



# the society page

a publication of the manitoba psychological society

October 2011



## PRESIDENT'S REPORT SEPTEMBER 2011

ANDREA PIOTROWSKI  
PH.D., C.PSYCH.  
MPS PRESIDENT, 2010-2012

I hope that everyone enjoyed the warm and bug-free summer. MPS has been busy over the past few months meeting with government agencies and politicians on various issues related to increasing access to psychological services to the public. Dr. Rehman Abdulrehman and I had a meeting with Theresa Oswald, the Minister of Health, the Executive Director of Health Systems Innovations and Primary Health Care, and the Executive Director of Mental Health, Spiritual Health, and Addictions. The main issues dis-

cussed included an overview of the broad range of services psychologists can provide and the advantage of integrating psychologists into Primary Care Networks. A number of statistics were provided about the cost-effectiveness of psychological services as well as the low number of psychologists in Manitoba (17 per 100,000 people) compared to the rest of Canada (47 per 100,000 people) (CIHI, 2008). In fact, Manitoba has the lowest ratio of psychologists in all of Canada. After reviewing the Ministry of Health website, we discovered that there was no information on how to access psychologists (public and private). We provided the Minister with a document that summarizes this information and we were informed

that these changes would be made to the website following the provincial election. We will keep our membership apprised of any new developments. Another exciting initiative that is timely during election season is access to "Advocacy Online," a resource funded by the Canadian Psychological Association (CPA). This resource allows psychologists and the public an opportunity to advocate for increasing access to psychological services by sending a form letter or a personal letter automatically to the poli-

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**MPS Members Night**  
**October 20th**  
**Inn @ the Forks**

More info inside this issue

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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.

Submission inquiries should be addressed to the incoming Editor of *The Society Page*:

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## BOARD MEMBERS

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**Caelin White, M.A.**  
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*Representative to Students*

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ticians in their constituency. This resource will be available to us for one year and MPS will make changes to the form letter as new issues develop. We encourage all psychologists to take advantage of this wonderful opportunity by going to the link on our newly designed website ([www.mps.ca](http://www.mps.ca)). I would like to recognize the efforts of Dr. Doug Tataryn, Mr. George Tataryn, and Mr. Mokhtar Joundi for improving the look and organization of our website.

In order to inform the public of ways they can have their voices heard during the elections, MPS produced posters that were sent to MPS members, some family physicians, and key stakeholders of mental health services in Manitoba. There are different versions of the posters that can be used both before (orange) and after (blue) the election. These posters can also be downloaded directly from our website.

In this addition of the Society Page, you will find a press release on the results from a national survey that asked Canadians about their impression of psychological services. MPS contributed additional funds to increase the number of Manitobans that were surveyed. This release was distributed to the media and politicians on September 26.

As you know, MPS is trying something a little different at this year's Members' Night (Thursday, October 20, 7:00 p.m.). First, it is being held at The Inn at the Forks and there will be appetizers and beverages for our guests. Second, two of our own psychologists, Greg Gibson and Shelley Rhyno will be providing the musical entertainment with their band. Third, a President's Award will be presented to Dr. Jennifer Frain. Fourth, this is an opportunity for our members to come out and have fun! Thank you to Dr. Darek Dawda, Dr. Jason Ediger and Dr. Julie Beaulac for organizing this event.

I would like to thank Dr. Lesley Ritchie for agreeing to take on the Continuing Education portfolio. The Fall Institute is being held on November 4. Dr. Ken Sheldon will be presenting on "Promoting positive motivation and

*(Continued on page 3)*

well-being: Insights from positive psychology research.” Information on this event and other initiatives is found in this edition of the Society Page.

Dr. Matthew Bailly has resigned from the board and I would like to thank him for his work as the Business of Practice Director and organizing the Psychologically Healthy Workplace Award. I would like to also welcome Mr. Caelin White, our new Student Director. Our board could not function without a competent treasurer, Dr. Nicole Taylor, our interim Executive Director, Dr. Leonard Greenwood, and our administrative assistant, Ms. Heidi Tucker. In addition to being President-Elect and holding the Diversity and Disaster Response Network portfolios, Dr. Rehman Abdulrehman is one of nine slated individuals running for a seat on the Committee of International Relations in Psychology with the American Psychological Association. Congratulations!

As always, if you have ideas about how the MPS Board can serve you and the public better, please contact us with your suggestions. We will be emailing the membership on a more regular basis with new and exciting initiatives that will be occurring both in Manitoba and across Canada.

We hope to see you on Members’ Night at the Inn at the Forks!

## Advertizing with MPS

One more reminder that MPS doesn’t advertize in the Society Page any longer. We now 1) place adds 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](mailto:info@davda.ca)



You are cordially invited to join MPS members for ...

# MPS Members Night

October 20, 2011

Cocktails @ 7pm

Inn @ the Forks

We hope you won't miss this year's Members Night as we are trying a more entertaining format that should satisfy the most demanding of tastes. We have great food, amazing band, keen hosts, and all sort of fun ready for you.



# Members News

Dr. Richard Howes will be travelling to the Czech Republic in October to speak at the 7<sup>th</sup> European Congress on Violence in Clinical Psychiatry. His presentation will be based on his published research on phallometric assessment, specifically the use of this assessment procedure to identify high risk of sexual aggression. Combining business with pleasure, Dr. Howes plans to spend four days in Vienna as well as four days in Prague.

R. J. Howes, M.Sc., Ph.D.  
Clinical Psychologist  
Stony Mountain Institution

## 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](mailto:info@davda.ca)

# 2011 MPS PRESIDENT'S AWARD

is presented to

## Dr. Jennifer Frain

This year's recipient of the President's Award is Dr. Jennifer Frain. Jennifer has served on the board of the Manitoba Psychological Society (MPS) for many years in addition to being the past Chair of the Practice Directorate of the Canadian Psychological Association (CPA) and the Council of Provincial Associations of Psychologists (CPAP). Currently, she is President-Elect of CPA. In addition to advocating for psychology, her work with New Directions provides much needed services to many vulnerable populations. She embodies leadership qualities and a passion, not only for the profession of Psychology, but for the provision of high-quality psychological services for all Canadians.







# 2011 Fall Institute

The early-bird deadline is fast approaching! **Register before October 24th, 2011** and save on the MPS fall institute featuring Dr. Kennon Sheldon.



**Workshop synopsis:** Clinical work is often presumed to begin and end with symptom resolution, return to previous functioning, or adopting health-promoting behaviour. But, we could encourage our clients to use clinical services in order to go beyond what was previously lived. Enhancing peoples' mental health involves more than just curing them of their problems. In this workshop, Dr. Sheldon will provide a hands-on introduction to several important topics relevant to happiness and psychological well-being.

For more information and registration forms, visit our website at <http://mps.ca/ContEd.aspx>



## **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](http://www.mps.ca)

## **2011 Fall Registrar's Update**

There have been quite a number of awesome developments in MPS over the last few months, as I am sure you have been reading about in this edition of the MPS Society Page. This is quite an exciting time for Psychology in Manitoba. I personally am quite intrigued by the new Canadian mental health needs data that was recently released, which our president Andrea discusses in her presidents report. The advent of this Canadian milestone in Psychology, as well as the political letter writing campaigning spear-headed by CPA, has seen a flurry of activity on our part, as we released the new and improved version of the MPS website.

Myself, GAT Technologies (our webmaster) and MJ Designs (Mr. Mohktar Joundi) with input from Andrea and various board members worked quite intensively over the last three months to put together new public MPS website. It has a totally new look and feel, with personalized banners for each our major pages and a newly organized menu and page structure that allows the public to get the information they want quickly and easily. It also features a tab-menu side window featuring the latest news, upcoming events, and employment opportunities for psychologists. I encourage you all to check it out: <http://mps.ca>. (Some of the pages are under construction and are being updated by the board members over the next few months). I'd like to thank Gat Technologies and MJ Designs for working so intensively on the project under these time pressures (especially given that we had to adopt a new platform late in the development, when we found that Silverlight was not and would not be supported by many of our members' IT systems).

I'll be sending announcements out for the 2012 renewal process in the next few weeks. As we did last year, we'll be implementing the *Membership Renewal Bonus Program*, the winner of which receives free admission to any of our upcoming Continuing Education Institutes. Speaking of which, if you haven't already registered, here's the link to Dr. Ken Sheldon's upcoming workshop on Positive Psychology: <http://mps.ca/ContEd.aspx>.

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





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# Life can be Challenging.

Getting help from a  
psychologist shouldn't be.

## Did you know?

- ✓ 1 in 5 Canadians will face a psychological disorder in a given year  
(Public Health Agency of Canada)
- ✓ Depression will be the second leading cause of disability, for all ages and both sexes by 2020  
(World Health Organization)
- ✓ Mental disorders account for more of the global burden of disease than all cancers combined  
(Mood Disorders Society of Canada)
- ✓ Manitoba has the lowest number of psychologists per 100,000 people across Canada  
(Manitoba-17; Canadian average-47) (CIHI, 2008)

Join others and help advocate for increased psychological services during this election by going to [www.mps.ca](http://www.mps.ca) to easily access form letters that can be automatically emailed to your politicians.

Manitoba Psychological Society | [www.mps.ca](http://www.mps.ca)



**\* This poster can be printed directly off the MPS website**

FOR IMMEDIATE RELEASE

## **Canadians face “significant barriers” to accessing psychological care: National poll**

*Lower income brackets more heavily affected, according to new EKOS survey*

OTTAWA (September 26, 2011) – Canadians, in particular those in lower and middle income levels, face significant barriers when it comes to the cost of psychological services in Canada, according to the findings of a new EKOS poll conducted on behalf of Canadian Psychological Association.

“This survey should serve as a wake-up call to Canada’s governments and employers that they must do more to ensure all Canadians – regardless of income – can access the psychological care they need,” said Dr Andrea Piotrowski, Chair of the Practice Directorate of the Canadian Psychological Association. “The impact of mental illness on individuals, families, communities and the economy is clear. Psychological services are proven to be a cost-effective way to improve people’s mental health and allow them to participate fully in their family life, work and community. Unfortunately, people in lower and middle income brackets face particularly significant barriers when it comes to the cost of psychological services in this country.”

To highlight the findings of the survey and spark a call to action, national, provincial and territorial psychological associations have come together to reach out to consumer groups, health professionals and governments in order to highlight the problem of access to psychological care and find solutions. In provinces where provincial general elections are being held this fall, the associations have also written to party leaders asking them to state their positions on funding of psychological services through provincial public health plans.

“Psychological services are proven effective in helping Canadians to maintain their mental health and to deal with both mental and physical disorders,” added Dr Karen Cohen, Executive Director of the Canadian Psychological Association. “Canada’s public and private health care insurance plans don’t do enough to ensure Canadians have equal and adequate access to these valuable services.”

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Key findings from the survey were:

- \* Eighty percent of all respondents to the survey indicated that if they had to pay for psychological services themselves, costs would represent a “very significant” or “significant” barrier.
- \* Similarly, 77% indicated that lack of coverage by provincial or territorial health plans would present an equally significant barrier.
- \* In addition, 67% of respondents indicated that lack of coverage in employee health plans would represent a significant or very significant barrier.


When cross-tabulated by income bracket, the same data reveal that costs are much more likely to represent a significant or very significant barrier for those in lower income brackets.

- \* Fully 86% of respondents whose family income is lower than \$40,000 felt that having to pay for psychological services would present a significant or very significant barrier.
- \* Similarly, 80% of those in the lower income bracket felt that psychological services not being covered by their provincial health plans would be a significant or very significant barrier.

In keeping with these findings, support for the coverage of psychological services by public health plans was very strong across Canada. Eighty-five percent of Canadians stated that ensuring psychological services are covered by public health plans is either very important or important.

“Canada’s provincial, territorial and national psychological associations are working together to promote equitable and timely access to psychological services for all Canadians,” added Dr Piotrowski. “This survey clearly shows that action is needed to bring down the barriers that Canadians face every day to psychological care and services.”





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Manitoba Psychological Society | [www.mps.ca](http://www.mps.ca)



**\* This poster can be printed directly off the MPS website**





LOCAL ARTISTS | GLOBAL CHARITY

## ***Thank You!***

**HumanTree Inc. would like to send a big thank you to the Department of Clinical Health Psychology, in the Faculty of Medicine at University of Manitoba, and the Manitoba Psychological Society for coordinating and collecting textbooks to build a mental health library at the Muhimbili University of Health and Allied Sciences.**

**We would also like to thank all of the individuals of the above named department, independent practicing psychologists, and members of the Department of Psychiatry who generously donated countless numbers of their textbooks and journals (new and used). The books were shipped off in August, 2011, and are now on their way to Dar Es Salaam, to be used in the new academic year at Muhimbili University of Health and Allied Sciences.**

**Thank you all for your support and kind contribution of books.**



HUMANTREE.CA

# ABA – It's broader than you might think

By James Ediger, Ph.D. & Kendra Thomson, Ph.D.

In view of the Psychological Association of Manitoba's recent consideration of including Applied Behaviour Analysis as a potential specialty area of registration (Arnett, 2011), the Manitoba Association for Behaviour Analysis (MABA) thought it might be a good time to provide a brief description of Behaviour Analysis for MPS members who are not familiar with this branch of psychological study and practice.

Applied Behaviour Analysis, commonly referred to as "ABA", is the systematic application of learning principles and techniques to assess and improve socially significant behaviours to a meaningful degree, and to demonstrate that the interventions employed are responsible for the improvement in behavior (Baer, Wolf, & Risley, 1968).

Many decades of research and several thousand published research studies have validated treatments based on ABA across a wide range of populations (e.g., children and adults with mental health problems, developmental disabilities, and learning disorders), interventionists (therapists, parents, teachers, paraprofessionals), and behaviors (language, social, academic, leisure, functional life skills, aggression, self-injurious behaviors, etc.).

Although many people associate ABA with the treatment of autistic disorder and other developmental disabilities, its efficacy has been demonstrated for a wide range of clinical issues that psychologists are faced with, including: depression, anxiety, insomnia, chronic pain, couples distress, anger problems, weight control, and stress management. Beyond this, "third wave" psychotherapeutic approaches such as Acceptance and Commitment Therapy (ACT) have their theoretical basis in ABA.

MABA was founded in 2005 and was granted affiliate status by the International Association for Behavior Analysis in 2006. Our purpose and mission is to develop and disseminate knowledge about behaviour analysis as a science. MABA's interests lie in basic science focusing on principles governing human and nonhuman behaviour (i.e., the experimental analysis of behavior) as well as in applied science focusing on application of those principles for improvement of socially important problems (i.e., applied behaviour analysis). To learn more about ABA in Manitoba, we invite you to visit our website at [www.maba.ca](http://www.maba.ca).

Arnett, J. L. (2011). President's Report. 2011 Annual General Meeting of the Psychological Association of Manitoba. *Manitoba Psychologist*, 28 (1), 7-10.

Baer, D.M., Wolf, M.M., & Risley, T.R. (1968). Some current dimensions of applied behavior analysis. *Journal of Applied Behavior Analysis*, 1, 91-97.

**Call for Nominations**  
**Clinical Treatment Guideline Development**  
**Panel**  
**Depressive Disorders Across the Lifespan**

The American Psychological Association's Advisory Steering Committee for the Development of Clinical Treatment Guidelines is seeking nominations of individuals to serve on a panel to develop a clinical treatment guideline for depressive disorders across the lifespan. Individuals are encouraged to self-nominate and nominations from other individuals and groups are also invited. Nominees who will enhance the diversity of the development panels are particularly encouraged to apply.

**The development panel will be composed of at least seven members.** Members ideally serve on only one active APA guideline development panel at a time although they may serve on more than one over the course of time. The development panels will be led by a chair. The selection of the chair will be made by the Advisory Steering Committee. The development panel may include members from disciplines other than psychology. It is expected that the panel will take approximately two years to complete its work.

**The development panels will consist of at least:**

Three content experts in the area of depressive disorders  
One full-time generalist practitioner  
One patient/ consumer advocate  
One biostatistician or methodologist

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Among the content experts, a breadth of perspectives will be represented and include both experts who are primarily researchers and those who are primarily practitioners. Task force members should have knowledge of treatment issues related to age (including children and older adults) and other dimensions of diversity (such as race/ethnicity, socioeconomic status, culture, gender, sexuality, physical and mental abilities). It is anticipated that task force members will collectively have experience working with a broad range of populations and in a broad range of settings. Membership in APA is not a requirement to serve on the panel.

Background or expertise in one or more of the following areas may be useful to the panel:

- Clinical treatment guidelines development
- Comparative effectiveness research
- Systematic reviews
- Experience with clinical trials
- Contemporary methods for evaluation of psychological and behavioral interventions
- Dissemination/implementation research
- Relevant expertise in research design and statistical analysis
- Experience applying clinical treatment guidelines in practice settings
- Experience applying evidence-based practices in clinical settings
- Direct provision of psychological care in diverse practice settings or with diverse populations
- Patient/ consumer perspective
- Federal agency policies and programs related to guidelines
- Health care systems finance or administration
- Public health research and applications
- Public and community health delivery systems

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The development panel will write the guideline for the treatment of depressive disorders based on systematic reviews of the research literature. The panel will not conduct the systematic reviews itself but will develop the questions that guide the systematic reviews in collaboration with the Advisory Steering Committee and potentially other consultants. The guideline will include treatment recommendations and indications of the strength of the evidence for each recommendation in accordance with procedures developed by the Advisory Steering Committee and consistent with emerging best practices in treatment guidelines development. Progress reports will be made to the Advisory Steering Committee and the APA Board of Directors and governance groups on a regular basis.

**The Advisory Steering Committee will review candidate materials and provide a final list of qualified candidates for the development panel to the Board of Directors for appointment.**

**Letters of nomination should clearly describe the candidate's specific expertise and qualifications related to the criteria above.** Nomination materials should include a letter from the nominee indicating willingness to serve for at least two years, a brief statement of the nominee's qualifications, and a current curriculum vitae. Development panel members are expected to travel to Washington, DC, for at least two face-to-face meetings yearly and commit additional time and effort to the panel in between these meetings. Current members of the APA governance groups BPA, BSA and CAPP are not eligible to serve.

Nominations and supporting materials should be sent via email to the APA Clinical Treatment Guidelines mailbox ([ctg@apa.org](mailto:ctg@apa.org)) by November 15, 2011.

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*Note: Candidates not selected for this development panel may be nominated for future panels.*

***Additional background:***

APA moves forward on developing clinical treatment guidelines

Depression and obesity will be first topics of APA clinical treatment guidelines