



# NEWSLETTER of the University of Regina

## Clinical Psychology Program



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

Welcome to the 2019/20 academic year in the University of Regina  
Clinical Psychology Program.

As usual, there have many changes in our program over the past year. First, Dr. Richard MacLennan ended his 10 year term as Department Head in July, 2019. I want to acknowledge Richard's strong commitment to and support for our clinical program during his term. Most recently, he was instrumental in getting funding for a Director position in the SunLife Psychology Training Clinic, and we hope to fill this position soon. Thanks Richard! Second, I also want to welcome Dr. Laurie Sykes Tottenham, our new Department Head. I look forward to working with you! Third, I am very excited to welcome Dr. Austen Smith, a new EAP faculty member. Please take a look at his biography and research interests on the next page. Fourth, we have another new baby to celebrate! Congratulations to Drs. Bridget Klest and Jeff Loucks on the birth of Linden, who joined their family in March 1, 2019.

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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## 2019-2020 Clinical Seminar Series Schedule

(please hold the following dates in SunLife Financial Psychology clinic, CW 020):

The schedule is as follows:

Fall 2019 Dates	Speaker	Topic
Thursday, September 19th	Schizophrenia Society of Saskatchewan	The Experience of Living with Schizophrenia
Thursday, October 3rd	Ms. Lynn Thera	Sexual Violence/Assault Response
Wednesday, November 13th ***3:30 - 4:30 PM***	Ms. Alison Campbell & Mr. Ian MacAusland-Berg	Acceptance and Commitment Therapy (ACT)
Thursday, December 5th ***5:00 - 6:00 PM***	Dr. Amy Hampton	Suicide Assessment and Working with Suicidal Clients
Winter 2020 Dates		
Thursday, January 16th	Dr. Dufton Lewis	Dialectical Behavior Therapy (DBT)
Thursday, February 27th	Ms. Danaka Schindelka	Transitioning as a Reg. Psychologist from the Public Sector to Private Practice
Thursday, March 19th	Emily Boughner & Nichole Faller	Comprehensive Exam Presentation
Thursday, April 2nd	Julia Grummisch & Stephanie Korol	APPIC Application

### NOTES:

1. 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 **Wednesday November 13th** and **Thursday, December 5th**. Please refer to the above schedule for details.
2. Please note that the November seminar will take place on **Wednesday November 13th**. All other seminars will take place on a Thursday of each month.
3. Ms. Danaka Schindelka request that each student prepares at least one question for her presentation related to the topic of working in the public section versus private practice. I will send an email in December to gather the questions.
4. 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.

## Welcome our new faculty member to our EAP program



Dr. Austen Smith received his PhD in Spring of 2018 from the University of Saskatchewan in Cognition & Neuroscience, under the supervision of Dr. Lorin Elias. He studies visual perception, using eye tracking to investigate biases of visual attention in aesthetics, while driving, and in populations who read from right-to-left (e.g. Farsi).

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



**CYNTHIA BECK**  
Supervisor: Dr. H. Hadjistavropoulos



**CHRISTINE BUENO**  
Supervisor: Dr. S. Beshai



**DANIELLE CAISSIE**  
Supervisor: Dr. K. Wright



**ROBYN SHIELDS**  
Supervisor: Dr. N. Carleton



**VIVIAN TRAN**  
Supervisor: Dr. T. Hadjistavropoulos



**EMILY WINTERS**  
Supervisor: Dr. T. Hadjistavropoulos

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



**ISAAC HAHN**  
Title: Are you Certain it is that bad?  
Examining the Role of Intolerance of  
Uncertainty in the Experience of Pain.  
Supervisor: Dr. S. Beshai



**HILARY POWER**  
Title: Informing The Development  
of An Internet-Delivered Mental  
Health Program for Youth With Cystic  
Fibrosis: A Qualitative Study  
Supervisor: Dr. Kristi D. Wright



**VANESSA PEYNENBURG**  
Title: Perceptions of and Preference for  
Internet-Delivered Cognitive Behaviour  
Therapy Among Post-Secondary Students.  
Supervisor: Dr. H. Hadjistavropoulos



**ASHLEY ETHIER**  
Title: The Influence of Hormonal Fluc-  
tuation on Stress-Induced Smoking  
Cravings in Women  
Supervisor: Dr. J. Gordon



**HANNAH ANSLEY**  
Title: So What Happened to You?"  
A Pilot Study Examining the Impact  
of Ableist Microaggressions on  
Individuals with Disabilities  
Supervisor: Dr. B. Klest



**RHONDA STOPYN**  
Title: Facial Cues of Pain in Older  
Adults: Predicting The Accuracy of  
Observer Pain Ratings  
Supervisor: Dr. T. Hadjistavropoulos

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

- Hilary Power won an Cystic Fibrosis Foundation scholarship
- CIHR – Andréanne Angehrn, Michael Edmonds, Julia Grummisch, Joelle Soucy, Mabel Yu, Christine Bueno
- SSHRC – Hannah Anstey, Ashley Balsom, Nicole del Rosario, Kailey DeLucry, Chet Hembroff, Cynthia Beck, Cody Fogg, Danielle Caissie

# 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 2018-2019:

- Hilary Power – Memorial University of Newfoundland Student Wellness and Counselling Centre in St. John's, NL – Supervisor: Lester Marshall, M.Ed., R.Psych.
- Hannah Anstey – Child and Youth Integrated Service Delivery Team in Charlotte County, New Brunswick – Supervisor: Heidi Fitzgerald, M.Sc., C.Psych.
- Adam Iskric – Regina Qu'Appelle Health Region, Mental Health Clinic – Supervisor: Dr. Amy Janzen-Claude, R.D.Psych.
- Rachel Krakauer – Rogers Behavioral Health Inc. (Skokie) in Chicago, IL – Supervisor: Dr. Paula Young, LCP, ACT
- Vanessa Peynenburg – Centre for Autism Services of Alberta in Edmonton, AB – Supervisor: Dr. Michael Stolte, R.Psych.
- Rhonda Stopyn – Regina Qu'Appelle Health Region, Child and Youth Services – Supervisors: Ms. Mona Flood, M.A., R.Psych. & Dr. Bruce Gordon, R.D.Psych.

## DOCTORAL CLINICAL PLACEMENTS

The following students completed a PhD practicum in 2018-2019:

- Natasha Galant – Regina Qu'Appelle Health Region, Mental Health Clinic – Supervisor: Dr. Amy Janzen-Claude, R.D.Psych.
- Melissa Wuerch – Regina Qu'Appelle Health Region, Mental Health Clinic – Supervisor: Dr. Amy Janzen-Claude, R.D.Psych.
- Emily Boughner – Regina Qu'Appelle Health Region, Mental Health Clinic – Supervisor: Dr. Amy Janzen-Claude, R.D.Psych.
- Julia Mason – Regina Qu'Appelle Health Region, Mental Health Clinic – Dr. Amy Janzen-Claude, R.D.Psych.
- Tori Owens – Regina Qu'Appelle Health Region, Functional Rehabilitation Program – Supervisor: Dr. Shahlo Mustafaeva, R.D.Psych.

- Zeinab Ramadan – Regina Qu'Appelle Health Region, Child and Youth Services – Supervisor: Dr. Bruce Gordon, R.D.Psych.
- Kat Mazenc – University of Regina, Counselling Services – Supervisors: Dr. Jenny Keller, R.D.Psych./ Mr. Ian MacAusland-Berg, M.A., R.Psych.
- Mike Edmonds – University of Regina, Counselling Services Supervisors: Dr. Jenny Keller, R.D.Psych./ Mr. Ian MacAusland-Berg, M.A., R.Psych.
- Kelsey Vig – University of Regina, Counselling Services – Supervisors: Dr. Jenny Keller, R.D.Psych./ Mr. Ian MacAusland-Berg, M.A., R.Psych.
- Julia Grummisch – University of Regina, Counselling Services – Supervisors: Dr. Jenny Keller, R.D.Psych./ Mr. Ian MacAusland-Berg, M.A., R.Psych.
- Mabel Yu – University of Regina, Counselling Services – Supervisors: Dr. Jenny Keller, R.D.Psych./ Mr. Ian MacAusland-Berg, M.A., R.Psych.
- Seint Kokokyi – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Lynn Loutzenhiser, R.D.Psych.
- Nichole Faller – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Lynn Loutzenhiser, R.D.Psych.
- Joelle Soucy – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Heather Hadjistavropoulos, R.D.Psych.
- Stephanie Korol – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Heather Hadjistavropoulos, R.D.Psych.
- Tori Owens – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Kerry Spice, M.Ed., R.Psych.
- Julia Mason – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Kerry Spice, M.Ed., R.Psych.
- Natasha Galant – Private Practice, Alliance Health – Supervisor: Dr. Katherine Owens, R.D.Psych.
- Kat Mazenc – Regina Canadian Mounted Police (RCMP) Depot – Supervisor: Dr. Michelle Bourgault-Fagnou, R.D.Psych.

## Predocctoral Residency Completion

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

- 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

## Please wish the following students well as they move on to complete the predoctoral residency in 2019-2020:

- Seint Kokokyi University of Manitoba Clinical Health, Winnipeg, MB
- Melissa Wuerch London Clinical Psychology Consortium, London ON
- Nathasha Gallant The Ottawa Hospital, Ottawa, ON
- Delaine Shakelton Waterloo Region Psychology Consortium, Kitchener-Waterloo, ON
- Erin Browne Edmonton Consortium, Edmonton, AB
- Sarah Ivens Saskatoon Health Region, Saskatoon, SK

## 2019 Fall Psychology Reception

Please join us on Thursday, October 17th, 2019 for our annual Psychology Fall Reception to recognize the contributions of our students, supervisors, faculty and staff.

Date:	Thursday, October 17, 2019
Reception Begins:	4:30 PM
Award Presentations:	5:00 PM
Location:	Research Innovation Centre (RIC) Atrium University of Regina, Main Campus

All are welcome.

## Message from the PGSA

On behalf of the Psychology Graduate Students Association (PGSA), welcome to the 2019-2020 academic year! The PGSA would like to extend a warm welcome to the 13 incoming Clinical Psychology and Experimental and Applied Psychology students.

The PGSA represents all psychology graduate students at the University of Regina. Our goals are to advocate for psychology graduate students; facilitate opportunities for students to contribute to; and maximize their educational experiences within the program, the department, and the greater University of Regina community. The PGSA strives to provide relevant information and support to all psychology graduate students, foster communication and cooperation among our members and the university community, and promote the goals and beliefs of all psychology graduate students.

The PGSA has had a very productive year on campus and in the community! We greeted the incoming PGSA members with our annual Welcome BBQ. The PGSA also continues the Psychology Graduate and Undergraduate Mentorship programs, fostering supportive relationships between senior and junior students. Social events featuring bowling, batting cages, and regular meetings at the Owl allowed students to gather outside of graduate work. PGSA members are actively involved with committees and initiatives for the Faculty of Graduate Studies and Research and the University of Regina. Within the community, the PGSA co-sponsored a meditation presentation and practice with Buddhist monk, Bhante Debonshi, and PGSA members volunteered with Carmichael Outreach. The PGSA also is proud to have completed an initiative to support our own students' mental health. The Spirit Award honoring exemplary service to the PGSA was awarded to Nichole Faller in April.

We are excited to welcome the following 2019-2020 Executive members:

President: Rachel Krakauer

Vice President: Hilary Power

Treasurer: Michelle Paluzek

External Relations: Rhonda Stopyn

EAP Rep: Billea Ahlgrim

GSA Rep: Ashley Balsom

Union Steward: Hannah Anstey

Clinical Committee Rep: Nichole Faller      Social Rep: Tansi Summerfield

CPA Rep: Hugh McCall

APA Rep: Stephanie Korol

Webmaster: Michael Edmonds

First Year Clinical Rep: Emily Winters

First Year EAP Rep: Rebekah Corpus

PSA Rep: Michaela Flaman

Faculty Liaison: Dr. Jeff Loucks

Department and Curriculum Meeting Rep: Vanessa Peynenburg

The PGSA would like to congratulate our members who will be taking part in their residency year in 2019-2020. We wish you the best as you continue your careers! Thank you for your mentorship as well as contributions to the Psychology Department and the University.

To the department and university, thank you for the continued support. We look forward to another incredible year and connecting with everyone at future events.

Rachel Krakauer, President, PGSA

## Faculty News



Dr Gordon J G Asmundson is the Development Editor 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 (2013-2019), 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 Associate Professor of Psychology at the University of Regina, Canada. 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 aboard, 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 is currently serving as the Scientific Director for the Canadian Institute for Public Safety Research and Treatment ([www.cipsrt.ca](http://www.cipsrt.ca)). He has received several prestigious awards, recognitions, grants, and government contracts, including a Canadian Institutes of Health Research Salary Award. He has recently been inducted as a Member of the Royal Society of Canada's College of New Scholars, Artists and Scientists. 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 (e.g., intolerance of uncertainty), and shared emergent properties. He is the principal investigator for the Royal Canadian Mounted Police Longitudinal

PTSD Study ([www.rcmpstudy.ca](http://www.rcmpstudy.ca)) and co-principal investigator on the Federal Internet Cognitive Behavioral Therapy Program for Public Safety Personnel. He still enjoys teaching and supervision of undergraduate and graduate students, and maintains a small private practice for military and public safety personnel who have anxiety and related disorders, particularly posttraumatic stress.

Dr. Gordon recently established the Women's Mental Health Research Unit thanks to funds recently awarded by the Canadian Foundation for Innovation. Its state-of-the-art infrastructure is designed to evaluate the effects of reproductive hormones on emotion and the stress response. Dr. Gordon also recently welcomed a postdoctoral fellow from Australia, Dr. Loveness Dube, to lead her program of research on mental health in the context of infertility, funded by a Saskatchewan Health Research Foundation (SHRF) Patient-Oriented Research Leader Award. Dr. Gordon is also currently wrapping up a SHRF-funded project testing the efficacy of mindfulness-based stress reduction for the prevention of perimenopausal depression. Her students are researching a range of topics related to women's mental health, including the effects of estrogen on aspects of emotion processing, cognitive functioning in the menopause transition, and menstrual cycle effects on addictive behaviour.



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. Heather Hadjistavropoulos continues her research on Internet-delivered Cognitive Behaviour Therapy (ICBT). In 2019, she received a Saskatchewan Health Research Foundation Patient-Oriented Research Leadership Grant (\$118,740) in partnership with Saskatchewan Centre for Patient-Oriented Research (\$129,860) to investigate ICBT for alcohol misuse and ICBT for sleep problems and a Neilsen Foundation Research Grant to investigate ICBT for spinal cord injury (\$516,506). She was also appointed as the principal investigator collaborating with Dr. Nick Carleton on the “ICBT Pilot in Support of Post-Traumatic Stress Injuries among Public Safety Officers” funded by the Government of Canada. She continues her grants and contracts from the Canadian

Institutes of Health Research (\$971,552) and Saskatchewan Ministry of Health (\$556,000). This research involves seeking strategies to continually improve the delivery of ICBT to meet the diverse needs of individuals who have depression, anxiety and alcohol misuse in collaboration with the Saskatchewan Health Authority. As of August 2019, more than 6000 patients have received assessment or treatment services via the Online Therapy Unit. This past year, Dr. Hadjistavropoulos was awarded the Ronald Melzack - Canadian Journal of Pain 2018 Paper of the Year Award for a paper entitled “Effectiveness, acceptability and feasibility of an Internet-delivered cognitive behavioral pain management program in a routine online therapy clinic in Canada”. In 2019, Dr. Hadjistavropoulos presented her research at the International Society for Research on Internet Interventions in New Zealand and has published her research in a variety of journals, including Behavioural and Cognitive Psychotherapy, Cognitive Behaviour Therapy, Journal of Anxiety Disorders, Journal of Clinical Medicine, Journal of Medical Internet Research, Internet Interventions, and Rehabilitation Psychology. Dr. Hadjistavropoulos also serves on the 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, focusing primarily on pain in older adults, 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. Lynn Loutzenhiser is currently piloting the Anxiety treatment for Children through on-line Education program (ACE) with support from the Saskatchewan Ministry of Health. This is a program that teaches Saskatchewan parents to use CBT techniques to help their children manage anxiety. Dr. Loutzenhiser’s research efforts focus on issues affecting parents of young children, with a current focus on 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.



## Welcome to our new addition in psychology

Dr. Klest is currently on parental leave following the arrival of baby Linden on March 1.