



manitoba
psychological
society

June 2014

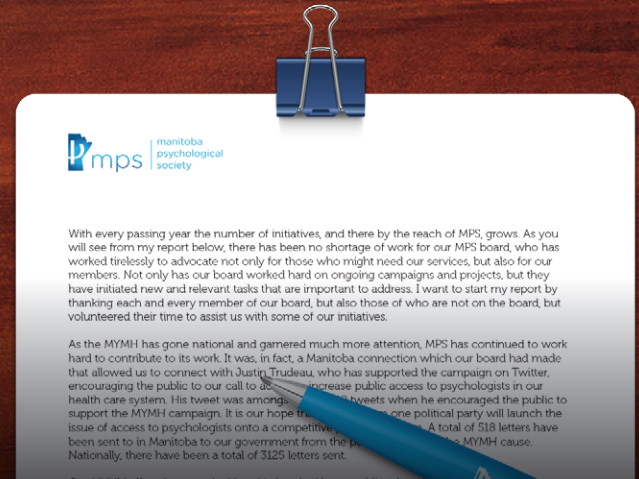
THE **Society Page**

*A publication of the
Manitoba Psychological Society*

mps.ca

AGM 2014

President's Report



With every passing year the number of initiatives, and thereby the reach of MPS, grows. As you will see from my report below, there has been no shortage of work for our MPS board, who has worked tirelessly to advocate not only for those who might need our services, but also for our members. Not only has our board worked hard on ongoing campaigns and projects, but they have initiated new and relevant tasks that are important to address. I want to start my report by thanking each and every member of our board, but also those of who are not on the board, but volunteered their time to assist us with some of our initiatives.

As the MYMH has gone national and garnered much more attention, MPS has continued to work hard to contribute to its work. It was, in fact, a Manitoba connection which our board had made that allowed us to connect with Justin Trudeau, who has supported the campaign on Twitter, encouraging the public to our call to action to increase public access to psychologists in our health care system. His tweet was amongst the top 10 tweets when he encouraged the public to support the MYMH campaign. It is our hope that support from one political party will launch the issue of access to psychologists onto a competitive political platform. A total of 518 letters have been sent in Manitoba to our government from the public supporting the MYMH cause. Nationally, there have been a total of 3125 letters sent.

Our MYMH efforts have worked hand in hand with our public education and communication efforts. Dr. Pam Holens, who managed a board team working on Psychology Month, put on yet another impressive year of talks that better improve the public health information on our mental health. The volunteers from our professional community, who volunteered their time to offer these talks, are very much appreciated. Our interim communications director and president, Dr. Andrea Piotrowski, has also maintained strong relationships with media, and our members have volunteered their time to speak to media on numerous topics that too improve overall public mental health awareness.

Further to these efforts, our connections with media have grown. We have had prominent pieces covered by CJOB and have built greater connections with other agencies, including CBC. Ms. Kim Lawson had produced a mini-documentary (previously printed in the last edition of our Society Page) which has fostered more positive relationships with that radio station. Dahlia Kurtz, also of CJOB has been active in advocating on air the importance of the MYMH campaign, and has regularly had some of our board on her show. Further to this, MPS had been asked to join as a consultant to a media education group run by CMHA Winnipeg, CMHA Manitoba and the Manitoba Schizophrenia Society. With continued relationships MPS has built with other agencies, this media education group turned to us to assist them in informing and educating the media on how best to address mental health, with a focus on education on terminology and the different aspects of how mental health affects individuals' lives. Dr. Piotrowski and myself serve on this committee.

As alluded to above, one of the most important things MPS has continued to work on has been its relationships with other organizations. We have done this with some new initiatives we are working on with the government (see below), but also through other community and peer support organizations. Resurrected in the fall of 2013, MPS was invited to be a part of a formal political initiative that is the Mental Health Alliance. As a group, this new alliance has come up with several goals it wishes to address, which include issues related to holding the government more accountable on the transparency of its spending of health dollars on mental health issues, but also for a call to increase the numbers of mental health specialists, such as psychologists, within the public health system.

Our advocacy efforts have also resulted in a collaboration with Manitoba Health, who approached us about working together on a study to examine the role of a stepped care system of psychological care in a rural primary care setting. As we passed this along to the department of Clinical Health Psychology, our combined government and academic team was successful in obtaining a planning grant, which will help support our grant to conduct a full study on this matter in the fall.

Along those lines of increasing connections, our Business of Practice Director, Dr. Moira Somers has made formal ties with the Manitoba Chamber of Commerce. It is our hope that through this connection we can inform Manitoba Businesses that it is critical to choose insurance packages for their employees that provide better coverage for psychological services to their employees. We hope to better inform the business community of the impact of mental health on the cost of disability. Dr. Moira Somers has also been active on numerous other initiatives related to the business of practice, including having run a few workshops and an upcoming Business of Practice Teleseminar.

On more national fronts, Dr. Alicia Ordonez is our new Diversity Delegate to the American Psychological Association, and will be taking over the role of finding new ways to address issues of diverse clientele. Dr. Andrea Piotrowski was re-elected as the chair of the Practice Directorate, and continues to represent a strong Manitoba voice across the country.

The board has also worked hard on trying to better meet the needs of its members. Our executive director, Dr. Teresa Sztaba has been a driving force behind this. She has started work on developing an ethics committee and further to this a colleague assistance program. We are also trying to find other perks for our membership.

One of the most interesting issues we have focused on recently has been the issue of the value of psychologists. Given we set rates for psychologists in private practice, we thought we would explore the issue of advocating for the value of psychologists in the public sector. Thus far our subcommittee of Dr. Jason Ediger, Dr. Leonard Greenwood, and I, have met with psychologists in different areas of public practice to gauge their interest in MPS exploring this avenue of advocacy. We have received strong support to carry on with this initiative and have also accrued some comparison data on remuneration across professionals who work in similar scopes or have similar levels of education in health care. Dr. Ediger and I were able to secure legal consult as well, and results from our findings will be presented for further discussion and determination of the next steps at our Annual General Conference.

Our continuing education efforts continue to garner more participants, and the content remains relevant and appealing to a large audience. Dr. Lesley Ritchie has been largely responsible for these initiatives, obtaining co-sponsorships with other organizations, once again raising the profile of psychologists in Manitoba.

Our student member, Ms. Julie Erickson has remained an active participant in almost all of our initiatives. She has accrued a cohort of student volunteers who have all been active in assisting our board with numerous initiatives, most recently with our Annual General Conference.

I would like to take this opportunity to thank all of our board members, mentioned above, but also Dr. Leanne Mak (our treasurer) for her ongoing diligence in managing our budget, and Dr. Lori Mac, Dr. Rob Santos, and Dr. Lisa Thouas for their participation in many of the numerous activities noted above.

Last, but not least, I want to thank our former registrar, Dr. Doug Tataryn, for his many years of service on the board. Dr. Tataryn had recently stepped down from his role as registrar, but also as a board member. His input and company will be missed by our board.

Respectfully submitted,

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



Board Members

Andrea Piotrowski, Ph.D., C. Psych.
President

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

Pamela Holens, Ph.D., C. Psych.
Secretary/Public Education

Lesley Ritchie, Ph.D., C. Psych.
Continuing Ed, Membership Director

Moir Somers, Ph.D., C. Psych.
Business of Practice Rep.

Lisa Thouas, Ph.D., C. Psych.
Early Career Psychologist Rep.

Alicia Ordonez, Ph.D., C. Psych.
Diversity Representative

Rehman Abdulrehman, Ph.D., C. Psych.
Past-President

Lisa Thouas, Ph.D., C. Psych.
Early Career Psychologist Rep.


Leonard Greenwood, Ph.D., C. Psych.
Director-at-Large, Interim Treasurer

Jason Ediger, Ph.D., C. Psych.
Director-at-Large

Rob Santos, Ph.D., C. Psych.
Director-at-Large

Jeffrey Harvey, Ph.D., C. Psych.
Director-at-Large

Julie Erickson
Student Member



AGM 2014

Executive Director's Report

MPS has continued to be involved in a number of initiatives, as documented by our President, Dr. Abdulrehman. Advocacy has been a primary focus of this Board and there have been many opportunities to advance the public's awareness of the role of psychologists and the lack of adequate public support for psychological services. We have continued to determine fair fees for private practice psychologist and, this year, an increase in recommended fees was supported by the Board. As well, we have initiated discussions to determine the way in which MPS might represent the interests of public practice psychologists. Other advocacy efforts have involved the beginning of alliances with politicians interested in increasing access to psychological services, responding to media requests and to articles involving mental health and psychology, collaboration in the expansion of the Mind your Mental Health campaign, support for the CPA practice arms, and developing alliances with healthcare professionals.

This past year, MPS also has moved toward increasing services to members. We held another successful Member's Night, have offered free continuing education in addition to our Annual General Meeting; and have increased our dissemination of information about opportunities for education in our community. Our members will continue to receive preferred rates for the new (and, we think, improved) liability insurance offering. We have made efforts to increase the involvement of students, including with our new Student Award Fund and Student Poster Competition. I wish to thank our student representative, Julie Erickson, for her can-do attitude and hard work on our Poster Competition (along with volunteer Kristen Reynolds). Thanks also to Dr. Greenwood for his work on our first Art Raffle, with funds to go to our student fund.

As an initial step toward developing colleague assistance, we are in the process of forming an Ethics Consultation Service to be available to our members. When the committee membership is finalized, a working group will begin to develop the process for this consultation service as well as for other services that the committee might offer or suggest. Fortunately, there are good examples available to us from a number of other small associations that have working and successful Ethics Committees.

A critical new member service has been the development of a new website and improved group email service to our members. There has been a great deal of Board as well as administrative time involved in the planning and development of the website. We are pleased to have engaged the services of Mokhtar Joundi, of MJ Designs, to design our website and to act as our webmaster. As Executive Director, I have appreciated his creativity and initiative, and appreciated his quick responsiveness to requests. In the coming months, you will continue to see improvements, including an increase in information relevant to psychological practice, on our website. We also may look to our membership for your opinions about the use of social media to engage and involve you in our affairs and disseminate information.

With the formation of a number of new committees, we have increased opportunities for members who may not be able to participate on our Board to participate in key tasks of our association and enable us to expand the reach of our advocacy and member service efforts.

Once again, I want to express my appreciation for the fine group of psychologists on our Board, with whom I am blessed to meet monthly and (with many) to have much regular contact. Thank you to our President, Dr. Piotrowski and our Past-President, Dr. Abdulrehman, both of whom have lived and breathed MPS and who have been my directors and partners. I want to give my personal kudos to the other dedicated Board members as well, for their above-and-beyond contributions and their cooperation with administrative tasks.

Thank you as well to our endlessly cheerful, efficient and cooperative Administrative Assistant, Heidi Tucker. She has made it a pleasure to work on all of the behind-the-scene details involved in keeping MPS running and I am exceedingly grateful for our partnership.

As I noted last year, the successes and progress of MPS are dependent not only on the work of the Board, but also on the support and action of our entire membership. It is critical that the membership responds when MPS champions a cause, particularly when it involves requests for political action. The more that MPS members are involved, the more effective we will be in ensuring access to Psychology, appropriate respect for and use of psychologists in health care, and adequate compensation. As well, the more that you volunteer to assist with MPS, the better we will be able to expand our member services.

Finally, it is important to note that MPS continues to operate in an accountable, fiscally responsible manner, with a tight budget, to represent the advocacy and service needs of Manitoba psychologists.

Respectfully submitted,

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

Dr. Jon Gerrard Advocates for Better Access to Psychologists



From Left: Dr. Jon Gerrard (MLA for River Heights), Dr. Teresa Sztaba, Dr. Andrea Piotrowski.

Dr. Jon Gerrard, MLA for River Heights and former leader of the Liberal Party of Manitoba, is advocating for the inclusion of services provided by psychologists under Medicare. On April 6, he held a Public Forum in his riding on this topic. Dr. Gerrard invited MPS (represented by Dr. Andrea Piotrowski, President-Elect) to join Dr. Bruce Hutchison (clinical psychologist) and two individuals with lived experience on a panel. Approximately 50 people were in attendance and support for increasing access to psychologists was positive.

As a follow-up to the Public Forum, Dr. Gerrard presented his message to The Legislative Assembly of Manitoba during Question Period on May 1. Both Dr. Piotrowski and Dr. Teresa Sztaba were invited to observe Question Period in the gallery. The following is an excerpt from Question Period:

Manitoba Health Coverage - Psychological Services

Hon. Jon Gerrard (River Heights): I recently held a forum to discuss with Manitobans whether coverage for psychological services should be enhanced under Manitoba Health. Limited psychologist services are covered now at institutions, but these same services critical to mental health are not covered by—for psychologists with offices outside of institutions. Experts have shown strong support to enable people with mental health issues to get coverage for psychological treatment under Manitoba Health, as the document *An Imperative for Change* shows.

I ask the Premier: Why is the government limiting access to psychological services by not covering them under Manitoba Health as the document I tabled says should be done?

Hon. Greg Selinger (Premier): We opened the first crisis response centre in Canada for people with mental health issues that need to be addressed. And that centre is world class. It's got all kinds of health professionals in it: doctors, nurses, psychiatrists, all the services that people need. And it's unique in that it provides a one-stop shop for people that are experiencing issues with respect to mental health. And, Mr. Speaker, we were very proud to see that opened up. I was fortunate enough to be there for the opening, saw the people there, saw their dedication to service, saw the non-profit organizations and the community organizations that were working with them. And they were delighted that we had put this resource in place.

Psychological Services for Children

Mr. Gerrard: I have invited Dr. Andrea Piotrowski, who's the president-elect of the Manitoba Psychological Society, to be here in the gallery today, and she is. She has expressed very strong support for additional psychological services for children to be covered under Manitoba Health.

One grandmother wrote to me about the need for her granddaughter's psychological care because she was depressed and had suicidal tendencies. Her coverage under a private insurance plan would soon run out. This woman is very fearful for her granddaughter.

Will the Premier consider covering all psychological services for children under Manitoba Health?

Mr. Selinger: Again, Mr. Speaker, with respect to the specifics the member has identified, if he would bring that forward to the Minister of Health (Ms. Selby), we'll definitely look into that.

We have put resources in place to address mental health prevention issues. We put specific investments into our public schools. And one of them is our Good Behaviour Game, which has been recommended to us as a game that teachers can use working with young people to improve their resiliency in terms of the issues they have to experience, in terms of stresses in their life. We've provided very significant funding to our public schools, including the clinical services that we put into our public schools, including psychological services. We remain open to looking at other ideas on how we can improve and prevent stress that cause mental health issues with young people, as well as youth, as well as adults, Mr. Speaker.

We have a suicide prevention program in Manitoba. And now, for the first time ever in the history of this province, we have a mental health court, and that mental health court has been quite successful now because it provides not only a point of intervention within the legal justice system but support services from the health-care system as well.

Postpartum Depression

Mr. Gerrard: Psychological services are of critical importance to treat postpartum depression.

I table the results of a randomized control trial, which shows that for women with postpartum depression, intervention is a better option than routine care. Successful treatment with psychological therapies is not only effective, it also reduces overall health-care costs. It's vital that people with mental health challenges have access to this type of care.

Knowing this, will the Premier include psychological services by psychologists for depression and anxiety under Manitoba Health?

Mr. Selinger: Mr. Speaker, the member raises important issues with respect to the health of young parents in Manitoba, young mothers in Manitoba.

Our Families First public health nurse visits ensure that every new mom is contacted by a public health nurse after they leave the hospital to offer support and advice. And they are a part of teams that can provide additional services as necessary for folks.

But we recognize the value of supporting families, young families, when they get started with the responsibilities of being parents, and we know that they need additional support.

And I can only say this, Mr. Speaker, we've put additional money in every single budget to support young families in this province. The member asking me the question has never voted once for those additional resources in our budget.

Dr. Gerrard is committed to continuing to advocate for the services of psychologists to be covered under Medicare. MPS recognizes that coverage under Medicare is only one way to increase access to psychologists for the public and we are well aware that reasonable rates would have to be negotiated if the government decides to proceed with this proposal in the future. Other options of increasing access to psychologists include hiring more publically-funded psychologists, integrating more psychologists within Primary Care, advocating with insurance companies to increase coverage, and obtaining partial coverage by the provincial government (similar to coverage of chiropractic services).

It is encouraging that the lack of access to psychologists is being discussed with and by politicians. MPS intends to follow-up and request meetings with all political parties in order to keep the momentum of this initiative moving forward.

Dr. Andrea Piotrowski, C. Psych

President, MPS

May 2014 News from the Business of Practice Director, MPS

Chamber of Commerce Membership

As part of our ongoing attempts to raise the profile of psychology within Manitoba, MPS has purchased a Chamber of Commerce membership. Our intention is to utilize the membership in order to meet members of the business community, better understand their concerns, advocate for increased access to psychological services for employees, and to let them know of evidence-based solutions for creating psychologically healthy workplaces and communities.

MPS members are invited to serve on Chamber of Commerce committees and to participate in their networking efforts and continuing education. If you are interested in learning more about these opportunities, please contact Dr. Moira Somers, Business of Practice Director, at **204 488 6796**.

Marketing Strategies for Private Practitioners

Beginning in April, a three-part teleseminar was offered to MPS members interested in learning more about the Ins and Outs of creating, sustaining and revitalizing a viable private practice. Marketing emerged as a topic of concern for many of the participants.

Participants were encouraged to identify ONE primary aspect of their work that they would like to promote (e.g. healthy workplace consultation; mood disorder treatment; learning disability assessment). Next, they were asked to choose from one of three main marketing strategies -- public speaking, writing, and networking -- and to focus their efforts on that one strategy for a period of six months or more.

One Message, One Strategy at a time. This allows psychologists involved in running a busy clinical or consulting practice to avoid becoming overwhelmed and overly diffuse.



This year's meeting and conference, held at the Victoria Inn, was well-attended by 50 members of the Manitoba Psychological Society. Four educational sessions were offered:

An Ounce of Prevention:

Common Ways Psychologists Get Themselves into Ethical Trouble and How to Avoid Them. - Dr. Bruce Tefft, C.Psych. and Dr. Jaye Miles, C.Psych.

Perking up Your Private Practice — Ideas from MPS's Business of Practice Directorate. - Dr. Moira Somers, C. Psych.

**You (Almost) Have Your Degree. Now What?:
Transitioning from Student to Professional**

- Dr. Leah Enns, C.Psych. Cand. and Dr. Heather MacKenzie, C. Psych. Cand.

Disability, Decisions, and the WCB: How the Heck does it All Work?

- Dr. Cam Stacey and Dr. Burton Abbot

As well, a meeting of public practice psychologists to discuss compensation issues was held. Feedback about the quality and relevance of the sessions was excellent

For the first time, MPS offered a Student Poster Competition and excellent posters from 11 students were on display. Judges Dr. Don Stewart, Dr. Trish Furer, and Dr. Norah Vincent indicated that the quality of the posters made their decision a challenging one. Ms. Sara Petty was the winner of the competition and of a prize of \$150.00.

Another first was the Art Raffle, with contributions from talented psychologists and from our Administrative Assistant, Heidi Tucker.

Proceeds from the raffle went to the Student Awards fund, and were used for the prize for the Student Poster Competition.

Finally, at our Business Meeting, we were most fortunate to have Deputy Chief Thorne of the Winnipeg Police Service as our Keynote Speaker. Deputy Chief Thorne gave an interesting and relevant talk, in which he addressed issues related to police involvement with prevention and community interventions, and concerns related to police handling of individuals with mental health issues. He provided an enlightened professional approach to the topics at hand and also was gracious in adding a very personal and engrossing perspective.

Many thanks to all of the volunteers involved and to the many members who attended this year's meetings. We look forward to your feedback about this year's event and suggestions for our upcoming meetings.

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

Photo Gallery



Deputy Chief David Thorne delivers keynote address



Presenter Dr. Moira Somers



Presenters Dr. Jaye Miles and Dr. Bruce Tefft



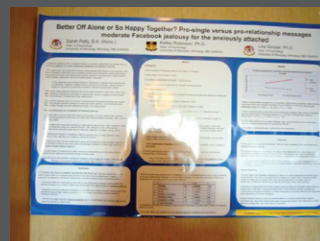
Great student participation



One of Dr. Abdulrehman's donations for art raffle



Drs. Sztaba and Abdulrehman with Deputy Chief Thorne



The winning student poster by Sarah Petty



Julie Erickson, Student Board Rep, and judges Dr. Don Stewart and Dr. Trisha Furer (judge Dr. Norah Vincent missing)

Passing the Torch



At the June 19 board meeting, Dr. Rehman Abdulrehman handed the presidential seat to incoming president Dr. Andrea Piotrowski.

Congratulations

MPS would like to congratulate Dr. Jennifer Frain who completed her term as Past-President of the Canadian Psychological Association (CPA) and Dr. Bob McIlwraith who was elected a Fellow of CPA at this year's convention in Vancouver, BC.



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Business of Practice Report

This year, the Business of Practice Directorate will focus on two key tasks:

1. Assisting psychologists in establishing or revitalizing their private practices.

A three-part teleseminar will begin in April, with sessions designed to elucidate pertinent business principles, identify promising areas for clinical and consultative services, and establish sterling financial practices.

2. Increasing the profile of psychology within the business community.

This includes provision of workshops or seminars pertaining to mental health in the workplace, increased media presence, and advocating for adequate insured benefits for psychological services.

Any members wishing to participate in advocacy initiatives are heartily encouraged to reach out and let me know of your desire to get involved.

Respectfully submitted,

Moira Somers, Ph.D., C.Psych.
Director, Business of Practice Directorate

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Council of Provincial Associations of Psychologists

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Communications Report

During the past year, there were a number of psychologists who were interviewed by media (radio, television, newspaper). MPS also formed a partnership with the Canadian Mental Health Association and other not-for-profit mental health support organizations to jointly send Press Releases to media each month on a variety of topics. This collaboration has been advantageous for MPS to reach a greater number of media outlets resulting in more interviews by members of our Society. More specifically, MPS was responsible to write Press Releases on School Anxiety in Children (September), Holiday Stress (December), and Psychology Month (February).

In addition to year-round activities, Psychology Month was promoted with weekly interviews on Breakfast Television in February by Drs. Carrie Lionberg, Moira Somers, and Pam Holens.

MPS would like to thank everyone who agreed to do interviews with media during this past year. Any member of MPS interested in doing interviews with media are invited to submit their names, contact information, and areas of expertise to Dr. Andrea Piotrowski (aspiotrowski@gmail.com).

In addition, I would like to thank the Communications Committee (Drs. Leonard Greenwood, Teresa Sztaba, Leanne Mak and Ms. Julie Erickson) for discussing ways of continuing to develop the MPS website. We would like to welcome MJ Designs as our new webdesigner and webmaster. We would also like to acknowledge the hard work and dedication of GAT Technology and Dr. Doug Tataryn for their many years of developing and maintaining the MPS website.

Respectfully submitted,

Andrea Piotrowski, Ph.D., C. Psych
Interim Communications Director

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Membership Report

The Manitoba Psychological Society continues to grow in membership. Here is where we stand in terms of current membership:

Full Members	176
Student Members	44
Affiliate Members	25
Distinguished Life Members	13
Retired Full Members	5

We thank Doug Tataryn for his able leadership in the Registrar portfolio for the past several years, and look forward to Lesley Ritchie's tenure in that role for 2014 and beyond.

Respectfully submitted,

Moira Somers, Ph.D., C. Psych.
Director, Business of Practice Directorate

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Public Education Report

Public Education activities this past year have focused primarily on Psychology Month and promoting the Mind Your Mental Health Campaign. As we have come to expect from our dedicated MPS members and other psychology colleagues, there was an excellent showing of Psychology Month events this February. Here's how it all shaped up:

- 12 Talks open to the general public
- 9 Media interviews (CJOB radio, CBC Radio, City TV, Global TV, and CTV)
- 4 Talks for specific invited audiences
- 100 Psychology Month Posters distributed
- 500 Psychology Month Pamphlets distributed to a variety of locations
- 500+ "Mind Your Mental Health" Post-it Notes handed out to attendees at events
- 500+ people learned about the "Mind Your Mental Health" campaign

Thank you to all those who participated in Psychology Month this year by selflessly donating your time to increase public awareness about the role psychology plays in the community. This year's presenters were: Dr. Rehman Abdulrehman, Dr. Anne-Marie Brown-DeGagne, Dr. Jim Clark, Dr. Lorraine DeWiele, Dr. James Ediger, Dr. Pamela Holens, Dr. George Kaoukis, Dr. Carrie Lionberg, Dr. Michael McIntyre, Ms Claire Milgrom, Dr. Colleen Millikin, Dr. Alicia Ordonez, Dr. Kelly Robinson, Ms. Lilian Saltel, Dr. Lisa Sinclair, Dr. Melanie Soderstrom, Dr. Moira Somers, Dr. Leslie Thorne, Ms. Jennifer Thorsteinsson, Dr. Jo Ann Unger, Mr. Chris Villing, and Dr. Kirsten Wirth. Check out the full listing of 2014 Psychology Month events on our MPS website.

Special thanks to the members of the Psychology Month planning committee (Dr. Jeff Harvey, Dr. Andy Lubusko, Dr. Lori Mac, and Dr. Sayma Malik) for all their hard work in helping make Psychology Month 2014 such a success. Thanks also to Heidi Tucker for additional administrative and "on the ground" assistance.

Respectfully submitted,

Pamela Holens, Ph.D., C. Psych.
MPS Public Education Director

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Continuing Education Report

In 2013, MPS sponsored two full day 'Institutes': The June 7th spring workshop Developments in Mental Disorder Diagnosis: DSM-IV, DSM-V, and the Road Ahead by Dr. Robert Krueger, and the November 20th fall workshop Motivational Interviewing and Behavior Change by Dr. Michael Vallis. We are pleased to report positive reviews for both workshops, including the programs, speakers, and venues.



In the June 7th workshop, Dr. Robert Krueger, a Hathaway Distinguished Professor in the Department of Psychology at the University of Minnesota provided an overview of changes from DSM-IV to DSM-5, with particular emphasis on how DSM-5 is (and is not) connected with empirical research in personality and individual differences.

The workshop also addressed challenging practical issues that arise when classification systems such as the DSM are not in sync with data. The learning objectives for this workshop included understanding:

- a) the major aspects of the history of psychiatric classification that led to the approach taken in DSM-IV;
- b) the notable changes between DSM-IV and DSM-5, such as the removal of the multi-axial system; c) both the DSM-IV (copied in DSM-5 Section II) and DSM-5 Section III approaches to classifying personality disorders, as well as the conceptual underpinnings of these approaches; and
- d) the notable limitations of the DSM paradigm, current efforts to develop more empirically- based alternatives (e.g., the NIMH RDoC initiative), and the reasons why new empirically-based approaches are needed. A total of 169 people attended the workshop.



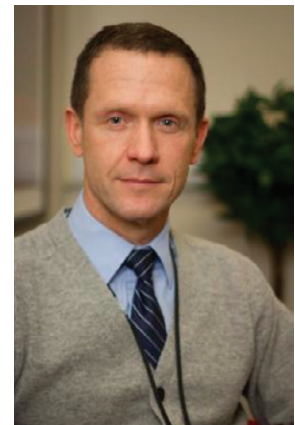
In the November 20th workshop, Dr. Vallis, a Canadian Diabetes Association Queen's Diamond Jubilee Medal winner, provided an overview of behavior change counseling - a combination of motivational enhancement interventions, behavior modification, and emotion management interventions. Behavior change counseling was presented as a model that is well suited to clinicians and case managers working in an interdisciplinary context, providing or assisting with stepped collaborative care, and collaborating with other professionals endeavoring to support/encourage behavior change. The learning objectives for this workshop included:

- a) the provision of an overview of behavior change counseling skills;
- b) identifying practical strategies that can be applied to overcome resistance;
- c) learning skills to motivate clients to change lifestyle behavior to prevent and/or manage diabetes and other chronic conditions; and d) increasing familiarity with an assessment and intervention model based on the constructs of motivational enhancement, behavior modification, and emotion management. A total of 131 people attended the workshop.

Dr. Lance McCracken, Professor of Behavioral Medicine at King's College London, spoke at the Spring MPS Institute on May 27, 2014.

The workshop, titled **ACT and Psychological Flexibility in Chronic Pain and Physical Health: A Practical Workshop** was sponsored in part by Manitoba Public Insurance and the Workers Compensation Board of Manitoba and was held from 8:00 AM to 4:30 PM at the Delta Winnipeg.

Information is available online at www.mps.ca/may2014-institute



Respectfully submitted,

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

AGM 2014

Treasurer's Report

Attached to this report you will find our Proposed Budget for 2014. At tonight's meeting, you will also see a copy of the financial statements for the Manitoba Psychological Society for the financial year ending December 31, 2013, provided by Ellard Schappert of the accounting firm of Forrest and Company.

I would like to make the following comments about our 2013 Financial Statement:

- Our overall financial situation continues to be a healthy one. Although a planned deficit of \$4105.00 was budgeted, in reality, MPS registered a surplus of \$3,582, representing overall, a balanced budget.
- The overall net worth of MPS remains strong. Assets-less-liabilities were at \$94,466 on December 31, 2013; a small increase over the past twelve months.

I would like to draw your attention to the following points about the 2014 Proposed Budget:

- This year, we anticipate an increase in Institutes revenue to a total of \$41,000. The anticipated increased revenue is accounted for in part, by financial sponsorship (from
- Worker's Compensation Board and Manitoba Public Insurance) that has been obtained for our Spring Institute.
- We continue to budget for three fee-for-service contracts: Administrative Service Contract (Interiors by Heidi), Bookkeeping (Liisa Burgess), and Web Management and Design (MJ Designs). Increases to our administrative and website budget lines reflect the costs associated with each of these services.
- There has been some re-shifting in the travel budget lines due to various board members' attendances at conferences.
- We have budgeted a deficit of \$1,225, which represents 1.3% of our untapped assets if fully realized.

Respectfully submitted,

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

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— Thanks for Reading —

THE
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