



psychoBABBLE

A quarterly publication providing the latest information to help support members of the College of Psychologists of New Brunswick.

Welcome

By Mandy McLean, Director of Professional Affairs, CPNB

Welcome to the first issue of our new newsletter Psychobabble!

Our goal is to keep you updated with new initiatives and exciting developments at CPNB. Each issue will bring you information on latest CPNB News, Interesting reads or articles, topics of interest, member and committee spotlights as well as valuable website resources.

We will be publishing the newsletter quarterly via email to all our members and will also host links to the newsletter on our website www.cpnb.ca.

We hope you find this publication a valuable resource in viewing and managing information.

Please feel free to contact me directly if you have ideas for future newsletters, any comments, questions or concerns.

latestCPNBNEWS

Revision to the Psychology Act: Where are we now?

Several years ago, Council of CPNB appointed a Task Force to advance the work of members who had started the arduous task of revising The Psychology Act of 1980. This article provides a summary of the history of this work, and a progress update on where CPNB stands within the revision process at present.

Although many changes are included in the new Act, including provisions for incorporation and revisions to our complaints and discipline process, a central modification to the new Act was a change in the minimum educational standard from a Masters degree to a Doctoral degree in Psychology.

By Jeffrey Landine, L. Psych, President Elect, CPNB

Mary Ann Campbell, L. Psych, Council Member, CPNB

CPNB members confirmed their desire to change to a Doctoral entry standard at the 2006 Annual General Meeting (AGM) in Campbellton, by ratifying an amendment to By-Law # 3 under Admission Requirements pertaining to our existing regulations whereby, as of July 1, 2011, candidates applying for licensing would be expected to hold a Doctoral degree in Psychology. Provisions were made at that time for Interim members (with a Masters degree) whose names appeared on the register on that date to pursue the licensing process without the

THIS MONTH'S ISSUE:

continued on p.2

p.2 Welcome New Members, Website Resources, Cover Story (continued)

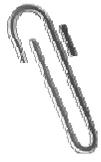
p.4 Committee Spotlight

p.6 Ethics Corner

p.3 In the News

p.5 Member Spotlight, Activity Corner

p.7 Upcoming Events



Welcome New Members

INTERIM MEMBERS

Macha Roy
 Erin Atkinson
 Carmen Luckie
 Julie Ringuette
 Daniel Patrick Miles

STUDENT MEMBERS

Jessica McNair

AIT MEMBERS

Pamela MacDonald

continued from p.1

Cover Story:

Revision to the Psychology Act: Where are we now?

doctoral requirement, and individuals already on the registrar with a masters degree would continue to hold their license and retain the title of psychologist.

Furthermore, at the 2011 AGM, the Council of CPNB proposed a By-Law amendment reflecting a “sunset” clause that would apply to licensing applicants who were still engaged in masters level training but who had not yet applied for interim membership with the College. This amendment stated that *“applicants for licensing who have completed the coursework requirements for a Master degree in Psychology, except for the internship and / or the thesis, shall complete all requirements (i.e. hold a Master Degree in Psychology) prior to July 1, 2014 in order to be considered for interim membership.”*

At the 2013 AGM in Moncton, then president Jacques Richard spoke to the current status of the revised Act, recognizing that 8 years prior the membership had mandated Council to revise the Act of 1980 to reflect, among other things,

doctoral level entrance only. A draft of the revised Act was submitted and adopted in principle by the membership at that time.

As we prepared for the end of the sunset clause adopted in 2011 under our existing Act, CPNB received a legal opinion that required us to delay enforcement of the Doctoral entry standard. After weighing, with our lawyer Mr. Fred McElman, the costs and benefits Council was ready to proceed with enforcement of the sunset clause with adjustments to the timeline and the clarification that all masters degree program requirements must now be completed by July 1, 2020 to qualify for interim membership status applications. At the 2015 AGM, a majority of members in attendance voted in favour of this adjusted timeline and rewording of the previously approved sunset clause By-Law.

Currently, the taskforce is working with Mr. McElman to reach the final stages of the process as quickly as possible. At

Website Resources

By Suzanne Durepos, L. Psych, Private Practice

Looking for a few great website resources?

Association for Science in Autism Treatment is a not for profit organization that provided parents, educators and professionals with scientific based information regarding effective interventions with individuals, mainly children, diagnosed with Autism Spectrum Disorder. It is in my opinion, a good resource for anyone parenting or working with children and adolescents with ASD.

www.asatonline.org

Understood for Learning & Attentional Issues is a website that amalgamates 15 not for profit organizations across the US. The website provides parents, educators and professionals with effective, comprehensive and practical information concerning assessment, technology, interventions, management tips & strategies for students with learning and attentional challenges.

www.understood.org

this point, most of the revised Act is written and finalized with the exception of a few areas that are currently being tweaked. Once Council is satisfied with these final content items, the next step in the process involves consultations with other regulatory bodies in the province followed by submission to the Government of New Brunswick for additional consultation and, finally, voting in the Legislature.

While we work on getting the new Act ready for passing in the Legislature, Council has been able to incorporate some of the changes in the new Act into our existing By-Laws, including the change to a Doctorate entry standard for licensing as noted above. We are also working on making the complaints process more efficient within the boundaries of the existing Act. The task force is happy to say that we anticipate, with Mr. McElman’s assistance, having the revised Act before the legislature by the end of 2016 at the latest.

In the News



By Graeme Dyck, L. Psych, Private Practice

So I have a confession to make. Despite working as a psychologist in the federal civil service for more than 15 years, and despite recently starting a private practice, my heart beats most strongly for the non-profit sector. Two words sum up my experience with non-profit work: relentless passion. In my experience, the volunteers and staff who work for non-profits are driven by their passionate belief in human potential. They also possess the unwavering belief that when we work together, we can accomplish great feats.

Ms Lesley Smyth (Clinical Therapist and Executive Director) and her team at Atlantic Wellness Community Center articulate this example to perfection. The center, located in Riverview but serving the entire Greater Moncton Area, opened in 2012 for the purpose of providing free and timely mental health care for youths aged 12-21.

In Lesley's words, "Our mandate is about connecting with youth and helping them navigate through their issues with a wraparound services approach." The registered charity counts on the work of both volunteers and staff, who work in collaboration to help their clients. Stakeholders in the center include a lawyer, pharmacist, RCMP officer, family physician and psychiatric nurse, all of whom are active volunteers. Of note, the board Chairperson is none other than retired Provincial Court Judge, the Hon. Michael McKee, a regular advocate of improved mental health services for New Brunswickers.

Since its grand opening, the centre has provided services to more than 550 youth and their families. These interventions have focused on increasing self-awareness, improving coping strategies and identifying personal triggers. At this time, the centre receives more than five referrals per week, most of which come

from students and families from within the Anglophone East school division.

According to Lesley, many of these referrals are requests for psycho-educational assessment. However, it is often very difficult to meet this need. "If we meet a client who is in need of diagnosis, we typically need to refer these assessments out," said Lesley. At the present time, the demand for assessments is outpacing the centre's ability to supply them. "At this time," she said, "approximately 20% of our clients cannot afford private assessment services."



This number is consistent with recent statistics that show one third of New Brunswickers do not have group health insurance. These clients are typically from a lower socio-economic status and are more likely to experience intervention delays while they wait for public health services. At the Atlantic Wellness Community Center, the unmet need for psycho-educational assessments is approximately one per month.

When asked if the center would accept assistance from psychologists to complete psycho-educational assessments on a volunteer basis, Lesley responded enthusiastically. She explained that although the centre has previously looked for psychologists to help with assessments and diagnoses, it has been unsuccessful with its search.

Most recently, the center received exciting news from Medavie Health Foundation, which donated \$40,000 to increase accessibility to counselling. "We will use the funds to increase our part-time therapist to full time," said Lesley, "which will raise our staffing level to the equivalent of two full time therapists."

In summary, I wrote this article for many reasons. First, it serves as a reminder of the quiet and tireless work that a small number of passionate volunteers are investing in youth mental health in our own community. Second, it is a reminder that the demand for youth mental health care continues, and that the need for intervention is far outpacing our response in the private and public health sectors. Finally, and most importantly, please accept this as a "call to action". If you are able to donate a small fraction of time to the completion of one or more psycho-educational assessments, please contact Lesley at the Atlantic Wellness Community Center.

Speaking from my own charitable work, these experiences have helped shape my values and expanded my appreciation of diversity and health equity. Because of this work, I believe that I am truly a better father, husband and psychologist. Should you decide to volunteer your time, I guarantee that you will see the passion. And you will probably take some with you!

For more information, please contact Lesley Smyth at Lesley@atlanticwellness.org.

If you want to be happy, you have to be happy on purpose. When you wake up, you can't just wait to see what kind of day you'll have. You have to decide what kind of day you'll have.

Joel Osteen



Committee Spotlight

The Registration Committee

By Carole Cormier-Rioux, L. Psych, Registrar, CPNB

The Registration Committee is the entity that determines the eligibility of applicants for licences in the province of New Brunswick, while applying the CPNB By-Laws. The Registration Committee is composed of 7 licensed members of the College and the Registrar. Amongst many tasks, the committee has the duty to consider all matters related to the registration of membership, conduct transfer interviews or oral examinations of applicants for licensing at least twice a year (two day schedules), work collaboratively with Council to develop guidelines for licensing pertaining to educational requirements and examination requirements.

Of these 7 licensed members, two are engaged in academics, full time members of the teaching staff of a university.

Each member serves a two year term on the committee, but are eligible for two consecutive reappointments. Interestingly, many members have volunteered to be reappointed after their two year mandate, which I believe, speaks to the collegiality of this committee and motivation advancements in the field of psychology and registration.

In general, the Committee meets from 5-7 times a year. Usually, these meetings are held in September, November, January, (possible teleconferences in February), March and May. The dates of the meetings are usually decided upon for the year, which permits members to schedule around these times.

Meetings are held at the CPNB office in Moncton. And Staff provides lunches during these meetings.

As indicated in annual reports, the Registration Committee has, during the last couple of years, granted memberships to many candidates.

For example, during 2014-2015, 16 individuals were granted licensed membership. Of these, 2 were granted licenses under the Agreement on Internal Trade (AIT).

They also granted Interim Membership to 13 applicants during that period (residents in psychology, granted 7 Temporary Licenses under the AIT, granted student membership to 3 applicants and approved 24 supervisory agreements.

During the 2013-2014, 14 individuals were granted licensed membership. Of these, 3 were granted licenses under the Agreement on Internal Trade (AIT).

The Registration Committee also granted Interim Membership to 11 applicants, 3 Temporary Licenses under the AIT, granted Student Membership to 3 applicants and approved 31 supervisory agreements.

We would like to express our sincere appreciation of the important contribution of the members of the Registration Committee.

Being a member of the Registration Committee requires that a person attend meetings on Fridays (5-7 times a year). In addition, we recognize the work that has to be completed in order to prepare for those meetings. Also, we would like to extend our sincere appreciation for their participation on panels for the Oral Exams and Transfer Interviews, that occur twice a year (2 day period).

It would not be possible for the College to operate without the volunteer participation of these members.

Sincerest appreciation to the 2015-2016
Registration Committee members:

Dr. Jean Craven, Chair

Dr. Jacques Richard, Vice-Chair

Dr. Leslie Ann Costello

Mylène Deveau

Dr. Barbara d'Entremont

Lise Godbout

Lisa Mazerolle



Member Spotlight

By Jeffrey Landine, L. Psych, President Elect, CPNB

An Interview with CPNB's current President, William Morrison

I had the opportunity to speak with CPNB President, Bill Morrison. His answers to my questions give us some insight into the work and life of this psychologist.

I asked Bill to talk briefly about his education background and his past and current work experiences:

I completed my initial undergraduate and graduate programs at the University of New Brunswick. In 1994, I earned a Ph.D. degree in Counselling Psychology at the University of Alberta.

Over the course of my career I have worked as both a school psychologist and community mental health psychologist. After having spent five years working in Alberta and British Columbia, I returned to New Brunswick to become the director of the Pierre Caissie Center in Moncton and worked for the New Brunswick Department of Health. In 2002, I

accepted an academic position at the University of New Brunswick in the area of Exceptionalities. I currently teach in UNB's Faculty of Education graduate program and co-direct the Health and Education Research Group (HERG).

I asked Bill to describe some of his professional and personal areas of interest:

My teaching and research interests focus on strength-based approaches to working with youth with emotional and behavioural concerns, and school-wide approaches for promoting the application of positive mental health practices. When I am not involved in work activities, I love fishing and spending time in the outdoors.

When I asked him about his goals for his term as President, he offered the following:

My two immediate goals would be:

- To encourage a strong sense of team at CPNB, both in the office and the membership.
- To support the continued refinement of CPNB processes that are proactive and that contribute to positive collaboration among psychologists and other partners.

Finally, I asked what motivates him to do "service work" (like serving on Council for CPNB)?

I really want to make a positive difference in the lives of people. Serving on council provides me with this opportunity. I have high regard for members of the council and consider them to be close colleagues and friends.

activityCORNER

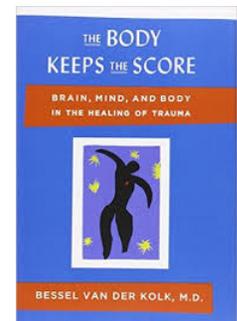
RECOMMENDED READING:



By Michelle Manuel, L. Psych, Private Practice

I've recently had the pleasure to read *The Body Keeps the Score* by **Bessel Van Der Kolk, M.D** - a fascinating book about the *Brain, Mind and Body in the Healing of Trauma*. It's a comprehensive and clearly written book that has essentially changed the way I assess, diagnose and treat a variety of mental illnesses that are rooted in emotional abuse and trauma. I thoroughly enjoyed reading Van Der Kolk's captivating stories of trauma and his descriptions of its effects on mind and body.

This book describes a lifetime of research, a wealth of clinical insight, and skillful historical analyses and therapeutic strategies. After reading this book, I feel much more equipped to lead clients on the pathways to recovery and emotional wellness. This book was hard to put down. One of the best professional books I've ever read. A must read for all psychologists!



Ethics Corner

It's been a busy autumn for our numerous volunteers at CPNB who have been working steadily to develop many exciting activities. Hopefully you will take advantage of some of these new services!

In particular, you are invited to participate in two new initiatives, never before accessible to psychologists in New Brunswick. Both services are delivered by licensed psychologists (on a volunteer basis) for the purpose of enhancing ethical awareness and support for all psychologists. These services are: Professional Peer Support Ethics Network and Ethical Dilemma Case Study Teleconferences.

Professional Peer Support Ethics Network

The *Professional Peer Support Ethics Network* is composed of licensed psychologists who are volunteering to help their colleagues address and resolve ethical dilemmas/challenges via informal peer consultation. The *Network* does *not* report to CPNB and contacts are treated confidentially as informal professional consultations. Administrative support is provided by the Professional Affairs Committee of CPNB.

The primary goal of this service is to help colleagues reflect more deeply on the ethical decision-making process. Increasing consultation and dialogue is expected to result in an expanded understanding of ethical issues and alternatives, deeper feelings of professional support, and a higher standard of client care overall. The process of discussing experiences with our colleagues draws attention to where professional drift may be occurring, where increased competency is necessary, and where additional self-examination may be beneficial.

To locate an appropriate peer and their contact information, please visit the "Members Only" section of the CPNB web site. CPNB has agreed to host a list of psychologists who have agreed to provide free, ethical consultation to their colleagues. You can also view their profile information on the CPNB website, which provides details on demographic, professional, and linguistic characteristics.

We truly appreciate the many psychologists who have already agreed to assist! Should you wish to add your name to the list of volunteers, please nominate yourself and contact Mandy McLean @ CPNB for more information.

Ethical Dilemma Case Study Teleconferences: Teleconference Tuesday!

These 45-minute *Case Study Teleconferences* are scheduled for the last Tuesday of the months of November, January, February, March and April.

The first 45-minute *Case Study Teleconference* was facilitated in English (by Graeme Dyck) on October 27, with approximately 20 psychologists in attendance. It was tremendous to hear callers attending from so many areas of the province! Many thanks to Dr. Jeff Landine for kicking off *Teleconference Tuesday* with his thought-provoking dilemma. Thanks as well to the many participants for their insightful contributions

The goals of these teleconferences are (1) to highlight and present a recent and actual ethical dilemma, and (2) to invite participants to take part in a collective discussion towards its effective resolution. The method involves having a pre-determined volunteer introduce an ethical dilemma and describe the

process she or he took to arrive at a possible resolution.

Following a 15 minute presentation of the facts and steps taken to resolve the dilemma, the teleconference facilitator invites discussion and comments from participants. The purpose of collective discussion is to broaden understanding of the ethical resolution process generally, and also to consider specific alternatives unique to the presented dilemma. Caller participation is invited but not required; callers who would prefer to listen and not participate are equally welcome!

If you would be interested in presenting or facilitating an ethical dilemma at a future *Teleconference Tuesday*, please contact Mandy McLean @ CPNB to reserve a time.

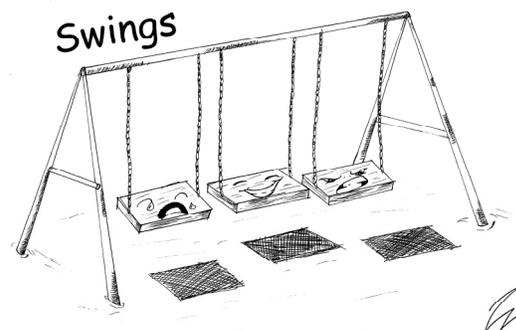
The November teleconference will be facilitated in French. Future teleconferences will alternate by official language thereafter. Our next teleconferences have been scheduled as follows:

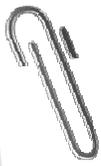
January 26, 2016: 11:30am to 12:15 pm

February 23, 2016: 11:30am to 12:15pm

Reminders will be sent out the day prior with the teleconference information.

Mood Swings





Upcoming **EVENTS**

January 26, 2016

Ethical Dilemma Case Study Teleconference (English)
11:30am to 12:15pm

February 23, 2016

Ethical Dilemma Case Study Teleconference (French)
11:30am to 12:15pm

April 15th & 16th, 2016

Save the date! Our 2016 Annual General Meeting will take place in Moncton, NB.



If you have a story or suggestions for future articles we'd like to hear from you.

Contact Mandy McLean at 506-382-6748 or mandy.mclean@bellaliant.com



talkBACK

If you would like to participate in one of our committees, contribute to the ethical dilemma teleconference, join our peer support ethics network or more, please contact us! We'd LOVE your feedback! If you have any ideas, comments or suggestions regarding this newsletter or any CPNB initiatives, please let us know. Your voice counts!