Greetings from the Director of Clinical Training
Heather Hadjistavropoulos, PhD, R. D. Psych

I am preparing this newsletter just a few days before I leave on vacation. I have to say, although I am tired and really ready for vacation, it has raised my spirits considerably reflecting on what a great year this has been for both students and faculty. I am sure you will also be impressed when you take a look at all the achievements listed in this newsletter.

One thing I am very pleased to report on is that Dr. Tania Safnuk from Prairie Psychology Services will be able to offer clinical training to students this year and Dr. Jason Peebles will be offering a practicum at the R.C.M.P. Medical Treatment Centre. We are very happy to have these new opportunities for students.

Faculty and students are also extremely grateful to our supervisors from Counselling Services, Catholic Family Services, Mental Health, Child & Youth, the Functional Rehabilitation Program, the Children’s Program, Cypress Health Region, and Prairie North Health Region who are providing supervision to clinical students this year as well. Our program cannot operate without this support and we truly appreciate this dedication and commitment to training!

Best wishes for a great fall!

Heather

Please contact me if you have any questions or suggestions related to the program. Feedback is always welcome! I would also like to mention that, while I prefer to hear feedback directly, you can also provide anonymous feedback by leaving a typed message in my departmental mail box.

Phone: 585-5133    Email: hadjista@uregina.ca

Updates to the Clinical Program Manual and Brochure:
The Clinical Program manual and the Clinical Program brochure have been updated. You can find these materials on the web at the following web address: http://www.arts.uregina.ca/psychology
Clinical Seminar Series: Save the Dates

The following clinical seminars have been lined up for the fall. All clinical students who have not yet completed comprehensive exams are required to attend, and community members and faculty are also invited to attend. All seminars will be held from 4:30-5:30 in Ad Hum 318. The seminars are designed to contribute to the clinical training of students and provide a forum for the discussion of important clinical issues among the MA and PhD students. The schedule is as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday September 21</td>
<td>Shannon Jones</td>
</tr>
<tr>
<td>Wednesday October 19</td>
<td>Daniel Peluso</td>
</tr>
<tr>
<td>Wednesday November 16</td>
<td>Jocelyne Leclerc</td>
</tr>
<tr>
<td>Wednesday December 7</td>
<td>Christina Drost</td>
</tr>
</tbody>
</table>

We will also be holding seminars in the winter term. At this time, we are hoping to have a presentation on the Bariatric Surgery Clinic (Dr. Regan Hart-Mitchel) and a presentation on private practice (Prairie Psychological Services). If you have an interest in presenting, or have any questions, please call or email the clinical seminar coordinator, Nicky Pugh [ (306) 585-5133, hadjista@uregina.ca]

Jillings Award Gathering: Save the Date

The Jillings Award reception will be held on Thursday, October 13th from 4:00-6:00. Prior to the reception, Dr. Wayne Schlapkohl will be giving a talk at 3:00 on emotionally focused couple's counselling. The Jillings award recipient this year is Ms. Nicole Alberts who completed her MA level internship in the Cypress Health Region under the supervision of Dr. Sam Morgan.

The reception will be held at the Language Institute 215. This reception is an opportunity for us to celebrate the contributions of our clinical supervisors and clinical students to our program as well as honour the recipient of the Jillings Award for outstanding performance during a 4 month internship.

Please help me welcome the following new MA students to our program.

<table>
<thead>
<tr>
<th>Name</th>
<th>Supervisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Samantha Horswill</td>
<td>Nicholas Carleton</td>
</tr>
<tr>
<td>Hollyanne Parkerson</td>
<td>Gordon Asmundson</td>
</tr>
</tbody>
</table>
Sarah Reiser
Supervisor: Kristi Wright

Luke Schneider
Supervisor: Heather Hadjistavropoulos

Ashley Viklund
Supervisor: Thomas Hadjistavropoulos

Kimberly Zorn
Supervisor: Mary Hampton
Please be sure to congratulate the following students who defended their MA theses and started the PhD program this fall!

<table>
<thead>
<tr>
<th>Student</th>
<th>Supervisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nicole Alberts</td>
<td>Heather Hadjistavropoulos</td>
</tr>
<tr>
<td>Clair Barefoot</td>
<td>Thomas Hadjistavropoulos</td>
</tr>
<tr>
<td>Chelsea Delparte</td>
<td>Kristi Wright</td>
</tr>
<tr>
<td>Jasmin Dhillon</td>
<td>Heather Price</td>
</tr>
</tbody>
</table>
Mathew Fetzner  
Supervisor: Gordon Asmundson

Omeed Ghandehari  
Supervisor: Thomas Hadjistavropoulos

Michel Thibodeau  
Supervisor: Gordon Asmundson

**Dissertation Recognition:** Nick Carleton won the 2011 Governor General's Academic Gold Medal for best dissertation at the university last year. He also went on to win the CAGS/UMI Distinguished Dissertation Award for the best doctoral dissertation in science, engineering, and medicine in Canada, the first recipient in Saskatchewan.
Please join me in congratulating the following clinical students who completed the PhD program in the 2010-2011 academic year!

Michelle Bourgault-Fagnou

**Dissertation Title:** Testing the Efficacy of a Cognitive-behavioural treatment for health anxiety among older adults

**Supervisor:** Heather Hadjistavropoulos

**Current Position:** Functional Rehab Program, Regina Qu’Appelle Health Region

Megan Tuttle

**Dissertation Title:** A Modified Dialectical Behaviour Therapy Skills Group for Multidiagnostic Suicidal Adolescents with Symptoms of BPD

**Supervisor:** Mary Hampton/Regina Shercliffe

**Current Position:** Child and Youth Services, Regina Qu’Appelle Health Region

Amanda Lints-Martindale

**Dissertation Title:** The Examination of Observational Pain Assessment Tools For Dementia Patients And The Role of Delirium

**Supervisor:** Thomas Hadjistavropoulos,

**Current Position:** Assistant Professor, Department of Clinical Health Psychology, University of Manitoba, and Staff Psychologist, Community Mental Health Program, Steinbach, MB
**Clinical Training**

As you will see below students have been very busy with clinical training this year. We are very grateful to all of the supervisors that have worked with the students and invested in the future of clinical psychology!

### 4-Month Internship:

The following students completed the four month internship in 2010-2011.

- Nicole Alberts & Clair Barefoot – Cypress Health Region - (Primary Supervisor: Dr. Sam Morgan)
- Chelsea Delparte – Regina Qu’Appelle Health Region, Child & Youth Services – Pamela Olson (Primary Supervisor), Dr. Karen Todd & Linda Thauberger (Young Offender Team), Patricia Rector and Cindy McFadyen (Child Team), Tammy Dusterbeck-Colhoun (Kinship Team), Dr. Elisabeth Brass & Melissa Derow (Youth Team), Phil Sevigny & Della Hunter (Cognitive Disability Team)
- Jasmin Dhillon & Mathew Fetzner – Regina Qu’Appelle Health Region, Functional Rehabilitation Program (Supervisors: Drs. Tom Robinson, Dave West-Johnson, Michelle Bourgault-Fagnou, Kristine Kowalyk)
- Mike Thibodeau – Prince Albert Parkland Health Region (Supervisors: Dr. Lisa Berg-Kolody, Dr. Margaret Ralston, Dr. Carrie Hicks, Dr. Doug Jurgens, and Laura Nicholson)
- Bethany Gelinas Psychiatric Treatment Clinic, Dept of Psychiatry, Walter Mackenzie Health Sciences Centre (Primary Supervisor: Anthony Joyce and John Rosie)
- Lindsay Friesen – Young Adult Program Foothills Hospital & Peter Lougheed Hospital, Calgary Alberta (Supervisors: Dr. Assen Alladin and Dr. Kate Hamilton )

### Doctoral Clinical Placements:

The following students completed a PhD practicum this year.

- Murray Abrams & Daniel Peluso, Centre on Aging and Health (Supervisor: Tania Safnuk)
- Jocelyne Leclerc, Shannon Jones, Sarah Chan, Functional Rehab Program, WRC, RQHR (Supervisors: Drs. Tom Robinson, Dave West-Johnson, Michelle Bourgault-Fagnou, Kristine Kowalyk)
- Nathalie Berard and Katherine McMillan, Child & Youth (Supervisors: Bruce Gordon, Della Hunter, Philip Sevigny)
- Michelle Makelki, Jocelyne Leclerc, Regina Mental Health (Primary Supervisor: Pam Clarke)
- Heather Eritz, Catholic Family Services, Regina (Primary Supervisor: Dr. Gary Kuntz)
- Shannon Jones, Nicky Pugh, Katherine McMillan, Megan Woods, Counseling Services, U of R (Supervisor: Dr. Brian Sveinson)
- Shahlo Mustafaeva, Sarah Chan, Daniel Peluso, Patrick Welch, Murray Abrams, Heather Eritz, Christina Drost, Psychology Training Clinic, U of R (Supervisors: Drs. Heather Hadjistavropoulos, Gordon Asmundson, and Kristi Wright)
- Daniel Peluso, Center for Addiction and Mental Health, Toronto Ontario (Supervisor: Dr. Christine Cuorbasson, Penny Vernon.)
**Predoctoral Residency Completion:** I am pleased to report that the following students have completed the predoctoral residency this year.

- Kelsey Collimore, Centre of Addictions and Mental Health
- Theresa Dever Fitzgerald, Queen Elizabeth II Health Science Centre
- Paulette Hunter, Ongwanada: Kingston Internship Consortium
- Amy Janzen, Saskatoon Health Region
- Melissa Kehler, Millard Health Centre
- Kim McKay-McNabb, Saskatoon Health Region
- Phil Sevigny, Regina Qu’Appelle Health Region
- Atif Shujah, Regina Qu’Appelle Health Region

Please wish the following students well as they move on to complete the predoctoral residency in 2011-2012

- Meghan Woods, University of Manitoba- Clinical Health - Rural
- Michelle Makelki, BC Mental Health and Addiction Services, Clinical Child and Adolescent Track, BC Children's Hospital
- Dufton Lewis – UBC Counselling Services

**Comprehensive Exams:** It has been a busy summer for several students who have worked hard to complete comprehensive exams this term. Congratulations to the following students who have demonstrating competency in integrated case presentations, ethics and professional issues, integrated literature reviews and program evaluation.

- Christina Drost
- Shannon Jones
- Jocelyne Leclerc
- Daniel Peluso

The following students have recently secured positions following the completion of their pre-doctoral residency.

- Amy Janzen has taken on a full-time position at Mental Health in Regina
- Kelsey Collimore has accepted a post doctoral position with Dr. Neil Rector at Sunnybrook.
- Paulette Hunter has taken a position as Assistant Professor, St. Thomas Moore College, University of Saskatchewan
- Melissa Kehler is working at Millard Health Centre in the Traumatic Injury Program.
Student success in funding in 2010-2011 has been incredible. Congratulations to all students who held funding this year.

**SSHRC:** Bethany Gelinas, Jasmin Dhillon, Meghan Woods, Jennifer Amy Janzen Claude, Phillip R. Sevigny

**CIHR:** Danaka Safinuk, Lindsay Friesen, Myriah Mulvogue, Chelsea Delparte, Clair Barefoot, Michel Thibodeau, Omeed Ghandehari, Katherine McMillan, Patrick Welch, Daniel Peluso, Shannon Jones, Murray Abrams, Candice Bovell, Theresa Dever Fitzgerald

**Alzheimer’s Society of Canada:** Sarah Chan

**The BMO Financial Group Fellowship for Rural and Northern Studies:** Nicky Pugh

**FGSR MA Funding:** Bethany Gelinas, Danaka Safinuk, Dylan Payne, Lindsay Friesen, Michelle Gagnon, Myriah Mulvogue, Chelsea Delparte, Clair Barefoot, Jasmin Dhillon, Mathew Fetzner, Michel Thibodeau, Nicole Alberts, Omeed Ghandehari, Kathy Chan

**FGSR PhD Funding:** Heather Eritz, Katherine McMillan, Nicole Pugh, Shahlo Mustafaeva, Christina Drost, Jocelyne Leclerc, Shannon Jones, Kelsey Collimore, Kim McKay-McNabb, Candice Bovell

We are off to a great start this 2011-2012 funding year and congratulate the following students who received new funding this year:

Matt Fetzner won the Vanier Scholarship for CIHR (the first recipient at the University of Regina). This award is the most prestigious graduate scholarship in Canada, and is presented for academic excellence, community service, and leadership potential. This is a significant accomplishment, in that the University of Regina was entitled to make only 1 nomination over three years for this award, and Matt was successful. This is in contrast to the University of Toronto, which was entitled to make 123 nominations over three years.

**CIHR Funding:** Nicole Alberts, Nicky Pugh, Luke Schneider, Sarah Reiser, Hollyanne Parkerson

**SSHRC Funding:** Kimberly Zorn

**Alzheimer Society of Canada:** Heather Eritz
**Message from the PGSA:**

The PGSA had an active year in 2010-2011. Lindsay Friesen worked with the Fetal Alcohol Spectrum Disorder network in Saskatoon to bring Marilyn Gosselin to the University of Regina to provide a half day workshop on assessment of Fetal Alcohol Spectrum Disorders in children in rural settings. The workshop was held on February 9, 2011, and was a huge success. Meanwhile, Danaka Safinuk coordinated the PGSA Christmas Charity. This year we chose to make a donation to Santa's Anonymous. The gift bin that was placed in the Psychology Department was overflowing with toy donations from faculty, students, and staff. In April, Daniel Peluso was awarded the PGSA Spirit Award for his work in mentorship of and advocacy for graduate students in psychology at the University of Regina. These are only examples of the dedication we see in students each year towards the success of the PGSA.

In April, the 2011-2012 PGSA executive was also elected. We are pleased to report we have a full roster for the upcoming year. In addition to sitting on the executive, psychology students volunteer to sit on committees that contribute to the running of the University of Regina through the Faculty of Graduate Studies and Research, volunteer for events, and participate in the Department of Psychology Mentorship Program.

President: Mathew Fetzner  
Vice President: Heather Eritz  
Department and Curriculum Committee Rep: Daniel Peluso  
EAP Rep: Ryan Fitzgerald  
Clinical Committee Rep: Shannon Jones  
Secretary/Treasurer: Jasmin Dhillon  
GSA Rep: Bethany Gelinas  
Social Rep: Lindsay Friesen  
Faculty Liaison: Kristi Wright  
APA Rep: Clair Barefoot  
CPA Rep: Michelle Gagnon  
Union Steward: Omeed Ghandehari  
External Relations and Webmaster Rep: Danaka Safinuk & Patrick Welch

As the Psychology Graduate Students’ Association (PGSA) represents all psychology graduate students at the University of Regina in the Clinical and Experimental and Applied Psychology Programs, the primary objective of the PGSA is to provide a means for students to contribute actively to their program, the Department of Psychology, and the University of Regina. Our goals for the next year will be to continue to provide information and support for psychology graduate students, promote psychology within our community, encourage collaboration between graduate and undergraduate students, support the Clinical Seminar Series, and foster communication between graduate students and the department. We look forward to continuing to work towards these goals in the upcoming year.
Retirement
Heather Hadjistavropoulos has asked me to write an article about Dr. Cannie Stark given her recent retirement from our department. Not many students, or for that matter even junior faculty members, know much about Cannie. This is because she has not been very active in the department recently due to some health issues. Nonetheless, we should acknowledge Cannie because she has made some important contributions to our department, the university, and indeed the discipline of psychology.

Cannie Stark came to us from Wellesley hospital in Toronto, where she was Senior Investigator at the Scott Laboratory in the Department of Psychiatry, University of Toronto. She was hired here as Head of Psychology in 1984 to help rebuild our department. She began by hiring new and research-active faculty members such as Dennis Alfano, Siu Chow and myself. I credit her with starting the long and arduous process of changing one of the weakest departments in the university into the one of the strongest.

Cannie introduced the department to feminism and the psychology of women. Prior to her arrival, there had been no women faculty members in our department (contrast that with our current status of approximately 50%). Her course on the Psychology of Women was extremely popular with our students and she was one of the most sought-after thesis advisors in our department (both at the undergraduate and graduate-level). In 1980, she edited a book on: *Sex Roles: Origins, Influences, and Implications for Women*. In 1994, she was recipient of the Distinguished Member Award for the Section on Women and Psychology (SWAP) in CPA. She was also elected in 1998 as the first Vice-President, Women’s Issues for the Canadian Federation for Humanities and Social Sciences. In 2009, Cannie was formally recognized by the American Association for Women in Psychology as a pioneer in teaching the Psychology of Women.

Cannie was also a pioneer in qualitative research methods, both in introducing these approaches to our university and Canada-wide. At that time some 30 years ago, qualitative research methods were almost unheard of in psychology, but now in retrospect they have become much more main-stream in our discipline and others.

In addition, Cannie played an important role in the establishment of research ethics in psychology in Canada. Beginning with her own graduate research at McGill University on the psychological effects of marijuana use, she demonstrated the need for ethical review of research with human participants early in her career. With Jean Pettifor, she helped write the CPA *Code of Ethics* and continues to be one of the national experts in this area. She also was SSHRCC’s representative in writing the *Tri-Council Guidelines for Research with Human Participants*. Most recently she was involved in writing the CPA *Ethical Guidelines for Supervision in Psychology* (2009), as well as the companion resource guide (2010). In addition, Cannie served as President of the Canadian Psychological Association in 1990, a clear indication that her colleagues appreciated her contributions to our discipline.

Cannie's program of research cut across a diversity of areas, including: feminist psychology, careers of women academics, and stress in policing, among others. She often talked to me with pride about her participant observer research with police officers in the field, and particularly working with canine units. This work cumulated in a book that she wrote on: *A Dog is Not a Gun*. (1998). Most recently, she became an expert on the psychological impact of social media and “reality” television.

Knowing Cannie, I think that she will miss the interaction with her students most in her retirement. Anyone who has worked closely with Cannie will know that she it is a real perfectionist, which is intended as a compliment. It most recently paid off for her last graduate student, Erin Rummel, who successfully defended her MA thesis and had absolutely no revisions to make. I am sure that Erin appreciated Cannie's careful and diligent guidance on her thesis.
On a personal note, I think that most people know that Cannie loves animals (especially of the feline and canine variety), and also enjoys gardening. I hope that she can continue to take pleasure in both during her retirement. I look forward to Cannie joining us so that we can celebrate her many accomplishments during the Jillings’ Award ceremony on Oct. 13th.

References


Faculty News

- Dr. Gordon Asmundson is now President's Research Chair in Adult Mental Health (2011-2016). He continues to lead the CIHR funded Traumatic Stress Group and Anxiety and Illness Behaviours Lab in efforts to better understand the association between posttraumatic stress disorder and chronic pain. His graduate trainees received numerous training and achievement awards, including the CIHR Vanier Scholarship and the Governor General's Gold Medal. In November 2010 his critically acclaimed 'It's Not All in Your Head: How Worrying About Your Health Could be Making You Sick--And What You Can Do About It” (2005; Guilford) was awarded the Association of Behavioral and Cognitive Therapies Self-Help Book of Merit Award.

- Dr. Angelina Baydala is completing a textbook on the History and Philosophy of Psychology to be published by Cambridge University Press. She is also conducting research with Dr. William Smythe on the Collected Works of C. G. Jung focused on hermeneutics and continuity of meaning across time and culture. Most recently, Dr. Baydala, in conjunction with Drs. Mary Hampton, Carrie Bourassa and Gerald Saul, were awarded a CIHR Knowledge Translation and Public Outreach grant to facilitate delivery of culturally appropriate and safe end of life care for Aboriginal families.

- Dr. Nicholas Carleton has begun work on his SHRF-funded project exploring attentional biases in social anxiety disorder. He has also been awarded the Governor General's Academic Gold Medal for 2011. A recent article by him, Daniel Peluso, and Dr. Asmundson that ranked psychology departments across Canada has received substantial attention, resulting in a new partnership with Thomson Reuters to produce such work.

- Dr. Heather Hadjistavropoulos has been working on her CIHR Partnership for Health System Improvement grant ($500,000 value). The project is focused on developing, implementing and evaluating online therapy for depression, anxiety and panic to be used by community therapists and students in Southern Saskatchewan (check out onlinetherapyuser.ca). She was honored with several awards this year including the 2010 Saskatchewan Health Research Foundation Achievement Award and the 2011 Jillings Award from the Psychological Society of Saskatchewan. She was also appointed Fellow of the Clinical Section of the Canadian
Psychological Association. She is currently President Elect of the Canadian Association for Cognitive Behaviour Therapy.

- Dr. Thomas Hadjistavropoulos, Research Chair in Aging and Health, continues to lead his province-wide research group Research and Community Alliance for Quality of Life in Long Term Care. Together with his doctoral student Theresa Dever Fitzgerald and Public Policy Faculty member Greg Marchildon, he has won the 2011 Silver Quil Award for Knowledge translation from the Canadian Physiotherapy Association. Among many other publications in the last year, he produced a paper in the prestigious Psychological Bulletin (Hadjistavropoulos et al. in press. A biopsychosocial formulation of pain communication. Psychological Bulletin).

- Dr. Mary Hampton has received a grant from CIHR for Aboriginal Health Intervention project entitled, "Improving End-of-Life Care in First Nations Communities: Generating a Theory of Change to Guide Program and Policy Development" (PI, Dr. Mary Lou Kelley at Lakehead University). She is also coordinating statement gathering activities in Saskatchewan for the Truth and Reconciliation commission of Canada. Dr. Hampton has received funding for five years at $1,000,000 for a SSHRC/CURA project entitled, "Rural and Northern Response to Intimate Partner Violence." She is a co-editor of a recently published book entitled, "Torn from our Midst: Voice of Grief, Healing and Action from the Missing Women's Conference, 2008."

- Dr. Lynn Loutzenhiser was on sabbatical last year in Oxford, England. During this time, she presented her research on maternal perceptions of infant sleep at the International Pediatric Sleep Conference in Rome, as well as participated as an invited speaker at Oxford University and Durham University. This year she is continuing with her research projects on parenting and infant sleep, and her clinical work with children with autism and their families.

- Dr. Regan Shercliffe is currently on secondment to the United Nations High Commissioner for Refugees, which is a United Nations agency mandated to protect and support refugees. He will be working with national and international staff in Pakistan and Afghanistan. He will resume his work at the University in January 2012. We look forward to a clinical seminar focused on his work when he returns.

- Dr. Kristi Wright’s research efforts continue to focus on exploring the many facets of preoperative anxiety in children and, in extension, seeking to improve intervention strategies for children receiving anesthesia services within the Canadian healthcare system. Finishing touches are being completed on her, Drs. Heather Price and Katherine Robinson’s Canadian Innovation Foundation (CFI) funded state-of-the-art laboratory facility for innovative research projects designed to understand and improve health and well-being of children. Most recently, Dr. Wright received a Saskatchewan Health Research Foundation (SHRF) New Investigator Establishment Grant to develop and evaluate an interactive, Internet-delivered preoperative preparation program (I-PPP) for parents/guardians and their children who are to undergo a surgical procedure.