



the society page

a publication of the manitoba psychological society

May 2012



PRESIDENT'S REPORT MAY 2012

REHMAN ABDULREHMAN
PH.D., C.PSYCH.
MPS PRESIDENT, 2012-2014

My involvement with MPS and the board over the course of the past few years has allowed me to witness the strength and dedication of psychologists in our province. As a professional community, we not only advocate for our profession, but more importantly for the rights of our clients and the current very timely issue of access of psychological services for the general public. It comes as no surprise then that psy-

chologists in Manitoba are known across Canada as active and strong advocates. As I start into my two year term as MPS President, I am humbled by the dedication and service of MPS presidents and members before me, and I recognize I have big shoes to fill. That being said, I look forward to these next few years and continued work with a strong board, all of whom have been active on some concerted efforts over the past several years.

Psychologists are increasingly being publically recognized as primary providers for mental

health care. MPS and our membership have echoed this message in our advocacy and as a result our board has been increasingly invited to attend numerous events that advocate for and seek solutions to increase access to mental health services. Some examples of this include invites by the RBC to their community panel discussion on Children's Mental Health, Manitoba Public Insur-

(Continued on page 2)

Happy Summer

from

MPS

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 *The Society Page*:

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



BOARD MEMBERS

Rehman Abdulrehman, Ph.D., C.Psych.
President & Diversity Representative

Teresa Sztaba, Ph.D., C.Psych.
Incoming Executive Director

Andrea Piotrowski, Ph.D., C.Psych.
Past President & Practice Directorate Rep.

Leanne Mak, Ph.D., C.Psych.
Treasurer

Douglas Tataryn, Ph.D., C.Psych.
Registrar

Darek Dawda, Ph.D., C.Psych.
Editor, The Society Page

Lesley Ritchie, Ph.D., C.Psych.
Continuing Education Director

Jason Ediger, Ph.D., C.Psych.
Communications

Nicole Taylor, Ph.D., C.Psych.
Member at Large

Julie Beaulac, Ph.D., C.Psych.
Member at Large

Caelin White, M.A.
Student Director

Pamela Holens, Ph.D., C.Psych.
Member at Large

Leonard Greenwood, Ph.D., C.Psych.
Member at Large

Manitoba Psychological Society Inc.
PO Box 151 RPO Corydon Winnipeg, MB. R3M 3S7
Ph: 866-416-7044

(Continued from page 1)

ance's Stake Holders reception, numerous CMHA events. We also received an invite to participate in the Mental Health Summit, as well as being sought out to participate on Manitoba Health's task force to address mental health in immigrants. MPS board members and several other psychologists in the province are now a part of several working groups to address issues of access to mental health services, which were developed by the Manitoba government following the publication of the Rising to the Challenge document. These working groups are meant to come up with strategic plans to address the mental health and well being of Manitobans.

A primary question raised by numerous agencies, politicians, and the general public has been if psychologists would like for their services to be publicly funded. Needless to say, the devil is in the details. We've queried you for your opinion and the details on your thoughts in our recent online survey regarding this subject. The findings of this survey will be published to our membership in the near future, and also presented in the coming Practice Directorate meeting in Halifax following the CPA convention.

Another recent venture we have been able to work on was related to the recent Manitoba Theatre Centre's production of *Next to Normal*. The production addressed the issue of bipolar disorder, and MPS was able to produce and provide resource cards to MTC for their patrons to take home. The double sided card offered patrons a list

(Continued on page 3)

of publically and privately funded resources for mental health care. These cards were snapped up quicker than the refreshments. Due to popularity, we hope to produce more for similar events in the future. As you will see in a copy of these cards published in this edition of the society page, our logo is stylishly present in the corner.

Along these lines of advocacy our board has also recently applied for a \$5000 grant from the Clinical Section of CPA meant to increase advocacy for our profession. The proposal, primarily penned by Drs. Piotrowski, Beaulac, Greenwood and myself, propose that the funds be used to produce a variety of documents and information material, which will be provided to the public and referral sources on what we as psychologists do, and how someone could access our services. Let's keep our fingers crossed.

Last but not least, I would like to note some changes to our board. Most importantly are our new additions. As you will read further in this edition of the society page, I would like to welcome Dr. Teresa Sztaba as our new Executive Director. Dr. Len Greenwood will be stepping down as ED but will remain a member at large. Len, we are *very* happy to have you continue to stay with us. As one of the longest running members of the board, we will all continue to rely on him for ongoing guidance and support. The MPS board will also welcome two new members at large (with specific portfolio assignments to be determined) Drs. Moira Somers, and Laurie Mac. A big warm welcome to all of you.

As you can see, we continue to keep busy in our advocacy efforts. Some initiatives will continue over the summer months, while others will pick up steam in September. The board and I look forward to fulfilling our service to our professional community over the coming years. Please do not hesitate to contact myself, or any members of our board should you have any comments, questions or concerns. Enjoy a wonderful and relaxing summer.

Rehman Abdulrehman, Ph. D., C. Psych.
MPS President, 2012 - 2014

Dr. Teresa Sztaba **to become** **MPS's Executive Director**

We are excited to announce that Dr. Teresa Sztaba has agreed to terms on a contract to provide Executive Director Services to MPS. Dr. Sztaba's experience in both provincial and national psychological organizations will be a definite asset to MPS and its membership. Dr. Teresa Sztaba and MPS President Dr. Andrea Piotrowski sign the Executive Director Contract. Dr. Sztaba will be assuming the Contracted Executive Director Position as of the third week in July 2012. Information on how to contact Dr. Sztaba regarding MPS matters will be distributed as she assumes office. Until that time, Dr. Leonard Greenwood, MPS Board Member, is covering those responsibilities.



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 - <http://mps.ca> - 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

All that glitters ...

It is worth noting that, as MPS more prominently advocates a role for psychology in health and mental health services, expectations about our availability and responsiveness rise. While we are variously trained and diversely funded; the consumer is beginning to challenge us on our availability. For example, a consumer recently phoned with a very mixed response to our advocacy efforts. Having to find service for an adult son with major mental illness, this person found recent MPS articles regarding service as ‘inspiring’. However, they reported that their own repeated efforts to find psychological services for their son to have been unsuccessful. Describing their own situation as “exhausting” they expressed “shock” at psychology’s lack of readiness to meet the needs so advocated. As we note this type of feedback, there is perhaps no simple lesson to be taken and no advocacy task immediately apparent. We will get this challenge again, and it evokes thoughts on how psychologists are trained and how practice is funded. Are psychologists sufficiently exposed to major mental illness (e.g., schizophrenia, bi-polar affective disorder) that they are comfortable in providing services? Are psychologists sufficiently embedded in the service teams that are best-practices for some of these consumers? Is the lack of availability of Psychologist service providers an inevitable consequence of psychological services provided by medical teams being the only publicly funded resource? All of these questions likely have bearing on our availability to specific consumers of service. It is likely beyond us to resolve the issues, but we will certainly be challenged more and more to have an articulated response to consumer frustrations of this type.

Leonard J Greenwood Ph.D., C.Psych.
MPS Board Member

Telepsychology in Manitoba

Maxine Holmqvist, PhD. C.Psych
& Debbie Whitney, PhD., C.Psych

The recent expansion of communication technologies and proliferation of home and mobile communication devices has radically changed the expectations of how individuals interact with one another, including how we interact as professionals. Psychology, inevitably, is part of this information technology shift. The new term *telepsychology* has defined as “the use of information and communications technology to deliver psychological services and information over large and small distances” (adapted from Picot, 1998). This rather broad definition includes use of the telephone as well as newer technologies such as e-mail, websites, social networking, instant messaging, electronic files and recordings, “apps”, video conferencing and virtual reality.

In response to feedback from MPS members indicating their interest in this topic, we were approached to lead a seminar on telepsychology at the Annual General Conference on March 15th of this year. This talk was intended as a “primer” for psychologists who were interested in learning more about advances in this field, including ethical and regulatory considerations. We, in turn, were interested in learning more about the kinds of telepsychology being practiced by members of our community and about how both concerns and confidence would be impacted by the information we provided. Accordingly, we conducted a brief pre-post survey of individuals who attended the seminar, and indicated to them that we would summarize the results in a future article for the MPS newsletter. Twenty of the seminar participants completed our surveys and gave consent for their information to be summarized and reported in anonymous form. This study was approved by the Health Research Ethics Board of the University of Manitoba.

Results

Use of Telepsychology

The majority of this group, 65%, said they were using some form of telepsychology for client-centred services.

65% used the telephone
55% used e-mail or text messaging
25% (5 individuals) used telehealth or another private network
20% (4 individuals) used an electronic health record
15% (3 individuals) used digital or audio recordings
10% (2 individuals) used a smartphone, tablet or related apps
5% (1 individual) used a password-controlled website
5% (1 individual) used skype

No one reported using instant messaging, social networking sites (e.g., facebook), chat rooms, general access websites or virtual reality software

The most common reason for use of telepsychology was to increase service accessibility by eliminating client need to travel long distances or use substantial time to obtain psychological services. Representative comments include “to facilitate access for clients in remote areas for whom travel is otherwise difficult” and “this augments face-to-face sessions, more efficient use of client and my time for short sessions/focused issues.” The majority of comments of this nature indicated that telepsychology was provided in addition to in-person services. A smaller portion of comments indicated that telepsychology could be used instead of in-person services.

Concerns about Telepsychology:

When asked to indicate top of mind concerns from a list provided, the three most frequently endorsed concerns had to do with client confidentiality (65%), client safety (50%) and inappropriate dissemination of client information (50%). These overlapped strongly with two concerns we had identified from the published literature: (1) non-secure storage of client information that could be accessed by others and (2) client inability to access assistance in a crisis. A third concern that figured prominently in the published literature related to informed consent, and this was not strongly identified by our group of psychologists; we speculate that it may be that psychologists in Manitoba are familiar with educating their clients about service decisions.

Confidence regarding Telepsychology:

Before the seminar, 75% of our group expressed confidence that they understood the ethical considerations related to delivery of telepsychology. After the seminar that proportion grew to 90%. Of interest, we noticed that participants no longer rated themselves in the extreme. No one was “very confident” that they understood all aspects and no one was “not at all confident” in their understanding of the ethical considerations. We thought this was an ideal outcome. Our interpretation was that the seminar had provided a foundational understanding of the issues to those seeking a beginning place and had encouraged a sense of caution in those who already felt equipped to deal with the ethical complexities of practice.

In contrast to ratings about ethics and practice, our participants were initially much less confident of their understanding of the legal and regulatory considerations related to delivery of telepsychology. Of the group, 40% felt confident in their understanding, 40% rated themselves as less than confident and 20% were not at all confident. After the seminar, more than half of the group reported increased confidence with the final proportion being 75% having some confidence in their understanding of the legal and regulatory concerns.

Participant Queries

A number of questions were raised and addressed in the discussion that followed our presentation. However, we agreed to take two questions to Dr. Alan Slusky, who was unable to be at the seminar, but who contributed significantly to its development. The first question pertained to specific guidelines about electronic data storage, particularly regarding email correspondence. Dr. Slusky indicated that while there are no firm standards, there have been recommendations that e-mails should be kept as part of the clinical record, in the same way that any correspondence from a client would be kept. If emails are stored electronically rather than in printed form, psychologists should be familiar with ways to enhance the security of that storage (e.g., firewalls, encryption) in addition to necessary steps to fully erase these records when appropriate and required (comments from our group suggested that the latter task can particularly complex in that many hard drives, including those in devices like photocopiers, store “back up” copies that are not clearly visible - individuals working outside of institutions with IT support may wish to take

extra steps to learn more about this feature in the technology they use).

The second question related to situations where a client may re-locate temporarily to another jurisdiction (e.g., to go to school). In this case, Dr. Slusky suggested that “it would be appropriate to maintain contact with a client provided that they are also involved in assisting the client to secure a local service provider. While there is an argument to be made for maintaining an already established therapeutic alliance, I believe the client is best served if a local practitioner can be found, to enable to the resumption of face to face services. Once the client moves back to the original jurisdiction, the original practitioner can (if necessary) then reconnect with the client.”

Concluding Thoughts

In a recent attempt to summarize legal, ethical and regulatory issues of concern in the practice of telepsychology (Baker & Bufka, 2011), the authors have provided some fair warning and good advice to practitioners. In developing one’s own telepsychology competence, we also believe it is helpful to read about the problems that have been encountered by others (e.g., Van Allen & Roberts, 2011) and the descriptions of well thought out, ethical and effective telepsychology service delivery (e.g., Hadjistavropoulos et al, 2011). We have listed some additional resources that may be helpful below.

We believe that technology has the potential to help psychologists offer services that are accessible, scalable, cost-effective and convenient for our clients. However, to do so safely and ethically requires educating ourselves about this technology and the guidelines and regulations that govern its use. We were encouraged by the thoughtfulness demonstrated by those who participated in our seminar, and look forward to future discussions with members of our community.

References and Resources

American Psychological Association, “Emerging best practices for telepsychology services” at <http://www.apa.org/education/ce/aoa0031.aspx> (online course)

American Telemedicine Association (policy documents, journals and on-line courses) at <http://www.americantelemed.org/>

Australian Psychological Society: *Psychological Services online: Issues for Practitioners*
<http://www.psychology.org.au/publications/inpsych/online/>

CPA Ethical guidelines for psychologists providing psychological services via electronic media: <http://www.cpa.ca/aboutcpa/committees/ethics/psychserviceselectronically/>

International Society for Mental Health Online (ISMHO; see suggested principles for the provision of mental health services online): <https://www.ismho.org/home.asp>

PAM document “Telepsychology Practice Standards” at <http://www.cpmb.ca/>

Picot, J. (1998) *Sector Competitiveness Frameworks Series: Telehealth Industry Part 1 – Overview and Prospects*. Industry Canada: Industry Sector Health Industries (as cited in National Initiative for Telehealth Guidelines - Environmental Scan of Organizational, Technology, Clinical and Human Resource Issues, April 2003, Canadian Society of Telehealth)

Social-media policy statement developed by a California psychologist for client review at <http://drkkolmes.com/for-clinicians/social-media-policy/>

Crisis/Urgent Phone List

- **Kiinic** (24 hr suicide crisis line) 786-8686 or 1-888-322-3019
- **Mobile Crisis Unit** (24 hr crisis assessment) 946-9113 or 946-9109
- **Teen Touch** (24 hr distress line) 783-1116
- **Kids Help Phone** (24 hr distress line) 1-800-668-6868

Emergency Psychiatric Services are also available at Victoria Hospital, Seven Oaks Hospital, Grace Hospital and St. Boniface Hospital. They are NOT available at Misericordia or Concordia.

Self-Help Organizations

- **Anxiety Disorders Association of Manitoba** 925-0600
- **Mood Disorders Association of Manitoba** 786-0987
- **Manitoba Schizophrenia Society** 786-1616
- **Canadian Mental Health Association** 982-6100
- **Addictions Foundation of Manitoba** 944-6200
(alcohol, drugs, gambling)



mps.ca



Psychological Services & Information

- **Manitoba Psychological Society** www.mps.ca
- **Canadian Psychological Association** www.cpa.ca
- **American Psychological Association** www.apa.org



How to access a clinical psychologist

- **Manitoba Psychological Society website referral list**
- **Yellow Pages**
- **Referral from a family physician**
- **Employee Assistance Program**



Manitoba Psychological Society | mps.ca



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 Fax: (204) 478-4900 Website: www.mps.ca

President's Report

Manitoba Psychological Society Annual General Meeting 2012

In 2011 and 2012, the Manitoba Psychological Society (MPS) worked diligently on a number of new initiatives and in strengthening its relationships with other organizations. The board has increased its focus on meeting with government to advocate for increasing access to psychologists to the public. In particular, we have encouraged government to include psychologists in Primary Care Networks. Meetings were held with the Minister of Health, Theresa Oswald, and the Executive Directors of Primary Care and Mental Health. We are continuing to pursue this line of advocacy by organizing a committee (to be chaired by Dr. Julie Beaulac) that will have representation from psychologists working in primary care and shared care, as well as a family physician who works collaboratively with a psychologist.

Another highlight in the past year was an invitation for MPS to participate in The Mental Health Summit on February 15 and 16, 2012 in Winnipeg. This Summit brought together key stakeholders and government from across Canada to discuss the future of mental health in the country and to develop a consensus statement that will be presented by Premier Selinger at a future Premiers meeting. Dr. Karen Cohen (CEO of CPA) was also in attendance at the Summit and we took the opportunity to schedule an official meeting with the Minister of Healthy Living, Jim Rondeau, to discuss psychology's role in prevention and promotion strategies related to mental and behavioural health issues. Minister Rondeau appeared to be interested in the expertise that psychologists can bring to the table. In fact, MPS and individual psychologists have already been contacted to participate on working groups that are being developed based on the document, "Rising to the Challenge," a strategic plan for the mental health and well-being of Manitobans.

As always, February was Psychology Month. A special thank you goes out to Dr. Pamela Holens, Mr. Caelin White, and Ms. Heidi Tucker (Administrative Assistant) for jumping in with both feet and organizing a successful Psychology Month. I would also like to extend my sincerest appreciation to all the presenters. In particular, Obby Khan, a member of the Winnipeg Blue Bombers, and Dr. Rehman Abdulrehman made an appearance on Breakfast Tele

vision with a focus on decreasing the stigma of mental health and seeing a psychologist. This year, CPA provided us with some great swag to give away at the presentations. I hope that Psychology Month will continue to grow because it is a terrific way to bring awareness to the practice of psychology.

We were also very excited to redesign our website. Dr. Doug Tataryn, Mr. Mokhtar Joundi, and GAT Technology put in a lot of time and effort to update the design and to make the site more user-friendly. Our communication with the membership and the public are facilitated by Dr. Darek Dawda who continues to put together a terrific Society Page and Dr. Jason Ediger who, in his role the Director of Communications, connects the media with psychologists. Our membership also has the opportunity to obtain continuing education credits by attending institutes organized by Dr. Lesley Ritchie. We hope that you will be able to attend the spring institute on May 4 with Dr. Mark Hogue, entitled "Training, Treatment or Trauma? Special considerations when working with athletes: Insights from Clinical and Sport Psychology."

MPS is collaborating more and more with the Practice Directorate and CPA on a variety of initiatives. The first national survey of Canadians' attitudes towards the practice of psychology was launched by the CPA Practice Directorate and each of the provincial associations paid a modest fee to increase the size of the provincial sample to get more solid provincial data (for detailed information on the results from the survey, please go to <http://www.cpa.ca/polls/>). MPS has been able to use this data when meeting with government.

As you might recall, there was the potential for an elimination of the reduction of APA fees for individuals who are already members of CPA. MPS, as a provincial association, is an affiliate member of APA, as are five other Canadian associations. MPS and other associations (both Canadian and American) advocated for maintaining the dues agreement. Although there were differing opinions regarding membership across Canada and the United States, a vote was taken at the APA Council of Representatives meeting and the decision was to maintain the dues agreement.

Given that 2011 was an election year MPS took the opportunity to encourage psychologists and other disciplines to advocate for increasing access to psychological services. To assist with advocacy efforts, CPA provided us with access to Advocacy Online, a program that automatically emails either a standard letter or a self-composed letter to individuals running in the elections. With the assistance of Mr. Mokhtar Joundi, posters were designed and distributed to the MPS membership and some family physicians to encourage individuals to bring this message to their candidates. Advocacy Online will be available to us for at least the next year so we will continue to plan for future letter writing campaigns. As psychologists, we all have a responsibility to advocate for our profession and for the public.

There are a number of changes on the board. I would like to thank Dr. Nicole Taylor (Treasurer), Dr. Shanna Trinke (Secretary), and Dr. Matthew Bailly (Business of Practice Network) for their dedication to MPS. It has been a pleasure working with each of you and your input to the board has been invaluable. As you know, Dr. Leonard Greenwood is stepping down as our Executive Director. MPS was fortunate to have Len serve on the board for one extra year since we were unable to find a suitable candidate for the position of ED. However, we (and especially Len) are very happy to announce that we are in the process of hiring a new ED. Len has graciously agreed to stay on as a Director-at-Large to mentor our new Executive Director, whose name will be announced in the near future. MPS is deeply indebted to Dr. Greenwood for his 8 years of volunteering as our Executive Director and all other directorships that were left unfilled. Thank you for your dedication, knowledge, and patience.

In addition to a new ED, the board also felt that we lacked representation from certain areas of psychological practice. To remedy this situation, we actively recruited psychologists from a broader range of psychology. We are pleased to be able to nominate Dr. Moira Somers (Private Practice, Financial Psychologist) and Dr. Lori Mac (Student Counselling and Career Centre, University of Manitoba) to our board beginning in June 2012.

The decision to extend the presidency to two years has been incredibly helpful to maintain consistency with advocacy efforts. Dr. Rehman Abdulrehman joined me at numerous meetings with government to promote an easier transition into the role of President to begin in June. I am confident that Rehman will lead MPS well and continue with the work the board engaged in over the past two years.

It is amazing how quickly two years goes by as I move into the position of Past President in a few months. I feel extremely grateful to have been able to work in collaboration with a board that has achieved many successes for the profession of psychology and the public over the past two years. Thank you for serving on the board and advocating for psychology. I would like to take this opportunity to thank all MPS members for sharing your ideas with me and for the important work being done to bring improvements to the quality of life for Manitobans.

Respectfully submitted by,

Dr. Andrea Piotrowski, CPsych
President 2010-2012



Executive Director's Report for March 15, 2012

As a board member and acting executive director, I am pleased to make comment on the activities of the MPS board. Looking backward, I notice that I made my first such report in 2004. Each year I have remarked on the amazing commitment, innovation and energy of the board members. I can do no less this year. This year, is perhaps more exciting, as the search for a contracting Executive Director is likely to soon bear fruit, if it has not already done so by the time of this meeting.

The responsibilities of this executive director are actually shared by many board members. I want to say thank you to the board for the responsibility they take in making manifest their own initiatives and ideas. Contracted services from GAT Technologies and Interiors by Heidi have resulted in quantum leaps in the quality of our web-presence, and administrative organization. In addition, the board is supported by a level of membership activity that exceeds most state and provincial psychology organizations.

Contracting for an Executive Director has long been a goal of mine. And so, I am pleased that the board has taken this step. The budgeting adjustments necessary to retain a quality candidate are significant. However, there is so much to gain by doing so. At the same time, it would be my hope that this board retain its character as a working board, not just a governing board, and hold to the level of energy and involvement that have made MPS such an admired organization among other provincial and state associations. .

I wish to draw to the membership's attention, the outstanding leadership provided by Andrea Piotrowski over the past two sessions. Andrea has imbued this board with energy and optimism like never before. I enjoy working with and for her on MPS concerns and trust that will continue.

I respectfully submit this report to the March 15 Annual General Meeting and move its adoption.

Leonard J. Greenwood Ph.D., C. Psych. Executive Director



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 Fax: (204) 478-4900 Website: www.mps.ca

Mar 15, 2012 AGM Annual Report of 2011 Continuing Education Activities

In 2011, MPS sponsored two full day ‘Institutes’: The May 13 spring workshop *Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)* by Dr. Esther Deblinger, and the November 4 fall workshop *Promoting positive motivation and well-being: Insights from positive psychology research* by Dr. Kennon Sheldon. We are pleased to report positive reviews for both workshops, including the programs, speakers, and venues.

In the May 13 workshop, Dr. Esther Deblinger, of CARES Institute, Stratford New Jersey, provided an overview of TF-CBT, identified psycho-education, parenting, and coping skills, described trauma narrative development and processing, and discussed conjoint parent-child sessions and issues related to personal safety. The learning objectives for this talk included understanding the history, development and research supporting TF-CBT for children and adolescents, the PRACTICE treatment components associated with the implementation of TF-CBT, therapy methods for enhancing clients’ engagement and active involvement in TF-CBT, and the methods and resources available to support clinicians’ development of TF-CBT skills. A total of 58 Participants: 4 who indicated they were social workers, counsellors or behaviour analysts. The remainder are assumed to have been Psychologists.



In the November 4th workshop, Dr. Sheldon introduced major theories of positive motivation including self-determination theory, achievement goal theory, and cybernetic goal theory, as well as emerging research on “sustainable happiness.” Dr. Sheldon also discussed the necessity of active engagement with the environment for sustained happiness. There were a total of 68 Participants.



Dr. Mark Hogue spoke at the Spring MPS Institute on **May 4, 2012**. The workshop, titled Training, Treatment, or Trauma – Special Considerations when Working with Athletes: Insights from Clinical and Sport Psychology, was held from 8:30 AM to 4:30 PM at the Fort Garry Hotel.

Respectfully submitted by:

Lesley Ritchie, Ph.D., C. Psych.
Director of Continuing Education

&

Leonard Greenwood Ph.D., C. Psych.
Executive Director





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 Fax: (204) 478-4900 Website: www.mps.ca

DIVERSITY DELEGATE Annual Report

The MPS Board has opened a new diversity portfolio to address the current needs of the membership. Most SPTA's within the United States also have a diversity delegate; however, the aim of this portfolio in United States is to primarily ensure the presence of ethnic minorities within leadership roles in psychological governance boards. With MPS, however, we've chosen to take a slightly different approach to the diversity portfolio by ensuring ways in which we as psychologists can advocate for increased access to psychological services to diverse and minority populations (e.g., immigrants and refugees) that do not always have such easy access to our services. Some of work recently has included partnering with organizations such as the Immigrant Centre and Canadian Mental Health Association Winnipeg, to find new means and systems by which we, as psychologists in Manitoba, can better meet the needs of these diverse communities.

R. Abdulrehman, Ph.D., C.Psych.



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 Fax: (204) 478-4900 Website: www.mps.ca

DISASTER RESPONSE NETWORK

Annual Report

The MPS board has made some changes to the DRN portfolio over the past year. The DRN is meant to function in conjunction with the Red Cross, or similar agencies, partnering volunteering psychologists with them to serve the province of Manitoba in crisis situations. Given that the Red Cross does not make use of such volunteers in Canada, and availability of psychologists through our public health system, the role of the DRN with MPS has been limited to public broadcasts and notices with a variety of media, on how people could deal with and adjust to trauma and crisis at the time. This has typically been done in conjunction with the board member in charge of Communications. We have in the past addressed such issues as how to cope with stress related to a potential flood, flu, etc. The MPS board has agreed to subsume the role of DRN under the Communications portfolio from here on in.

R. Abdulrehman, Ph.D., C.Psych.



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 Fax: (204) 478-4900 Website: www.mps.ca

Communications Report

March 5, 2012

Prepared by: Jason Ediger, PhD

Over the past year, we have continued to develop relationships with media in order to increase the public's awareness of the many roles of psychologists. We have had several requests for one time interviews on various topics as well as an inquiry looking for experts to discuss child issues in divorce for a documentary. There is some evidence that Breakfast Television is once again interested in a more regularly running segment using psychologists as well. This is in the early stages of discussion, however.

We have released no press releases since I took over as Communications Director. As in past years, the promotion of Psychology Month was extensive. Dr. Pam Hollens's did an impressive job on promotion through poster production and announcements of events on the MPS website. We also had some excellent collaboration with CMHA and several community leaders.

Over the summer, MPS put together a poster campaign to promote easier access to psychology. This was done in part to raise the profile of psychology in light of the upcoming election. Rehman Abdulrehman also did an excellent interview with the Free Press on this issue.

I would like to extend my sincerest appreciation to all members of MPS that made themselves available to speak with the media and promote Psychology in Manitoba. We hope to continue to increase the awareness of Psychology in the media and to the public. I would be happy to discuss the opportunity for MPS members who are interested in doing interviews with various forms of media.



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 Fax: (204) 478-4900 Website: www.mps.ca

February 21, 2012

Annual report for MPS Society Page – 2011

Dear Members of the MPS Board,

Over the past year, I have been responsible for editing the Society Page as well as dealing with requests for advertizing.

2011 was the second year we used our new advertizing system: sending an email to membership and placing the add on the MPS website, for an increased fee of \$150. We have been receiving positive feedback about this method and registering an increase in revenue. Hence, we are planning to continue advertizing in the same manner in 2012.

We have continued distributing the Society Page electronically three times a year (January, May, and October), which will continue in 2012. However, we will also continue discussions about discontinuing the page, and instead sending regular notification to the membership via email and the website.

Thank you to all the board members who have helped making my job very easy. Please do not hesitate to contact me if you have any questions or concerns regarding the Society Page.

Thank you for the opportunity to serve on this board.

Regards,

Darek Dawda, Ph.D. C.Psych.

Editor

The Society Page



Public Education Report to the Annual General Meeting

March 5, 2012

Dear Members,

The number of volunteers for Psychology Month talks in Manitoba this year was so plentiful that even the extra day in February was not enough to fit them all in. Psychology Month was celebrated with 26 different events scheduled in February and early March ranging from outreach events and information booths to media broadcasts and public presentations. Of the 26 events, 18 were open to the general public and eight were intended for specific invited audiences. Most of the events were offered at no cost to the public.

Advertising for Psychology Month events included a wide distribution of posters to places across the city including public libraries, hospitals, universities, and other public venues. The MPS website featured regular updates of Psychology Month events, and television announcements occurred on CTV's Community What's Up Calendar.

Some of the highlights of Psychology Month in Manitoba this year included three talks for high school students designed to introduce them to the world of psychology; a variety of talks on health-related topics including heart disease, fibromyalgia, chronic pain, and concussions; and two talks that involved the participation of high-profile local sports figures.

A wide variety of venues kindly donated space to host Psychology Month talks including but not limited to the Wellness Institute, the Rady Jewish Community Centre, St. Amant, and Sport Manitoba. Several organizations co-sponsored talks, including the Canadian Mental Health Association, Manitoba Association for Behaviour Analysis, Hollow Reed Holistic Centre, and Frame.

A follow-up survey was sent to presenters in early March asking for feedback on attendance, venue-related issues, concerns/suggestions related to advertising, and openness to doing a Psychology Month talk again in the future. Responses received to date indicate attendance at talks ranged from seven to 50 participants. Responders expressed satisfaction with venues and advertising efforts and openness to doing Psychology Month talks again in the future. As further responses roll in, they will be tallied and used to guide the planning process for next year's events.

Special thanks to Caelin White, MPS Student Representative, for his assistance in planning Psychology Month and for his superior poster-making and editing abilities. Special thanks also to Heidi Tucker for organizing a substantial number of this year's talks.

Regards,
Pamela Holens, MPS Director at Large



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 Fax: (204) 478-4900 Website: www.mps.ca



AGM—Registrar's Report

I would like to welcome all of our new members since the last AGM, particularly Lori Mac and Caelin White who have joined the MPS board and are contributing not only membership dues, but their time and energy to helping fulfil our MPS vision.

Figure 2 summarizes our membership as of the March 2012 AGM. Our total paid number of members is 199. Adding the previous Full Members, the First Time Full Members, the Retired Full Members, and Distinguished Life Members, we find that 154 (133+4+5+12) or 75% of our members are Ph.D. psychologists.

The next figure shows our “Membership Over Time” from 2009-2012 in which we can see the majority of our growth in the last 4 years, from just under 160 members to one short of 200, has been in the recruitment and retention of full time members. Affiliate members have grown by only 2, while the Student members have increased from 22 to 28. It's great to see this growth in our membership over time. One of the initiatives Caelin is working on is to offer more incentives for students to join our organization, such as providing discounts for EPPP exam study materials. We'll be able to easily track the impact of these efforts over time. If any of our members have suggestion to help with attracting more members, please contact me with your suggestions.

The “New Website Design” slide illustrates the new look of the MPS website, launched in September 2011 in time. It's quite well organized and allows the public to find critical information about us quite easily. The window on the right has three tabs “News”, “Upcoming Events”, and “Employment opportunities”, specifically designed to help out members access the information important to them when they come to the website. Again, if you have any suggestions or feedback on the website please contact me with them. As indicated on the next figure, special thanks to Mokhtar of MJ Designs for his design suggestions and aesthetic contributions and to George of GAT Technologies, our webmaster, for their willingness to work under pressure and deadlines to complete the website for the CPA September letter writing campaign in which we participated.

The most recent upgrade in our Society's ongoing “webification” is the implementation of online payment option for our Continuing Education institutes. The option was available for Dr Mark Hogue's workshop on May 4, 2012 and was a well-received and worked quite smoothly.

Finally, congratulations to Patrizia Giampaolo, a student member since the Fall of 2011 (who paid via paypal), and was picked in our annual Membership Renewal Bonus Program who won free admission to a MPS Continuing Education Institute!

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

Minutes of the Annual General Business Meeting
March 15, 2012, 6:05 – 6:55 pm

Dr. Andrea Piotrowski called the meeting to order at 6:05 pm.

Greetings: None

Adoption of Agenda: Dr. Andrea Piotrowski moved to adopt the agenda with one change, that there were no greetings; seconded by Dr. J. Frain. Carried.

Adoption of Minutes: Dr. Andrea Piotrowski moved to adopt the minutes from the AGM of March 17, 2011; seconded by Dr. Jay Brolund. Carried.

President's Report: Prepared by Dr. Andrea Piotrowski (see attached).

Dr. Andrea Piotrowski moved to accept the President's Report as presented; seconded by Dr. Jane Bow. Carried.

Treasurer's Report: Written and prepared by Dr. N. Taylor, treasurer. Presented by Dr. N Taylor.

There were no questions from the floor on the 2011 financial statement and Dr. N. Taylor moved to accept the statement as presented; seconded by Dr. Carrie Lionberg. Carried.

Dr. N. Taylor moved that the 2012 budget be accepted; seconded by Dr. Lesley Ritchie. There were no questions from the floor about the 2012 budget. Carried.

Registrar's Report: Written and prepared by Dr. Doug Tataryn (see attached).

The winner of the 2012 MPS membership bonus was chosen. The winner is Patrizia Giampaolo.

Dr. D. Tataryn moved to accept the Registrar's report; seconded by Dr. Jay Brolund. Carried.

Adoption of Board Reports: Dr. A. Piotrowski moved to accept the reports for Public Education, Continuing Education, Communication, Disaster Response Network, Society Page, and by the Executive Director, as prepared; seconded by Dr. Lesley Ritchie. Carried.

Election of Officers:

The Executive Director conducted the election of board members.

Len Greenwood made a motion for a ratification vote of the following acting board members: Caelin White – Student Member, Dr. Lesley Ritchie – Continuing Ed, and Dr. Pam Holens – Director; seconded by Dr. Jennifer Frain. Carried.

The nominations of Dr. Moira Somers and Dr. Lori Mac as Directors was announced. The motion was made to accept these nominations by Dr. Len Greenwood; seconded by Dr. Jay Brolund. Carried.

Dr. Len Greenwood motioned to close nominations for the evening; seconded by Dr. Rehman Abdulrehman. Carried.

The announcement was made that Dr. Nicole Taylor will be leaving as Treasurer and Dr. Shanna Trinke will be leaving as Secretary. The positions will remain open until suitable candidates come forward.

Adjournment: At 6:55 pm Dr. A. Piotrowski moved that the meeting be adjourned; Seconded by Dr. Pam Holens. Carried.

Respectfully submitted by Heidi Tucker, March 15, 2011.