress, the benefits available to PAA members have evolved to meet the changing demands of our profession. Our association remains robust, with over 4,000 members who enjoy a range of carefully curated benefits designed to provide comprehensive support. These include practice insurance, a referral service, and the Professional Guidance Program introduced in 2023.

The Professional Guidance Program is specifically focused on ethical practice, offering PAA members valuable support in navigating ethical dilemmas that may arise within their professional settings. This initiative underscores our commitment to fostering high ethical standards and ensures that members have the necessary resources to make informed decisions in challenging situations. If you are not already familiar with it, you can find more information about the service on the PAA website.

As winter approaches, I am sending you all warm wishes throughout the season.

Mira Singh
PAA Board President

Technology in Practice Task Force

Key concepts from Perle et. al's (2024) "A Canadian Psychologist's Primer to Telehealth Practice"



"This article summarizes five specific issues that are relevant to anyone providing telepsychology services in Canada."

By José F. Domene, Ph.D., R. Psych, Member of the PAA Technology in Practice Taskforce

In an advance online publication in the journal *Canadian Psychology*, Perle, Stolte, Janzen, and Lints-Martindale (2024) provide a practice-oriented overview of the state of telepsychology practice in Canada. While acknowledging that the provision of mental health services using telecommunications platforms has existed in Canada for decades, the authors highlight the proliferation of such services during and following the COVID-19 pandemic. They also address the fragmentary nature of training and inter-jurisdictional regulation and identify several benefits and limitations of this modality. In light of recent research suggesting that most PAA members engage in some telepsychology work (Domene et al., 2024), the aspect of this article that may interest the readership of *Psymposium* the most is the authors' discussion of five specific issues that are relevant to anyone providing telepsychology services in Canada.

In their discussion of **licensing and jurisdiction** issues, Perle et al. (2024) highlight the patchwork of agreements, memoranda of understanding, and different registration expectations that are present across the different provinces and territories. They remind readers of the need to clarify and verify all jurisdictional and regulatory requirements that may be in place prior to providing telepsychology services to clients located in other provinces. The authors also discuss the need to **assess the suitability of telepsychology** for every client, addressing issues such as past experiences with both remote and in person care, clinical issues that may contraindicate the use of telepsychology, technological and logistical requirements for sound telepsychology practice, and the need to adapt some services for this modality, including the risks of doing so for some services, such as formal assessment. The article also contains a thorough discussion of issues related to **informed consent**, which provides a useful guide for any psychologist to review the adequacy of their own informed consent processes and documents for telepsychology practice. Similarly, in their section on **data security**, the authors provide an overview of the federal Privacy Act and the Personal Information Protection and Electronic Documents Act (PIPEDA), as well as a discussion of numerous practical safeguards that psychologists can implement to maintain the security of client data. They also provide information about how and what to report in the case of a breach of PIPEDA. In contrast to the other four issues, Perle and colleagues' discussion of safety planning in telepsychology is relatively brief and serves primarily to alert readers to the need to adapt **safety planning** in this practice context, although they do provide some specific recommendations for what should be included in a formal safety plan when working remotely with clients.

Overall, the Perle et al. (2024) article is recommended reading for PAA members who want to review their own telepsychology practice or as part of any professional development plan focused on maintaining competency with telepsychology. However, it is not intended to be a training manual for learning how to conduct psychotherapy or assessment using telecommunication technologies and, therefore, is most likely to be useful as a reminder for psychologists who are already engaged in telepsychology practice.

References

Domene, J. F., Stolte, M., Luceno, A., Josephson, T. K., Noel, E., & De Boer, T. (2024). *The growth of telepsychology practice in Alberta: Results from the Psychologists' Association of Alberta 2023 technology in practice survey*. Psychologists' Association of Alberta.

Perle, J. G., Stolte, M., Janzen, T., & Lints-Martindale, A. (2024). A Canadian psychologist's primer to telehealth practice. *Canadian Psychology*. Advance online publication. https://doi.org/10.1037/cap0000394

PAA Gala: A Special Night of Celebration



















Welcome Emma McGrath



My name is Emma McGrath and I am very excited to be joining PAA as the Member Services Officer! I have a Bachelor of Arts in Psychology with a minor in Sociology from the University of Alberta. I am looking forward to using my passion for psychology to serve the profession, our members, and all of Alberta.

Alberta Psychology in the Media

Media Engagements

2024 July to August

15 Media Pieces

VIA

- CBC News
- Corus Entertainment
- 630 CHED Radio
- CTV News
- In This Body Podcast
- Medicine Hat News
- The Lethbridge Herald

THANKS TO

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

ON TOPICS INCLUDING

- Mental health impacts of the Jasper wildfires
- Lessons from the Olympians
- Back to school
- Wildfire smoke and air quality warnings
- Weight stigma and social biases
- Failure
- Growth
- Relationships
- Health care and medical care

Psychologists	Venue
Dr. Harpreet Gill	Walk 'N Talk in the Park Against Bullying: Interactive Mental Health Learning for Children, Youth & Families; Understanding & Preventing Bullying in Schools & Public Places

If you or a colleague are interviewed through any media outlet (newspaper, radio, television), please contact PAA paa@paa-ab.ca to advise us so we can include the information in our report.

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

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, and take advantage of discounted hospitality rates.

GoodLife CORPORATE WELLNESS PAA members receive up to 20% off GoodLife membership.	thePersonal Group rates. Preferred service. Offers members exclusive group rates and personalized coverage for your home and auto insurance needs.	RENAISSANCE® EDMONTON AIRPORT HOTEL PAA members receive special discounted rates.
element BY WESTIN Receive a special member rate.	LOGIN CANADA PAA members can purchase psychology books at a 5% discount.	BRIGHTSQUID Secure-Mail is a privacy-compliant way to share information with or about patients.
TD TD Insurance Life & Health Offer– Premium savings on eligible TD Term Life Insurance policies.	bms. Exclusive professional liability insurance for members of PAA.	FOUR POINTS BY SHERATON Receive a special member rate.

Learn more about PAA benefits!

Log in and visit paa-ab.ca >

Membership >

Member Benefits



Welcome Jennifer Whyte

I am thrilled to be joining PAA as the new Communications Officer. I have worked in social media, marketing and communications roles and I am looking forward to bringing my skillset to the team and support the work and mission of the association. Currently, I am completely my final course towards my Bachelor of Professional Arts, and I am exploring grad school options to continue building on my communications and marketing experience.

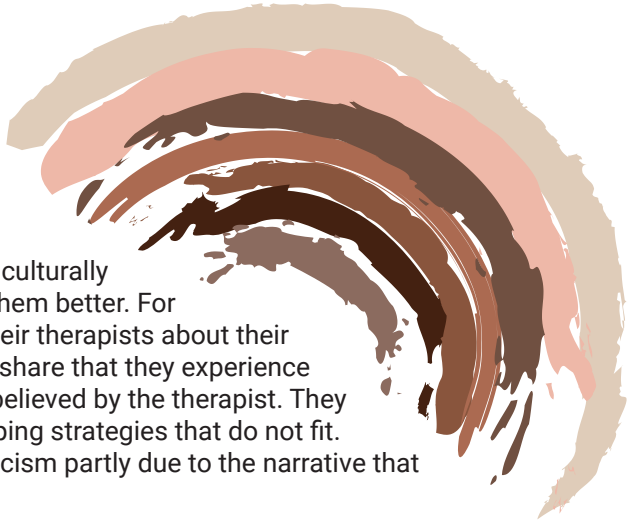
Anti-Racism and Psychology

The Formation of the Asian Psychology Section of the CPA



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

"We officially formed the Asian Psychology Section as part of the CPA as of June 23, 2024. Such a milestone in the field of psychology in Canada!"



As a Registered Psychologist in Alberta working with many Asian clients, I have heard that there needs to be more culturally sensitive and culturally responsive training in order to serve them better. For example, some patients disclose that it is tiring to educate their therapists about their ethnocultural upbringing and then get misunderstood. Some share that they experience discrimination and racism at work, and that they do not feel believed by the therapist. They may not feel validated, and in parallel, the therapist offers coping strategies that do not fit. During and after the pandemic, Asians faced backlash and racism partly due to the narrative that the virus came from China and that Asians are responsible.

In 2022, a colleague and I presented my podcast work Against the Tides of Racism (https://www.againstracismpodcast.com/) and the creation of the Asian Gold Ribbon campaign at the Canadian Psychological Association (CPA) convention in Calgary titled *Destigmatizing Mental Illness for Asian Canadians: Initiating Affordable and Accessible Asian Psychological Services*. After that, we invited those in the audience who were interested in supporting the mental health of Asians to meet regularly to discuss how to serve Asian clients in a culturally responsive and socially just way. Since then, and with the support and mentorship of the Black Psychology Section, and acquiring 128 petition signatures in August 2023, we officially formed the Asian Psychology Section as part of the CPA as of June 23, 2024. I became the first Chair of the Section and will work with a strong, passionate team. View the website: https://cpa.ca/sections/asianpsychology/.These words are captured on the site and generated by the leadership team and me.

Statement of Purpose and Goals

The mission of the Asian Psychology Section is to strengthen the work of mental health professionals, researchers, and students to increase cultural responsivity and enhance the collective well-being of Asians in Canada.

Hereinafter, the word "Asian" will include but is not limited to individuals and communities who identify with Asian heritage (including multiracial), East Asian, Central Asian, Southeast Asian, Southwest Asian, and South Asian diaspora in Canada.

Purpose of the Section

The purpose of the Section is for members of Asian and non-Asian descent to come together to collaborate and amplify Asian voices in psychology. We aim to serve the needs and interests of the group through a commitment to applied practice, research, education, policy, and advocacy within Asian Psychology in Canada.

As a team, we are excited that the time has come to join heads and hearts to serve patients from an Asian background. This group often under-accesses psychological services due to stigma and not finding therapy that is central to their needs. The first official meet-and-greet took place in October, and working groups will be formed for research, advocacy, practice, membership coordination, and more. Such a milestone in the field of psychology in Canada!



Wishing you wellness in 2025!

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>Membership>Purchase>Add On Services

The Universe Within

Emotional Triggers



"Children thrive with security, but that security is easily threatened."

By Gwen Randall-Young, R. Psych

There are times when the pain of life can feel unbearable. The loss of a loved one, the breakup of a relationship, losing a job or having a serious illness can cause one to feel overwhelmed. The emotional pain is intense and sometimes the problem cannot be fixed.

At times like this the future can look bleak. It seems impossible to imagine ever being happy again. Life seems unfair as we question why this has to happen to me. If the emotional pain is severe, we may lose our ability to function as we normally would.

When we feel this broken, it may be that our inner child is having a reaction. The inner child is a concept that refers to the part of our psyche that retains feelings as they were experienced in childhood. It is the childlike aspect that we all have.

Children thrive with security, but that security is easily threatened. A little one loses sight of Mom or Dad while shopping and sheer panic sets in. The child feels abandoned. There is the fear they may be lost forever. That thought is completely overwhelming, and it is as though the child begins to crumble.

As adults, certain events may trigger, albeit subconsciously, that same overwhelming sense of fear, dread and panic. People say supportive things to us and our rational mind understands but it does not help the inner child part any more than telling the lost child that everything will be okay.

We may not realize that our inner child is having a severe reaction. Worse yet, the inner child takes over and starts driving the bus. Then we feel even more out of control. We lose the ability to take the steps or think the thoughts that might help us.

So, what do we do about this? Therapy can be helpful because then there is a wise adult who can help to comfort the inner child and assist in the healing process.

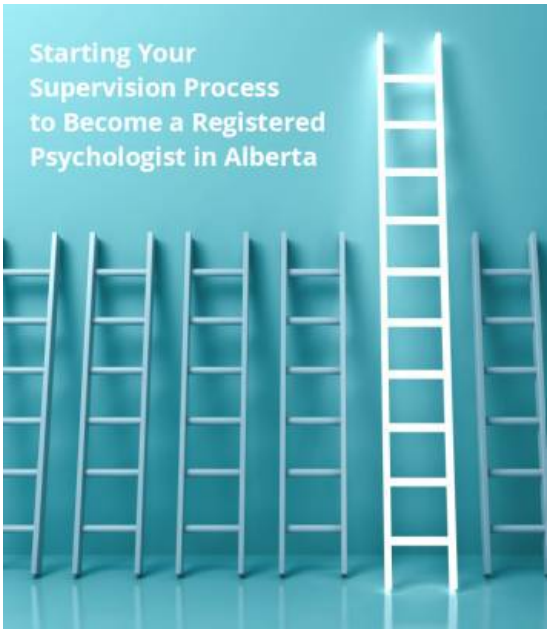
Ultimately, however, what we need to do is to activate our own inner wise adult and bring comfort to our inner child. We may picture ourselves as we were as a young child, and in our minds see that child feeling so lost and bereft because someone has died or left us.

Our wise adult part has to embrace the inner child with assurance that he/she is not alone because *you* are still there. Tell that child that he/she can count on you because you will never leave. You acknowledge that it is very hard but tell that child again and again that *we will get through this* and in time things will get better.

If you are in emotional or physical pain, try a little of this inner child work. It can be very powerful.

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.

Starting Your Supervision Process?



Are you interested in learning more about the supervision process to become a registered psychologist in Alberta? We are pleased to announce a new resource that can help you anticipate what this path might look like.

Created by the Supervision Community of Practice on PAA Collaborate, the guide offers insight and advice on the supervision journey—from pre-considerations before choosing a supervisor to tips on supervision contracts and fees.

Thank you to PAA members Dr. Terilyn Pott, Aimee Reimer, Jessica Heil, and Dr. Laura Friesen for their hard work and insights.

You'll find *Starting Your Supervision Process to Become a Registered Psychologist in Alberta* on the PAA website under Resources / Provisional Resources. You will need to log in to view this member benefit.

Here are just a few highlights:

- Your theoretical orientations and patient population interests may grow and change throughout your 1,600 hours and your career.
- There are many considerations such as match, supervision contracts, cost, internal vs. external supervision, and site.
- CAP recommends that supervisors and supervisees have a contract that outlines requirements of the supervision process.
- Different models exist, and supervisors vary on what they charge for supervision. There is no standard fee recommended by the College or Psychologists' Association of Alberta at this time.
- You may find a site that has supervision included, or you may decide to have an external supervisor. There are benefits and drawbacks to both.
- Keep your supervisor in the loop with changes to employment, scheduling or supervision plan, ensuring they are comfortable to continue providing supervision.

New Ethics Lunch N Learn Service

The Professional Guidance 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 Director of Professional Affairs or a Practice Advisor and to access to a library of resources.



If you use our fee-for-service 30/45-minute 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: Ethical Decision-Making and Informed Consent.
- We have launched four episodes of the **Psychology Unboxed Podcast**. View our latest episode on addressing psychologists' questions about psychological testing and assessment with Dr. Michael Zwiers.
- We are excited to unveil our latest offering, the Professional Guidance Ethics Lunch n Learn; a service tailored for psychological practices. This new service offers presentations on various ethical topics pertinent to psychologists, either as per your practice's specific needs or addressing common topics/issues that we see in our requests. Email guidance@paa-ab.ca for more information.

Continuing Professional Development

Live Workshops



Indigenous Wisdoms in Practice: Land-Based Tools for Wellness
Edmonton, 22 November
Dr. Karlee Fellner



Negative Thinking in Depression: Critical Concepts and Interventions
Edmonton, 29 November
Dr. Keith Dobson



Innovative Pain Management: A Comprehensive Overview of Pain Reprocessing Therapy
Virtual, 27 Jan & 03 Feb 2025
Emily Moore, Ph.D.



Managing Situations We'd Rather Avoid: An introduction to responding to and working with lawyers, police, investigators, and the Courts
Edmonton, 11 April 2025
Dr. Terry Singh



Adding Assessment as a Competency
Virtual, 26 November
Mike Sornberger



Trauma & PTSD in First Responder Populations
Virtual, 17 January 2025
Megan McElheran, Ph.D.



Rewriting History to Create a Better Future: Positive Prospection in Practice
Calgary, 07 February 2025
Dr. Lydia Levleva

Asynchronous Sessions

Need more Continuing Professional Development credit this year? Fit these online, asynchronous offerings into your schedule. Visit PAA's Course Portal for details on all sessions.









































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Why Nominate?



We were thrilled to honour the recipients of the 2024 PAA Awards at our Gala in September.

Did you miss the celebration? Is there a special colleague or student who deserves recognition?

PAA's Awards Program will be starting a brand new year soon, and we'll be on the hunt for exemplary candidates to recognize! Our program depends on nominations from you. Help us shine the spotlight on individuals who have excelled in the field of psychology in Alberta with their new research or outstanding contributions to our profession.

Start thinking of who you can nominate for a 2025 Award. Nomination forms will available soon on our awards page.

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ALBERTA CHILD WELFARE
SERVICE PLAN CLASS ACTION LAWSUIT

This notice may affect your rights. Please read it carefully.

A Class Action lawsuit has been certified against Alberta Child Welfare for claims of failing to make and file service plan in Court from February 21, 2002 to November 1, 2004. If you were in the care of Child Welfare before February 21, 2002 or after November 1, 2004, then this Class Action does not apply to you and if you believe that there was an error in the manner in which Child Welfare service planned for your family, then you will have to file your own individual lawsuit against Child Welfare within the time deadline for suing, and to take all other legal steps.

To find out how this Class Action lawsuit affects your legal rights, you can go to: www.victimsrightslaw.ca/alberta-child-welfare-class-action-2/ or call Robert P. Lee, Barrister & Solicitor at 780-800-5584.

PAA Referral Service

Are you marketing your private practice effectively? Did you know that we've launched a fully redesigned, enhanced service?

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.

Early Career, Provisional, and Lifetime members–you are eligible for the Referral Service too!

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

Don't have the time to create your referral profile? Seeking to make the most of your professional expertise while showcasing your personal flair? We've got you covered!

Leverage the skills of PAA staff to construct a referral profile personalized to you, featuring a bio, emphasizing your key strengths, incorporating your photo, and optionally showcasing a video.

Renew/purchase your referral service at a prorated rate for the fiscal year 01 April, 2024 – 31 March, 2025.
Visit the PAA website > Membership > Purchase or Renew Membership > 2024/25 > 2024/25 Memberships, and scroll down to Add On Services.

From July to August 2024, we averaged 3,423 referrals/month. That's 112 per day.