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PRESIDENT'S ANNUAL REPORT



Carolyn Humphreys

As my Presidential term draws to a close, I am pleased to inform the membership that APNS has made progress in all the initiatives identified at the beginning of my term. The Executive has maintained its focus on enhancing service to members, both through direct services and through an improved administrative and Executive structure, on broadening connections with psychology across Canada and on advocacy and continuing education initiatives.

We welcomed over 50 new members in the past year. 70% of all psychologists in Nova Scotia belong to APNS. Across Canada, one other province has this level of membership. The rest of the provinces have from a 60% to 25% membership rate. It is good to know we have such a strong membership!

The improved web site has been a priority. After requesting and receiving several proposals, the web subcommittee has selected a

web designer who will most effectively meet our needs. Having reviewed websites of provincial associations across Canada, I am confident that what APNS will be providing for its members and for the public will be of exceptionally high quality and relevance.

The Private Practice Directory has been revised through the efforts of a small, lively ad hoc committee. We had some fascinating discussions about current trends in psychology and therapy and the public's perception of therapeutic issues. And, we got the job done! In late April, all listees will have received the revised format to complete. It will be more user-friendly, and will allow each listee to provide a narrative description of his or her practice.

The new Membership Committee received an excellent response rate to its survey and some intriguing answers to the questions it posed, as you will read about in its committee report. This data will inform some of the future initiatives for member services.

The *Nova Scotia Psychologist*

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President's Annual Report

PRESIDENT'S ANNUAL REPORT

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has been managed this year by Judie MacDougall who moved from Interim Editor to Editor. She bravely hung in during our changes in office staff and I thank her for her patience and perseverance.

Susan Marsh, our office manager, has been a very valuable addition to APNS. She is knowledgeable, efficient and organized. She is a pleasure to work with and has made my job much more manageable. As she becomes more familiar with our organization, I anticipate her job description will change to reflect increased responsibility. It is the belief of this Executive that our organization will function optimally with paid staff that has directorial responsibility.

There is also a change occurring in the structure of the APNS Executive meetings. In order to improve communication and to coordinate efforts more effectively, the Committee Chairs and Special Representatives will be meeting four times a year with the Executive. Such meetings have already allowed for a fruitful exchange of information and ideas. There will be a formal Notice of Motion at the Annual Meeting to institute this structure for the 2004-2005 year, giving the Committee Chairs and Special Representatives the designation of an Advisory Committee to the Executive. It is my hope that this will promote consolidated action in achieving initiatives.

In June, 2003 the Elections Committee recommended and the Executive approved three new appointments to the Nova Scotia Board of Examiners in Psychology (NSBEP): Dr. Donna Assh, Ms. Pamela Dixon and Ms. Patricia Rose. APNS and NSBEP have had regular joint meetings this year to discuss issues of mutual concern. NSBEP has invited APNS to sit on a Committee to review the oral exam process and develop a more systematic approach to the exam. APNS and NSBEP also decided to explore a joint

workshop on the new Privacy legislation. APNS has also completed several revisions to the Guidelines for Appointment to the Nova Scotia Board of Examiners to more accurately identify the professional experiences necessary to serve as a Board member. These will be presented at the next joint APNS-NSBEP meeting.

In November, APNS submitted responses to a consultation strategy regarding entry-to-practice credentials for health professionals developed by the Federal /Provincial/Territorial Advisory Committee on Health Delivery and Human Resources (ACHDHR). A second phase of consultation was to occur in early January, but there has been no further correspondence from the Department of Health.

In late January I attended the first CPAP Leadership Conference, titled "Advocacy Forum: Strengthening Leadership in Canadian Psychological Associations" in Ottawa. Past-President Richard Braha also attended. There were representatives from all provincial and territorial associations. The conference focused on delineating key advocacy issues and developing a framework for achieving them. A monumental task for two days! There were many interesting perspectives from across the country but several key issues emerged. These were: raising the profile and "visibility" of psychology, the accessibility of psychological services, and the role of psychology in a primary health care model. The conference concluded with a plan to develop, through a collaborative national-provincial venture, strategies and resources to target these issues during Psychology Month in February 2005.

An objective that our Executive had identified for the Ottawa conference was to explore the possibility of having a joint meeting with the representatives from the Atlantic Provinces to

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discuss ways to collaborate with and support each other with advocacy and continuing education initiatives. I did this and received an extremely positive response from every one. Our plan is to meet at CPA in St. John's with the agenda of delineating ways to work together.

In March 2004, APNS had four participants attend the APA Practice Directorate's Annual State Leadership Conference in Washington, D.C. We receive financial support from APA to send delegates to this training event and benefit from the rich array of advocacy and leadership sessions tailored to the different roles and positions in a state or provincial association.

APNS again provided sponsorship support to the Dalhousie University Cooperative Clinical PhD Program Community Recognition Award and Reception. This is a student initiative that recognizes the contributions of a local psychologist to the training of doctoral level psychologists in Nova Scotia. (As last year's very honoured recipient, I can say that this student initiative is finely organized and much appreciated!).

A workshop by Dr. Thomas Brown, sponsored jointly by CPA and APNS, had to be cancelled and rescheduled because of Hurricane Juan. It has been rescheduled for April 26, 2004. Although APNS did not have a Continuing Education Committee this year, a CE event has been planned through the collaboration of the Executive and Susan Marsh, our office manager. We are very pleased to have Dr. Martin Anthony present a workshop in late June 2004. We are also exploring developing a roster of workshop speakers who will be booked in advance for the upcoming two years to ensure the top-quality presentations that APNS wants to provide for its members. We welcome your suggestions for upcoming workshop presenters. We would also welcome any APNS

member who would be interested in sitting on a CE committee.

We have started planning for Psychology Month, in February 2005. This will be an opportunity to let the public and other users of psychological services know what psychology can offer. The APNS Executive will work with the current committees to develop events as well as establish an ad hoc Psychology Month Committee. This will be an opportunity for members who have an interest in "getting the word out" to work on a time-limited committee in which they can develop and implement some actions. There will also be some events specifically for APNS members in preparation for Psychology Month in the coming year. Look for an upcoming announcement about a workshop on psychology and the media.

I wish to acknowledge the commitment and contributions of all APNS volunteers. Thank you for your hard work. You keep this association going! To all new volunteers, a warm welcome. To those of you who have finished your committee work with APNS this year, a special thank you is extended. Hopefully, you'll miss your involvement enough that you'll want to return soon!

Richard Braha and Todd Hill have completed their terms on the Executive. Richard was a strong rock as I entered and navigated the waters of APNS. Todd could always be counted on for thoughtful, clear observations and analyses. Many thanks to you both! Committee Chair Penny Corkum (School Psychology) and Special Representative Todd Hill (Business of Practice Network) are stepping down, and I extend my gratitude for their diligence and focus. Thank you also to Gwyneth Sterns, who concluded her position as APNS representative to CPAP and CRHSPP.

The Annual General Meeting of APNS will be

President's Annual Report

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Sterns, who concluded her position as APNS representative to CPAP and CRHSPP.

The Annual General Meeting of APNS will be held on May 7, 2004 at 12:00. It will take place independently of a CE event. After the Annual Meeting there will be an Awards Presentation and Reception. This is an opportunity to recognize colleagues who have contributed their time and expertise to APNS. Following this, the Post-Trauma Committee will be doing a presentation on the research on early intervention responses to trauma. I hope to see many of you there.

As I move to the position of Past-President, I have Executive support to continue with several projects that have been on my agenda for the past year. This seems to be a realistic way to ensure continuity and completion of initiatives.

I have appreciated the opportunity to serve as President of APNS this year. Hopefully, I have continued the fine work of previous Presidents and have maintained the direction that APNS has charted for itself.

Respectfully submitted,
Carolyn A Humphreys, PhD
President

OFFICE MANAGER MESSAGE

This issue of *the Nova Scotia Psychologist* focuses on the upcoming Annual General Meeting. Each Committee has included an Annual Report highlighting its activities for the past year. For me, who just joined you last October, the year has been only six months long, nonetheless my half-year has been a full year.

My priorities over the past few months have been to get a handle on office operations, to serve the membership and the public to the best of my ability, and to ensure that the program initiatives of this organization are implemented efficiently and effectively. My own personal goal has been to learn as much about APNS, its members and the profession as quickly as possible.

I want to thank the Executive, the Committees and all the members for their support and assistance helping me through these first few months.

The most exciting part of the past months has been my visit to Washington DC for the State Leadership Conference. It was a wonderful


experience and I look forward to telling you all about it in the next issue

For now, I look forward in the coming year to meeting and serving as many of you as possible, and to introduce our new initiatives, which includes an upgrade of the website and more activities, workshops and chances to meet.

APNS relies on you the member to provide input, information and response to our programs, our initiatives and our publications. Please call the office if you have questions or comments, or e-mail us at apns@apns.ca
See you at the AGM.

Respectively submitted,

Susan Marsh
Office Manager

APNS
Office Hours

Monday to Friday
1 p.m. to 5 p.m.

ANNUAL GENERAL MEETING 2003 ~ MINUTES

**Association of Psychologists
of Nova Scotia
Minutes
Annual General Meeting
May 2, 2003
University Club, Dalhousie**

Present: *Lynne Robinson, Lynn Ross, Farley MacLeod, Maria Angelopoulos, Gordon Butler, Mark Smith, Olga Komissarova, Heather Higgins, David Pilon, Judie MacDougall, Kevin Rice, Jennifer Volsky Rushton, J L Hayashi, Brenda Harrop, Gwen Sterns, Myles Genest, Diane Birch, Victor Day, David Mensink, Ellie Bondy, Lauren Marsh-Knickle, Richard Braha, Todd Hill, Jennifer Hendrick, Shana Nichols, Carolyn Humphreys, Pam Dixon*

1.0 Call to Order

Meeting called to order at 4:50 pm by President Richard Braha.

2.0 Approval of Agenda

Agenda approved unanimously.

3.0 Minutes of 2001 Annual General Meeting

Motion to approve (Genest/Butler). Approved unanimously.

4.0 Business Arising from 2001 Minutes

Gordon Butler asked whether in fact membership had increased due to NSBEP requiring liability insurance (4.1). Past President Pam Dixon responded that membership had increased to the current total of 276 members.

5.0 President's Report

Published in The Nova Scotia Psychologist (Winter 2003). In addition Braha urged the membership to be vigilant about continued

progress as a profession, and he acknowledged the important roles played by volunteers in APNS. Motion to approve (Dixon/MacDougall). Approved unanimously.

6.0 Committee Reports

6.1 Public Education Campaign (PEC)

Coordinator: Lynne Robinson, PEC Coordinator, reported that this year's APA campaign theme is Resiliency in the Time of War, which could be adapted for use in Nova Scotia. She noted that the previous APA campaign, Youth Anti-Violence Program, will continue to be used as a basis for upcoming presentations.

6.2 Business of Practice Network (BOPN)

Coordinator: Todd Hill explained the purpose of BOPN is to raise the profile of psychology in the business community by presenting Psychologically Health Workplace awards.

Reports from other APNS Committees were published in The Nova Scotia Psychologist (Winter, 2003).

Motion to approve Committee reports (Day/Dixon). Approved unanimously.

7.0 By Law Changes

The following amendments were proposed: (changes are in bold)

Article IV-5. The Executive Secretary shall be a member, shall be elected to office and shall hold office for **two years** or until a successor is appointed.

Article IV - 13. The Executive Treasurer shall be a Member-at-Large appointed by the Executive. The Executive Treasurer shall keep full and

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Committee Reports

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accurate account of all receipts and disbursements

and shall deposit all funds in the name of and to the credit of the Association in such banks as the Executive Committee may designate. The Executive Treasurer shall disburse the funds under the direction of the Executive committee and shall present **and distribute**, at the annual meeting, a

financial statement for the fiscal year ending the **31st day of March of each year.**

Article VI - 1. The Executive Committee shall determine the time and place of general meetings of the Association and at least one general meeting shall be called each year **within 90 days of the fiscal year end.**

Article VI - 5. A quorum of any meeting of the Association shall consist of the fewer of **15** voting members **or 25 percent of the voting members.**

Motion to approve amendments (Dixon/Genest).
Approved unanimously.

8.0 Treasurer's Report

Gwen Sterns distributed report to meeting (attached to filed record). Motion to approve (Ross/Dixon). Approved unanimously.

9.0 Auditor's Report

Lynn Ross distributed report to meeting (attached to filed record).

10.0 Election of Officers for 2003-2004

Braha thanked 2002-2003 officers for their support and service. Victor Day spoke on behalf of Elections Committee Chair Stephen Perrot who was absent. He reported that all positions were filled by acclamation. Day moved (seconded by Genest) that the following be approved:
President - Carolyn Humphreys; President-Elect -

David Mensink; Treasurer - Robert Milks;

Secretary - Jennifer Hendrick; Student Affiliate - Mark Smith.

Unanimously approved.

11.0 New Business

The Chair was passed to Carolyn Humphreys.

11.1 Incoming President's Address: Carolyn Humphreys remarked that she hopes to provide the same calibre of leadership shown by previous Presidents, and to be responsive to the issues of Nova Scotia psychologists.

11.2 Appointment of Auditor for 2003-2004: Lynn Ross agreed to re-offer for the position. Motion to approve Ross for position (Butler/Sterns).
Unanimously approved.

11.3 Introduction of New APNS Office Staff: Charles Casey, the new APNS Office Manager, was introduced.

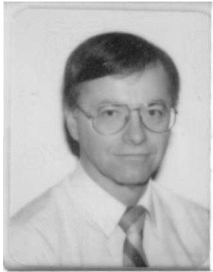
11.4 2003 Awards Reception: All were invited to attend the Awards Reception following the AGM.

12.0 Adjournment

It was moved (Corkum/Dixon) to adjourn at 5:45 pm.

Respectfully Submitted,
Jennifer Hendrick
Secretary

ELECTIONS COMMITTEE ANNUAL REPORT



Victor Day PhD

The Elections Committee is responsible for soliciting nominations for positions on the Executive as they become open, and for conducting elections. It is also responsible for soliciting nominations for the annual Fellow

appointment, and passing such nominations on to the Executive for selection. The Board Nominations subcommittee of the Elections Committee is responsible for soliciting nominations of psychologists for appointment to the NSBEP as vacancies occur, and for passing such nominations on to the Executive with recommendations. Currently all members of the Elections Committee are members of the Board Nominations subcommittee.

In the past year the Board Nominations subcommittee advertised for nominations for three positions on the NSBEP. Six nominations were received and the subcommittee passed on these nominations along with its recommendations to the Executive, who appointed Pamela Dixon, Patricia Rose and Dr. Donna Assh to the NSBEP for 3 year terms.

This year, two Executive positions are becoming open, for President-elect and for Member at Large. The initial call for nominations resulted in only one nomination by the Feb.16 deadline, that of Lauren Marsh-Knickle for Member at Large. Therefore Lauren wins the Member at Large position by acclamation. (We're fortunate that she's a really good person for the position.) A second call for nominations for the President-elect position has been made, with the deadline of March 29. I could entreat you to consider nominating someone or running yourself for this position, which is an excellent opportunity to

make a valuable and high-profile contribution to professional psychology.

However, my expectation is that by the time this report comes out in the Nova Psychologist, the March 29 deadline will have passed, and we already will have received one or more nominations. So almost all you readers, except the fortunate one or few, will have missed this opportunity, again. Come to the AGM to find out who will be our future provincial professional leader.

Election Committee Members:

Victor Day (chair), Richard Braha, Louise Stringer-Warren.

Respectfully submitted,

Victor Day, Ph.D.

Chair, Elections Committee

POST-TRAUMA SERVICES COMMITTEE ANNUAL REPORT

The primary mandate of the Post-Trauma Services Committee is to coordinate a provincial network of psychologists who would respond in a timely manner following a major disaster and provide *pro bono* psychological services and assistance, such as group debriefing sessions, to affected individuals. At present, our network consists of approximately 60 volunteers from all over Nova Scotia. On behalf of the committee, I would like to offer my sincere thanks to those individuals who have contributed their time and efforts to this important endeavor in the past and to those who are prepared to respond in the event of a future disaster.

In my first annual report as committee chair, I also would like to thank the active members of our work group. Being new to the province, it has been a real pleasure to meet and collaborate with such a dynamic collection of professionals. I have learned much from my ongoing contact with current members Pam Dixon, Barbara Fox, Charles Hayes, and Janice Howes (Disaster Response Coordinator). We were pleased to welcome new member, Andrea Cook, this past year and are looking forward to the knowledge and experience that newly recruited member, John Whelan, will bring to the committee in 2004. We also express our deep appreciation to long-time contributor Victor Day and psychiatrist Michael Thompson, both of whom left us over the past year to pursue other projects after providing years of valuable service to our efforts. As the previous chair, Joanne Mills, noted in last year's annual report (before taking a leave to tackle the new challenge of motherhood), our group continues to be a nice combination of experience and fresh energy and we look forward to integrating our wisdom and new ideas as we move toward our goals.

In 2003, we met five times to pursue our ongoing agenda and initiate several new projects. We have continued to update and expand our website (www.apns.ca/Post-Trauma/welcome.html), worked toward finalizing the handouts that volunteers can access via the website in the event that the network's services were activated, and have maintained our relationships with provincial Emergency Measures Organization (EMO) representatives. The committee also has been keeping abreast of developments from CPA pertaining to the possible establishment of a Canada-wide Mental Health Disaster Response Network.

We are continually updating our volunteer list as we recruit more psychologists to the network. If you are interested in becoming a volunteer, please take a few minutes to complete the form included in this edition of the journal. We will send you a copy of our "Handbook for Post-Disaster Volunteers", a 30-page resource that will provide you with everything you need to know about how our services are activated, organized, and delivered. We would encourage those psychologists who practice in rural areas to give this invitation serious consideration, as there is a current need for providers in under-represented regions such as Cape Breton Island.

If you currently are a member of the network, we also would appreciate your taking a few moments to review the form and, if applicable, provide us with updated contact information. In particular, we are attempting to generate a database of current email addresses so that we can communicate more efficiently with the network and keep volunteers apprised of relevant information, such as upcoming training opportunities or important resources that are worth checking out.

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One of our primary projects at the moment is an evaluation of current evidence-based findings in the area of early professional responses in the wake of trauma and the utility of CISM (Critical Incident Stress Management) type interventions. As you may be aware, there has been much controversy in the field over the past several years concerning the efficacy of these methods in improving the natural recovery from psychological trauma. We are currently planning an article for a future edition of the *Nova Scotia Psychologist* addressing the issue, as well as a discussion hour on the topic to coincide with this May's APNS

Annual General Meeting. We are aiming to present a summary of the current state of the early intervention field on the day of the AGM and look forward to seeing you there.

Respectfully submitted,

Kevin Rice

Chair, Post-Trauma Services Committee

visit the apns website for:

- Member News
- Events & Workshops
- Job Postings
- Private Practice Listings
- Past Newsletters
- APNS Documents
- Post-Trauma Services
- ...and more to come!

Committee Reports

SCHOOL PSYCHOLOGY COMMITTEE ANNUAL REPORT

The APNS School Psychology Committee has had an exciting and productive year. One of our highlights for this year was the planning and preparation of the WISC IV workshop which was held on November 10, 2003. The workshop was a collaborative effort involving our committee, the APNS Executive, and the Psychological Corporation. We were honoured to have Ms. Jacinthe Bourassa, M.Ps. (Clinical Measurement Consultant) present an overview of this updated assessment tool as well as provide information on new assessment measures. Due to the overwhelming success of the workshop, a "WISC IV: Part 2" workshop is being planned for October 2004 which will provide further information on the clinical interpretation of this assessment tool.

The committee has been working diligently towards obtaining special association status within the Nova Scotia Teacher's Union (NSTU). Having special association status is vital as it would allow psychologists who work in schools to have a formal voice in NSTU matters. Special association status is enjoyed by a number of specialized groups within the NSTU such as speech-language pathologists and teachers of exceptional children and we believe that psychologists working in the school system should also have this status.

In preparation for this action we increased our committee membership to have representation from all the Boards of Education within the province and have been in contact with a number of school psychologists around the province. With the support of the APNS Executive we are currently preparing our application to the NSTU.

Over the course of the year we have also discussed different ways in which we could increase and facilitate communication amongst school

psychologists in the province of Nova Scotia. We have been actively exploring the use of computer technology such as the COMM-Link Listserve currently being used to facilitate communication among APNS executive and committee chairs. Additionally, we are looking into developing a website as well as a pamphlet about the delivery of school psychological services in Nova Scotia. Stay tuned for updates regarding these exciting projects.

In January 2004, Dr. Penny Corkum, Chair of the APNS School Psychology Committee, became our representative member of the Department of Education - School Psychology Working Group. This group is comprised of 10 members with representation from all the Boards of Education, as well as different specialities (e.g., school psychology, student services and specialized teachers). The APNS School Psychology Committee was asked to send a representative in response to our letter to the Minister of Education in regard to our concerns with non-psychologists delivering psychological services in the school environment. The purpose of this working group is to develop a document related to school psychology in the "Supporting Student Success" series. This document will eventually be available online and at each school in Nova Scotia. The final document will consist of information about the practice of school psychology in Nova Scotia as well as practice guidelines for school psychologists.

The 2003 – 2004 APNS School Psychology Committee included the following members:
Chair: Penny Corkum; Treasurer: Stacey Young;
Secretaries: Peyton Harris and Jennifer Mullane;
Members: Patricia Rutherford, Dan Stephenson,
Brenda Chandler, Heidi Varner, Kelly Woodford,

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Crystal Sampson, Natasha Corbin, Lauren Claire, Margaret Cowan, Nancy Wilson, Constance l'Écuyer; MASP Members: Elizabeth Church and Fred French; and Student Members: Rachel Panton, Katie Smith, and Caitlin McCleave.

We wish to thank all the committee members for their dedication and hard work over the last year!!!

Respectfully Submitted,
School Psychology Committee



NEW FEE STRUCTURE

Effective September 1, 2004
the annual membership fees for
APNS will increase.

The following are the new fees:

Registered Psychologists	\$200
Candidate Register Year 1	\$140
Candidate Register Year 2	\$170
Candidate Register Year 3+	\$200
Students	\$30
Lifetime and Honourary Members	\$0

Please note that we have discontinued the Affiliate and Student Affiliate categories

ASSOCIATION OF PSYCHOLOGISTS OF NOVA SCOTIA

ANNUAL GENERAL MEETING

FRIDAY, MAY 7, 2004 12:00 Noon

AWARDS PRESENTATION AND RECEPTION 1:00 p.m.

POST-TRAUMA COMMITTEE DISCUSSION HOUR 2:30 p.m.

DALHOUSIE UNIVERSITY CLUB BOARD ROOM

Please bring this newsletter to the AGM. It contains the annual reports for APNS.

Committee Reports

APA COMMITTEE ANNUAL REPORT

The mandate of the APA Committee (APAC) is to co-ordinate the APNS affiliation with the American Psychological Association. APNS established its formal affiliation with APA in 1990. Over the years, APNS has benefited tremendously from our relationship with APA and has participated within the governance structure of APA.

The APA Committee continues to receive and review the many materials from APA and has distributed it to the APNS Executive or to other relevant APNS committees or members. Materials received in the past year have included monthly updates of APA's Public Education Campaign, several APA Division newsletters and copies of many state association journals, information about psychology's role and response to global terrorism, practitioner materials relevant to the Practice Directorate's new practitioner portal, information about newly designated specialty and proficiency areas within psychology, etc.

The Committee also contributes the "APA News" column to each issue of the *Nova Scotia Psychologist* to update APNS members about issues in American psychology and our relationship with

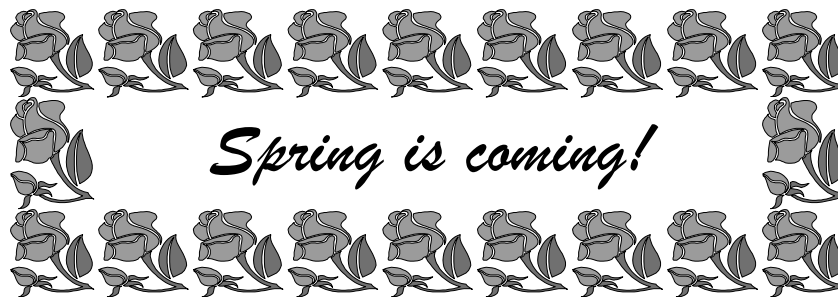
APA.

APNS continues to participate on APA's governing body, the Council of Representatives. This past year saw APNS assume its own voting seat on Council and conducted an election among Nova Scotian APA members to elect its Council member for a three year term. APNS was present at two Council meetings during 2003, in February and during the APA convention in August.

A delegation of four APNS members attended the APA State/Provincial Leadership Conference in March. The annual conference provides valuable advocacy training and leadership development skills and is made possible with significant financial support from APA.

The Committee is composed of Maureen Gorman and David Pilon (Chair) and welcomes new members at any time.

Respectfully Submitted,
APA Committee



ADVOCACY COMMITTEE ANNUAL REPORT

The mandate of the APNS Advocacy Committee is to promote the profession of psychology to the public; to advocate on behalf of the profession of psychology to policy makers; to enhance public access to psychological services; and to advise the APNS Executive on issues relevant to the advocacy and promotion of psychology. This past year the Committee pursued several initiatives relevant to our mandate.

On the political action front, the Committee has continued its grassroots advocacy project to educate provincial MLAs about the contributions of psychology. Psychologists have been identified in ridings across the province who will volunteer to follow-up a mail-out to each MLA that educates them about the role and relevance of psychology, especially to health care. We were successful in securing a \$900 grant from the Council of Provincial Associations of Psychologists (CPAP) to help fund this project. The Committee continues to participate in the Canadian Practice Lobby Network, a CPA-originated listserv that disseminates and “discusses” current issues of advocacy import among the Canadian psychological community. The Advocacy Committee attempts to follow the legislative efforts of our own governments, both provincially and federally, pertaining to matters of relevance to psychology.

The Advocacy Committee also continues to review several newspapers for articles on psychology and related health concerns to keep abreast of these developments as well as psychology’s profile in print media. With school violence a frequent media theme, the Committee was able to extend its APA-sponsored “Warning Signs Anti-violence Youth” initiative by facilitating three youth forums in a middle school in suburban Halifax. These forums were very well-received and the Committee

remains available to other schools or youth organizations to provide such forums.

The planned airing of the psychology infomercial used in other provinces was delayed but will soon be debuted as a further public education campaign of the Committee. We have continued to liaise with the media to provide psychologists for television and radio interviews and commentary.

The Committee contributes a regular *NSP* column (“Hear Ye, Hear Ye”) updating APNS members about Committee activities.

Committee member Jennifer Hendrick resigned from the Advocacy Committee this year after many years of valuable service to the Committee. We are very grateful for Jennifer’s dedication to advocacy issues and are pleased to see that her efforts continue to enrich APNS through her participation on the APNS Executive. Other members contributing to the Committee this past year include Joanne Gusella, Murray Schwartz, John Campbell, Dean Perry, Eileen Donahoe and Lynne Robinson (APNS-APA Public Education Campaign Coordinator). The Advocacy Committee is chaired by David Pilon.

Respectfully Submitted,
APNS Advocacy Committee



MEMBERSHIP COMMITTEE ANNUAL REPORT

The APNS Membership Committee is comprised of six psychologists: five from HRM and one from Middleton. Four of us are APNS members and two of us are registered psychologists in Nova Scotia who are acting as consultants to our committee, giving us insight on how to offer relevant membership benefits.

Our main goal is to assess the needs of Nova Scotia psychologists and to take steps to meet those needs. Since the committee's inception last September, we have performed a pilot survey assessing whether psychologists were APNS members and if so why (or if not, why not). We have collected statistics determining our rate of membership among registered (and Candidate Register) psychologists in the province (almost 70%), and we have done an e-mail survey asking preliminary questions about benefit awareness, benefits of interest and overall satisfaction with APNS membership (the results are summarized on the next page).

Some of the activities that we hope to undertake in the following year include:

- 1) Town hall/wine & cheese/outreach meetings in four non-HRM districts (e.g. South Shore, Annapolis Valley, Cape Breton, etc.);
- 2) Meetings with psychology students and faculty at the four major Universities in the province;
- 3) At least three social gatherings. We are also coordinating the maintenance and generation of membership resources (i.e. insurance benefits, soliciting new discounts, collecting current EPPP study materials, etc).

We serve at the pleasure of the Executive Committee and the membership, and we welcome members to contact us with questions, comments, concerns, or ideas. The APNS Membership Committee is co-Chaired by Dr. Todd Hill (hillwalker@ns.sympatico.ca) and Dr. John Whelan (drjjwhelan@eastlink.ca) who can be reached at these e-mail addresses. We look forward to hearing from you and meeting with you in the future.

Respectfully submitted,
Todd Hill Ph.D.
Co-Chair, Membership Committee

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Attention Members!

**Are you participating in any part of the upcoming Bluenose Marathon?
Do you know any APNS member who is?**

**We would like to hear from any psychologist who would be
interested in connecting during or after the event, perhaps for a group photo.
We would like to hear from you.**

Please contact John J Whelan, PhD by e-mail drjjwhelan@eastlink.ca

APNS MEMBER SURVEY RESULTS

250 e-mail surveys were electronically distributed and 61 (24% response rate) were returned completed. The responses were as follows:

Are you aware of the benefits of APNS membership?

72% Yes 23% No

Which 3 benefits best meet your needs?

#1 Reduction in liability insurance rates

- 77% rated this as a “Top 3” APNS membership benefit

#2 Subscription to the Nova Scotia Psychologist Newsletter

- 51% rated this as a “Top 3” APNS membership benefit

#3 Reduction in fees to workshops

- 46% rated this as a “Top 3” APNS membership benefit

Please list a few benefits that you think would help the APNS meet your membership needs.

- 21% of responses were discount related (e.g. hotels, book clubs, restaurants)
- 15% of responses included some mention of mentoring, peer support and / or networking
- 13% of responses included mention of increased workshop and / or continuing education opportunities
- 11% of responses included mention of increased resources (e.g. improved website, improved Private Practice referral, more clinical practice tools, more psychology resources, etc).
- 5% of responses included mention of increased need for advocacy and publicity for psychology

In terms of overall satisfaction with your APNS membership could you please report your rating from 0 = totally dissatisfied 100 = totally satisfied

≥10	≥20	≥30	≥40	≥50	≥60	≥70	≥80	≥90	≥100
2	1	1	2	6	1	4	19	9	2

- 72% Greater than 70% Satisfied with APNS membership
- 10% Less than 50% Satisfied with APNS membership

Membership

We would like to thank the membership for supporting APNS in its efforts to promote the interests of Nova Scotia psychologists through advocacy, continuing education and the support of special interests in the field. The current membership is 297, in categories as follows: 269 Full Members, 4 Members-In-Absentia, 1 Life-time Members, 8 Student Members, 9 Student Affiliate Members, and 6 Affiliate Members. We wish to welcome back all renewing members and extend a special welcome to the new members listed below.



Welcomes its New Members

Ivan Drouin
Kyla Farrell
Liza Gabriel
Peyton Harris
Carole MacInnis
Caitlin McCleave

Terra Miles
Glen Nelson
Karrela Paris-Bonenfant
Dan Stephenson
Astrid Stec
Faye L. Trim

CALL FOR SUBMISSIONS *The Nova Scotia Psychologist*

APNS Members are invited to submit items for publication

- **Book reviews**
- **Text articles**
- **Advertisements**
- **Letters**

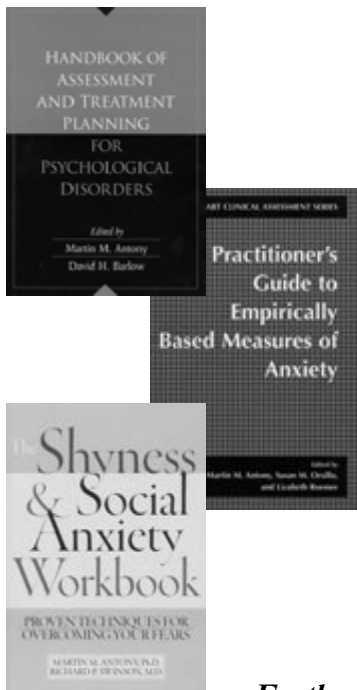
Publication Schedule
September 2004 - Post AGM Issue
January 2005 - Guest Editor,
Lynne Robinson Ph.D.
Topic - Resilience

Workshops

MARK YOUR CALENDARS NOW! UPCOMING WORKSHOP Martin M. Antony, Ph.D.

Effective Approaches For Assessing And Treating Anxiety Disorders

FRIDAY JUNE 25 2004



Martin M. Antony, Ph.D. is one of the world's leading authorities on the assessment and treatment of anxiety disorders. He has written or edited ten books and has published more than 80 scientific papers, chapters, and other publications. Dr. Antony has received early career awards from the Society of Clinical Psychology, the Canadian Psychological Association, and the Anxiety Disorders Association of America. He lectures regularly across North America, Australia, and Europe and has held editorial positions on seven scientific journals. Dr. Antony is Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University and Director of the Anxiety Treatment and Research Centre at St. Joseph's Healthcare in Hamilton, Ontario, Canada

Further information regarding location and cost will be available soon

Upcoming Workshops...

April 26th

Advanced Assessment & Treatment of Complicated Attention Deficit Disorders; venue t.b.a.

April 29 & 30

2nd Annual Symposium on Suicide; Mount Saint Vincent University

Job Opportunities

Position Vacancy: Nova Scotia Board of Examiners in Psychology

The Nova Scotia Board of Examiners in Psychology is seeking to fill immediately the position of Registrar.

The applicant must be a Registered Psychologist who is very familiar with the Psychologists Act (2000) and the Canadian Code of Ethics and Standards. The applicant should be familiar with professional governance and ethical issues as well have strong interpersonal skills for assisting with the resolution of conflict.

The Registrar will provide assistance to the Board of Examiners in interpreting the Psychologist Act, addressing written complaints, maintaining the Register of Psychologists and of Candidates. He or she will provide written documentation related to the workings of the Board. From time to time, the Registrar will liaise with other professional accreditation bodies and attend conferences pertaining to these matters.

The position allows for flexible working hours and will entail approximately 20 hours per week. Proficient computer skills would be a definite asset.

Interested applicants are invited to apply in writing to:

Nova Scotia Board of Examiners in Psychology
Attention: Donna Assh, Ph.D., Chair of Search Committee
5991 Spring Garden Road, Suite 455
Halifax, NS., B3H 1Y6
or Fax: 902-423-0058

RESEARCH ASSISTANTS NEEDED

What: 3 Part – Time Research Assistants

Required: Statistical knowledge and comfort with SPSS

Other: General research skills (i.e. administration, data collection, data entry, standardized interviews, literature searches, literature reviews)

Master's and/or PhD required or Graduate level students

Where: Operational Trauma and Stress Support center (OTSSC)

CF Base Stadacona - Hospital

2 – 3 days / week for 1 year

Contact: Lt (N) Terry Adshade

427 – 0550 ext 1171

Job Opportunities



CUMBERLAND HEALTH AUTHORITY

MENTAL HEALTH THERAPIST

(Based at Cumberland Mental Health Services, Amherst, Nova Scotia)

Child/Adolescent Outpatient Services

1.0 FTE Full Time

**(Regular Part Time 0.5 FTE combined with Temporary Part Time 0.5 FTE
temporary portion for approximately 2 years)**

(CUPE Local 2525 Bargaining Unit-Technical)

Competition Number HV- F04/02-193

Position Summary:

Works as part of a multidisciplinary team in the provision, planning, development and evaluation of a full range of mental health services to individuals, groups and families.

Qualifications:

- Minimum Master's level in Psychology, Social Work or Clinical Nurse Specialist with education/training in mental health required.
- Registration (or eligibility) with the appropriate legislative body required.
- Clinical experience in assessment, consultation and provision of mental health services to individuals, families and groups required.
- Demonstrated ability to work competently and cooperatively with the above and with community representatives, agencies and multi-disciplinary teams required.
- Ability to provide community outreach and service to satellite clinics and areas required.
- Valid driver's license and access to reliable transportation required.
- An equivalent combination of experience and training may be considered for these positions.

Competition will remain open until successful candidate is recruited. To explore this employment opportunity further, please forward your resume quoting competition number to:

Human Resources Services

c/o 19428 Hwy #2

RR#6, Amherst, NS

B4H 1N6

Fax: (902) 667-3432

Email: cha_humanresources@cha.nshealth.ca



Committees & Representatives

Please contact the chair or APNS office for further information or to communicate changes to the list of committees & representatives.

Executive

President: Carolyn Humphreys
 Past President Richard Braha
 President Elect: David Mensink
 Treasurer: Robert Milks
 Secretary: Jennifer Hendrick
 Member at Large: Todd Hill
 Affiliate Member: Mark Smith

Office Manager:

Susan Marsh

Canadian Register of Health Service Providers in Psychology (CRHSPP) Rep: Richard Braha

Council of Provincial Associations in Psychology (CPAP) Rep: Richard Braha

Business of Practice Network: Todd Hill

Federal Advocacy Coordinator: David Pilon

Public Education Campaign Coordinator:
 Lynne Robinson

Archivist: Maria Angelopoulos

Advocacy:

David Pilon (Chair)

Joanne Gusella
 Lynne Robinson
 John Campbell
 Murray Schwartz
 Eileen Donahoe

APA;

David Pilon
 Maureen Gorman

Continuing Education:
 t.b.a.

Elections:

Victor Day (Chair)
 Louise Stringer-Warren
 Richard Braha

Membership:

Todd Hill (Chair)
 Bev Butler
 Barb Fox
 Paul Freeman
 Tara Szuskiewics
 John Whelan

Publications:

Judie MacDougall

Post Trauma Services:

Kevin Rice (Chair)

Andrea Cook
 Pamela Dixon
 Barbara Fox
 Charles Hayes
 Janice Howes (Disaster Response Co-ordinator)
 John Whelan
 Darlene Whitman

School:

Penny Corkum (Chair)
 Brenda Chandler
 Elizabeth Church
 Lauren Claire
 Natasha Corbin
 Margaret Cowan
 Fred French
 Peyton Harris
 Caitlin McCleave
 Jennifer Mullane
 Rachel Panton
 Patricia Rutherford
 Crystal Sampson
 Katie Smith
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 Heidi Varner
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 Vanessa Wotherspoon
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Advertising Rates

The acceptability of an ad for publication in APNS publications is based on legal, social, professional, and ethical considerations. Also, an ad must be in keeping with the generally scholarly and professional nature of the publication. All content submitted is subject to APNS approval, and may be withheld with refund for any reason.

Corporate Advertising Rates:

Nova Scotia Psychologist

Full Page	\$400.00
3/4 Page	\$325.00
1/2 Page	\$250.00
1/4 Page	\$175.00
Business Card	\$90.00

Consecutive Editions: 1st ad - regular rate
 2nd and more - 10% discount per issue
 ie. \$400, \$360, \$324, \$291, to a minimum rate of 65% of full amount. (min. rate of \$250 for a \$400 ad)

Event / Workshop posting	\$50.00	includes website
Job Postings	\$35.00	includes website posting

APNS Website

Event / Workshop \$50.00 per 30 days or portion thereof, includes Nova Scotia Psychologist listing

Job Postings \$35.00 per 60 days or portion thereof, includes Nova Scotia Psychologist listing

Inserts \$150.00 plus additional mailing costs by weight (if applicable - no additional cost for single sheet paper)

Mail-Outs \$150.00 plus mailing costs by weight x # of members

Mass E-Mail \$250.00

Non-Profit/APNS Member Ad Rates:

Nova Scotia Psychologist

Full Page	\$90.00	
3/4 Page	\$75.00	
1/2 Page	\$50.00	
1/4 Page	\$30.00	
Business Card	\$25.00	
Event / Workshop	\$25.00	inc. website posting
Job Postings	\$25.00	inc. website posting

APNS Website

Event / Workshop \$25.00 per 30 days or portion thereof, includes Nova Scotia Psychologist listing

Job Postings \$25.00 per 60 days or portion thereof, includes Nova Scotia Psychologist listing

Inserts \$25.00 for single sheet paper, additional costs as per weight as relates to postage cost

Mail-Outs \$100.00 plus mailing costs by weight x # of members

Mass E-Mail \$150.00

Publication Information

The *Nova Scotia Psychologist* is published three times each year by the Association of Psychologists of Nova Scotia. Its purpose is to foster communication within the psychology community. Submission of articles is encouraged, as well as letters to the Editor. The Editor reserves the right to select and edit manuscripts and letters submitted for publication. Publication does not necessarily imply endorsement by APNS or by the Editorial Board of *The Nova Scotia Psychologist*.

Subscriptions are free to all members and Affiliates of the Association. Others may subscribe for \$25 per year. *The Nova Scotia Psychologist* accepts advertising of direct interest to the psychology community. Advertisers should write to the address below. Non-profit organizations may be permitted free announcements, subject to space availability.



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