

# PSYCHOLOGIST

A Journal Published by The Association of Psychologists of Nova Scotia

## Inside...

Fall 2011

<b>President's Report</b>	<b>1</b>
<b>Editor Remarks</b> Debra Garland	<b>2</b>
<b>Things Running Has Taught</b> Me About Life ~ Joanne Mills	<b>3</b>
<b>Book Review: <i>When The</i></b> <b><i>Past Is Always Present</i></b> <b>(Ruden)</b> ~ Philippe Isler	<b>5</b>
<b>Book Review: <i>Neuro-</i></b> <b><i>Hypnosis: using self-</i></b> <b><i>hypnosis to activate the</i></b> <b><i>brain for change</i></b> <b>(Simpkins)</b> ~ Ann Wetmore	<b>8</b>
<b>Fellow: Robin McGee</b>	<b>10</b>
<b>Annual General Meeting</b>	<b>11</b>
<b>Financials &amp; Budget</b> 2010-2011	<b>12</b>
<b>2010-2011</b> <b>Auditors Report</b>	<b>12</b>
<b>Early Career Psychologists</b> <b>Report—Chimene Jewer</b>	<b>15</b>
<b>NSBEP Notes</b>	<b>17</b>
<b>Acknowledgements ~</b> Bob Milks	<b>20</b>
<b>Announcements</b>	<b>22</b>
<b>Advertisements</b>	<b>23</b>
<b>Committees &amp; Reps</b>	<b>24</b>



Vol. 23• N° 3

Fall 2011

## PRESIDENT'S REPORT



Lynne Robinson, Ph.D.,  
APNS President

I am very pleased to send out greetings to all psychologists. My past year as President Elect has been fantastic. This is largely due to working with great people some of who will continue on (Michael Ross, Past President and Joanne Mills, Member at Large) and some of whom have finished their term (Sonya Stevens and Natasha Scott, student representatives; Lesley Hartmann, Chimene Jewer, Robin McGee).

Susan Marsh, our Executive Director, has been a great support to the Executive and I am very glad I can count on her continued competence and expertise during my term.

I'm also excited about working with the new members of our executive: Jessica Driscoll, President Elect; Leah Clyburn, Secretary; Stillman Jacquard, Treasurer. Three students will share the student representative position: Mandi MacDonald, Nikola Hartling, and Ashley Leopold.

I'd like to tell you a bit about myself. I received my MA and PhD in clinical psychology at SFU in Burnaby B.C. (Burnaby is a suburb of Vancouver.) I did my internship in Winnipeg and I practiced for a number of years as a family, couples and child therapist, in British Columbia and Colorado. I also was Director of an innovative agency in B.C. that integrated services to youth and families in the small community under one roof. In 2000, I came to Dalhousie to teach health promotion and have been here ever since. At Dalhousie, I teach and carry out a research program in psychosocial oncology. My most important contribution to this area is the Canadian Psychosocial Oncology Partners community of practice, and its website [www.cpoponline.ca](http://www.cpoponline.ca). (Come online and visit us sometime!)

Much of our work at APNS in the past year has been in work towards developing policies and in building important relationships. We expect to continue building on that work, as well as continuing with the initiatives that are ongoing from

continued on page 2

## Articles

---

### EDITOR'S REMARKS ~ Debra Garland, Editor



*Debra Garland has been in private practice in Dartmouth, Nova Scotia since 1997. She offers services to individuals, families, government agencies and Family Court with a focus on custody access, parental capacity and psychoeducational assessments, as well as parenting and co-parenting interventions. She is a past President of APNS and maintains memberships in CPA, AFCC and CRHSPP.*

Well, I find myself at a loss for words for a number of reasons (a condition that does not happen frequently). First of which is writing this last introduction to the *APNS Newsletter*. Many years ago my supervising psychologist, Dean Perry encouraged me to become involved with APNS, and as with any of the good advice Dean provided (and I followed) I have never regretted that decision and have certainly prospered by my involvement. I have developed professional and personal relationships through my involvement with APNS Executive, committees, and the

*Newsletter* that have had profound effect on my practice as a psychologist and as an individual, so it is with regret but also appreciation that I resign as editor of the *APNS Newsletter*. Susan Marsh, our Executive Director has been invaluable in her efforts to keep me and any contributors meeting deadlines (sometimes more successfully than others) and in providing the technical support required to launch the newsletter each quarter. Thank-you Susan.

Now on to this issue: we have two book reviews provided by Philippe Isler and Ann Wetmore, reports by incoming president Lynne Robinson, Chimene Jewer, Chair of the ECP Committee, news from the NSBEP, a recap of the presentation to past president Robin McGee, and heartfelt good-bye to our colleague and friend Bob Milks. As well Joanne Mills provided a unique perspective on running (almost convincing enough to break out your sneakers!).

Thanks to our members for continuing support – and good to see undergrad registrants!

---

### PRESIDENT'S REPORT (continued from page 1)

the last executive. However, our goal for the coming year is to increase our engagement with the public. I think this is crucial to really raise awareness of who we psychologists are and the important role we play.

One activity that psychologists are frequently involved with is a depression screening day for the public. This started in the USA as National Depression Screening Day and B.C. now delivers the day in multiple sites around the province. As a health promoter and psychologist, this activity is very appealing to me and APNS is partnering with Dalhousie University and Mount St. Vincent University to deliver the event this year in those universities. The event always takes place during

Mental Health Week and ours is the afternoon of Oct. 6<sup>th</sup>. Psychologists provided 10 minute consultations to Dalhousie faculty, staff and students who complete the depression screen and wish to talk to someone. Thank you to those who have volunteered!.

A lot of my health promotion research has to do with web delivered health education and I welcome ideas to make our APNS website even better. Please contact APNS if you have any ideas or suggestions.

**THINGS RUNNING HAS TAUGHT ME ABOUT LIFE ~ Joanne Mills, R. Psych.**



Joanne Mills running the 2011 Blue Nose Marathon

I am a Psychologist who works with students in a University counselling centre. It is work that I love, that fulfills me and keeps me engaged every day. I was always an active person who played sports in my youth and continued to work out regularly after leaving organized sports.

However, it was turning 40 that lit the fire under me to get back at it and start running again. Running was something I did off and on in my life, more as a means to an end (to get back in shape) rather than as a journey in itself. My husband, also an active and athletic person, became obsessed with marathon running around the same time. He ran his first marathon at age 42 and has gone on the run the Boston Marathon twice. His love and commitment to training started to rub off.

I knew running would help me become physically strong, become healthier, help me balance middle age weight gain, etc. What has surprised me though is how much running has taught me, a Psychologist, about managing life. One day, while running by myself with no music (iPod battery died), I started to think about how the running lessons I've learned overlap with my work as a Psychologist. It was right around the 8<sup>th</sup> km when I was starting to feel tired and I met a large hill when I came up with the first lesson that running taught me:

**1. What goes up must go down**

My running buddies know this about me - I hate hills when running. I seek out flat running routes and races (I curse the Bluenose finish!). However, my wise partner in life Steve has taught me that flat routes challenge the same muscle groups and could lead to fatigue if you don't change it up. Also, after a good climb there is a reward in the downhill ... eventually. And how sweet that downhill is – a chance to regulate your breathing, collect yourself and settle into your run. Without the uphill there is no downhill. Ain't that the truth in life too. How do

we get the sense of satisfaction and relief without effort, how do we feel relaxed without also knowing anxiety, how do we appreciate happy without having a little sad mixed in. Sometimes we must just endure knowing that relief will come ... eventually.

**2. Sometimes you have to push through the pain**

When I first started running my sister would run with me. She was a real “runner” to me – she ran track and field quite successfully in High School and completed the NYC marathon when she turned 30. I looked up to her as a runner, and also as my older sister. After one of those early runs I remember complaining because something hurt. I remember saying “running is hard for me: (thinking at the time that running was easier for her), and my very wise sister informed me that running still often hurts with her too. What? How was that possible? She was a “runner” – isn't it easier for “runners”? Of course the answer was “No.” She pushes through the aches and pains and often they go away. She started to tell me stories on our runs to distract me from the ache or pain, and low and behold... I made it to the finish and my leg didn't fall off. Next thing you knew ... the ache and pain got less. Sometimes we have to endure some pain in our life, and distraction often helps. Instead of just quitting when we feel hurt, or thinking that it is just you, we realize that many people feel pain – even successful people we look up to. They got through it the same way we will – through hard work. Those days when you just want to give up are the days you may need to push through that pain, and often you feel much better for doing so. However...

**3. Sometimes you need to nurture the pain**

While the above lesson is that at times you need to push through the pain, it takes a wise person to know that at other times you need to nurture that pain. Managing injuries is often a large part of running, especially long distance running. There is a saying that the hardest part of the marathon is just

*continued on page 4*

### THINGS RUNNING HAS TAUGHT ME ABOUT LIFE (continued from page 3)

making it to the start line. There are times when you need to give in to the injury and rest, and if you don't ... that injury can become chronic. That is also true for mental health. Knowing when to push through and when to nurture yourself can be a delicate balance. Good self care is important to managing any mental health difficulty, and to nurture yourself during difficult times is a gift you give yourself. However...

#### 4. Balance in life is difficult

Knowing when to push through the pain and knowing when to nurture it can sometimes be a fine line. When building up your mileage in running there is a 10% rule – increase your weekly mileage by only 10% each week and to do more than that is to risk injury. However, often runners challenge themselves to go faster and further, and sometimes that pays off. My husband trained for his first marathon in only 9 weeks on a dare from a friend. Not recommended and probably not even smart ... but he did it. Sometimes in life we have to defy the odds and go for it. Take risks. You can always come back to nurturance.

#### 5. Goals are important motivators

A funny thing happens when you register for a race ... you start to push yourself. I've noticed that when I set a goal to run a race and to achieve a personal best – either a PB time or a new distance – my runs become more focused. I tend to plan my runs, use my Garmin to evaluate how I did and to keep me on track, and go even when it is rainy or windy out (I hate running in the rain and wind). If I did not have that specific goal in mind (to do a 10 km race under 60 min, or to run my first ½ marathon), I might push the snooze button at 5:15 am when I hear the rain outside. I work with University students ... and as you can imagine, procrastination and motivation are two hot topics throughout the academic year. My lessons from running are that if you don't have your eye on the prize it is easy to be distracted. Obstacles can pop up that can deter you if you aren't focused, and if



Joanne (right top row) with her running group, Kilometres & Cocktails

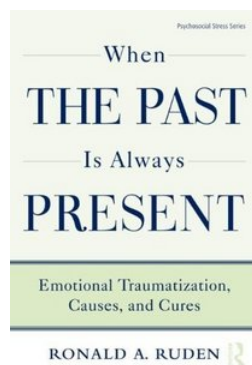
you don't know why you are doing something, it is easy to give up. However...

#### 6. Sometimes you just need to enjoy the view

Again ... as in many of these lessons ... there is a fine line between what is best. But that is life – the yin and the yang. Sometime you need yin (push yourself and/or be focused) and sometimes you need yang (nurture yourself and /or set aside your goals). Knowing when to do what is often the challenge (see lesson #4). While goals and focus in running is important to grow as a runner, some of my most enjoyable runs have been when I didn't take my Garmin and I stopped along the route to enjoy the view or chat with a friend. At times I have slowed down my planned run, or shortened my distance, or did walk/run combinations to run with a beginner runner. The joy I get from seeing a beginner runner get hooked on running far outweighs the eye-on-the-prize focus of a set workout plan. In my counseling work with University students, there are times when I advise students to relax and enjoy their journey. University ideally should be a fun time in someone's life – full with goals and focus but also balanced with enjoyment of learning. Sometimes you may need to close your textbook to engage in other learning or social experiences.

*continued on page 7*

## BOOK REVIEW ~ Philippe Isler M.A, R. Psych.



*When the Past Is Always Present: Emotional Traumatization, Causes, and Cures* by Ronald A. Ruden

When the world renowned trauma expert Bessel van der Kolk, spoke at the CPA convention in Halifax in 2008, the focus

was that as trauma is not primarily a cognitive experience but a physiological one, then to be effective, trauma therapy must be primarily focused on the body, on physiological processes. "Trauma therapy should be a limbic system therapy. Cognitive, verbal approaches do not get to the problem." That is to say, they do not affect the physiological processes involved, whereas body-oriented therapies effect a direct modulation of physiological responses.

Ronald Ruden is a Harvard-trained internist with a PhD in chemistry, who has developed a special interest in the neurobiology of stress, trauma and addictions, and conducts research within his practice. His previous book, entitled "The Craving Brain" focused on the neurobiology of addictions, and implications for treatment. In his new book, Ruden lays out the neurobiology of trauma psychology – of the encoding of the traumatic memory. He looks at the current knowledge regarding how traumatic memory is "encoded" in the brain's structures and processes, and the implications for therapy. He goes on to describe a technique that he has developed called "havening". Havening, like most "energy psychology techniques", is a form of exposure therapy; I'm not sure that Ruden characterizes it as an "energy psychology" technique, although he clearly had studied some of these techniques prior to developing his own.

As Ruden explains, the traumatic memory – whether it is cognitive, conscious memory or

somatosensory memory – must be accessed in order to activate the "glutamate pathways" which were laid down in the brain "landscape", encoding the trauma. Once the glutamate pathways are activated through exposure, however, these techniques discussed differ from standard exposure therapy techniques, in that re-experiencing and reliving is minimized to prevent re-traumatization and instead, techniques are utilized that alter the client's experience – including the physiological experience – partly through distraction, partly through calming the physiological responses, and partly by keeping the attention in the present.

This book is an excellent primer on the neurobiology of the fear response, and of the traumatizing experience, as well as of the encoding and reactivation of traumatic memory that results in pathological symptoms and suffering. The starting point is that "a traumatized event produces chronic inescapable stress, a permanent imbalance. The inability of the brain to restore normal balance sets the stage for further traumatization and generates symptoms that are maladaptive." He then goes on to differentiate between different types of fear responses: salience and vigilance; fight or flight; panic; flaccidity or dissociation. He discusses the limbic system's involvement in these responses, and the particular factors and processes involved in "encoding" a traumatic memory.

This leads to the core point of the book: "a traumatic memory can be imagined as neuronal pathways connected by glutamate receptors that are laid down during the event. When reactivated by stimulus it causes us to re-experience the original moment. This is synaptic consolidation. Interestingly, and this becomes critical in our understanding of the (therapeutic) process, reactivation of synaptically consolidated glutamate pathways during recall of a traumatic memory appears to make these pathways susceptible to disruption." And later, "since the emotional distress from recall of a traumatically encoded moment is

*continued on page 6*

### BOOK REVIEW (continued from page 5)

experienced as if it were occurring for the first time, this suggests that if a neurobiological equivalent of safety can be generated after emotional activation, the pathway can be disrupted." This leads to a discussion of "how do we de-encode a traumatic memory?"

In exploring this question, Ruden again begins from a physiological perspective: "the ability of an emotion-producing stimulus to sustain the (traumatic memory) in working memory is the reason feelings can overwhelm rational thought. However, even emotion-producing stimuli that enter the working memory system can be displaced if the mind is distracted. Displacement can be accomplished by simultaneously attending to other cognitive or physical tasks." He briefly touches on "early successful trauma treatments" that do this, including Dr. Roger Callahan's Thought Field Therapy; Dr. Francine Schapiro's EMDR and Pat Ogden's Sensorimotor Psychotherapy. He touches on the research of Dr. Joachin Andrade who treated over 29,000 patients over 14 years comparing the use of "tapping" techniques with CBT and medication. This research found that the "tapping interventions" were much more effective or more effective for a wide range of disorders including Panic Disorder, Phobias, Separation Anxiety, PTSD, Acute Stress Disorder, Impulse Control Disorders, OCD, GAD and Social Phobias – among others.

Ruden's discussion of these techniques is unfortunately brief, but a valuable "glimpse" into their potential, nonetheless. He then describes his own "havening" technique which integrates steps of reactivation of the trauma; distraction/disruption of working memory; and reassuring, safety-inducing touch. His reasoning for including touch is theoretically based in the role that touch generally plays in animal and human life, in securing a sense of safety and activating comforting response. Ruden's technique of havening has particular consideration, and an intervention, for the fact that

for a traumatic memory to have been encoded, at some level, in some way, at the time of the trauma the client experienced an inability to escape and an inability to find safety. And so after reactivating the traumatic memory Ruden introduces a somato-sensory experience of safety – of finding "haven".

However, it is at this point that the book seems to become weaker in general. There is no real explanation of why, if these other therapies are so effective, Ruden finds it necessary to develop his own and introduce a substantial new element – touch – aside from the implicit (and theoretically valid) reason that he is seeking to devise a therapeutic technique explicitly based on his theoretical understanding of the neurobiology of trauma. It is something that merits considerable discussion – the importance of touch to a healthy neurobiology and a healthy psychology; the role that healthy touch could play in psychotherapy, and perhaps *should* play in trauma therapy; and the cultural and professional challenges and issues around that, including significant ethical and therapeutic considerations. One of the book's weaknesses is that these discussions are not developed. Another is that there is also not a great deal of explanation why he has chosen the specific procedures he uses for the "distraction" part of his procedure.

The penultimate chapter: A Brief Introduction to Psychosensory Therapies is unfortunately choppy and undeveloped, almost seeming like an afterthought. Yet it does have value in its purpose, which is to be a quick "pointer" to the fact that there are a wide variety of approaches and techniques that have existed for some time to help us to regulate our internal states through modulation of extrasensory responses, and that these are valuable both for developing resiliency and for treatment. Likewise, there are a series of appendices which each have relevance and value, but seem hurriedly "tossed off" and under-developed. Most unfortunately, it is only in his seventh Appendix

continued on page 7

## BOOK REVIEW (continued from page 6)

that Ruden addresses the potentially problematic issue of touch in psycho-therapy, and this discussion is unsatisfactory – especially as there is no substantial discussion of contraindications, for example with victims of sexual abuse.

This is perhaps because Ruden is not a psychologist or psychotherapist; as a result, psychologists will find that certain other points of discussion, or discussions of psychological dynamics or disorders are unsatisfactory or incomplete. Likewise, there is a leap to be made between the neurobiological dynamics and processes he describes – the theoretical basis for his treatment technique – and the technique itself.

Clinicians familiar with the clinical efficacy of one

or another of the "energy psychology" techniques will recognize key elements of what is already familiar, and be able to follow him in this leap. Unfortunately, the description and explanation of his havening technique may seem incomplete and unsatisfactory to others.

Despite these weaknesses, however, this book is a valuable contribution in its description and explanation of the neurobiological processes related to trauma, and in its introduction to the types of new therapeutic techniques that are proving highly effective in treating these processes.



## THINGS RUNNING HAS TAUGHT ME ABOUT LIFE (continued from page 4)

### 7. Positive behaviours attract positive people

A funny thing happened to me once I got back into running ... I met some fantastic people who have since become true friends. I run with a great group of women once a week – we go for our “long” run together on Sunday mornings and share a coffee at the end. We are all at different stages of running; some are training for a full marathon and are our road runners, and others are new to the sport. Regardless, we stagger our start times so that no matter what distance or pace we run, we can join together for a coffee and chat at the end. No one

wears their iPod on these runs ... this is when we talk about our lives, share stories of our week and get to know each other. We have become friends, and celebrate birthdays together, go on play dates with our kids, or grab a drink together on a weekend. They are positive people living positive lives and they enrich my life.



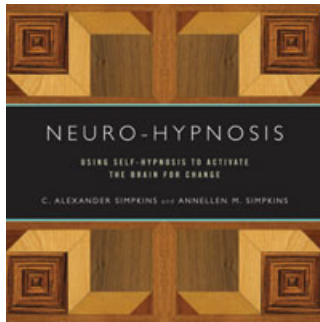
## Child & Adolescent Psychology Interest Group (CAP-I) Upcoming Meeting Dates

- Nov 26 — Youth & Trauma
- Jan 28 — Assessment & Diagnosis LD
- Mar 24 — t.b.a.
- May 12 — t.b.a.

The meetings are all on Saturday mornings from 10:30-12:30 and will be held at MSVU. The exact location and presenter/topic will be announced a few weeks in advance of the meeting dates.

Contact [penny.corkum@dal.ca](mailto:penny.corkum@dal.ca) for more information

### BOOK REVIEW ~ Ann Wetmore, R. Psych



*Book Review: Neuro-Hypnosis: using self-hypnosis to activate the brain for change.*  
C. Alexander Simpkins  
& Annellen M. Simpkins. W.W. Norton & Co., N.Y., c.2010, 277 p.

This book far exceeded my initial, slightly sceptical expectations. The authors seem to be trying to cover *everything* in 4 sections: Understanding, Tools, Experiencing and Applying Self-Hypnosis, but they actually do quite a remarkable job of it! Rather than finding a “how to” presentation of self-hypnosis techniques, I discovered a fairly sophisticated handbook that could serve as a valuable teaching tool for graduate-level Psychology students or for clinicians who want to become familiar with the roots of Hypnotic theory. Ranging from comprehensive coverage of the History of Hypnosis to Recent Developments in the understanding of neural pathways, this volume delivers an eclectic toolbox, including the application of hypnosis to current thinking about neuro-plasticity.

CBT clinicians will find many Cognitive-Behavioural aspects addressed by the discussions of the interplay between thoughts and emotions and emotions and thoughts, as well as “social influences on the mind-brain and body” (p.72). Because family-of-origin influences, accompanied by unconscious beliefs and attitudes may lead to negative self-suggestions and individuals’ predictions of poor coping under stressful conditions, the authors suggest that hypnosis presents a self-treatment vehicle for altering core assumptions in a desired, positive direction.

Tracking all the way back to Aristotle, the complex process of subconscious sensing, perceiving and

synthesizing information, particularly in non-verbal form, is shown as the root of intuition, which the authors define as “the poetry of the unconscious” (p.93)! Self-hypnosis is proposed as a useful mechanism for further developing intuitive mental processes (undeniably helpful for clinicians).

Part III, “Experiencing Self-Hypnosis”, gives very specific instructions for light trance induction and experiential exercises for self-induced anesthesia, hand levitation, time distortion, pain modification and creative thinking. As a working clinician, I felt deep concern that NO CAUTIONS were clearly expressed about potential harm or “unsafe” feelings that might arise for the self-practitioner. Indeed, those with phobias, drug and alcohol addictions, etc. were encouraged to relax and “trust the process” (p. 147), which I found insufficient. There is a brief mention of when to consult a professional, but it does not include the adverse reactions to attempted self-hypnosis that those with certain conditions, such as PTSD, might have.

Part IV is the essential and comprehensive toolbox: “Applying Self-Hypnosis”. This section contains very specific and useful scripts for Motivation, Overcoming Negative Self-Suggestions, Weight Management (long discussion), Pain Reduction, Anxiety Management, Sports/Athletic Improvement and a Mindfulness/”in the Moment” exercise. Again, a critical point is that the book makes it look so easy that the untrained might feel unrealistically qualified. This toolbox volume is worth buying, with clear and simple instructions and explanations that are necessary for good practice, but insufficient attention to cautions in the application of the material.





**APNS Ethics Decision-Making for Psychologists Workshop**

Friday, March 2, 2012, 8:30 –4:30 Halifax (venue t.b.a.)

Pat O’Neill, Ph.D.

**Introduction to the Principles of the CPA Code of Ethics**

Principle 1, informed consent

Principle 2, risk-benefit analysis

Principle 3, dual relationships; professional vs private spheres

**Applying the CPA Decision-making model.**

The group will work together to apply the decision-making model to a therapy dilemma.

**“Do No Harm”**

interventions that may harm (some) clients

**Sample ethical issues from workshop participants**

**Confidentiality**

When is breaking confidentiality a duty and when is it discretionary? What should guide the psychologist’s decision? From *Tarasoff* to *Smith versus Jones*

**Principle 4: Responsibility to Society**

*Note to prospective participants: The outline is tentative; if there are topics that you would particularly like to see covered please contact [apns@apns.ca](mailto:apns@apns.ca) Also, you are encouraged to bring ethical dilemmas, suitably anonymized, for discussion.*

To registers email [apns@apns.ca](mailto:apns@apns.ca) or Phone 902-422-9183. Brochure to be posted on [www.apns.ca](http://www.apns.ca) soon



**APNS Executive Committee Outreach Meeting - Bridgewater**

Thursday Nov 3, 4:00-6:00 p.m.

APNS has arranged an Outreach meeting for psychologists on the South Shore.

The date of this open meeting will be Thursday November 3, 4 – 6 pm at the Dawson Centre, Dufferin St. in Bridgewater.

The format will be similar to ones we have held in Kentville, Stellarton and Sydney:

A two-hour meeting with 2-3 members of the APNS Executive and a representative from NSBEP to meet with all psychologists (APNS member or non-member) who are interested, to discuss whatever issues are important to you.

Refreshments will be provided.

If you are interested in attending please RSVP [apns@apns.ca](mailto:apns@apns.ca)

### APNS FELLOW: ROBIN MCGEE ~ PRESENTATION SPEECH BY LESLEY HARTMAN



Today we are making Robin McGee a Fellow of APNS. The APNS Fellow is awarded in recognition of a person's outstanding contributions to the Association of Psychologists of Nova Scotia. The Association's mandate is to broadly promote the profession of Psychology in

Nova Scotia. As such, Robin McGee is an exemplar of APNS.

Over many years, Robin McGee has served her community as a professional Psychologist within the Valley Regional School Board, the Valley Regional Hospital, in private practice, in her work with APNS, and in her supervision of students with the utmost of competence, generosity, integrity, passion, vision, efficiency, humour and wholeheartedness. We cannot give this award without acknowledging that Robin is a Psychologist who is the whole package—living the values of the profession in everything she does, both personal and professional, and buoying the profession through thousands of daily acts of integrity, generosity, commitment and courage.

As President of APNS, Robin was not afraid to say what needed to be said, even when difficult, and do so with grace, with the goal of moving our profession forward. She modeled openness and hard work, which became the foundation for the last few years of the Executive and Committees' work, in which we have accomplished and begun so much, such as:

- increasing our number of CE offerings and improving our branding and advertising of said offerings.
- A bigger presence advocating with government and educating our members and the public about important issues for the profession;
- a vision and a path for ensuring that

Psychology thrives in Nova Scotia despite many future challenges;

- ensuring the recognition and fair compensation of our valued Executive Director, Susan.
- beginning a relationship with the Government's health navigator to undergo a study of Psychology's needs and current and potential contributions to NS health.

Over the last year, while fulfilling her duties as Past President, Robin also battled Stage IV cancer. Somehow, she managed to balance self-care, care for her family and a continued commitment to APNS work. She came to every meeting she could possibly attend, including carrying along her liquid chemotherapy when necessary, times when she had an incredibly restricted diet and had to have been weak from lack of food, and times when she was most surely in physical pain. She took on tasks without hesitating, inspired us with her words in writing, yet also knew her limits and when necessary took the time she needed. Robin was always smiling, cracking jokes at meetings, engaged in the work intellectually and physically, offering creative solutions, common sense and clarity to our discussions. She brightened our meetings, and lightened our loads. Walking away from meetings that Robin attended, we always felt more enthusiastic and joyful.

Robin candidly shared her journey with cancer with the Psychological community. These invaluable conversations that so few of us would have had the courage to share, have left their mark on many of us, as we consider what we so rarely stop to consider: the impacts of personal difficulties such as serious illness on our professional practice and our clients, and how we can gracefully manage such situations. Robin McGee is a living example of resourcefulness and courage. She is committed to learning from all the experiences she has had on her journey with cancer - the good, the bad, the unsure, and the ugly - and

*continued on page 16*

**APNS ANNUAL GENERAL MEETING ~ May 27, 2011**

The APNS Annual General Meeting was held in conjunction with a workshop *Overcoming Trauma & Addiction*. The workshop attracted an enthusiastic audience with a mix of psychologists and other health professionals. The workshop was held in the Rowe building at Dalhousie University with the AGM held at noon hour on the same day. The AGM attracted over 30 people who heard reports from the outgoing President Michael Ross and incoming President, Lynne Robinson. Lesley Hartman presented the Treasurer's Report and Gordon Butler presented the report on the annual financial review. In addition to the regular business meeting, APNS named Robin McGee a Fellow of the Association. You can read Lesley Hartman's moving speech on page 8.

The Executive also presented the Brian Dufton and the Gerald Gordon Awards.

The **Gerald Gordon Memorial Prize** was established in 1987 to recognize the considerable contribution that Dr. Gerald Gordon made to APNS as well as to the creation of the Nova Scotia Board of Examiners in Psychology. This award reflects his belief in the importance of encouraging promising students to consider a career in psychology. The recipient receives a \$250.00 award toward books in the student's area of interest, as well as a one-year student membership to APNS.

The **Gerald Gordon Prize** was awarded to Michelle Kerr of Dalhousie University by Natasha Scott, Student Representative of the APNS Executive.



The **Brian Dufton Memorial Prize** was established in 2006 to recognize the contribution made by Dr. Brian Dufton. Among his many accomplishments as a clinician, author/reviewer and instructor, Dr. Dufton's sense of humor, love of music and spirituality touched many. The recipient of the award receives \$500.00 to help support the student's education, as well as a one-year membership to APNS.

The **Brian Dufton Graduate Prize** was awarded to Jillian Filliter of Dalhousie University by Natasha Scott, Student Representative of the APNS Executive.



*Thanks to all the universities and professors who participated in the Dufton and Gordon Awards. Thanks to Louise Stringer-Warren, Debra Garland and Robin McGee who reviewed nominees.*



## Reports

### TREASURER'S ANNUAL REPORT: FINANCIALS AND BUDGET 2011-2012

On March 31, 2010, total liabilities and equities equaled \$92,755.55. On March 31, 2011, total liabilities and equities equaled \$105,780.06. This includes two TD GICs and an ING Business Savings account that equals \$75,765.64.

In June 2010 we put an additional \$5000. into our ING business savings account as per last year's decision by the Executive. This ING account continues to offer us maximum flexibility with a competitive rate of interest. Subsequently, our TD GIC matured in October, putting \$38,010.82 of investments at our disposal for re-investing. We added \$13,000. of these funds to our ING business savings account and put \$25,000.00 back into TD GIC's. We then added another \$5000. to the TD for a new GIC, for a total of \$30,000. in TD GICs. Both of these mature in October, 2011. Interest rates did not warrant locking the funds in for a longer period, however we wanted to spread the investment between the two secure and competitive funds. We continue to work towards our \$100,000. reserve fund goal.

Membership has increased slightly, generating revenue of \$68, 565. in 2010-2011. Net revenue from CE workshops this year was \$5612.. This is down this year by \$2000., however, if consideration is given to the fact that some income from this year's workshops was posted in last year's fiscal, CE income would be roughly the same as last year. We had more workshops

this year over last year (5 as opposed to 2), and overall, gross revenue increased by \$9000. Expenses were also higher, because of attempts to draw more people to the larger number of workshops. The increased number of workshops we have provided this year provides our membership with a wider range of professional development options and a bigger profile for Psychology in the province, as in the last two years we have increasingly targeted non-Psychologists for our CE events as well. Income generated through the Private Practice Directory has increased slightly over last year, with gross revenues \$17, 250. and net \$14,980. This year APNS has saved approximately \$1700. in printing and delivery costs since most of our members elected to move to the online version of the Nova Scotia Psychologist. The Executive approved approximately \$5750. in new expenses, \$4750. of which will be ongoing. These new expenses will include a salary increase for our Executive Director, an increase in our contribution to the Psychologically Healthy Workplace Awards, a contribution to CPAP for market research on psychology in Nova Scotia and a biannual trip to the APA State Leadership Conference for an Early Career Psychology Committee chairperson.

Submitted by: Lesley Hartman, M.A.

	Budget 10-11	Actuals Mar. 31, 2011	Budget 11-12
<b>INCOME</b>			
<b>Administration</b>			
Membership Fees	\$ 68,000.00	\$ 68,565.00	\$ 68,500.00
Interest Earned	\$ 2,000.00	\$ 799.51	\$ 1,000.00
Total Administration	\$ 70,000.00	\$ 69,364.51	\$ 69,500.00
<b>TOTAL ADMIN</b>	<b>\$ 70,000.00</b>	<b>\$ 69,364.51</b>	<b>\$ 69,500.00</b>
<b>Member Services</b>			
CE Workshop	\$ 25,000.00	\$ 26,070.00	\$ 22,000.00
Total CE	\$ 25,000.00	\$ 26,070.00	\$ 22,000.00
Publications			
N.S. Psychologist Ads	\$ 250.00	\$ .00	\$ 300.00
Private Practice Dir.	\$ 14,500.00	\$ 17,250.00	\$ 17,000.00
Total Publications	\$ 14,750.00	\$ 17,250.00	\$ 17,300.00
<b>TOTAL MEMBER SERVICES</b>	<b>\$ 39,750.00</b>	<b>\$ 43,320.00</b>	<b>\$ 39,300.00</b>
Advertising - Web Ads	\$ 1,000.00	\$ 1,095.00	\$ 1,000.00
Total Ad & Promotions	\$ 1,000.00	\$ 1,095.00	\$ 1,000.00
Other	\$ .00	\$ -165.16	\$ .00
<b>TOTAL INCOME</b>	<b>\$ 110,750.00</b>	<b>\$ 113,779.51</b>	<b>\$ 109,800.00</b>

**ANNUAL FINANCIALS AND BUDGET** *(continued from page 12)*

<b>EXPENSES</b>					
<b>Administration</b>					
AGM Meeting	\$	00.00	\$	.00	\$ 100.00
Total AGM	\$	00.00	\$	.00	\$ 100.00
Office Expenses	\$	750.00	\$	637.08	\$ 750.00
Office Supplies	\$	750.00	\$	726.83	\$ 750.00
Office Copying/Printing	\$	700.00	\$	428.32	\$ 500.00
Executive Travel	\$	2,000.00	\$	797.83	\$ 2,000.00
Phone	\$	1,200.00	\$	1,218.16	\$ 1,200.00
Office Rent	\$	4,300.00	\$	4,149.60	\$ 4,500.00
Miscellaneous	\$	.00	\$	.00	\$ .00
Amortization	\$	500.00	\$	682.22	\$ 500.00
Website/Internet	\$	700.00	\$	306.06	\$ 750.00
Postage/Delivery	\$	4,800.00	\$	3,202.37	\$ 3,200.00
Total Office	\$	15,700.00	\$	12,147.68	\$ 13,150.00
<b>Committees/Reps</b>					
APA Rep (Coun/Adv)	\$	1,500.00	\$	1,895.17	\$ 1,500.00
APA SLConference	\$	600.00	\$	175.00	\$ 600.00
APA Early Career Psych	\$	2,000.00	\$	773.96	\$ 250.00
APA PHWA	\$	250.00	\$	1,000.00	\$ 2,000.00
APA Pub Educ Rep	\$	250.00	\$	.00	\$ 250.00
Advocacy Committee	\$	200.00	\$	.00	\$ 200.00
CE Committee	\$	200.00	\$	37.97	\$ 200.00
Elections	\$	200.00	\$	.00	\$ 200.00
Executive	\$	500.00	\$	443.65	\$ 500.00
Post Trauma	\$	200.00	\$	-	\$ 200.00
Membership	\$	200.00	\$	-	\$ 200.00
Archivist	\$	100.00	\$	-	\$ 100.00
InterestGroups/RgReps	\$	100.00	\$	-	\$ 200.00
NSP Editorial	\$	200.00	\$	-	\$ 50.00
Total Committees/Reps	\$	6,500.00	\$	4,325.75	\$ 5,450.00
Financial Reporting	\$	2,000.00	\$	1,264.05	\$ 1,750.00
Bank/Finance Charges	\$	2,500.00	\$	2,530.04	\$ 2,500.00
Total Financial	\$	4,500.00	\$	3,794.09	\$ 4,250.00
Licenses, Insur, Fees	\$	1,720.00	\$	1,925.00	\$ 1,925.00
Reg Joint Stock	\$	28.03	\$	28.03	\$ 28.59
Total Licenses, Insurance & Fees	\$	1,748.03	\$	1,953.03	\$ 1,953.03
Staffing Wages	\$	41,000.00	\$	41,608.88	\$ 43,903.00
Staff Benefits	\$	.00	\$	.00	\$ 750.00
Staff Training	\$	200.00	\$	.00	\$ 200.00
Total Staffing	\$	41,950.00	\$	41,608.88	\$ 44,853.00
Memberships APA	\$	250.00	\$	115.44	\$ 125.00
Membership CPAP CPAP/CRHSPP	\$	1,672.00	\$	1,552.00	\$ 1,552.00
Memberships—other	\$	.00	\$	169.63	\$ 170.00
Total Affiliations	\$	1,922.00	\$	2,599.84	\$ 2,597.00
Donations/Benevolent	\$	250.00	\$	500.00	\$ 500.00
President's Award	\$	200.00	\$	36.89	\$ 100.00
Student Scholarships	\$	750.00	\$	750.00	\$ 750.00
Total Awards/Grants	\$	1,200.00	\$	1,286.89	\$ 1,350.00

*Continued on page 14*

# Reports

## ANNUAL FINANCIALS AND BUDGET (continued from page 13)

		Budget 10-11	Actuals March 31, 2011		Budget 11-12
TOTAL ADMIN	\$	73,520.03	\$ 67,716.16	\$	73,703.59
Member Services					
CE Workshops	\$	20,000.00	\$ 20,457.87	\$	20,000.00
EPPP materials	\$	300.00	\$ .00	\$	300.00
Total CE	\$	20,300.00	\$ 20,457.87	\$	20,300.00
Advocacy Projects	\$	500.00	\$ .00	\$	1,000.00
CPAP Advoc'y Training	\$	750.00	\$ 618.13	\$	750.00
Psych Mo /Outreach	\$	3,200.00	\$ 3,986.76	\$	3,500.00
Total Advocacy	\$	4,450.00	\$ 4,604.89	\$	5,250.00
Publications - NSP	\$	3,500.00	\$ 1,391.72	\$	1,800.00
PPD	\$	2,400.00	\$ 2,269.81	\$	2,400.00
Total Publications	\$	5,900.00	\$ 3,661.53	\$	4,200.00
<b>TOTAL MEMBER SERVICES</b>	<b>\$</b>	<b>30,650.00</b>	<b>\$ 28,724.29</b>	<b>\$</b>	<b>29,750.00</b>
Promotions/Outreach	\$	4,000.00	\$ 3,044.98	\$	4,000.00
Advertising	\$	1,500.00	\$ 1,394.65	\$	1,500.00
Total Promotions	\$	5,500.00	\$ 4,439.63	\$	5,500.00
<b>TOTAL EXPENSES</b>	<b>\$</b>	<b>109,670.03</b>	<b>\$ 100,880.08</b>	<b>\$</b>	<b>108,953.59</b>
NET Surplus or Loss < in brackets>	\$	1,079.97	\$ 12,899.43	\$	846.61
Forwarded to Reserve fund	\$		\$ 10,000.00	\$	

### 2010-2011 AUDITORS REPORT

We examined the records of receipts and expenses for the Association of Psychologists of Nova Scotia for the period April 1, 2010 to March 31, 2011 for completeness. We found that all the necessary documentation was available.

As requested in last year's Auditors Report, we were provided with documentation outlining rent charges and the details of automatic bank payments (e.g., monthly payments to Eastlink). We also note that, also as requested, payments to CRA for staff EI, CPP and Income Tax are now much easier to track. These changes helped to clarify transactions and made the Auditor's job easier. As in previous years, it was helpful for the auditors to have the monthly ledger statements.

We examined all payments for appropriateness to the activities of the Association, and were satisfied that the expenses were in keeping with Association business.

We then randomly selected 4 months (April, July and November, 2010, February, 2011) for detailed examination:

- We checked that monthly cheque and credit card deposits were correctly accounted for in the monthly bank statements and that the deposits were correctly entered into the appropriate categories in the accounts ledger.
- We checked that payments had appropriate receipts or other documentation and were correctly entered into the appropriate categories in the accounts ledger.

The Office Manager was helpful in clarifying the nature of some rental expenses to the Auditors. Generally, we found that the accounts were in order and payments and receipts were well documented and with comments that were helpful to the auditors.

Respectfully Submitted  
Gordon Butler, PhD

James Peake

## EARLY CAREER PSYCHOLOGISTS (ECP) REPORT



Greetings from the Early Career Psychology (ECP) Committee!

I am very pleased to announce that the newly established Association of Psychologists of Nova Scotia (APNS) Early Career Psychology (ECP)

Committee has grown and is gaining momentum. To date, the ECP Committee has held two formal meetings and one social event, come to a consensus on terms of reference, including the mandate and objectives of the committee, and made a variety of exciting plans for future initiatives. At present, our membership includes over 50 Early Career Psychologists (ECPs) from across the province and we have discussed ways to recruit new members.

The impetus for the development of the ECP Committee initially came from the American Psychological Association (APA). APA established a Committee on Early Career Psychology (CECP), which originally began as a Task Force in 2005. The APA CECP represents and supports the unique interests and concerns of Early Career Psychologists within and outside of APA through advocacy and the provision of resources for ECPs. The APA CECP put a call out to all Psychology State, Provincial and Territorial Associations (SPTAs) encouraging them to follow suit, either by designating an ECP Representative and/or developing an ECP Committee.

As the APNS Student Representative and Executive Secretary at the time, Sonya Stevens and I were excited about the idea when it was first raised at an Executive meeting in 2010. Although we were somewhat uncertain about where to begin, we were fortunate to have learned a great deal about committee leadership as a result of our experience on the Executive. The first meeting of

the ECP Committee was held on January 20, 2011. At this meeting, we discussed some formative ideas about the terms of reference, including the mandate and objectives of the committee, as well as some more pragmatic issues, such as the frequency and location of meetings. Although we had addressed some important pragmatic issues and came up with some ideas for initiatives, we still lacked direction.

In March 2011, I attended the APA State Leadership Conference (SLC) in Washington, D.C. where I got to meet with other ECP delegates from across North America. We met throughout the course of the APA SLC, sharing ideas for ECP initiatives, and I returned from the conference with more enthusiasm and direction for our formative ECP Committee. One idea raised by other ECP delegates at the APA SLC was the use of social media outlets to network and communicate as a group. So, one afternoon, I decided to try and implement this suggestion by creating an APNS Early Career Psychology (ECP) Committee Facebook page. I was very pleasantly surprised to find that over 40 ECPs had joined the online group after only two days. Not only did the creation of the APNS Early Career Psychology (ECP) Committee Facebook group serve as a wildly efficient recruitment tool, it also increased attendance and enthusiasm at the next ECP Committee meeting.

The second meeting, held on June 2, 2011, proved to be quite an energetic and productive meeting. I shared some of the ideas for ECP initiatives I gleaned from the APA SLC and members gave energetic feedback on which of these initiatives they would like to see implemented here in Nova Scotia. Following this second meeting, it seemed as though we had more direction and enthusiasm for the ECP Committee. Some of the initiatives we plan to implement include: regular social and

*continued on page 16*

## Reports

---

### APNS FELLOW - ROBIN MCGEE (continued from page 10)

sharing her learning with us. She inspires us and gives us something to aspire to as Psychologists facing our own personal challenges in the midst of demanding careers.

In the words of one of her colleagues: “As a colleague, Robin is a delight and an inspiration. She is an excellent person with whom to consult. I appreciate her wisdom and experience as well as her consistent willingness to share what she has learned. She models hard work very well and when she was working a Valley Regional Hospital, she gave a great deal of her personal time to complete research projects. Robin is also open-minded about new ideas and willing to learn new approaches. In the time I have known Robin she has embodied how a scientist-practitioner-scholar operates. Based on reports from her clients, she is an effective clinician who has gained a high level of skill and has passed her experiences on to others. I feel very blessed that I can count on Robin’s honesty, courage and passion.”

We are all praying for her as she undergoes her final leg of this journey. She has recently gotten good news about her progress from her physicians. With her, we have learned that so much in life is not in our control and must be accepted with as much grace as can be mustered. We have also learned the incredible amount of power we do have in the face of adversity—the power to do what one can; the power to grieve and the power to move on; the power to ask for help and to give help; the power to take the next step; the power to laugh and be grateful for what we have.



Members of the Executive joined Robin on her birthday (in the pouring rain) to plant dozens of daffodil bulbs to show their appreciation of her contributions and her inspiration.

---

### EARLY CAREER PSYCHOLOGISTS REPORT (continued from page 15)

networking events; opportunities for mentorship and continuing education; an annual dinner to welcome newly licensed Psychologists to the profession; an ECP award to celebrate the accomplishments and contributions of an outstanding ECP; as well as this column in *The Nova Scotia Psychologist*.

If you are an ECP and you have yet to become involved with the ECP Committee, we encourage you to do so. Similarly, if you are a more senior Psychologist and you would be interested in providing some mentorship or otherwise contributing to the group, please contact us. Contact me, Chimène Jewer, M.Sc., ECP Committee Chair, by email at [cjewer@bellaliant.net](mailto:cjewer@bellaliant.net), join the APNS Early Career Psychology

Committee Facebook group, or contact the APNS by phone: (902) 422-9183, fax: (902) 462-9801, e-mail: [apns@apns.ca](mailto:apns@apns.ca) or regular mail: Association of Psychologists of Nova Scotia, 1657 Barrington Street, Suite 417, Halifax, Nova Scotia, B3J 2A1.

We look forward to meeting new members, as well as prospective mentors or contributors, and to hearing any feedback you may have about the committee.

Respectively submitted  
Chimène Jewer, M.Sc., R. Psych  
Association of Psychologists of Nova Scotia Early Career Psychology (ECP) Committee Chair

### NSBEP: NEW CONTINUING COMPETENCY PROGRAM ~ Allan R. Wilson Ph.D.

NSBEP is introducing a **mandatory** Continuing Competence Program for psychologists registered to practice in Nova Scotia. The new program will come into effect January 1, 2012.

A continuing competence program provides psychologists with a framework for maintaining and acquiring competence throughout their professional life-span. The program involves opportunities for self-reflection, identification of gaps and learning opportunities, the application of learning to practice, and the evaluation of learning outcomes. It is an active and dynamic process of continual learning and review which generates ongoing professional growth.

All psychologists on the active Register of Psychologists (Full Registration, Academic Register) must participate in the Continuing Competence Program.

Psychologists in Nova Scotia must be able to demonstrate that they have attained and maintain competence in the following five Core Competence areas:

- Assessment and Evaluation
- Intervention
- Research
- Ethics and Standards
- Interpersonal Relationships

Psychologists will be required to complete and submit their Practice Profile as part of the annual registration process. It is expected that the Practice Profile will be followed by a Self-Assessment which allows the psychologist to identify their unique areas of strength and weakness relative to the five Core Competencies. Learning objectives can then be established and a Learning Plan can be developed to meet those objectives. You are to obtain feedback on the appropriateness of your Learning Plan by reviewing it with another

registered psychologist. Psychologists will conduct an evaluation of the outcomes of their learning activities prior to the next registration renewal. The annual cycle then begins again.

Only the Practice Profile needs to be submitted to the Board each year. As part of the annual renewal of registration, however, all registered psychologists must attest that they are following the Continuing Competence Program and provide the name of the psychologist who reviewed their Learning Plan.

Continuing competence activities are to be documented as evidence of the psychologist's efforts to maintain competence. Although optimally these activities will relate directly to the learning objectives identified, any activity that contributes to a psychologist's competence would merit inclusion. It is understood that there will be a balance between opportunistic and planned learning activities for most psychologists.

**Step 1:** Practice Profile is completed and submitted with registration renewal. It identifies areas of practice, activities and services provided, and to whom you provide these services.

**Step 2:** A Self-Assessment is conducted by considering each identified area of practice against the five core competencies. Identify areas of strength and also areas requiring maintenance or further development.

**Step 3:** Set Learning Objectives for the year based on the outcome of your Self-Assessment.

**Step 4:** Develop a Learning Plan designed to achieve your Learning Objectives. Choose from among a variety of different learning activities. A minimum of 20 Continuing Competence credits are required per year.

**Step 5:** Record any activities undertaken toward your learning objectives as these occur and the hours spent.

*continued on page 18*

## Reports

---

### NSBEP: NEW CONTINUING COMPETENCY PROGRAM (continued from page 17)

**Step 6:** Evaluate the outcomes of your learning plan. Assess what progress has been made towards achieving each of your identified learning objectives.

As a health professional, a psychologist bears the ultimate responsibility both for maintaining and for demonstrating professional competence to practice, as guided by the Canadian Code of Ethics for Psychologists and the professional standards and guidelines adopted by NSBEP.

You should record brief notes on all Continuing Competence Program activities undertaken. A balance should be sought between administratively burdensome record-keeping versus sufficient detail to allow a clear record for audit or any other professional development purpose. Recording forms are offered by NSBEP as an example of streamlined ways of keeping your Continuing Competence Program records.

Records should be retained for a minimum of five years for audit purposes. Psychologists audited in future years may be requested to supply retrospective records as well as those pertaining to the current year.

Each year the Continuing Competence Committee will randomly select a percentage (not more than 10%) of registered psychologists to be audited for compliance with the program. If you are selected for an audit, you will be required to submit your Continuing Competence Program records within 20 working days of receiving the request.

The Board's aim is that all active psychologists engage in a meaningful process of self-reflective review and an ongoing self-directed learning program. The audit will check for evidence of engagement in this process. The Board has intentionally avoided prescribing the specific content of each practitioner's professional development plan. The audit will primarily focus

on your completion of the required steps and the achievement of the minimum number of learning credits.

While a psychologist may be subject to discipline for failing to comply with the mandated requirements of the Continuing Competence Program, a psychologist will not be referred for disciplinary action on the basis of the documentation, as submitted. Rather, if a review of documentation by the Committee identifies an area of concern regarding competence, the psychologist will be provided with feedback and suggestions for improvement. Should a competence problem persist, the psychologist will be encouraged to work collaboratively with the Continuing Competence Committee towards a resolution of concerns.

A more detailed Guide for the new Continuing Competence Program is posted on the NSBEP website. This more detailed version includes a table listing a variety of learning activities that could be included in your learning plan, as well as the maximum allowable credits per year for each type of learning activity.

**Please note:** Electronic copies of all Continuing Competence **forms** can be downloaded from the Board's website. Cells can then be expanded as necessary to accommodate your information.

To download the **forms** and detailed Guide for the Continuing Competence Program, please visit the following url: <http://www.nsbep.org>

Allan R. Wilson, Ph.D.  
Registrar





## Welcomes its Latest Members as of October 7, 2011

Stephanie Allen, B.A.	Vanessa McColl, M.Sc.
Susan Battista, M.A.	Logan Nealis, B.A.
Sherri Carter, Ph.D.	Melanie Noel
Doreen Coady-Shadbolt, M.Ed.	Kate Rancourt, B.Sc.
Jacqueline Cohen, Ph.D.	Julia Somody, M.A.
Jamie-Lee Collins, B.A.	Hilary Stephenson, M.A.
Jillian Filliter, M.A.	Kim Tan-MacNeill
Helen Flanagan, Ph.D.	Katherine Terauds, M.A.S.P.
Joanne Gillespie, Ph.D.	James Matthew Trites, B.Sc.
Michelle Kerr, M.A.	Marc Woods, Ph.D.

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.

## Congratulations to the following who have recently become Registered Psychologists\*

Joanne Bihari, D.Clin. Psych.	Angela Hull, M.A.S.P.
Jamesie Collican, Ph.D.	Susan I. MacLean, M.Sc.
Louise Cormier, M.A.Ps.	Antonina Omisade, Ph.D.
Bruce Dick, Ph.D.	Patricia Roache, M.Sc.
Marie Josette Durup, Ph.D.	Danielle Shelley, Ph.D.
Angela Ellsworth, M.A.S.P.	Bonnie Waugh, M.A.S.P.

## Congratulations to the following who have recently become Candidates\*

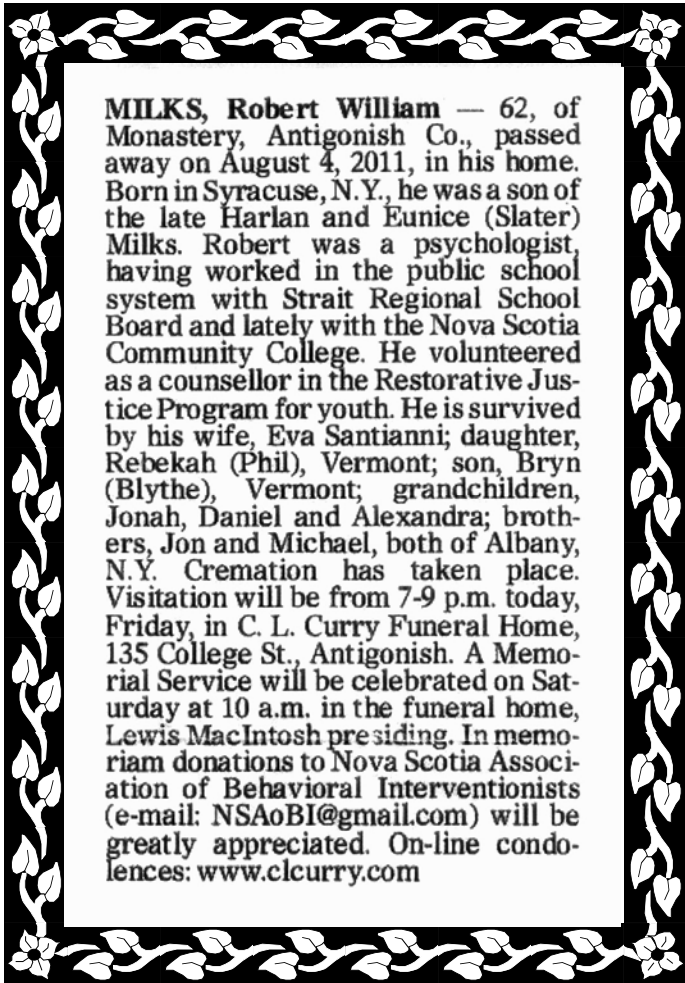
Helen Flanagan, Ph.D.	Megan Pearson, M.A.
Adam Grady, M.A.	Julia Somody, M.A.
Vanessa McColl, M.Sc.	Hilary Stephenson, M.A.
Anne-Elise O'Regan, M.Sc.	Katherine Terauds, M.A.S.P.

*This information provided by NSBEP as of August 30, 2011*

## Acknowledgements

---

### IN MEMORY OF BOB MILKS



**MILKS, Robert William** — 62, of Monastery, Antigonish Co., passed away on August 4, 2011, in his home. Born in Syracuse, N.Y., he was a son of the late Harlan and Eunice (Slater) Milks. Robert was a psychologist, having worked in the public school system with Strait Regional School Board and lately with the Nova Scotia Community College. He volunteered as a counsellor in the Restorative Justice Program for youth. He is survived by his wife, Eva Santianni; daughter, Rebekah (Phil), Vermont; son, Bryn (Blythe), Vermont; grandchildren, Jonah, Daniel and Alexandra; brothers, Jon and Michael, both of Albany, N.Y. Cremation has taken place. Visitation will be from 7-9 p.m. today, Friday, in C. L. Curry Funeral Home, 135 College St., Antigonish. A Memorial Service will be celebrated on Saturday at 10 a.m. in the funeral home, Lewis MacIntosh presiding. In memoriam donations to Nova Scotia Association of Behavioral Interventionists (e-mail: [NSAoBI@gmail.com](mailto:NSAoBI@gmail.com)) will be greatly appreciated. On-line condolences: [www.clcurry.com](http://www.clcurry.com)

On Wednesday September 28th a group of Psychologists gathered at a local Halifax restaurant to remember Bob and celebrate what he meant to us.

I attended because, although not a psychologist, as APNS Office Manager I had worked with Bob in his roles as Treasurer and President of APNS from 2004 to 2009. During that time there wasn't a week that went by that I did not communicate with him in some way. After his term was over he was often in Halifax, attending meetings or meeting with supervisees and he often dropped in to chat. He still felt very much connected with APNS and I was sure that he would be back on the Executive or some other APNS committee soon

because he was not the type to sit on the sidelines. But I was wrong.

My shock on hearing about his death was profound and I was quite hesitant to attend the gathering. I knew it was the right thing to do but could not imagine that it would be in any way celebratory. I was wrong again.

The group that met was not a large one. I received emails and phone calls from many more who had not heard about his death and were unable to attend due to scheduling conflicts but offered their condolences and memories. The people who attended were a surprise to me. I expected the members of the Executive with whom he had worked, and supervisees, but also there were those who had worked with Bob years before and who remembered him with warmth and humour.

There was a lot more laughter than I expected and we all agreed that it was very fitting to be enjoying stories of Bob over good food and drink. I know Bob would have approved. We also talked about ways that APNS could remember Bob and keep his spirit alive for future psychologists. Bob might have rolled his eyes a bit at that but I am sure he would have applauded the other ideas that we shared—ways we might support psychologists through mentoring, or perhaps honouring those who were, like Bob, passionate supporters of psychologists as individuals as well as the profession.

APNS and the profession could not have had a more energetic supporter than Bob. We will miss him.

If you have any suggestions for ways to appropriately remember Bob please contact [apns@apns.ca](mailto:apns@apns.ca) with your thoughts.

### IN MEMORY Of BOB MILKS ~ Joann Doran



The sudden death of my supervisor, Robert (Bob) Milks, prompted me to reflect on my time with him and what being a psychologist means to me. My decision to become a psychologist was born out of a desire to understand human behavior and

to help people navigate life. Because I had volunteered as a student to sit on the Executive Board of the APNS I found myself working alongside seasoned, caring professionals who were dedicated to promoting psychology. It was within this environment of mentorship by the board that I met Bob Milks and found my supervisor.

The arduous journey from education through to the oral exam is fraught with challenges. Although Bob is not here to see me through to the end, he tempered my journey by being a reliable, competent, and compassionate supervisor. Finding a supervisor is not an easy task and understandably so. This unpaid position requires four years commitment and an earnest dedication to one's supervisee. Aside from working together on the board for three years, Bob and I met every month for almost four years.

As a new psychologist (candidate register), I found myself questioning a lot of things. In the first months of my supervision I would call him regularly. Sometimes I would call in a panic, usually early morning or late night or sometimes I would call to debrief or ask for resources. He promptly answered every call. I relied on Bob's competence, especially while working on a particularly complex assessment. I knew I could count on him to demystify it for me. He often

referenced the latest research and sent me off in the right direction to learn more. Bob possessed an in-depth, comprehensive understanding of the psychoeducational assessment process. He schooled me in the fine art of applying the information gathered to the practical process of diagnosis and recommendations.

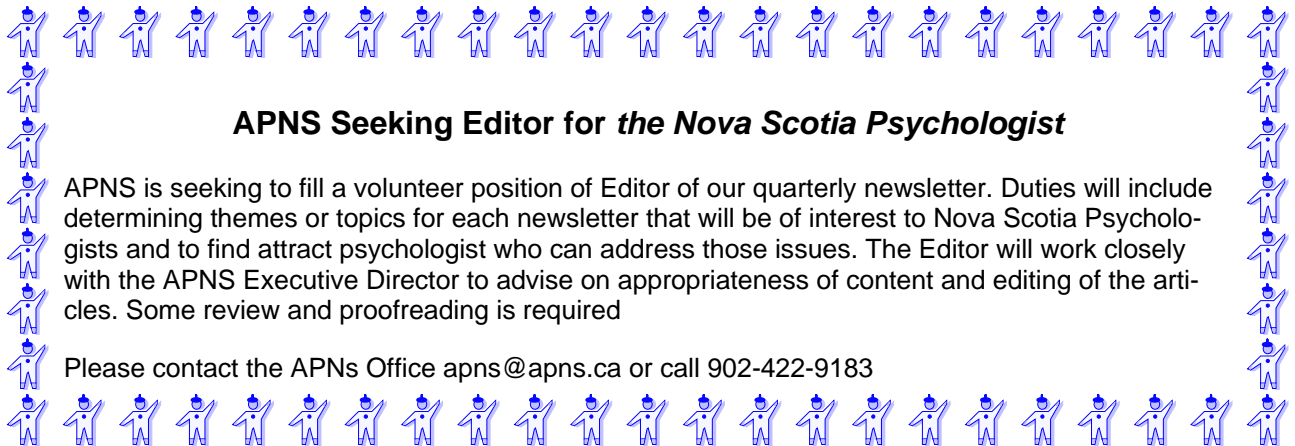
Bob was compassionate. In the beginning I needed a lot of hand-holding. He instilled in me self-acceptance and patience while nudging me on to further growth. As the years went by, and supported by other experienced, competent psychologists, I developed confidence and a sense of myself as a competent helper. Regrettably, Bob will not be here to help prepare me for the oral exam.

The shock of Bob's sudden departure from us was immense. I know that Bob was an idealist at heart and while many years in various systems had contributed to his disillusionment, he continued to work on causes he was passionate about. He dedicated years working for the betterment of psychology as a member of the APNS Executive Board and he devoted endless hours to the promotion of education around the psychological needs of a well-functioning society.

With a heavy heart I say good-bye publicly to my dear supervisor and colleague. Bob mentioned in his letter to all of us that he felt he could no longer effect change. If Bob were able to hear me I would tell him it is never one person's burden alone. His death is a reminder to reach out and have faith that someone is there.



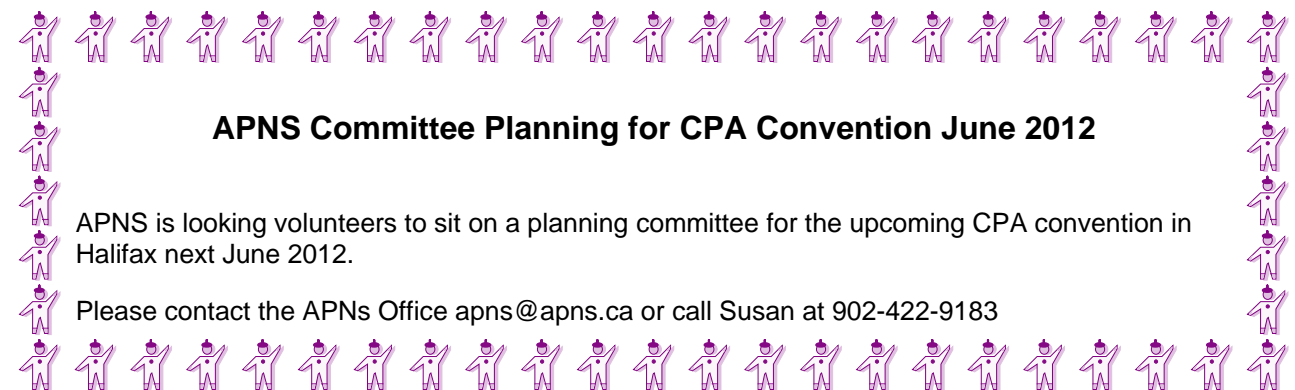
## Announcements



**APNS Seeking Editor for *the Nova Scotia Psychologist***

APNS is seeking to fill a volunteer position of Editor of our quarterly newsletter. Duties will include determining themes or topics for each newsletter that will be of interest to Nova Scotia Psychologists and to find attract psychologist who can address those issues. The Editor will work closely with the APNS Executive Director to advise on appropriateness of content and editing of the articles. Some review and proofreading is required

Please contact the APNs Office [apns@apns.ca](mailto:apns@apns.ca) or call 902-422-9183



**APNS Committee Planning for CPA Convention June 2012**

APNS is looking volunteers to sit on a planning committee for the upcoming CPA convention in Halifax next June 2012.

Please contact the APNs Office [apns@apns.ca](mailto:apns@apns.ca) or call Susan at 902-422-9183



73<sup>rd</sup> Annual Convention  
e Congrès annuel

CANADIAN PSYCHOLOGICAL ASSOCIATION

SOCIÉTÉ CANADIENNE DE PSYCHOLOGIE

June 14-16 juin  
2012

HALIFAX

WORLD TRADE AND CONVENTION CENTRE, HALIFAX, NOVA-SCOTIA



**Join Our Busy Practice on the Beautiful LaHave River**

South Shore Psychological Services Inc. is seeking a Doctorate or Masters level Registered Psychologist to join our group of independent practitioners. The qualified individual will offer comprehensive assessment and treatment services to adults and couples.

Our facility includes furnished office space, a private deck overlooking the river, a shared reception area and kitchenette.

Located in Bridgewater , Nova Scotia , South Shore Psychological Services is a thriving private practice providing a wide range of psychological services to children, adolescents, adults and couples.

Interested Psychologists may contact Dr. April D'Aloisio by phone, email or fax.

926 King Street , Bridgewater , Nova Scotia B4V 3E6

Phone: (902) 527-1058 Fax: (902) 527-2946 E-mail: [ssps@eastlink.ca](mailto:ssps@eastlink.ca)

**FT/PT Maternity Leave Position Available**

Full-time/part-time maternity leave position available for the qualified applicant in an established private practice in Clayton Park, Halifax.

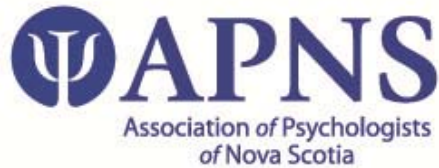
The applicant should have experience in working in child & adolescent mental health, particularly in treating anxiety, depression, and behavioral problems. The applicant would be responsible for taking on new referrals starting in November 2011 and taking over the full practice in December for approximately a 5-month period.

There is also the possibility that the applicant may choose to continue beyond the maternity leave position if they have an interest and competencies in adult mental health. This is a great opportunity for a psychologist interested in exploring the world of private practice without making a long-term commitment. The applicant must feel comfortable with independent work, including billing and scheduling related duties.

Please apply with resume to [mconville@eastlink.ca](mailto:mconville@eastlink.ca) or leave a message at the office of Dr. Holly McConville at 902-407-6793.

Thank you for your interest!

*The advertisements on this page are paid placements. APNS does not take responsibility for the content and does not necessarily subscribe to the opinions expressed in these advertisements.*



## Committees & Representatives

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

### EXECUTIVE

President: Lynne Robinson  
 Past President: Michael Ross  
 President Elect: Jessica Driscoll  
 Secretary: Leah Clyburn  
 Treasurer: Stillman Jacquard  
 Member at Large: Joanne Mills  
 Student Representative:  
 Mandi MacDonald  
 Nikola Hartling  
 Ashley Leopold

### EXECUTIVE DIRECTOR

Susan Marsh

### REPRESENTATIVES

**Council of Provincial Associations in Psychology (CPAP) Rep:** Dean Perry

**Business of Practice Network:** David Mensink/Arla Day

**Federal Advocacy Coordinator:** David Pilon

### Public Education Campaign Coordinator:

Dean Perry

**APA Council of Representatives:** Charles Hayes

**Archivist:** Maria Angelopoulos

### Regional Reps:

Eileen Donahoe, Kentville  
 Julie MacDonald, Sydney  
 Richard Krane, HRM  
**Contact the APNS Office for more info on how to contact your regional rep.**

### COMMITTEES & INTEREST GROUPS

#### Advocacy:

Lesley Hartman (Chair)

#### Continuing Education:

Carol Shirley (Interim Chair)  
 Elaine Boyd-Wilcox  
 Eileen Donahoe  
 Christine Ellsworth  
 Heather Power  
 Carolyn Scott  
 Erin Trudel-Best

### Elections:

Victor Day (Chair)  
 David Mensink  
 Robin McGee  
 Louise Stringer-Warren

### Membership:

Open

### Publications:

Debra Garland, Editor

### Post Trauma Services:

Gilles Chiasson (Chair)  
 Charles Hayes  
 Janice Howes (Disaster Response Co-ordinator)

### Child & Adolescent Psychology Interest Group (CAP-I)

is comprised of psychologists who work with children and adolescents and their families. Meetings are bi-monthly during the academic year to share information on topics of interest and to provide an opportunity to get to know our colleagues who work in a range of settings (schools, hospitals, universities, private practices, forensic settings, etc).

### Testing Interest Group

various

## 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.

### Non-Member Print Advertising Rates

"Nova Scotia Psychologist:"

#### Businesses

Full Page	\$500.00
3/4 Page	\$400.00
1/2 Page	\$300.00
1/4 Page	\$250.00
Business Card	\$200.00

Consecutive Editions: 1st ad - regular rate, 2nd & more - 10% discount per issue; ie. \$500, \$450, \$400, \$360, to a minimum rate of \$300 for a full page ad)

#### Other Professionals: (physicians, lawyers, etc.)

Full Page	\$400.00
3/4 Page	\$300.00
1/2 Page	\$250.00
1/4 Page	\$150.00

Consecutive Editions: 1st ad - regular rate, 2nd & more - 10% discount per issue; i.e., \$400, \$360, \$320, \$290, to a minimum rate of \$250 for a full page ad)

#### Businesses & Professionals

Event / Workshop	\$100.00
Job Postings	\$75.00

**Inserts** \$175.00 plus additional mailing costs by weight (if applicable - no additional cost for single sheet.

Mail-Outs of members	\$175.00	plus mailing costs by weight x #
Mass Stand-alone E-Mail	\$300.00	
Monthly Member E-mail	\$25	

#### Not-for-profit (incl. schools / hospitals)

Full Page	\$125.00	
3/4 Page	\$100.00	
1/2 Page	\$75.00	
1/4 Page	\$50.00	
Business card	\$35.00	
Inserts	\$50.00	plus additional mailing costs by weight (if applicable - no additional cost for single sheet .

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

Mass Stand-alone E-Mail	\$200.00
Monthly Member E-mail	\$15

### Non-Member Website Ad Rates

#### Businesses & Professionals

Event / Workshop	\$100.00	per 45 days
Job Postings	\$75.00	per 30 days

#### Not-for-profit (incl. schools / hospitals)

Event / Workshop	\$50.00	per 45 days
Job Postings	\$50.00	per 30 days

### APNS Member Print 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
Job Postings	\$25.00

**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

Monthly Member E-mail free

### APNS Member Website Ad Rates

Event / Workshop	\$25.00	per 30 days
Job Postings	\$25.00	per 60 days

## 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.



### Production and Graphic Design:

Susan Marsh

### The Nova Scotia Psychologist

1657 Barrington St., Suite 417

Halifax, Nova Scotia

Canada B3J 2A1

E-mail: apns@apns.ca

Tel: 902.422.9183

Fax: 902.462.9801

Website: www.apns.ca