Greetings from the Director of Clinical Training, Lynn Loutzenhiser (PhD, RD Psych).

Welcome to the 2016/2017 academic year in the University of Regina’s Clinical Psychology Program.

There has been much to celebrate in our program over the past year. First, I am really excited to announce that our program has been re-accredited by the Canadian Psychological Association (CPA) to 2021-22. This 7 year term is the longest CPA grants for accreditation and is a testament to the strength of our Clinical Program!

Second, I am pleased to welcome a new Clinical Faculty member to the program: Dr. Jaime Williams. Please take a look at her biography and research interests on the faculty page.

Finally, I am also pleased to welcome Jolene Goulden to the Department of Psychology office. Jolene is filling in for Catherine Hologroski, who has taken a one-year position with the Office of Research Services.

Thank you to everyone for contributing to the Clinical Program. I am looking forward to seeing you all at the annual fall reception.

~Lynn

Phone: 306-585-4078
Email: lynn.loutzenhiser@uregina.ca
Please help me welcome the following new students to our program

Emily Boughner
Supervisor: Dr. B. Klest

Ashley Ethier
Supervisor: Dr. J. Gordon

Stephanie Korol
Supervisor: Dr. N. Carleton

Michael Edmonds
Supervisor: Dr. H. Hadjistavropoulos

Julia Grummisch
Supervisor: Dr. J. Gordon

Mabel Yu
Supervisor: Dr. S. Beshai

Clinical Seminar Series (from 4:00 pm to 5:00 pm in the SunLife Financial Psychology Training Clinic, CW 020):

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 in the Sun Life Financial Psychology Training Clinic’s boardroom, located in the College West building - CW 020 from 4:00 to 5:00 pm with the exception of October 20th, 2016, which will take place from 4:00 to 6:00 pm. 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:

**Fall 2016**
- October 20  Ms. Laura Strong of the Regina Open Door Society (Refugees and Immigrants in Regina)
- November 17 Mr. Dane Fleischacker of the Regina Mental Health Clinic (Concurrent Disorders Program)
- December 1  Ms. Vandy Nicolson of the Ministry of Social Services (Child Abuse and Duty to Report)

**Winter 2016**
- January 19  Dr. Meghan Woods (A Brief Introduction to Acceptance and Commitment Therapy)
- February 9  Dr. Kent Klippenstine (TBD)
- March 23  Sophie Duranceau (Linda: A Case of Aging and Generalized Anxiety Disorder)
- March 23  Kirstie Walker (Working with Children and Families)
- April 13  Dale Dirkse (Debra: A Case of Generalized Anxiety Disorder)
- April 13  Amy Hampton (“I Don’t Belong:” A Case of Social Anxiety)

If you have an interest in presenting, have any questions or, are unable to attend please email Melissa Wuerch (Clinical Seminar Student Coordinator) at mwuerch11@gmail.com and Dr. Kristi Wright (Clinical Seminar Coordinator) at kristi.wright@uregina.ca.
Please congratulate the following students who have defended their MA theses

DELAINIE AMATURO
Title: Use of the Pain Assessment Checklist for Seniors with Limited Ability to Communicate-II (PACSLAC-II) by People Who Are Not Health Professionals
Supervisor: Dr. T. Hadjistavropoulos

SABINE SOLTANI
Title: The Impact of Intolerance of Uncertainty and Social Threat on Decision-Making in Socially Anxious Individuals
Supervisor: Dr. N. Carleton

SEINT KOKOKYI
Title: A Qualitative Exploration of Doctor Patient Relationship Experiences in Trauma Survivors and Primary Care Physicians
Supervisor: Dr. B. Kiest

JASMIN DHILLON
Dissertation title: Stereotypes and Perceptions of Child Witness Credibility
Supervisor: Dr. Heather Price
Current position: Serenity Now, Calgary, AB

SEINT KOKOKYI
Title: Treatment Acceptability and Preference Among Primary Care Patients Experiencing Severe Health Anxiety: The Role of the Internet-Delivered Cognitive Behaviour Therapy
Supervisor: Dr. H. Hadjistavropoulos

Please join me in congratulating students who recently completed the PhD program

CHELSEA DELPARTE
Dissertation title: Long-Term Neuropsychological and Psychosocial Consequences of Pediatric Mild Traumatic Brain Injury
Supervisor: Dr. K. Wright
Current position: RQHR, Child & Youth, Regina, SK

SHAHLO MUSTAFAAEVA
Dissertation title: The Cultural Shaping of Depression: A Qualitative investigation into Afghan Women’s Perspective’s on Depression
Supervisor: Dr. Mary Hampton/Co-Supervisor: Dr. Angelina Baydala
Current position: RQHR, Adult Mental Health Clinic, Regina, SK

CHRISTINE DROST
Supervisor: Dr. H. Hadjistavropoulos
Current position: Capital Region Psychological Services, Ottawa, ON

DELAINE AMATURO
Title: Use of the Pain Assessment Checklist for Seniors with Limited Ability to Communicate-II (PACSLAC-II) by People Who Are Not Health Professionals
Supervisor: Dr. T. Hadjistavropoulos

JASMIN DHILLON
Dissertation title: Stereotypes and Perceptions of Child Witness Credibility
Supervisor: Dr. Heather Price
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Supervisor: Dr. Mary Hampton/Co-Supervisor: Dr. Angelina Baydala
Current position: RQHR, Adult Mental Health Clinic, Regina, SK
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 2015-2016:
• Delaine Ammaturo – Private Practice, Mandel and Associates Ltd. - Supervisor: Dr. Allan R. Mandel
• Natasha Gallant - Regina Qu’Appelle Health Region, Functional Rehabilitation Program - Supervisor: Dr. Tom Robinson
• Seint Kokokyi - Saskatchewan Hospital North Battleford, North Battleford, SK - Supervisor: Dr. David Jackson
• Sabine Soltani - Regina Qu’Appelle Health Region, Functional Rehabilitation Program - Supervisor: Dr. Murray Abrams
• Joelle Soucy - Regina Qu’Appelle Health Region, Mental Health Clinic - Supervisor: Dr. Amy Janzen-Claude
• Aida Thorisdottir - Regina Qu’Appelle Health Region, Mental Health Clinic - Supervisor: Dr. Amy Janzen-Claude

DOCTORAL CLINICAL PLACEMENTS
The following students completed a PhD practicum in 2015-2016:
• Samantha Horswill – Regina Qu’Appelle Health Region, Functional Rehabilitation Program- Supervisor: Michelle Bourgault-Fagnou
• Holly Parkerson - Regina Qu’Appelle Health Region, Mental Health Clinic- Supervisor: Dr. Amy Janzen-Claude
• Luke Schneider - Holly Parkerson - Regina Qu’Appelle Health Region, Mental Health Clinic - Supervisor: Dr. Amy Janzen-Claude
• Clair Barefoot - Regina Qu’Appelle Health Region, Mental Health Clinic - Supervisor: Dr. Amy Janzen-Claude
• Kirstie Walker - Regina Qu’Appelle Health Region, Children’s Program – Supervisor: Dr. Heather Switzer
• Aida Thorisdottir - Regina Qu’Appelle Health Region, Child and Youth Services – Dr. Jenny Keller
• Dale Dirkse - Regina Qu’Appelle Health Region, Mental Health Clinic - Supervisor: Dr. Amy Janzen-Claude
• Sarah Reiser - Regina Qu’Appelle Health Region, Children’s Program – Supervisor: Dr. Heather Switzer
• Amy Hampton – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Heather Hadjistavropoulos
• Dale Dirkse - University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Heather Hadjistavropoulos
• Sarah Ivens - University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Lynn Loutzenhiser
• Kim Zorn - University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Lynn Loutzenhiser
• Andreea Tamaian - University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Kristi Wright
• Melissa Wuerch - University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Kristi Wright
• Sophie Duranceau – Royal Canadian Mounted Police (RCMP) Depot – Supervisor: Dr. Jason Peebles
• Melissa Wuerch - University of Regina, Counselling Services – Supervisor: Dr. Kent Klippenstine
• Daniel Lebouthillier - University of Regina, Counselling Services – Supervisor: Dr. Kent Klippenstine
• Sarah Reiser - University of Regina, Counselling Services – Supervisor: Dr. Kent Klippenstine
• Michelle Teale-Sapach - University of Regina, Counselling Services – Supervisor: Dr. Kent Klippenstine
• Clair Barefoot – Private Practice, CBI Physical Rehabilitation Centre – Supervisor: Dr. Katherine Owens

Updates to the Clinical Program Manual & Brochure

The Clinical Program Manual and Policy and Procedure Manual have been updated. You can find these materials at the following web address: http://www.arts.uregina.ca/psychology/clinical.html
Congratulations to all students who held external funding this year

- Vanier SSHRC – Sophie Duranceau
- CIHR – Seint Kokokyi, Sabine Solterni, Natasha Gallant, Katherine Mazenc, Samantha Horswill, Daniel Lebouthillier, Hollyanne Parkerson, and Natasha Gallant
- SSHRC – Kim Zorn, and Sarah Reiser

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

- Michelle Gagnon, Sick Kids Hospital, Toronto
- Bethany Gelinas, London Clinical Psychology Program
- Lindsay Friesen, Calgary Clinical Psychology Residency
- Jocelyne LeCler, University of Arizona, Department of Psychiatry Pre-doctoral Psychology Internship Program
- Ommed Ghandehari, Annapolis Valley District Health Authority
- Patrick Welch, Regina Qu’Apelle Health Region, Regina

Please Wish the Following Students Well as They Move on to Complete their Pre-doctoral Residency in 2016-2017:

- Clair Barefoot, Northern Ontario Psychology Internship, Thunder Bay, ON
- Samantha Horswill, Calgary Psychological Program, Calgary, AB
- Hollyanne Parkerson, Vancouver Coastal Health, Vancouver, BC
- Kim Zorn, London Clinical psychology Consortium, London, ON

Psychology 2016 Fall Reception

Please join us on Thursday, October 13th, 2016 for our annual Psychology Fall Reception to recognize the contributions of our students, supervisors, faculty and staff.

Date: Thursday, October 13, 2016
Reception: 4:00 p.m. to 6:00 p.m.
Award Presentations: 4:45 p.m.
Location: University Club - College West
University of Regina, Main Campus
On behalf of the Psychological Graduate Students’ Association (PGSA), welcome to the 2016-2017 school year to all existing and incoming graduate students in the Psychology Department!

The PGSA represents all psychology graduate students at the University of Regina, in both the Clinical and Experimentals Psychology program. We are here to:

- Recognize students’ desires to be actively involved in their academic and professional development
- Ensure student representation
- Promote the goals and beliefs of all psychology graduate students
- Advance student involvement in the university community

The PGSA is already planning a number of exciting events in the upcoming academic year in addition to these goals in mind, the primary pursuit 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.

This year, the PGSA will strive to continue to support the psychology graduate students, promote psychology within the University, provide support to the Clinical Seminar Series, be active within the University community, and facilitate communication at the PGSA, university and community levels. This year will also focus on increasing our involvement with the UnderGraduate Student Association.

More information about the PGSA and our activities can be found on our website: http://uregina.ca/psychgsa/ and our Facebook page.

In April, the 2016-17 PGSA Executive was elected. I am excited to introduce to you this year’s Executive members:

President: Sarah Elizabeth Ivens
Vice President: Natasha Gallant
Secretary/Treasurer: Michelle Teale-Sapach
Departmental and Curriculum Meeting Rep: Nichole Faller
Clinical Committee Rep: Sophie Duranceau
EAP Rep: Kaila Bruer
GSA Rep: Seint Kokokyi
Social Rep: Andeea Tamaian
Webmaster Rep: Luke Schneider
CPA Rep: Melissa Wuerch
Faculty Liaison: Dr. Jeff Loucks

On behalf of the PGSA, congratulations to our graduating members who are attending the residency portion of their training this year. We wish you all the best in your future endeavours, and thank you for your contributions to the Psychology Department and the University. We would like to thank the Psychology Department and the University for their continued support.

May you have a wonderful and successful year, and we look forward to connecting with you soon.

Sarah Ivens, President - PGSA
Dr. Gordon J G Asmundson is the Editor-in-Chief of the Journal of Anxiety Disorders and continues to lead the Traumatic Stress Group and Anxiety and Illness Behaviours Lab. Recent research efforts of his team have helped to better understand the association between posttraumatic stress disorder and chronic pain as well as treating people who experience these conditions together. Current research efforts, supported by an operating grant from the Canadian Institutes of Health Research (2013-2017), focus on evaluating the efficacy of and understanding the mechanisms underlying aerobic exercise as an adjuvant and stand alone treatment for posttraumatic stress disorder.

Dr. Shadi Beshai is a recent graduate of the CPA-accredited clinical psychology program at the University of Calgary. His research expertise is in the area of cross-cultural differences in psychopathology, and he is interested in differences in depression between the Middle East and Canada.

Dr. Nicholas Carleton recently won a 5-year CIHR New Investigator Award to support his research into transdiagnostic elements of psychopathology. He is continuing his 5-year CIHR-funded research project exploring attentional biases and chronic pain, particularly fibromyalgia. He is actively working with the University of Regina on research within the newly developed Canadian Institute for Public Safety Research and Treatment, which focuses on operational stress injuries (e.g., post traumatic stress disorder) in first responders and other public safety personnel. In addition, he is continuing to publish on intolerance of uncertainty as a key transdiagnostic risk factor.

Dr. Jennifer Gordon was recently awarded a 3-year Establishment Grant by the Saskatchewan Health Research Foundation to investigate the hormonal basis of perimenopausal depression. In the coming year, her research team will also be investigating the effects of hormone fluctuation on cognitive performance and addiction within the context of the menopause transition.

Dr. Heather Hadjistavropoulos was on sabbatical from January to June 2016. During this time, she continued to work on her program of research funded by the Canadian Institutes of Health Research, the Rx&D Health Research Foundation, and the Saskatchewan Health Research Foundation (~$708,000.00 value, June 2013 – 2017). This research has involved implementing and evaluating the use of Online Cognitive Behaviour Therapy (Online-CBT) for depression and anxiety in Saskatchewan. More than 1,350 patients have received Online-CBT as a result of this funding. During her sabbatical leave, Dr. Hadjistavropoulos presented at the International Society for Research on Internet Interventions in Seattle, secured new funding from Saskatchewan Health for the Online Therapy Unit ($200,000) and published new research on Online-CBT in the Journal of Anxiety Disorders, Behavioural and Cognitive Psychotherapy, Clinical Psychology and Psychotherapy, Behaviour Therapy, Internet Interventions and Plos One. Dr. Hadjistavropoulos has also been providing support to providers in British Columbia, Ontario, Manitoba and New Brunswick who have a similar interest in Online-CBT.

Dr. Thomas Hadjistavropoulos, ABPP, FCAHS, Research Chair in Aging and Health, was elected Fellow (May 2016) of the Canadian Association of Cognitive and Behavioural Therapies in recognition of distinguished contributions to cognitive behaviour therapy in Canada. Effective September 1, he has been appointed Editor-in-Chief of the Journal Ethics & Behavior, published by Taylor & Francis. In addition to his continuing grants from the Saskatchewan Health Research Foundation (valued at $717,000), the Canadian Institutes of Health Research (valued at $318,000), and the AGE WELL Network of Centres of Excellence for $382,000, he was awarded additional funding for $250,000 (made possible through the contributions of an anonymous donor) to facilitate the implementation of innovative approaches to dementia care across Saskatchewan.
Dr. Mary Hampton continues to work on the SSHRC/CURA five-year, multi-region project entitled, “Rural and Northern Community Response to Intimate Partner Violence”. She is the Saskatchewan academic coordinator of RESOLVE and focuses her community based research on intimate partner violence.

Dr. Bridget Klest and her graduate students are completing the second year of research on a 3-year establishment grant from Saskatchewan Health Research Foundation, for her project entitled “History of Exposure to Traumatic Stress and Healthcare Experiences.” Dr. Klest and her graduate and honours students have also published work in the past year related to institutional betrayal, trust in the medical profession, healthcare relationships, and healthcare decision-making.

Dr. Lynn Loutzenhiser’s research efforts focus on issues affecting parents of young children, with a current focus on parenting fatigue, parental well-being, and child anxiety. She and Dr. Heather Hadjistavropoulos along with a group of researchers recently received Saskatchewan Health research Foundation (SHRF), funding to develop an online intervention designed to help parents manage child anxiety. Dr. Loutzenhiser is also working on a research project with Drs. Phillip Sevigny and Chris Oriet funded by the Movember Foundation, designed to support fathers during the transition to parenthood.

Dr. Phillip Sevigny has been appointed to a two-year term position with Luther College. He continues his research on the changing roles of men in families with a focus on the associations between parenting beliefs and positive father involvement. Dr. Sevigny is also continuing his research with Dr. David Malloy exploring cross-cultural variance in understandings of existential courage.

Dr. Kristi Wright’s 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. Drs. Wright, Heather Price and Katherine Robinson’s Canadian Innovation Foundation (CFI) funded state-of-the-art Child, Health, Learning and Development (CHLD) laboratory facility houses innovative research projects designed to understand and improve health and well-being of children. Dr. Wright is currently engaged in completing a RCT of the Internet-delivered Preoperative Preparation Program (I-PPP) that was preliminarily evaluated over the last few years. The I-PPP represents an innovative method to prepare parents/guardians and their children who are to undergo a surgical procedure.

Welcome to Our New Clinical Faculty Member:

The Department of psychology has hired a new faculty member, Dr. Jaime Williams. Jaime is an artist-scholar with advanced degrees in Clinical Psychology (Ph.D., University of Regina) and Studio Art (MFA, Simon Fraser University). She completed her graduate and postdoctoral training under the supervision of Dr. Thomas Hadjistavropoulos, conducting clinical investigations with older adults. Her work at present involves performative research-creation, examining notions of embodiment, gender, power, autonomy, and labour. Among other projects, she is currently collaborating with Dr. William Smythe on “nonconceptual” epistemology and applications in social science.

Dr. Richard MacLennan
Professor and Department Head, Psychology
Greetings from Regina Qu’Appelle Health

Greetings from the RQHR! The past year has been another full and exciting period. Department of Psychology clinical students have contributed greatly all over the health region including at the Adult Mental Health Clinic, the Functional Rehabilitation Program at Wascana Rehabilitation, the Children’s Program also at Wascana, Adult Inpatient Services at the General Hospital, Child and Youth Services, and with the Randal Kinship Centre. The interest, training, and time students bring to each of these placements improves the lives of clients and their families and provides great experience for supervisors.

We are glad to report that we continue to get excellent feedback from our colleagues about having students involved with our clients, and all members of the health region are very eager and willing to continue to be involved in our students’ training and development as future colleagues. In addition to treasuring the opportunity to be involved in the training of our future colleagues, we also greatly value the service students provide to our clients. For example, at the MHC this past year we tracked the contributions of students to our organization to highlight how meaningful including them in our service can be for our clients. Over the past 12 months, the students at MHC worked with 200 individual clients (including individual, consultation clinic, groups, assessment, and ICBT), conducted 210 hours of assessments, and a whopping 800 hours of therapy!

In addition to MA and Ph.D. students from the U of R, RQHR psychologists have also supervised two pre-doctoral residents this year. We are often matched to University of Regina students in the APPIC pre-doc process, and we have been thrilled to convince many residents to stay in Regina to become our next round of amazing supervisors and service providers. Both of the 2015-2016 pre-doc residents have secured full time employment with the RQHR for the next year.

This year we were pleased to test-drive our newest Memorandum of Understanding with the University of Regina, which is an official agreement that secures as many clinical opportunities as possible for students. This has made planning for future clinical placements easier for the U of R and RQHR alike and has been working out very well.

We’re looking forward to another great year ahead with a new round of students starting in a few days! My sincere thanks to students, faculty, supervisors, managers, and executive alike for making it possible to allow for training to be central in our health region!

Dr. Katherine Owens, Director of Clinical Training

Our psychology family has a new addition

Dr. Jennifer Gordon recently returned to work after she and her and husband welcomed their little bundle of joy, Peter James Grodinsky, into the world on Nov. 25th at 10:39 a.m., weighing 8 lbs. 11 oz. Mom and baby are doing well, and the whole family is overjoyed!
All good things must come to an end. Although we are thrilled with the success of our colleague Dr. Heather Price, who was awarded a very well-deserved 5-year Canada Research Chair at Thompson Rivers University. We are incredibly sad to see her go, and are grateful for the wonderful 9 years of service she gave to our program. Thank you Heather, and best of luck in the future! Heather will continue to supervise EAP doctoral students Kaila Bruer and Kim Audette, and – as an Adjunct Professor in our department – will continue to contribute her invaluable expertise in children’s memory to our graduate program.

Joshua Gonzales and Dallas Novakowski have each received a Queen Elizabeth II Diamond Jubilee Scholarship. The scholarship will enable the students, working under the supervision of Dr. Sandeep Mishra, to study and carry out research in the United Kingdom. Josh will head for York St. John University in York, while Dallas will make his way to the University of Essex. Congratulations to both!

Our students and alumni continue to be successful in securing external funding for their research. Dr. Ryan Fitzgerald, now at the University of Portsmouth in the United Kingdom, has just been awarded a Future Leader’s grant by the Economic and Social Research Council. He is the first person at his university to receive this grant. The award will be used to further Ryan’s groundbreaking research in improving the efficacy of paradigms used to test eyewitness memory. Congratulations, Ryan! Alumni Drs. Michelle McCarron and Mamata Pandey were successful in the most recent Saskatchewan Health Research Foundation Collaborative Innovation Development grant competition. Dr. McCarron received $37,222 to study the effectiveness of a program designed to help bring closure for patients in palliative care. Additionally, she is a co-investigator on three other SHRF-CID grants. Dr. Pandey and her co-PI Dr. Stuart Skinner of the Regina Qu’Appelle Health Region received $40,000 to develop an integrated care model to engage members to address the healthcare needs of patients with Hepatitis C in Big River First Nation. Congratulations Michelle and Mamata on your continued research success!

Finally, Dr. John Brand has accepted a position as a research associate with the Department of Epidemiology in the Geisel School of Medicine, Dartmouth University. Congratulations, John – our alumni continue to do us proud!