Greetings
from the Acting Director of Clinical Training,
Bridget Klest (PhD, RD Psych).

Welcome to the 2017/2018 academic year in the University of Regina’s Clinical Psychology Program. This is a year of changes and transitions in our program. First, I am acting in the role of DCT while Lynn Loutzenhiser is away on sabbatical. I will do my best to keep the program humming along in her absence. We are sad to say goodbye to Phil Sevigny, who has moved with his family to Edmonton, where he and his wife have both taken positions at University of Alberta. We also say goodbye this year to Jolene Goulden (now a program assistant in the Department of Education), who worked with us over the past year in the Department of Psychology office. I would like to thank Brenda Yung for keeping us afloat, and Lucille Henderson for graciously filling in, during a period of transition in our office. Finally, I am pleased to welcome back Catherine Hologroski, who will be returning to our office staff after a temporary leave. I would also like to take this opportunity to thank everyone who has contributed to our program over the past year – faculty, staff, students, and community supervisors. I look forward to seeing everyone at our fall reception!

~Bridget

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Updates to the Clinical Program Manual & Brochure

The Clinical Program manual and the Clinical Program brochure have been updated. You can find these materials at the following web address: http://www.arts.uregina.ca/psychology

Clinical Seminar Series (please hold the following dates from 4:00 pm to 5:00 pm in SunLife Financial Psychology 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 College West building in the SunLife Financial Psychology clinic CW 020 board room from 4:00 to 5:00 pm except for Thursday, September 21 which will be held in CW 117 from 4 pm to 6 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 2017**
- September 21 – Ms. Brenda Dubois (Our Practices -- Aboriginal Ways of Practice)
- October 19 - Dr. Tom Robinson (Working with Third-Party Insurers)
- November 23 – Dr. Murray Abrams (Conceptualizing distress: Where does the problem reside)

**Winter 2018**
- January 18 – Dr. Sarah Chan (DBT-Informed Group Therapy)
- February 15 – Audur (Aida) Thorisdottir (Living in the Shadow of Fear: Case of Hannah)
- March 15 – Andreea Tamaian (I’m not good enough: A case of depression)
- April (date TBD) - Luke Schneider (On the road again: Preparing for the pre-doctoral residency)

If you have an interest in presenting, or have any questions, please email Seint Kokoky, the clinical seminar coordinator at seint.kokoky@gmail.com and Dr. Kristi Wright at kristi.wright@uregina.ca.

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

- **HANNAH ANSTEY**  
  Supervisor: Dr. B. Klest

- **ADAM ISKRIC**  
  Supervisor: Dr. S. Beshai

- **RACHEL KRAKAUER**  
  Supervisors: Dr. N. Carleton and Dr. G. Asmundson

- **VANESSA PEYNENBURG**  
  Supervisor: Dr. H. Hadjistavropoulos

- **HILARY POWER**  
  Supervisor: Dr. K. Wright

- **RHONDA STOPYN**  
  Supervisor: Dr. T. Hadjistavropoulos
Please congratulate the following students who have defended their MA theses

**NICOLE FALLER**
Title: Qualitative Examination of Mental Health Disclosure in the Workplace  
Supervisor: Dr. M. Hampton

**MICHELLE GAGNON**
Dissertation title: Pain Communication in Couples with Chronic Pain  
Supervisor: Dr. T. Hadjistavropoulos

**CLAIR BAREFOOT**
Dissertation title: A Meta-Analysis of Neuropsychological Outcomes of the Frontal Lobe Following Chemotherapy  
Supervisor: Dr. L. Sykes Tottenham

**VICTORIA OWENS**
Title: Examining Change in Health Anxiety Symptoms Resulting from Transdiagnostic, Internet-Delivered Cognitive Behaviour Therapy: The Impact of Therapist Support  
Supervisor: Dr. H. Hadjistavropoulos

**KATHERINE MAZENC**
Title: Internet-Delivered Exposure Therapy Training for Parents of Children With Anxiety: Therapist and Parent Perceptions of Usability  
Supervisor: Dr. L. Loutzenhiser

**KIMBERLY ZORN**
Dissertation title: The Impact of Intimate Partner Stalking on Women Targets: A Narrative Inquiry Analysis  
Supervisor: Dr. M. Hampton

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

**KATHERINE MCMILLAN**
Dissertation title: Comorbidity of Posttraumatic Stress Disorder and Social Anxiety Disorder: Implications for Diagnosis and Treatment  
Supervisor: Dr. G. Asmundson

**KATHERINE MAZENC**
Dissertation title: Internet-Delivered Exposure Therapy Training for Parents of Children With Anxiety: Therapist and Parent Perceptions of Usability  
Supervisor: Dr. L. Loutzenhiser

**HOLLYANNE PARKERSON**
Dissertation title: A Pilot Test of an Internet-Based Smoking Cessation Intervention: Outcomes Across Chronic Pain and Pain-Free Samples  
Supervisor: Dr. G. Asmundson

**SAMANTHA HORSWILL**
Dissertation title: Exploring Police Officers’ Susceptibility to Pasttraumatic Stress and Growth After Trauma  
Supervisor: Dr. N. Carleton and Dr. G. Asmundson
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 2016-2017:

• Kat Mazenc – Regina Qu’Appelle Health Region, Mental Health Clinic – Supervisor: Dr. Amy Janzen-Claude
• Nichole Faller – Regina Qu’Appelle Health Region, Mental Health Clinic – Supervisor: Dr. Meghan Woods
• Julia Mason – Regina Qu’Appelle Health Region, Functional Rehabilitation Program – Supervisor: Dr. Tom Robinson
• Tori Owens – Regina Qu’Appelle Health Region, Child and Youth Services – Supervisor: Ms. Pamela Olson, M.A.
• Erin Browne – Saskatchewan Hospital North Battleford, North Battleford, SK – Supervisor: Dr. David Jackson
• Isaac Hahn – Nova Scotia Health Authority, Cole Harbour Community Mental Health, Cole Harbour, NS – Supervisor: Dr. Scott Christie

DOCTORAL CLINICAL PLACEMENTS
The following students completed a Ph.D. practicum in 2016-2017:

• Michelle Teale-Sapach – Regina Qu’Appelle Health Region, Functional Rehabilitation Program – Supervisor: Dr. T. Robinson
• Amy Hampton – Regina Qu’Appelle Health Region, Mental Health Clinic – Supervisor: Dr. Amy Janzen-Claude
• Aida Thorisdottir – Landspitali, the National University Hospital of Iceland, Reykjavik, Iceland – Dr. Berglind Guðmundsdóttir AND Regina Qu’Appelle Health Region, Functional Rehabilitation Program – Supervisor: Dr. Tom Robinson
• Dale Dirkse – Regina Qu’Appelle Health Region, Child and Youth Services – Supervisor: Dr. Danielle DeSorcy
• Sophie Duranceau – Regina Qu’Appelle Health Region, Mental Health Clinic – Supervisor: Dr. Shahlo Mustafaeva
• Andreea Tamaian – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Lynn Loutzenhiser
• Melissa Wuerch – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Lynn Loutzenhiser
• Kirstie Walker – University of Regina, Counselling Services – Supervisor: Dr. Kent Klippenstine
• Seint Kokoky – Regina Canadian Mounted Police (RCMP) Depot – Supervisor: Dr. Jason Peebles
• Daniel Lebouthillier – CBI Physical Rehabilitation Centre – Supervisor: Dr. Katherine Owens
• Natasha Gallant – Regina Qu’Appelle Health Region, Child and Youth Services – Supervisor: Dr. Danielle DeSorcy
• Melissa Wuerch – Regina Qu’Appelle Health Region, Child and Youth Services – Supervisor: Dr. Bruce Gordon
• Delaine Ammaturo – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Heather Hadjistavropoulos
• Erin Browne - University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Heather Hadjistavropoulos
• Sarah Ivens - Regina Qu’Appelle Health Region, Children’s Program – Supervisor: Dr. Heather Switzer AND University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Kristi Wright
• Joelle Soucy - University of Regina, Counselling Services – Supervisor: Dr. Kent Klippenstine

Congratulations to all students who held external funding this year

• Vanier – Sophie Duranceau
• CIHR – Isaac Hahn, Stephanie Korol, Daniel LeBouthillier, Michelle Teale Sapach, Mabel Yu, Kelsey Amerongen
• SSHRC – Emily Boughner, Kaila Bruer (SSHRC Doctoral CGS and SSHRC Postdoctoral Fellowship), Nicohole Faller, Chet Hembroff, Sarah Reiser, Amanda Wuth, Nabham Refaie
• Saskatchewan Innovation and Opportunity Scholarship - Erin Browne
Predoctoral Residency Completion

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

- Clair Barefoot, Northern Ontario Psychology Internship Consortium, Thunder Bay, ON
- Samatha Horswill, Calgary Clinical Psychology Program, Calgary, AB
- Nicole Alberts, University of Washington, Seattle
- Holly Parkerson, Vancouver Coast, Vancouver, BC
- Dale Dirkse, University of Manitoba Clinical Psychology Residency, Clinical Health Psychology, Winnipeg, Manitoba
- Sophie Duranceau, Royal Ottawa Mental Health Centre, Ottawa, Ontario
- Amy Hampton, The Ottawa Hospital, Ottawa, Ontario
- Daniel LeBouthilier, Nova Scotia Capital District Mental Health Internship, Halifax, Nova Scotia
- Kirstie Walker, Regina Qu’Appelle Health Region, Regina, Saskatchewan

Please wish the following students well as they move on to complete the predoctoral residency in 2017-2018:

- Dale Dirkse, University of Manitoba Clinical Psychology Residency, Clinical Health Psychology, Winnipeg, Manitoba
- Sophie Duranceau, Royal Ottawa Mental Health Centre, Ottawa, Ontario
- Amy Hampton, The Ottawa Hospital, Ottawa, Ontario
- Daniel LeBouthilier, Nova Scotia Capital District Mental Health Internship, Halifax, Nova Scotia
- Kirstie Walker, Regina Qu’Appelle Health Region, Regina, Saskatchewan

Psychology 2017 Fall Reception

Please join us on Wednesday, October 25th, 2017 for our annual Psychology Fall Reception to recognize the contributions of our students, supervisors, faculty and staff.

Date: Wednesday, October 25, 2017
Reception: 4:00 p.m. to 6:00 p.m.
Award Presentations: 4:45 p.m.
Location: TBA
On behalf of the Psychology Graduate Students’ Association (PGSA), welcome to the 2017/2018 academic year! We would also like to extend our warmest welcome to all incoming Clinical Psychology and Experimental & Applied Psychology students to the Department of Psychology.

As the PGSA represents all psychology graduate students, our primary objective is to provide a means for students to contribute to and maximize their academic experience at the program, department, and university levels. With this objective in mind, we look forward to working on the following goals in the upcoming year:

- Provide relevant information to psychology graduate students
- Recognize graduate students’ desire to be actively involved in their professional development
- Promote psychology and the goals of all psychology graduate students within the university
- Foster communication between our members and organizations within the Regina community
- Advance student involvement in the University of Regina Graduate Students’ Association (URGSA) and other relevant university initiatives

The PGSA has taken pleasure in being involved on campus and in the community. A number of PGSA members volunteered to sit on committees that contribute to the University of Regina through the Faculty of Graduate Studies and Research and volunteered for events around campus. We had an active presence with the URGSA. We presented a mindfulness event led by Dr. Shadi Beshai followed by a series of TED Talks at The Owl. We organized a writing workshop, led by Dr. Nick Carleton, for graduate students looking to improve their writing. PGSA members also took time to participate in the undergraduate psychology mentorship program to assist junior students with their academic goals. The PGSA Spirit Award, awarded annually to the PGSA member who demonstrates exemplary dedication and service to the PGSA, was awarded to Michelle Teale-Sapach.

The PGSA is already planning a number of exciting events in the upcoming academic year in addition to our usual involvement around campus. Information about these events and other campus activities can be found on our website (http://uregina.ca/psychgsa/) and our Facebook page (https://www.facebook.com/groups/295924587128711/).

In April, the 2017/2018 PGSA executive was elected. We are pleased to welcome the following executive members:

- President: Natasha Gallant
- Vice President: Kelsey Amerongen
- Departmental and Curriculum Meeting Rep: Victoria Owens
- Clinical Committee Rep: Nichole Faller
- EAP Rep: Chet Hembroff
- GSA Rep: Seint Kokokyi
- Social Rep: Tansi Summerfield
- External Relations Rep: Julia Grummisch
- Webmaster Rep: Luke Schneider
- CPA Rep: Katherine Mazenc
- APA Rep: Emily Boughner
- PSA Rep: Colton MacDonald
- Faculty Liaison: Dr. Jeff Loucks

The PGSA would also like to congratulate our graduating members who are attending their year of residency in 2017/2018: Dale Dirkse, Sophie Duranceau, Amy Hampton, Daniel Lebouthiller, and Kirstie Walker. We wish you good luck in your future endeavours and thank you for your contributions to the Department of Psychology and the University of Regina.

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.

Natasha Gallant, President, PGSA
Dr. Gordon J G Asmundson is the Editor-in-Chief of the Journal of Anxiety Disorders and leads 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 and develop innovative treatments for people who experience these conditions together. Current research efforts, supported by an operating grant from the Canadian Institutes of Health Research (2013-2017), are focused on evaluating the efficacy of and understanding 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 the development of a new Collaborative Centre for Justice and Safety, a centre that will include a significant focus on posttraumatic stress disorder in RCMP, police, fire, EMS, and corrections officers, among others. In addition, he is continuing to publish on intolerance of uncertainty as a key transdiagnostic risk factor.

Dr. Jennifer Gordon’s Saskatchewan Health Research Foundation-funded Fluctuating Estrogen and Menopausal Mood (FEMM) Study, which aims to clarify the hormonal contributions to depression in the menopause transition, has completed its goal of recruiting 100 perimenopausal women across Saskatchewan! Dr. Gordon and her team is eager to begin publishing its findings in the coming months. Dr. Gordon was also recently awarded the Banting Research Foundation Discovery Award, ranking 4th out of 54 early career applicants from across Canada for her work on perimenopausal depression. In the coming year, Dr. Gordon hopes to begin testing the efficacy of mindfulness-based stress reduction in preventing the development of perimenopausal depression. Her research team will also continue to investigate the effects of perimenopausal hormone fluctuation on cognitive performance and addiction.

Dr. Heather Hadjistavropoulos continues her research on Online Cognitive Behaviour Therapy (Online-CBT) for depression and anxiety. She was recently awarded new funding from the Canadian Institutes of Health Research (valued at $971,552), Saskatchewan Ministry of Health (valued at $356,000) and Sun Life Assurance Company of Canada ($35,000). This research involves seeking strategies to continually improve the delivery of ICBT to meet the diverse needs of individuals who have depression and anxiety. As of March 2017, More than 1700 patients have received Online-CBT in Saskatchewan. In the past year, Dr. Hadjistavropoulos was appointed Fellow of the Canadian Association of Cognitive Behavioural Therapies. During this past year, Dr. Hadjistavropoulos published her research in a variety of journals, including Behaviour Therapy, Behavioural and Cognitive Psychotherapy, Clinical Psychology and Psychotherapy, International Journal of MS Care, Internet Interventions, Journal of Anxiety Disorders, Journal of Behavior Therapy and Experimental Psychiatry, PAIN, Plos One, and Psycho-oncology. Dr. Hadjistavropoulos serves on Collaborative for e-Mental Health of the Mental Health Commission of Canada.
Dr. Thomas Hadjistavropoulos, ABPP, FCAHS, Research Chair in Aging and Health, is Editor-in-Chief of the Journal Ethics & Behavior, published by Taylor & Francis. His research is currently funded by the Saskatchewan Health Research Foundation, the Canadian Institutes of Health Research (CIHR), the AGE WELL Network of Centres of Excellence the Unit for Innovation in Dementia Care $250,000 (made possible through the contributions of an anonymous donor), as well as from a CIHR-SPOR Network grant focusing on chronic pain.

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 continuing research related to trauma, institutional betrayal, trust in the medical profession, and physical and mental health. Some of this research is funded by an establishment grant from the Saskatchewan Health Research Foundation. Additionally, Dr. Klest and her students have recently begun to study experiences of discrimination and marginalization, and how these factors relate to other variables studied in the lab.

Dr. Lynn Loutzenhiser will be on sabbatical for the 2017-2018 academic year. Her 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 and graduate students, recently developed an on-line program to help parents manage child anxiety. This project was funded by the Saskatchewan Health Research Foundation. Dr. Loutzenhiser, and Drs. Phillip Sevigny and Chris Oriet also recently completed a web-based program designed to support fathers during the transition to parenthood.

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 completing a research project funded by the Saskatchewan Health Research Foundation (SHRF) New Investigator Establishment Grant focused on developing and evaluating an interactive, Internet-delivered preoperative preparation program (I-PPP) for parents/guardians and their children who are to undergo a surgical procedure.

Dr. Jaime Williams 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.
Greetings from Regina Qu’Appelle Health

Greetings from the RQHR! As always, 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, 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 many 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.

In addition to MA and PhD students from the U of R, RQHR psychologists have also supervised two pre-doctoral residents this year. These residents in turn have benefitted from the ability to co-supervise U of R students on placement.

Of note, given upcoming changes as we move from the RQHR to the Saskatchewan Health Authority, the Pre-Doctoral Residency will not be offering placements for the 2018-2019 year but we hope to take students again for the 2019-2020 year (which will also be a reaccreditation year for us!)

We are looking forward to another great year ahead with a new round of students having started just this week! 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
This has been a very exciting year for the EAP program. First, we are delighted to welcome a record-breaking 7 new students to the program. Alyssa Adams and Jordan Nixdorf, graduates of the University of Regina, will begin their studies under the co-supervision of Dr. Chris Oriet and Adjunct Professor Dr. Heather Price, now at Thompson Rivers University. Fellow U of R grads Denée Buchko and Saghar Chahar Mahali will also return, working under the supervision of Dr. Jeff Loucks and Dr. Shadi Beshai (with co-supervision from Adjunct Professor Dr. Philip Sevigny, University of Alberta). Saghar was the winner of Best Poster at the 2017 Honours Symposium, the Leonard Schein award for top graduating student pursuing graduate studies in psychology, and the winner of the Faculty of Arts’ Dean’s Medal, awarded to the top graduate of the Faculty of Arts at the University of Regina. Wow!

In addition to welcoming back these outstanding U of R students, we wish to extend an extra special welcome to our new students who are joining the U of R family. Nabham Refaie, a graduate of the University of Ottawa, and Amanda Wuth, who completed her undergraduate degree at the University of Toronto – Mississauga, will join Dr. Sandeep Mishra’s lab, under the co-supervision of Dr. Shadi Beshai. Nabham and Amanda are also the winners of a SSHRC CGS Master’s award. Congratulations to both! Finally, in January we will welcome Jarret McKinnon who is completing a Master’s in Neuroscience at the University of Lethbridge. Jarret will be working under the supervision of Dr. Chris Oriet, who was successful in this year’s NSERC Discovery Grants competition, receiving $125,000 over five years to fund his research on visual attention.

EAP alumna Dr. Kaila Bruer was one of just two doctoral students in all of Saskatchewan to receive a prestigious SSHRC Postdoctoral Fellowship. Kaila, who worked under the supervision of Dr. Heather Price, has taken up her award at the University of Toronto and was recently featured on the University’s homepage for her work on child witnesses in the legal system. Kaila is also the Department of Psychology’s nominee for the President’s Distinguished Graduate Student award – best of luck to this outstanding nominee! Alumnus Dr. Ryan Fitzgerald has been nominated for a very prestigious Canada 150 Research Chair at the University of Regina; if successful, Ryan will return to the U of R from the UK where he is currently a Senior Lecturer at the University of Portsmouth. Good luck, Ryan!

Finally, we wish to congratulate Dallas Novakowski who successfully defended his Master’s thesis this summer, and Dr. Bianca Hatin, who successfully defended her doctoral dissertation. Dallas was accepted into a doctoral program in the Faculty of Business at the University of Calgary; Bianca will continue her work in the President’s Office. We wish you many future successes, Dallas and Bianca!