

Newsletter

of the University of Regina Clinical Psychology Program



Greetings from the Director of Clinical Training, Heather Hadjistavropoulos (PhD, RD Psych).

I hope you all enjoy looking over our annual newsletter. I think it is a great way to see how much has happened in the program over the year. As you will see, students, faculty, community supervisors and support staff have all been extremely busy! In this newsletter, you will read about, our incoming MA students, our most recent graduates, the extensive clinical training students are receiving both within and outside of the province, and the numerous prestigious awards and faculty accomplishments.

Very exciting this year is the progress we have made securing money to develop a new Psychology Training Clinic space that is independent of research space.

We expect to hear an announcement of a major external donation soon. We also thank the Dean of Arts, Dr. Rick Kleer, the Head of Psychology, Dr. Richard MacLennan, and the V.P. Academic, Dr. Thomas Chase, for

their additional financial support. Funding has also come from a former client donating to the clinic along with funds obtained by students providing psychological services in the clinic. It is significant progress. After 10 years of using research space to treat clients, it is very exciting that we may have official space on campus to call home.

Thank you to everyone for contributing to the Clinical Program and making it a program we can all feel very proud to belong to.

Best wishes for another productive year!

~Heather



P.S. Feedback on the program is always welcome! While I prefer to hear feedback directly, you can also provide anonymous feedback by leaving a typed message in my departmental mail box.

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Clinical Seminar Series (please hold the following dates from 4:00 pm to 5:00 pm in Classroom Building room 417):

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 from 4:00 to 5:00 pm in Classroom Building Room 417. 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:

September 13	Dr. Bridget Klest – Treatment experience through the VA hospital
October 10	Dr. Katherine Owens – Predoctoral internship applications and Interviews - insights from the other side of the desk
November 14	Chelsea Delparte – Case Study: Eating Disorder
December 12	Mathew Fetzner – Case Study: PTSD
January 9	Dr. Jason Peebles – Clinical hypnosis
February 13	Nicole Alberts – Case Study: Health Anxiety
March 13	Saskatchewan College of Psychologists – Professional Practice Issues
April 10	Dr. Gordon Asmundson – TBD, will involve a discussion of relevant issues in diagnosis and treatment of anxiety

If you have an interest in presenting, or have any questions, please email the clinical seminar coordinator, Katherine McMillan at: kmcmillan84@gmail.com.

Updates to the Clinical Program Manual & Brochure

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

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



CHRISTINA D'AMBROSIO
Supervisor: Dr. G. Asmundson



ANDREEA TAMAIAN
Supervisor: Dr. B. Klest



MELISSA WUERCH
Supervisor: Dr. M. Hampton



SARAH ELIZABETH IVENS
Supervisor: Dr. L. Loutzenhiser



MICHELLE TEALE SAPACH
Supervisor: Dr. N. Carleton

Please congratulate the following students who have defended their MA theses



KIM ZORN
Supervisor: Dr. M. Hampton



SARAH REISER
Supervisor: Dr. K. Wright



HOLLYANNE PARKERSON
Supervisor: Dr. G. Asmundson



SAMANTHA HORSWILL
Supervisor: Dr. N. Carleton

Please join me in congratulating students who completed the PhD program



JOHN DUFTON LEWIS
Dissertation title: Mental Health Services in Canada: Building a Model of Mental Health Care Utilization
Supervisor: Dr. R. MacLennan
Current position: Ranch Ehrlo's Clinical Assessment and Resource Services



MELISSA KEHLER
Dissertation title: Emotional Adjustment to Multiple Sclerosis: Evaluation of a Stress and Coping Model and a Cognitive Adaptation Model
Supervisor: Dr. H. Hadjistavropoulos
Current position: Mental Health Practitioner, Edmonton North Primary Care Networkment



ATIF SHUJAH
Dissertation title: A Workshop to Improve Experienced Therapists' Capacity to Integrate a Client's Cultural and Spiritual Identity
Supervisor/Co-Supervisor: Dr. A. Baydala/Dr. H. Hadjistavropoulos
Current position: Oshawa Psychological & Counselling Services



PHILIP SEVIGNY
Dissertation title: Understanding Parental Self-Efficacy in Fathers
Supervisor: Dr. L. Loutzenhiser
Current Position: Regina Qu'Apelle Health Child & Youth Services



MEGHAN WOODS
Dissertation title: Sleep and Health Service Use in Survivors of Intimate Partner Violence A Longitudinal Feminist Analysis
Supervisor: Dr. M. Hampton
Current position: October 1 she commenced a one year post doctoral fellowship at Research and Education for Solutions to Violence and Abuse (RESOLVE) at the University of Regina, supervised by Mary Hampton



THERESA FITZGERALD
Dissertation title: The Impact of Patient Assessments on Nurse Fears, Patient Falls, and Functional Ability in Seniors With Dementia
Supervisor: Dr. T. Hadjistavropoulos
Current position: Resident Psychologist, SJ Psychology Centre, St. John, New Brunswick



DANIEL PELUSO
Dissertation title: Cognitions in Non Life-Threatening Traumatic Events
Supervisor: Dr. G. Asmundson
Current Position: Ottawa Institute of Cognitive Behavioural Therapy

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 2012-2013:

- Luke Schneider – St. Joseph's Healthcare Hamilton – Supervisor: Dr. Wendy Freeman
- Kim Zorn – Calgary Mandel and Associates – Supervisor: Dr. Mandel
- Ashley Viklund – Prince Albert Mental Health Centre – Supervisor: Dr. Lisa Berg-Kolody
- Holly Parkerson – Regina Qu'Appelle Health Region, Functional Rehabilitation Program – Supervisor: Dr. Dave West-Johnson
- Samantha Horswill – Regina Mental Health Clinic – Supervisor: Dr. John Brown
- Sarah Reiser – Regina Child and Youth Services – Supervisor: Dr. Liz Brass

DOCTORAL CLINICAL PLACEMENTS

The following students completed a PhD practicum in 2012-2013:

- Michelle Gagnon & Lindsay Friesen – Psychology Training Clinic, U of R – Supervisor: Dr. Heather Hadjistavropoulos
- Bethany Gelinias – R.C.M.P. – Supervisor: Dr. Jason Peeples

- Matthew Fetzner and Omeed Ghandehari – Counseling Services, U of R – Supervisor: Dr. Brian Sveinson
- Jasmin Dhillon and Clair Barefoot – Prairie Psychological Services – Supervisors: Dr. Tania Safnuk and Dr. Allisson Quine
- Chelsea Delparte and Michel Thibodeau – Regina Qu'Appelle Health Region, Functional Rehabilitation Program – Supervisor: Dr. Dave West-Johnson
- Nicole Alberts and Heather Eritz – Child and Family Clinic, U of R – Supervisor Dr. Lynn Loutzenhiser
- Heather Eritz – Regina Mental Health Clinic – Supervisor: Dr. John Brown
- Katherine McMillan – Regina Mental Health Clinic – Supervisor: Dr. Katherine Owens
- Patrick Welch – Regina Mental Health Clinic – Dr. Jenny Keller
- Mathew Fetzner – Development Assessment Clinic – Dr. Shannon Fuchs Lasalle
- Lindsay Friesen – Lifemark Health Centre Calgary, AB – Dr. Christian Laplante
- Michelle Gagnon – Ministry of Children and Family Development Victoria, BC – Dr. Tricia Orzeck & Dr. Laurel Townsend
- Michel Thibodeau – Centre for Addiction and Mental Health Toronto, ON – Dr. Lena Quilty
- Bethany Gelinias – Stewart Psychological Services Inc., Edmonton, AB – Dr. Garth Stewart
- Nicole Alberts – Psychological Services: Yorkton Physiotherapy, Yorkton, SK – Dr. Karen Litke

Congratulations to all students who hold external funding this year

- Vanier CIHR – Matthew Fetzner & Michelle Gagnon
- CIHR – Dale Dirkse, Mike Thibodeau, Nicole Alberts, Katherine McMillan, Nicky Pugh, Lindsay Friesen, Bethany Gelinias, Hollyanne Parkerson, Shannon Jones, Chelsea Delparte, Daniel Peluso, Patrick Welch & Samantha Horswill
- SSHRC – Kimberley Zorn, Daniel LeBouthillier, Sophie Duranceau & Jasmin Dhillon
- Alzheimer's Society Award – Heather Eritz & Sarah Chan
- BMO Financial Group Fellowship for Rural and Northern Studies: Luke Schneider

Predoctoral Residency Completion

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

- Shannon Jones, Calgary Health Region
- Daniel Peluso, Royal Ottawa Healthcare Group
- Murray Abrams, Regina Qu'Appelle Health Region
- Nathalie Berard, Regina Qu'Appelle Health Region

Please wish the following students well as they move on to complete the predoctoral residency in 2013-2014:

- Christina Drost, Royal Ottawa Healthcare Group
- Heather Eritz, Regina Qu'Appelle Health Region
- Shahlo Mustafaeva, Regina Qu'Appelle Health Region
- Sarah Chan, Ottawa Hospital Health & Rehabilitation Psychology
- Nicky Pugh, Vancouver Coastal Health

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Message from the PGSA

The PGSA would like to extend our warmest welcome to all new incoming Clinical and Experimental students to the psychology department in the Fall 2013 semester. As the PGSA represents all psychology graduate students at the University of Regina in the Clinical and Experimental Psychology Programs, our primary objective is to provide a means for students to contribute to and maximize their educational experience from their program, Department, and University. Broadly, our goals for the upcoming year will be to continue to provide information and support for psychology graduate students, promote psychology within our community, encourage collaboration between graduate and undergraduate students, support the Clinical Seminar Series, be an active component of the larger UofR Graduate Student Association, and foster communication between our members, the University, and outside organizations. We look forward to continuing to work towards these goals in the upcoming year.

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The PGSA has taken pleasure in being involved in the community and on campus. We continued to be active with the Student Energy in Action for Regina Community Health (SEARCH) program, an organization providing access to clinical and social services in an afterhours clinical setting. In addition, a number of PGSA members volunteered to sit on committees that contribute to the running of 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 Graduate Students' Association, including membership on the GSA Executive as well as organizing and participating in the GSA Student Conference.

We were able to host an exciting outreach event in February, when we hosted the screening of a documentary entitled *The Invisible War for Psychology Month*. The documentary takes a look at the often-overlooked issue of military sexual trauma in the US military. Funding was graciously provided by the Psychology Association of Saskatchewan. More than 50 students and faculty attended this event and it was particularly rewarding to see some undergraduate faces in the crowd.

The PGSA is already planning a number of exciting events in the upcoming academic year in addition to our usual involvement around campus. September will see a workshop on Mindfulness provided by David Hodgins, made possible by the Canadian Psychological Association's financial support. We have also been playing a role in organizing the Pain Education and Research conference hosted by the University of Regina. Information on these events as well as other community and campus activities can be found on our website (<http://uregina.ca/psychgsa/>), facebook page, and graduate student board outside the Department office.

In April, the 2013-2014 PGSA executive was elected. We are pleased to welcome three incoming executive members, Samantha Horswill (President) and Ashley Viklund (Vice-President), and Katherine McMillan (Social Rep). We are also pleased to welcome Jeff Loucks as our faculty liaison in Kristi Wright's absence:

President: Samantha Horswill

Vice President: Ashley Viklund

Department and Curriculum Committee Rep: Nicole Alberts

EAP Rep: Ryan Fitzgerald

Clinical Committee Rep: Lindsay Friesen

Secretary/Treasurer: Jasmin Dhillon

GSA Rep: Bethany Gelinas

Social Rep: Katherine McMillan

Faculty Liaison: Jeff Loucks

APA Rep: Clair Barefoot

CPA Rep: Michelle Gagnon

Union Steward: Omeed Ghandehari

External Relations and Webmaster Rep: Holly Parkerson & Patrick Welch

The PGSA would also like to congratulate our graduating members, Heather Eritz (Regina Qu'appelle Health Region), Shahlo Mustafaeva (Regina Qu'appelle Health Region), Christina Drost (Royal Ottawa), Nicky Pugh (Vancouver Coastal) and Sarah Chan (Ottawa Hospital), who will be attending their year of residency in 2013-2014. On behalf of the entire PGSA, thank you for your dedication to our organization and good luck in your future endeavours. 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.

Faculty News

Dr. Dennis Alfano will be on sabbatical during the 2013-2014 year. During his sabbatical, he will continue his research program out of the Concussion Research and Sport Health (CRASH) Centre® at the Aspen Medical Centre at the University of Regina.. The CRASH Centre is a clinical and research Centre that focuses principally on the assessment and treatment of concussion.



Dr. Gordon Asmundson is the President's Research Chair in Adult Mental Health (2011-2016) and continues to lead the Traumatic Stress Group and Anxiety and Illness Behaviours Lab. Recent research efforts of his team have helped to better understand the association between posttraumatic stress disorder and chronic pain as well as treating people who experience these conditions together. Current research efforts, supported by an operating grant from the Canadian Institutes of Health Research (2013-2017), are focused the evaluating the efficacy of and understanding mechanisms underlying aerobic exercise as a adjuvant and stand alone treatment for posttraumatic stress disorder.

Dr. Nicholas Carleton has completed his SHRF-funded research project exploring attentional biases and social anxiety and is now beginning a 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 post traumatic stress disorder in RCMP, police, fire, EMS, and corrections, among others. In addition, he is continuing to publish on intolerance of uncertainty as a key transdiagnostic risk factor.



Dr. Heather Hadjistavropoulos was awarded a new Partnership for Health System Improvement grant from the Canadian Institutes of Health Research (Strategy for Patient-Oriented Research (SPOR) and the Rx&D Health Research Foundation - Fostering Innovation in Healthcare Initiative) and the Saskatchewan Health Research Foundation (~\$708,000 value June 2013-2017). The project will support the work of the Online Therapy Unit for Service Education and Research (see www.onlinetherapyuser.ca) and is specifically focused on evaluating a 5 module transdiagnostic wellbeing program for the treatment of depression and anxiety throughout Saskatchewan. Funding will also be used to develop an online screening process for the wellbeing program. This research is expected to have a substantive impact on how Online Cognitive Behaviour Therapy is ultimately financed, organized, managed, and delivered in Saskatchewan. Heather was recently appointed to a Mental Health Commission advisory committee working group to develop an emental health framework for Canada.

Dr. Thomas Hadjistavropoulos, ABPP, FCAHS, Research Chair in Aging and Health, continues to lead his province-wide grant-funded research group Research and Community Alliance for Quality of Life in Long Term Care. This year he was awarded a Queen Elizabeth II Diamond Jubilee Medal (recognized by the government of Canada in the national precedence of orders, decorations and medals) for his contributions to research with older adults. Also, this year, he was granted major funding from the Canada Foundation for Innovation (CFI) to purchase major laboratory equipment.



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 has been busy settling in to the U of R, and establishing her new Social Context, Health, and Trauma Lab which will be housed in a new shared space with Dr. Loutzenheiser's lab. She is working on establishing collaborations with SEARCH, a student-run after-hours health clinic in Regina's North Central neighborhood. She is also heading a project in partnership with Angioma Alliance (a research, advocacy, and patient support organization) exploring psychosocial variables in a sample of adults diagnosed with a rare neurovascular condition.



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Dr. Lynn Loutzenhiser continues her research on issues affecting the parents of young children, with a focus on child sleep problems and parental well-being, through the Child and Family Research Group. She is currently working with researchers from Melbourne, Australia, and Dearborn, Michigan, in the area of fatigue in new parents, and is looking forward to this international collaboration. Dr. Loutzenhiser has also recently partnered with Dr. Bridget Klest and Dr. David Malloy to develop a research program in the area of ethics training.

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. Finishing touches are being completed on her, Drs. Heather Price and Katherine Robinson's Canadian Innovation Foundation (CFI) funded state-of-the-art laboratory facility for innovative research projects designed to understand and improve health and well-being of children. Most recently, Dr. Wright received a Saskatchewan Health Research Foundation (SHRF) New Investigator Establishment Grant to develop and evaluate an interactive, Internet-delivered preoperative preparation program (I-PPP) for parents/guardians and their children who are to undergo a surgical procedure.



Experimental and Applied Psychology Program

written by Chris Oriet



The EAP program is pleased to welcome seven new students into our graduate programs this Fall. Incoming Master's students Jill Price and Chet Hembroff, who completed their degrees at the University of Regina, will join the labs of Drs. Katherine Robinson and Katherine Arbuthnott, respectively. Also returning are Andrea Scerbe (Arbuthnott) and Brittany Whiting (supervised by Dr. Heather Price), who is also the recent winner of a prestigious three-year SSHRC CGS-D doctoral award, valued at \$35,000 per year.

Joining Andrea and Brittany are Kaila Bruer (Price) from Carleton University, Alexis Zederayko (supervised by Dr. Mary Hampton), from Mount Saint Vincent University, and our first international student, Ram Vivekenanda from Christ University, Bangalore, India, working under the supervision of Dr. William Smythe. A warm welcome to all of our new students, and we wish you the best in your graduate studies!

Many congratulations to our recent Master's graduates, Andrea Scerbe (Arbuthnott), Natalie Therrien (Price), and Brittany Whiting (Price), and to Mamata Pandey (supervised by Dr. Chris Oriet), who becomes the fourth graduate of our doctoral program. We wish Dr. Pandey the best in her new job with the patient safety research team at the Saskatchewan Ministry of Health.

We also congratulate our program's newest member, Dr. Jeffery Loucks, on his recent success in the SSHRC Insight Development grants competition. Dr. Loucks was awarded \$60,260 to further his work on understanding young children's memory for action sequences through observation.

Finally, the EAP program is delighted that our department was chosen to host the 27th annual meeting of the Canadian Society of Brain, Behaviour, and Cognitive Sciences. The meeting will be held in 2017 at the University of Regina for the first time in the Society's history and will welcome more than 400 faculty and student researchers from across Canada and beyond to our campus.

Pain Education and Research Day – September 28

Pain Education and Research Day (Saturday, September 28, 2013) was a tremendous and resounding success. The day was coordinated by Dr. Carleton and showcased internationally renowned researchers including Drs. Asmundson (Regina), Crombez (Belgium), Katz (Toronto), Sawhney (Toronto), and Vlaeyen (Netherlands). The coordination hinged on tremendous support from the PGSA – particularly Samantha Horswill and Michelle Gagnon – as well as Brenda Yung and Catherine Hologroski. The Canadian Institutes of Health Research, the University of Regina Office of the Vice President Research, the Faculty of Arts, the Faculty of Graduate Studies and Research, the Faculty of Nursing, and the Department of Psychology,

all provided financial support for the event. There were almost 100 attendees, including students, clinicians, and researchers, from the local community and from as far away as Saskatoon. Attendees commented extremely positively on the speakers and the event coordination – stating that the event was on par with or better than international conferences offered elsewhere but substantially more accessible. Carleton was thrilled with the event and extends his gratitude to the presenters, the attendees, and the support team that made it all possible. Given the tremendous success of the event, Carleton hopes it will serve as a proof-of-concept to have a similar University of Regina event each year with rotating topics in mental health.

Motivational Interviewing Workshop – September 27

Earlier this year, the Psychology Graduate Students' Association (PGSA) applied for an Educational Activity Grant being offered by the Clinical Section of the Canadian Psychological Association. The PGSA was successful in this application and were very excited to host Dr. David Hodgins for a full day workshop entitled The Basics of Motivation Interviewing with Addictions.

Dr. Hodgins is a professor at the University of Calgary in the Department of Clinical Psychology, with an adjunct appointment with the Faculty of Medicine. He is a leading Canadian researcher in the area of motivational interview for addictive behaviours, and has offered workshops on this topic at a national and international level.

Motivational interviewing is a method developed to assist clients in increasing their intrinsic motivation for change and become more committed to treatment through an examination of ambivalence. Motivational interviewing techniques can be integrated into the practices of a number of health professionals, including psychologists, social workers, nurses, physicians, dieticians, and health educators to increase outcomes for their clients and patients.

The PGSA invited students and community professionals in health professions with an interest in developing their motivational interviewing skills to attend this workshop. The workshop was very successful sold out event.

Greetings from Regina Qu'Appelle Health

As many of you know, we have had a very busy year and look forward to another on the horizon. As a group, we have been lucky enough to supervise students from the Clinical Psychology Program in more settings than ever before including the Functional Rehabilitation Program, Adult Therapy (at the Mental Health Clinic), DBT Group (also at the Mental Health Clinic), Children's Program, Child and Youth Services, the Bariatric Clinic, and the Outpatient Pediatric Clinic, to name a few.

As the new Director of Clinical Training for the RQHR, I have heard consistently positive feedback about these MA and practica students well done!

In addition to MA and practica placements, RQHR psychologists have supervised four pre doctoral residents this year. We've been matched through the APPIC system for four brand new faces beginning in September. In fact, between September 2013 and August 2014, RQHR psychologists are scheduled to supervise over 10,600 hours (not counting supervision of provisionally registered staff.) My hat (still so new it has that new hat smell) goes off to all our very hard

working supervisors. The PhD predoctoral residency recently took part in a re accreditation site visit by CPA. Now that the anxiety around the whole thing has actually worn off I can look back and say that the visit went well. A very small bit of me even enjoyed it. We will hear back from the CPA Accreditation Panel after they meet next, in October.

Over this past year we have said good bye to three long serving supervisors (Drs. Della Hunter, Liz Ivanochko, and John Brown) and congratulate them all on well deserved retirements. Luckily, a number of very successful students, both past and present, from the Clinical Psychology Program are waiting in the wings. With bright and motivated new psychologists setting down roots in various RQHR programs, the future looks bright!

Dr. Katherine Owens, R.D.Psych
 Director of Clinical Training
 Senior Psychologist
 Adult Therapy Program, Mental Health Clinic
 Regina Qu'Appelle Health Region



Newsletter of the University of Regina Clinical Psychology Program

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