

Psymposium

Volume 26 Number 3 – December 2016

Canadian Publications Mail Product Sales Agreement #40020241

IN THIS ISSUE

Editor's Letter	4
Notes From The Director's Desk	5
Profiles in Psychology	6
The Universe Within	7
What We Do	8
Getting Schooled	10
Ethics	12
Nominating is Good for you	18
News from the DRN	19
PAA Awards	20
Understanding and managing WCB-Alberta claims	33
Advanced Clinical Supervision in Psychology	38
Member Benefits	41
Alberta Psychology in the media	43
Calendar of Events	47



BOARD NOTES



Bonnie Rude-Weisman
PAA Board President

Hello Fellow
Colleagues,

I write to you with mixed emotions — our Executive Director, Pierre Berube, has resigned to pursue his retirement. I feel sadness for the loss to Albertans, Alberta psychologists, PAA, and myself personally with Pierre's leaving. I also feel pride for the significant contributions Pierre has made at a provincial and national level for Alberta psychologists and for mental health in Alberta. Lastly, I feel excitement for the future as Pierre is leaving the Association in good stead.

I first met Pierre in 1978 before I returned to graduate school to pursue my own career as a psychologist. At that time, and through the subsequent years, he has demonstrated that psychologists can be change agents for mental health at a macro-level, not just at the individual level. Over the ensuing years, our paths crossed at the College of Alberta Psychologists and more recently, at the Psychologists' Association. I will miss the opportunities to intersect with Pierre

as he spends time with his wife, his daughters and his grandchildren, while pursuing his love of flying, sailing and spending time at his second home in Mexico.

Pierre has been the Executive Director of PAA for 13 years. He has proven himself time and time again to be a passionate supporter and steadfast defender of Alberta psychologists in meeting Albertan's mental well-being. While not one to invite conflict, Pierre nonetheless exhibited the courage to hold his ground in the face of being challenged or confronted when it came to issues impacting mental well-being or psychologists in Alberta. In Pierre, we had a persistent and skilful advocate who could pay attention to the big picture as well as the bits and pieces that might otherwise be missed by those with less wisdom. In acknowledgement of his significant contribution and exceptional service to psychology on a national scale, the Canadian Psychological Association presented Pierre with the John C. Board Service Award in 2010.

Your council is actively engaged in selecting Pierre's successor. We are optimistic that the individual chosen will advance Pierre's work in advocating for psychologists in the province as well as the mental well-being of all Albertans. Please join me in wishing Pierre well in his next phase of life. Expect to hear from your

PSYCHOLOGISTS'

ASSOCIATION *of* ALBERTA

MISSION STATEMENT

The Mission of the Psychologists' Association of Alberta is to advance the science-based profession of psychology and to promote the well-being and potential of all Albertans.

PAA Symposium [ISSN 1193-2627] is the official newsletter of the Psychologists' Association of Alberta.

Canadian Publications Mail Product Sales Agreement #40020241.

Except where specifically indicated, the opinions expressed in *Psymposium* are strictly those of the authors and do not necessarily reflect the opinions of the Psychologists' Association of Alberta, its officers, directors, or employees.

The Psychologists' Association of Alberta reserves the right to edit all articles and submissions before publication and to decide on the suitability for publication.

Publications Committee

Editor-In-Chief: Dr. Michelle Vandegriend
Book Review Editor: Dr. Michelle Vandegriend
Contributing Columnists: Mr. Terrance Wilton
Ms. Gwen Randall-Young
Dr. Jon K. Amundson

PAA Symposium is published three times a year (April, August and December) for the purpose of fostering communication amongst psychologists and supporting the goals of the Association and the profession of psychology. The newsletter is sent to members of the Psychologists' Association of Alberta as well as to selected individuals and organizations with interests in the practice of psychology. Non-members may subscribe for \$25.00 per year (3 issues).

Article deadlines are February 10, June 11 and October 12. For information on submission procedures or current advertising rates contact the PAA office. Advertising deadlines are February 17, June 18 and October 19.

If you wish to submit letters to the Editor or submit articles for possible publishing in *Psymposium*, please send them to the PAA office at rose@paa-ab.ca.

Except where otherwise indicated, copyright 1998 by the Psychologists' Association of Alberta are in effect. Permission is granted to reproduce up to 10 copies of any article as it appears in *PAA Symposium*, if such reproductions are distributed without profit for educational or research purposes only and properly cite *Psymposium* and denote PAA copyright. Permission for additional reproductions or reproduction for commercial purposes must be obtained in writing from the Editor-In-Chief. PAA generally welcomes requests to reprint from other professional newsletters.

Psymposium is submitted to PsycEXTRA, a database set up by the American Psychological Association, which contains newsletters, policy papers, white papers, fact sheets, reports, magazines. PsycEXTRA is a companion to the American Psychological Association's scholarly database PsycINFO.

Psychologists' Association of Alberta Board of Directors

President: Ms. Bonnie Rude-Weisman
Vice-President: Dr. Jake Tremblay
Treasurer: Dr. Jonathan Eustace
Members at Large: Ms. Amrita Bhar– Parliamentarian,
Dr. Michelle Drefs, Ms. Stephanie Laue,
Dr. Neil Mulholland, Ms. Nada Italiani,
Mr. Everett John Vroon
Student Board Representative: Ms. Erin Buhr
Director: Dr. Judi Malone
Director, Government Relations: Mr. Pierre Berube

PAA Administrative Office and Staff

Unit 103, 1207 – 91 Street SW, Edmonton, Alberta T6X 1E9
Telephone: 780-424-0294 or Toll Free: 1-888-424-0297
Calgary: 403-246-8255
Fax: (780) 423-4048 or Toll-Free: 1-888-423-4048
Email: paa@paa-ab.ca
Website: www.psychologistsassociation.ab.ca

Director: Dr. Judi Malone
Email: judim@paa-ab.ca
Director, Government Relations: Pierre Berube
Email: pberube@paa-ab.ca
Office/Finance Manager: Joanna Leung
Email: joanna@paa-ab.ca
Executive Assistant/
Member Services Coordinator: Brittany Stevenson
Email: brittany@paa-ab.ca
Continuing Education/
Communications: Rose Cooper
Administrative Assistant: Email: rose@paa-ab.ca
Receptionist/
Administrative Assistant: Cindy Kennedy
Email: paa@paa-ab.ca

COMMITTEES AND TASK FORCES 2016/2017

Awards Adjudicating Committee

Dr. Judi Malone, Chair
Dr. Emma Climie
Dr. Kerry Mothersill
Dr. Lynda Phillips
Dr. Jessica Van Vliet
Dr. Erik Wikman

Psy. D. Task Force

Dr. Jim Eliuk
Dr. Don Sawatzky

PAA/CAP Task Force

Mr. Pierre Berube
Mr. EJ Vroon
Dr. Michelle Drefs

PAA Public Education Committee

Dr. Judi L. Malone, Chair
Ms. Erin Buhr
Dr. Brent MacDonald
Mr. Chris Shorrock
Mr. Hein Swanepoel

PAA Student Board Representative

Ms. Erin Buhr

Disaster Response Network Co-Ordinator

Dr. Judy Moench

Psychologically Healthy Workplace Committee

Dr. Colleen Lucas – Co-chair
Ms. Rosemarie Nardella – Co-chair
Mr. Gerard Alberts
Mr. Don Beeken
Ms. Danielle Forth

PAA Forum Committee

Dr. Judi L. Malone, Chair
Dr. Jim Eliuk
Ms. Tamara Lane
Dr. Deena Martin
Ms. Vanessa Watson

SPTA Psychology in the Workplace Network (PWN) Representative to APA

Mr. Don Beeken

APA Rural Health Co-Ordinator Representative For Alberta

Mr. Robert McGarva

Public Education Co-ordinator Representative to APA

Dr. Brent MacDonald

School Psychology Committee

Dr. Kelly Schwartz, Chair
Dr. Charlene Barva
Dr. Shawn Crawford
Kailyn Jones
Dr. Troy Janzen
Mr. Robert McGarva
Ms. Michele Pentyluk
Ms. Amanda Smith-Demers
Dr. Nina Wyrostock
Dr. Michael Zwiers

Psymposium Editor

Dr. Michelle Vandegriend

Book Review Editor

Dr. Michelle Vandegriend

Executive Director Evaluation Committee

Ms. Bonnie Rude-Weismann
Dr. Jo Eustace

Board Notes continued...

Association soon as to our new Executive Director.

With gratitude to Pierre and excitement about what lays ahead, Bonnie Rude-Weisman.

Sincerely,

Bonnie Rude-Weisman, M.A. R. Psych

Board President

Email: brudeweisman@shaw.ca

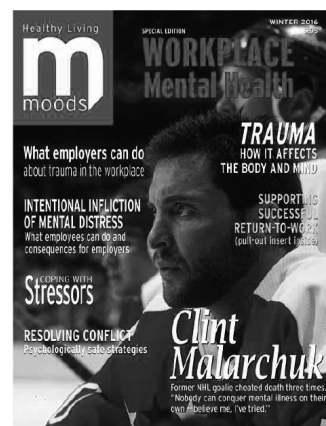
moods MAGAZINE

www.moodsmag.com

Contributions Accepted

Moods, a Canadian publication found on newsstands across the country, is directed at consumers. Moods covers various aspects of mental health, such as addictions, anxiety, bipolar disorder, depression, eating disorders, trauma, PTSD, OCD, relationships, stress, research and more. Each issue also brings you success stories of celebrities and everyday people who have struggled with mental illness.

If you wish to contribute content please contact us at info@moodsmag.com or visit our website for subscription information.



Psymposium Advertising Rates

(effective January 2017)

Psymposium is the official newsletter of the Psychologists' Association of Alberta and is published three times a year with the purpose of fostering communication between psychologists and supporting the goals of the Association and the profession of psychology. The newsletter is sent to all members of the PAA, as well as to public subscribers and selected individuals and organizations with interests in the practice of psychology.

All advertisements are invoiced on insertion. All prices quoted are for camera-ready advertisements only. Discount prices for repeat insertions are available. Layout costs for advertisements not camera-ready are indicated below.

Psymposium is published three times a year: April, August and December. Article deadlines are: February 10th, June 9th and October 6th. Advertisements printed in *Psymposium* deadline: February 22nd, June 21st, October 20th. Insert deadline: March 24th, July 21th, November 17th.

5% Goods and Services tax to be added to all costs quoted above. A 25% discount on gross billing will be allowed to PAA members placing employment, office space, or professional training workshop advertisements. A 25% discount on gross billing will be allowed to private sector non-profit organizations placing ads.

Advertisement Size Specifications:

Full Page	17.7 x 23 cm	Half Page	8.6 x 23 cm
Half Page	17.7 x 11.5 cm	Quarter Page	8.6 x 11.5 cm
Minimum Size	8.6 x 5.75 cm		

Size	Cost per issue 1 issue only	Cost per issue 2 consecutive issues	Layout Costs If Not Camera Ready
1/8 page	\$115	\$105	\$20
1/4 page	\$205	\$185	\$30
1/2 page	\$385	\$350	\$40
Full page	\$660	\$595	\$60
Back Cover	\$745	\$670	N/A
Insert	\$575	\$575	N/A

Please contact the PAA office for further information regarding placing an advertisement or insert.

Email: rose@paa-ab.ca

Edmonton: (780) 424-0294 • Toll Free: 1-888-424-0297

EDITORS LETTER



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

Recently I immersed myself in the world of aviation, and I quickly discovered a newfound passion. My experience of flying is peaceful yet exciting and challenging, and completely different from what I do

on a day-to-day basis. Interestingly, it also has me thinking about perspective. Amelia Earhart once said, “you haven’t seen a tree until you’ve seen its shadow from the sky”. It is not very often we get to observe our surroundings from a “birds-eye view”, yet it has given me an appreciation for stepping out of the daily routine and minor irritants that besiege us and see things from a different, larger perspective.

Certainly attention to detail is important, like when flying a plane, but when we become hyper-focused on the details we can lose sight of where we are going or the experience of it all. As psychologists we may encourage our clients to “step back and see the bigger picture” or when we work through case conceptualization we not only explore the details of a client’s presenting issue(s), but we place these details into a larger context to help provide some direction.

I was thinking of the above with regard to this winter season when we tend to gather together with family and friends and share in traditions and festivities. Almost every year we get bombarded with messages from commercials, magazines, and billboards that try to sway our attention to “getting the perfect tree”, “creating the perfect meal”, or “finding the perfect gift”. Rather than getting absorbed in the details, taking the “the birds-eye view” perspective can remind us of the bigger picture – the things that are really important to us.

In this winter edition of Psymposium, we want to thank Pierre Berube for his dedication and years of service as Executive Director for the PAA, and wish him all the very best in retirement.

Ms. Gwen Randall-Young reflects upon our tendency to judge others in relation to Ego as well as perspective and transcending judgment. Terry Winton explores his 40 years

of practice, and the changes he has noticed in the field of psychology. He notes the importance of relationship of one human being to another in practice and an appreciation for the technical aspects of psychology as well. In *Ethics: The Impossible Imperative*, Dr. Jon Amundson examines ethical action as a non-rule based developed skill and discusses the distinction between what is “right” and what is “good”. Also, in *Getting Schooled*, Mr. Rob McGarva discusses unique opportunities working as a school psychologist in rural settings as well as potential challenges. He describes consideration of multiple relationships that may exist within a rural setting, consideration of barriers when implementing supports, understanding aspects rural culture, and the role of technology in professional development opportunities.

I hope you enjoy this edition of Psymposium.

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

www.stalbertcounselling.com

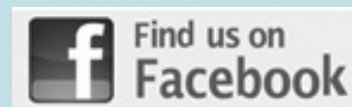
Email: mvandegriend@stalbertcounselling.com

LIKE PAA ON FACEBOOK

Please visit the PAA Facebook Page by typing in the link below into your web browser.

[http://www.facebook.com/pages/
Psychologists-Association-of-
Alberta/169589246436220](http://www.facebook.com/pages/Psychologists-Association-of-Alberta/169589246436220)

Or you can visit the PAA website at <http://www.psychologistsassociation.ab.ca/> and click on the icon shown below.



You do not have to have a Facebook account to view the PAA Facebook page.

NOTES FROM THE DIRECTOR'S DESK



*Dr Judi L Malone
PAA Director
Registered Psychologist (AB/AUS)*

I kicked off my third year with the PAA bidding farewell to Pierre Berube, PAA's Executive Director for 13 years. Pierre's contributions to our profession and our association are remarkable and have left us with a solid foundation.

Did you know that we are one of the strongest professional associations in North America with the largest proportion of voluntary members? It is that kind of member commitment that has set the foundation to influence the psychological health and wellness of Albertans.

As Pierre is helping us bridge the transition as part-time Director of Government Relations, please join me in thanking him for his tireless leadership and commitment at pberube@paa-ab.ca and his ongoing advocacy plans. His stewardship in the last year alone has meant a stronger voice for psychology, improved access to psychologists, and a stronger association.

I am grateful to be the successful candidate for your new Executive Director and also want to welcome Brittany Stevenson, PAA's Executive Assistant and Membership Coordinator, who brings to our team a positive attitude, enthusiasm, and administrative experience. Together, our staff continues to build strength and commitment to serve you, our members. Here, I want to highlight some of the work we continue to do on your behalf.

Special Projects

We work to keep abreast of needs and changes in our province and for our profession. Of late, this has included continued support of the Palix Foundation (formerly Norlien) and the newly evolved Alberta Paramedic Association which is developing a speciality register for trauma therapists limited to psychologists and physicians. We are actively exploring implications for Alberta government regulation of counsellors / psychotherapists. We continue to collaborate with the Mental Health Commission of Canada, the Council of Professional Associations of Psychology, the Canadian Psychological Association, and the American

Psychological Association. And, we are so very proud of psychologists who have stepped up to our Disaster Response Network helping us to help Albertans impacted by the wildfires.

Increasing public awareness of psychology and its benefits

We, all members, are the PAA, and we work together for the psychological health and wellness of Albertans. Members in our volunteer pool influenced public education by presentations and information booth sessions at six different Career Fairs and Speaking Engagements.

PAA fostered eight media events on topics including the Fort McMurray wildfires, our Disaster Response Network, anxiety, and youth resilience and stress via our office and PAA Media Guide psychologists. And, we are proud to support our members who remain active in the media (as you can see in the media report) having been involved in an impressive 54 independent psychologist media activities! One of our many initiatives to support this influential work included our November networking and leadership pilot project targeting psychologists in the media.

Have you ever watched HUTV in a medical waiting room? Already, you will begin to see psychologists providing essential tips to add breadth to that coverage. In a similar vein, we are having progressively more coverage in magazines such as Apple Magazine which reaches over 500 000 Albertans.

Another way we celebrate psychological health is our 2016 PAA Psychologically Healthy Workplace Initiative Awards; in 2016 these went to Concordia University and Red Deer Primary Care Network.

We know the value of a psychologist. Let's share that! Our social media hashtag leading up to Psychology Month 2017 is #choosepsych and our theme this year will be "The Value of a Psychologist"

Enhanced Communications

We at PAA are committed to building strong resources for our members and the public. Our website continues to be popular with an average of 6978 visits per month and ongoing enhancements are planned. Our web presence is at our core. Social media, Psymposium for our members, and Dr Amundson's engaging podcasts are becoming progressively important avenues for sharing PAA's vision and mission.

Continuing Professional Development

Supervising or thinking of supervision? Just around the corner will be another offering of PAA's successful collaboration with UCalgary to bring targeted training. If workshops are a preferred learning style, perhaps you participated in one of our recent offerings specific to play therapy, the BASC3, psychopharmacology, or preparing for your oral exam. You'll see our upcoming offerings but I do want to highlight that the emanate Dr Jerome Sattler will be doing a workshop for us April 2017 based on his seminal textbooks; this is likely to be one of his final public presentations.

Joining us at Fort Edmonton Park for PAA Connects 2017: Our Forum for Learning, Connection, and Renewal. I am eagerly anticipating our 2017 gathering themed on Past, Present, & Future → A Profession of Change. We are excited that Dr Scott Miller will be our keynote speaker and offering a mini-workshop to our Forum participants. As a special highlight, the Honourable Sarah Hoffman, Minister of Health, and the Honourable Brandy Payne, Associate of Health, have formally agreed to open our "Welcome to the Profession and Awards Banquet" at PAA Connects 2017: Our Forum for Learning, Connection, and Renewal.

Don't forget that if we don't have what you are looking for, we do co-sponsorship relevant sessions and have standing agreements with other provinces and providers (like AHS) to bring our members greater access to other offerings.

Become Involved

What matches your wisdom, experience, and time?

- Nominate a peer for one of the PAA Awards
- Plan on attending our next Forum May 2016 at Fort Edmonton Park
- Network with peers at one of our engaging continuing professional development activities
- Join our essential volunteer pool where you can engage the public and serve the profession (contact paa@paa-ab.ca)
- Contact one of our committees to find out how you can help them meet their goals
- Put your name forward for leadership by running for PAA Board of Directors
- Give us your feedback!

Thank you for making this association one of the leaders in North America. It's a privilege to work together to advance the science-based profession of psychology and to promote the well-being and potential of all Albertans.

As always, I appreciate your insight, questions, and comments.

PAA is our association.

Judi



FAREWELL TO DR. DEB DOBSON

Dr. Deb Dobson wrote her first "Profiles in Psychology" article for the January 2011 issue of Psymposium, followed by 15 more profiles. Her first profile was on Dr. Michael King, followed by many other profiles including Dr. Ganz Ferrance, Dr. Lana Hawkins and Dr. Judi Malone. PAA thanks Dr. Deb Dobson for her excellent contribution to our professional newsletter. Please join us in thanking her for this contribution to our professional association.

Profiles in Psychology - New Writer Needed -

It has been my pleasure to interview and write about a number of prominent and interesting psychologists in Alberta for the past six years—thank you for the opportunity to do this work. The things that we do in our working, volunteer and personal lives are always captivating and I have enjoyed hearing and writing about them from the people that have been featured. This column is an excellent way to profile new and more experienced psychologists in the province. The time has come for me to step aside and for someone else to step forward. It is not a big time commitment as there are only three issues of Psymposium published per year. After identifying a potential interviewee and obtaining some information about their backgrounds, I have completed interviews in person, on the telephone or by email conversations. It would be helpful to have someone new in the northern, central or rural part of the province in order to broaden the scope of the column. Useful attributes of an interviewer are those that most psychologists already have for their work—curiosity, the ability to ask a diverse array of questions and then summarize, synthesize and write up the information in an engaging way for the readership.

Interested writers can contact the PAA office (Judi Malone judim@paa-ab.ca or Rose Cooper rose@paa-ab.ca). If anyone has any questions about my experiences, please feel free to contact me as well (drdebdoobson@shaw.ca).

THE UNIVERSE WITHIN

Gwen Randall-Young, R. Psych.

Transcending Judgment

"Nothing is more precious than peace. Peace is the most basic starting point for the advancement of humankind."

-- Daisaku Ikeda



A ubiquitous quality among humans is the tendency to judge others. It seems that regardless of age, culture, or geographical region we will sooner or later hear someone criticizing another. Of course this is the work of ego. Interestingly, the judgment of others is always relative to the one doing the judging. That is, others are judged to the extent they differ from the one judging.

The vegetarian may judge the meat-eater, who in turn judges the vegetarian. The abstainer judges the drinker for his indulgence, while the drinker judges the abstainer for his unwillingness to indulge. The person of faith judges the non-believer, while the non-believer judges the faithful. Such examples are endless whether we are looking at inter-personal relationships or more global perspectives.

What is significant to consider is that the one judging always believes he or she possesses the truth: knowledge of the way things ought to be, of how people ought to be. This "truth" becomes the standard against which others are judged. Those judging feel justified in their criticisms due to their conviction that their beliefs are the right ones.

It is no wonder there is so much conflict amongst individuals, groups, and countries. Where there are two sides with differing viewpoints, and where both believe they are right, conflict is inevitable. This is the essence of polarity, and it is the way in which ego keeps us stuck in its old, primitive ways.

As we evolve individually and as a species, we come to see that differing perspectives are the norm, and no one's "truth" is more true than another's. We come to respect

the viewpoints of others, seeing they are as valid for them as our views are for us.

We cease telling others they are wrong and insist we are right. This opens the way for genuine dialogue and understanding. We can seek to understand one another rather than fighting each other.

Once there is understanding, it is possible to work together to find or create solutions. This leads to cooperation and collaboration rather than crisis and conflict. This seems so simple and self-evident, yet it remains the exception rather than the rule in human interactions. If we understand the concept, why is it so difficult to live it?

The desire for peaceful, harmonious living and relationships is the natural inclination of the soul. When the soul looks at others, it sees that which is common to all. It sees with love and compassion and desires no harm towards anyone. Soul sees that we truly are all the same; it is only the packaging that is different and that sometimes confuses us.

Ego, on the other hand, is much like the two-year old who can only see what it wants, and it has no ability to perceive a situation from the perspective of another. It keeps re-iterating its own position over and over again, growing increasingly frustrated at not getting its way. It wants only for the other to adopt its own viewpoint and give it what it wants!

In such a situation there is but one criterion that determines the outcome. The one with the most power wins out. However, being most powerful does not mean your outcome is the best for all involved or serves the highest good. Outcomes based on power create resentment and often an escalation of power on the other side.

So we have ego, on the one hand, that champions its own perspective and belief in its 'rightness,' ultimately resorting to power to get its way, and soul, on the other, that views differences with compassion and understanding, seeking wisdom as a guide to peaceful resolutions and harmonious outcomes.

As always, the choice is ours. We can continue unconsciously allowing ego to chart our path and colour

The desire for peaceful, harmonious living and relationships is the natural inclination of the soul.

The Universe within continued...

our lives or step up to soul awareness, carrying others and ourselves to a higher level of being human.

*Gwen Randall-Young is a psychotherapist
in private practice and author of*

***Growing Into Soul: The Next Step in
Human Evolution.***

***For more articles, permission to reprint,
and information about her books,***

“Deep Powerful Change”

personal growth/hypnosis CDs, visit

www.gwen.ca and like Gwen on

FaceBook!

NOW ACCEPTING APPLICATIONS

Facing Your Fears: Cognitive Behavioural Therapy for Children with Autism who Struggle with Anxiety

Facing Your Fears is a family-focused group intervention for children with autism who need help managing anxiety. The program uses cognitive behavioral principles to help young people identify their anxiety/fears and learn strategies to better manage these feelings.

Ideal for children 8-12 years old with autism who read at Grade 2 level or higher and perform at or close to their peers in language and intellectual ability, ***Facing Your Fears* is now available in Edmonton.**

An initial screening assessment will be conducted to ensure appropriate match of the individual/family to the program.

Delivered by a Registered Psychologist and Occupational Therapist.



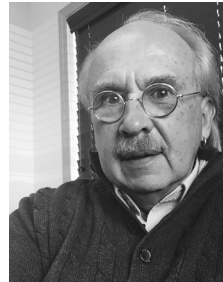
**centre FOR
autism
services
ALBERTA**

**Next session starts
January 9, 2017**

For more information on
Facing Your Fears
or to register, contact Anne Senez:
asenez@centreforautism.ab.ca

4752 - 99 Street, Edmonton T6E 5H5
P: 780 - 488 - 6600
E: info@centreforautism.ab.ca
www.centreforautism.ab.ca

WHAT WE DO...



by Terry Wilton, R. Psych.

This fall I started my 40th year of practice - 34 of them as a Psychologist in Alberta. A lot has changed in 40 years. When I began there was just one ethical document to guide my practice – the Canadian Code of Ethics. Now we have that Code, plus the Standards of Practice, plus Practice Guidelines, Practice Alerts, Legislated Acts and Regulations, and of course, relevant case-law. I have a one-inch binder containing documents of which I must be mindful. It is chock full of statements of propriety and goodness.

Yes, a lot has changed.

When I began there were three schools of psychotherapy: the psychoanalytic, client-centered therapy and behaviour therapy. The word “cognitive” was not yet attached to the practice of behaviour therapy. Gestalt therapy and psychodrama were just coming on the scene. Now we have dozens of therapies differentiating themselves from each other with claims of efficacy, different theoretical perspectives, and techniques.

Whew, really a lot has changed.

When I came into the profession homosexuality was considered a mental illness but Post-traumatic Stress Disorder didn't yet exist, at least not as a recognized diagnosis. When I began there was a diagnostic listing called ICD-8. Now we have the 10. DSM, the first edition, made its debut shortly into my career, and I have used it and the subsequent four. Each version of the DSM was written by world class experts in the field of mental health. Each time, it was written with the hope or expectation that this time they got it right! If my memory across the decades is correct, the original DSM had a few paragraphs describing symptoms and history for each of the diagnoses. You could read it in its entirety in a couple of hours at the most. Now we have DSM 5 with 1000 pages of fine print.

So very, very much has changed.

Despite all the fine diagnostic distinctions we now are able to make, in the majority of clinical situations after parsing out a differential diagnosis the same treatments

are used as would be used for similar, or even markedly different diagnoses. And when we finally get to treatment, little can be said for the superiority of one therapy over the others. It appears as though it is the common factors rather than the distinct differences between them that accounts for the most efficacy in treatment.

So why do we make this all so complicated?

We are led to believe that the competent therapist is the one who follows all the rules, makes the most precise diagnosis and applies the specific correct treatment. Clearly as I reflect on my 40 years of practice, that is not me. All these refinements and elaborations leave out what I believe is the most vitally important part of our work – the relationship of one human being to another. Ultimately, my clients come to me for a genuine human encounter, not the application of correctness onto them. And ultimately, it is that human encounter that allows healing, recovery, hope and adaptation to develop for them. Certainly I write this from my own experience. Additionally, the more I read in the burgeoning field of interpersonal neurobiology there appears to be good science to back up the same conclusion.

Our increasingly technical profession focuses on a reductionist stance, objectifying our clients and acting upon them. But if we believe that it is the relationship between the client and the psychologist that contributes to positive outcome, we must also work to enhance the humanness we bring to the encounter, ever more so the more technical our practice becomes. If we do not we, our clients, and ourselves will be swallowed up by the technical. It is the I-thou that makes psychotherapy, not the I-it.

We have lots of avenues available to us to learn the ethical rules more completely, to become whizzes at differential diagnosis, to get certified in excellent therapies. Where do we go to learn to be more human?

In the therapy room there is much to deepen my humanity. This requires experiencing the client as more

than a diagnosis and my interaction with them as more than treatment manoeuvres. To explore and deepen in this way I must also be willing to self-reflect on how my interaction with my clients touches on what is in common between us. It demands that I reflect on my own spiritual self, my own vulnerable self, and my own continuous quest for growth.

One of the things that my humanness has taught me is that we are stifled in our connection with our clients if empathy does not deepen into compassion. And further, I believe that we get nowhere with our clients if compassion is not the motivation for our engagement with them. Each of our clients come to us suffering. Our compassion must be there first, then our knowledge, and skills thereafter.

But wait. As much as I make a stand for the human element of psychotherapeutic engagement I also still embrace the technical. I am so glad of what the science of psychology, and now interpersonal neurobiology, tells me about the organization and foundations of human behaviour. With each new “therapy” we have acquired another insight into how we can facilitate the inner healing and growth that eases suffering and enhances adaptation. And none of this works if the foundations of ethics are not maintained: good boundaries provide the context for healing and growth.

It can never be a choice between the technical or the human. And it cannot be a compromise that erodes both. These two aspects of what it means to be a healing presence must be a dialectic. As our pioneers in neurobiology help us to see, integration leads to higher levels of processing. That 1000 pages of fine print and one-inch binder of statements of proper conduct invites us to deepen the humanness that we all can bring to the practice of our profession. Neither is sufficient; each can welcome the contribution of the other.

Makes me wish I had another 40 years to go! Oh, not really. The human side of me is getting tired.

Alberta Family Wellness Initiative

<http://www.albertafamilywellness.org>

Check out the link to The Alberta Family Wellness Initiative website, where there are many useful presentations from the Norlien Foundation's symposia on Early Brain and Biological Development, as well as on Addictions.

GETTING SCHOOLED



Welcome to Getting Schooled. Practicing in rural areas, while providing school psychologists with many rewards, may also come with several potential pitfalls. As

we continue to explore issues in professional practice, Mr. Rob McGarva describes some of the unique challenges faced by school psychologists who work in predominantly rural areas, as well as highlighting some innovative solutions.

*Shawn Crawford, Ph.D. (R. Psych.) on behalf of the School Psychology Committee
Rob McGarva (M.A., R. Psych.) Pembina Hills Public Schools*

Rural School Psychology

While rural school psychologists face many of the same challenges as their urban peers, there are some unique factors that require consideration. Relationships, interventions, and local culture are all aspects that influence professional practice.

Web of Multiple Relationships

One of the unique aspects of working in a rural setting is, understanding the multiple relationships that may exist. A great deal of literature has covered the ethics and practical issues for psychologists who work and live in small communities (Edwards, & Sullivan, 2014). Some consideration has also been given to professional peer relationships in rural settings (Malone, 2010). However, a more neglected issue is considering the multiple relationships, which may exist between students, parents, and school staff. When reviewing referral information and interviewing individuals you need to consider personal factors that may influence the person's perceptions.

For instance, a rural school psychologist could face a scenario where they see a child in grade three for behavioural issues, but find that the teacher is the principal's husband, the principal used to be married to the child's step father, the teacher assistant in the

classroom is the child's aunt and the child's father is the brother of the school board chair. Although this description is fictional, similar complicated networks of connections are not unusual. In some cases, there may be obvious secondary gains that skew the views of those involved, but other influences may be subtler. These multiple relationships may further complicate how effectively strategies can be implemented, monitored, and coached.

Considerations for Interventions

Recommendations and strategy development are generally best done in consultation with all partners. There may be limited expertise within rural schools regarding certain interventions and recommendations are less likely to be implemented if it requires sending a staff member for additional training or purchasing new resources. A number of rural parents may also be anxious about driving to urban areas. It is important to examine whether there are barriers to implementing supports. In many rural communities there are agencies that will help to transport people who are unable to drive to a city for appointments, but parents may not be aware of these options. Virtual options such as tele-psychiatry or online parent support groups may also be a more viable choice.

The clinician should also not assume that all services available in rural areas are inferior to urban areas. For example, my personal experience has been that the development of the rural clinic model by the Lakeland Centre for Fetal Alcohol Spectrum Disorder has resulted in shorter waiting lists for assessment than at some city hospitals. Rural physicians are also more likely to screen pregnant women for alcohol use and to help them access resources (Tough, Hicks, & Clarke, 2008). This increased screening may be the result of familiarity with community alcohol use patterns.

Rural Cultures

Local cultures can influence the type of risk related behaviours amongst students. McInnis et al. (2015) found high school students in rural areas were more likely to report alcohol use and binge drinking. They also reported more likely to drive after alcohol or cannabis use. Counselling students to understand risk may mean knowing about a local bush party that occurs every May long weekend or appreciating that the student likes to drive all terrain vehicles with their friends. This local knowledge may be particularly

essential when evaluating and supporting students with suicidal ideation. It may not be enough to reduce access to firearms within their home, when every residence in their neighborhood and the houses of all their friends contain guns.

Diversity in rural areas can be limited. Psychologist working in some rural communities may find that the population is not as ethnically diverse as it is in the larger cities (Irshad, 2013). In some rural communities, ethnic diversity may be a relatively new reality to which the local services have not yet resourced themselves to respond. As an example, the school psychologist may not be able to link a family in need of counselling services to a provider who speaks the language. This demographic reality may have critical impact on rural school psychologists' ability to locate or facilitate culturally responsive supportive resources for students and families.

This amplification of issues can also occur economically. Rural communities have a greater possibility of being dependent on one industry. For instance, the recent downturn in the oil industry is difficult for the entire province. In some communities, however, a majority of the population is dependent on this sector of the economy, which can translate into greater social issues or pressures on children. Similar concerns have been observed in the past with agricultural issues. Economic fluctuations with farming have contributed to farmers having a very high suicide rate (Mustard et al., 2010), with ripple effects in schools.

Local industry may also be related to other patterns observed in a rural school psychology practice. Although Alberta-specific research is lacking, studies in California have shown an increase in autism and other developmental delays amongst the offspring of women who live close to fields treated with agricultural pesticides (Shelton et al., 2014). Drop-out rates from school may also be influenced by the perceived easy access to well-paying jobs requiring little education (Gunn, Chorney, & Poulsen, 2009).

Rural Solutions

As rural school psychologists are less likely to be able to specialize in an area of practice, they need to have appreciation of a broad range of concerns. Fortunately, technology has improved the professional development opportunities for rural school psychologists. A number

of podcasts provide readily available knowledge, such as The Psych Files (<http://www.thepsychfiles.com>), Shrink Rap Radio (<http://shrinkrapradio.com>), School Psyched Podcast (<https://www.facebook.com/School-Psyched-Podcast-1494498527497140/>) and the National Association of School Psychology (<http://apps.nasponline.org/resources-and-publications/podcasts/index.aspx>). Long drives in the country provide an ideal opportunity for auditory learners to take advantage of these resources. Other learning possibilities can be accessed through video conferencing. For example, KIDS Inc. offers an online program in School Neuropsychology (<http://www.schoolneuropsych.com>) that can be completed by licensed psychologists from anywhere in the world through monthly weekend seminars conducted over the internet, supplemented by two on-site trainings in Texas. They have recently added a new competency based training program in cross-battery assessment (<http://www.schoolneuropsych.com/xba/>).

While professional growth can be addressed through technology, a greater threat to remaining a professional psychologist seems to be the suitability to assume administrative roles. The personal experiences of some rural school psychologists consulted for this article was that career advancement in rural areas usually means moving away from direct work with children. Having psychologists in administrative positions is often desirable to the organization and profession because of the scope of knowledge they can provide. However, it may feel counter-intuitive to the individual and the reason they made their original career choices, as well as leaving gaps in service delivery that may be difficult to fill.

Rural school psychology provides the opportunity for a rich practice experience, but also several potential pitfalls. Many issues can be avoided by being conscious of the unique factors within each case and community. Technology can also be used to support professionalism and the delivery of services.

Acknowledgement – The author would like to thank Donelda Wygiera, Division Psychologist with Chinook's Edge School Division, and Nina Wyrastok, Director of Student Support Services with Wetaskiwin Regional Public Schools, for their suggestions and input regarding this article.

A copy of the full reference list is available upon request.

ETHICS – THE IMPOSSIBLE IMPERATIVE

by Jon K. Amundson, Ph.D.

Ethical action as a non-rule based developed skill.

Just as the grammarian makes one study grammar,
A buddha teaches according to the tolerance
of his students;

Some he urges to refrain from sins, others to do good,
Some to rely on dualism, others on non-dualism;
And to some he teaches the profound,
The terrifying, the practice of enlightenment,
Whose essence is emptiness that compassion

PRECIOUS GARLAND AND SONG OF THE FOUR MINDFULNESS



In previous columns we have spoken of the distinction in ethical consultation between the pursuit of ‘what to do’ vs. ‘how to think’. This consideration however in ethics consultation is parallel to the distinction noted about regarding what to say in relation to who you are speaking to. Often, as you mature into the profession, a colleague will call requesting your input regarding a practice issue. When a psychologist calls, and you are enjoined to address, as a colleague, the problem they find themselves struggling with you many choose one of two options. The first is your own projective identification with the problem; ‘what would I do?’ The second is what might the person making the enquiry be able to do? The first response is entirely ego-centric: ‘I am an expert, or at least someone they have turned to, therefore what I would do must be right!’ This response can betray some implied sense there is an essential or grounded feature to ethics or ethical decision-making.

The second response however bespeaks the more expansive sense of thinking over doing. Like the action of a Buddha it takes into consideration the nature of the person seeking consultation. Are they more expansive and more risk taking or more conservative; or risk avoidant? What skills might they have relative to the cognitive complexity associated with one means of issue

management vs. another? What are their inclinations and how might they ethically follow such inclinations? This consideration, that what you say is said to someone and the ‘someone’ aspect of the conversation is the most salient, moves the consultant away from a purely structural i.e. rules of the road approach, to a more dynamic or process orientation.

For example, a psychologist calls and states they’ve been asked for a letter regarding their treatment of a child, the object of a bitter and rancorous divorce. They want advice.

Your thought experiment is to think of what you would have to consider in, on the one hand, telling them how to decline the request or, on the other hand, how to execute the request.

The complexity of addressing an issue like this is akin to the instruction above regarding the function of a Buddha; with some you say one thing; with another something else but with some, the terrifying realization of the groundlessness of ethical thinking can be approached. The sub-title above is borrowed from the work of H. Dreyfuss and M. Heidegger who see ethics as a skill, not a given. This distinction between what is ‘right’ – grounded in an essentialist sense and what is ‘good’ – emergent in an immediate and phenomenological sense – is the razors edge of critical thinking for the psychologist.

Take the following rules or ‘right’ things:

- Always have consent in a written explicit form;
- Never take gifts from a patient;
- Avoid/not engage in multiple or dual relationships;
- Keep records that are clear and understood by others;
- Psychologists ought not be deceptive;
- Be clear and maintain explicit role and responsibilities regarding the services you provide;
- Do not discuss cases nor files except with consent and only under the most confidential circumstances.

And, reflect upon your own behaviour in the light of what is stated here, as ‘right’ and actions you’ve taken for the ‘good’.

*When would
useful
distortion
have been
better than
a harmful
truth?*

When would useful distortion have been better than a harmful truth? When would you take a gift to not offend human spirit? When would you see another family member or third party in treatment? When would you not keep explicit/clear to others notes? When would you have discussed cases out of necessity/circumstance without consent or on the fly? When would you have shared information expediently, as requested by a patient, without written consent? etc., etc. Unfortunately these are questions that must always hang in the air regarding ethics. If taken to its logical end, clinical work can become a sort of contemplative practice (see Amundson & Ross, 2016 American Journal of Clinical Hypnosis, Forthcoming). As contemplative practice day to day work with patients allows the so inclined or inspired clinicians to address the broader issues of the right vs. the good, and one's personal struggles with the sort of person one would seek to be, and answer the question: how/when would the good impact and relativize the right and drop you into the "terrifying...emptiness that is compassion"? And wouldn't it be easier to write this column if the membership just sent in ethical questions, and the job could then be like 'Dear Abbey'?

The Narrative Project

**Interventive Interviewing and
Reflexive Questioning**

with Dr. Karl Tomm

Friday January 27, 2017

9 am - 4 pm

Santa Maria Goretti Centre, Theatre Hall

11050 - 90 Street, Edmonton

~

**Narrative approaches to working with
depression & suicidal thoughts**

with Ninetta Tavano

Saturday February 25, 2017

1 pm - 5 pm

Valerian Consulting

9412 - 91 Street, Edmonton

**Information and brochures at
www.thenarrativeproject.com**

**On behalf of the
PAA Board & Staff**

**we wish everyone
all the best for
the New Year**



Mark your Calendar!

PAA Connects 2017

Our Forum for Learning, Connection, & Renewal
Past, Present, & Future → A Profession of Change



Thursday 25 May 2017

“an evening of celebration”

Member Celebration Social

PAA Awards and Welcome to the Profession Banquet

Friday 26 May 2017

AGM Breakfast followed by

PAA Connect 2017: Our Forum for Learning, Connection & Renewal

Featuring Dr. Scott Miller on “The Future of the Fields: Surviving & Thriving in the Era of Accountability”



Registration opens November 2016.

ANNUAL PAA MEMBERSHIP RENEWALS EASIER THAN EVER



Online membership renewal for the 2017-2018 membership year opens January 1, 2017.

Visit your profile in the Members Only Section where you can renew your membership and access other new features such as registration for PAA workshops, information on member benefits, and more.

Membership renewal notices are being sent electronically in January via email. If you do not receive your renewal notice, please contact the PAA Office. Renewal notices will not be mailed, so please ensure we have your correct email address on file.

Membership fees are due on 1 April 2017. Avoid the late administration fee which will be charged on all membership dues received after 30 April 2017.

Important:

- If you have never logged into the Members Only area of the PAA website before, you will need to complete a first time login to register your PAA membership account. To register your PAA account you will need to use your PAA member number and the email address we have on file. If you are unsure of your PAA member number, email address, or are unsure if you have logged into the member area before please contact the PAA office.
- If you forgot your username or password you can use the "Forgot Password" link to reset your password and retrieve your username.
- If you have had a name change, ensure we are notified. If you have PAA member discounted insurance, the name you register with the insurance company and with PAA must be the same in order to confirm your membership status.

*If you have any questions, comments, or concerns regarding your renewal or the online renewal system, please contact the PAA office for assistance
paa@paa-ab.ca or 1.888.424.0297.*

PSYCHOLOGICAL SERVICES FUND

Psychologists can apply for funding to cover costs for limited psychological services for clients who could not otherwise afford the services. See the Application for Psychological Services Fund in the "Members Only" section of the PAA website to apply.

http://www.psychologistsassociation.ab.ca/site/member_resources

CHAMPION NEEDED

Help us to develop this beneficial fund! PAA is seeking champion(s) of the Psychological Services Fund to advocate with industry. Contact judim@paa-ab.ca for more details.

NOTICE OF THE ANNUAL GENERAL MEETING OF THE MEMBERSHIP OF THE PSYCHOLOGISTS' ASSOCIATION OF ALBERTA

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

Date: Friday 26 May, 2017
8:00 a.m. – 9:00 a.m.

Place: Fort Edmonton Park - Blatchford Hangar
7000 143 Street
Edmonton, AB T6H 4P3

CALL FOR PAA BOARD NOMINATIONS

In accordance with PAA Bylaws, nominations for the PAA Board of Directors are open!
There are **7 director positions** open for election, with three year terms commencing May 2017.

All nominees

- Must be eligible voting members* in good standing with the Psychologists' Association of Alberta and
- Must be nominated by two eligible voting members in good standing with the Psychologists' Association of Alberta.
- Must agree to accept, uphold, be governed by and support the by-laws and objectives of the Association.

A call for Nominations form can be obtained on our website at www.psychologistsassociation.ab.ca or by calling the PAA office.

Completed forms must be received at the PAA office

by 4:00 p.m. on Friday 3 March 2017.



*eligible voting members – Full, Life and Out of Province Members

UNDERSTANDING ADDICTIONS: FOOD, DRUGS, & ALCOHOL

Instructors: Laura Pawlak, Ph.D., M.S., R.D. (emerita) (April 26, 27 & 28)
Michael E. Howard, Ph.D. (May 10, 11 & 12)

6 HOURS CREDIT (Psychologists)

PROGRAM / LECTURE

Conference registration is from 7:45 AM to 8:15 AM. The conference will begin at 8:30 AM. A lunch break (on your own) will take place from approximately 11:30 AM to 12:20 PM. The course will adjourn at 3:30 PM, at which time course completion certificates are distributed.

Registration: 7:45 AM – 8:30 AM

Morning Lecture: 8:30 AM – 10:00 AM

- **Addiction and Brain Function:** Perception, Thinking, Emotions, and Memory.
- **Defining the Terms:** Tolerance, Physiologic Dependence, Psychological Dependence, Addiction, and Pseudo-Addiction.
- **The Reward and Pleasure System of the Brain:** Dopamine. How Activation of The Nucleus Accumbens Contributes to Addictions.
- **Key Elements of Addiction:** Reward, Tolerance, Cravings, Loss of Control, and Continued Abuse.

Mid-Morning Lecture: 10:00 AM – 11:30 AM

- **Time, Tolerance, and Changes in Behavior:** Distinguishing Normal Tolerance from Aberrant Behavior.
- **Hyperpalatable Foods and Addiction:** The Siren Song of Sweet, Fat, and Salt.
- **The Five Types of Overeating.** Why Food Addiction Undermines Dieting. Effective Treatments for Food Addiction.
- **Caffeine:** Is it Addictive? Energy Drinks and Toxicity. Caffeine Withdrawal.
- **Understanding Addictive Drugs:** Agonists and Antagonists.

Lunch: 11:30 AM – 12:20 PM

Afternoon Lecture: 12:20 PM – 2:00 PM

- **The Hidden Dangers of Alcohol:** Intoxication, Alcohol Poisoning on College Campuses, Functional Alcoholism in the Workplace.

- **Opioid Addiction:** Recognizing the Signs, Reducing the Risks.
 - **The Dental Patient With Acute and Chronic Pain:** Reducing the Risk of Drug Diversion, Misuse, and Addiction.
 - **Dealing with the Double-Edged Sword:** Helping Patients with Chronic Pain and Substance Use Disorder.
 - **Smoking and Nicotine:** Helping Patients to Quit. Nicotine Replacement, Varenicline, and Bupropion; Behavior Therapy, Vaccines, and Hypnosis.
 - **The Vulnerable Years:** Teenagers and Drug Addiction.
- Mid-Afternoon Lecture: 2:00 PM – 3:20 PM**
- **Gateway Drugs of Abuse:** Nicotine, Alcohol, and Marijuana.
 - **Marijuana and the Brain:** Medical Marijuana. Smoking vs. Ingestion. Consequences of Legalization.
 - **Cocaine, "Crack," and Heroin:** New Patterns of Use. Treatment Options.
 - **Stimulants and Sedatives:** Amphetamines, MDMA, and Ecstasy. "Designer" Methamphetamines. Ketamine as a New Date-Rape Drug.
 - **Hallucinogens:** LSD, Mescaline, and Psilocybin. Clinical Consequences and Complications.
 - **Behavioral Addictions:** Gambling, Shopping, Video Games, Internet Pornography, Smart Phones, and Tablets.

Biomed's Website: www.biomedglobal.com

MEETING TIMES & LOCATIONS

EDMONTON, AB

Wed., April 26, 2017
8:30 AM to 3:30 PM
Radisson Hotel
4520 76th Ave.
Edmonton, AB

RED DEER, AB

Thu., April 27, 2017
8:30 AM to 3:30 PM
Radisson Hotel
6500 67th Street
Red Deer, AB

CALGARY, AB

Fri., April 28, 2017
8:30 AM to 3:30 PM
Clarion Hotel
2120 - 16th Ave. NE
Calgary, AB

EDMONTON, AB

Wed., May 10, 2017
8:30 AM to 3:30 PM
Radisson Hotel
4520 76th Ave.
Edmonton, AB

RED DEER, AB

Thu., May 11, 2017
8:30 AM to 3:30 PM
Radisson Hotel
6500 67th Street
Red Deer, AB

CALGARY, AB

Fri., May 12, 2017
8:30 AM to 3:30 PM
Clarion Hotel
2120 - 16th Avenue NE
Calgary, AB

INSTRUCTORS

Dr. Laura Pawlak (Ph.D., M.S., R.D.) (emerita) is a full-time biochemist-lecturer for INR. Dr. Pawlak undertook her graduate studies in biochemistry at the University of Illinois, where she received her masters and doctoral degrees. Author of 22 scientific publications and many academic books, she conducted her postdoctoral research in biochemistry at the University of California San Francisco Medical Center.

Dr. Michael E. Howard (Ph.D.) is a full-time psychologist-lecturer for INR. Dr. Howard is a board-certified clinical neuro-psychologist and health psychologist who is an internationally-recognized authority on brain-behavior relationships, traumatic brain injury, dementia, stroke, psychiatric disorders, aging, forensic neuro-psychology, and rehabilitation. Biomed reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of Biomed.

FEE: CHEQUES: \$109.00 (CANADIAN) per person with pre-registration or \$134.00 (CANADIAN) at the door if space remains. **CREDIT CARDS:** **Most credit-card charges will be processed in Canadian dollars. Some charges will be in U.S. dollars at the prevailing exchange rate.** The tuition includes all applicable Canadian taxes. At the seminar, participants will receive a complete course syllabus. Tuition payment receipt will also be available at the seminar.

TO REGISTER: Please complete and return the registration form below. Or online at: www.biomedglobal.com. Or register toll-free with Visa, MasterCard, American Express®, or Discover® by calling 1-888-724-6633. Or fax a copy of your completed registration form—including Visa, MasterCard, American Express®, or Discover® Number—to (925) 687-0860.

ACCREDITATION INFORMATION

Biomed General is approved by the Canadian Psychological Association to offer continuing education for psychologists. Biomed General maintains responsibility for the program.

For all inquiries, please contact **customer service at 1-877-246-6336 or (925) 602-6140.**

Please check course date:

____ Wed., April 26, 2017 (Edmonton, AB)
____ Thu., April 27, 2017 (Red Deer, AB)
____ Fri., April 28, 2017 (Calgary, AB)

REGISTRATION FORM

(This registration form may be copied.)

____ Wed., May 10, 2017 (Edmonton, AB)
____ Thu., May 11, 2017 (Red Deer, AB)
____ Fri., May 12, 2017 (Calgary, AB)

Please print:

Name: _____ Profession: _____
Home Address: _____ Professional License #: _____
City: _____ State: _____ Zip: _____ Lic. Exp. Date: _____
Home Phone: (____) _____ Work Phone: (____) _____
Employer: _____ E-Mail: _____

Please enclose full payment with registration form. Check method of payment. (needed for confirmation & receipt)

____ Cheque for \$109.00 (CANADIAN) (Make payable to **Biomed General**)
____ Charge the equivalent of \$109.00 (CANADIAN) to my ____ Visa ____ MasterCard ____ American Express® ____ Discover®
Most credit-card charges will be processed in Canadian dollars. Some charges will be in U.S. dollars at the prevailing exchange rate.

Card Number: _____ (enter all raised numbers) Exp. Date: _____ CVV: _____
(Card Security Code)

Signature: _____

Please provide an e-mail address above to receive a confirmation and directions to the meeting site.

Please return form to:

Biomed
Ste. 877 101-1001 W. Broadway
Vancouver, B.C., V6H 4E4
TOLL-FREE: 1-877-246-6336

TEL: (925) 602-6140 • FAX: (925) 687-0860

REGISTRATION INFORMATION

Please register early and arrive before the scheduled start time. Space is limited. Attendees requiring special accommodation must advise Biomed in writing at least 50 days in advance and provide proof of disability. Registrations are subject to cancellation after the scheduled start time. A transfer at no cost can be made from one seminar location to another if space is available. Registrants cancelling up to 72 hours before a seminar will receive a tuition refund less a \$35.00 (CANADIAN) administrative fee or, if requested, a full-value voucher, good for one year, for a future seminar. Other cancellation requests will only be honored with a voucher. Cancellation or voucher requests must be made in writing. If a seminar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. A \$35.00 (CANADIAN) service charge applies to each returned cheque. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees are subject change without notice. **The rate of exchange used will be the one prevailing at the time of the transaction.**

© Biomed, 2016, CODE: UA-A1010-PSY

NOMINATING IS GOOD FOR YOU

By Kerry Mothersill, Ph.D., R. Psych.



The Danish Orders of the Dannebrog and of the Elephant are among the oldest and prestigious awards (established in 1219 and 1462, respectively). While the PAA awards are obviously much younger, they also play a significant role in our provincial society of psychologists. Although the benefits of receiving awards are more readily discernible, as an act of giving, the potential benefits of nominating potential recipients can be many, varied and positive.

Nominating a peer is a form of giving thanks to an individual for the contributions that s/he has made to the profession. Although psychologists, like most everyone else, enjoy tangible reinforcement for their efforts, receiving recognition from peers speaks to the intrinsic motivation that is widely inherent in professionals and academics. Nominators may feel that the work of their peer deserves to be recognized as s/he has exceeded customary expectations for diligence, creativity and/or insight.

The nomination of a colleague is an act of giving not only to the potential recipient but also to the discipline. Recognition of achievement and excellence assists in shaping the culture of an organization through identifying individuals (and the nature of their work) that represents highly valued professional/academic accomplishments. Shining a spotlight on selected qualities and work signals to the collective that certain attributes are worthy of emulation. Individuals who submit a nomination typically regard their colleague as having contributed to the discipline in an exemplary manner and whose work they find personally meaningful.

The process of nomination is a form of giving that assists in promoting and strengthening the organization not only for members but also in the eyes of the government, other health professions and the public. The giving of awards communicates to others that the discipline values and fosters excellence within its ranks. Nominations may be spurred by a desire to have the individual's work recognized and disseminated to a wider audience.

Many studies have demonstrated that giving is a physically healthy thing to do. For example, Nikrahan et al. (2016) found that individuals who engaged in positive psychological interventions had lower levels of coronary biomarkers among high-risk cardiac patients. Giving support to others can help to lower systolic and diastolic blood pressure and mean arterial pressure (Pifer & Lawler, 2006). Also, in their book "Why Good Things Happen to Good People: How to Live a Longer, Healthier, Happier Life by the Simple Act of Giving" Post and Neimark (2007) outline the range of ways in which the act of giving is beneficial to a fulfilling life.

The act of giving is also good for you as it enhances happiness. Pleasure is derived from doing something positive for another person. For example, in a study by Nelson, Layous, Cole and Lyubomirsky (2016), a large sample of diverse participants received significantly greater benefits from providing acts of kindness for others as compared with doing kind things for oneself. Prosocial behaviour was more apt to increase positive emotion and decrease negative emotion. People are more prone to flourish psychologically when they help out others. In providing some physiological evidence for this, Moll et al. (2006), demonstrated that giving to others engages the mesolimbic reward system through the release of endorphins in addition to the medial and lateral orbitofrontal areas which play important roles in social attachment.

Aside from some related literature from the industrial/organizational field on employment incentives, little

empirical attention has addressed the specific motivation for giving and receiving awards (Frey, 2006). However, research has shown that giving to others can get you (briefly) “high”, reduce your stress and anxiety, pump a little more feel good oxytocin, increase your social connection, ripple out a sense of gratitude and may actually help you to live longer.

While the singular act of nominating a peer for a PAA award probably won’t change your life, it does have the potential to be part of a pattern of giving that will make a significant difference in your happiness, health and connection with others. So do yourself (and others) a favour! Nominate a colleague for one of the 2017 PAA Awards.

References

- Frey, B. S. (2006). Giving and receiving awards. *Perspectives on psychological science*, 1, 377-388. <http://dx.doi.org/10.1111/j.1745-6916.2006.00022.x>
- Moll, J.; Krueger, F., Zahn, R., Pardini, M., de Oliveira-Souza, R., & Grafman, J. (2006). Human fronto-mesolimbic networks guide decisions about charitable donation. *PNAS Proceedings of the National Academy of Sciences of the United States of America*, 103, 15623-15628. <http://dx.doi.org/10.1073/pnas.0604475103>
- Nelson S. K., Layous, K., Cole, S. W., & Lyubomirsky, S. (2016). Do unto others or treat yourself? The effects of prosocial and self-focused behavior on psychological flourishing. *Emotion*, 16, 850-861. <http://dx.doi.org/10.1037/emo0000178>
- Nikrahan, G. R., Laferton, J. A. C., Asgari, K., Kalantari, M., Abedi, M. R., Etesampour, A., Rezaei, A., Suarez, L., & Huffman, J. C. (2016). Effects of positive psychology interventions on risk biomarkers in coronary patients: A randomized, wait-list controlled pilot trial. *Psychosomatics: Journal of Consultation and Liaison Psychiatry*, 57, 359-368. <http://dx.doi.org/10.1016/j.psych.2016.02.007>
- Piferi, R. L., & Lawler, K. A. (2006). Social support and ambulatory blood pressure: An examination of both receiving and giving. *International Journal of Psychophysiology*, 62, 328-336. <http://dx.doi.org/10.1016/j.ijpsycho.2006.06.002>
- Post, S & Neimark, J. (2007). *Why Good Things Happen to Good People: How to Live a Longer, Healthier, Happier Life by the Simple Act of Giving*. New York: Broadway Books.

NEWS FROM THE DISASTER RESPONSE NETWORK (DRN)



Dr Judy Moench, Coordinator of the Disaster Response Network.

You may recall from our last article in Psymposium that the PAA DRN targets the mental health needs of disaster victims and responders with a particular focus on serving those who have suffered trauma as a result of a disaster. We aim to provide psychological services primarily during the recovery phase of the disaster. Our team consists of registered member psychologists and provisional psychologists who have agreed to provide pro-bono short term trauma counselling services upon referrals from the PAA office (2 to 3 sessions).

We are pleased to let you know that the PAA has been receiving calls and to date has made 18 referrals to members of the DRN. We have also been actively initiating conversations with Alberta Health Services, Alberta Health to learn how we might work collaboratively with other government and non-government agencies to assist in the psychological impact arising in the aftermath of man-made and natural disasters.

Town Hall meetings took place in Fort McMurray which were attended by members of the community. During those meetings, the PAA DRN was recommended for those who were suffering psychological trauma following the events that took place during and after the fires. Alberta Health Services has also been promoting the DRN through their website. Discussions have taken place on other venues that we might access to promote our DRN.

We would again like to thank those of you who have offered pro-bono services and we would like to encourage our members who have experience working in the area of trauma to consider joining our team. Please call the PAA at 780 4240294 or visit our website www.psychologistsassociation.ab.ca if you wish to join or you are interested in receiving more information.

Judy is a Registered Psychologist in Edmonton working in private practice and is an Adjunct Professor at the University of Alberta. She provides consultation to other therapists for treating trauma across age ranges. Judy has worked with not-for-profit agencies and extensively with schools. She is currently the President of EMDR Canada. Judy hosts and facilitates trauma trainings for psychologists and social workers in the Edmonton area. She has been to the Middle East and Europe to assist in the facilitation of trainings for working with trauma.

PAA AWARDS



Please consider nominating for the following awards, and all the other awards advertised on the PAA website:
http://www.psychologistsassociation.ab.ca/site/paa_awards

We are accepting nominations for PAA Awards on an ongoing basis throughout the year, which will enable you to nominate someone for an award at any time rather than waiting for a specific call for nominations. The deadline date for submission of the next award nominations is February 27, 2017.

All nomination forms are available on the PAA website or you can call the PAA office and request that a nomination form be sent to you. Specific criteria information is provided for each award on the award nomination form.

The PAA Awards Committee will review all nominations and select the recipient for the current year.

Nominations for the 2017 PAA Awards are to be submitted to the PAA office no later than February 27, 2017.



JOHN G. PATERSON MEDIA AWARD

The PAA invites nominations for the John G. Paterson Media Award. This is a non-monetary award presented to a psychologist or non-psychologist in recognition of:

- Exceptional contribution to portraying psychological knowledge to the public
- Furthering the advancement of the profession of psychology with the public through their contribution
- Conveying psychological knowledge through the media of radio, television, print, or electronic communication
- The media contribution which has taken place within two years immediately preceding the submission date of the nomination

One nominator is required.

The PAA Awards Committee will review all nominations and select the recipient for the award. Nominations for individuals not selected as the recipient of the award may be carried forward for consideration by the committee in subsequent years.

Recipients of this award may be nominated again for this award in the future; however, a period of three (3) years must have passed before they are eligible for re-nomination. Recipients of this award are eligible for nomination for any other of the PAA awards in subsequent years.

EXCELLENCE IN CLINICAL SUPERVISION AWARD

The PAA invites nominations for the Excellence in Clinical Supervision Award. This is a non-monetary award presented to an individual whose performance in supervising one or more individuals in any practice area is deemed exemplary during the previous two-year period and is based on:

- Contribution to personal and professional development of the supervisee
- Availability for consultation, training and emergencies
- Ability to align with supervisee's needs and personal approach
- Ability to offer diverse and appropriate options for various assessments/treatment/ethical situations
- Knowledgeable in terms of psychological theory, techniques, approaches, and practical suggestions
- Able to provide creative/flexible approaches to delivery of supervision
- Provision of constructive feedback that is related to both corrective/critical appraisal as well good student practice

This award is available to members and non-members of PAA who are Registered Psychologists.

Nominators may or may not be PAA members. The nominator may be professional colleagues, former/current students or supervisees of the nominee, or other individuals familiar with the nominee's practice. Nominations must be accompanied by a letter of support from the nominator (maximum two pages), outlining the particular criteria used to select the nominee, the approximate number of hours devoted to supervising and methods of supervision employed.

EXCELLENCE IN TEACHING PSYCHOLOGY AWARD

The PAA invites nominations for the Excellence in Teaching Psychology Award. This is a non-monetary award presented to an individual who demonstrates “outstanding” teaching of psychology in an Alberta Government approved/authorized institution for post-secondary education, and is based on:

- Teaching that is deemed “outstanding” as manifested through any combination of educational methodology, enthusiasm, commitment to the subject of psychology, commitment and dedication to the students, teaching innovation, and/or supervision of scholarly research
- The nominee has taught for a minimum of two years immediately preceding the award, one year of which may have been a sabbatical

This award is available to members and non-members of PAA.

Nominators may or may not be PAA members. The nominator may be teaching and/or professional colleagues, former or current students, supervisors, or other individuals familiar with the nominee’s teaching. Additional signatories would strengthen the nomination. Nominations must be accompanied by a letter of support from the nominator (maximum two pages), outlining the particular criteria used to select the nominee..

MASTERS’ THESIS RESEARCH AWARD

The PAA invites Masters level students to submit a summary of their thesis research of five pages or less. This is a monetary award (\$300.00), together with a complimentary ticket to the PAA Awards Banquet. This award is based on:

- The submission being completed by the student
- The thesis is based on current research: has been completed and defended during the two years immediately preceding the award submission date
- The submission is of high quality in terms of purpose, approach, methodology, implications, originality clarity
- Contributes to the field of psychology

This award is available to all student members of PAA. If you are currently not a member of PAA, we would welcome your application for membership. Please visit our website for more information and to apply if you are interested in joining our professional association. Submissions must be accompanied by two letters of support, one from a supervisor and one from a thesis committee member.

DOCTORAL DISSERTATION RESEARCH AWARD

The PAA invites doctoral level students to submit a summary of their dissertation research of five pages or less. This is a monetary award (\$300.00), together with a complimentary ticket to the PAA Awards Banquet.

The PAA Awards Committee will review all nominations and select the recipient for the award.

The award is presented to a graduate student whose Doctoral Degree dissertation research submission:

- Is based on the student's dissertation research
- Is based on current research – has been completed and defended during the year immediately preceding the award submission date
- Is of high quality in terms of purpose, approach, methodology, implications, originality and clarity
- Contributes to the field of psychology

Submissions must be accompanied by two letters of support, one from a supervisor and one from a dissertation committee member.

This award is available to all registered student, provisional and full members of PAA. If you are currently not a member of PAA, we would welcome your application for membership.

PAA DISPLAY/BANNER UNIT

The PAA has two display board units as well as a display banner unit which can be requested for use by PAA members. They can be shipped by courier at PAA's cost to any member who facilitates an activity to promote psychology or can be picked up at PAA office. The display units are useful for events such as conferences, career fairs, public information sessions and/or school presentations.

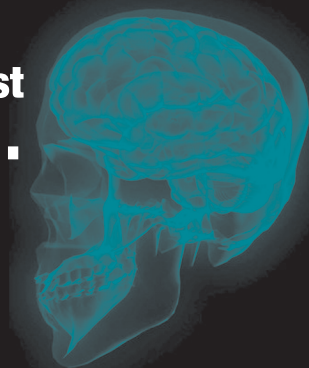


The two table top display boards provide a variety of panels to choose from on topics such as What Psychologists Do; Referral Service; Careers in Psychology; Stress; Depression; School Psychology; Psychologically Healthy Workplace; Alberta Psychology in the Media. The banner display

highlights "What Psychologists Do and PAA's Referral Service".

For more information call the PAA office at (780) 424-0294 or toll free 1-888-424-0297.

**Some things
only a Psychologist
can believe...**



TOPICS IN YOUR NEWEST PAA PODCAST WEBLOGS:

Science Fiction • Exercise • Break-ups
Narcissism • Xenophobia • Disgust
Cognitive Epidemiology • Neuroscience
Self-Care • Risk Taking
Differences • Men & Housework
Sex • Serial Killers

TIMELY | TOPICAL | CONTROVERSIAL

CALL FOR RESEARCH POSTERS

The Psychologists' Association of Alberta (PAA) invites all PAA members to enter their research contributions to psychology for the **PAA Connect 2017: Our Forum for Learning, Connection, & Renewal. Past, Present & Future → A Profession of Change**

We are inviting psychologists, provisional psychologists, and students to present their research or innovative clinical practices via poster presentations during the Forum on 26 May 2017 at Fort Edmonton Park, Edmonton. Applications for Poster Presentations are due by 03 March 2017.

Criteria

The poster should present your research in a highly understandable and compelling manner for psychologists across diverse specializations (think “elevator pitch”). Additional criteria for submitted posters include:

- You are the principal researcher: The majority of the work has been completed by you.
- Your research makes a notable contribution to the profession of psychology.
- Your poster will be evaluated for both the content (ie, originality, focus, relevance to the profession of psychology, etc.) as well as for the design qualities of the poster (ie, readability, appeal, graphics, etc).

Review

The PAA Awards Committee will review all poster presentations on both content (i.e., focus & relevance to the profession of psychology, etc.) and originality.

Research Award

Winners will receive a monetary award of \$250.00 and a discounted registration to the PAA Connect 2017 forum. The primary author of the presentation will receive the monetary award and the discounted registration, however, this award can be shared by multiple authors, in title.

Check out the website for information & award updates: http://www.psychologistsassociation.ab.ca/site/paa_awards

PROMOTE PSYCHOLOGICALLY HEALTHY WORKPLACES

Psychologically healthy workplaces have 28% less employee turnover and enhance organizational performance and productivity. Your PAA Psychologically Healthy Workplace Committee has developed a PowerPoint presentation on Psychologically Healthy Workplaces. Members are encouraged to **make use of these materials in promoting psychological health in the workplace.**

Resources

- Psychologically Healthy Workplaces PowerPoint http://www.psychologistsassociation.ab.ca/site/member_resources
- Information about psychological health in the workplace <http://www.phwa.org/resources>
- PAA Psychologically Healthy Workplace Brochure (cost recovery \$0.15/ea + postage) http://www.psychologistsassociation.ab.ca/site/paa_brochures_materials_7

Become Involved

Let us know details of your presentation! OR, if you know of an organization that would be interested in a free presentation, let us know so we can connect them with the Chair of the PAA Psychologically Healthy Workplace Committee paa@paa-ab.ca

Announcing the Winners of the PAA Healthy Workplace Initiatives Award

Colleen Lucas, Ph.D., R. Psych.



One of the perks of volunteering on the Psychologically Healthy Workplace Committee is that we learn about organizations that are doing outstanding work in fostering employee health and well-being while enhancing organizational performance. One of the committee's mandates is to recognize these organizations by presenting them with the PAA's Healthy Workplace Initiatives Award. Candidates are evaluated on their workplace practices in the following areas:

- Employee Involvement
- Employee Growth and Development
- Work-Life Balance
- Employee Recognition
- Health and Safety

Also considered are the employee attitudes and opinions and the role of communication in the organization. Winners of this prestigious award are also eligible for the international Psychologically Healthy Workplace Awards, sponsored by the American Psychological Association, given our collaboration with their program model.

In 2016, two organizations were recognized for their efforts: Concordia University of Edmonton and the Red Deer Primary Care Network.

Concordia University of Edmonton, founded in 1921, is a private degree-granting university college located in Edmonton, Alberta. The university has 200 full time staff and 175 part time staff; the CEO is Dr. Gerald Krispin. The university was recognized for providing a positive social environment that fosters a sense of belonging, meaning and engagement, with formal and informal opportunities for employee growth, involvement and recognition. Employees' physical and psychological health is supported through services offered by the approachable Human Resources office and the extensive Employee Assistance Program. Their Mental Health Action Team encourages healthy mind, body, and spirit as well as reducing stigma associated with mental illness and encouraging access to available support. Employees appreciate that Concordia values the health and safety of its employees and promotes such a positive working environment.

The Red Deer Primary Care Network (RDPCN), located in Red Deer, is the 8th largest primary care network (PCN) in Alberta. This PCN, formed 10 years ago, has 26 full time and 19 part time staff that care for nearly 128,000 patients. Lorna Milkovich is RDPCN'S Executive Director. This PCN strives to create a psychologically healthy workplace through initiatives such as promoting exercise breaks and self care practices. Open communication and feedback about policies and procedures is encouraged; management has an open door policy and encourages staff to come forward with concerns and ideas for improving the network. Employees are included in the development of programs and encouraged to pursue areas of interest that better serve the population. Staff is recognized for their contributions through many avenues, including verbal praise and a public Gratitude Wall. RDPCN has also received the Premier's Award of Distinction for Healthy Workplaces for three years in a row, in recognition of their workplace practices.

Please join us in congratulating these organizations for implementing practices that encourage and sustain employee psychological health in their workplaces.

If you know of an organization that should be recognized for its workplace practices that foster and support employee

Announcing the Winners Continued...

health and well-being, we are taking nominations for the 2017 awards. If you would like to be involved in the award process or other activities of the Psychologically Healthy Workplace Committee, please contact Dr. Colleen Lucas, Co-Chair at colleenlucas@shaw.ca.

Honouring Psychologically Healthy Places to Work

Concordia University of Edmonton.
The Red Deer Primary Care Network

2016 PAA PHWI Award Winners

JOINING THE PAA REFERRAL SERVICE

The PAA Referral Service is designed to provide the public with the contact information of participating registered psychologists who are a match for their region / area of need.

PAA members can join the Referral Service throughout the year, provided they are registered psychologists. The yearly fee of \$190.00 plus GST (prorated after 01 May) is economical marketing, with the PAA Referral Service averaging over 450 requests monthly.

Participating psychologists are listed in our online directory, & their contact information is also provided to prospective clients through the PAA Referral Service telephone line.

Referral Service participants may also opt to advertise with a direct link to their own website for an additional fee.

With excellent value for your marketing dollar investment, & planned enhancements, the PAA Referral Service is an ideal advertising strategy for those in private practice.

PAA Referral Service applications can be downloaded from the Membership section of the PAA website or call us for more information.

780-424-0294 – Edmonton

403-248-8255 – Calgary

1-888-424-0297 – Toll Free (Alberta)





Psychologists' Association of Alberta Presents:
Assessment of Children's Behavioral, Clinical & Social Functioning

Date: Friday 28 April 2017

Time: 9:00 a.m. – 4:30 p.m.

Location: Calgary

Presented by:

Dr. Jerome M. Sattler

Intended Audience:

Professionals and students at the graduate level majoring in school psychology, clinical psychology, counseling, and rehabilitation. Teachers of children with special needs also may benefit from attending the workshop.

Learning Objectives:

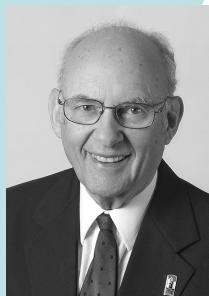
This workshop will cover the latest developments in the assessment of behavioral, social, and clinical aspects of children's functioning. It will be based on Dr. Jerome Sattler's latest book "Foundations of Behavioral, Social, and Clinical Assessment of Children" Sixth Edition. Topics will include bullying, cyberbullying, sports-related concussions, executive functions, LD, ADHD, autism spectrum disorders, other disabilities, functional behavioral assessment, and clinical assessment techniques and instruments. Attention will be given to DSM-5. Each participant will receive a copy of "Foundations of Behavioral, Social, and Clinical Assessment of Children, Sixth Edition" and its accompanying Resource Guide. The Resource Guide contains numerous checklists, forms, and semi-structured interviews related to the assessment of children with special needs and to children who are at risk. The Resource Guide also contains an extensive list of suggestions for parents and teachers for helping children with special needs and for children affected by bullying and cyberbullying.

- Participants will learn about interviewing, observations, new editions of assessment instruments related to behavioral and personality assessment, and new informal procedures useful for assessment of children
- Participants will learn about DSM-5 and autism spectrum disorders, learning disabilities, ADHD, intellectual disability, and other disabilities. In addition, there will be coverage of bullying and cyber bullying, traumatic brain injury and sports-related concussions, executive functions, and functional behavioral assessment.
- Participants will learn about instructional and behavioral support strategies for use with parents and teachers of children with special needs.

Rates:

	Early Registration by March 31, 2017	Registration after March 31, 2017
PAA Member	\$ 325.00	\$ 350.00
PAA Student /Provisional Member	\$ 265.00	\$ 290.00
Non-Member	\$ 390.00	\$ 415.00

Registration fees includes the speakers 2 top-rated books valued at \$215.50 CDN (with shipping)
**“Foundations of Behavioral, Social, and Clinical Assessment of Children 6th Edition” AND
“Resource Guide to Accompany Foundations of Behavioral, Social, and Clinical Assessment of Children 6th Edition”**



Presenter:

Jerome Sattler is a Diplomate in Clinical Psychology of the American Board of Professional Psychology and a Diplomate of the American Board of Professional Neuropsychology. Currently, he is Professor Emeritus and an Adjunct Professor of Psychology at San Diego State University. In 1998 he received the Senior Scientist Award from the Division of School Psychology of the American Psychological Association. In 2003, he received an honorary Doctor of Sciences degree from Central Missouri State University. In 2005, he received the Gold Medal Award for Life Achievement in the Application of Psychology from the American Psychological Foundation. In 2006, he received the Distinguished Contribution to Psychology

Award from the San Diego Psychological Association and a Distinguished Visiting Professor Award from the Colorado School of Professional Psychology. In 2014, he received a Lifetime Achievement Award from Azusa Pacific University.

His books include Foundations of Behavioral, Social, and Clinical Assessment of Children, (Sixth Edition), Assessment of Children, Cognitive Applications (Fifth Edition), Assessment of Children: WISC-IV AND WPPSI-III Supplement (with Ron Dumont), Assessment with the WAIS-IV (with Joseph J. Ryan), and Clinical and Forensic Interviewing of Children and Families. He has published over 100 articles in the fields of school and clinical psychology and is a co-author of the Stanford-Binet Intelligence Scale: Fourth Edition. The first five editions of Assessment of Children have been translated into Spanish. In 2007, a Spanish translation and a Chinese translation (brief edition) of Assessment of Children, Behavioral, Social, and Clinical Foundation (Fifth Edition) were published.

More information and registration is available on the PAA Website:
http://www.psychologistsassociation.ab.ca/site/paa_workshops

PSYCHOLOGY BROCHURES AVAILABLE

The Canadian Psychological Association (CPA) “Psychology works” brochures are available with the PAA referral service information included on them. The following brochures are available at a cost recovery fee of 10 copies for \$5.00 (plus postage) from the PAA office:

- *Psychology works for Depression*
- *Psychology works for Eating Disorders*
- *Psychology works for ADHD*
- *Psychology works for Chronic Pain*
- *Psychology works for Generalized Anxiety Disorder*
- *Psychology works for Parenting Challenges*
- *Psychology works for Insomnia*
- *The Psychologically Healthy Workplace*

If you are interested in purchasing brochures for your office, please contact the PAA office at (780) 424-0294 (Edmonton), (403) 246-8255 (Calgary) or toll free 1-888-424-0297 (anywhere in Alberta).



Assesses a wide range of social, emotional, behavioral, and academic concerns and disorders in youth aged 6 to 18 years.



CONNERS
Comprehensive Behavior
Rating Scales™

C. Keith Conners, Ph.D.
MANUAL

MHS



CONNERS
Comprehensive Behavior
Rating Scales™



Updated to include
a new scoring option
for the DSM-5
Symptom Scales.*

A multi-informant tool that assesses youth across academic, school, and social settings. The Conners CBRS® assists in the diagnostic process, development and monitoring of intervention plans, and the identification of students for potential eligibility in special education programs.

- Direct and clear links to the Diagnostic and Statistical Manual of Mental Disorders: Fifth Edition (DSM-5) and the Individuals with Disabilities Education Improvement Act 2004 (IDEA 2004)
- Straightforward administration, scoring, and reports available in online and software formats
- Excellent reliability and validity
- Spanish versions are available for parent and self-report forms



Earn Continuing Education (CE) Credits with the Conners CBRS.

It is easy to earn CE credits quickly and online. Just study the manual, pass the online questionnaire, and a certificate is created for you!

Learn more at MHS.com/CE

MHS.com/ConnersCBRS

MHS
ASSESSMENTS

Multi-Health Systems Inc.

USA Tel: 1.800.456.3003 / CAN Tel: 1.800.268.6011
mhs.com • customerservice@mhs.com

PAA FALL 2016 WORKSHOPS HELD



Preparing for your Oral Exam in Professional Practice.

Dr. Jim Eliuk presented 2 x half day workshops on August 19, 2016 in Edmonton. There was a total of 18 participants.

He presented this half day workshop on October 06, 2016, in Calgary. There were 9 participants.

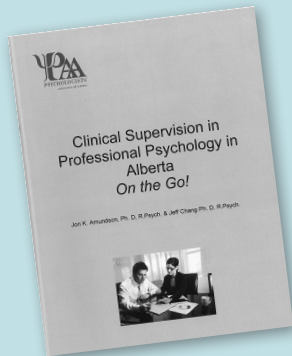


Emerging Technologies and Professional Psychology Practice.

Presented by Christine Korol Ph.D, R.Psych

September 16, 2016 - Calgary. There were 32 participants.

CLINICAL SUPERVISION IN PROFESSIONAL PSYCHOLOGY IN ALBERTA ON THE GO!



The following brochure is available for purchase through the PAA office:

Clinical Supervision in Professional Psychology in Alberta On the Go! (Manual) - \$10 each plus postage and GST. Clinical Supervision On the Go has been developed so the novice or experienced supervisor can approach the task of clinical supervision more expediently.

PAA RECOMMENDED FEE SCHEDULE

The PAA Recommended Fee Schedule remains unchanged for 2017.

Please contact our office or visit our website for more information.

780-424-0294

www.psychologistsassociation.ab.ca



September 27, 2016

Honourable Craig Coolahan, MLA
6th Floor, 9820-107st
Edmonton, AB T5K 1E7

Re: Private Member Bill

Honourable Coolahan:

Thank you for meeting with our Vice President Dr. Tremblay and our Executive Director, Mr. Pierre Berube last week. We reviewed your proposed Bill which would amend the Occupational Health and Safety Act to include clauses to address psychological harassment in the workplace. Thank you also for the opportunity to discuss each of these proposed clauses with you.

The Psychologists' Association of Alberta is the professional body which speaks for the 3,000 psychologists in the Province of Alberta. We are pleased to offer our support for your proposed Bill to address psychological harassment in the workplace.

We were happy to see the guidelines put out by the Mental Health Commission of Canada wherein they addressed how to make workplaces more psychologically healthy. We think that your Bill will further enhance these guidelines by moving a step beyond voluntary guidelines and putting safeguards in legislation to prevent psychological harassment.

We wish you success in seeing this Bill passed.
Yours truly,

Bonnie Rude-Weisman, M.A., R. Psych
President

Pierre Berube, M.Ed.
Executive Director

The MHCC has developed a voluntary set of guidelines, tools, and resources to guide organizations in promoting mental health and preventing psychological harm at work. Canada's first National Standard of Canada for Psychological Health and Safety in the Workplace was launched in 2013 in partnership with the Canadian Standards Association and the Bureau de normalisation du Québec, and can be downloaded from the CSA website.



UNDERSTANDING PEOPLE, WORKING TOGETHER

Ms. Cinder Smith attended Outrun the Stigma - Mental Health Expo and walk/run event held on October 16th at the University of Calgary



PAA volunteers are the backbone of a strong and effective professional organization and make tangible contributions to advancing the science-based profession of psychology.

Understanding and managing requests from workers and advocates regarding WCB-Alberta claims: A discussion of potential issues and remedies for psychologists.

Dr. Theodore Berry, , R. Psych., & Dr. Jerry Rose, R. Psych. Psychological Consultants – Workers' Compensation Board of Alberta

Overview

In the course of the work with your client, you may participate in the workers' compensation system and, at times, be asked to respond to an advocate's letter, requesting an opinion; or to support the client during an appeal hearing on a workers' compensation claim. These requests can be quite complex and may raise ethical concerns. In discussion with the College of Alberta Psychologists ('the College') and Psychologists' Association of Alberta (PAA), we determined that regulated members may benefit from information to address the issue of advocacy. We hope this article provides some 'food for thought' as well as resources and suggestions to assist psychologists in avoiding potential pitfalls.

Workers' Compensation System & The Workers' Compensation Board (WCB).

WCB is a quasi-judicial insurance corporation providing 'no-fault' coverage to workers and employers to address the impact of a compensable work-related injury. WCB is constituted under the Workers' Compensation Act (WCA) of Alberta. Funding for the workers' compensation system is provided directly by employers. Medical and rehabilitation services are offered to claimants to assist in their recovery and facilitate a successful return to work or employability.

In 2015, the system handled approximately 180,000 claims. Most cases proceed uneventfully, with over 92 per cent of workers injured returning to their pre-injury employment. Throughout the claim process, both employers and workers have the opportunity to question decisions regarding benefits and services facilitated through WCB.

In cases where disagreements arise, system stakeholders have multiple avenues to ask questions, present information or request a review of decisions made. This typically occurs directly with the claim owner but can also be escalated internally through to the Dispute Resolution and Decision Review Body (DRDRB), an internal WCB department specializing in issue resolution. If resolution cannot be reached, a dispute can be reviewed by an external and independent appeal tribunal, the Appeals Commission (AC).

As part of the appeal process, the worker or their representative might ask a psychologist to attend a hearing on the worker's behalf, or write a formal letter in response to various questions, in order to assist the worker with his/her claim.

The letters often request opinions about a DSM diagnosis, the relationship of the diagnosis to the compensable injury(ies), the validity of presentation, work restrictions, and further treatment recommendations. How to respond to these requests may present challenges.

As WCB psychological consultants who assist WCB staff in managing psychological injuries and act as a liaison between psychologists in the community and the organization, we have recently fielded questions from psychologists about these requests. In turn, we have consulted with the College as to whether such requests may be problematic. The College has noted some areas could cause concern including:

- (a) potential conflicts of interest,
- (b) whether appropriate consent has been obtained,
- (c) if sufficient professional knowledge has occurred for the purpose of forming an opinion, and
- (d) objectivity.

These concerns are often interrelated and were recently commented upon in the CAP Monitor in a short article

entitled “Send me a letter and address it to my lawyer” (1). Although the CAP article focused on child and custody issues, such standards also apply to the WCB context due to the quasi-judicial structure established by the WCA that supports appeals processes for both workers and employers. As in all potential ethical conflicts a process of self-reflection and consultation with peers and resources can be helpful.

Is there a conflict of interest? This would depend on the context.

The CAP Standards of Practice outlines specific conflicts of interest under section 10.1. These would apply towards WCB claims as well. Certain circumstances, as outlined under section 10.5, would necessitate treatment until an appropriate transfer of services may be made.

It is not a conflict to respond to an information request from a worker or representative with an offer of payment for your opinion. Indeed, this could be considered to fall under a health professional’s duty to assist their client under the WCA.

Conflict scenario:

A claim for PTSD is not accepted as a work related condition on this claim. Provider A is not receiving payment for services from WCB for PTSD treatment. He is providing treatment pro bono.

The provider participates in an appeal hearing and recommends the condition be accepted as arising from employment and that treatment be provided through WCB, but does not disclose that this recommendation would also result in his submission of a significant payment request to WCB for the treatment provided.

Full disclosure is an important part of ensuring information is received and weighed appropriately by decision bodies.

Have you obtained appropriate consent? If you are providing treatment services you may only have consent from the client to provide services to him/her within that role and report on this work to the WCB. Providing a written opinion in answer to certain questions, or attending a hearing with the client, is a new role and therefore a new consent may need to be signed (2).

In your consent, we suggest that you discuss with your client the possible positive and negative impacts of providing a written opinion to them and/or their advocate to support the client’s appeal. For example, there may be an expectation by the client or their representative that everything you say will support their case. However, you may feel it is necessary to also provide information that might not support your client (e.g., you believe a personality or substance abuse disorder is causing the client’s disability rather than the compensable injury).

Providing an opinion without sufficient professional knowledge. Whether you write a letter or attend a hearing with a client, you should always acknowledge the strengths and limitations of your database and provide an opinion with sufficient professional knowledge.

For example, having worked with a client for 20 sessions or more is a strength, as you likely have strong rapport with the client and have been able to observe their behaviour over time. However, as per CAP’s professional guideline (2), providing testimony or opinion based solely on a client’s subjective reality has its limitations and these should be acknowledged.

As the guidelines states: “Therapeutic subjectivity and advocacy for amelioration of suffering is different from the focus and intent of neutral forensic evaluation” (p. 4). The quasi-judicial process used by the workers’ compensation system reflects the standards used in neutral forensic evaluation which often conflicts with opinions based upon therapeutic contact.

For example, conflicts arise when an injured worker has provided an invalid, independent comprehensive psychological assessment. These assessments are a medico-legal, forensic-style of assessment which follows an objective assessment method. In such cases you may be asked to comment on the validity of a client’s

presentation in your sessions to provide a counterpoint to the invalid assessment results. You might be able to provide an opinion based upon your own interpersonal interactions with the client (e.g., the consistency of his/her presentation to you). However, you may need to temper this opinion, particularly if you have not used psychometric measures of symptom or performance validity in your sessions.

You may also be asked to comment on causation of a particular diagnosis (e.g., Major Depressive Disorder, Recurrent; or a Substance Use Disorder) but may be unaware of a client's psychiatric history beyond what they have told you. If so, you may not be able to provide a definitive answer to this question. It is important to clarify the sources of your information and any limitations.

A helpful resource to review here is CAP's recent Practice Alert: [Sufficient Professional Knowledge](#) (3).

Providing professional, objective and impartial opinions.

WCB relies on health care professionals to provide impartial, objective and professional opinions.

Scenario: Impartial?

A psychologist was asked by a worker representative to provide more information, including treatment recommendations. In the response, the psychologist recommended more treatment sessions with him/herself. The psychologist had already provided over 70 sessions of therapy with this client with little or no progress, and issues unrelated to the work injury were being treated. The treating psychologist could not provide any evidence that his/her treatment was beneficial. Furthermore she/he was unable to consider whether or not further progress could be achieved if provided by a different therapist, or by a different treatment format.

In such cases, it may be helpful to defer to an independent psychological assessment for an objective opinion about the need for further treatment.

Clinical vs. Claims Advocacy.

Under the section on "Responsible Caring," the Canadian Code of Ethics for Psychologists talks about psychologists' responsibility to advocate on behalf of their clients (4). This comment is made in the context of providing appropriate treatment services for their clients (clinical advocacy).

In the WCB context we've found it helpful to differentiate between clinical advocacy and claims advocacy. The difference between clinical and claims advocacy can be subtle; however, WorkSafe BC's Guidelines For Mental Health Treatment Service Providers August, 2010 (5) are helpful in this regard.

"Providers must give reasoned clinical opinion based upon objective observations of the Injured Worker's needs in all communication. This type of clinical advocacy is appropriate and encouraged; however, it must be clearly distinguished from claim advocacy. It is critical for Providers to refrain from advocating for the Worker with respect to legal, adjudicative, entitlement and benefit issues, as well as non-injury-related needs. WorkSafeBC depends on Provider reports to understand the clinical status of an Injured Worker. Adjudicative decisions are based on this information. When a Provider takes a claim advocacy stance, his or her opinions can no longer be considered clinically objective. For example, it is inappropriate for the Provider to make such comments as "I think the Worker should be re-trained" or "this Worker's claim should be reopened".

In the context of providing letters of support or providing testimony at an appeal hearing, the role of the psychologist is to provide objective clinical information. Objective clinical information is more likely to assist your client.

Self-reflection and consultation.

Finally, when you receive these requests, it may be helpful to reflect on the process. For example, do you feel you are being inappropriately triangulated into the WCB claim process? What might be the effect of any advocacy on the therapeutic relationship? Could there be any transference or countertransference issues? It is also highly recommended for the psychologist to monitor their own process and feelings around the issue at hand that she/he is

being asked to advocate for. Such insight may yield clarification around which type of advocacy is at hand and the clinical implications for following through.

It might also be helpful to discuss the situation with a colleague, a PAA practice advisor, the College's Director of Professional Guidance, or a WCB psychological consultant.

Summary

We hope that this article has highlighted some of the potential problem areas that can arise when injured workers or their representatives ask psychologists for letters of support or to attend a hearing for their claim appeal. WCB encourages opinions that are reasonable, clinically supported, objective, and that reflect clinical advocacy.

If you have any concerns about responding to such requests, potential resources include:

- Calling a WCB Psychological Consultant to discuss the situation (780-498-3314).
- Call PAA practice advisors or the College's Director of Professional Guidance.
- Review standards or practice and practice guidelines.

Resources

1. "Send me a letter and address it to my lawyer". The CAP Monitor. Issue 47. Spring/Summer 2015. Page 3.
2. College of Alberta Psychologists. Practice Guideline. Practice Guideline: Dual Roles in Conducting Assessments and Providing Therapy with the same Client (March 2013). P.5 <http://cap.ab.ca/pdfs/DualRolesInConductingAssessmentsAndProvidingTherapyWithTheSameClient.pdf>. Accessed on April 25, 2016.
3. College of Alberta Psychologist. Practice Alert. Sufficient Professional Knowledge. <http://cap.ab.ca/pdfs/CAPPA-SufficientProfessionalKnowledge.pdf>. Revised Sept 2013. Accessed on April 25, 2016.
4. Canadian Psychological Association. Canadian Code of Ethics for Psychologists Third Edition. (2000). http://www.cpa.ca/docs/File/Ethics/cpa_code_2000_eng_jp_jan2014.pdf. Accessed on April 25, 2016.
5. Guidelines For Mental Health Treatment Service Providers August, 2010. Worksafe BC. http://www.worksafebc.com/health_care_providers/Assets/PDF/GuidelinesMentalHealthTreatmentServiceProviders.pdf. Accessed on April 25, 2016.

Acknowledgement -- Thank you to a number of WCB staff for their editorial comments.

The Psychologists' Association of Alberta

would like to invite you to volunteer at the PAA booth
during the Teachers' Conventions

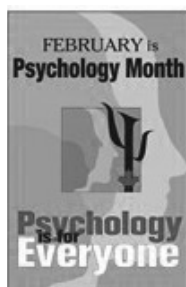


Calgary February 16 & 17, 2017
Edmonton March 2 & 3, 2017

Please contact Cindy at the PAA office if you are interested
780.424.0294 Edmonton, 1.888.424.0297 Toll Free or paa@paa-ab.ca

Thank you for assisting PAA in promoting the importance of psychological services.

PSYCHOLOGY MONTH



February, 2017 is national Psychology Month. This is an opportunity for all of us to let the public know what psychology has to offer. Please consider what you, your firm or agency might do to promote psychology during the month of February.

Also, please be sure to advise the PAA office of any activities you are planning for psychology month and we will post these on our website.

To see a list of events that occurred in Alberta in February, 2016, log on to the PAA website Home – PAA News and Events.

The following materials can be obtained from the PAA office to assist with your promotional activities during psychology month:

- Psychology Month posters: The posters were produced by the Council of Provincial Associations of Psychology and can be viewed on the Psychology Month web site <http://www.cpa.ca/psychologymonth>. PAA has printed 11x 17 inch copies of the posters and is making them available to members at no cost. The posters are also available to non-members at cost (55 cents per copy plus postage).
- Tent cards: Tent cards advertising Psychology Month and “what psychologists do” have been prepared for display in cafeterias and various locations.
- Display boards: We have two professionally developed display boards which can be borrowed for information sessions, trade fairs, public information sessions, or other forums;
- PAA Banner: that banner highlights “What Psychologists Do and PAA’s Referral Service”. The banner can be borrowed for information sessions, trade fairs, public information sessions, or other forums;
- Psychology Works brochures: We have seven CPA produced “psychology works” information brochures (on depression, anxiety disorder, etc.) which we have modified slightly to include the PAA phone and referral numbers.
- Referral Service brochures: The PAA referral service brochure is available for handing out to the public at displays and information sessions;
- School Psychology Service brochures;
- The Value of Choosing a Psychologist brochures;
- A PAA brochure entitled: Psychological Services in Primary Health Care is available for your advocacy efforts with family physicians;
- A PAA brochure entitled: The Psychologically Healthy Workplace is available for your advocacy efforts with businesses; organizations, and employers.
- A Power Point presentation on the Psychologically Healthy Workplace is posted in the ‘Member log-in – Member Resources’ section of our website www.psychologistsassociation.ab.ca. The presentation is available to use in order to promote psychological health in the workplace.
- Book marks: We have PAA book marks available for distribution to the public at information sessions and displays.



Brittany Stevenson
Executive Assistant/Membership Co-ordinator

I excitedly joined PAA in September as the executive assistant/membership co-ordinator, providing support to the Executive Director, Director of Education and Communications, and to members, in various capacities.

I have experience in administration and customer service, as well as some university level education with a focus in psychology.

In my spare time I enjoy being with my two children, writing, and working on my drift car.

ADVANCED CLINICAL SUPERVISION IN PSYCHOLOGY



A WEB-BASED CERTIFICATE COURSE FOR CANADIAN PSYCHOLOGISTS

**Offered By The University of Calgary and the
Psychologists' Association of Alberta
(CPE 140-014)**

**February 1, 2017 to April 17, 2017
Course Instructor: Dr. Jeff Chang**

Supervision is one of the six core competencies identified in the “Mutual Agreement of the Regulatory Bodies for Professional Psychologists in Canada.” With supervision of students, interns, and already registered professionals a specified area of competence in psychology, development of skills specific to competent supervision is required. However, training in supervision is difficult to access outside of formal doctoral training programs. In this course, registered and provisional psychologists and associates will be exposed to the current state of the supervisory art as reflected in ethics, regulations and policy, and evidence-based best practice standards.

Course Content and Textbook:

Course content includes: History and definitions of supervision in professional psychology; Duties, obligations, and responsibilities of a supervisor; Roles and responsibilities of the supervisee in the process; Models of supervision; Contracting and accrediting supervision; Design and delivery of supervision; Domains of supervision; Evaluation in supervision; “Best practice standards” in supervision; Problem-solving issues in supervision; Cultural issues in supervision; Ethical and legal issues in supervision.

The course textbook can be purchased at the University of Calgary Bookstore [Bernard, J.M., & Goodyear, R.K. (2013). *Fundamentals of Clinical Supervision* (5th ed.). New York, NY: Pearson Education]. Online ordering is available via the web (www.calgarybookstore.com) or by telephone, at 1-877-220-5937 (toll free) or (403) 220-5937. When ordering, please inform the bookstore of the Continuing Education course number CPE 140-014. Additional reading materials will be accessed directly from within your course.

Course Delivery and Certification:

This course will consist of approximately 40 hours of study running from February 1, 2017 to April 17, 2017. It will be delivered in an online asynchronous format, with weekly readings and discussion board interaction between the course instructor and participants. All students will complete each of the weekly modules together; however, registrants will be able to complete all of the work online in accordance with their personal schedules. The course is graded pass/fail based on evaluation of ongoing discussions and the completion of a personal position paper. Those who successfully complete the course will be issued a certificate of completion by University of Calgary Continuing Education.

Course Pre-requisites:

It is highly recommended that all participants who do not have prior experience with on-line courses also register in the University of Calgary Continuing Education’s “Learning Online course”.

Course Fee:

\$1,212.00: Members of the Psychologists' Association of Alberta (PAA) will be eligible for a rebate of \$175.00 from the PAA. Receipt of the rebate will be dependant upon submission of proof of successful completion of the course, and receipt of a request for the rebate within six weeks of course completion.

Registration Information:

For further information about the course, including to view the course outline, go to:

<http://conted.ucalgary.ca/search/publicCourseSearchDetails.do?method=load&courseId=66667>

Registrations may be completed on-line at: <https://www.ucalgary.ca/cted/business/psychology/> or by telephone at (403) 220-2988, toll free 1-866-220-4992. Note that the course may be cancelled if the registration numbers are low.

Inquiries about the course may be directed to Dr. Michael Lee Zwiers, Chair of Counselling Psychology, University of Calgary mzwiers@ucalgary.ca

SPOTLIGHT ON ALBERTA PSYCHOLOGY

Stay abreast of the dynamic changes in Alberta psychology. In this standing column, we shine a brief spotlight on some of what is shaping our profession and weaving together the evolving story of Alberta psychology. Here we highlight members' recent peer-reviewed research by members, cutting edge practices in the province, and notable accomplishments.

Send submissions to Dr Judi L Malone, PAA Director of Education & Communications at judim@paa-ab.ca for consideration. Each edition of Psymposium will include a selection of submissions. Please include synopsis, publication information (reference or website as applicable).

PSYCHOLOGISTS IN THE MEDIA

Have you or one of your colleagues, been featured in the media?
Drop us a line to let us know judim@paa-ab.ca or paa@paa-ab.ca.

We keep a repository of psychology events that happen in the media and want your help to ensure that we don't miss any.
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.

IN MEMORIAM

Dr. Darrell Souster

The PAA board would like to express their deepest sympathy in the passing of Dr. Darrell Souster, who passed away on March 15, 2016.

Employer's Professional Liability Insurance: Are you covered? Potential pitfalls of relying on an employer's policy

Dr. Smith is employed as a psychologist in a hospital. Recently, he was notified by his provincial regulatory body that a former patient had made a complaint against him alleging that Dr. Smith behaved unprofessionally and was biased in his provision of care. Dr. Smith turned to the hospital's professional liability insurance policy for representation and protection. Unfortunately, as is the case with many hospital policies, Dr. Smith is only covered if he is named in a Civil action. Complaints made to a provincial or territorial regulatory body of psychology, such as claims of unprofessional attitude or improper conduct, are often excluded from an employer's policy. Dr. Smith is unsure what to do next and he's worried about his ability to finance an adequate legal defence.

A review of claims made to the CPA/CPAP insurance program suggests that regulatory complaints make up more than 80% of claims against participating psychologists. Those relying on employer coverage would be left to independently secure legal representation to defend against these claims and would be responsible for the associated costs.



The above scenario illustrates one of the reasons why some psychologists working in public practice have decided to purchase their own independent professional liability insurance.

However, there are many who are still relying on their employer's policies, thinking they are well protected in the case of a claim. Some of these psychologists have been surprised to find that there are other gaps in the protection offered by their employer's policy.

FOR INSTANCE, AN EMPLOYER'S POLICY:

Generally provides coverage ONLY for work done in the employment setting. Complaints related to services provided outside of the workplace, such as advice to a neighbour, volunteer work, or other paid services are often excluded from an employer's policy.

Generally shares limits of liability with all employees and the organization involved in a claim instead of having an individual limit of liability. If these limits are exceeded, the psychologist may become responsible for a portion of legal costs, including settlement or damage costs;

Does not typically reimburse criminal defence costs, for instance allegations of physical or sexual assault that are brought before a criminal court.

Generally is in place to protect the interests of the employer as the primary policy holder. While an employer's insurance policy is in place first and foremost to protect the best interests of the employer, the CPA/CPAP insurance policy protects the personal assets and interests of the individual member psychologist. Psychologists participating in the CPA/CPAP program can rest assured that sufficient coverage is in place to defend and pay valid claims in a timely manner. Legal representation for Civil and Regulatory claims is provided at no cost to you and without having to pay any deductible or additional fees.

The above list includes only some of the significant reasons it is important to protect yourself. A prudent way to ensure comprehensive professional liability protection is by securing an independent policy. You can then be confident that your interests will be upheld and that your reputation and assets will be protected.

Members participating in the CPA/CPAP insurance program also have access to pro bono legal services from Gowling WLG (Canada) LLP, one of the most highly recognized legal defence firms in medical defence and professional liability in Canada. This free, confidential legal advice is designed to help avoid or reduce the probability of a claim or complaint and is available to participating members should you have questions related to an actual or potential professional liability claim.

Don't take risks with your protection. For further information about the CPA/CPAP Professional Liability Insurance Program, or to purchase or renew coverage visit www.psychology.bmsgroup.com, or contact BMS Canada Risk Services Ltd. (BMS Group) at 1-855-318-6038 or psy.insurance@bmsgroup.com.

Broker: BMS Canada Risk Services Ltd., 320 Catherine Street, Suite 21, Ottawa, ON K1R 5T5
Toll Free: 1-855-318-6038 Email: psy.insurance@bmsgroup.com Fax: 613-701-4234 Web: www.psychology.bmsgroup.com



MEMBER BENEFITS

Advancing Your Professional Identity

- Keeps us in touch as psychologists
- Understands & supports psychologists
- Connects students, affiliates, & psychologists

Your Voice

- Advocacy for psychology & our consumers
 - Defending scope of practice
 - Informing the public & the media
- Enhancing psychologists' opportunities

Professional Development

- Discounted, accredited, & responsive PAA Continuing Professional Development
 - Recognition & Awards

Communication

- Newsletters, Symposium, & Member Advertising Rates
 - Social Media (Facebook, Twitter, LinkedIn)
 - PAA Web Presence
- Opportunities to Network & to get involved & shape the profession

Support

- Referral Service (Full members) with link to own website
- Discounted Professional Liability, home/auto, & office insurance

STUDENT MEMBER SPECIFIC BENEFITS

Professional Identity

- Supports through the transition from student to psychologist

Professional Development

- Special PAA CPD rates
- Student Research Awards & Presentations

Communications

- Post your CV & seek employment
- Network with experienced psychologists

Interested in more information?

Visit our webpage site www.psychologistsassociation.ab.ca

Login to the members only area of the PAA website

or call us at the office!



WELCOME TO NEW MEMBERS

(June 10 – October 12 2016)

Adhemar, Anna (Provisional)	Groves, Lauren (Provisional)	Nyhus, Tracey (Student)
Billawala, A, Ishaba (Provisional)	Hancock, Megan (Full)	Obiajunwa, Adaeze (Provisional)
Bouzetos, Maria (Full)	Hollowell Sheldon, Katherin (Student)	Ortiz, Jorge (Provisional)
Braun, Nadine (Full)	Jackson, James (Full)	Paljakka, Sanni (Provisional)
Brophy, Edward (Provisional)	Jensen, Michelle (Professional Affiliate)	Parry, Meghan (Student)
Bryant, Krystal (Student)	Johal, Simrandeep (Professional Affiliate)	Racine, Nicole (Provisional)
Chamberlain, Robin (Provisional)	Jones Bradac, Nicole (Provisional)	Renner, Mackenzie (Provisional)
Chant, Jacqueline (Provisional)	Kalas, Cristina (Full)	Scatolon, Carolina (Provisional)
Charron, Danielle (Student)	Kamphorst, Brianna (Provisional)	Sewall, Lindsay (Provisional)
Chipchar, Eileen (Provisional)	Kapaniuk, Debra (Out of Province)	Smallbones, Roberta (Provisional)
Coresi, Adelina (Provisional)	Kelava, Kathleen (Provisional)	Smith, Jennifer (Provisional)
Das, Angela (Provisional)	Kent, Rhonda (Provisional)	Soares, Melissa (Provisional)
Davies, Carolyn (Provisional)	Keto, Tanya (Provisional)	Sugimoto, Tamiko (Provisional)
Dhunnoo, Shalini (Student)	Klassen, Karin (Provisional)	Suvanto, Alexandra (Provisional)
Fabre, Rosemarie (Provisional)	Kleiner, Lindsay (Full)	Thomas, Deepa (Provisional)
Freeman-Cruz, Aiofe (Provisional)	Knierim, Corinne (Student)	Tingling, Beverley (Provisional)
Gafka, Adele (Full)	Lauze, Shelley (Professional Affiliate)	Van Deurzen, Amy (Provisional)
Gentilini, Sophie (Professional Affiliate)	McCormick, Tamara (Full)	Waller, Penelope (Provisional)
Gillespie, Ben (Provisional)	McInnes, Taylor (Provisional)	Walsh, Laura (Provisional)
Goukon, Rina (Professional Affiliate)	McKinnon, Michele (Provisional)	Wannas, Jenny (Professional Affiliate)
Grace, Angela (Full)	Meghji, Shahinoor (Student)	Wicleek, Nhial (Student)
Grinman, Mariana (Full)	Metz, Shaun (Full)	Zeldenrust, Sara (Provisional)
Groen, Mirjam Cecilia (Provisional)	Miliken, Genevieve (Provisional)	Zuzak, Vanessa (Student)
Gronnerud, Paul (Full)	Mortlock, Elizabeth (Provisional)	

Welcome

ALBERTA PSYCHOLOGY IN THE MEDIA

Psychology in the Media generated through the PAA office: *July 2016 – November 2016*

DATE	PSYCHOLOGIST	MEDIA OUTLET	TOPIC
Fall 2016 issue	Dr. Judi Malone	Apple magazine	Understanding Anxiety

Psychology in the Media not generated through the PAA office: *July 2016 – November 2016*

DATE	PSYCHOLOGIST	MEDIA OUTLET	TOPIC
July 2016	Dr. Linda Hancock	Indian Head Wolseley News – All Psyched Up (regular column)	<ul style="list-style-type: none"> Resolve or Regret Be your own health care professional! Secrets and Lies Kill!
	Dr. Linda Hancock	The Medicine Hat News – All Psyched Up (regular column)	<ul style="list-style-type: none"> Resolve or regret: Today is always a great day for resolution Be your own health-care professional Secrets and lies kill Heritage Day: Good time to remember the past
	Dr. Paulene Kamps	Calgary Herald (letter to the Editor column)	Calgary doctor doing great work
	Dr. Ganz Ferrance	CTV News Edmonton	Finding Mr. or Mrs. Right in tech savvy culture
August 2016	Dr. Linda Hancock	The Medicine Hat News – All Psyched Up (regular column)	<ul style="list-style-type: none"> Lessons in time Set small goals for big results Pay attention to behaviours when determining trustworthiness Don't accept loneliness
	Dr. Linda Hancock	Indian Head Wolseley News - All Psyched Up (regular column)	<ul style="list-style-type: none"> Set small goals for big results Are you lonesome tonight? Trust
	Dr. Susan MacDonald Dr. Ganz Ferrance	Alberta Primetime	<ul style="list-style-type: none"> Seeking help from a 'death doula' Community support for parents
	Dr. Janet Miller	Alberta Primetime	<ul style="list-style-type: none"> Could year-round school work for your family? How important is recess to a child's learning?
September/ October issue 2016	Hull Psychological Services psychologists	Calgary's Child magazine	Psych-Educational Assessment: Understanding Your Child's School Struggles
September 2016	Dr. Linda Hancock	The Medicine Hat News – All Psyched Up (regular column)	<ul style="list-style-type: none"> Remember why we have Labour Day Helping a child to do well The laws of the harvest I'm not talking about you specifically, but maybe you can use the advice Be clear about who you are

ALBERTA PSYCHOLOGY IN THE MEDIA (con`t)

DATE	PSYCHOLOGIST	MEDIA OUTLET	TOPIC
	Dr. Ganz Ferrance	CTV News Edmonton	<ul style="list-style-type: none"> The cost of depression and anxiety Finding peace at home
	Dr. Ganz Ferrance	CTV News Edmonton	<ul style="list-style-type: none"> The cost of depression and anxiety Finding peace at home
	Dr. Linda Hancock	Indian Head Wolseley News – All Psyched Up (regular column)	<ul style="list-style-type: none"> Helping a child to do well I'm not writing about you (Am I?)
	Dr. Janet Miller Dr. Ganz Ferrance Dr. Susan MacDonald	Alberta Primetime	<ul style="list-style-type: none"> What makes a good listener Flexible seating in classrooms for better learning
	Dr. Ganz Ferrance	630 CHED radio (afternoon show)	Depression and Anxiety
October 2016	Centre for Cognitive Behavioural Therapy Ms. Janet Caryk Dr. Wes Miller Dr. Joti Brar-Josan	Avenue Edmonton magazine	No Fears – Fright Night offers new treatments for phobia sufferers
	Dr. Linda Hancock	The Medicine Hat News –All Psyched Up (regular column)	Life is good and I am so thankful <ul style="list-style-type: none"> Much can be learned in Amish country On the internet it can be Halloween every day
	Dr. Linda Hancock	Indian Head-Wolseley News	Travelling Alone!
	Dr. Ganz Ferrance	CTV News Edmonton	<ul style="list-style-type: none"> Using social media well Halloween stress test
	Dr. Ganz Ferrance	630 CHED radio (afternoon show)	Sleep. How to make it better for you to sleep
November 2016	Dr. Linda Hancock	The Medicine Hat News – All Psyched Up (regular column)	Thank them for their service

**In addition to psychology in the media, PAA receives several requests for career fairs and public speaking engagements promoting psychology to the public.
July 2016 – November 2016**

DATE	PSYCHOLOGIST	VENUE
October 2016	Ms. Cinder Smith	Attended PAA's exhibit at Outrun the Stigma – Mental Health Expo and walk/run event that raises mental health awareness.
	Dr. Jennifer Jette	Provided presentations to Lester B. Pearson High School Psychology 30 classes in Calgary and spoke about becoming a psychologist, the various career choices and Forensic Psychology.
	Dr. Al-Noor Mawani	Attended PAA's exhibit at YYC Welcoming and Employment Fair II, part of the Syrian Welcoming Committee in Calgary.

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 to advise us so that we can include the information in our report



A PAA WORKSHOP REVIEW

“Emerging Technologies and Professional Psychology Practice”

Presented by Christine Korol Ph.D, R Psych,
Friday 16 September 2016, Calgary, Alberta

Telemental health everywhere and anywhere! AAAAHHHH!!!!

The month of September had a theme for some of us psychologists in Alberta who attended both the PAA workshop and the CAP AGM this year: Telepsychology. As an attempt to synthesize some of what was shared at those events, and to further the dissemination of resources and questions that were raised, I thought I would share some mental notes that I took.

Where to begin?!

As practitioners of mental health, I suppose it would make sense to look at how we think/feel/behave about or with the new and dazzling array of opportunities, possibilities and dangers that exist on this new frontier of psychological practice. Namely, the online space. For those of us who have undergone the training to become registered, we have a duty, and hopefully also a strong desire, to do our work well; truly well. Therefore, a certain amount of hesitation, caution and healthy fear is involved when confronting the implementation and use of technology in one's practice.

This was in abundance during our morning at the PAA workshop offered by Dr. Christine Korol as a range of possible pitfalls and breaches of confidentiality in practice and ethics was made clear. From the challenges of having clients connect with us on social media where our personal/professional boundaries may be crossed, to the difficult reality that most of us are using technology in our practice that we do not sufficiently understand, we were confronted with what can go wrong in telepsychology. With respect to informational privacy and confidentiality, the possibility of breaches when using even basic tools like email, video conferencing and cell phone applications extends into the infinite space of the World Wide Web.

Fortunately, being exemplary self-regulators and distress tolerance heroes we were able to manage the sense of panic that can set in when one really contemplates just how many days or lifetimes it would take to be totally, completely and competently versed in the technological side of our practices. Competence being on a sliding scale, as well as merely a yes or no, we were encouraged and nourished by the simple yet reassuring words of Dr. Marlene Maheu during CAP's presentation the following week who said something like this: "I know it can seem overwhelming, but it's really not that bad. Just continue to spend a few hours every month learning and developing your knowledge of the best practices for Telemental health and you will be just fine."

For example, in my own practice, I have been using a business email address and have recognized that the company I was using for this service did not provide encrypted emails (ensuring a much greater likelihood of confidentiality and privacy when exchanging sensitive and private information). As a result of attending these workshops, and doing some of my own research online, I decided to sign up for Hushmail which is a Canadian-based organization that provides secure and encrypted email services for healthcare providers. I have spent the last few days getting registered and transferring information over, and there is no doubt that it takes some time and definitely brings up feelings of frustration making the transition and becoming educated in the new service, but I now feel much more comfortable using email with clients, especially after having gone through the informed consent process where I can delineate how the system works etc.

Questions Arising

One hurdle overcome (at least relatively, and for now), and more arise. Other questions about how to manage our practices online remain: What is the best online practice management software to use in Canada? How do I respond to emails sent to me by potential clients from online referral companies (e.g. Psychology Today) when personal information is revealed? Should I text with my clients? If so, what are my standard operating procedures around this? How can I use new and burgeoning platforms designed to provide extra psychological support and treatment engagement in a way that remains ethical?

Fortunately, there are some answers to these questions and it behooves us to grapple with what they are. There are the technological answers, the ones that need answering so that we can actually understand what we're dealing with, but then there are the ethical ones, the space between what we are doing or planning to do in the provision of services and how that matches with our code of ethics, our standards of practice.

If I could have changed one thing about the presentations that were made, it would have been to include more of the ethical conversation. In other words, really bringing out the code and teasing apart the difference between minimizing harm and maximizing benefit, for instance. What are some instances of both happening through the use of text messaging? Working through a few scenarios and examples would have been helpful to get us thinking more philosophically and, in turn, more pragmatically about Telemental health.

Wisdom is needed as we face into the extraordinary possibilities of providing psychological support and assistance to people who would not otherwise be able to receive it, and doing so in a way that remains ethical. This is especially true as the technological advances often outpace our ability to digest or integrate the changes into our professional lives. One of the more interesting conundrums that many of us now face is the increasing likelihood of providing therapy to clients in different jurisdictions and provinces/states/countries.

Moving Forward

Dr. Maheu explained that although the ASPPB is working to create policies (called PSYPACT) in which registered psychologists in North America can provide services across jurisdictional borders, those only exist in some states and none are in Canada. This means that if you are registered in Alberta and are working with someone in Ontario, for example, you need to be either registered in Ontario also or have a very clear understanding of what the laws and codes have to say about you providing services without a license. This can be frustrating for many of us because it feels like an overwhelming amount of work to be properly informed about what is and is not permitted. Even though the technological doors have been flung open and we can very easily provide services to anyone in the world, the political, legal and professional borders remain very much in place.

Much more could be written and should be written about this important area, and it is encouraging to see PAA, CAP, and Alberta Psychologists doing the difficult work of wrestling with these issues and trying to develop some wisdom in the face of all of it. In closing, I thought I would highlight two resources, one from each of the presenters. First, Dr. Korol shared a new project she is working on called Keltys's Keys



which is aimed at providing self-paced CBT for clients that can be reviewed and serve as an adjunct to our work with them <http://www.keltyskey.com/>. Second, Dr. Maheu has created a website with a wealth of information and training available for psychologists to become more informed and competent in the various areas of online practice <http://telehealth.org/>.

Dr. Marc Ross (PhD. Ed.)
Registered Psychologist

CALENDAR OF EVENTS

April 28, 2017 - Assessment of Children's Behavioral, Clinical & Social Functioning

Presented by Dr. Jerome M. Stattler.
Location: Calgary, AB.

Sponsored by the Psychologists' Association of Alberta

May 25, 2017 - PAA Awards & Welcome to the Profession Banquet

Location: Fort Edmonton Park, Edmonton, AB
Sponsored by the Psychologists' Association of Alberta

May 26, 2017 – PAA Connect 2017: Our Forum for Learning, Connection & Renewal

Featuring Dr. Scott Miller.
Location: Fort Edmonton Park, Edmonton AB

Sponsored by the Psychologists' Association of Alberta

More information and registration on all these workshops is available on the PAA Website: http://www.psychologistsassociation.ab.ca/site/paa_workshops

UPCOMING MEETINGS & SOCIAL EVENTS

BOARD MEETING

December 10, 2016 - Edmonton
May 25, 2017 - Edmonton

ANNUAL GENERAL MEETING

May 26, 2017 - Edmonton

****Please advise the PAA office if you are interested in attending any of the above meetings.**

Please be sure to check the PAA website regularly for any newsletter updates and upcoming events.

Log onto the website www.psychologistsassociation.ab.ca and click on *Continuing Education/PAA Workshops or PAA Workshops/Non-PAA Training Events*.

Changing Your Address?

You can update your personal details directly through the Members Log In page on our website: http://www.psychologistsassociation.ab.ca/site/member_profile or complete your information below and return to PAA with your mailing label.

Name: _____
Street: _____ City: _____
Province: _____ Postal Code: _____
Business Phone: _____ Fax: _____ Home Phone: _____
Effective Date: _____

Mail to: PAA Symposium, Unit 103, 1207 – 91 Street SW, Edmonton, Alberta T6X 1E9



PSYCHOLOGISTS'
ASSOCIATION *of* ALBERTA

Proudly Presents

PAA Connects 2017

Edmonton, Alberta
May 25th & 26th, 2017

*Our Forum for Learning,
Connection, and Renewal*

Contact PAA:
Edmonton: (780) 424-0294
Toll Free: 1-888-424-0297
Fax: (780) 423-4048

