

Newsletter

of the Clinical Psychology Program



Greetings from the Director of Clinical Training, Heather Hadjistavropoulos (PhD, RD Psych).

I hope you enjoy reading our new and improved newsletter. In addition to student and faculty highlights, we have a few extra articles highlighting research in the department.

I am very pleased to report that we have now had 25 students complete our accredited PhD program! Of significance to our province, over 50% of these students have remained in Saskatchewan and are making a significant difference to the provision of mental health care. Given the difficulties that individuals in Saskatchewan have accessing mental health care, I think we should all feel very proud of the contribution we are making to changing the face of mental health care in Saskatchewan.

In other news, I am delighted to share that one of our graduates Dr. Katherine Owens will be supervising a student in neuropsychology this year through her work with clients who have suffered

a head injury in a motor vehicle accident. It has been some time since we have had a neuropsychology practicum for our students so this is an exciting development. Thank you Katherine for taking this on!

CPA recently made changes to the Accreditation Standards and Procedures for Doctoral Programmes in Canada. The most significant change is that they are now very explicit about the number of hours students need before applying for the pre-doctoral residency (300 direct clinical hours and 150 supervision hours). Thanks to a combination of community and university supervisors our students are already meeting these requirements. Nevertheless, it is something for us to be mindful of in order to ensure our students continue to obtain this level of experience. I'd like to thank all of our community supervisors for their willingness to supervise students as well Dr. Lynn Loutzenhiser for her work in setting up the placements. Please read on the following pages all the great training opportunities our students have had this past year.

As you'll see when reviewing the newsletter, Dr.

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Baydala is leaving her faculty position at the U of R. We're all very sad to see her leave as she has made a meaningful contribution to our program assisting with various administrative activities over the years, supervising students and teaching one of our therapy classes. Fortunately for us, she has agreed to stay involved with students who have not quite finished their program. Thank you Angie!

Taking over for Angelina is our new faculty member Dr. Bridget Klest. Bridget shared some information on her background, which I've included below. Please join me in welcoming Bridget to the program. We are eager to see how our program will evolve as you join our program.

This year, the Clinical Committee continued to discuss how to assist students with completion of the program. In this regard, we created a goals worksheet and timelines for both the MA and PhD. We also will be working towards having students defend the PhD proposal within 18 months of being in the program and also having 25% of data collection complete before applying for the pre-doctoral residency. Our ultimate goal is to help students defend the dissertation before the predoctoral residency. We were inspired by Daniel Peluso this summer who recently defended his PhD dissertation before going on the pre-doctoral residency. We hope he will be the first of many students who are able to do this.

In terms of other news, this past year we made an extra effort to collaborate with several groups in an

attempt to provide our students with additional interprofessional experiences. Students have been involved with the Student Energy in Action for Regina Community Health (thank you to Kristi Wright for her involvement with this) and also participated in the Interprofessional Pain Conference. This year we hope to get involved with the Saskatchewan Coalition on Mental Health Care. Stay tuned!

One final change to share is that one of the departmental secretaries, Nicole Baumgartner left the department moving on to Kelowna. She was very helpful to everyone in the department and will be missed. Fortunately, Brenda Yung continues to support us and we have a new departmental secretary joining us. Please join me in welcoming Catherine Hologroski.

Please contact me if you have any questions or suggestions related to the program. Feedback is always welcome!

Phone: 306-585-5133
Email: hadjista@uregina.ca

Best wishes for a great Fall!



~Heather

P.S. 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.

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.uregina.ca/arts/psychology/programs/clinical.html>

Fall Reception: Save the date

The Fall reception will be held on Friday, October 12th from 3:30-5:30. Dr. Katherine Owens will begin by giving a talk entitled *Volunteering and Mental Health Care in Somalia*. This will be followed by awards presentations, including the presentation of the annual Jillings award. The Jillings award recipient this year is Ms. Myriah Mulvogue who completed her MA level internship in the Functional Rehab Program under the supervision of Dr. Thomas Robinson.

The reception will be held at the Language Institute Theatre. This reception is an opportunity for us to celebrate the contributions of our clinical supervisors and clinical students to our program.

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



SOPHIE DURANCEAU
Supervisor: Nicholas Carleton



DANIEL LeBOUTHILLIER
Supervisor: Gordon Asmundson



KIRSTIE WALKER
Supervisor: Kristi Wright



DALE DIRKSE
Supervisor:
Heather Hadjistavropoulos



AMY HAMPTON
Supervisor:
Thomas Hadjistavropoulos

Please be sure to congratulate the following students who defended their MA theses and started the PhD program this fall:



LINDSAY FRIESEN
Supervisor:
Heather Hadjistavropoulos



MICHELLE GAGNON
Supervisor:
Thomas Hadjistavropoulos



BETHANY GELINAS
Supervisor: Kristi Wright



MYRIAH MULVOGUE
Supervisor: Nicholas Carleton



DANIKA SAFNUK
Supervisor: Mary Hampton



DYLAN PAYNE
Supervisor: Angelina Baydala

Please join me in congratulating the following clinical students who completed the PhD program in the 2011 - 2012 academic year:



AMY JANZEN
Dissertation title: *An Application of Health Behaviour Models to Diabetic Treatment Adherence: A comparison of Protection Motivation Theory and Theory of Planned Behaviour*
Supervisor: Heather Hadjistavropoulos
Current position: Mental Health Clinic, Regina Qu'Appelle Health Region



KELSEY COLLIMORE
Dissertation title: *Responses to Interoceptive Exposure in Social Anxiety Disorder: An Investigation of Symptom Induction Exercises and Their Relationship to Anxiety Sensitivity and Sad Symptoms Severity*
Supervisor: Gordon Asmundson
Current position: Postdoctoral Fellow, Dr. Neil Rector, Sunnybrook

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PAULETTE HUNTER

Dissertation title: *An Empirical Study of Health Providers' Beliefs About Personhood in Dementia and Their Influence on Intended Patient Care*

Supervisor: Thomas Hadjistavropoulos

Current position: Assistant Professor, St. Thomas More College, Saskatoon, SK



CANDICE BOVELL

Dissertation title: *Randomized Controlled Feasibility Trial of a Self-Help Book for Health Anxiety*

Supervisor: Gordon Asmundson



KIM MCKAY-McNABB

Dissertation title: *Aboriginal Communities in Canada and HIV/AIDS: The Voices Must be Heard*

Supervisor: Mary Hampton

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!

FOUR MONTH INTERNSHIP

The following students completed the four month internship in 2011-2012:

- Dylan Payne – Prairie North Regional Health Region – (Primary Supervisor: Dr. Wayne Schlapkohl)
- Danaka Safinuk – Cypress Health Region – (Primary Supervisor: Dr. Sam Morgan)
- Michelle Gagnon and Myriah Mulvogue – Regina Qu'Appelle Health Region, Functional Rehabilitation Program (Supervisors: Drs. Tom Robinson, Dave West-Johnson)
- Luke Schneider, Anxiety Disorders Program, St. Jo's Hospital Hamilton (Supervisor: Dr. Wendy S. Freeman)

DOCTORAL CLINICAL PLACEMENTS

The following students completed a PhD practicum in 2011- 2012:

- Heather Eritz, Omeed Ghandehari., Katherine McMillan & Nicky Pugh – Prairie Psychology Services (Supervisor: Tania Safnuk, Allisson Quine, Pam Clarke, Regan Hart)
- Omeed Ghandehari and Jocelyne Leclerc – WRC, RQHR (Supervisors: Drs. Dave West-Johnson, Shannon Fuchs-Lacalle and Heather Switzer)
- Christina Drost, Sarah Chan & Shahlo Mustafaeva – Regina Mental Health (Primary Supervisors: Drs. Pamela Clarke, John Brown, Katherine Owens)
- Patrick Welch, Jasmin Dhillon & Katherine McMillan – Counseling Services, U of R (Supervisor: Dr. Brian Sveinson)
- Clair Barefoot, Nicky Pugh, Nicole Alberts, Mike Thibodeau – Psychology Training Clinic, U of R (Supervisors: Drs. Heather Hadjistavropoulos, Lynn Loutzenhiser)
- Matthew Fetzner – R.C.M.P. (Supervisor Dr. Jason Pebbles)
- Mathew Fetzner – Regional Psychiatric Centre (Supervisor: Dr. Cindy Presse)
- Mike Thibodeau – Rogers Memorial Hospital, Oconomowoc, WI (Supervisor: Dr. Riemann)
- Nicole Alberts – Mood Disorders Program, St. Jo's Hospital, Hamilton (Primary Supervisor: Ian Smith).

Clinical Seminar Series (please hold the following dates from 4:00 pm to 5:00 pm in Classroom Building room 318):

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 4:00 to 5:00 pm in Classroom Building Room 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:

Wednesday, September 12	Sarah Chan – Case of Panic Disorder
Wednesday, October 10	Dr. Regan Shercliffe – The Collector of Problems: Two Years of Working in Pakistan and Aghanistan as a Psychologist for the United Nations High Commissioner for Refugees
Wednesday, November 14	Wayne Mulholland and Judith Hindle – OCD Self Help Group
Wednesday, December 12	Heather Eritz – Case of GAD
Wednesday, January 9	Dr. Jason Peebles – Private Practice
Wednesday, February 13	Dr. Gordon Asmundson – Case of PTSD client
Wednesday, March 13	Nicky Pugh – Case of GAD
Wednesday, April 10	Chelsea Delparte – Bariatric Surgical Assessment and Research

If you have an interest in presenting, or have any questions, please email the clinical seminar coordinator, Katherine McMillan at: kmcmillan84@gmail.com.

Predoctoral Residency Completion

I am pleased to report that the following students have completed predoctoral residency this year:

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

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

- Shannon Jones, Calgary Health Region
- Daniel Peluso, Royal Ottawa Healthcare Group
- Murray Abrams, Regina Qu'Appelle Health Region
- Nathalie Berard Regina Qu'Appelle Health Region

The following students held external funding in 2011-2012. Congratulations to all students who held this funding this year:

SSHRC: Kim Zorn, Jasmin Dhillon, Meghan Woods, Phillip Sevigny
 CIHR: Holly Parkerson, Luke Scheider, Michelle Gagnon, Sarah Reiser, Chelsea Departe, Daniel Peluso, Katherine McMillan, Mathew Fetzner, Mike Thibodeau, Nicky Pugh, Nicole Alberts, Patrick Welch, Shannon Jones, Theresa Dever-Fitzgerald
 ALZHEIMER'S SOCIETY OF CANADA: Sarah Chan, Heather Eritz

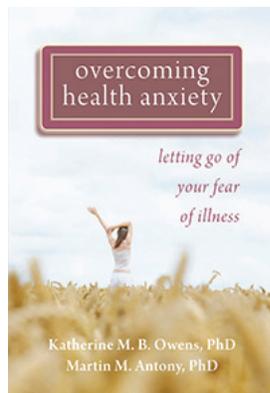
The following students were recently awarded external funding for 2012-2013:

CIHR: Lindsay Friesen

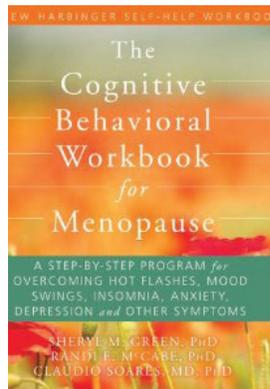
SSHRC: Sophie Duranceau

BMO FINANCIAL GROUP FELLOWSHIP FOR RURAL AND NORTHERN STUDIES: Luke Schneider

Graduates publish self-help books:



We were all very impressed to see two of our former students publish self help books this year. Katherine Owens along with Martin Antony published *Overcoming Health Anxiety: Letting Go of Your Fear of Illness*. The book is published by New Harbinger Publications and is a self-help book to assist individuals who have persistent worries about their health.



Also publishing a book this year was Sheryl Green. Along with Randi McCabe and Claudio Soares, she published *The Cognitive Behavioral Workbook for Menopause*. The book was also published by New Harbinger Publications and is designed to help women with troubling symptoms of menopause, such as hot flashes, mood swings, sexual problems, and sleep disruptions.

Message from the PGSA

On behalf of the PGSA, we would like to extend our warmest welcome to all new incoming MA students and faculty members to the psychology department in the Fall 2012 semester. As the PGSA represents all psychology graduate students at the University of Regina in the Clinical, Experimental and Applied Psychology Programs, our primary objective is to provide a means for students to contribute to and maximize their educational experience from their program, Department, and University. Broadly, our goals for the upcoming

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, be an active component of the larger UofR Graduate Student Association, and foster communication between our members, the University, and outside organizations. We look forward to continuing to work towards these goals in the upcoming year.

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It is our great pleasure to report yet another active year for the PGSA in 2011-2012. Like previous years, the PGSA made community outreach and volunteer service a priority amongst our busy schedules. Our organization participated in the Student Energy in Action for Regina Community Health (SEARCH) program, an organization providing access to clinical and social services in an afterhours clinical setting; as well, we again made a substantial contribution to Santas Anonymous, our annual Christmas Charity. PGSA members also took time to participate in the graduate student mentorship program and assist junior students in their educational goals. In addition, a number of PGSA members volunteered to sit on committees that contribute to the running of the University of Regina through the Faculty of Graduate Studies and Research, and volunteered for events around campus. The PGSA also sought to educate our members and larger student community by arranging Mr. Nicholas Cann, a licensed practicing lawyer from McKercher LLP, to speak about the legal aspects of practicing psychology and provide guidance for graduate students and young professionals. The event was well-attended and provided some fantastic insights. The PGSA Spirit award, awarded annually to the PGSA member who demonstrates exemplary dedication and service to the PGSA, was awarded to Danaka Safinuk for her tremendous work in organizing the Christmas charity and Psychology month event.

Currently, the PGSA now boasts an updated website (<http://uregina.ca/psychgsa/>), facebook page, and graduate student board which help to inform members of upcoming events and further widens our message to others outside the UofR.

In April, the 2012-2013 PGSA executive was also elected. We are pleased to welcome three incoming executive members, Nicole Alberts (Department and curriculum committee rep), Natalie Therrien (Social rep), and Lindsay Freisen (Clinical committee rep), who round out our full executive roster:

President: Mathew Fetzner
 Vice President: Heather Eritz
 Department and Curriculum Committee Rep:
 Nicole Alberts
 EAP Rep: Ryan Fitzgerald
 Clinical Committee Rep: Lindsay Friesen
 Secretary/Treasurer: Jasmin Dhillon
 GSA Rep: Bethany Gelinas
 Social Rep: Natalie Therrien
 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

The PGSA would also like to congratulate our graduating members Shannon Jones (Calgary Consortium), Daniel Peluso (Royal Ottawa Hospital), Murray Abrams (Regina Qu'appelle Health Region), and Natalie Barrard (Regina Qu'appelle Health Region) who will be attending their year of residency in 2012-2013. On behalf of the entire PGSA, thank you for your dedication to our organization and good luck in your future endeavours. We would like to thank the Department and University for a wonderful year and look forward to seeing everybody at our first Fall meeting and social event.

Farewell to Dr. Baydala, written by Richard MacLennan

The Director of Clinical Training, Dr. Heather Hadjistavropoulos has asked me to write an article about Dr. Angelina Baydala, upon her recent departure from our department. We should acknowledge Angelina because she has made some important contributions to our department and the university in general.

Angelina Baydala came to our department in 2002 with PhD in Clinical Psychology from the University of Calgary. Prior to this, she completed her MSc in Clinical Psychology at Calgary, an MA in Philosophy at the University of Toronto, and an Honours BA in Psychology at McGill. This diverse education was reflected in her thesis topics, ranging from "Optimal Displacement for Apparent Motion" (Honours BA), to "Theoretical Studies in Cognitive Science" (MA Philosophy), to "Lifestyles Interventions, Stress, and Fitness" (MSc Clinical Psychology), and to "A Narrative Hermeneutics of Psychotherapy" (PhD Clinical Psychology).

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Angelina's diversity in research interests was also reflected in her funding. She received Summer Research Awards and a Postgraduate Scholarship from NSERC, a CFI grant for our Clinical Health Psychology Lab (with H. Hadjistavropoulos), several SHRF and CIHR grants (with M. Hampton and others), and a President's Fund & SSHRC General Research Grant.

Dr. Baydala's scholarly interests span from the History of Psychology, to Yoga and Psychological Health, to Narrative and Jungian Hermeneutics (in collaboration with W. Smythe for the latter), and to Participatory Action Research in Developing End of Life Resources for First Nations Communities (in collaboration with M. Hampton and others). In partnership with colleagues and students, Angelina has written 11 peer-reviewed articles, 8 book chapters, 2 encyclopedia entries, 4 literary and artistic works, co-edited 2 books, and co-authored 1 textbook. In addition, she has had numerous conference and invited presentations, and published several associated abstracts.

Angelina made a significant contribution to our department in regards to qualitative research, and particularly in terms of narrative hermeneutic approaches. She was much sought out as a thesis supervisor for this expertise, and supervised 17 honours and graduate students in her brief 10 year tenure here, in addition to serving as a committee member for numerous other students' theses and dissertations. Dr Baydala also made several unique contributions in her teaching. She taught for us: Psychodynamic Psychology, Theories & Systems of Psychology, Consciousness Studies: Yoga Psychology, History of Psychology, Psychological Interventions II, Theories of Personality, and Abnormal Psychology. She was very popular with our students and her departure will leave a void in several areas of our curriculum. Dr. Heather Hadjistavropoulos expressed her deep appreciation for the contributions Angelina made to the clinical program, noting that in addition to teaching and research, Angelina contributed significantly to the administration of the clinical program (as a clinical committee member and former clinical placement coordinator) and the clinical supervision of many graduate students as well.

Angelina worked in close collaboration with both Mary Hampton and William Smythe in our department, and no doubt they will sorely miss her. However, I am sure that Angelina will continue to collaborate with her colleagues and make contributions to the research literature. On a personal note, I think that most people know that Angelina had unique spiritual and health interests that she generously shared with us. I recall that her son Phoenix holds the record as the youngest observer in a thesis defense, being only a couple of days old at the time. I also know that Thomas Hadjistavropoulos is going to miss Angelina for her yoga and massage skills, and especially her ability to make adjustments to his back.

“The discipline has enormous potential to affect social transformation. I hope this department continues to remain strong in its social consciousness and community partnerships.”

~Angelina Baydala



Thoughts Upon Departure, written by Angelina Baydala

As I am moving on from my position in the Department of Psychology at the University of Regina toward more clinical practice and independent scholarship I have the chance to reflect on the community of colleagues and friends that this department enjoys.

The Department of Psychology at the University of Regina, with its faculty, students and staff, have formed a supportive community of friends in the ten years that I have worked here. I am grateful for the support and mentorship given to me by my colleagues and students as I learned the duties that go with an academic position. More than that, I take with me enduring friendships forged over shared knowledge, laughter and tears.

With so much diversity in the theories and methods of psychological inquiry it is gratifying that people of such distinct worldviews can come together with genuine respect and openness to one another. Across the departments and faculties of the university, Psychology is recognized for its unique interdisciplinary content and perspective. It includes historical, cultural, spiritual, emotional,

physical, quantitative and discursive aspects of psychological life as well as collaborative, meaning-focused, person- and community-sensitive methods of inquiry.

The discipline has enormous potential to affect social transformation. I hope this department continues to remain strong in its social consciousness and community partnerships.

I expect that wonderful friendships will continue to be born as new faculty, staff and students continue to arrive.

I wish you the very best and always remember the words of Dr. Seuss:

You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own. And you know what you know. You are the guy who'll decide where to go.

Warmly,
Angelina

Welcome Dr. Klest

Bridget Klest completed her graduate training in clinical psychology at the University of Oregon in Eugene, Oregon. She completed an APA-accredited internship through UCSD and San Diego VA, where she worked with military veterans both in a primary care setting, and a program focused on treating Posttraumatic Stress Disorder resulting from interpersonal violence. She went on to complete a postdoctoral training program in rehabilitation psychology through the University of Washington in Seattle, WA, where she managed a psychology consultation service at a regional trauma hospital, serving a culturally and socio-economically diverse medical patient population. She then went on to work at Seattle VA medical center as a psychology fellow, gaining experience in the delivery of care through telehealth technologies, with a focus on PTSD and primary care mental health. Dr. Klest's research interests focus on interrelations among trauma exposure, relational context of trauma, gender and ethnicity, and socio-economic status, employing a broad definition of posttraumatic symptoms including both physical and mental health indicators. Additional interests include exploring options for expanding access to mental health care, for example through telehealth treatment modalities.



Faculty News

- Dr. Dennis Alfano continues his research program out of the Concussion Research and Sport Health (CRASH) Centre® at the Allied Health Centre at the University of Regina. The CRASH Centre is a clinical and research Centre that focuses principally on the assessment and treatment of concussion.



- Dr. Gordon Asmundson is currently President's Research Chair in Adult Mental Health (2011-2016) and continues to lead the Traumatic Stress Group and Anxiety and Illness Behaviours Lab. The research efforts of his team have helped to better understand the association between posttraumatic stress disorder and chronic pain and, currently, are targeted at identifying novel and effective strategies for treating each of these devastating conditions as well as their co-occurrence.

- Dr. Nicholas Carleton is nearly finished work on his SHRF-funded project exploring attentional biases in social anxiety disorder. He has also been awarded the Canadian Association for Graduate Studies Distinguished Dissertation Award in Engineering, Medical Sciences, and Natural Sciences for 2011. A recent article by him, Holly Parkerson, and Samantha Horswill that ranked psychology professors in departments across Canada has received substantial attention and is a result, in part, of his ongoing work with Thomson Reuters.



- 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 and the update on the service included in the newsletter). She was excited this year to obtain her first two publications in this new area of research. She is currently President of the Canadian Association for Cognitive Behaviour Therapy and recently took on the position of Chair of the Saskatchewan Health Research Foundation Health Services Research Advisory Panel.

- Dr. Thomas Hadjistavropoulos, ABPP, FCAHS, 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. In addition to multiple publications this year, with the aid of funding from the Canadian Institutes of Health Research, he produced a video designed to help train psychologists and graduate students in psychology train in cognitive behaviour therapy for older adults who suffer from chronic pain.

- 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 returned from sabbatical last year and has been continuing with her research projects on parenting and infant sleep, and her clinical work with children with autism and their families. She resumed her role as the Clinical Placement Coordinator for the Clinical Program and has been active in development placement agreements with institutions both inside and outside of the province.



- Dr. Regan Shercliffe returned from his 2 year secondment to the United Nations High Commissioner for Refugees, which is a United Nations agency mandated to protect and support refugees. He was working with national and international staff in Pakistan, Afghanistan and Sri Lanka. He looks forward to integrating his experience in Asia into his teaching and research.

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- 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.

Experimental and Applied Psychology Program, written by Chris Oriet

The Department of Psychology is pleased that, once again, one of our own students has been recognized as among the very best at the University of Regina. Adam Dubé, a graduate of the doctoral program in Experimental and Applied Psychology is this year's recipient of the Governor General's Gold Medal, awarded to the most outstanding graduate of a doctoral or Master's program at the U of R. Adam's work is supervised by Dr. Katherine Robinson and has been published widely, with articles appearing in journals such as the prestigious *Journal of Experimental Child Psychology*. His dissertation work focuses on understanding the source of individual differences in the acquisition of mathematical skill. In particular, Adam's work highlights the relationship between development of a conceptual understanding of mathematics and analogical reasoning, skills that appear to vary with an individual's working memory capacity. By better understanding the factors that influence mathematical skill, Adam's work promises to assist educators in developing better approaches for helping children acquire mathematical skill. Adam looks forward to continuing his research in mathematical cognition and to teaching courses in cognitive, developmental, and introductory psychology.



Great Opportunity: The University of Regina Centre on Aging and Health Membership, written by Scott J. Wilson, CAH Administrator

Graduate students or post-doctoral fellows researching aging-and-health related topics are encouraged to apply for a Centre on Aging and Health (CAH) Trainee Membership, which provides valuable experience for those pursuing careers as aging and health researchers or professionals. CAH researchers are conducting world-class gerontological research related to Saskatchewan including, but not limited to, rural health and aging and Aboriginal health and aging.

Trainee members may access the Centre on Aging and Health Directory of Potential Research Participants: hundreds of potential participants for all University of Regina Research Ethics Board approved studies. In addition, researchers may use the CAH SurveyMonkey account free of charge to give surveys, questionnaires, and collect valuable data. Moreover, members will be a part of a growing network of aging and health researchers.

Members also receive information on relevant conferences, scholarships, grants as well as the CAH Newsletter, and a variety of other aging-and-health-specific news and events, including those hosted and sponsored by the CAH. Furthermore, trainee members have the opportunity to volunteer for CAH committees, which like CAH Membership in general, looks great on a C.V. while offering important academic experience. Ultimately, as students graduate and become faculty, researchers or health professionals, their CAH membership status can be upgraded from Trainee Member to Associate Member, Professional Associate or Member.

To apply, simply send a copy of your C.V. and the completed CAH Membership Application Form –available at http://uregina.ca/hadjstt/centre_index.htm – to Scott J. Wilson, CAH Administrator, at scott.j.wilson@uregina.ca or 306-337-8477.

Dr. Mary Hampton, U of R President's Chair on Excellence in Teaching and Community Outreach: Projects I am Working on (June 2012)

In my capacity as Chair, I am conducting a phenomenological research project, with Dr. MJ Barrett at the University of Saskatchewan. We have hired a research assistant (Michelle Flowers) to interview people who do "energy" work to understand the phenomenon of "energy". The question is: "What is energy?" I am particularly interested in whether people who teach either teach energy work or use it in their teaching...I am interested in ways people understand this phenomenon and talk about it.

I am also conducting research in two other areas: intimate partner violence and end of life care with Aboriginal Peoples.

As SK academic coordinator for RESOLVE (Research and Education for Solutions to Violence and Abuse), we have received five years of funding through the SSHRC/CURA initiative. The project, entitled, "Rural and Northern Community Response to Intimate Partner Violence" is a three prairie province (SK, MB, AB) and one territory (NWT) initiative that asks three research questions: (1) What are the needs of women who experience intimate partner violence (IPV) in these regions? (2) What the gaps in meeting these needs? (3) How do we create and sustain non-violence communities in these regions? Using a mixed methods design, we will create GIS maps that map incidents

and resources of IPV in these regions and conduct qualitative interviews with experts in these area (i.e., RCMP officers, victim service workers, and shelter directors) to develop theories that will answer our research questions. We will also develop community profiles of communities who have successfully addressed the issue of IPV in our targeted regions and communities that have not done so well. We have an Aboriginal committee doing a parallel research process to address the unique needs of Aboriginal women and communities.

I also work with SPHERU (Saskatchewan Population Health and Evaluation Research Unit) and am just finishing (along with a large team, including Dr. Angelina Baydala) a CIHR-funded project entitled "Completing the Circle: End of life care with Aboriginal families". As a component of the Completing the Circle: End of life care with Aboriginal families research program, this project will produce a CD-ROM and website to disseminate three videos that translate the knowledge shared by Elders and Aboriginal community members to health care providers who deliver end of life care to Aboriginal families. These videos build on a series of five already produced which have offered easy access to Elders' words by communities and audiences who do not generally read peer-reviewed articles.



Anxiety and Illness Behaviours Lab Investigates Exercise as a Means of Reducing Trauma-Related Distress, written by Gordon Asmundson

There is considerable evidence that people with an anxiety disorder, particularly posttraumatic stress disorder (PTSD), are at increased risk for a number of conditions that negatively impact their physical health. There is also growing evidence from North America and Europe populations that individuals engaging in regular physical activity are less likely than non-active individuals to experience clinically significant anxiety. This suggests that regular exercise protocols may have benefits to both mental and physical health for people with PTSD. The Anxiety and Illness Behaviours Lab is initiating a multi-year, multi-study effort in collaboration with exercise physiologists in Kinesiology and Health Studies to systematically evaluate the extent to which various forms of exercise benefit the emotional and physical health of people diagnosed with PTSD. The first of this series of studies is being conducted in the late 2012 through the end of 2013 by Mathew Fetzner, a doctoral student in our Clinical Psychology Program and recipient of the prestigious Canadian Institutes of Health Research Vanier Scholarship. Specifically, Fetzner is seeking to determine what aspects of aerobic exercise are beneficial to reducing stress and improving mental health in those with PTSD. The results of this and the other research efforts of the Anxiety And Illness Behaviours Lab may hold important implications for treating posttrauma distress and related physical and emotion suffering that affects up to 10% of the Canadian population. Information for those interested in participating in this research program is available at aibl.ca.



Anxiety Increases Postural Instability in Older People, written by Thomas Hadjistavropoulos, Ph.D., ABPP, FCAHS, Professor of Psychology and Research Chair in Aging and Health

In 1950, 8% of Canadians were older than 65 years of age but this portion has been increasing steadily.

Today 14% of Canadians are over 65, a proportion that is expected to surpass 20% by 2030 and to reach 30% by 2056. This increase results in higher prevalence of health conditions that accompany old age. For this reason, psychological research on aging and health is of critical importance.

In this article, I focus specifically on some of our research on psychological factors contributing to fall risk. According to Statistics Canada, among persons over age 65,

85% of injury hospitalizations are due to falls, far surpassing motor-vehicle accident injury numbers. Families are often unable to provide care to fall victims and, as such, 40% of all nursing home admissions result from falls. Moreover, falls represent the leading cause of injury-related death among older people.

Several research groups have identified an association between fear of falling and injurious falls in older people. That is, those who are afraid of falling are more likely to fall than those who are less afraid. The *fear of falling-falls* association has been explained as follows: Those who are highly fearful of falling avoid activity which can lead to deconditioning and stiffness which, in turn, increases fall risk (i.e., fear of falling --> activity avoidance --> deconditioning --> increased fall risk). If this explanation were correct, activity avoidance should be a predictor of falls. We recently conducted a longitudinal investigation through which we, like

others before us, successfully predicted future falls from fear of falling (after controlling for physical risk factors). We also found, as expected, that fear of falling predicted activity avoidance. Most interestingly, however, activity avoidance did not predict falls. The lack of longitudinal association between activity avoidance and future falls led us to question the traditional explanation of *fear of falling-fall risk*. In fact, some might even argue that avoidance may be playing a protective role in some cases (e.g., when people avoid going outside when it is icy, they may be less likely to fall).

So if it is not avoidance that increases fall risk in fearful people, what is it? We conducted experimental research involving the use of sophisticated equipment that measured anxiety-related physiological arousal as well as postural performance. We manipulated anxiety level by having older research participants walk either on the floor (low anxiety condition) or on an elevated platform (high anxiety condition) and confirmed that anxiety levels varied as a function of condition. We also found that the balance and postural performance of the research participants deteriorated as their anxiety level increased. As such, we argued that the reason people who are afraid of falling are more likely to fall is because anxiety has a direct negative effect on balance performance (i.e., fear of falling/anxiety --> decreased postural performance --> increased fall risk). From our standpoint, as psychologists, research has begun to demonstrate that cognitive behaviour therapy is effective in reducing fear of falling and in decreasing fall risk especially when combined with appropriate physical rehabilitation.

Online Therapy Unit for Service, Education and Research (USER), written by Heather Hadjistavropoulos

With the expansion of the Clinical Program Newsletter this year, I wanted to use this opportunity to share some information on the Online Therapy Unit for Service Education and Research (www.onlinetherapyuser.ca). The Unit was developed in 2010 with funding from the Canadian Institute of Health Research (CIHR) and the Saskatchewan Health Research Foundation. The purpose of the Unit is to improve patient access to cognitive behaviour therapy for depression and anxiety in Saskatchewan.

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As we all know, depression and anxiety are highly prevalent, chronic, recurrent, and disabling conditions. Of concern is that these conditions are frequently undertreated, which is often due to inadequate access to providers, limited time available to seek care, mobility difficulties, and concerns about stigma. There is mounting evidence in clinical trials that therapist-assisted online cognitive behavior therapy (Online-CBT) is efficacious in the treatment of depression and anxiety. Online-CBT consists of clients reviewing psycho-educational materials on cognitive and behavioural strategies for managing symptoms. The materials are presented over the Internet in structured modules using various multimedia features. Clients communicate with a therapist weekly over email.

Given that this form of treatment is efficacious and has the potential to significantly improve access to care but is largely unavailable to clients in Saskatchewan and Canada more broadly, we developed the Online Therapy Unit for Service, Education, and Research. This involved creating a website to deliver Online-CBT, as well as policies and procedures for use of Online-CBT. The project has involved collaborating with colleagues in Computer Science, Social Work, Medicine and Public Policy as well as community providers and decision makers in mental health in Saskatchewan.

Since developing the unit, students ($n = 28$) and registered community therapists ($n = 23$) have been trained to provide Online-CBT. We have been advertising the unit to residents and providers in Saskatchewan. Currently, interested clients are screened by telephone to assess appropriateness for services (e.g., age 18, Saskatchewan resident, access to and comfort using computers, symptoms of depression or anxiety, low risk of crisis). Clients who meet the criteria are then offered 12 modules of Online-CBT with therapist support.

As of the end of May 2012, over 300 clients have called the unit and been screened for Online-CBT, with 178 of these individuals found to be appropriate for and offered services. To date, over 115 clients have completed treatment with about half of the clients completing all 12 modules. Examining outcomes of all clients using intent to treat analysis shows that clients report significant improvement in symptoms as well as in work and social adjustment. Of note, is that the outcomes for clients who complete all modules are particularly strong (e.g., show a large effect size). Outcomes appear to be similar across the three programs we offer (depression, anxiety, and panic). Furthermore, clients report a high level of satisfaction with care, and a strong therapeutic alliance with their therapist.

Preliminary outcomes suggest that there is considerable interest in using Online-CBT among residents of Saskatchewan and outcomes in the community are comparable to those found in the efficacy research literature. From a health systems perspective, Online-CBT seems particularly well-suited for reducing health disparities. Student and community therapists have had a positive experience learning Online-CBT, and have also offered suggestions for improving the service.

For further information on the Unit, call Marcie Nugent at 306-337-3331 or check out www.onlinetherapyuser.ca.

