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PRESIDENT'S ANNUAL REPORT



Kevin Rice,
President

As my term as your President draws to close, I am pleased to report that, as the APNS turns forty, we are continuing to build on the legacy of past contributions to the Association

and positioning ourselves to meet the challenges of current times. Our membership is stronger than ever and your Executive has had a productive year moving the agenda forward.

The second annual national Psychology Month was another huge success this February. In partnership with Eastlink Television, we created a Relationship Check-Up program that increased our visibility in the community. We also ran television ads on Global and produced another two-page insert in the Sunday Herald that helped raised our profile. APNS was proud to be a sponsor for the very successful Psychologically Healthy Workplace Conference and, given the strong interest from many business and community agencies, our Continuing Education Committee is planning an industrial / organizational targeted workshop for the fall. The flagship event for the month, the Gala Dinner and Silent Auction, raised approximately \$1500 for Caregivers Nova Scotia and an entertaining

evening of good food and good company, not to mention the dancing, was shared by those in attendance.

With respect to Psychology month (and beyond), one area to build on for the future is the ongoing development of our Speakers' Bureau and the recruitment of Psychologists from across the province to share their expertise with their communities, government representatives, and the media. One of my goals as your President this past year has been to begin the process of establishing the APNS as "The Source" for authoritative information on psychology-related public issues. We have been refining our mechanisms and processes for providing timely knowledge on a consistent basis and are moving in the right direction.

In terms of internal communication, I am most pleased to report that the Association is in the process of organizing a network of volunteer Psychologists who will provide ethical consultation to their colleagues. If you would like to be part of this important service to the profession, please proceed to www.apns.ca/documents/EthicalConsultVolForm.pdf, complete the form, and help get this initiative off-the-ground. Another

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President's Report

PRESIDENT'S ANNUAL REPORT (continued from page 1)

helpful service to member Psychologists, our Peer Support Program, is also in the process of being updated (you can refer to our revised description at www.apns.ca/members.html). Based on inquiries from many members province-wide, this year also saw an increase to our Recommended Fee Schedule (see www.apns.ca/documents/uidetoFeesandBilling2006.pdf for further details). As you can see by the number of hyperlinks in this paragraph, our website (www.apns.ca) has become an important resource for our members and I encourage you to check it often for the latest events and up-to-date information.

There have also been some changes this year with respect to our committees. We were pleased to hear that this past May, after many years of advocacy work, members of the School Psychology Committee were informed that they had been granted Special Association Status with the Nova Scotia Teacher's Union (NSTU). At present, there is interest being expressed by School Psychologists to expand the scope of the former committee and re-form as a Child and Adolescent Psychology Committee. The Executive is fully supportive of such a transition and is currently working to assist the process.

This year also saw the creation of an APA-inspired Rural Health Network / Committee (coordinated by Dr. Doug Symons) and the restructuring of the Continuing Education Committee (chaired by Dr. Carolyn Humphries). In addition to organizing a number of quality professional workshops (such as the upcoming "Mindfulness-Based Cognitive Therapy" on May 4 and 5 with Dr. Zindel Segal), the CE committee is also planning to work with the Nova Scotia Board of Examiners in Psychology (NSBEP) to develop new guidelines for Psychologist CE requirements.

The Executive has continued to hold joint meetings with the NSBEP over the course of this past year to discuss issues of mutual concern. We co-sponsored a supervision workshop in November (presented by Dr. Elizabeth Church) that was well attended and received excellent reviews. In March of this year, the Elections Committee and its NSBEP Nominations Subcommittee recommended, and the Executive approved, two three-

year appointments to the Board (Dr. Lowell Blood and Dr. Allan Wilson) and one two-year term extension (Ms. Patricia Rose).

From the provincial to the national stage, the Executive was pleased to welcome CPA Executive Director, Dr. John Service, to a meeting in October where he shared recent developments concerning the Enhancing Interdisciplinary Collaboration in Primary Care (EICP) Initiative. At our meeting in March, the APNS officially endorsed the EICP Principles and Framework document (which can be reviewed at www.eicp.ca). In addition to collaboration with CPA, APNS has also sent delegates to the CPAP (Council of Provincial Associations of Psychologists) National Advocacy Forum and meetings, as well as the CRHSPP (Canadian Register of Health Service Providers in Psychology) meetings. Internationally, APNS was well represented (three delegates) at the recent APA Practice Directorate's State Leadership Conference in Washington, D.C.

Finally, I would like to offer thanks to the many APNS volunteers who make time in their busy schedules to contribute their energy and enthusiasm to helping Psychology grow as a profession in the province. A special thank you to the dedicated members of this year's Executive whom I've had the pleasure of getting to know, work alongside, and learn from. I wish to leave you with the traditional call to become involved in your Association, using the words of Francis Bacon (updated for modern times):

"I hold every [person] a debtor to [his/her] profession; from the which as [persons] of course do seek to receive countenance and profit, so ought they of duty to endeavor themselves by way of amends to be a help and ornament thereunto."

I have appreciated the opportunity to serve as your President this year and have enjoyed the challenge of working to advance the APNS agenda. I hope to see you, perhaps in a relaxed and mindful state, over the noon hour on May 5th at our Annual General Meeting.

Respectfully submitted,

Kevin Rice, M.A., R.Psych., President

APNS ANNUAL GENERAL MEETING 2005 - MINUTES

Annual General Meeting Minutes May 13, 2005 University Club, Dalhousie University

given to Secunda Marine Services Ltd., Kingston and District School, Capital District Health Authority, Holiday Inn Express, and Northwoodcare Inc & Northwood Homecare Ltd.

Present: *Judy Hayashi, Maureen Gorman, Victor Day, Judie MacDougall, David Pilon, Lynn Ross, Myles Genest, Joann Doran, Rilda van Feggelen, Arla Day, Shaun Newsome, Heather Higgins, Pat O'Neill, Todd Hill, Pam Dixon, Andrea Cook, Barb DeLong, David Mensink, Carolyn Humphreys, Kevin Rice, Bob Milks, Mark Smith, Jennifer Hendrick*

Regrets: *Lauren Marsh-Knickle, Richard Braha, Gordon Butler*

1.0 Call to Order

Meeting called to order at 12:03 pm by President David Mensink.

2.0 Approval of Agenda

Agenda approved unanimously as circulated (Day/Higgins).

3.0 Approval of Minutes of AGM, May 7, 2004

Minutes approved unanimously as published in *The Nova Scotia Psychologist* (Spring 2005). Newsome/Genest.

4.0 Greetings from CPA

Patrick O'Neill, Past President, brought greetings from the Canadian Psychological Association. He relayed several recent CPA events, including the relocation of the head office in Ottawa, and the leadership by CPA of a consortium of 10 national organizations examining primary health care delivery in Canada.

5.0 Business Arising

5.1 Psychologically Healthy Workplace Awards

Arla Day made a presentation regarding the first Psychologically Healthy Workplace Awards, given in February, 2005. The Awards originated with the American Psychological Association; Nova Scotia is the second province to offer the awards, which recognize organizations' commitment to employee health and well-being. This year awards were

5.2 Psychology Month 2006

Kevin Rice, a member of the Psychology Month 2005 Coordinating Committee, along with Carolyn Humphreys and Susan Marsh, presented an overview of 2005 activities. He acknowledged the contributions of many APNS members in making the inaugural event a success, with a budget of less than \$3500. He suggested that planning for Psychology Month 2006 start early and involve more volunteers. Susan Marsh, APNS Office Manager, stated that she was preparing specific job descriptions for prospective volunteers. Kevin also reported that the APNS Executive hoped there would be more community talks/workshops by Psychologists, and activities throughout the province. He asked APNS members to contact him with any other ideas for Psychology Month 2006.

5.3 Joint Meetings

David Mensink reported that APNS Committee Chairs and Special Representatives met with the APNS Executive on four occasions in the past year, which he stated was beneficial to all involved.

6.0 President's Report

Published in *The Nova Scotia Psychologist* (Spring 2005).

7.0 Treasurer's Report

Bob Milks distributed Treasurer's Report and Budget to meeting (attached to filed record). Approved unanimously (Dixon/Genest).

8.0 Auditor's Report

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

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APNS ANNUAL GENERAL MEETING 2005 - MINUTES (continued from page 3)

9.0 Committee Reports

Reports of the following Committees were published in *The Nova Scotia Psychologist* (Spring 2005): Elections Committee, Post-Trauma Services Committee, School Psychology Committee, APA Committee, Advocacy Committee, Membership Committee, Psychology Month Coordinating Committee, and the Psychologically Healthy Workplace Awards Committee. In addition, the CPAP delegate's report was distributed.

Committee reports were accepted as published and presented.

10.0 Motion Regarding Retired/Inactive Members Membership Category

The Executive presented a motion to add a new membership category to the APNS 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. The proposed changes to the Constitution 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.

The changes were unanimously approved (Newsome/Hayashi).

11.0 Election of Officers

Victor Day, Election Committee Chair, reported that vacant positions for 2005-2006 were filled by acclamation. The President Elect is Maureen Gorman, Treasurer is Shaun Newsome, Secretary is Stacey Young, and Student Member is Joann Doran.

12.0 New Business

The Chair was passed to Kevin Rice, President.

12.1 Incoming President's Address

Kevin outlined his goals for 2005-2006, including raising the profile of Psychology in Nova Scotia.

12.2 Appointment of Auditor for 2005-2006

Lynn Ross agreed to re-offer for the position.

12.3 Appointment of Electoral Officers for 2005-2006

Electoral officers Victor Day, Louise Stringer-Warren, and Richard Braha were appointed with unanimous approval (Hayashi/Hill).

13.0 Adjournment

The meeting was adjourned (Mensink/Smith) with unanimous approval at 1:10 pm.

Respectfully submitted,

Jennifer Hendrick
APNS Secretary

ELECTIONS COMMITTEE ANNUAL REPORT 2005-2006



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, three Executive positions become open by the AGM, for President-elect, Secretary, and Member at Large. The initial call for nominations resulted in two nominations, of Debra Garland for Secretary and Dean Perry for Member at Large. They therefore take those positions by acclamation. They are two excellent people, with previous Executive experience. Debra has already been Executive Secretary for most of the past year, as that position had become open due to the resignation of the previous incumbent. Dean has served as Executive Secretary in the past.

A second call for nominations for the position of president-elect has been made, and as of the writing

of this report (March 30) 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 position is filled by acclamation, announcement of this will occur at the AGM.

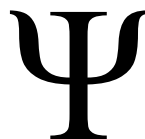
The terms of three members of NSBEP end June 30. We have called for and received nominations. We sent these nominations and our recommendations to the Executive, which has extended the appointment of Patricia Rose-Lamb for two years and appointed Lowell Blood and Alan Wilson.

Richard Braha has resigned from the Elections Committee after 3 years of faithful service, and has been replaced by David Mensink (who was on the committee this year ex-officio). Kevin Rice will join the committee ex-officio as Past-president for the upcoming year.

Respectfully submitted,

Victor Day, PhD
Chair Elections Committee

Election Committee Members :
Richard Braha,
Louise Stringer-Warren,
David Mensink



Committee Reports

POST TRAUMA SERVICES COMMITTEE ANNUAL REPORT

The Post-Trauma Services Committee was developed 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. Today, 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.

As chair of the committee for two years running, I would like once again to say thanks to those active committee work group members; Pam Dixon, Charles Hayes, and Janice Howes (Disaster Response Coordinator). Despite their very hectic schedules, they continue to stay abreast of any new development in the area of post-trauma research and treatment and remain enthusiastic to share their knowledge with others.

As stated in last years' annual report our committee has shifted its focus towards a more educative agenda since the original mandate of the Post-Trauma Services Committee has been accomplished. Plans are currently being made to provide network members with a workshop of post-traumatic stress and treatment options for the Fall of 2006. Although the meetings with the Psychosocial Emergency Response Group have slowed since the summer of 2005, we are committed to continuing our work with such organizations as the Emergency Measures Organization (EMO) Nova Scotia, Red Cross, Capital Health, United Council of Churches, and the CISM network to coordinate emergency response.

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, as there is a current need for providers in under-represented regions such as Cape Breton Island.

If you currently are a member of the network, we also would appreciate your taking a few moments to review the form and, if applicable, provide us with updated contact information. In particular, we are 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 checking out. As our mandate expands into the realm of education, we will also require more work groups members to make such events happen. 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.

Respectfully submitted,

Andrea Cook,
Chair



The ASSOCIATION OF PSYCHOLOGISTS OF NOVA SCOTIA

invites you to our

ANNUAL GENERAL MEETING

FRIDAY, MAY 5, 2006 12:00 Noon - 1 p.m.

**THE PETER WILSON ROOM, 2ND FLOOR
NEW ACADEMIC BUILDING
KINGS COLLEGE**

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

*This year's Annual Meeting coincides with the Zindel Segal Workshop on
Mindfulness-Based Cognitive Therapy, being held May 4 & 5 at Kings College Lecture Theatre.
We have arranged to have the AGM over noon-time lunch on Friday
in a separate room on the second floor of the same building.
We invite all APNS members to join us for the business meeting and
presentation of the Student Awards*

Committee Reports

APA NEWS

APNS participated at the February meeting of the American Psychological Association Council of Representatives in Washington, DC. The Council is APA's ultimate legislative body and has representation from all of the Association's constituent components (Divisions, States and affiliated Canadian Provincial Associations). Council is convened twice yearly, once in February and again during the convention in August.

Dr. Gerry Koocher presided over this, his first, Council meeting as President. As prerogative of the President, he outlined his particular initiatives for the year which are focused around issues of children and family, diversity and early career psychologists.

As usual, a full agenda came before Council for its consideration including some contentious issues, some housekeeping matters and items impacting on APA policy. With respect to educational items, Council supported the recommendations of the Commission on Education and Training Leading to Licensure in Psychology. Beyond the affirmation of the doctorate as the minimum educational requirement for entry into the profession and the import of the post doctoral experience for continuing professional development and credentialing, one recommendation of the Commission galvanized attention. The Commission put forth and Council ultimately adopted the change in APA policy to recognize that the second required year of professional training (beyond the full year internship) can be completed prior to the granting of the doctoral degree. In effect, this change in policy will recognize a year's worth of practicum experience, which along with the pre doctoral internship year, will be sufficient for the two year supervised experience requirement for licensure. This significant change in policy is motivated by two concerns. First, it is an effort to bring psychology in line with most other disciplines which are recognized (in a regulatory way) upon the

awarding of their respective post graduate degree. The second concern relates to student debt load (estimated to be an average of \$90,000 upon completion of the doctoral degree in the US) and the typical practice of first year psychologists to be compensated poorly during the year prior to obtaining their license. While respective regulatory bodies will still retain the authority to identify their own licensure requirements, it is expected that this change in APA policy will eventually influence regulatory changes as well. Funds were allocated for a National Conference on Training in Professional Geropsychology, for a review of the APA psychopharmacology curriculum and for a Task Force on Training Issues in Testing and Assessment for Graduate Students with Disabilities.

Many practice items came before Council and were supported including allocating funds for revising APA's model act for state Licensure, the establishment of Guidelines for Assessment and Treatment of Persons with Disabilities, and a mechanism for removal or exploration of practice guidelines and standards. In terms of science, a task force was struck to develop approaches to increase the numbers of quantitative psychologists. With respect to public interest, Council supported several new and continuing initiatives, including a resolution on Drug Abuse Treatment to Prevent HIV among Injecting Drug Users, the continuation of task forces on Sexualization of Girls, on Socio-economic Status, and on Gender Identity, Gender Variance and Intersex Conditions. A resolution was adopted on prejudice and discrimination in all its forms. A new Task Force was struck on Mental Health and Abortion. Language was refined on the APA policy on Mental Disability and the Death Penalty harmonizing it with policy of the American Bar Society and American Psychiatric Association allowing for cross association advocacy work.

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APA NEWS (continued from page 8)

A compelling discussion ensued around the so-called PENS report, the Task Force on Psychological Ethics and National Security. Some will note that APA came to the defense of psychologists working in detention facilities such as Guantanamo Bay and their potential role in interrogations. Criticism was leveled at those psychologists for violating ethics codes of practice. While considerable media scrutiny followed, the APA Task Force report asserted that no specific ethics complaints were received and that psychologists contribute to effective interrogations but always abiding by the mandate of doing no harm. The APA Ethics Committee is preparing a case book to be published later this year on ethical commentary within the current reality of threats to national security. Past president, Ron Levant, detailed his visit to Guantanamo Bay at the invitation of the US government.

Regarding Association issues, a new Division on Trauma Psychology was established. The re-proposed Division on Human Animal Studies was again not supported by Council. The proposed Division which had as its mandate to promote research in the field of human animal studies and to foster communication among researchers, teachers and practitioners within the area was opposed by several science Divisions who were suspect of the potential anti-animal research consequences that

could result from APA's sanctioning of this Division. Financially, APA is in excellent shape having ended 2005 with \$5,500,000 surplus, its' largest in history. Electronic publications continue to generate increasing revenues with total publication revenue now contributing 66% of the total budget. In contrast, member dues contribute only 14% of Association revenue. The 2006 budget which Council approved exceeded \$100,000,000 for the first time (namely \$101,219,000). APA's real estate holdings have a combined equity of \$125,000,000. Its current stock portfolio is \$57,000,000.

APA CEO, President, Dr. Norman Anderson, briefed Council on the 2006 Convention site and New Orleans' preparedness to host a conference the size of APA. All indications suggest the city is on target to complete its clean up and full restoration of services by summer. As enticement to keep the convention sited in New Orleans, the city's hotels have negotiated decreased room rates for the August meeting.

Should anyone wish further information about APA and our APNS affiliation with APA, please contact David Pilon at djpilon@dal.ca.

visit the apns website for:

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

Committee Reports

ADVOCACY NEWS

APNS participated at the annual APA State Leadership Conference (SLC), March 4-7/06 in Washington, DC. The conference is intended to support state and provincial psychological associations (SPPA) in their advocacy efforts and to help integrate some of those efforts within the broader APA healthcare advocacy agenda. Attending on behalf of APNS this year were Business of Practice Network Representative, Shaun Newsome, Public Education Campaign Co-Coordinator, Dean Perry and Federal Advocacy Coordinator, David Pilon.

Over six hundred attendees participated in the conference with a theme of "Psychology and Communities: Advancing Health, Building Resilience and Changing Behaviour." A perennial advocacy objective of the APA Practice Directorate is to contribute to reforming US healthcare by bringing greater attention to psychological health and by enhancing access to psychological services. As always, there are challenges and opportunities that present, given this objective. The US spends \$5,267 per capita on healthcare yearly, the highest of all OECD countries (compared to Canada's \$2,931) yet American population health markers are increasingly worrisome. With diminished life expectancy (a full 2.5 years less for females compared to Canada), the highest infant mortality of OECD countries, 60% of the population overweight or obese, and 45 million Americans uninsured, it is not surprising that the \$ 1,600,000,000,000 healthcare industry in the US is increasingly focused on the management of chronic conditions. Add to that picture, the facts that over 50% of mental and behavioural healthcare is provided solely by GPs, that WalMart is opening medical clinics across the country and that baby boomers will not be able to retire as they will likely not afford healthcare, a healthcare crisis in the US is imminent.

Psychology's response to this sobering reality is to place behaviour at the centre of healthcare and of the reform of the healthcare system. With six of the lead-

ing causes of death attributed to behavioural factors, APA is involved in a number of initiatives to integrate behavioural/mental/psychological health into all aspects of healthcare. At this year's SLC we discussed enhanced partnerships with primary care, full hospital privileges for psychologists, mental health parity, extending prescriptive authority for psychologists, health promotion resilience-building efforts, to name a few.

As the Americans participating at SLC lobbied their congress members during the final day of the conference, many psychologist legislators were on hand to educate attendees about how best to craft and to represent psychology's agenda when dialoguing with elected officials.

Two SLC activities merit particular attention. The



David Pilon, PhD, APNS' Council Representative to APA
Steve Widmeyer, Manager, HR, Secunda Marine, Best Practices Honour
Shaun Newsome, PhD, APNS Business of Practice Representative to APA

Public Education Campaign component of this year's SLC allowed Public Education Campaign Coordinators (PECs) to review their experiences with some of the previously introduced education initiatives and to have an overview of the new Stress and Mind/Body Health campaign. Public Education Coordinators from most of the United States and Canada were able to discuss remarkably similar chal-

lenges in offering community based mental health education. The clear message was that these sorts of initiatives are extremely worthwhile activities for effective health promotion and for the profile of our profession in the community and media. The Public Education Campaign in Nova Scotia will certainly benefit from the resources that are now available through the Practice Directorate.

The Psychologically Healthy Workplace Award is the major focus of the Business of Practice Network Representative (BOPN). The objective of the program is to recognize organizations that make a commitment to programs and policies that

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GERALD GORDON & BRIAN DUFTON STUDENT AWARDS

As student member on the Executive Committee, I would like to take this opportunity to provide a brief overview of what has been happening with the 2006 Student Awards Program. This year, thanks to Susan Marsh and Carolyn Humphries, an attractive brochure was designed. This was distributed together with the nomination packages to all Nova Scotia Universities with undergraduate and graduate programs in psychology.

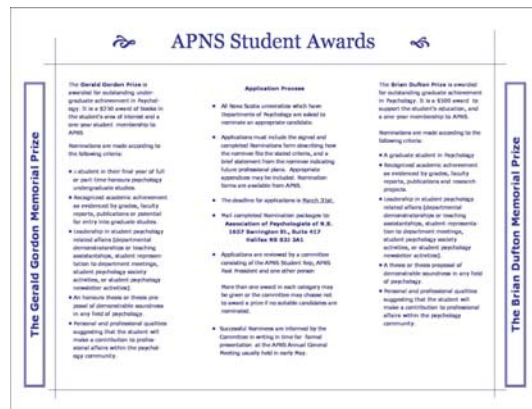
Deadline for submissions was March 31, 2006. A final reminder was sent out to Department of Psychology Chairs in which they were encouraged to remind faculty to submit applications.

Traditionally, an annual award is presented to an undergraduate student who displays outstanding achievement. 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 of the award will receive a \$250.00 award of books in the student's area of interest, as well as a one-year student membership to APNS.

This year it is with pleasure that we announce the addition of a graduate award that will be presented annually in memory of Dr. Brian Dufton. Amongst 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 will receive \$500.00 to help support the student's education, as well as a one-year membership to APNS.

Successful nominees will be presented their awards at the Annual General Meeting.

Joann Doran,
Student Rep



ADVOCACY NEWS (continued from page 10)

foster employee health and well-being while enhancing organizational performance. Psychologically healthy workplace practices fall into five categories: employee involvement; health and safety; employee growth and development; work-life balance; and employee recognition.

Secunda Marine Services, a previous Provincial level winner was presented with a Best Practices Honour at the conference. Steve Widmeyer, Manager of Human Resources at Secunda was on hand to accept the award from Russ Newman, PhD, JD, Executive Director for Professional Practice at APA. (The local PHWA committee is co-chaired by Arla Day and Lori Francis from Saint Mary's University. Other members of the committee include Shaun Newsome, Donna Assh and Philippe Isler. For more information on the awards

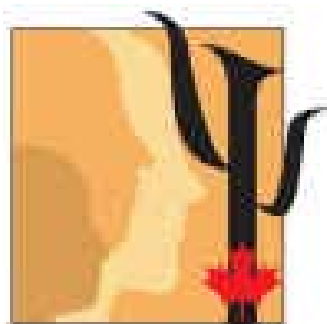
program individuals can visit www.phwa.org. For information on local award activities call Arla Day at 420-5152).

While there are obvious distinctions between the American and Canadian healthcare systems, much of the SLC advocacy focus and experience can be translated easily into the Canadian context. For the 23 members of the Canadian delegation, participating at the APA State Leadership Conference is a very significant benefit of our affiliation with the American Psychological Association. Should you require additional information about SLC or APA, please contact the APNS APA Committee.

Respectfully submitted,
The APA Committee

Committee Reports

PSYCHOLOGY MONTH 2006 ANNUAL REPORT



The purpose of my report is to provide some observations and impressions about **Psychology Month 2006**. I would like to summarize the activities of Psychology Month and also make some

suggestions for future Psychology Months. My overall impression is very positive and it is my firm belief that, in the future, we would be wise to build on the strengths and momentum we have already developed. Indeed, at the outset, I want to thank all those individuals and groups that contributed to Psychology Month 2006. Thanks very much!

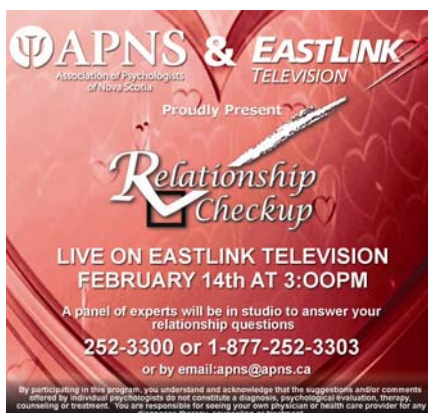
The following activities took place during Psychology Month, February 2006:

Psychologically Healthy Workplace Conference, February 9, 10. What a *brilliant* decision to alternate between years by giving Psychologically Healthy Workplace Awards one year and then providing a conference during the next year as part of Psychology Month! The conference was interesting, stimulating, and brought in more registrants than could attend due to space restrictions. Dr Arla Day and her committee are to be commended.

Two Page Spread in the Sunday Chronicle Herald Newspaper, February 12. Similar to last year, we once again purchased two pages of the Chronicle Herald during Psychology Month. Drs Carolyn Humphreys and David Mensink met with a reporter for the Herald and provided information on *Healthy Relationships* and *Stresses and Strains of Relationships* from which two articles were written. In addition, Dr Carolyn Humphreys wrote and submitted an article on *Seeing A Psychologist*.

Lauren Marsh-Knickle and her staff kindly agreed to be photographed by the Herald photographer. The Nova Scotia Board of Examiners in Psychology purchased a portion of one of the pages and provided a list of psychologists as well as important regulatory information for the public. As well, many private practitioners purchased ad space helping to defray financial expenses in this important endeavor. All in all, the two page spread provided useful information and advocated well for psychology.

Relationship Check Up: “All quiet on the set! 5-4-3-2-1 Ready Set Camera Action . . . “ There we were in the studio of Eastlink Television on the Relationship Check Up Show. The show was live



to air on February 14 from 3 to 5PM and hosted by the talented Kim Kierans. Drs. Carolyn Humphreys and David Mensink co produced the program along

with Steve Dobson from Eastlink Television. Carolyn and David were interviewed by Kim and discussed the following relationship areas on 6 of the 8 sets: Healthy Relationships, Stresses and Strains in Relationships, Affairs, Conflict Resolution, Relationship Loss, and Revitalizing Relationships. Dr. Lynne Robinson provided and appeared on a segment about Relationships and Physical Health. Also, Caroline LeBlanc provided and appeared on a segment broadcast from Charlottetown, PEI. In addition to the segments, the public could e-mail or phone in questions to the following expert psychologists on the set: Dr Laraine Birnie, Ms Margaret Grant, Dr Gerald Hann, Ms Lauren Marsh-Knickle,

Continued on page 13

PSYCHOLOGY MONTH 2006 ANNUAL REPORT (continued from page 12)

Dr Lynne Robinson, and Dr Lori Secular-Beaudry. The show progressed without a hitch and represented an initiative to bring practicing psychologists into the living rooms of the Maritime public.



One of the Silent Auction items, Lynn Ross' framed photograph.

Speaker's Bureau: We are most interested in developing a Speaker's Bureau to connect various groups and organizations with psychologists with specific expertise. Many psychologists have volunteered and expressed interest in speaking on a variety of topics. Lise Godbout has initiated work on this project. Although we started the process during Psychology Month, we view this initiative as a continuous process. We are grateful to Lise for agreeing to work on this project and also to those psychologists who have offered their services.

Global Infomercial: We ran the CPAP infomercial on Global throughout the month during various programs. We added reference to APNS at the end of the Infomercial thus alerting the public to specific reference of our organization. **Silent**



Auction and Gala Dinner and Dance: Our Office Manager, Susan Marsh, made an amusing observation during the February 25 Silent Auction and Gala Dinner and Dance. A direct quote from her is "wow, psychologists can ACTUALLY have a lot of fun!" Not only can we have loads of fun,



we can also enjoy good company, good music, good food and drinks AND make over \$1500 for Caregiver's Nova Scotia! (For more information about Caregivers Nova Scotia visit their website: www.caregivers.org).

Maureen Gorman and her helpers deserve a special mention for the very successful Silent Auction. Once all the work was done and the

Continued on page 14

Committee Reports

PSYCHOLOGY MONTH 2006 ANNUAL REPORT (continued from Page 13)



Maureen Gorman, Silent Auction organizer reads the names of the successful bidders. And thanks Maureen for all the bidding you did!

food was eaten, we savored the tones and danced to the music of the *Rhythm Doctor and the Mood Swings*. Yes, Susan, fun was had by all!

Finally, I would like to make some observations about Psychology Month. In particular, I would like to make four suggestions regarding future psychology months. First, I would keep and refine the initiatives we have developed thus far. Second, I would recommend that an additional advocacy component be included which involves the government, e.g., Department of Health,

Department of Education, Department of Community Services. Third, I think it would be great to extend our activities beyond and develop initiatives in other regions of Nova Scotia as well

as the greater HRM region. Fourth, I would recommend that a workshop of interest be offered at the end of the month including the Silent Auction and Gala Dinner and Dance.

In conclusion, the above activities went very well and there is also more to be done. I want to make special mention of Susan Marsh who was involved in all of the activities from ground up; start to finish! She deserves accolades for her diligence, commitment, skills, talents, and abilities. By the way, she too can have fun!

Respectfully Submitted by

David Mensink, Chair
Psychology Month Coordinating Committee



Acknowledgements

We would like to thank the following for donating to our Silent Auction and the volunteers who helped us with all Psychology Month activities

Silent Auction Donors:

*About Image Photography
Bobbie Bobryck
Cheryl Aubie
Christopher Bilisbury
Crombie Properties
Dartmouth Sportsple
David Pilon
Dollar Thrifty Automotive Group
East Side Mario's
Eileen Donahoe, PhD
ExCellular Communications Inc
Gordon Douglas
La Perla Dining Room
Lynn Ross
Maritime Travel
Mary McCarthy
Maureen Gorman
MicMac Mall
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Paul & Gordon Butler
Rory Batchilder
Ski Martock*

*Sobeys, Penhorn Mall
Symphony Nova Scotia
The Chi Studio
The Head Shoppe
The Topiary
Veronica Hutchings*

Silent Auction Volunteers:

*Kris Devoulyte
Joann Doran
Maureen Gorman
Jennifer Hendrick
Veronica Hutchings
Dalaine Tiniakos-Doran*

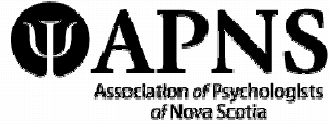
Relationship Check-Up Volunteers:

*Laraine Birnie
Margaret Grant
Gerald Hann
Carolyn Humphreys
Caroline Leblanc
Lauren Marsh-Knickle
Lynne Robinson
Lori Secouler-Beaudry*

PSYCHOLOGY MONTH SPONSORS



Acknowledgements



Welcomes its Latest Members

**Diana V Cassie
Wendy Digout
Krista Doucette
Angela Ellsworth
Susie Francoeur
Amanda Hudson
Barbara Kelly**

**Todd Leader
Macha MacKay
Katherine Smith
Lisa Strickland-Clark
Tara Szuszkiewicz
Leeann Tattrie-Murphy
Marcia Voges**

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.

**Dennis Allaby, M.A.
Victoria Buchan, M.Sc.
Lauren Clare, M.A.
Paul Freeman, Ph.D.
Michael Hennessey, M.A.
Kelly Humphries, M.A.
Stafani D Hurley, Ph.D.
Stephanie G Johnston, M.A.
Joan MacIntyre, M.A.
Margaret McKinnon, M.A.
Jamie Metsala, Ph.D.
Elizabeth Pace, Ph.D.
Jody Sark, Ph.D.**

**Are you in Private Practice?
The deadline for listing in the
2006-2007 Private Practice Directory
is April 30, 2006**



**Contact the APNS Office now
for a Private Practice
Directory listing form**



Call for Reporters

APNS has started a new segment of the website (www.apns.ca/News.htm) called *Psychology in the News*. We want to keep our members informed about psychology-related issues appearing in the media throughout Nova Scotia. We need your help to do that.

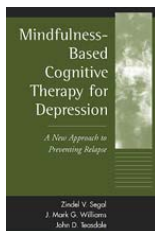


If you see a newspaper article or hear a radio or television broadcast relating to psychology in Nova Scotia, we would like to

know about it.

Send us an e-mail at apns@apns.ca with the url of the on-line article. You can also give us a call at 902-422-9183 or Fax us a copy at 902-462-9801.

Opportunities and Events



Mindfulness-Based Cognitive Therapy

A two-day Workshop
with Zindel Segal Ph.D.
May 4 & 5, 2006, Kings College Lecture Theatre



This seminar introduces participants to Mindfulness-Based Cognitive Therapy (MBCT), an innovative, clinically proven treatment that encourages patients to play an active role in preventing the return of depression by integrating elements of mindfulness-based meditative practice with cognitive therapy. This type of learning is experiential in nature and often involves developing a capacity to allow distressing feelings, thoughts and sensations to occupy awareness, without trying to change them, replace them with other thoughts, or fix anything about them.

APNS Members	\$225	Non-Members	\$275
APNS Students	\$ 50	Students	\$100

Pay by cash, cheque, Visa or Master Card

Contact the APNS Office 902-422-9183 apns@apns.ca

WORKSHOP SCHEDULE

Day 1

8:15 a.m. Registration

9:00 Mindfulness and Mood Disorders

Depression as a chronic relapsing condition
Pharmacological and psychological prophylaxis in Major Depression
What is the rationale behind MBCT?

10:20 Break

10:35 The Clinical Outcomes of MBCT

Linking the core mindfulness practices in the model to the prevention of depressive relapse
The Data Behind MBCT

Noon Lunch (Served on-site - Included in Fee)

1:30 Eight Session MBCT Program

Structure of the 8-Week Course
Sessions 1 to 3

- Automatic Pilot
- Where is your attention?
- Moving your attention into the body – the Body Scan

2:45 Break

3:00 If You Have a Mind It Will Wander

Responding to difficulties that arise from the practice
Mindfulness of the Breath
Videotape review of MBCT group
Mindfulness practice

4:30 Adjournment

Day 2

9:00 Thoughts and the Territory of Depression

MBCT Sessions 4 & 5
Meditation / Concentration, Mindfulness and Psychotherapy
Thoughts and the Territory of Depression

10:20 Break

10:35 Wide and Narrow Foci of Attention

Expanding Awareness to Emotions and Thoughts
Staying Present
Take a three-minute breathing space
Videotape of MBCT group

Noon Lunch (Served on-site - Included in Fee)

1:15 MBCT Sessions 6-7

Healing and the mind
How can you best take care of yourself?
Using what has been learned to deal with future moods

2:30 Break

2:45 Session 8 is the Rest of Your Life

Mindfulness Practice
Typical Problems Encountered in Groups
Beginning Your Own Mindfulness Practice

4:15 Adjournment

Psychology For You

is an education series provided by IWK Psychologists as
A FREE, PUBLIC SERVICE TO OUR MARITIME COMMUNITY

COMMUNITY LECTURE SERIES 2006 7:00 PM, PARKER RECEPTION ROOM

IWK HEALTH CENTRE

Date	Speaker	Topic
Apr 25	Susan Jerrott, Ph.D.	Parenting Children with Behavioral Difficulties
May 17	Joseph Byrne, Ph.D.	Attention Deficit / Hyperactivity Disorder (ADHD): Beyond the Headlines
June 6	Helen Rozelman, M.A., LMSW	Sending Kids to Camp - What to Know and How to Prepare
Sept 12	Marc Blumberg, Ph.D.	When Your Children Fight – Coping with Sibling Conflict
Oct 3	Joan Backman, Ph.D.	Navigating the School System: The Art of Advocacy for Parents of Children with Special Needs
Nov 7	Christine T. Chambers, Ph.D.	"Mom, My Stomach Hurts!": Helping Children With Recurrent Pains
Dec 5	Melanie Vanier, M.A.	Too Scared to Speak: Helping Children Overcome Shyness or Selective Mutism

SOUTH SHORE PSYCHOLOGICAL SERVICES

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

Enjoy the fresh air and the warm summer weather! We offer a unique opportunity at our newly renovated office space to provide services from our private outdoor deck overlooking the river. Our facility also includes furnished office space, a shared reception area, staff room and kitchenette and outside garden and seating areas.

Located in Bridgewater, Nova Scotia, South Shore Psychological Services is a growing 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.

926 King Street, Bridgewater, Nova Scotia B4V 2Y8
Phone: (902) 527-1058 Fax: (902) 527-2946

Dalhousie Clinical Psychology Clinical Community Recognition Award (CCRA)

Friday, April 28th 3:30 p.m.

**Dalhousie University
Life Sciences Centre, Room 4263**



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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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Susan Marsh

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Richard Braha

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APNS Website

Event / Workshop	\$25.00	per 30 days or portion thereof, includes Nova Scotia Psychologist listing
Job Postings	\$25.00	per 60 days or portion thereof, includes Nova Scotia Psychologist listing
Inserts	\$25.00	for single sheet paper, additional costs as per weight as relates to postage cost
Mail-Outs	\$100.00	plus mailing costs by weight x # of members
Mass E-Mail	\$150.00	

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