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# the society page

a publication of the manitoba psychological society

January 2013



## PRESIDENT'S REPORT JANUARY 2013

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

There is strength in mental health. Although most of us as psychologists, in some way or another advocate this message to our clients, as a society we do little to encourage our government to increase access to services that improve or maintain good mental health. In fact, access to services by psychologists is quite limited in Manitoba. Even if someone has the resources to pay for a psychologist in private practice out of pocket, there are only a few limited number of us avail-

able. There is literally only 1 psychologist per 5000 people in Manitoba. This ratio reflects all of the psychologists (private and public sector) available in Manitoba. The majority of psychologists in Manitoba work in a private setting, and thus the actual number of psychologists available within the public health care system are far more dismal than the startling ratio I've noted above.

Too often is the concept of health interpreted unilaterally to refer to only physical health. In truth, good health is often a combination of both mental and physical health; both of these components leading to a good quality of life.

From this perspective, it then follows that advocating for increased access for publically resourced psychologists is not just a concern for those struggling with mental health concerns, but rather for all of us. The truth is that mental health is often not seen on par with our physical health, when in fact the two are often intertwined. Although the recent statistic provided by Health Canada reports that 1 in 5 Canadians is diagnosed with a mental illness, this is but a conservative estimate. Interestingly enough, Health Canada statistics also inform us that at least 1 in 4 Canadians will suffer from a form of anxiety disorder (only one form of many mental health problems) in their life time. Clearly these two rates are in conflict, the latter suggesting that one form of mental illness is already greater in frequency than the entire number of people diagnosed with

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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.

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## PRESIDENT'S REPORT (CONT.)

(Continued from page 1)

mental illness. My understanding of this, is that the scope of mental health is already greater than the now popularly touted rate of “1 in 5”. Mental illness is greater than we believe. Mental health is everyone’s concern.

To that end, MPS’ Mind Your Mental Health campaign encourages all of us to be mindful of our mental health (look for Facebook and Twitter pages of our initiative). And in doing so, make a strong and concerted statement to inform government that access to a psychologist in the public health care system is critically important to us as a society, and the health of each individual citizen. The MPS board encourages you all to send letters into your government, from our website. By simply clicking on a button, entering your name and postal code, and hitting “send” a weighty 4 letters are sent to government; one to your MP, another to your MLA, and two more to the Minister of Health, and the Minister of Health Living.

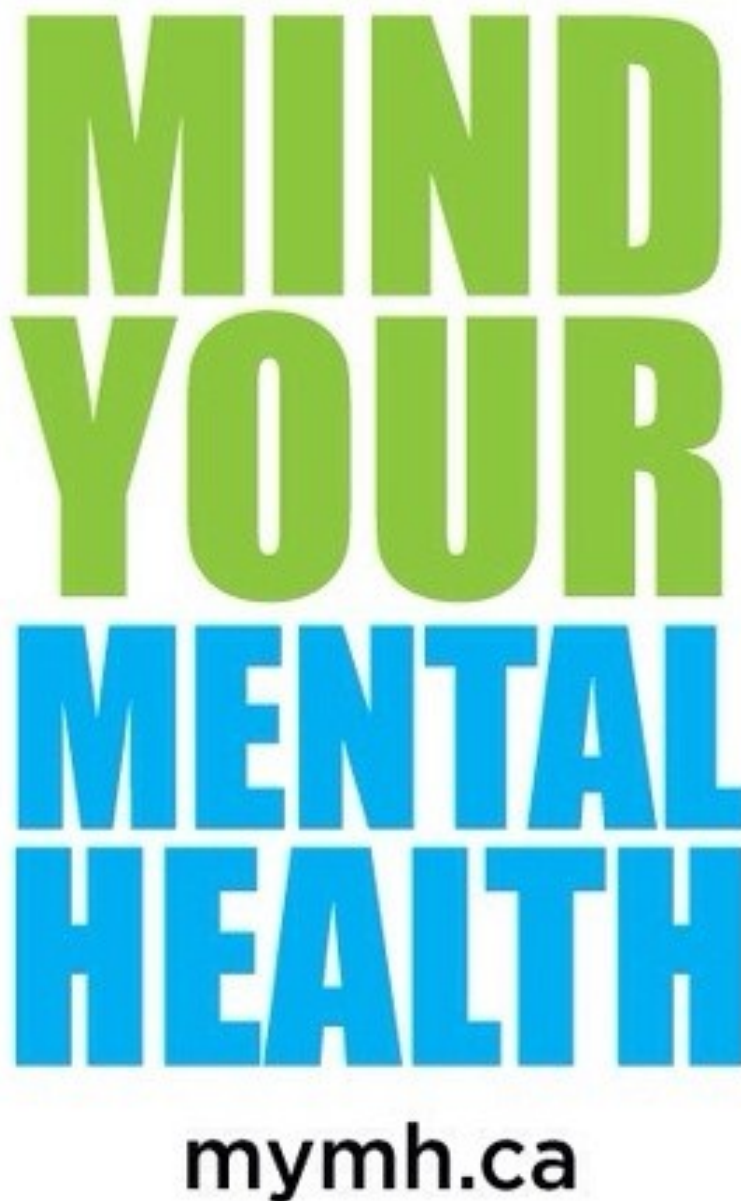
With the hard work of the public education committee, February has been proclaimed as Psychology Month yet again, by Minister Teresa Oswald, and there are numerous talks given by a variety of our esteemed colleagues all over the city. This month, mental health is on the lips of many Manitobans, and we as psychologists are often at the podium encouraging others to address their mental health. It is the hope of the board, that while at the podium, regardless of if that podium is at your water cooler, dinner table, your Facebook page, or even an actual podium, that you would encourage those you speak with to SEND SEND SEND, these letters to our government. If we do not take this action to inform those who determine where our tax dollars are spent within the health care

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system, we cannot be surprised that those numbers of how many are faced with mental health diagnoses, increases, and the access to care decreases. The time is now, the message is ready, and mental health and access to care by psychologists cannot go unnoticed any more.

## What Else We've Been Up To

Along the theme of minding our mental health, the board continues to be active in numerous advocacy issues. A full report is promised at the AGM (don't forget to attend). But for now, I would like to briefly, but sincerely acknowledge the hard work of our board this past year. The public education committee's work for psychology month has rendered support from all public libraries. There will be books (non-fiction and fiction) about psychology and mental health, on display at each public library in the city, along with book marks encouraging people to mind their mental health, and write into government. A special thanks to those on this committee, including Dr. Holens, Dr. Somers, Dr. Mac, Dr. Piotrowski, and Mr. White. The board has also been working hard to ally itself with other organizations to support our cause, including the Manitoba College of Family Physicians, the Canadian Mental Health Associ-



ation, the Anxiety Disorders Association of Manitoba, the Manitoba Schizophrenia Society, the Mood Disorders Association, and Seneca House. All of these organizations recognize the value of psychologists and many have been supportive in encouraging their membership to support our Mind Your Mental Health campaign. Our interim communications director, Dr. Piotrowski has been working to develop links with media, and as a result of her hard work, look for psychologists on Breakfast Television weekly in February. Our continuing education director, Dr. Ritchie has put together some of the most interesting and well attended workshops and seminars to date. Our most recent workshop brought in ethics expert, Dr. Carole Sinclair, and our spring institute will address changes to the DSM-5 by a psychologist who contributed to them, Dr. Robert Krueger.

I also want to take this opportunity to sincerely thank the rest of our board members who have worked tirelessly at the numerous initiatives this year. Many thanks to Dr. Greenwood (former ED – providing us with ongoing sage advice and direction), Dr. Mak (Treasurer), Dr. Tataryn (Registrar), Dr. Ediger (Member at Large), and Dr. Dawda (Society Page Editor). Last but not least, I also have to make note of the incredible amount of work and support given to the board and *all* of the initiatives noted above, by our Executive Director, Dr. Sztaba and our support staff, Ms. Heidi Tucker. The board looks forward to developing ongoing initiatives in advocacy and serving you, our professional community.

Respectfully submitted,

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

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YOUR  
MENTAL  
HEALTH**

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# FEBRUARY IS PSYCHOLOGY MONTH

*"Psychology is for everyone"*

January 31st - 10:00am to 11:30am  
**"The necessity of mental well-being for living a meaningful life: Lessons from psychology and sport"**

Dr. Adrienne Leslie-Toogood, Clinical Psychologist; Caelin White, M.A., Ph.D. Candidate

Location: Manitoba Sports Hall of Fame; Sport for Life Centre, 145 Pacific Avenue

February 1st - 10:30am to 12:00pm  
**"Endings in Cognitive Behavioural Therapy: When Clinical Realities Collide with Empirical Data"**

Dr. Deborah Dobson, Clinical Psychologist

Location: Health Sciences Centre (HSC); Theatre B in the Basic Medical Sciences Building

February 6th - 12:30pm to 1:20pm  
**"The Psychology of Younger and Older Drivers"**

Dr. Jim Clark, Department of Psychology, University of Winnipeg  
Location: University of Winnipeg, Room 4L28

February 13th - 12:30pm to 1:20pm  
**"The Psychology of Bullying Prevention"**

Dr. Wendy Josephson, Department of Psychology, University of Winnipeg

Location: University of Winnipeg, Room 4L28

February 13th - 1:00pm to 3:00pm  
**"Understanding Depression Treatment and How to Get Help"**

Dr. Jason Ediger, Clinical Psychologist

Location: North End Women's Centre; 394 Sellkirk Avenue

February 19th - 12:00pm to 1:00pm  
**"Coping with Trauma: What Makes Us Resilient"**

Dr. Carrie Lionberg, Clinical Psychologist, Assistant Professor; Zoé Therrien, M.A., Psychology Resident; Leah Enns, M.A., Psychology Resident

Location: St. Boniface Hospital Atrium, 409 Tache Avenue, Winnipeg, MB

February 20th - 7:00pm to 8:30pm  
**"Strategies for Preventing Workplace Bullying"**

Dr. Karen Harlos, Faculty of Business and Economics; University of Winnipeg

Location: McNally Robinson Classroom, 1120 Grant Avenue (Grant Park Mall)

February 21st - 7:00pm to 8:00pm  
**"Early Childhood Mental Health"**

Dr. Sayma Malik, Clinical Psychologist Candidate  
Location: McNally Robinson Classroom, 1120 Grant Avenue (Grant Park Mall)

February 22nd - 7:00pm to 8:30pm  
**"Coping with Trauma: What Makes Us Resilient"**

Dr. Carrie Lionberg, Clinical Psychologist, Assistant Professor; Leah Enns, M.A., Psychology Resident; Zoé Therrien, M.A., Psychology Resident

Location: Niverville Recreation and Wellness Commission, Niverville

February 25th - 12:00pm to 1:00pm  
**"When Giving Birth Isn't What You Expected: Coping with Trauma in Labour and Delivery"**

*"Lorsque donner naissance ne va pas comme prévu: Comment survivre au traumatisme qui peut suivre l'accouchement"*

Dr. Carrie Lionberg, Clinical Psychologist, Assistant Professor; Zoé Therrien, M.A., Psychology Resident

\* Information available in both French and English \*  
Location: St. Boniface Hospital Atrium, 409 Tache Avenue, Winnipeg, MB



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February 25th - 7:00pm to 8:00pm  
**"Tips on Communication: How to Stop Having the Same Argument Over and Over"**

Dr. Alicia Ordonez, Clinical Psychologist; Dr. Jo Ann Unger, Clinical Psychologist Candidate  
Location: McNally Robinson Classroom, 1120 Grant Avenue (Grant Park Mall)

February 26th - 7:00pm to 8:30pm  
**"How Your Mind Affects Your Heart and What You Can Do About It"**

Dr. George Kaouk, Clinical Psychologist  
Please call the Reh-Fit Centre at 204-488-8023 to register. Register soon; only 50 spots available.  
Location: Reh-Fit Centre, 1390 Taylor Avenue

February 27th - 12:30pm to 1:20pm  
**"Post-Concussion Syndrome and the Brain"**

Dr. Steve Smith, Department of Psychology, University of Winnipeg  
Location: University of Winnipeg, Room 4L28

February 27th - 7:00pm to 9:00pm  
**"When Memory Fails: Normal Aging or Early Dementia? When to Seek a Diagnosis and How to Find Help"**

Dr. Colleen Millikin, Clinical Psychologist  
Location: Life and Learning Centre, Deer Lodge Centre, 2109 Portage Avenue

February 28th - 7:00pm to 8:30pm  
**"Mom, is the fish sleeping? Dealing With Family Loss"**

Dr. Carrie Lionberg, Clinical Psychologist, Assistant Professor; Leah Enns, M.A., Psychology Resident  
Location: McNally Robinson Classroom, 1120 Grant Avenue (Grant Park Mall)



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# Message from the Executive Director

**Teresa Sztaba, Ph.D., C.Psych.**

January, 2013



Your Manitoba Psychological Society Board has been working exceptionally hard on behalf of the profession of Psychology. In fact, from my few months tenure as Executive Director thus far, I have been delighted to see how well respected the advocacy efforts of MPS are throughout Canada. As our President, Dr. Abdulrehman, reports this month, MPS has been involved in an increasingly large number of advocacy efforts and it seems that there is no end in sight!

Psychologists as a group have cause, and perhaps also a need, to blow our own horns. We have the longest specialty training in mental health (evaluation, assessment and psychological intervention) of any discipline. We have high standards of training, truly being prepared to be experts in our field. Our expertise can be applied in many and diverse settings. As a profession, we need to come into our own within the healthcare system and, as Dr. Karen Cohen stated recently at a Practice Directorate meeting, to “claim” our expertise in psychological approaches to facilitating mental health.

The initiatives of MPS, including the Mind Your Mental Health campaign, are geared toward increasing the public’s awareness of Psychology and what psychologists can contribute, and advocating for increased access to psychologists. Be prepared for Psychology to increasingly be in the public eye and, it is hoped, on the radar of those who have the ability to make psychological services more available and compensation for psychologists to be equitable.

In this vein, I had the opportunity to write a little article for “The Uniter” newspaper. I was told to curtail the academic jargon, and allow myself to be a little opinionated and emotive (interesting task for a psychologist), given the target audience of university students. Let me know if I succeeded: The article is reprinted in this edition of The Society Page, with permission from the Editor-in-Chief of The Uniter. (<http://uniter.ca/view/8595/>)

Finally, I would like to give you all a heads-up about our upcoming Annual General Meeting. There will be some changes this year, as well as what we hope will be an exciting presentation. First, the meeting will be held on a Monday (yes, indeed!), March 25, and will be at the new Qualico Family Centre, by the skating rink/duck pond at Assiniboine Park. We are very fortunate that, following a cash bar reception and buffet dinner, Dr. Karen Cohen will present to us the results of CPA’s not-yet-released “Business Model for Enhanced Access to Psychological Services in Canada.” We then will have a panel discussion with various community stakeholders, followed by a discussion with all of our membership about the recommendations of the report and your opinions on the direction that MPS should take in relation to Psychology’s role in public health care.

I am looking forward to seeing many of you at the AGM (feel free to come early and bring your skates!)



# MIND YOUR MENTAL HEALTH

**There is strength in mental health.**

Make access to a psychologist a  
**RIGHT** not a **PRIVILEGE**.

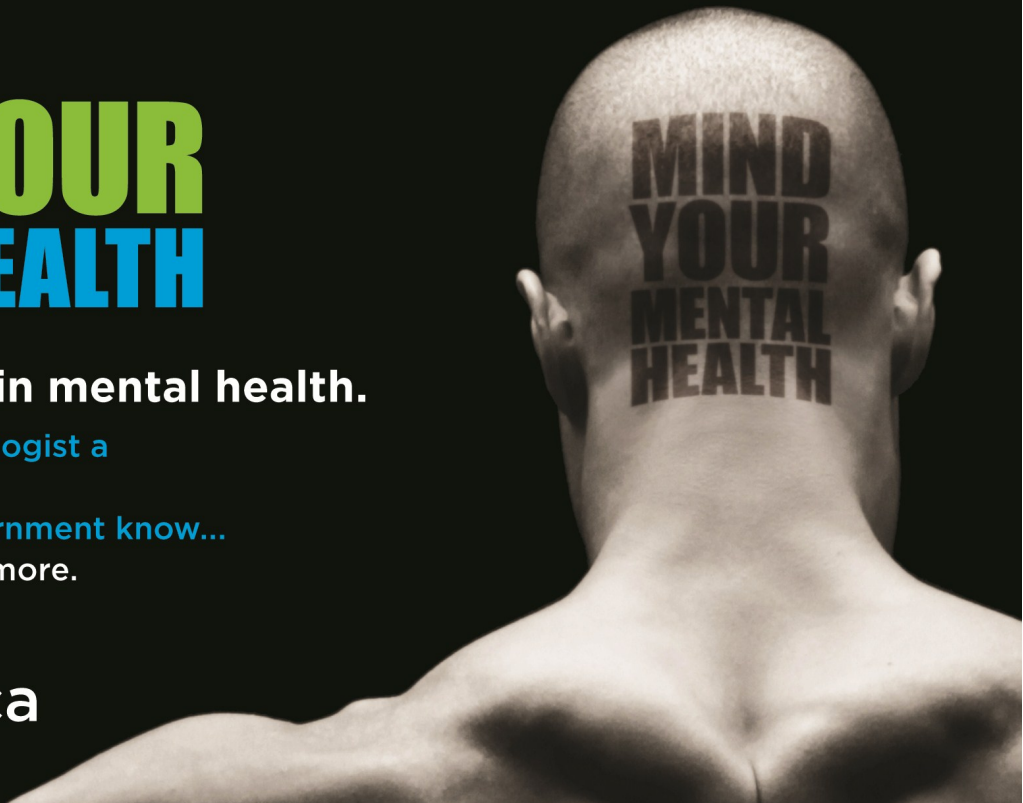
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Mark Your Calendars

# Annual General Meeting

March 25, 2013

Qualico Family Centre, Assiniboine Park

Dr. Karen Cohen will speak about CPA's  
“Business Model for Enhanced Access to  
Psychological Services in Canada.”

## Advertising with MPS

We 1) place ads on our website - <http://mps.ca> - and 2) send a direct email notification to our membership for a fee of \$150. The ads 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](mailto:info@davda.ca)



# World's Toughest Mudder – An Update

By Dr. Darek Dawda, C.Psych., MPS Society Page Editor

I suspect some of you are curious about how Caelin did in the World's Mudder. Here so data ...

Time raced: 26 hours, 23 minutes, 41 seconds

Laps completed: 7

Final placement:

12th out of 1097 total competitors

10th out of 1019 male competitors

5th out of 244 males in age group

Top Canadian, out of 180 Canadian racers

Placement after each lap: 117th, 125th, 67th, 42rd, 38th, 16th, and 12th

Total distance run: 120 kms

Total distance swam: 2 kms

Number of obstacles completed: 224

Number of electric shocks received: 5

Total distance dragging two tires: 6 kms

Total calories burned: 15,000-16,000

Total calories consumed: 9,000-10,000

Total fluid consumption: ~30 liters

Number of 3mm wetsuits worn at the same time: 2

Not only is this an outstanding athletic performance, but Caelin has been doing an excellent job promoting mental health. He has been on CBC radio several times since the race talking about the MYMH campaign. He has also been giving talks to provincial athletes and coaches about the importance of psychology in sport.

**Wow Caelin. You are an inspiration!!!**

Caelin's race blog ... <http://mindyourmentalhealthcampaign.wordpress.com/>

Coming up ...

# Annual General Meeting

Monday, March 25, 2013

Qualico Family Centre

(by the skating rink/duck pond at Assiniboine Park)

Dr. Karen Cohen, C.E.O. of the Canadian Psychological Association, will present the results of CPA's not-yet-released "Business Model for Enhanced Access to Psychological Services in Canada"

Panel discussion with community representation on the role of Psychology in public health care, followed by discussion with membership

Cash bar reception and buffet dinner

Attendance counts as CE credit for PAM



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- How to keep your #NewYear's resolutions:  
<http://t.co/3Lchkwq>.  
Jan 21st at 10:30am
- #Canadian song of the day featuring the Dream Warriors:  
<http://t.co/7RPmbOF>.  
#hiphop Jan 20th at 7:40pm

## COMMENT

January 11th 2013

# Psychological care needed more than ever

Mental health must be given attention, not only in the wake of tragedy

by Teresa Sztaba (Volunteer)

Yet another horrific shooting, leading to the deaths of so many children in Connecticut, has highlighted the need for gun control.

It has also highlighted the disastrous consequences of manhood gone awry in a violence-laden society - an issue often ignored, but equally critical.

Another issue raised by such tragedies concerns the need for early intervention and accessible psychological interventions for those struggling with mental health difficulties, and for the families and public affected by trauma.

It is a misconception that psychological difficulties occur only in the "sick."

In truth, only a small minority of those with mental illness are violent, and many who commit acts of violence have had no psychiatric diagnosis.

Nonetheless, the shooting in Connecticut must lead us to consider the global issue of mental health and the fact that we too often only pay lip service to the need for effective interventions for dealing with psychological difficulties.

Although mass shootings dramatically shine a spotlight on the tragedy of untreated



by Ayame Ulrich

## THE **UNITER** SPEAKERS SERIES

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- Django entertains, but a social commentary it is not 1/16
- Conflict of interest case: Mayor Sam Katz should have known better 1/11
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### LATEST REVIEWS

CD REVIEWS  
Mobina Galore  
**Mobina Galore**  
★★★★☆

For the entire article, please go to ...  
<http://uniter.ca/view/8595/>

## UPCOMING MPS INSTITUTE ...

### *Developments in Mental Disorder Diagnosis: DSM-IV, DSM-V, and the Road Ahead*

Date: Friday, June 7, 2013  
Time: 8:30 am—4:30 pm  
Location: To be announced  
Speaker: Robert Krueger, Ph.D.

**Speaker Bio:** Robert F. Krueger, Ph.D., is Hathaway Distinguished Professor in the Department of Psychology at the University of Minnesota. He completed his undergraduate and graduate work at the University of Wisconsin, Madison, and his clinical internship at Brown University. Professor Krueger's major interests lie at the intersection of research on personality, psychopathology, disorders of personality, psychometrics, and behavior genetics. He has received a number of awards, including the University of Minnesota McKnight Land-Grant Professorship, the American Psychological Association's Award for Early Career Contributions, and an American Psychological Foundation Mid-Career Award. He is a Fellow of the Association for Psychological Science (APS) and the American Psychopathological Association (APPA) and was inducted into the Society for Multivariate Experimental Psychology (SMEP). He is currently Editor of the Journal of Personality Disorders and is a member of the DSM-V Personality and Personality Disorder Working Group.