



# NEWSLETTER of the University of Regina

## Clinical Psychology Program



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

Welcome to the 2018/19 academic year in the University of Regina Clinical Psychology Program.

As usual, there have been many changes in our program over the past year. First, I want to say a huge thank-you to Dr. Bridget Klest, for her willingness to be the Acting DCT while I was away on sabbatical last year and for all of the hard work that she put into the clinical program during this time. Second, we are sorry to be saying goodbye this year to two valued members of our department: Dr. Mary Hampton and Dr. Bill Smythe. I want to acknowledge the significant contributions that Dr. Hampton has made to our program during her time at the University. She has supervised and mentored so many honours and clinical graduate students, and provided solid advice and warm support to me and other clinical faculty members throughout her career. While we congratulate you on your retirement, we will miss you! Dr. Smythe has also provided significant contributions to the clinical program. Most notably, I

think we can all agree that the graduate level History of Psychology class will not be the same without you! Congratulations on your retirement and we wish you and Sue all of the best. Third, we have a new baby to celebrate! Congratulations to Dr. Jennifer Gordon and her husband, Rob, on the birth of Mila, who joined their family in late July. Finally, I am pleased to announce that we have received funding to hire a Director for the SunLife Psychology Training Clinic and will be posting this position this fall. This person will contribute significantly to our clinical program, particularly with respect to the clinical training of our graduate students. Thank you to everyone for contributing to the Clinical Program. I am looking forward to seeing you at the annual fall reception.

~Lynn

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## Clinical Seminar Series (please hold the following dates from 4:00 pm to 5:00 pm in SunLife Financial Psychology clinic, CW 020):

The schedule is as follows:

### Fall 2018

Date	Speaker	Topic
Thursday, September 20th	Dr. Meghan Woods	Early Psychosis and Comorbid Disorders
Thursday, October 25th	Dr. Angela Snowshoe Ms. Jacq Brasseur Dr. Judy White	Panel on Cultural Diversity with Clients and Practitioners
Thursday, December 6th	Dr. Katherine Owens	Neuropsychology Assessments

### Winter 2019

Thursday, February 14th	Seint Kokokyi	Comprehensive Exam Presentation
Thursday, March 14th	Delaine Shackleton	Comprehensive Exam Presentation
Thursday, April 4th	Dr. Amy Hampton	APPIC, Transitioning from Grad Student to Residency to Practice
<i>Date to be Determined</i>	Dr. Lindsay Robertson	Psychology and Forensic Populations

### NOTES:

- All seminars will take place from 4:00-5:00 pm in the Sun Life Financial Psychology Training Clinic Board Room in College West building (CW 020), with the exception of Thursday October 25th. The October 25th seminar will be from 4:00-6:00 pm to accommodate multiple speakers.
- All students are required to attend seminars, with the exceptions of those students who have successfully completed their comprehensive exams and those students who are currently completing their pre-doctoral internships or out-of-town placements.
- The seminar with Dr. Robertson does not currently have a time and date set yet. As soon as a date is set, an email will be sent with the updated clinical seminar schedule.

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



ANDREANNE ANGEHRN  
Supervisor: Dr. N. Carleton



NICOLE DEL ROSARIO  
Supervisor: Dr. S. Beshai



MICHELLE PALUSZEK  
Supervisor: Dr. G. Asmundson



ASHLEY BALSOM  
Supervisor: Dr. J. Gordon



KAILEY DELUCRY  
Supervisor: Dr. L. Loutzenhiser



SHELBY SHIVAK  
Supervisor: Dr. K. Wright



HUGH MCCALL  
Supervisor: Dr. H. Hadjistavropoulos

## Please congratulate the following students who have defended their MA theses



**CHRISTINA D'AMBROSIO**

Title: The Therapeutic Benefit of Expressive Writing for Posttraumatic Symptoms: A Randomized Controlled Trial of Emotional Moderators and Writing Modality

Supervisor: Dr. G. Asmundson



**MICHAEL EDMONDS**

Title: Can Patient Characteristics At Intake Predict Patient Response To Therapist-Assisted, Transdiagnostic Internet-Delivered Cognitive Behavioural Therapy?

Supervisor: Dr. H. Hadjistavropoulos



**KWAN TSZ (MABEL) YU**

Title: Cross-Cultural Examination of The Cognitive Theory of Depression Among Individuals of Chinese

Supervisor: Dr. S. Beshai



**KELSEY VIG**

Title: An Investigation of the Associations Between Intolerance of Uncertainty, Attentional Network Functioning, and Attentional Bias for Uncertainty

Supervisor: Dr. G. Asmundson

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



**DALE DIRKSE**

Dissertation title: A Randomized Non-inferiority Trial of Technician-Guided and Self-Guided Transdiagnostic Internet Delivered Cognitive Behaviour Therapy for Cancer Survivors: Making Treatment Scalable

Supervisor: Dr. H. Hadjistavropoulos



**AMY HAMPTON**

Dissertation title: Contextual Influences in Decoding Pain Expressions: Effects of Patient Age, Informational Priming, and Observer Characteristics

Supervisor: Dr. T. Hadjistavropoulos



**OMEED GHANDEHARI**

Dissertation title: Exploring the Relationship between Pain and Emotion Regulation in Older Adults

Supervisor: Dr. T. Hadjistavropoulos



**DANIEL LEBOUTHILLIER**

Dissertation title: The Efficacy of Aerobic Exercise and Resistance Training for Anxiety-Related Disorders and Constructs: A Randomized Controlled Trial

Supervisor: Dr. G. Asmundson



**KIRSTIE WALKER**

Dissertation title: Snap® For Schools: Impact on Internalizing Symptoms

Supervisor: Dr. K. Wright

## 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 2017-2018:

- Mike Edmonds – Regina Qu'Appelle Health Region, Mental Health Clinic – Supervisor: Dr. Amy Janzen-Claude, R.D.Psych.
- Stephanie Korol – Regina Qu'Appelle Health Region, Functional Rehabilitation Program – Supervisor: Dr. Tom Robinson, R.D.Psych.
- Mabel Yu – Private Practice, Mandel and Associates Ltd. – Supervisor: Dr. Allan R. Mandel, R.Psych.
- Ashley Ethier – Regina Qu'Appelle Health Region, Child and Youth Services – Supervisors: Dr. Bruce Gordon, R.D.Psych., Ms. Pamela Olson, M.A., R.Psych., Ms. Mona Flood, M.A., R.Psych.
- Emily Boughner – Saskatchewan Hospital North Battleford, North Battleford, SK – Supervisor: Dr. David Jackson, R.D.Psych.
- Kelsey Vig – Private Practice, CBI Physical Rehabilitation Centre – Supervisor: Dr. Katherine Owens, R.D.Psych.
- Julia Grummisch – Royal Ottawa Mental Health Centre, Ottawa – Supervisor: Dr. Nicola Wright, C.Psych.

### DOCTORAL CLINICAL PLACEMENTS

The following students completed a PhD practicum in 2017-2018:

- Seint Kokokyi – Regina Qu'Appelle Health Region, Child and Youth Services – Supervisors: Dr. Bruce Gordon, R.D.Psych. & Ms. Melissa Derow, M.A., R.Psych.
- Andreea Tamaian – Regina Qu'Appelle Health Region, Functional Rehabilitation Program – Supervisor: Dr. Tom Robinson, R.D.Psych.

- Stephanie Korol – Regina Qu'Appelle Health Region, Mental Health Clinic – Supervisor: Dr. Amy Janzen-Claude, R.D.Psych.
- Julia Grummisch – Regina Qu'Appelle Health Region, Mental Health Clinic – Supervisor: Dr. Amy Janzen-Claude, R.D.Psych.
- Nichole Faller – Regina Qu'Appelle Health Region, Child and Youth Services – Supervisor: Dr. Bruce Gordon, R.D.Psych.
- Tori Owens – Regina Qu'Appelle Health Region, Mental Health Clinic – Supervisor: Dr. Amy Janzen-Claude, R.D.Psych.
- Joelle Soucy – Regina Qu'Appelle Health Region, Children's Program – Supervisor: Dr. Heather Switzer, R.D.Psych.
- Joelle Soucy – University of Regina, Counselling Services – Supervisor: Dr. Kent Klippenstine, R.D.Psych.
- Natasha Gallant – University of Regina, Counselling Services – Supervisor: Dr. Kent Klippenstine, R.D.Psych.
- Luke Schneider – University of Regina, Counselling Services – Supervisor: Dr. Kent Klippenstine, R.D.Psych.
- Delaine Ammaturo – University of Regina, Counselling Services – Supervisor: Dr. Kent Klippenstine, R.D.Psych.
- Emily Boughner – University of Regina, Counselling Services – Supervisor: Dr. Kent Klippenstine, R.D.Psych.
- Kat Mazenc – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Bridget Klest, R.D.Psych.
- Erin Browne – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Bridget Klest, R.D.Psych.
- Natasha Gallant – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Heather Hadjistavropoulos, R.D.Psych.
- Julia Mason – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Heather Hadjistavropoulos, R.D.Psych.

## Congratulations to all students who held external funding this year

- Natasha Gallant won an Alzheimer Society of Canada scholarship
- CIHR – Shelby Shivak, Michelle Palaszek, Joelle Soucy
- SSHRC – Adam Iskric, Hannah Anstey, Hugh McCall, Mabel Yu

## Predoctoral Residency Completion

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

- 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 2018-2019:

- Sarah Reiser, University of Manitoba Clinic-Health
- Luke Schneider, Nova Scotia Health Authority - Annapolis Valley
- Andreea Tamaian, University of Ottawa, Ctr for Psychological Service
- Michelle Teale Sapach, Royal Ottawa Health Care Group
- Audur Thorisdottir, Saskatoon Health Region

## 2018 Fall Psychology Reception

Please join us on Wednesday, October 24th, 2018 for our annual Psychology Fall Reception to recognize the contributions of our students, supervisors, faculty and staff.

Date: Wednesday, October 24, 2018

Colloquium: 4:15 p.m.

Award Presentations: 5:15 - 5:30 p.m.

Reception: 5:30 - 6:30 p.m.

Location: College West (CW 215)  
Reception  
University of Regina, Main Campus

*All are welcome.*

## Message from the PGSA

Welcome to the 2018/2019 academic year! The Psychology Graduate Students Association (PGSA) would particularly like to extend a warm welcome to all incoming Clinical Psychology and Experimental & Applied Psychology students.

The PGSA represents all psychology graduate students at the University of Regina. Our primary objective is to facilitate opportunities for students to contribute to and maximize their educational experiences within the program, the department, and the greater University of Regina community. Our goals for the upcoming academic year include:

- Providing relevant information and support to all psychology graduate students
- Recognizing students' desires to be actively involved in their professional development
- Fostering communication and cooperation between our members and undergraduate psychology students, the department, the University of Regina, and organizations in the Regina community
- Promoting the goals and beliefs of all psychology graduate students

The PGSA is happy to report another year full of campus and community involvement. Several PGSA members volunteered to take part in committees and initiatives that are integral to the operation of the Faculty of Graduate Studies and Research and the University of Regina. The PGSA continues to run an undergraduate psychology mentorship program to assist junior students with their academic goals. We also organized a mindfulness workshop and a psychology-themed trivia night, both open to members of the community. The PGSA Spirit Award, awarded annually to a PGSA member who demonstrates exemplary dedication and service to the PGSA, was awarded to Tansi Summerfield.

We are already planning several exciting events for the upcoming academic year, and we hope to see you there! Information about these events can be found on our Facebook page at <https://www.facebook.com/groups/295924587128711/>.

In April, the 2018/2019 PGSA executive was elected. We are pleased to welcome the following executive members:

President: Kelsey Vig  
Department & Curriculum Rep: Victoria Owens  
Clinical Committee Rep: Nichole Faller  
EAP Rep: Chet Hembroff  
Union Steward: Hannah Anstey  
GSA Rep: Hilary Power  
Social Rep: Tansi Summerfield  
External Relations: Rhonda Stopyn  
Webmaster Rep: Michael Edmonds  
CPA Rep: Julia Grummishch  
APA Representative: Stephanie Korol  
Faculty Liaison: Jeff Loucks

The PGSA would like to congratulate our graduating members who will be taking part in their residency year in 2018/2019. We wish you the best of luck in your future endeavours and thank you for your contributions to the Department of Psychology and the University of Regina.

Finally, we would like to thank the department and the university for a wonderful year, and we look forward to seeing everybody at our first Fall meeting and social event!

## Farewell to Long time faculty members



### Dr. Mary Hampton

Mary came to Luther College in 1992, so she has been here for 26 years. She previously taught at the University of Alaska-Fairbanks. Mary graduated from Harvard University, and I remember in her job talk that she kept on casually mentioning someone named Fred. It

turns out that she was referring to B.F. Skinner, one of her professors from Harvard and one of the most eminent psychologists in our field.

Mary made numerous significant contributions to our department and supervised more than her fair share of both honours and graduate students over the years. It should be noted that such supervision was not really part of her job requirements at Luther. Mary also made significant contributions in research, both in terms of introducing many of our students to qualitative research methods and her areas of

expertise, including: Intimate Partner Violence (IPV), End-of-Life Care in First Nations, and Sexual Health, among others. She was PI on a \$1 million SSHRC-CURA grant to investigate IPV, and held numerous other grants. I would characterize Mary's research as being highly collaborative and she formed numerous research partnerships with others. Mary also taught very popular courses for us in the Psychology of Women, Cross-Cultural Psychology, Humanistic Psychology, Developmental Psychology, Abnormal Psychology, Introductory Psychology, Ethics, and Community Studies. Her outstanding contributions to teaching and community service were recognized by being the inaugural recipient of the University of Regina President's Chair for Academic Excellence in Scholarly Teaching and Community Outreach.

Bill just retired and has been at the University since 1995 (serving 23 years). He also happened to arrive at the University on the same day as Thomas Hadjistavropoulos, but I do not know if this is a good thing or a bad thing? Bill served as department head for two terms and survived.

When Bill first came here, we teased him a lot about his Mac computer. Now almost everyone in the Psychology department has a Mac. Bill is an avid reader, both for pleasure as well as for work. He likes listening to soothing and relaxing music, like ocean waves and whale songs. Bill and his family have

### Dr. William Smythe

become a die-hard Riders fan since coming to Regina.

Bill taught courses for us in qualitative research methods, history, and systems of psychology. In collaboration with his colleagues, Bill has edited three academic books. He had 39 articles published in peer-reviewed journals and 16 articles published in edited books, among several other publications. On his retirement, Bill was unanimously nominated by the department and promoted to the rank of Professor Emeritus.



## Welcome to our new addition in psychology



Meet the newest addition to our family, Mila Kathleen Grodinsky. She was born on July 30th at 5:58 p.m., 7 lbs 14 oz.

Dr. Jennifer Gordon will be taking some time away to care for their bundle of joy.

## Faculty News



Dr Gordon J G Asmundson is the Editor-in-Chief of the Clinical Psychology Review, Editor-in-Chief of the Journal of Anxiety Disorders, and leads the 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 (2013-2018), are focused on evaluating the efficacy of and understanding mechanisms underlying aerobic exercise as an adjuvant and stand alone treatment for posttraumatic stress disorder and other anxiety-related disorders.

Dr. Shadi Beshai is an Assistant Professor of Psychology. His research program is focused broadly on personalized psychotherapy for adult depression. Specifically, Dr. Beshai has published several articles on the adaptation and dissemination of cognitive-behavioral therapies (traditional and third wave) at home and abroad, and on examining socio-cognitive mechanisms (e.g., mindfulness; self-compassion; socio-emotional comparisons) of acute and recurrent depression. Dr. Beshai is the recipient of several prestigious awards, scholarships, and grants from institutions such as the Canadian Psychological Association, Social Sciences and Humanities Research Council of Canada, Canadian Institute of Health Research, and the Saskatchewan Health Research Foundation.



Dr. Carleton has received several prestigious awards, including a 5-year Canadian Institutes of Health Research New Investigator Salary Award, and operating grants. He is currently serving as the Scientific Director for the Canadian Institute for Public Safety Research and Treatment. Dr. Carleton is actively involved in clinical and experimental research, with his interests including the biopsychosocial measurement, assessment, and treatments of trauma, anxiety, and somatic disorders, focusing on transdiagnostics, fundamental cognitions (i.e., lower-order factors such as intolerance of uncertainty), and shared emergent properties (i.e., higher-order factors such as extraversion). He is the principal investigator on the massive Longitudinal Study of Operational Stress Injuries (OSIs) for the Royal Canadian Mounted Police.

Dr. Jennifer Gordon was recently named a Tier II CIHR Canada Research Chair of Women's Mental Health and has received funding from the Canada Foundation for Innovation to establish the Women's Mental Health Research Unit at the U of R. She was also recently awarded a Saskatchewan Health Research Foundation (SHRF) Patient-Oriented Research Leader Award to study women's experience of infertility in the province. She currently leads a SHRF-funded project testing the efficacy of mindfulness-based stress reduction for the prevention of perimenopausal depression and supervises her students as they study a range of topics related to women's mental health, including postpartum depression, cognitive difficulties in the menopause transition, and menstrual cycle effects on addictive behaviour.



Dr. Heather Hadjistavropoulos continues her research on Online Cognitive Behaviour Therapy (Online-CBT) for depression and anxiety. She has been working on her grants and contracts from the Canadian Institutes of Health Research (valued at \$971,552) and Saskatchewan Ministry of Health (valued at \$556,000). This research involves seeking strategies to continually improve the delivery of Online-CBT to meet the diverse needs of individuals who have depression and anxiety. As of May 2017, more than 3000 patients have received Online-CBT in Saskatchewan. In the past year, Dr. Hadjistavropoulos was named one of 150 leading Canadians for Mental Health by the Centre for Addiction and Mental Health. She presented her research at the International Society for Research on Internet Interventions in Berlin in October 2017 and published her research in a variety of journals, including BMC Psychiatry, Canadian Journal of Pain, Clinical Psychology and Psychotherapy, Cognitive Behaviour Therapy, Internet Interventions, Journal of Anxiety Disorders, Journal of Behavior Therapy and Experimental Psychology Research, Journal of Cancer Survivorship, Pain and Psycho-oncology. Dr. Hadjistavropoulos serves on the Collaborative for e-Mental Health of the Mental Health Commission of Canada and the CADTH Health Technology Expert Review Panel.



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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 (made possible through the contributions of an anonymous donor), as well as from a CIHR-SPOR Network grant focusing on chronic pain.

Dr. Bridget Klest and her graduate students are continuing research related to trauma, institutional betrayal, health, and healthcare. 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 spent the 2017-2018 academic year on sabbatical in Eugene, Oregon, working on the development of the Anxiety treatment for Children through on-line Education program (ACE). She and Dr. Heather Hadjistavropoulos recently received funding from the Saskatchewan Ministry of Health to pilot this program with Saskatchewan parents in the fall, 2018. Dr. 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.

Dr. Kristi Wright's research focuses on exploring the many facets of anxiety in children with health-related concerns and worries (e.g., worries about health and surgery) and developing appropriate assessment methods and patient-informed innovative intervention options for these clinical concerns, including development of an interactive, Internet-delivered preoperative preparation program (I-PPP) for children undergoing day surgery. Dr. Wright was recently awarded a Patient-Oriented Research Leader Award from the Saskatchewan Health Research Foundation (SHRF) and Saskatchewan Centre for Patient-Oriented Research (SCPOR) to fund patient-oriented research designed to facilitate a better understanding of the psychological functioning and needs of children and adolescents with cystic fibrosis and inform the development and delivery of an Internet-delivered mental health prevention program for these youth.



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, and autonomy, and. Among other projects, she is currently collaborating on the development of a new qualitative methodology involving "nonconceptual" creative expression.

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