

# the society page

a publication of the manitoba psychological society January 2012



Happy New Year! I hope that the holidays brought you and your family joy, wonderful memories, and delicious food. In October, MPS hosted Members' Night at The Inn at the Forks. We were entertained by Dr. Greg Gibson and his band and experienced the poetic musings of Dr. Darek Dawda. Dr. Jennifer Frain was presented with the President's Award for her continued dedication to the profession of psychology at the local, provincial, and national levels. Those in attendance seemed to like the less formal event so we hope to

PRESIDENT'S REPORT JANUARY 2012 Andrea Piotrowski Ph.D., C.Psych. MPS President, 2010-2012

continue with this format in the future.

In this addition of the Society Page, you will find a summary of the Winter Practice Directorate meeting. We are very excited to be working with Meagan Hatch (CPA's new Government Relations person), Tyler Stacey-Holmes (Manager, Association Development, Membership and Public Relations) who is organizing Psychology Month at a national level, and Dr. Melissa Tiessen (Director of Education and former Winnipeger). At our next meeting in June, we will be voting on whether the Practice Directorate will be supporting a National Doctoral Standard for psychologists. If this motion passes, it will be aspirational in nature, but nonetheless it would be a big move for psychology. The other issue that we are *just starting to discuss* is whether psychologists are interested in being covered under Medicare, either fully or by using a mixed model (as in Australia). MPS will be soliciting the opinions of its members over the next few months. We also met with Rodney Hancock, President and CEO of McFarland-Rowlands Insurance. At no increase to premiums, members will receive coverage for: a) Expert Witnesses with a limit of \$5000; b) com-

(Continued on page 2)

February is Psychology Month & The new Format MGA is coming up

More info inside this issue

### THE SOCIETY PAGE

The Society Page is the quarterly newsletter of the Manitoba Psychological Society. MPS publishes this newsletter as a service to its members and to the public. Articles presented do not necessarily reflect the views of the MPS Board.

Submission inquiries should be addressed to the incoming Editor of <sup>The</sup> Society Page:

Darek Dawda, Ph.D., C.Psych. Unit C—909 Dorchester Avenue Winnipeg, Manitoba R3M 0P7 Phone: (204) 253-2832



### BOARD MEMBERS

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### PRESIDENT'S REPORT (CONT.)

### (Continued from page 1)

plaints about members to a Labour Board; and c) complaints about members to the Human Rights Commission. More details will be made available with insurance renewal letters.

The Minister of Health, the Honourable Theresa Oswald, has officially proclaimed that February is 'Psychology Month.' The proclamation can be found in this edition of the Society Page and on our website. We encourage you to post it up in your offices. If you are interested in doing a presentation for psychology month or if you already have a public event planned, please contact Pam Holens so that we can advertise it on our website and with posters. In recognition of Psychology Month, Dr. Karen Cohen, Chief Executive Officer for the Canadian Psychological Association, will be presenting at a colloquium hosted by the Department of Clinical Health Psychology on February 17 (Room PX236 in the PsycHealth Building, 771 Bannatyne Ave. at 3:00). The title of her presentation is, "Professional Psychology: Supply, Demand and Need."

Dr. Cohen and I are invited to attend the Mental Health Summit with governments and key stakeholders from across the country that is being held in Winnipeg on February 15 and 16. The focus of this event will be on mental health promotion and prevention, especially with children, youth, and families. We are very excited that psychology will be represented at this meeting. I look forward to telling you more about the Summit at the MPS conference and AGM on March 15 from 2:00-7:00 (details in this issue).

MPS is always looking for input from our members. If you have a comment or are interested in becoming a board member or participating on a board committee, please contact me for more information.



PROVINCE OF MANITOBA

# PROCLAMATION

### **Psychology Month**

- WHEREAS psychological services are an important part of health care for Manitobans; and
   WHEREAS psychologists provide quality assessment, therapeutic and consultative services in schools, universities, hospitals and community organizations, as well as through employee assistance and private practice settings; and
   WHEREAS psychologists provide proven, effective treatments for a broad array of health concerns; and
- WHEREAS psychologists offer important early intervention strategies to prevent or ameliorate many major health concerns and chronic illnesses; and
- WHEREAS psychologists develop, implement and evaluate innovative techniques to improve the health and well-being of Manitobans; and
- WHEREAS psychologists work alongside other health professionals to provide collaborative health care; and
- WHEREAS the Manitoba Psychological Society and other organizations across Canada recognize February 2012 to be Psychology Month with the statement "Psychology is for Everyone";

Now therefore let it be known that I, Theresa Oswald, Minister of Health, for the Province of Manitoba, do hereby proclaim the month of February 2012 as

### Psychology Month

In Manitoba and do commend its thoughtful observance to all the citizens of our province.

MINISTER



# February is PSYCHOLOGY MONTH

"Psychology is for Everyone"

### 2012 PSYCHOLOGY MONTH ACTIVITIES

### February 3

Challenging Students for Challenged Teachers

Dr. Gary Shady & Mr. Gary Borger

John W. Gunn Middle School THIS TALK IS INTENDED FOR STAFF ONLY

February 3 Interdisciplinary Colloquium

Various speakers

P412 Duff Roblin Bidng. Fort Garry Campus, University of Manitoba 3:00 – 7:00PM OPEN TO THE PUBLIC

### February 6

Psychology Outreach Day at the WISH Clinic

Dr. Maxine Holmqvist, Mr. Chris Tysiaczny, Ms Robin Westmacott, Ms Carolina Pansera

Mt. Carmel Clinic 1:30 – 4:30PM OPEN TO THE PUBLIC

### February 7

How Your Mind Affects Your Heart and What You Can Do About It!

Dr. George Kaoukis

Reh-Fit Centre 7:00 – 8:30PM OPEN TO THE PUBLIC

### February 15

Getting Your Child to Go to Sleep and Stay Asleep

Dr. Kirsten Wirth

St. Amant Centre 440 River Road, St. Vital 7:30 – 8:30PM OPEN TO THE PUBLIC

### February 17

Professional Psychology: Supply, Demand, and Need

Dr. Karen Cohen PX236, PsychHealth Bldg Health Sciences Centre Time T.B.A. (check website at www.mps.mb.ca) OPEN TO THE PUBLIC

### February 22

Strategies for Helping Residents with Anger Management Problems

Dr. Colleen <mark>Millikin</mark> Parkview Place Personal

Care Home THIS TALK IS INTENDED FOR STAFF ONLY

### February 22 & 23

Psychology Booth at U of M Info Days

U of M Psychology Dept. 2<sup>nd</sup> Floor, University Centre Fort Garry Campus, University of Manitoba 9:00 AM – 2:00PM PUBLIC: INTENDED FOR HIGH SCHOOL STUDENTS

### February 23 What is Psychology?

Dr. Andrea Piotrowski

Garden City Collegiate THIS TALK IS FOR INVITED STUDENTS ONLY

### February 23

Psychology as a Profession

Dr. Pamela L. Holens Dakota Collegiate

THIS TALK IS FOR INVITED STUDENTS ONLY

### February 24

Psychological and Spiritual Development: Are They Actually Different Processes?

Dr. Douglas Tataryn Hollow Reed Holistic Centre 761 Westminster Ave, Wpg. 7:30 – 9:00PM OPEN TO THE PUBLIC

February 28 Exercise and Mental Health: Insights from Social Psychology

Dr. Dan Bailis

Wellness Institute, Rm. 3 Seven Oaks Hospital 11:00AM – 12:00PM OPEN TO THE PUBLIC

### February 28

Using Your Brain to Help Your Pain

Dr. Aynsley Verbeke

Wellness Institute, Rm. 3 Seven Oaks Hospital 1:00pM – 2:30PM OPEN TO THE PUBLIC

### February 28

Concussions and the Need for Baseline Neuropsychological Assessments in Young Athletes

Dr. Leslie Ritchie and Dr. Andrea Kilgour Sport for Life Centre, Sport Manitoba 6:30PM OPEN TO THE PUBLIC

### February 29

If Change is Good For Us, Why is it So Hard?

Dr. Becki L. Cornock

BRHA Services Building THIS TALK IS INTENDED FOR BRHA STAFF ONLY

### February 29

Women and Money: It's Complicated

Dr. Moira Somers Rady Jewish Community Centre 123 Doncaster Street 7:30 – 9:00PM OPEN TO THE PUBLIC: WOMEN ONLY

### February 29

Art as Therapy: Why Non-Verbal Expression Can Be Healing!

Dr. Douglas Tataryn

Frame, 318 Ross Ave (In the Exchange Area) 7:30 – 9:00PM OPEN TO THE PUBLIC

### March 2

Vineberg Award Talk

Ms. Natalie Mota, Ph.D. Candidate

P412 Duff Roblin Building, Fort Garry Campus, University of Manitoba 3:00 – 4:30PM OPEN TO THE PUBLIC

### March 2

Researchpalooza U of M Psychology Dept.

P412 Duff Roblin Building, Fort Garry Campus,

University of Manitoba 4:30PM

OPEN TO THE PUBLIC

### March 5

Fibromyalgia and the Family

Dr. Matthew Bailly Fibromyalgia Support Group 825 Sherbrook Street 7:00PM OPEN TO THE PUBLIC (\$3 drop-in fee for nonmembers)

Throughout February 2012, look for Posters about "Persenser Mome" in all Winnipog Public Libraries and Organizations in which Psychologists

currently work!

For the full schedule please see the calendar on the MPS website: www.mps.ca



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# Advertizing with MPS

One more reminder that MPS doesn't advertize in the Society Page any longer. We now 1) place ads on our website - <u>http://</u><u>mps.ca</u> - and 2) send a direct email notification to our membership for \$150. The adds stay on the website for one month. The email notification directly reaches nearly all registered clinical psychologists in the province, alongside some graduate psychology students and professionals from other disciplines, who are registered with the Manitoba Psychological Society.

Inquiries and requests should be directed to Dr. Darek Dawda at info@davda.ca

# Submit your Members News

We now welcome submissions about MPS members' professional accomplishments. This might include professional appointments, publications, presentations, promotions, etc. You are also welcome to share news about such personal milestones as weddings or childbirths. We hope that your submission will contribute to the cohesion of our provincial psychological community.

Submissions might be as short as one sentence.

Please email all submissions to Darek Dawda @ info@davda.ca

### 2012 Registrars Winter Update

Another year has rolled by, we are again enjoying warmer than normal winter temperatures, and it's almost the end of January and we can start seriously thinking about Spring coming along soon. Speaking of the end of January, it also marks the end our 2012 membership renewal process. As you all know, in order to encourage a prompt response from our members and make it as easy as possible to renew their memberships, we recently implemented a number of procedures. These include the Membership Renewal Bonus Program, automated renewal reminders, and of course, our electronic payments option. Being psychologists I am sure we are all interested in whether these interventions are actually making any difference in the success of renewal reminders. Not being able to apply a randomized clinical trial, we turn to an old stand-by, the quasi-experimental design. The figure below shows several interesting trends.



First, that the majority of members renewed quite quickly, in the first two or three weeks of receiving the renewal notice. (Note the second frequency bar of November 9, while displaying 15, actually represent 30 members.) In fact, 31% of the members did so within 7 days, and 50% did so within two weeks.

(It also appears that the Membership Renewal Bonus Program incentive may have affected responses, since there 75% of the renewals occurred within the 30 day window for receiving an entry into the contest, and drops off appreciatively after that, but that would be part of another analyses.) Second, our automated email reminders are sent every 7 days to all members who had not renewed to date. The graph shows a clear `blip` or increase in renewal at those times, supporting the idea that such reminders are quite useful in helping members remember to pay their dues. The third interesting aspect of the graph is the two trends, one decreasing to the first week of December (Note the significance of 30 day window above), and the other, though based on fewer data points, shows an increasing trend. One interesting interpretation is that the first trend represents the enthusiastic, but busy members who are motivated to respond promptly, either intrinsically or because of the Bonus program. The other trend which shows increasing response rate as the end of January approaches, suggests a possible fear motivated response, where the "procrastinators" are responding to an approaching membership deadline, after which their membership lapses. Of course other interpretations are possible, and perhaps future data and analyses will help clarify things.

Thanks to everyone for renewing their membership. With your financial and moral support the MPS Board of volunteers continues to find wonderful and innovative ways to promote the field of Psychology at a provincial and sometimes National and International level: From coordinating TV and radio interviews of Psychologists, to meeting with government officials, to organizing Continuing Education Institutes and symposium.

How can you help out without joining the board? Well, remember, February is Psychology Month and I strongly encourage all of our members to do something to enhance the profile of Psychology in their local community; at the local school, community centre, even restaurants make great venues. If you don't have something prepared, APA has some wonderful powerpoint presentations on contemporary topics such as heart disease, stress and health, the mindbody connection etc, complete with suggested narrative for each slide. Contact Pam Holens (pholens@deerlodge.mb.ca) to get more involved.

We'll be announcing this year's winner of the annual Membership Renewal Bonus Program (who will receive free entry to an upcoming Continuing Education Institute) at the Spring AGM conference. In keeping with our ongoing innovations, we will have four very interesting symposia and discussion options to choose from prior to the wine and cheese and business meetings. Hope to see you there and in the mean time, have a good Winter!

Douglas J Tataryn, Ph.D. (C.Psych) MPS Registrar



-earning Objectives:

By the end of the Workshop, participants will be able to:

Identify differences between the sport culture and

the normal culture. Discuss adaptive and maladaptive coping

mechanisms in athletes.

Develop an understanding of differences between child/adolescent and adult concussions,

including recognizing prevalence rates among different populations.

Identify at least 2 ethical challenges unique to working with athletes. Be able to discuss current issues and controversies regarding Chronic Traumatic Encephalopathy (CTE).

Develop an understanding of return to play criteria and neucopsychology's role in making those decisions, as well as develop strategies for return to education and/or work situations after athletes sustain a concussion.

If you are interested in membership in MPS, please visit our website <u>www.mps.ca</u>

# Cancellation / Refund / Liability

Up to April 24: Full Refund less 10%.

Name:

- After April 24 No Refund for cancelled registration.
- MPS reserves the right to cancel the conference
  - at any time due to unforeseen circumstances.
    Liability is limited to refund of conference fee
    - only. To - Doorthing to the control of the
- Early Registration must be postmarked before April 25 2011.

# Parking

All day parking available in the Fort Gary or Fort Gary Place parkades at variable rates.

Dr. Mark A. Hogue received his Bachelors and Masters degrees from Edunboro University of Pennsylvania, and his Doctorate of Clinical Psychology (Psy. D.) from Indiana University of Pennsylvania. His specialization tracks were in Behavior Medicine and Health Psychology with a focus on neuropsychology. He completed his doctoral internship at the Erie Psychology with a consortum. He is in purvate practice in Erie, Pa, and he is part owner of Northshore Psychological Associates and Northshore Neurosciences. His practice in Erie is largely centered around

Behavioral Medicine and Medical Psychology. Dr. Hogue was awarded the American Psychological Association's (APA) Heiser Award fo Legislative Advocacy in 2005. He is a member of APA's Divisions of Neuropsychology, and Exercise and Sport Psychology. He also served for four years as the chair of the Outreach Committee for the Association for Applied Sport Psychology (AASP).

He serves as the neuropsychologist as well: the Hockey Ministries International Chaplain for the Ene Otters Hockey Team of the OHL. He is a consulting sport psychologist to the "Character Matters" organization. He is the consulting psychologist to Neuro

He is the consulting psychologist to Neuro Restocative, Pa., a head injury recovery facility in Ene, He is also on associate staff with 5 hospitals in Ene, and he consults with 5 mursing care facilities as well. Additionally, he works closely with surrounding Sports Medicine clinics with injury recovery and con cussion management, as well as in areas of performance enhancement.

Registration Fees:	Before April 24	After April 24
Student Member or /Re- tired Member	\$80.00	\$120.00
Full/Affiliate Member	\$175.00	\$200.00
Nonmember Student	\$120.00	\$145.00
Nonmembers	\$200.00	\$225.00

### MANITOBA PSYCHOLOGICAL SOCIETY

### SOCIÉTÉ DES PSYCHOLOGUES DU MANITOBA

P.O. Box 151 RPO Corydon Winnipeg, Manitoba, R3M 3S7

Phone: (204) 488-7398, or (866) 416-7044 Website: www.mps.ca

### How to register:

- Either complete the form (to the right) and mail it along with a cheque or money order to the above address,
- or register online at www.mps.ca.

### PLEASE MAKE CHEQUE PAYABLE TO

MANITOBA PSYCHOLOGICAL SOCIETY, INC.

Phone Number	
E-mail	
Workplace	
Occupation	
Check if a	member of MPS

A luncheon meal is included in the workshop package Please indicate any dietary considerations.

\_\_\_\_ If you prefer a vegetarian meal.



### VETERANS AFFAIRS CANADA (VAC) PROGRAM OF CHOICE (POC) 12 – RELATED HEALTH SERVICES (PSYCHOLOGISTS) – MANITOBA

January 2012

Effective January 1, 2012, the maximum rate payable by VAC will change for specific psychology codes under Program of Choice (POC) 12 – Related Health Services.

### Please refer to the table on the second page of this bulletin for the new rates.

Providers will be reimbursed their usual and customary charges up to a maximum of the dollar limit indicated on the Benefit Grid.

# Providers must not charge VAC clients more than other clients who are residents of the province.

Please communicate this information to your members. Members may direct their inquiries to their regional Blue Cross office at 1-888-261-4033.

Thank you for the ongoing care and service you provide to our Veterans.

### REMINDER

Veterans Affairs Canada (VAC) is improving the service delivery of its treatment benefits program by updating benefit grids so that most services/items will only require pre-authorization the first time a Veteran accesses the benefit. In many cases, subsequent requests by the Veteran for the same benefit will not require subsequent pre-authorizations making it easier for the Veteran to obtain the services/items required.

In some cases, benefits/services such as those that support VAC's rehabilitation program may continue to require pre-approval. Please contact our Treatment Authorization Centre toll free at 1-866-811-6060 to verify client eligibility.





### NEW RATES EFFECTIVE JANUARY 1, 2012

CODE	DESCRIPTION	NEW RATE
244984	Clinical Care Manager – Psychologist	\$77.50/half hour
249059	Psychologist – Assessment Report	\$155
249053	Psychologist – Couple or Family Visit	\$155/hour
249056	Psychologist – End of Treatment Summary	\$155
249008	Psychologist – Group Therapy for Client	\$31.67/half hour
249006	Psychologist – Group Therapy for Family Member	\$31.67/half hour
249040	Psychologist – Individual Visit	\$155/hour
249054	Psychologist – Progress Report	\$155
249004	Psychologist – Specialized Outpatient Treatment Program for Client	No Change
249002	Psychologist – Specialized Outpatient Treatment Program for Family Member	No Change
240320	Rehabilitation Program – Psychology Visit – Individual Counselling for Client	\$155/hour
249049	Rehabilitation Program – Psychological Counselling Group Therapy	\$31.67/half hour
240302	Rehabilitation Program – Psychologist – Progress Report	\$1 <mark>5</mark> 5
240300	Rehabilitation Program – Psychologist Initial Assessment	\$ <mark>1</mark> 55
240305	Rehabilitation Program – Psychologist Visit – Addictions Counselling	\$155/hour
240307	Rehabilitation Program – Psychologist Visit – Family/Couples Counselling	\$155/hour
240306	Rehabilitation Program – Psychologist Visit – Individual Counselling for Spouse/Dependant	\$155/hour
240303	Rehabilitation Program – Psychologist Visit – Pain Management	\$155/hour
240304	Rehabilitation Program – Psychologist Visit – Sleep Disorders	\$155/hour

## **CPA Practice Directorate Update January, 2012**

Plans for Psychology Month were at the top of the list of issues discussed during the recent winter meeting of the CPA Practice Directorate (PD) held in Ottawa on January 14<sup>th</sup> and 15<sup>th</sup>, 2012. Canada's psychological associations agreed on a strategy to provide Canada's health ministers with the same messages going into their important meeting to be held in Winnipeg in mid February. The meeting is focused on mental health promotion and prevention with a particular emphasis on children, youth and families. Psychology will be represented through invitations to PD Chair and Manitoba Psychological Society President, Andrea Piotrowski and CPA Chief Executive Officer, Karen Cohen.

The national advocacy campaign developed in consultation with Delta Media will be launched in February by all associations through a central web site. The national survey, whose results are very interesting and available at <u>http://www.cpa.ca/polls/</u> was the first step. (These results were previously made available to Manitoba Psychological Society members in the fall of 2011). Based on the results, associations will begin contacting key stakeholder groups (professionals and patient advocacy groups) to work together to improve access to psychological services in particular and mental health and health psychology services in general. These activities will begin during Psychology Month.

Policy positions were taken regarding the prevention of concussions in sport and recreation, parity in public funding for mental and physical health services, recovery as an important principle in mental health and patient centered services that provide the most appropriate services for patients and clients in the most timely and cost effective manner.

The PD was introduced to Meagan Hatch, CPA's new government relations person. Meagan is available to assist the Practice Directorate and to provide guidance to individual associations. She comes to CPA with four years experience as a political staff person on Parliament Hill, several years of experience in the private lobbying business and one year with the Canadian Psychiatric Association. She led a discussion regarding lobbying and advocacy. One of the highlights of the meeting was a Meagan led excursion onto Parliament Hill on Saturday night to a reception held by Liberals during their National Convention.

For more information on the Practice Directorate, please go to the CPA web site at <u>http://</u><u>www.cpa.ca/practitioners/practicedirectorate/</u>.

Andrea Piotrowski President, Manitoba Psychological Society Practice Directorate Chair John Service Director Practice Directorate

# MPS Annual Conference and General Meeting March 15<sup>th</sup>

Clarion Hotel	Manitoba Room	Saskatchewan Room	
2:00 pm - 3:15 pm	Selected Ethical Issues in Assess- ment. Leader: Len Greenwood Description: A case based discussion of issues regarding providing in- formed consent and protecting par- ticipants from assessments being used for unintended purposes. Participants are invited to bring for- ward case summaries for similar dis- cussion. Participants are requested to give notice of attendance such that material can be prepared and distrib- uted.	Career-Life Balance & Early Career De- cision Making Leaders: Julie Beaulac & Caelin White Description: An early career/student ori- ented discussion of issues regarding career- life balance and career decision-making Pre-registration not required.	
3:30 pm - 4:45 pm	Tele-psychology Seminar Leaders: Maxine Holmqvist, Debbie Whitney, & Allan Slusky Description: An introduction to a range of issues around the use of technology in psychological practice. Participants are encouraged to bring questions, resources and examples from their own work. Pre-registration not required	Mindfulness, Mediation, Emotions & Feelings & other Synergistic Process in Therapy; a Group discussion Leader: Doug Tataryn Description: Clinicians will get together and talk about how they have integrated some of the more recent advances in therapeutic interventions over the last 10 or so years, how they use it in their practise, what has worked and what hasn't worked, etc. Pre-registration not required	
5:00 pm - 6:00 pm	Open House		
	Invited leaders of service consumer-support groups are invited to meet and greet psychologists over hors d 'oeuvres. Support groups can bring their calling cards, but chures and posters, and then mingle with psychologists. Sample invitees include: ADAM, MDAM, MABA, Cancer Care, Autism Society, Com- passionate Friends, Community Living, and Alzheimer's Society. Psychologists attending are urged to connect with those service providers which in concurrent manner contribute to their client's success.		
6:00 pm - 7:00 pm	Annual General Meeting		