

Reflections on the AGM

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

The MPS Annual General Meeting of March 25, 2013 was well-attended, with our members enjoying the beautiful Qualico Family Centre in Assiniboine Park. We were treated to a delicious buffet dinner in the Tamarack Room with views (albeit snowy ones) of the park.

We were very fortunate to have Dr. Karen Cohen, Chief Executive Officer of the Canadian Psychological Association, bring us the first public release of results from a study commissioned by CPA to develop a business model for enhanced access to psychological services. Her presentation was entitled, “**Psychological Services in Canada: It’s time to bring what works for mental health to Canadians who need it.**”

Dr. Cohen’s talk was followed by a panel discussion chaired by Dr. Lorne Sexton, recent winner of CPA’s John C. Service Member of the Year Award. The panel was composed of: Dr. Bob McIlwraith, Head of the Department of Clinical Health Psychology; Ms Shirley Miles, Executive Director of Seneca House and Board Member of the Anxiety Disorders Association of Manitoba; Dr. Jamie Boyd, Head of the Family Medicine Residency Program; and Dr. Bruce Tefft, Clinical/Community Psychologist at the University of Manitoba. The presentation and panel perspectives sparked a lively discussion among our members.

Mr. Terry Goertzen, ADM for Healthy Living, brought greetings on behalf

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.
Phone: (204) 253-2832
Fax: (204) 453-2832
Email: info@prairiepsychology.ca



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

(Continued from page 1)

of the Department of Health and demonstrated solid understanding of the good work that is done by psychologists. Prior to the AGM, he had met with representatives of MPS, along with other government representatives and Dr. Cohen, to discuss the results of the CPA study and possible applications of these results in Manitoba.

Comments about this year's events and suggestions for upcoming AGMs are welcomed! Contact Dr. Teresa Sztaba, Executive Director, at executive@mps.ca with your comments and suggestions.

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Impressions from the AGM



Ms. Shirley Miles, Dr. Jason Ediger, Dr. Rehman Abdulrehman, Dr. Jamie Boyd, Mr. Terry Goertzen, Dr. Karen Cohen, Dr. Teresa Sztaba, Dr. Andrea Piotrowski,



Ms. Heidi Tucker, MPS Administrative Assistant

Impressions from the AGM (cont'd)



Mr. Caelin White, Student Representative, MPS Board



Dr. Doug Tataryn, Registrar, MPS & Dr. Gary Shady



Dr. Jennifer Frain, Dr. Larry Hardy, Dr. Len Greenwood



Dr. Jamie Boyd, Mr. Terry Goertzen, Dr. Bob McIlwraith, Dr. Lorne Sexton, Dr. Bruce Tefft

Impressions from the AGM (cont'd)



Dr. Teresa Sztaba, MPS Executive Director



Dr. Rehman Abdulrehman, President, Dr. Andrea Piotrowski, Communications & Practice Directorate Representative



Dr. Kenneth Enns



Ms. Robin Westmacott, Dr. Jo Anne Unger, and Ms. Uliana Nevzorov



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P.O. Box 151 RPO Corydon Winnipeg, Manitoba R3M 3S7
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President's Report:

The phrase coined by the MPS board, "there is strength in mental health" in our recent Mind Your Mental Health (MYMH) campaign, has kept our crew a busy bunch over the past year. This is an initiative that we've put a lot of effort into, and has implications for numerous other initiatives the board has been working on.

The MYMH campaign in general has garnered a considerable amount of attention with minimal advertising. This has included an official endorsement of the campaign, of psychological services, and a call to action by Gold Medal Olympian Clara Hughes (see the website for the quote). The Canadian Psychological Association, impressed by this campaign, has generously supported it by lending the services of their communications person, to monitor and run both Facebook and Twitter accounts. These initiatives have taken off with social media, with our wallpapers being reposted continuously, and re-tweets by celebrities such as fashion mogul Jeanne Beker. CPA has also footed the bill and will be offered this campaign to other provinces. Locally, this initiative has prompted an invite for MPS to meet with the official critic of health living, Cliff Cullen, and an invitation to meet and offer liaisons to the True North Corporation on their mental health Project 11. Of course, not only has the campaign worked to increase awareness of mental health, and the importance for access to psychological service, but also strongly encouraged the public to let the government know that access to psychologists in the public health system is critical issue for Manitobans. A total of 688 letters were sent to the Ministers of Health and Healthy living, and citizens MP's and MLA's. This is a clear and strong message from the public that mental health care is important to them, and that they want and need access to psychologists to provide this care in the public health system.

As a part of the MYMH campaign, MPS has sought out support from numerous organizations. These organizations include the Anxiety Disorders Association of Manitoba, Mood Disorders Association of Manitoba, Manitoba Schizophrenia Society, Seneca House, and the Canadian Mental Health Association (Winnipeg division). Dr.

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EXECUTIVE DIRECTOR'S REPORT

Since July, 2012, I have had the privilege of working with your MPS Board in the capacity of Executive Director. This Board is composed of a very fine group of dynamic, energetic, action-oriented (and, as a bonus, very pleasant) individuals. As our President will chronicle in his report, the MPS Board has been engaged in a number of key tasks during the past year: the Mind your Mental Health Campaign, with a number of efforts to increase access to psychologists in Manitoba; many requests for representation in the media; writing responses to issues raised in the media and articles relevant to the practice of psychology; advocating for immediate changes in legislation to allow incorporation by psychologists; research into salary inequities in the public health system; affiliation with CPA's CPAP and Practice Directorate; developing alliances with the Manitoba College of Family Physicians; another engaging Member's Night; and advocacy for the right of psychologists to use the honorific "Dr.", which increasingly has been claimed as the sole right of physicians, both by some physician groups and by the media.

As your contracted Executive Director, I have teamed with the Board to some extent on all of these initiatives. It's been a great learning curve and somewhat of a shift from my years of doing regulatory work. I am blessed to work closely with our President, Dr. Abdulrehman and our Past-President, Dr. Piotrowski, both of whom appear to have boundless enthusiasm and energy for psychology advocacy, and who have been very patient with me as I have learned the ropes. We have sometimes met with roadblocks, of course, but they have moved tirelessly forward with optimism, nonetheless. I appreciate and admire their efforts and the opportunity to have been part of the MPS team.

As well, I am fortunate to have the wise, good-humoured, and supportive mentorship of Dr. Len Greenwood, the past Executive Director, as well as the cheery, thoughtful and experienced guidance and assistance of our Administrative Assistant, Ms Heidi Tucker. I owe much thanks to them as well.

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Advocacy – Incorporation

Dr. Teresa Sztaba, Executive Director

As many of you will know, psychologists in Manitoba are not allowed by legislation to incorporate their practices. A number of psychologists in private practice have been denied significant financial benefits that are available to professionals who incorporate. We have heard from some who have been greatly frustrated by the fact that the many years of delays in achieving a new Psychologists Registration Act, and now the new Registered Health Professions Act, have resulted in delays in achieving the right to incorporate.

As your Executive Director, I was informed a number of months ago that, in fact, there are other legislative mechanisms, apart from Registration Acts, by which the Manitoba Government can, and in fact has, granted various professions the right to incorporate. The Manitoba Psychological Society Board directed me to write the Minister of Health to request that these alternate mechanisms be utilized to allow psychologists the right to incorporate.

In this issue, we are reprinting the letter that I sent on behalf of our members. Unfortunately, although we did receive a polite and considerate response from Mr. Milton Sussman, the Deputy Minister of Health, our request was not directly addressed and we were advised to await the adoption of the Registered Health Professions Act.

The following is the letter that was sent on behalf of our member to Minister Theresa Oswald and Deputy Minister Milton Sussman:

Dear Minister Oswald

Re: Professional Corporations

As the association that represents the needs of psychologists in their professional practice and advocates for issues that facilitate access to psychologists, we have heard from a number of psychologists who have expressed significant concern that our profession continues to be denied the legislated right to incorporate.

The Psychologists Registration Act of Manitoba does not expressly permit “the practice of the profession by a corporation,” as required by the Manitoba Corporations Act.

As you know, over a lengthy period, The Psychological Association of Manitoba (P.A.M.), was asked by government a number of times to propose changes to the Psychologist Registration Act of Manitoba that would modify the Act in keeping with current-day professional practices. P.A.M. made a number of good-faith attempts over that lengthy period to enable the Act to be updated, but the Act was not changed. Since 1999, when a number of professions gained the right to incorporate, psychologists in Manitoba were told that they would need to wait until the Act was changed before they, too, would be granted that right. Our members became increasingly aware of this disparity between professions as time passed without a revised Act.

More recently, representatives from P.A.M. have been told that the new Registered Health Professions Act would include a provision for those professions governed by the new Act, including Psychology, to incorporate. As a profession, psychologists were told that they had only perhaps a couple more years to wait until they would have the option to form a Corporation.

Again, we have had additional delays and our members are becoming increasingly dissatisfied that the inequity will continue even longer and that the wait is increased again. It is clear that development and passage of the RHPA has taken longer than had been expected by all.

It recently came to the attention of the Manitoba Psychological Society that the legislation by which certified general accountants, dentists, lawyers, and chartered accountants gained the right to incorporate in 1999 was NOT by means of changes to each of their professional regulatory acts but, rather, by an amendment to the 1999 Manitoba Professional Corporations Act. An amendment to the Medical Act in 1999 granted physicians the same privilege.

In the eyes of our membership, it is difficult to find any justification for this type of discrimination against certain professions, particularly given that, for many, it may be associated with the loss of significant financial benefits of incorporation. In particular, all healthcare professions other than physicians have been reassured that changes in this regard are imminent; because they have not been, the wait now has extended to thirteen years and clearly is not acceptable.

Psychologists are independent healthcare professionals, independently regulated and trained to a doctoral standard. Many are in private practice and are justifiably impatient about having to wait any longer to be able to incorporate. There is no cogent reason why certain other professions should be favoured with legislation that can facilitate successful practice. Further, given the well-known problems with access to psychological treatment, any legislation that results in a potential barrier to such successful practice cannot help but also be a barrier to the entry of capable individuals into the practice of psychology and the ongoing availability of all psychologists.

Given that we now are aware that there are other mechanisms by which psychologists could gain legislated ability to incorporate and that there is precedent for these other mechanisms to have been used for other professions, we would appreciate your early attention to consideration of correcting the unjust situation that exists for Psychology. We are hoping that we will be able to inform our increasingly impatient membership that government is willing to consider early passage of the sections (58-76) of the Registered Health Professions Act that relate to incorporating; or a Statute Law amendment to the Corporations Act (as was done with accountants, dentists, and lawyers), or an amendment to the Psychologists Registration Act of Manitoba.

Thank you in advance for your consideration of this matter. We very much look forward to hearing from you at your earliest convenience.

Sincerely,

*Rehman Abdulrehman, Ph.D., C. Psych.
President,
Manitoba Psychological Society*

*Teresa Sztaba, Ph.D., C. Psych.
Executive Director,
Manitoba Psychological Society*

MANITOBA PSYCHOLOGICAL SOCIETY CONTINUING EDUCATION WORKSHOP

MPS Spring Institute on DSM-V



Register on or before May 6, 2013 and save on the June 7, 2013 MPS Spring Institute titled **Developments in Mental Disorder Diagnosis: DSM-IV, DSM-V, and the Road Ahead** featuring Dr. Robert Krueger. Dr. Krueger is a Hathaway Distinguished Professor in the Department of Psychology at the University of Minnesota, the Editor of the *Journal of Personality Disorders*, and is a member of the DSM-V Personality and Personality Disorder Working Group.

Synopsis: The American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (5th Edition; DSM-V) is slated to be published in May 2013. This workshop will provide an overview of changes from DSM-IV to DSM-V, with particular emphasis on how DSM-V is (and is not) connected with empirical research in personality and individual differences. Working to enhance the connection between Psychiatry and individual differences research is critically important in ensuring an empirical basis for psychiatric nosology. The workshop will also focus on challenging practical issues that arise when classification systems such as the DSM are not in sync with data. For example, when a thorough assessment is completed, many if not most patients meet criteria for more than one specific DSM-defined disorder. Conceptualizing these presentations in terms of "multi-morbidity" is unlikely to prove helpful or illuminating. Rather, new ways of conceptualizing psychopathology are needed that better map the complex presentations typically encountered in clinical practice.

Date: Friday, June 7, 2013

Time: 8:30am to 4:30pm

Location: Delta Winnipeg

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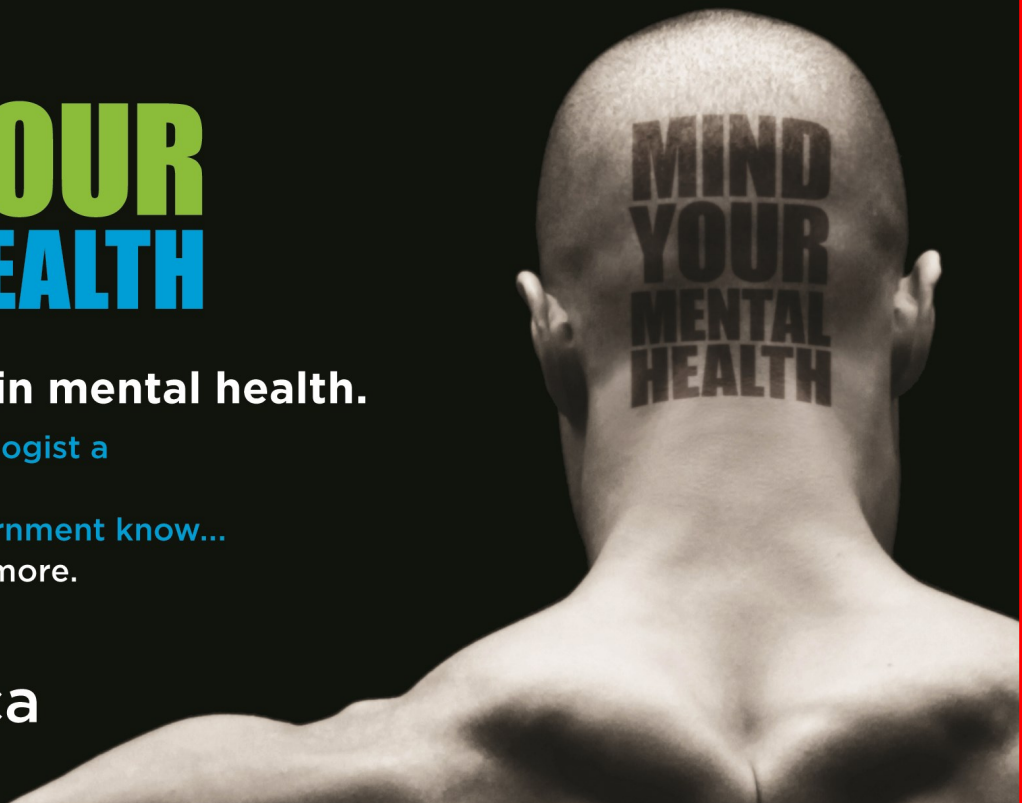
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Clarification about Changes in GST/HST Billing

Some of our members have inquired as to the impact of changes in legislation related to billing GST/HST on the practice of psychologists.

The Canadian Register of Health Service Psychologists has investigated this matter and prepared a document in which the rules as related to psychologist billing are clarified. Rather than repeat this information, we would like to direct you to the following link on the CRHSP website:

<http://www.crhsp.ca/about-health-service-psychology/statement-on-gsthst-2013-budget/>

Congratulations to **Dr. Geller**

for winning the **MPS Membership Renewal Bonus of \$100**

which will be used to refund towards her membership.

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



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2013 AGM – TREASURER’S REPORT

25 March 2013

Attached to this report you will find our Proposed Budget for 2013. 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, 2012, provided by Eliard Schappert of the accounting firm of Forrest and Company.

I would like to make the following comments about our 2012 Financial Statement:

- Our overall financial situation continues to be a healthy one. Although a planned deficit of \$930.00 was budgeted, in reality, MPS registered a surplus of \$7,223, representing overall, a surplus budget. This is largely on account of an Executive Director budget line that was only partially utilized.
- The overall net worth of MPS remains strong. Assets-less-liabilities were at \$90,980 on December 31, 2012; a modest increase over the past twelve months.

I would like to draw your attention to the following points about the 2013 Proposed Budget:

- Last year, you may recall that MPS estimated a total of \$16,000 for the Executive Director budget line. We anticipate an increase in that budget line to a total of \$27,300 for the 2013 year. The increased budget expenditure for the ED position is accounted for in part, by an anticipated increase in Institute revenue for this year, as well as by a decrease in expenditures across a number of budget lines.
- As a result of greater ED involvement in various advocacy activities and conferences, travel expenditures have increased, resulting in an increase in travel associated budget lines.
- This year we continue to budget for three fee-for-service contracts: Administrative Service Contract (Interiors by Heidi), Bookkeeping (Dun-rite Business Services), and Web Management and Design (GAT Technologies).

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Dr. Leanne Mak, MPS Treasurer

2013 MPS Registrar's Report

It is my pleasure each year to welcome the new members of our society and this year I am pleased to welcome six new Full members and seven Student members.

Full Members	Student Members
Lake Deborah	Breanne Boyce
Craig Yury	Leah Enns
Lisa Thouas	Hannah Hogan
Jennifer Theule	Uliana Nevzorova
Garry Fisher	Chris Tysiaczny
Robin Westmacott	Phoenix Gillis
	Maggie Penfold

Our membership continues to maintain itself at just over 200 members and remains a very active and sometimes vocal group of individuals representing a large range of theoretical orientations at differing stages of their professional careers. It is wonderful to have such diversity in our membership!

The website continues to run quite smoothly. I and the webmaster have spent the last year or so enhancing the website "behind the scenes". This includes an *Admin Reports* section so that the various annual summaries needed by board members can be accessed with a click of the button and not after hours of tabulation and Excel work. The available reports include a summary of members eligible for Insurance discounts, membership by age and gender tables, payment method summaries, applied and not-yet-approved members, and of course, Paid and unpaid members to date, etc. All of this is being done for convenience but also so that when I leave this position the new registrar will just need to be comfortable navigating websites and not need any advanced technical or programming knowledge such as SQL.

I am happy to say that more of our members are choosing the electronic payment options and that the move to expand our services to include payment for Continuing Education Institutes has gone quite smoothly. Only a handful of Institute patrons managed to confuse the system in a minor way by clicking button combinations we did not anticipate but these were fixed within a day.

I will be announcing this year's winner of the annual *Membership Renewal Bonus Program* at the AGM. Hope to see you there!

Sincerely

Dr Douglas J Tataryn (C.Psych)
MPS Registrar



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**Mar 25, 2013 AGM: Annual Report
of 2012 Continuing Education
Activities:**

In 2012, MPS sponsored two full day 'Institutes': The April 24th spring workshop *Training, Treatment or Trauma? Special considerations when working with athletes: Insights from Clinical and Sport Psychology* by Dr. Mark Hogue, and the December 7th fall workshop *Responding to today's ethical issues: Bridging the divide between virtue, ethical principles, and practice standards* by Dr. Carole Sinclair. We are pleased to report positive reviews for both workshops, including the programs, speakers, and venues.

In the April 24th workshop, Dr. Mark Hogue, a clinical and sport psychologist, addressed



special considerations when working with athletes in clinical practice. The workshop emphasized ethical issues, the identification of adaptive and maladaptive coping mechanisms, and consideration of

psychopathologies (i.e., substance abuse, eating disorders, sports performance phobic and anxiety disorders, depression, suicide, etc.), concussion, and return to play issues. The learning objectives for this talk included

identifying differences between the sport culture and the normal culture; discussing adaptive and maladaptive coping mechanisms in athletes; developing an understanding of differences between child/adolescent and adult concussions, including recognizing prevalence rates among different populations; identifying at least 2 ethical challenges unique to working with athletes; knowledge of current issues and controversies regarding Chronic Traumatic Encephalopathy (CTE); and developing an understanding of return to play criteria and neuropsychology's role in making those decisions, as well as developing strategies for return to education and/or work situations after athletes sustain a concussion. A total of 39 participants attended the workshop.

In the December 7th workshop, Dr. Sinclair provided an overview of new ethical challenges encountered by psychologists and



presented a model for understanding and responding to these challenges. The workshop explored the role that virtue, ethical principles, and practice standards play in the ethical decision making needed to respond to ethical challenges, from

both a historical and an international

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perspective. The learning objectives for this talk included developing: a) an understanding of the role of virtue, ethical principles, and practice standards in responding to ethical issues; b) an understanding of several of today's newer ethical issues – their evolution; what is similar and what is different to issues faced in the past; c) skills in the application of an ethical decision-making model that includes attention to virtue, ethical principles, and practice standards; and d) increased confidence in responding to current and future ethical issues. There were a total of 67 participants.

Looking Ahead:

MPS would like to thank Manitoba Public Insurance and the Worker's Compensation Board of Manitoba for sponsoring this Institute.

Dr. Robert Krueger will be speaking at the Spring MPS Institute on **June 7, 2013**. The workshop, titled ***Developments in Mental Disorder Diagnosis: DSM-IV, DSM-V, and the Road Ahead*** is co-sponsored by Manitoba Public Insurance and the Workers Compensation Board of Manitoba and will be held from 8:30 AM to 4:30 PM at the Delta Winnipeg.

Brochures are available on-line at www.mps.ca for registration.

Respectfully submitted by:
Lesley Ritchie, Ph.D., C. Psych.
Director of Continuing Education



Dr. Lesley Ritchie, MPS Continuing Education



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Communications Report
March 25, 2013
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 the effects of large scale euthanasia on agricultural veterinarians. There is some evidence that Breakfast Television is once again interested in a more regularly running segment using psychologists as well. Andrea Piotrowski has been instrumental in helping to set this up.

As in past years, the promotion of Psychology Month was extensive. Dr. Pam Holens 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 last year, MPS put together an awareness campaign to promote psychology and mental health access called Mind Your Mental Health (mymh.ca) easier access to psychology. This campaign has been worked on by a variety of board members and success has been such that there is interest in carrying it forward nationally.

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.

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Dr. Jason Ediger, MPS Disaster Response Network & Communications



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DISASTER RESPONSE NETWORK

Since subsuming DRN under the Communications portfolio there has been little need for acute disaster response in Manitoba. We were able to pass on some opportunities for volunteer work with Hurricane Sandy, but then discovered that cross border licensure issues made that an impossibility at the present time. It is my understanding, however, that efforts are underway to address this and if further opportunities come up I will let the membership know.

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

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Re: Annual report for MPS Society Page – 2012

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

In 2012 we have continued with the advertising system we have established in 2010: for a fee of \$150 we email the membership and place an ad on the MPS website. This system appears to work well.

We have also continued distributing the Society Page electronically three times a year (January, May, and October), which will continue in 2013.

In 2013, I will be stepping down from being an official member of the MPS Board. However, I will continue offering my help as the Editor of the MPS Society Page and the person who is responsible for advertising.

Thank you to all the board members who have helped making my job very easy in 2012, especially Rehman, Teresa, and Andrea.

Please do not hesitate to contact me if you have any questions or concerns regarding the Society Page.

Thank you for the opportunity to be of help to the Manitoba Psychological community.

Regards,

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

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Public Education Report to the Annual General Meeting
March 25, 2013

Dear Members,

I am proud to report that Psychology Month 2013 was a resounding success. A total of 28 events took place between January 28, 2013 and February 28, 2013. Of these events, 21 were open to the general public and seven were for specific invited audiences. The public talks took on a wide range of topics including bullying prevention, coping with trauma, improving communication, and deciding when to seek a diagnosis for age-related memory loss, to name just a few. Media events included interviews with local psychologists on Breakfast Television and CJOB radio.

Additional highlights this year included several talks in communities outside Winnipeg (i.e., Thompson, Selkirk, and Niverville), a series of four talks at the University of Winnipeg, and a series of four talks at McNally Robinson Booksellers. Another highlight was the promotion of the "Mind Your Mental Health" campaign at the various public talks. Attendees were given MYMH bookmarks and were asked to consider going to the MYMH website to learn more about the campaign and to send a letter to their local politicians regarding the need for increased access to psychological services.

If there was an award for most dedicated Psychology Month presenter, this year it would go to Dr. Carrie Lionberg for participating in a total of five Psychology Month events (four public talks and an interview on Breakfast Television). Runners-up would be two clinical psychology residents who worked with Dr. Lionberg, namely Leah Enns and Zoe Therrien, who each participated in three talks. Way to go!

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. Please see the long list of events and presenters on the next page.

Special thanks to the members of the Psychology Month planning committee: Caelin White, Andrea Piotrowski, Moira Somers, and Lori Mac for all their hard work in helping make Psychology Month 2013 such a success. Thanks also to Heidi Tucker and Lisa Thousas for additional assistance.

Regards,
Pamela Holens, MPS Public Education Director



Dr. Pam Holens, MPS Secretary