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PRESIDENT'S ANNUAL REPORT



Dr. David Mensink,
President

Greetings to you! This is my last report to you as President of APNS. It has been a great year and I thank one and all for making my year as

President such a meaningful and enjoyable experience. Being the last address to you, I suppose I could pontificate about some aspect of psychology. I won't do that as I enjoy all aspects of being a psychologist; especially applied clinical practice. I could write to you about my long list of accomplishments but I won't do that either. I think the Executive, committees, and individual psychologists have done a tremendous amount of work for psychology over the past year; especially during the month of February, 2005: Psychology Month. Many individuals and groups can take credit for that.

I suppose I could also use this opportunity to cajole the membership to get involved in the association. I think any time is good for you to become involved; especially for your own benefit but also for the practice and teaching

of psychology in Nova Scotia. So what then? What is left for my final message to you?

I would like to briefly summarize some of the things I have learned during the past year as your president. First, I have learned how to better chair a meeting. I'm sure my patient colleagues on the executive have noticed my improved tendency to reduce distractions, be on track, and to stay focused during the meetings.

Second, I have better learned about the separate roles of APNS and NSBEP, but also some of our joint interests. It has been interesting working with the members on the Board and meeting regularly to discuss mutual interests. We continue to do so with enthusiasm.

Third, I have learned way more about advocacy for psychologists, legislation as it pertains to psychology and psychological practice, and governance issues pertaining to mental health. I was very pleased to be invited to attend the liberal caucus and a full-day workshop on the proposed Mental Health Act, Bill 109.

(Continued on page 2)

President's Annual Report

PRESIDENT'S ANNUAL REPORT

(Continued from page 1)

Fourth, I have been invited to attend events and present greetings from APNS. Not only have these opportunities been a great honour for me but I have also been able to develop more public speaking skills.

Finally, I have had the opportunity to meet many of you and to get to know you much better than I would otherwise. This has been very enriching for me and I am most appreciative!

I would like to end my report with two final matters: One, special thanks, and two, Making a Difference: A Tribute to Mary Walsh. I want to make a special mention of the outgoing Executive members: Jennifer Hendrick, Carolyn Humphreys, Robert Milks, and Mark Smith.

Jennifer is the best secretary and minute taker I have ever met. In addition, the views she expressed on many topics were well thought out and very perceptive. Carolyn amazed me with her ideas, her knowledge base and her ability to break down issues into component parts and then make a wise decision. She is a gift to Nova Scotia psychology and more. Robert did an excellent job of keeping the books and participating in the meetings and beyond. He gets extra points for traveling in from Monastery for the meetings every month. Mark was involved with the web design and representing student interests on the executive. In addition, he provided good insights and helped us to make good decisions. Finally, on page 3, I give you the poem I presented to Mary Walsh at our Gala Dinner and Silent Auction last February. I hope you like it!

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Mary Walsh, well known performer and our guest of honour for the APNS Gala Dinner and Silent Auction as the 2005 recipient of the APNS President's Award.

Presidents Annual Report

(Continued from Page 2)

Making A Difference: A Tribute to Mary Walsh

A clear and crisp reflection portrays the absolute perfect beauty of its image;

and little ones grow and blossom brightly:

the flourish of elegance from emptiness and then to fulfillment

from bunches of tiny stones come rippling gentle forces moving outwards,

stretching,

always so full of purpose.

Moving out

Looking in

Reaching up

Always seeking . . .

A fleeting idea is born and grows in the thoughts of magicians:

Thousands and millions of insights rise up and develop into a symphony of creativity.

We Stop. We listen to reverberations of comedic originality.

Ha; our souls laugh delighting with winks of joy:

Expressing Gratitude. . . .

Releasing Inner Tension. . . .

Transforming negative energy into possibility and hope.

We sigh, we rest, we anticipate more experiences of calm; of comfort.

Moving out

Looking in

Reaching up

Always seeking . . .

An omnipresent eye gazes on our sacred land of Canada;

Canadiana:

A Newly Found Landia . . .

A country filled with talent

many . . . many

morsels of excellence;

Among them;

The Arts

Dramatic Activity

Comedy and Tragedy

Prolific Passions

Entertaining the Masses

Weaving a tapestry of appreciation with

strands of equity and integrity.

Welcome to a population led, truly led, by special people with special gifts.

Not rampant power;

Not smooth moves;

Nor Crafty Misinformation . . .

So what is seeing?

What DO we see looking beyond outer shells or exterior facades?

Seeing is

deep insight,

deep caring

deep humans being.

Seeing is

Excellence Personified

Personified in beings dedicated to the dignity of the human soul!

. . . sensational . . .

Touching minds

Touching hearts

Personified in beings dedicated to the sanctity of the human soul!

Moving out

Looking in

Reaching up

Always seeking . . .

Awards and Rewards? Honours and Accolades? Praise and Recognition?

Count them; one by one . . . She can count them for she has Special Talents;

Special Gifts!

Her reward in the giving

her honour in expressing

inner gifts. . .

her praise in higher perceptions of

life unfolding

flowers opening

winsome wondering.

Thank you, Mary!!

Bless you, Mary!!

Annual General Meeting

NOTICE OF PROPOSED CHANGES TO THE APNS CONSTITUTION



On May 13, 2005, at the APNS Annual General Meeting, the Executive will present a motion to add a new Membership category to the Constitution. The new category, **Retired/Inactive Members**, will come into effect in the 2005-06 Membership year. The fee for membership under this category will be \$50. To view the current APNS Constitution please visit our website:

<http://www.apns.ca/general.html> The changes to the Constitution will read as follows:

1. *The Association shall consist of Members, Retired/Inactive Members and Student Members.*
2. *At the discretion of the Executive Committee, Members shall be:*
 - a) *persons who are on the Register of Psychologists or the Register of Candidates of the Nova Scotia Board of Examiners in Psychology; or*
 - b) *persons who hold a Doctoral degree or a Master's degree in Psychology, granted by an educational institution having a graduate programme acceptable to the Association; or*
 - c) *persons who were members in good standing as of November 5, 1983.*
3. *Retired/Inactive Members shall be persons who have retired or taken a leave of absence from their profession of psychologist as defined in Section 2. Retired/Inactive Members have all the rights and privileges extended to Full Members of the Association.*
9. *Membership fees for Members, Retired/Inactive Members and Student Members shall be determined by the Executive Committee from time to time, with the approval of the Association*

ASSOCIATION OF PSYCHOLOGISTS OF NOVA SCOTIA

ANNUAL GENERAL MEETING

FRIDAY, MAY 13, 2005

12:00 Noon

AWARDS PRESENTATION AND LUNCHEON

1:00 p.m.

DALHOUSIE UNIVERSITY CLUB BOARD ROOM

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

ANNUAL GENERAL MEETING 2004 ~ MINUTES

**Association of Psychologists of Nova Scotia
Annual General Meeting
Minutes
May 7, 2004
University Club, Dalhousie University**

Present: Kevin Rice, Pam Dixon, Victor Day, Judie MacDougall, Gwen Sterns, Gordon Butler, Stephen Perrott, Lauren Marsh-Knickle, Heather Higgins, Ann Wetmore, Lynn Ross, Myles Genest, David Pilon, David Mensink, Carolyn Humphreys, Jennifer Hendrick, Todd Hill, Richard Braha, Bob Milks, Mark Smith

1.0 Call to Order

Meeting called to order at 12:05 pm by President Carolyn Humphreys.

2.0 Approval of Agenda

Agenda approved unanimously as amended (Hill/Perrott).

3.0 Approval of Minutes of AGM, May 2, 2003

Minutes approved unanimously (Butler/Ross).

4.0 Business Arising

None raised.

5.0 President's Report

Published in *The Nova Scotia Psychologist* (Spring 2004). Approved unanimously (Braha/Hill).

6.0 Treasurer's Report

Bob Milks distributed report to meeting (attached to filed record). Discussion identified several errors, which Bob will correct; revised budget and balance sheet to be published in next *The Nova Scotia Psychologist*. Approved with 1 contrary vote (Milks/Butler).

7.0 Auditor's Report

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

8.0 Committee Reports

Reports of the following committees were published in *The Nova Scotia Psychologist* (Spring, 2004): Elections, Post-Trauma Services, School Psychology, APA, Advocacy, and Membership.

8.1 CPAP and CRHSPP

Richard Braha presented a verbal report regarding his activities as CPAP and CRHSPP representative. With respect to CPAP, the organization's mandate and infrastructure are being examined. CPAP and CPA sponsored a Canadian Advocacy Forum, which identified four strategic objectives: to promote psychology, increase access for Canadians to psychological services, promote alternative models of primary care services, and to increase awareness of psychologists' roles vis-a-vis other professions.

Regarding CRHSPP, all previous grandfathering eligibility criteria (eg for MA registrants) are now standing criteria; to be re-evaluated in 5 years' time. Several governance models as alternatives to the status quo have been discussed. The Board was instructed to review the alternate models that would increase registrant involvement in governance.

8.2 Business of Practice Network

Todd Hill reported on behalf of the Business of Practice Network. The CN Institute has funded a summer intern to make preparations for the presentation of the Psychologically Healthy Workplace award in February, 2005, in the first week of Psychology Month.

The new BOPN representative will be Arla Day.

The committee reports were unanimously approved (Day/Rice).

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Annual General Meeting

(Continued from page 5)

9.0 Notice of Motion

Carolyn Humphreys served notice that joint meetings of the Special Representatives, Committee Chairs, and the Executive, will be held four times per year, 2004-2005.

10.0 Bylaw Changes

Amendments were proposed to Article III, IV, VI, and VII. (Attached to filed record). As a result of discussion, the following amendments were made to these proposed amendments (Genest/Dixon):

Article IV: Item I: add “and a student member”

Item 7: retain. Replace word “Affiliate” with “Student Member”.

Article VII: Item 8: retain. Replace word “Affiliate” with “Student Member”.

Amended amendments were approved unanimously (Perrott/Ross). Attached to filed record.

11.0 Election of Officers for 2004-2005

Victor Day, Elections Committee Chair, reported that all positions were filled by acclamation. Day moved (seconded by Pilon) that the following be approved: President-Elect Kevin Rice, and Member-at-Large Lauren Marsh-Knickle. Approved unanimously.

12.0 New Business

The Chair was passed to David Mensink, President.

12.1 Incoming President’s Address

David outlined areas of focus for 2004-2005, including website development and Psychology Month.

12.2 Appointment of Auditor for 2004-2005

Lynn Ross agreed to re-offer for the position.

12.3 Appointment of Electoral Officers for 2004-2005

Electoral officers Victor Day, Louise Stringer-Warren, Richard Braha and Carolyn Humphreys were appointed with unanimous approval (Butler/Genest).

12.4 Website Design Demonstration

The APNS Office Manager, Susan Marsh, was introduced. She reported briefly on the development of the new APNS website.

13.0 Adjournment

The meeting was adjourned (Rice/Pilon) with unanimous approval at 1:40 pm.

Respectfully submitted,

Jennifer Hendrick
APNS Secretary

ELECTIONS COMMITTEE ANNUAL REPORT



Dr Victor Day
Elections Committee
Chair

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.

This year, four Executive positions will become open by the AGM, for President-elect, Secretary, Member at Large (Treasurer), and Student Member Representative. The initial call for nominations resulted in two nominations, of Bryan Campbell for Secretary and Joann Doran for Student Member Representative. They therefore take those positions by acclamation. Bryan works at the Counselling and Psychological Services Center of Dalhousie University, where he primarily helps students with learning disabilities or attentional problems; and he has a part-time private practice. Joann is a graduate student at Mount Saint Vincent University.

A second call for nominations for the positions of President-elect and Treasurer has been made, and at the time of the writing of this report (March 30th) we are still attempting to facilitate nominations. If there is an election, you will have been notified of it before you receive this issue of the Nova Scotia Psychologist. If the

positions are filled by acclamation, announcement of this will occur at the AGM.

The terms of two members of NSBEP end this upcoming year, in July and November. We have called for and received nominations. We already have made a recommendation to the Executive concerning one vacancy and are in the process of considering a recommendation for the other.

We have received nominations for the Fellow award this year, and passed these nominations and our recommendation on to the Executive, which has selected a Fellow. This award will be announced at the AGM.

So, come to the AGM to find out what's happening.

Victor Day, Ph.D.
Chair, Elections Committee

Committee Members :
Richard Braha
Louise Stringer-Warren
Carolyn Humphreys

Committee Reports

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 70 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 would like to offer a sincere thank you to those active committee work group members who have been so welcoming and supportive including Pam Dixon, Barbara Fox, Charles Hayes, Janice Howes (Disaster Response Coordinator), and John Whelan. As a relatively new member of the psychological community in Halifax, it has been a real treat to be on a committee with such knowledgeable and experienced professionals. I would also like to thank the former committee chair, Kevin Rice for his continued support as I push past the challenges of heading my first committee.

As much of the original mandate of the Post-Trauma Services Committee has been accomplished, it has been decided that the committee will be taking a more educative agenda for the future. In 2004, the research accumulated by the committee concerning CISM (Critical Incident Stress Management) intervention was presented by Kevin Rice during a Discussion Hour at the 2004 APNS Annual General meeting. It is hoped that more presentations and workshops will be developed in 2005, not only to inform our APNS members about advances in trauma assessment and treatment, but also to educate the public and other health care professionals. Also

new to our agenda this past year is our participation on a provincial committee, the Psychosocial Emergency Response Group. This committee is attempting to coordinate emergency response for various psychosocial organizations such as the Red Cross, Capital Health, United Council of Churches, and the CISM network in case of a major emergency.

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 are still in need of more psychologists who practice in rural areas. 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 still 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 investigating. As our mandate expands into the realm of education, we will also require more work groups members to bring such events to fruition. If you are interested in learning more about new developments in trauma research and would like to help plan or organize such educative events, you may contact me directly at 492-2102 or andrea@waldegrovepsych.com.

Andrea Cook,
Chair, Post-Trauma Services Committee

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 Part II: Clinical Interpretation, which was held on October 22, 2004. The workshop was a collaborative effort involving our committee, the APNS Executive, and the Psychological Corporation. We were honored again to have Ms. Jacinthe Bourassa, M.A. present an in-depth process analysis of this assessment tool as well as provide information on new assessment measures. We are currently in the process of planning our next workshop for October 2005, which may include topics such as computer-assisted learning and new trends in academic interventions.

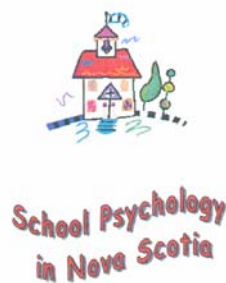
The committee has continued to work diligently towards obtaining special association status within the Nova Scotia Teacher's Union (NSTU). Having special association status is vital, as it would allow psychologists who work in schools to have a formal voice in NSTU matters. Special association status 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. We have had an overwhelming response from school psychologists working in Nova Scotia with over 55 signing our petition and submitting personal checks to be retained by the NSTU. Our application was submitted in June 2004. Their response on March 4th, 2005 was to meet with the Nova Scotia School Counsellors Association to discuss the feasibility in working with them to meet school psychologists' professional needs. While our committee does not believe that this is a viable option our next step is to meet and clarify the reasons why we deem that we require our own special association. Any comments or suggestions from the psychology community would be welcomed. Please feel free to email Kelly

Woodford at kwoodfor@ssrsb.ca

Over the course of the year we have also discussed different ways in which we could increase and facilitate communication among school psychologists in the province of Nova Scotia. As part of Psychology Month, the committee developed a brochure outlining School Psychology services in Nova Scotia. These brochures are currently being distributed to all school psychologists in the province. It is hoped that a brochure will be posted in all schools across Nova Scotia to provide information to school personnel, parents, and students. We have continued to actively explore the use of computer technology such as a website to further facilitate communication among school psychologists. The APNS website now has information about the School Psychology Committee which we hope you explore. We plan to continue to examine means to bring school psychologists closer together.

The 2004 - 2005 APNS School Psychology Committee included the following members:
Chair: Kelly Woodford; Treasurer: Stacey Young;
Secretaries: Peyton Harris and Jennifer Mullane;

Members: Penny Corkum (Past Chair), Patricia Rutherford, Dan Stephenson, Heidi Brooks, Crystal Sampson, Natasha Corbin, Lauren Claire, Margaret Cowan, Nancy Wilson, Constance l'Écuyer; MASP Member: Elizabeth Church; and Student Members: Rachel Panton, Katie Smith, Caitlin McCleave, and Kelly Murray. We wish to thank all the committee members for their dedication and hard work over the last year!



School Psychology Brochure

Committee Reports

APA COMMITTEE ANNUAL REPORT

APNS participated at the February 2005 meeting of the American Psychological Association Council of Representatives meeting. The APA Council is the governing body of the association and consists of 165 members representing the various Divisions, State and Provincial associations. Council meets for three days in February in Washington, DC and two days during the APA convention.

President Ron Levant presided over the meeting. Dr. Levant reported on his four presidential initiatives:

- 1) making psychology a household word;
- 2) promoting health care for the whole person;
- 3) enhancing diversity within APA and
- 4) expanding the range of research evidence in evidence-based practices.

Dr. Levant also updated Council on the \$250,000 directed to Tsunami relief, including the provision of training for mental health services in the wake of the disaster.

Public interest and educational initiatives dominated the Council Agenda. With respect to public interest, Council received the report of the Task Force on Mental Disability and the Death Penalty with recommendations to not execute individuals with persistent mental disability or mental disorders who have been convicted of murder. A resolution was approved on empirically-supported sex education and HIV prevention programs for adolescents. A task force was struck to recommend the development and implementation of zero tolerance policies in elementary and secondary schools. Another task force on the sexualization of girls was approved to develop recommendations for research, practice, education and training, policy and public awareness. Council received the report of the Task Force on Urban Psychology. The new Committee on Socio-economic Status was struck to bring attention to the psychological issues related to social class. Gender identity, as a concept distinct from sexual orientation, was included in

several policy and bylaw documents and is to become the focus of a new task force. Following the awarding of a presidential citation to Senator Brian Baird (who happens to be a psychologist), a resolution was passed on the "Psychological Needs of our Troops, their Friends and their Families". Senator Baird has championed the issue of health care for veterans.

The most significant public interest item at this Council meeting involved the report of the APA delegation to the World Congress against Racism in Durban, South Africa in 2001. When the delegation's report came before Council's last meeting, concern was raised about potential anti-Semitism that was reflected in some of the conference discussions. Indeed the governments of the United States and Israel left the Congress in protest. While the APA delegation was successful in seeing included language in the final UN declaration regarding the relevance of mental health, they had to endure intensely difficult circumstances while participating at the Congress. Ultimately the delegation's report and recommendations were received with a carefully crafted statement receiving the UN declaration and APA's position thereon. A subsequent motion appointing a working group to consider prejudice and discrimination in all forms, including anti-Semitism in APA, was passed.

Regarding educational initiatives, guidelines were passed for the Education and Training at the Doctoral and Post-doctoral Level in Consulting Psychology/Organizational Consulting Psychology. Funds were directed to the strengthening of teaching and learning of undergraduate psychological sciences as well as to revising the document, *Learner-Centered Psychological Principles: Guidelines for School Redesign and Reform*. Council renewed the recognition of Clinical Geropsychology as a proficiency in professional psychology.

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There were relatively few “practice” items on Council’s agenda at this meeting. A policy document was supported regarding the development of practice guidelines only when there is a clearly demonstrated and documented need to do so. Additional funds were directed to the Working Group on Psychoactive Medications for Children and Adolescents, which is reviewing the effective use of psychoactive medications and their integration with psychosocial interventions.

With respect to association affairs, APA’s financial house is well in order. Council passed the 2005 \$98,436,600 budget with an anticipated surplus. APA’s fortunes have reversed in recent years with significant revenues generated from electronic publication licensing (\$28,000,000 in 2004 alone). Fully 62% of APA revenues come from communications and publications with only 14% from member dues. The stock market rebound in the US led to a \$4,800,000 gain last

year to APA’s \$50,000,000 stock portfolio. Regarding other financial items, Council added \$100,000 to APA’s membership recruitment and retention programs. As well, \$60,000 was passed to help support the Archives of the History of American Psychology at the University of Akron. Council also voted to improve the reimbursement of expenses for Council participation. Lastly, the proposal for the establishment of a new Division, the Society for Human-Animal Studies was not supported as many were of the perspective that the proposed Division did not reflect a unitary concept of scholarship.

Should any APNS member be interested in other information regarding our participation at APA, please contact the APNS APA Committee.

Respectfully submitted,

The APA Committee

Private Practice Directory 2005 – 2006
The deadline for listing in the next
APNS Private Practice Directory
is April 30, 2005

If you wish to be listed in the Directory
please contact Susan at the APNS Office

APNS
Ste 417, 1657 Barrington Street
Halifax NS B3J 2A1

Phone: 902-422-9183
Fax: 902-462-9801
e-mail: apns@apns.ca
web: www.apns.ca

Committee Reports

ADVOCACY COMMITTEE ANNUAL REPORT

APNS participated at the 22nd annual American Psychological Association's State Leadership Conference in Washington, DC this past March. Over six hundred delegates from all of the state and (affiliated) provincial psychological associations and several practice Divisions took part at this advocacy training conference. The theme of the SLC, (Health and Behavior: Taking Psychology Back to the Future) reflects the growing public focus on the mind-body connection and its relevance as a solution for the ailing US health care system. Since 911, the SLC has focused its advocacy efforts on themes related to threats to security and resilience and their impact with respect to health care. This year's conference represents a shifting of course back to the future-oriented agenda of APA's prescription for health care. To assist with this shift, several notable speakers contributed ideas. Dr. Herbert Benson, originator of the relaxation response, spoke of inducing relaxation as the basis for appropriate self and health care. Dr. James Prochaska encouraged attendees to consider engaging an individual's readiness for change to move toward behaviors of health and positive coping.

Several SLC sessions were devoted to assisting state and provincial psychological associations (SPPA) to incorporate the mind-body theme into local public education and advocacy efforts. *Vis-à-vis* the delivery of health care, APA is attempting to position psychology at this intersection of psychological and physical health. Conference delegates brainstormed strategies to work with physicians in collaborative practice. The growing trend toward consumer-driven health care in the US has many implications for both self-care as well as the responsibility to integrate physical and psychological health behaviors.

Of course, the health care focus at SLC centered around the American health system. Yearly

American health care costs total \$1,400,000,000,000 (that's trillion) while 45,000,000 Americans remain without health insurance. Managed care (i.e., health insurance) companies are all moving toward the utilization of outcome measures to assess the course and impact of psychological interventions provided to their insured's. While this dovetails well with psychology's thrust towards evidence-based practice, several concerns were raised about the ethical consequences of outcome assessment.

Even with the American context of SLC, as always many of the themes related well to Canadian advocacy initiatives as well as to the functioning of volunteer psychological associations. The opportunity to network with the Canadian delegation (23 in number this year) was also invaluable with respect to our many collaborative advocacy efforts.

The Psychologically Healthy Workplace Award program, originated at SLC several years ago, has grown to be a significant advocacy component of the meeting. Over 40 SPPAs (including Nova Scotia) have now presented over 200 Psychologically Healthy Workplace Awards since the program's inception. The awards not only promote psychology in our broader communities but reinforce and encourage the psychological "health" of the many companies recognized.

The APNS delegation at SLC this year included Business of Practice Network representative, Arla Day and Federal Advocacy Coordinator, David Pilon. Anyone wishing further information about the APA State Leadership Conference should contact the APNS Advocacy Committee.

The Advocacy Committee

MEMBERSHIP COMMITTEE ANNUAL REPORT

This year the APNS – MC set their sites on four main objectives. The first was to offer as many Nova Scotia psychologists as possible opportunities to meet with APNS representatives. The second objective was to support Psychology Month activities. The third was to stage at least one social outing, and the fourth was to pursue an informal “mentoring” network. I feel we have made significant strides in each of these areas.

The first and perhaps most time and resource intensive initiative has been the development and staging of a “Town Hall” presentation. The presentation outlines the distinct roles of provincial boards and associations, and spells out how APNS has been attempting to fulfill its mandate as provincial association. The presentation has been offered in the context of a “Town Hall” setting in which an exchange of ideas has been encouraged. This format was favoured to help APNS hear some of the concerns and creative ideas of Nova Scotia psychologists. So far, two Town Halls have taken place, one at the University College of Cape Breton (UCCB) and the other at Dalhousie University. Primarily faculty and students of the host universities attended both events, although e-mail notices were sent to all registered psychologists in both regions (Cape Breton Region and Halifax Regional Municipality). This representation allowed for interesting insights into the question of bridging the gap between academics and clinicians. The ideas generated were recorded and will be presented to the APNS Executive for their perusal and consideration. Three more Town Hall meetings are being organized; one in the Annapolis Valley, one in Antigonish and another on the South Shore.

By way of supporting the Psychology Month initiatives, Dr. Tara Szuszciewics and Dr. Todd Hill took on the project of organizing and planning the Gala Dinner and Silent Auction with the help

of student member Jennifer Mullane and the considerable expertise, time and effort of APNS Office Manager, Susan Marsh. In terms of a social outing, Dr. Barb Fox has worked with East Coast Outfitters to organize an afternoon of Kayaking. Although communication for the fall event was fraught with obstacles, we hope that the spring kayaking event will be a successful venture.

Dr. John Whelan has led the charge for exploring mentoring opportunities within the context of APNS. In that regard, he has worked with APNS’ Office Manager and members of the Executive on designing a web page that can accommodate web-based discussions. Furthermore, Dr. Whelan has met with Dr. Barb Fox and Dr. Jennifer Hendrick to explore some of the issues and possibilities for mentoring. Currently, there is a standing invitation for any APNS member interested in speaking with an experienced psychologist to call the APNS office and Dr. Whelan and / or Dr. Fox will coordinate communication. Furthermore, if there are any experienced psychologists interested in acting as an informal mentor to less experienced psychologists, please call or e-mail Susan Marsh (APNS Office Manager: Phone: 902-422-9183 or apns@apns.ca).

The APNS Membership Committee currently consists of Dr. Todd Hill, Dr. John Whelan, Dr. Paul Freeman, Dr. Tara Szuszkiewicz and Bev Butler. If you have any interest in either joining this committee or volunteering for any of our initiatives, please don’t hesitate to contact us via the APNS office. We hope to see or hear from you soon.

Dr. Todd Hill
Dr John Whelan
Co-Chairs, Membership Committee

PROCLAMATION FOR PSYCHOLOGY MONTH IN NOVA SCOTIA



Proclamation

Psychology Month

WHEREAS effective health services involve a continuum of activities from health promotion and prevention to assessment, treatment, and rehabilitation; and

WHEREAS psychologists play a vital role in the delivery of health services in Nova Scotia, through research, clinical care, and education; and

WHEREAS the Association of Psychologists of Nova Scotia promote healthy lifestyles to help in the prevention of illness in our communities;

*THEREFORE be it resolved that I, John F. Hamm, Premier of Nova Scotia, do hereby proclaim the month of February 2005 as **Psychology Month** in the Province of Nova Scotia and do commend its thoughtful observation to all citizens of our province.*



John F. Hamm
John F. Hamm, M.D., M.L.A.
Premier of Nova Scotia

Signed at Halifax, Nova Scotia

PSYCHOLOGY MONTH COORDINATING COMMITTEE REPORT

“February is Psychology Month!” How many times have we said that over the past few months?

Yes, February was Psychology Month and we did acknowledge and celebrate it. As we approach the 2005 AGM, I remember we discussed Psychology Month at the last AGM. At that time we decided that we should do “some things” and we agreed that we could spend “some money” on making this happen. Last May, February seemed like a long way away.

Now it is April 2005 and time to look back at what we accomplished for Psychology Month, 2004. We certainly did do several things and we did spend a bit of money. What did we accomplish?

The goal of Psychology Month, as taken from CPAP’s Psychology Month Toolkit, was:

“... to generate grassroots activities that will raise Canadians' awareness of the role psychology plays in their lives and in their communities.” ...[and to encourage] all members of the psychology profession to connect with their communities and show them the value and benefits of their work.”

To turn those few words into a successful initiative took a considerable amount of time and energy. Here is a list of some of the things APNS did:



- Formed an organizing committee
- Placed Calls for Volunteers
- Created and printed materials - posters, fact

sheets, flyers and brochures

- Created media packages and contacted individual members of the media, resulting in two print items, a French-language CBC interview and other references and announcements
- With Private Practice Psychologists and NSBEP we placed a full page colour ad in the Chronicle Herald
- Organized a Gala dinner and Silent Auction the funds of which will be presented to two non-psychology groups –Early Intervention Nova Scotia and Transition House Association of Nova Scotia. The dinner also brought politicians and members of the NSGEU to our dinner
- Honoured a non-psychologist - Mary Walsh with the President’s Award
- Honoured Past Presidents with a newly created Past President Pin
- Participated in the Psychologically Healthy Workplace Awards with the CN Centre for Occupational Health and Safety which awarded non-psychology organizations for their commitment to the health of their employees
- Visited Malls in Halifax, Dartmouth, New Minas and Sydney
- Promoted psychologists’ expertise to the media
- And contacted many, many psychologists around the province.

To do this, we spent about \$3500.

All of these activities moved us toward the goals we set for ourselves. A big thank you to everyone who participated in, and contributed to, this success. We reached out within our communities and promoted an increased awareness of psychology. We took many first steps, creating materials that we didn't have before and

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Committee Reports

GALA DINNER AND SILENT AUCTION

This year's Gala Dinner and Silent Auction was a resounding success. The evening started out with a reception in the Lord Nelson's recently renovated Georgian Lounge. This was the site of over 40 silent auction items including spa certificates, dinner vouchers and hotel/inn stays. One of the most profitable items was a set of artful photographs of Mahone Bay taken by APNS' own Lynn Ross (the set of 2 photos went for \$500). Early in the evening, the atmosphere was further enhanced by the soothing strains of the Rhapsody String Quintet.



Mary Walsh accepting her Award

The dinner itself was served in the Imperial Ballroom lending an historic atmosphere to the event. Dinner consisted of a delicious 4-course



The Honourable Angus MacIsaac, NS Minister of Health at the Podium

meal with diners' choice of hoisin glazed chicken breast or oven roasted haddock.

The Master of Ceremonies for the evening was none other than Dr. David Pilon who kept the evening going with his energetic mixture of charm, mischief and wit.

Special lapel pins were given to the past Presidents of the APNS and an impressive crew they

were as 12 were in attendance. The Honourable Angus MacIsaac (Nova Scotia Minister of Health) was in attendance and read the official proclamation heralding the inaugural Psychology Month in Nova Scotia. The highlight of the night was the President's Award presented poetically and earnestly by APNS



Master of Ceremonies Dr David Pilon

President, Dr. David Mensink. This year's recipient Ms. Mary Walsh received the award for her significant contribution to mental health in the province through her gift of laughter, her ongoing commitment to community agencies, her position as role model for women and her promotion of reading and literacy. Her reception speech was

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developing processes to turn ideas into action. If there was an area where we pulled up short of our goals, it was in the attempt to involve the "grassroots" as much as we would have liked.

Although APNS can lead Psychology Month, hold events and make activities happen, it is the involvement of Psychologists themselves that really makes Psychology Month an effective and valuable tool. It is our hope that next year more of you will join us by getting involved and helping us

reach out, advocate and connect with our communities. One of our early goals for next year is to have more of our membership involved in getting the word out. As anyone who was at the Gala Dinner can attest, we've now seen that getting our collective energies together can, and does, work.

So: "Next February is Psychology Month." What are we doing?

The Psychology Month Co-ordinating Committee

GALA DINNER AND SILENT AUCTION

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heart-warming, thought-provoking and side-splittingly funny. While graciously accepting the honour, Ms. Walsh commended us as psychologists for the significant contribution that we have made in her life and the lives of those around her.



Rhapsody Quintet

Other noteworthy attendees including the Honourable Alexa McDonough (MP for Halifax), Joan Jessome (President of the NSGEU), Jennie Gillis (representative for the EINS board) and Pamela Harrison (Coordinator for THANS).

EINS (Early Intervention Association of Nova Scotia) and THANS (Transition House

Association of Nova Scotia) are the two provincial associations selected by the APNS Executive to be the beneficiaries of this year's fund-raiser. The representatives of both EINS and THANS have been effusive in their thanks to and praise of APNS' contributions.

At the end of the evening, it was clear that APNS had achieved many of the goals set by undertaking such an ambitious event. The profile of psychology was certainly raised in the community, and opportunities for building and strengthening relationships with people of influence were also realized. However, the most pervasive comments were about how great we all looked (to which the photos can attest) and how good it felt to be out of our offices and interacting with each other under such warm, comfortable and resplendent circumstances.

Dr. Todd Hill, Chair
Gala Dinner and Silent Auction Committee

Hon. Angus MacIsaac, Dr. David Pilon, Mary Walsh, and Dr. David Mensink



Committee Reports

PSYCHOLOGICALLY HEALTHY WORKPLACE AWARD COMMITTEE REPORT

On February 3rd, 2005 the APNS Psychologically Healthy Workplace Award (PHWA) Committee held their 1st annual Psychologically Healthy Workplace Awards ceremony at the Windows Lounge / World Trade and Convention Centre in downtown Halifax. This event was strategically scheduled to coincide with the 1st annual Psychology Month events. By all accounts, the PHWA ceremony was a resounding success and was attended by a number of prominent members of the psychological, business, and political communities. This successful event marks the culmination of 10 months of hard work, cooperation and dedication by Dr. Arla Day (Chair of the APNS - PHWA committee), the PHWA committee (Dr. Todd Hill, Dr. Lori Francis, Dr. Kevin Kelloway, Jason Slaunwhite, Matt Prosser), PHWA staff (Sonya Melnyk & Breanne Ricketts), and volunteers.

The awards honour organizations across the province that demonstrate a commitment to the psychological health and well-being of their employees. Annual ceremonies are held in 34 States, and Nova Scotia is only the second province in Canada to present these awards (B.C held its first award ceremony in June, 2004).

The benefits of a healthy workplace include increased productivity, increased employee retention rates, recruiting advantages, enhanced company image, better workplace atmosphere, as well as workers who are less stressed and happier. Studies show that companies not only benefit from their psychologically healthy workplace practices but that they also pay a very real price (reduced profits) for inaction in these areas.



Holiday Inn Express Halifax/Bedford

The winners of the **2005 APNS – PHWA** were:

In Recognition of Excellence in Health Promotion:
SECUNDA MARINE

In Recognition of Excellence in Employee Involvement & Healthy Work Culture:
KINGSTON & DISTRICT SCHOOL

In Recognition of Excellence in Policies and Initiatives:
CAPITAL DISTRICT HEALTH

In Recognition of Excellence in Employee Recognition and Support:
HOLIDAY INN EXPRESS HALIFAX / BEDFORD

In Recognition of Excellence in Health and Wellness Programs:
NORTHWOOD

In May 2004, the APNS - PHWA Committee met for the first time. The committee consists of academics, students, and a clinical psychologist who all share an interest in the relationship between the business and psychological communities. Almost a decade ago, a group of like-minded psychologists met through the APA with the goal of developing stronger bonds between the psychology and business communities. Thus, the PHWA initiative was born. By virtue of APNS' membership in APA, the PHWA committee has



Secunda Marine

Kingston & District School



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Capital District Health
PHWA event.

benefited greatly from the resources directed towards this award program.

Although a number of provinces have had PHWA representation and access to the APA resources, the APNS is only the second provincial association to have successfully staged a

At present, the PHWA committee is “tying up some of the loose threads” from last month’s event, have started planning for next year’s PHW awards, and are helping Ontario and Manitoba establish their awards program. We have already heard from APNS members interested in joining the PHWA committee and would welcome other APNS members interested in coming aboard. Furthermore, one of the most rewarding tasks of the PHWA committee was cooperating with other volunteers in doing the site visits.

In addition to the members of the PHWA committee, our site visitors this year included: Dr. Richard Allon, Dr. Mark Fleming, Dr. Debra Gill,

Dr. Dion Goodland,
Dr. David Mensink,
and
Dr. Shaun Newsome.
Our thanks to these professionals for lending their time and enthusiasm to the site visits.



Northwood Group

Anyone interested in taking part in any aspect of the PHWA event, in the future, would also be welcomed. Please direct your interest through APNS’ office co-ordinator Susan Marsh at apns@apns.ca.



Psychologically Healthy Workplace Award Review Committee





Welcomes its New Members

**Kelly Joudrie
Celeste LeFebvre
Christopher Mushquash
Jody Sark
Melanie Vanier**


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.

visit the apns website for:

- Member News
- Events & Workshops
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More Photos from the Dinner and Silent Auction



CALL FOR SUBMISSIONS
The Nova Scotia Psychologist

APNS Members are invited to submit items for publication

for the September 2005, 40th Anniversary Issue

Topic: History and Memories of APNS

Stories, Memorabilia and Photos

Contact Richard Braha at braha@dal.ca

Or the APNS Office 902-422-9183

Calendar

Tuesday, April 26
“An evening with Jon Kabat-Zinn”
7:30 p.m.

McInnes Room, Dalhousie University
Hosted by Frog Hollow Books



Friday, April 29th
IWK Health Centre Psychology Services
One-Day Workshop
OE Smith Auditorium, IWK Health Centre, Halifax
“Diagnoses, Prevention & Treatment of
Conduct Problems in Youth”
Dr Robert McMahon



Friday, April 29th,
College of Psychologists of N.B. Conference
8 a.m. - 5 p.m.
Moncton

“Ethics and the Law;
Best Practices in Psychology”.
Speakers will include Dr. Patrick O’Neil, Past Presi-
dent with the Canadian Psychological Association,
Mr. Robert Basque, CPNB’s Legal Advisor and Ms.
Rita Chadda, Director of Legal Affairs with Multi-
Health Systems Inc.



May 19th & 20th
3rd Annual N.S. Symposium on Suicide
MSVU
Presented by the Help Line Society and Mobile Crisis
Intervention Services

IWK Public Education Series in
Psychology

7:00 to 8:30 ~Parker Reception Room,
IWK Health Centre
For Information, Contact:Debbie Carr
at 902-470-8924

May 17, 2005
Joanne Gusella, Ph.D.
Eating Disorders: How to recognize the
signs and take action

June 21
Erika Brady, Ph.D.
Anxiety and Fears: Helping
Children Cope

September 20
Susan Jerrott, Ph.D.
Parenting Children with Behavioral
Difficulties

October 18
Joan Boutilier, Ph.D.
Sexual aggression/ Inappropriate
Behavior in Teens

November 15
William Crist, Ph.D.
Mealtimes and Toddlers: Getting off
to a healthy start in life

December 14
Dorothy Chitty, Ph.D.
Developmental Issues and Habits

Workshops

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

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President: David Mensink
 Past President: Carolyn Humphreys
 President Elect: Kevin Rice
 Treasurer: Robert Milks
 Secretary: Jennifer Hendrick
 Member at Large: Lauren Marsh-Knickle
 Student 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: Arla Day

Federal Advocacy Coordinator: David Pilon

Public Education Campaign Coordinator: Lynne Robinson

Archivist: Maria Angelopoulos

Advocacy:

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Joanne Gusella
 Lynne Robinson
 John Campbell
 Murray Schwartz
 Eileen Donahoe

APA:

David Pilon
 Maureen Gorman

Continuing Education:

Lauren Marsh-Knickle (Exec Liaison)

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Victor Day (Chair)
 Louise Stringer-Warren
 Richard Braha

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Todd Hill (Co-Chair)
 John Whelan (Co-Chair)
 Bev Butler
 Barb Fox
 Paul Freeman
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