

SPECIAL ADVERTISING FEATURE

February is Psychology Month

Healthy Mind, Healthy Body

Healthy mind healthy body

A relationship that works

Good health is more than just physical wellness; it includes mental and emotional wellness. Mental and physical health are strongly linked. If mental health declines, physical health is likely to deteriorate. The reverse is also true; if physical health weakens through disease, pain or external stressors, mental health may be weakened as well. For example, physical health problems are often related to depression. That is, the relationship is often cyclical. For instance, about 1 out of 6 persons with heart disease develop major depressive symptoms and people who are depressed are up to 50% more likely to develop heart disease.

Psychological Treatments Can Improve Physical Health

The Health of Nova Scotians

Nova Scotians have among the highest rates of chronic disease in Canada. For example, Nova Scotia ranks 1st in Canada for people with arthritis and rheumatism, for deaths from cancer and respiratory disease, and 2nd in Canada for psychiatric hospitalization, deaths due to diabetes, and circulatory problems. Furthermore, Nova Scotia has the highest rates of new cancer cases and cancer deaths in Canada. This is not surprising given the prevalence of



high risk health behaviours, such as low levels of physical activity, unhealthy eating habits, and smoking. Recent estimates suggest that 38% of Nova Scotians are overweight and 22% of Nova Scotians smoke daily. (Cdn Cancer Society/ GPI Atlantic). The good news is, estimates suggest that about 40% of chronic illness can be prevented... and Psychologists can help!

How Psychologists Can Help

Psychology can play an important role in treating many physical health conditions such as diabetes, coronary heart disease, chronic pain, arthritis, irritable bowel syndrome, obesity, and insomnia. For example, Psychologists help people with coronary heart disease make important lifestyle changes, such as reducing stress, increasing activity, and adopting healthy eating habits. Psychoeducational programs for coronary heart disease are reported to reduce mortality by 34% and reinfarction rate by 29%, over and above the effects of standard medical care. (CPA/ APA)



Dr. Lynne Robinson, Registered Psychologist and APNS President-elect, initiated and led a cancer awareness and prevention day at Dalhousie University: "Dalhousie Stands up 2 Cancer."

Dealing with chronic pain

When pain lasts longer than three or six months, or beyond the usual time for recovery, it is said to be chronic. Chronic pain may be associated with an illness or disability, such as cancer, arthritis, or a phantom limb. Some

types of pain start after an injury or accident and become chronic over time. Others may begin gradually, as is sometimes the case with low back pain. In some types of chronic pain, like mi-

See **CHRONIC PAIN** / A7

Nova Scotia Board of Examiners in Psychology

What is a psychologist and why do I care?

Psychologists

- treat children, adults, couples, families
- diagnose psychological and emotional problems
- consult, counsel, provide therapy and assessments
- consult to individuals, groups, organizations
- help people attain better physical and mental health
- help people achieve better personal, social and vocational adjustment
- teach and apply psychological theory and principles
- design, conduct and communicate psychological research.

Psychologists are licensed professionals and that is important because licensing protects the public. Licensing holds professionals to rigorous standards and makes them accountable.

"Psychologist" is a title protected by law that governs the practice of psychology in Nova Scotia.

It is important to know that many terms are not licensed titles. For example, the term "psychotherapist" and singular terms such as "counselor" and "therapist" are not licensed terms.

There is no assurance of the qualifications of anyone using only these titles and no professional body to handle complaints about their practices.

An important difference between a psychologist and unregulated practitioners is that extended health-care benefits will pay for a psychologist's services but will not pay for services by unregulated practitioners.

The Nova Scotia Board of Examiners in Psychology (NSBEP) protects the public.

Psychologists are required by law to deliver competent, ethical and professional services. They are accountable to the public, through the Nova Scotia Board of Examiners in Psychology (NSBEP). Psychologists meet rigorous professional requirements and adhere to prescribed standards, guidelines and ethical principles. You are protected when you see a psychologist because psychologists must adhere to the Canadian Code of Ethics for Psychologists, and Standards for service and conduct, which are established by the NSBEP. The NSBEP is responsible for protection of the public and investigates and addresses complaints against Psychologists. There is no such public protection for practitioners designated only by such terms as counselor, therapist or psychotherapist.

Only those individuals who meet specific requirements for education, examinations, and supervision are entitled to use the term, "Psychologist", or to provide "psychological services", by virtue of the Psychologists Act of Nova Scotia.

Psychologists have at least these qualifications:

- a doctoral or masters degree in psychology
- two years of supervised experience, in the case of a doctoral degree, or four years, in the case of a masters degree, and
- have passed a standardized, written examination and an oral examination.

Psychologists (Candidate Register) have the same educational qualifications and are in the process of completing their supervised experience.

Who are psychologists in Nova Scotia? As of February 16, these are the Psychologists and Psychologists (Candidate Register):

www.nsbep.org

Register of Psychologists

Alaly, Dennis, M.A.
Alphonse, Elvira Marie, M.A.S.P.
Andrew, Gail, Ph.D.
Angelopoulos, Maria, Ph.D.
Anthony, Andrew, Ph.D.
Archibald, Catherine, Ph.D.
Arthurs, Carol, M.A.S.P.
Asche, Hans F., M.Ed.
Assh, Donna, Ph.D.
Aubie, Cheryl, Ph.D.
Aulakh, Harpreet, M.A.
Backman, Joan, Ph.D.
Baker, Diane, Ph.D.
Baker, Erica A., Ph.D.
Baldwin, Kjerstin, Ph.D.
Banks, Laura Stephanie, M.A.S.P.
Banks, Tracy, Ph.D.
Barrett, Sean, Ph.D.
Bartlett, Nancy Helen, Ph.D.
Bates, Lindsay J., M.A.
Bawden, Harry, Ph.D.
Beattie, Tricia, Ph.D.
Belliveau, Janice M., M.A.
Benigno, Donna, M.A.
Berman, Tamara, Ph.D.
Bernier, Denise, Ph.D.
Berry, Glen, Ph.D.
Bezzanson, Birdie J., Ph.D.
Bigelow, Ann, Ph.D.
Bilbury, Christopher David, Ph.D.
Birch, Diane E., Ph.D.
Bird, Deborah, M.Sc.
Birtie, C. Laraine, Ph.D.
Black, Michael, M.Ps.
Blood, Lowell, Ph.D.
Blumberg, Marc, Ph.D.
Boivin, Annie, M.Ps.
Boudreau, P. Catherine, M.A.
Bourque, Paul Emile, Ph.D.
Boutillier, Joan Mary, Ph.D.
Bower-Jacquard, Sheila, M.Sc.
Boyd-Wilcox, L. Elaine, M.Sc.
Brady, Erika, Ph.D.
Braha, Richard, Ph.D.
Braun, Colleen, Ed.D.*
Breat, Lynn, Ph.D.
Brewer, Gail Rosemary, M.A.
Broad, James C., Ph.D.*
Brown, Theresa M., M.A.*
Bryson, Michael, M.A.
Bryson, Susan E., Ph.D.
Buchan, Victoria, M.Sc.
Buisseret-McKinnon, Joanna, M.A.S.P.
Burke, Francine, M.A.S.P.
Burns, Meredith A., M.Sc.
Butler, Beverly, Ph.D.
Butler, Gordon Stuart, Ph.D.
Byrne, Joseph M., Ph.D.
Cake, Heather, M.A.
Campagnoni, Antonia, M.A.
Campbell, Bryan, M.Sc.
Campbell, John A., Ph.D.
Campbell, Mary Ann, Ph.D.
Campbell, R. Elaine, Ph.D.
Cane, Douglas, Ph.D.
Cann, Steven S., M.Sc.
Caplan, Joelle, Ph.D.
Carriere, Jean Charles, M.A.
Carter, Ruth Anne, Ph.D.
Carter, Sherri, Ph.D.
Cassie, Diana, Ph.D.
Catoano, Victor, Ph.D.
Chambers, Christine T., Ph.D.
Chandler, Brenda J., M.A.
Chatman, Jason, Ph.D.
Chenhall, Pamela, Ph.D.
Chiasson, Carmene, Ph.D.
Chiasson, Gilles, M.Sc.
Chipman, Karen, Ph.D.
Chitty, Dorothy J., Ph.D.
Chorney, Daniel, Ph.D.
Chorney, Jill, Ph.D.
Church, Elizabeth, Ph.D.
Churchill Keatinge, Becky, Ph.D.
Clare Duggan, Lauren, M.A.
Clark, Sharon E., Ph.D.
Clark-Touessnard, Mary E., M.A.
Clyburn, Leah, Ph.D.
Coady-Shadbolt, Doreen, M.Ed.
Cohen, Jacqueline, Ph.D.
Collins, Jean P., Ph.D.
Connors, Angela, Ph.D.
Cook, Andrea, M.A.
Cook, Melissa, M.A.
Cook, Sandra, Ph.D.*
Corbin, Natasha, M.A.S.P.
Corkum, Penny V., Ph.D.
Corkum, Valerie, Ph.D.
Cornwall, Anne, Ph.D.*
Corey, Linda S., Ph.D.
Cox, David W., M.Sc.
Cox, Nancy Lyle, M.A.
Crist, William, Ph.D.
Cunningham, June, M.A.
Curren-Lindala, Kendra, M.A.
D'Aloisio, April, Ph.D.
Danquah, Samuel A., Ph.D.*
Darredeau, Christine, Ph.D.
Davis IV, Henry, Ph.D.*
Day, Victor Hugh, Ph.D.
de laSalle, Margaret, M.Ed.*
DeLong, Barbara, M.Ed.
Denney-Hazel, Jennifer, M.Sc.
Digson, Wendy E., M.A.S.P.
Dionne, Joelle, M.A.Ps.
Dixon, F. Jeannette, M.Sc.
Dixon, Pamela, M.Sc.
Dixon, Tracy, M.A.S.P.
Donahoe, Eileen, Ph.D.
Dronin, Ivan, M.A.
Dunn, Ann, M.A.
Dunsiger, Steven, M.A.
Durdle, Brenda, Ph.D.
Earle, Jeffrey, M.A.
Earle, Tracey, M.A.
Ebert, Patricia, Ph.D.
Ellefsen, Giselle, M.Sc.

Ellsworth, Christine P., Ph.D.
Englund, Kristel, M.A.
Eskes, Gail A., Ph.D.
Evans, Janice, M.Sc.
Fairfax, Teri Diania, M.A.
Faulkner, Pauline, M.A.
Fearon, Isabel, Ph.D.
Fisk, John D., Ph.D.
Fougere, Dawn, M.Sc.
Fougere, Kerri, M.A.
Fowler, Michael John, M.Ps.
Fox, Barbara, Ph.D.
Frausin, Silvia, M.Sc.
Freeman, Paul, Ph.D.
French, Frederick, Ph.D.
Fury, Dwayne K., M.A.
Gabriel, Joseph, Ph.D.*
Gabriel, John, M.A.S.P.
Gainer, Liza, Ph.D.
Garland, Debra, M.A.
Garman, Lisa, M.A.*
Genest, Myles, Ph.D.
Gerrard, Patricia, Ph.D.
Gilligan, Amy, Ph.D.
Gillespie, Joanne, Ph.D.
Gillis, Mary Annette, M.A.
Gleich, Lily, M.A.
Gleich, Stephen, M.Sc.
Godbout, Lise M., M.Sc.
Goodland, Dion, Ph.D.
Goodwin, Shelley, M.A.
Gorman, Maureen, Ph.D.
Gould, Darlene, M.Sc.
Gouthro, Stephen Michael, M.Sc.
Graham, Lisa, M.Sc.
Grant, S. Margaret, M.Sc.
Grantmyre, Jane, M.A.S.C.
Gray, Glenn Allan, M.A.
Greenberg, Norman A., Ph.D.
Gusella, Joanne, Ph.D.
Haley, Hugh, Ph.D.
Haley, Jennifer, M.A.
Hall, Carlene, M.Sc.
Hanley, Joan, Ph.D.
Hann, S. Gerald, Ed.D.
Harpell, Jody, M.A.S.P.
Harris, S. Peyton, M.A.S.P.
Harrop, Brenda, M.Sc.
Hartley, Sharilyn, M.A.S.P.
Hartley, Chris, M.A.S.C.
Hartley, Susan, Ph.D.
Hartman, Leslie, M.A.
Harvey, Elizabeth, M.Ps.
Harvey, Phyllis L., M.Sc.
Hawkins, Erin, Ph.D.
Hayden, Lisa, M.A.
Hayes, Charles J. A., Ph.D.
Hendrick, Jennifer, Ph.D.
Hennessey, Michael, M.A.
Hicks, Kelly, M.Sc.
Higgins, Heather, Ph.D.
Hill, Carol L., Ed.D.
Hines Ferris, Anne, M.Sc.
Holt, Julia, Ed.D.
Horvath, Peter, Ph.D.
Howes, Janice, Ph.D.
Hubley Carruthers, Katharine A., Ph.D.
Hughes, Donna, M.Ps.
Humphrey, Robert, M.Sc.
Humphreys, Carolyn Ann, Ph.D.
Hunley, Stefani D., Ph.D.
Hutchings, Veronica, Ph.D.
Jewer, Charmine, M.Sc.
Johnson Emberly, Debbie, M.Sc.
Johnson, Constance M.B., M.A.
Johnson, Shannon, Ph.D.
Johnston, Stephanie G., M.A.
Jones, David B., M.A.
Jones, Kevin Scott, M.A.
Joudrie, J. Kelly, M.A.S.P.
Joyce, Ann Marie, Ph.D.
Jurink, Stacy, M.A.
Karamanos, Nicholas, M.A.
Keddy, Rodney, M.Ed.
Kelly, Brad, Ph.D.
Kennedy, Norma, Ph.D.
Kilburn, Michael Peter, M.A.*
King, Sara, Ph.D.
Komisarova, Olga, M.Psy.
Konopasky, Robert, Ph.D.
Krane, Richard, Ph.D.
Kumchy, Gagle, Ph.D.
Landry, Reginald, Ph.D.
Leader, B. Todd, M.Sc.*
L'Ecuyer, Constance, M.Ps.
Lefebvre, Celeste, Ph.D.
Lehr, Ron, Ph.D.
Leiter, Michael Patton, Ph.D.
Lenzer, Irmingard, Ph.D.
Lincoln, Katherine, M.Sc.
Logan-Smith, Lauraine, M.A.
Losier, Bruno J., Ph.D., ABPP-CN*
Louisy, Helen, Ph.D.*
Lowe-Pearce, Crystal, Ph.D.
Ludman, Wendy L., Psy.D.*
MacCormack, Terrance, Ph.D.
MacDonald, Maureen Clare, M.A.
MacDonald, Valerie, Ph.D.
MacDonald, Wayne, Ph.D.
MacDonnell, M. Joan, M.A.
MacDougall, James C., Ph.D.
MacDougall, Judith, M.A.
MacDow, Stephany, M.A.
MacFarlane, Polly K., Ed.D.
MacGillivray, Amy, M.A.S.P.
MacGillivray, Richard G., Ph.D.
MacInnis, Elizabeth W., M.A.
MacIntyre, Joan, M.A.
MacKay, Angela, M.Sc.
MacKay, Macha, M.Ed.
MacKinnon, Maura, M.A.S.P.
MacLachy, Heather, Ph.D.
MacLean, Barbara, M.Sc.
MacLean, Kim, Ph.D.

MacLellan, Anne, M.A.
MacLeod, Farley, M.A.
MacLeod, Kyla, M.A.
MacLeod, Matthew, M.A.S.P.
MacNeil, Sheila, Ph.D.
MacPhee, Angela, M.Sc.
Mahon, Nadine, M.A.S.P.
Mahoney, Anne, Ph.D.
Marcin, Betsy C., Ph.D.
Marlin, Richard, Ph.D.
Marshall, Maria, Ph.D.
Marsh-Knickle, Lauren, M.Sc.
Martin Wells, Jennifer, M.A.
Matwyczuk, Alana K., Ph.D.
Mauro, Gloria Rose, M.A.*
McAfee, Susan, Ph.D.
McCarthy, Mary E., Ph.D.
McConville, Holly, Ph.D.
McCormick, Brian J., Ph.D.*
McEachen, Stephen, Ph.D.
McGee, Robin A., Ph.D.
McGloine, Jeanette, Ph.D.
McGrath, Mary, M.Sc.
McGrath, Patrick, Ph.D.
McInerney, Robert, Ph.D.
McInnes, Julia E., M.A.
McKinnon, Margaret, M.A.
McLaughlin, Elizabeth, Ph.D.
McNeill, Bonnie, Ed.D.
McNeill, Gillian Margaret, M.A.*
McRae, Bradley, Ed.D.
McWilliams, Lachlan, Ph.D.
Melville, Cornelia, M.Ed.
Mensink, David, Ph.D.
Mercer, Karen, M.Sc.
Merrill, Ellen H., M.A.
Milks, Robert, Dip.S.Psych.
Mills, Joanne, M.A.
Milner-Clerk, Jacqueline, M.Sc.
Morrisey, Glenda, M.A.
Mott, Penelope, M.A.*
Mullane, Jennifer, Ph.D.
Murray, Patricia, M.Sc.
Nathanson, S. Garth, M.Sc.
Nau, Paul A., Ph.D.*
Naugler, Jennifer-Jo Anne, M.A.
Nelson, Margie, M.A.S.P.
Newman, Sandra, M.Ed.
Newsome, Phyllis, Ph.D.
Nickerson, Wendy Elaine, Psy.D.
Norwood Smith, Lisa, M.A.
Oates-Johnson, Tina, Ph.D.
O'Connor, Kimberly, M.Ed.
O'Leary, William, M.A.
O'Neil, Patrick, Ph.D.
Pace, Elizabeth, Ph.D.
Parker, Lori, M.A.
Patry, Brigitte, Ph.D.
Pencer, Alissa, Ph.D.
Pencer, Edward, Ph.D.
Perrott, Stephen B., Ph.D.
Perry, Dean Allen, M.Sc.
Pick, Deborah, M.Sc.
Pilon, David Joseph, Ph.D.
Plydon, Anne, Ph.D.
Ply, Elaine, Ph.D.
Poisson, Marie E., Ph.D.
Potter, Susan M., Ph.D.
Pottier, Colin, Ph.D.
Pottier, Mark, M.A.
Power, Tara, Ph.D.
Power, Trinda L., M.Sc.
Price, E. Lisa, Ph.D.
Pure, Kiran, Ph.D.
Purvis, Gregory A., M.Sc.
Pye, Carol, Ph.D.
Rabin, Bonnie L., M.A.
Reynolds, Patricia Lee, M.Sc.
Rice, Kevin Michael, M.A.
Riess, Ryan, Krista, M.A.S.P.
Robertson-Dawson, Heather A., M.A.
Robinson, Beth, Ph.D.
Robinson, Lynne, Ph.D.
Rose, Patricia Eileen, M.Sc.
Rosen, Natalie, Ph.D.
Ross, Lynn, M.A.
Ross, Michael A., Ph.D.
Roth, Jason, M.A.
Roussel, Jean-Robert, M.Ps.
Rule, Valerie Anne, M.A.
Russell, Mark, M.Sc.
Rutherford, Patricia Joan, M.A.
Ryan, Shannon Michael, Ph.D.
Sablon, Anita Carolyn, M.A.
Samoluk, Sarah, Ph.D.*
Sampson, Crystal, M.A.S.P.
Sawlor, Terra, M.A.S.P.
Scales, Nicola, M.Sc.
Seafolton, Yvette, Ph.D.
Schurman, George D., M.Sc.
Scott, Anita, M.Sc.
Scott, Carolyn, M.A.
Seagram, Belinda, Ph.D.
Sebesta, Jon, M.A.S.P.
Secouler-Beaudry, Lori, Ph.D.
Seymour, Carla, M.Sc.
Sheridan, Donald Patrick, Ph.D.
Sherry (nee Lee-Bagdey), Dayna L., Ph.D.
Sherry, Simon, Ph.D.
Shirley, Carol M., M.A.S.P.
Silverberg, Jeffrie J., Ph.D.
Simmons, J. Ruth, M.A.
Simoune, Monique, M.A.
Singh, Harman, M.A.
Smith, Doreen M., M.A.
Smith, Isabel M., Ph.D.
Smith, Rebecca, M.A.S.P.
Sodhi, Surinder Singh, Ph.D.
Spens, Patricia, M.Sc.
Sperry, John, Ph.D.
St Amant-Johnson, Michelle, Ph.D.
Starzomski, Andrew, Ph.D.
States, Jolaine, Psy.D.
Stec, Astrid, M.A.
Stephenson, Daniel Patrick, M.A.
Stewart, Sherry Heather, Ph.D.
Stoffer, Elaine, Ph.D.
Street, Philip, Ph.D.
Stringer Warren, Louise G., M.A.
Strok, Edward Stephen, Ed.D.
Sullivan, Maureen, Ph.D.

Sumarah, John Charles, Ed.D.
Sutherland, Debbie, M.Sc.
Sutherland, Maria, M.A.
Swaine, John R., Ph.D.
Swanson, Pamela, M.Sc.
Symons, Douglas, Ph.D.
Szostak, Deborah J., Ed.M.
Szuszkiewicz, Tara, Ph.D.
Taggart, Tracy Lowell, M.A.S.P.
Tattrie, Leanne, M.A.S.P.
Teasdale, Stephanie L., M.Sc.
Therault, Stephen, M.Sc.
Thompson, Carol, Ph.D.
Thurston, Catherine M., M.A.*
Tompkins, Stephanie, M.A.
Tracey, Laurie L., M.A.
Tragakis, Christine, Ph.D.
Trim, Faye L., M.A.
Trimper, Jacqueline, M.A.
Ugursal, Billur, M.A.
Uman, Lindsay, Ph.D.
Vallis, Michael, Ph.D.
Vanier, Melanie, Ph.D.
Vidmar-Perrins, Mikaela, M.Sc.
Vincent, Thomas, Psy.D.*
Voges, Marcia, Ph.D.
Volsky Rushton, Jennifer A., Ph.D.
Vulcano, Brent, Ph.D.
Walford, Virginia L., Ph.D.
Wall-MacDonald, Julie, Ph.D.
Watt, Margo, Ph.D.
Weaver, Angela, Ph.D.
Webster, Allister, Ph.D.
West, Shelley, M.Sc.
Wetmore, Ann A., M.Ed.
Whelan, John, Ph.D.
Whiffen, Arlene, M.Sc.
Whyte, Robert, M.A.
Wilkins, Janet, Ph.D.
Williams, Jaime, Ph.D.
Wilson, Allan, Ph.D.
Winn, Barbara, M.A.
Wiser, Barry, Psy.D.
Wolfe, Vicky, Ph.D.
Wong, Julie, M.Sc.
Woods, Marc, Ph.D.
Wotherspoon, Vanessa, M.A.S.P.
Woullif, Nina, Ph.D.
Yaraczis, Florina, Ph.D.
Yorke, Natasha E., M.A.S.P.
Yorke, Wayne Matthew, M.A.
Young, Stacey Marie, M.A.S.P.
Zehr, Richard, M.A.
Zinck, Beverly D., M.A.Sc.

Candidate Register

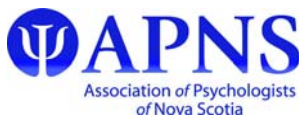
About-Ei-Haj, Marrian, M.Sc.
Angelopoulos, Sarah, M.A.S.P.
Beneve, Jenna, M.A.S.P.
Bihari, Joanne, D.ClinPsych
Boutillier, Ashley, M.A.S.P.
Braunmiller, Kathy, M.A.S.P.
Brooks, Heidi, M.A.
Campbell, Anna G., Ph.D.
Carter, Rebecca, M.A.S.P.
Chisholm, Gina, M.A.S.P.
Clement, Carissa D., M.A.
Cochrane, Karen, Ph.D.
Collett, Elizabeth, M.A.S.P.
Conrad, Brent, Ph.D.
Coolican, Jamesie, Ph.D.
Cormier, Louise, M.Ps.
Craig, Lisa, M.A.S.P.
Datta, Neera, M.Sc.
d'Entremont, Marc-Robert, M.A.S.P.
Donato, Andrea, M.A.
Doran, Joann, M.A.
Dwyer-Ryan, Krista, M.A.S.P.
Ellsworth, Angela, M.A.S.P.
Forgeron, Nicole Marguerite, M.Sc.
Fowler, Darren, M.A.
Gallant, André, M.A.Ps.
Grant, Valerie, Ph.D.
Hasiak, Maria, M.A.S.P.
Hifford, Jennifer, M.A.S.P.
Léger, Nadine, M.A.Ps.
Leighton, Lindsay, M.A.S.P.
Lewis, Janine, M.A.S.P.
Luedemann, Paula, M.Ed.
MacDonald, Tara, M.Sc.
MacDonald, Sonya, M.Ed.
MacDonald, Sara Beth, M.A.S.P.
MacDougall, Kara, M.A.S.P.
MacLean, Susan I., M.Sc.
MacNeil, Laura, M.Sc.
Mahoney, Kelly, M.A.S.P.
Manuel, Amy, M.A.
Moriarty, Kelli, M.A.S.P.
Murphy, Paul D.J., M.Sc.
Panton, Rachel, M.A.S.P.
Peters, Brad M., M.Sc.
Pfammatter, Angela, M.Sc.
Power, Heather, M.Sc.
Pugsley, Meaghan, M.A.S.P.
Rippeyoung, Matthew, M.A.
Roache, Patricia, M.Sc.
Seruntine, Cliff, M.Sc.
Shelley, Danielle, Ph.D.
Smith-MacKenzie, Carrie, M.A.S.P.
Squires, Susal, M.Sc.
Steeves, Julia, M.A.S.P.
Stephenson, Danielle, M.A.S.P.
Stright, Naomi Colleen, M.Sc.
Szielsko, Alicia, M.Sc.
Trudel, Delinda, M.A.S.P.
Trudel-Bess, Erin, M.A.S.P.
Turner, Kate, M.A.
Vickery, Jennifer, M.A.
Walker, Lindsey, M.A.S.P.
Wambolt, Pamela L., M.Sc.
Waugh, Bonnie, M.A.S.P.
Williams, Sarah, M.A.S.P.

*Denotes either Out-of-Province or Retired Status

Any Questions?

If you are unsure about whether the person you are seeing is a psychologist, or have any concerns about the ethical conduct of a psychologist, contact the Nova Scotia Board of Examiners in Psychology

423-2238



February is Psychology Month

Healthy Mind, Healthy Body

Psychologists take on important role in healthcare

Psychological factors are major sources of suffering and contribute to decreased productivity. In 2008, the estimated cost of mental illness to the Canadian economy in terms of health care and lost productivity was \$51 billion. Between 40% and 70% of visits to primary physicians are behavioural, emotional or psychological in nature. For instance, people with anxiety disorders may make unnecessary visits to their family physicians and medical specialists' services when psychological services are more appropriate. Psychologists are experts in behavioural, emotional and psychological health. In Nova Scotia, you can access Psychologists in private practice and sometimes in the hospital system. However, in some provinces, Psychologists have become part of primary health care teams, working together with family physicians and members of other disciplines, such as occupational therapists, nurses and nutritionists, to provide consumers' access to the provider with the most expertise for their particular concern. This

also eases the pressure on family physicians, making more room in their schedules to see more patients, thus providing access to more people. Studies have found that patients decrease their use of medical and hospital services when provided with psychological services.

An effective health care system must be built upon a broadly conceived definition of health. The traditional model of health care focuses on disease as opposed to health. As such, health care tends to be reactive and not proactive.

In the past, health promotion and the prevention of disease have not been central to the delivery of health care in Canada. At the heart of a broad definition of health is human behaviour. Human behaviour reflects all of the activities that Canadians engage in with respect to daily living, lifestyle and self care including both physical and mental/psychological domains. Human behaviour impacts upon physical health. To adequately care for the physical health of Canadians, we must provide

adequate care for psychological health.

Psychologists are uniquely qualified to provide a wide spectrum of health care. This care includes comprehensive assessment, diagnosis, treatment, rehabilitation and prevention for a variety of health-related and mental health problems. Many of the health problems facing Nova Scotians can be improved through appropriate psychological care. (excerpt from APNS' submission to the Romanow Commission on the Future of Health Care)

Furthermore, research suggests that the average savings to the health care system attributable to the addition of outpatient psychotherapy services is about 20%, that is, every \$1 spent on psychological services, yields a savings of \$5 in medical costs. This figure does not include the gains to the patient's quality of life or to employers and the economy as a result of reduced absenteeism, lowered frequency of workplace accidents or reduction in disability payouts (Chiles et al., 1999). Furthermore, a

review of 35 studies on psychotherapy and its cost implications showed that, in 90% of published studies, the therapy cost was more than offset by other system savings (Gabbard et al. 1997).

An active body keeps a healthy mind

Healthy living involves many things, including: daily exercise, eating healthy and well-balanced meals, managing stress, and getting a good night's rest. Physical activity is a very important part of maintaining both physical and psychological health.

Research shows that physical activity has important psychological benefits. For example, exercise can improve your mood and help you feel more confident and competent. It can help prevent and manage depression and anxiety, increase energy, reduce stress, and improve mental alertness and stamina.

Some kinds of physical activity like team sports provide a social support network which can have lots of benefits including friendships, improved mood and a better quality of life.

Many of us lead very busy

lives and struggle to manage all our responsibilities. It is important to make taking time for ourselves a priority and to find ways to help you do so.

However, we all have individual limits for what we can take on physically and mentally. Overtraining, burnout, overwork, or overstress and its signs can be quite varied and include a sudden inability to complete work-outs, fatigue, trouble sleeping, loss of appetite, mood disturbances (i.e. irritability, depression, apathy/poor attitude towards training, loss of motivation to train, and/or mental exhaustion) and increased susceptibility to injury/illnesses. Your mind and body need time to recover.

Pushing through a period of overtraining instead of taking a rest can lead to significant mental health problems. You can consult with a Registered Psychologist to find out if psychological interventions might be of help to you in your training.

(Excerpted from the Canadian Psychological Associations Facts sheet by Dr. Hannah Davis-Marchand, University of Ottawa.)

Chronic pain

continued from / A6

graine headaches, the pain is recurrent, rather than constant. There are many other kinds of chronic pain, such as postsurgical pain, fibromyalgia, temporomandibular disorders, and neuropathic pain.

It is estimated that between 10% and 30% of Canadians experience chronic pain. The direct and indirect costs associated with chronic pain are staggering and they are estimated to be in the billions of dollars annually.

Chronic pain can make simple movements hurt, disrupt sleep, and reduce energy. It can impair work, social, recreational, and household activities. People who have been injured in accidents may develop anxiety symptoms in addition to pain. Chronic pain can have a negative impact on financial security and in some cases it can contribute to alcohol or drug abuse. It can also disrupt marital and family relationships.

Pain is invisible. This can lead people who experience chronic pain to feel misunderstood or

alone in their suffering. Some people find that the legitimacy of their pain is questioned, with people believing that their pain is "all in their head." Pain is very real, but is indeed all in the head because the brain is very actively involved in this experience. Also, what happens in one's mind is inherently tied to what happens in one's body. Given the impact pain can have on quality of life and other life domains, it is not surprising that more than a quarter of people who experience chronic pain also experience significant depression or anxiety.

How can a Psychologist help a person with chronic pain?

Psychologists are involved in many aspects of chronic pain, including treatment/clinical work, research, and teaching. They focus on important themes such as acceptance. Specific techniques to help people with chronic pain include support, education, and skill building in areas such as relaxation, biofeedback, stress management, problem solving, goal setting, sleep hygiene, and assertiveness.

Cognitive behavioural therapy (CBT) aims to help people think

and behave in more adaptive ways. Acceptance and commitment therapy (ACT) focuses on acceptance, choice, and taking action. It aims to help people live in ways that are consistent with their values. Both approaches help people better manage chronic pain and live meaningfully, as opposed to eliminating pain symptoms.

Vocational assessment examines a person's interests, aptitudes, and abilities. It is useful for individuals who may need to change the way in which they work, or the kind of work they do, because of pain.

Psychotherapy for anxiety and/or depression can be very helpful for individuals experiencing chronic pain. For people who find that chronic pain has affected their personal relationships, couple/marital or family therapy is often recommended.

Are psychological approaches effective?

Psychological approaches have been shown, in numerous studies, to help people with chronic pain improve the quality of their lives. In particular, they are known to increase functioning in many life

Selected Psychological Therapies That Work	Sample Physiological / Psychological Problems Treated
Relaxation techniques reduce mental and physical tension.	Irritable Bowel Syndrome, Insomnia, Chronic Pain, Anxiety ... etc.
Behavioural therapy/intervention helps you change habits and behaviours.	Obsessive Compulsive Disorder (OCD), Effects of chronic disease such as diabetes, dementia in seniors, Attention Deficit Hyperactivity Disorder (ADHD) Grief
Cognitive therapy helps you control the excessive preoccupation and worry.	Anxiety, Memory loss, OCD, Insomnia, Relationship issues
Cognitive Behavioural Therapy (CBT) incorporates a number of steps aimed at changing behaviour to improve health and coping. It often involves providing information to ensure a better understanding of the illness (to help with fears and worries), teaching strategies to change thinking patterns that can contribute to strong emotional and physical reactions, teaching skills to deal with challenging or stressful situations that can trigger the gut, and goal setting to establish optimal health habits. CBT typically includes relaxation training.	Eating disorders, Addictions such as smoking, alcohol, gambling, Depression, Post Partum Depression, Phobias, Parenting issues, Irritable Bowel Syndrome
Hypnotherapy uses mental imagery and hypnosis instruction to specifically reduce gut sensations and develop a state of calmness and relaxation.	Smoking, Weight issues, Fears, Self-esteem issues
Brief Dynamic Therapy focuses on significant personal relationships.	Relationship Issues
Motivation therapies	Addictions, Eating Disorders, Any health problem exacerbated by unhealthy behaviour

domains, such as activities of daily living, emotional health, and interpersonal relationships, and result in decreased pain symp-

oms. Following psychological treatment, people report that they are more active, less depressed, less anxious, and more in control.

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