



NEWSLETTER of the University of Regina

Clinical Psychology Program



Greetings

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

2020 has been a challenging year for us all. For the Clinical Program, the arrival of the pandemic in March led to a scramble to finish graduate classes remotely, postponed and modified clinical placements and a general sense of unease. This fall marks the first, and hopefully the last, time where we welcome our incoming MA students virtually. Our faculty, students and clinical supervisors have been fantastic through all of this, though, and I want to express my sincere thanks for this. I am very excited to extend a welcome to two new faculty members this fall. Natasha Gallant will be joining the Clinical Faculty and Sarah Sangster will be joining the EAP Faculty. Please take a look at their biographies and research interests in this newsletter.

Our program also suffered a huge loss this year with the unexpected death of one of our clinical supervisors, Dr. Bruce Gordon. Dr. Gordon was a great supporter of our program and a friend to many of us individually. He supervised many of our students, with great passion for psychology and for alleviating the suffering of others. He will be sorely missed.

In closing, I want to extend a thank you to everyone for contributing to the Clinical Program. I sincerely hope that this coming year brings good things for all of us.



~Lynn

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2020-2021 Clinical Seminar Series Schedule

The schedule is as follows:

2020 Fall Dates	Speaker	Topic
Tuesday, September 15th	Dr. Heather Hadjistavropoulos Vanessa Peynenburg	Adapting to Online Interventions During COVID-19
Tuesday, October 20th	Shae Sackman Role as Clinicians	Cultural Diversity and Our
Tuesday, November 24th	Dr. Shawna Scott	Building Rapport with Children and Adolescents
2021 Winter Dates		
Friday, January 29th 3:00 - 4:00 pm	Dr. Tracy Dalglish	Using Social Media as Psychologists
Friday, February 26th	Mike Edmonds	Comprehensive Exam Presentation
Friday, March 19th	Kelsey Vig	Comprehensive Exam Presentation
Friday, April 9th	Sarah Reiser	APPIC and Transitioning to Residency

NOTES:

1. All seminars will take place virtually via Zoom. Please be on time and log in using audio and video as attendance will be taken at the beginning of seminar. Zoom links to attend the meeting will be emailed out the morning of seminar.
2. All seminars in the FALL SEMESTER will take place on Tuesdays from 4:00-5:00pm and in the WINTER SEMESTER on Fridays from 4:00-5:00pm with the exception of **January 29th, which will take place from 3:00-4:00pm.**
3. 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 members to our clinical program



Natasha Gallant — My program of research focuses on health & rehabilitation psychology with an emphasis on aging populations. My current research interests include (1) the influence of psychosocial factors—including social support, emotion regulation, and ageism—in the experience of chronic diseases; (2) the role of adversity & resilience in the aging process; and (3) policy recommendations aimed at improving the lived experiences of aging populations. Using cognitive-behavioural and mindfulness-based approaches, my primary clinical interests include psychological assessments and interventions for adults living with chronic diseases or acute illnesses. In my free time, I enjoy playing board games with friends, going for leisurely strolls, and trying out new recipes at home.

Sarah Sangster — I come from the Applied Social Psychology program at the University of Saskatchewan. My graduate training emphasized research methods (quantitative and qualitative) and program evaluation. Most of my research is in the field of reproductive psychology. I also conduct local evaluation projects in primary and public health, post-secondary education, and with community-based organizations. I am in a teaching-focussed faculty position, which really suits me! I love conducting research but I get my energy from students. When I am not teaching or conducting research you can find me trying to convince my toddlers that no, the cat does not want to go in the toilet.



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



EMILY AVEY
Supervisor: Dr. B. Klest



LOUISE CASTILLO
Supervisor: Dr. T. Hadjistavropoulos



MARIA HALLERAN
Supervisor: Dr. J. Gordon



CAELEIGH LANDRY
Supervisor: Dr. N. Carleton &
Dr. H. Hadjistavropoulos



GEOFF RACHOR
Supervisor: Dr. G. Asmundson

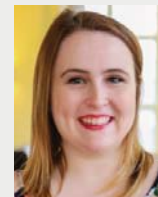
Please congratulate the following students who have defended their MA theses



ASHLEY BALSOM
Supervisor: Dr. J. Gordon



NICOLE DEL ROSARIO
Title: Do You Mind? Examining
Public Perceptions of Mindful-
ness based Programs
Supervisor: Dr. S. Beshai



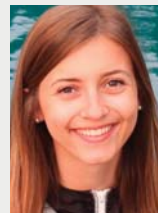
KAILEY DELUCRY
Title: Exploring Parental Intentions
To Engage In A Parent-Administered
Internet Cognitive Behavioural
Therapy Program
Supervisor: Dr. L. Loutzenhiser



RACHEL KRAKAUER
Title: Does Exercise Prevent
Exacerbation of Anxiety-Related
Vulnerability Factors Following an
Analogue Stressor: A Randomized
Controlled Trial.
Supervisors: Drs. G. Asmundson
& N. Carleton



HUGH MCCALL
Title: Does Persuasive Design
Predict Efficacy in Unguided ICBT?
A Meta-Regression Analysis
Supervisor:
Dr. H. Hadjistavropoulos



MICHELE PALUSZEK
Supervisor: Dr. G. Asmundson



SHELBY SHIVAK
Title: A Qualitative Exploration
of the Information and Service
Needs of Youth Siblings of
Individuals with Cystic Fibrosis
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 2019-2020:

- Ashley Balsom – Memorial University of Newfoundland Student Wellness and Counselling Centre in St. John's, NL – Supervisor: Lester Marshall, M.Ed., R.Psych.
- Kailey DeLucry – The SJ Psychology Centre in Saint John, New Brunswick – Supervisor: Dr. Theresa Fitzgerald, Licensed Psychologist
- Hugh McCall – Saskatchewan Health Authority, Functional Rehabilitation Program – Supervisor: Dr. Tom Robinson, R.D.Psych.
- Michelle Paluszek – Psychological Service Centre, University of Manitoba in Winnipeg, Manitoba – Supervisor: Dr. Hal Wallbridge, C.Psych.
- Nicole DelRosario – Department of Clinical Health Psychology, Max Rady College of Medicine in Winnipeg, Manitoba – Supervisor Dr. Valerie Krysanski, C.Psych.
- Rhonda Stopyn – Saskatchewan Health Authority, Child and Youth Services – Supervisor: Dr. Dr. Liz Brass, R.D.Psych.

DOCTORAL CLINICAL PLACEMENTS

The following students completed a PhD practicum in 2019-2020:

- Zeinab Ramadan – Saskatchewan Health Authority, Mental Health Clinic – Supervisor: Dr. Amy Janzen-Claude, R.D.Psych.
- Kelsey Vig – Saskatchewan Health Authority, Mental Health Clinic – Supervisor: Dr. Amy Janzen-Claude, R.D.Psych.
- Mabel Yu – Saskatchewan Health Authority, Mental Health Clinic – Supervisor: Dr. Amy Janzen-Claude, R.D.Psych.
- Emily Boughner – Saskatchewan Health Authority, Child and Youth Services – Supervisor: Dr. Bruce Gordon, R.D.Psych.

- Nichole Faller – Saskatchewan Health Authority, Child and Youth Services – Supervisor: Linda Thauburger, M.Ed., R.Psych.
- Hilary Power – Saskatchewan Health Authority, Children's Program – Supervisor: Dr. Heather Switzer, R.D.Psych.
- Vanessa Peynenburg – University of Regina, Counselling Services – Supervisors: Dr. Jenny Keller, R.D.Psych./ Mr. Ian MacAusland-Berg, M.A., R.Psych.
- Rhonda Stopyn – University of Regina, Counselling Services – Supervisors: Dr. Jenny Keller, R.D.Psych./ Mr. Ian MacAusland-Berg, M.A., R.Psych.
- Hannah Anstey – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Kerry Spice, M.Ed., R. Psych.
- Zeinab Ramadan – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Kerry Spice, M.Ed., R. Psych.
- Mike Edmonds – Online Therapy Unit (OTU), University of Regina – Supervisor: Kerry Spice, M.Ed., R. Psych.
- Julia Mason – Ranch Ehrlo Society, Clinical Assessment and Resource Services Program – Supervisor: Holly Huyghebaert, M.Ed., R.Psych.
- Mike Edmonds – Ranch Ehrlo Society, Clinical Assessment and Resource Services Program – Supervisor: Holly Huyghebaert, M.Ed., R.Psych.
- Stephanie Korol – Collaborative Centre for Justice and Safety, University of Regina – Dr. Lloyd Robertson, R. D. Psych.
- Joelle Soucy – Collaborative Centre for Justice and Safety, University of Regina – Dr. Lloyd Robertson, R. D. Psych.
- Mike Edmonds – Collaborative Centre for Justice and Safety, University of Regina – Dr. Lloyd Robertson, R. D. Psych.
- Julia Grummisch – Private Practice, Alliance Health – Supervisor: Dr. Katherine Owens, R.D.Psych.
- Rachel Krakauer – Private Practice, Alliance Health – Supervisor: Dr. Katherine Owens, R.D.Psych.

Congratulations to all students who held external funding this year

- CIHR – Louise Castillo, Maria Halleran, Caeleigh Landry
- NSERC – Jeff Deminchuk
- SSHRC – Amanda Oliver, Emily Avey

Predocutorial Residency Completion

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

- Seint Kokokyi – University of Manitoba Clinical Health, Winnipeg, MB
- Melissa Wuerch – London Clinical Psychology Consortium, London ON
- Nathasha Gallant – The Ottawa Hospital, Ottawa, ON
- Erin Browne – Edmonton Consortium, Edmonton, AB

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

- Emily Boughner – Northern Ontario Psychology Internship Consortium Thunder Bay, ON
- Nichole Faller – Northern Ontario Psychology Internship Consortium Thunder Bay, ON
- Julia Grummisch – Vancouver Coastal Health Vancouver, BC
- Stephanie Korol – Royal Ottawa Health Care Group Ottawa, ON
- Sarah Ivens – Saskatoon Health Region, Saskatoon, SK
- Julia Mason, University of Manitoba-Clinical Health Winnipeg, MB
- Katherine Mazenc – London Clinical Psychology Consortium London, ON
- Delaine Shakelton – Waterloo Region Psychology Consortium, Kitchener-Waterloo, ON
- Joelle Soucy – Kingston Internship Consortium, Kingston ON
- Victoria Suchan – Saskatchewan Health Authority Regina SK

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



PATRICK WELCH
Supervisor: Dr. C. Oriet



LUKE SCHNEIDER
Supervisor: Dr. H. Hadjistavropoulos



ANDREEA TAMAIAN
Supervisor: Dr. B. Klest



MICHELLE TEALE SAPACH
Supervisor: Dr. N. Carleton



AUDUR THORISDOTTIR
Supervisor: Dr. G. Asmundson



SEINT KOKOKYI
Supervisor: Dr. B. Klest

Message from the PGSA

On behalf of the Psychology Graduate Students' Association (PGSA), welcome to the 2020-2021 academic year! The PGSA would like to extend a warm welcome to the 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.

Although this academic year was different compared to previous years due to the COVID-19 pandemic, the PGSA continued to maintain a productive presence within our campus and community. We greeted the incoming PGSA members with a Virtual Welcome event. The PGSA also continues the Psychology Graduate and Undergraduate Mentorship programs, fostering supportive relationships between senior and junior students. Past President, Rachel Krakauer, formed a committee to plan a series of virtual educational sessions for psychology graduate students on topics of racism and wellness. Social events included a Fall outing to Baller's Recroom and regular meetings at the Owl allowing students to gather outside of graduate schoolwork. The Spirit Award honoring exemplary service to the PGSA was awarded to Rhonda Stopyn in September.

We are excited to welcome the following 2020-2021 Executive members:

President: Hilary Power
Vice President: Vanessa Peynenburg
Treasurer: Michelle Paluzek
External Relations: Rhonda Stopyn
EAP Rep: Billea Ahlgrim
GSA Rep: Louise Castillo
Union Steward: Hannah Anstey
Clinical Committee Rep: Kailey Delucry
Department and Curriculum Meeting Rep: Ashley Balsom
Social Rep: Rebekah Corpuz
CPA Rep: Hugh McCall
APA Rep: Mae Oliver
Webmaster: Yaren Koca
First Year Clinical Rep: Geoff Rachor
First Year EAP Rep: Kelsey Trott
PSA Rep: Minhal Mussawar
Faculty Liaison: Dr. Richard MacLennan
Past President: Rachel Krakauer

The PGSA would like to congratulate all members who will be taking part in their residency year in 2020-2021. Best wishes to you all as you continue your careers! Thank you for your involvement in the PGSA, supportive mentorship, as well as contributions to the Psychology Department and the University of Regina.

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

Hilary Power President, PGSA

Faculty News



Gordon J G Asmundson, SOM, PhD, FRSC is Editor-in-Chief of Clinical Psychology Review and the Journal of Anxiety Disorders, and leads the Anxiety and Illness Behaviours Lab and PsyPAN Network. 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, are focused on understanding the spectrum of emotional and behavioural responses to the COVID-19 pandemic and developing innovative, accessible, and effective supportive and intervention platforms for those most negatively impacted.

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). 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 and as a Fellow of the Canadian Academic of Health Sciences. 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) and co-principal investigator serving the Internet-delivered Cognitive Behavioral Therapy Program for Public Safety Personnel (www.pspnet.ca). 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 disorder.

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 continues to focus her efforts on advancing research aimed at developing a new psychological intervention for distress related to 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 has been continuing her applied clinical research designed to advance the delivery of Internet-delivered Cognitive Behaviour Therapy (iCBT) in routine practice for various populations including individuals with depression, anxiety, posttraumatic stress disorder, alcohol misuse, sleep problems and various chronic health conditions. Funding currently comes from a wide variety of sources including the Canadian Institutes of Health Research (\$971,552, 2017-2021), Saskatchewan Health Research Foundation (\$118740, 2019-2022), Saskatchewan Centre for Patient-Oriented Research (\$129,860, 2019-2022), Craig Neilsen Foundation (\$516,506, 2019-2022), Saskatchewan Ministry of Health (\$456,000, 2020-2021) and Government of Canada (\$10 million, 2018-2023). Importantly, this funding is allowing for the operation of the Online Therapy Unit (see www.onlinetherapyuser.ca), which provides services to > 2200 residents each year. Funding has also led to the development of PSPNET (www.pspnet.ca), which offers iCBT specifically tailored to meet the needs of public safety personnel in Saskatchewan and Quebec. Dr. Hadjistavropoulos has been very active in collaborating with students, her research team and colleagues to publish her research in a variety of journals, such as the Journal of Medical Internet Research and Internet Interventions. Dr. Hadjistavropoulos also currently serves on the Collaborative for e-Mental Health of the Mental Health Commission of Canada and the COVID-19 and Mental Health: Expert Advisory Panel with the Canadian Institutes of Health Research.

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.



2020 Fall Psychology Reception "CANCELED"

Unfortunately, the 2020 Fall Reception had to be canceled due to the COVID-19 pandemic. In place of the reception, a video is being made that will showcase the winners of the various awards. This video will be circulated in late October.