

Inside...

Fall 2019

| | |
|-------------------------------------------------|----|
| Past President's Report | 1 |
| President's Report | 3 |
| Annual General Meeting | 4 |
| Treasurer's Report | 5 |
| Financials 2019 & Budget 2020 | 6 |
| President's Award | 8 |
| Sit & Chat in Blockhouse | 8 |
| Dr Charles JA Hayes Lifetime Contribution Award | 9 |
| APA Council Rep Report | 10 |
| Psychology Month 2020 | 12 |
| Early Career Psychologist Upcoming Events | 13 |
| Victor Catano Obituary | 14 |
| Acknowledgements | 15 |
| Advertisements | 16 |
| Committees & Reps | 24 |

Vol. 31• N° 3



Fall 2019

PRESIDENT'S REPORT: Farewell ~ Dr. Beverly Butler, R.Psych.



Dr. Beverly Butler,
APNS Past President

Throughout my tenure as President of APNS, my goal has been to work with the other members of the APNS Executive, Committees and volunteers, as well as government officials and other outside stakeholders to build relationships that will assist in furthering APNS efforts to improve access and funding for psychological services for Nova Scotians, to raise the profile of psychology/psychologists in our province, and to enhance the organization itself, with our new strategic plan. I have tried to highlight the good work of the APNS Executive and Committees in the President's Reports published in the Newsletter throughout the year, and I will not reiterate everything that APNS has done on behalf of psychologists and those who require their services...it would take too long; I will mention, however, that APNS:

- Advocated on behalf of School Psychologists when the government changed their term of employment without consultation; Supported the LGBTIQ+ community by advocating for a provincial ban on the practice of conversion therapy;
- Executive members were involved in many discussions

with the Workers' Compensation Board of NS over the past year-and-a-half which resulted in changes to the WCB compensation and reporting structures for psychological services;

- Developed a partnership with Emergency Medical Care (EMC) to create a workshop for psychologists providing PTSD/Trauma treatment for paramedics, which is being expanded to other groups of first responders and those in public service who suffer vicarious trauma;
- Provided the APNS Public Sector Survey to the Ministers of Health and Education and met with the Conservative party critic for Addictions and Mental Health Services to advocate for improvements to provincial psychological services; and...
- Developing the strategic plan for APNS.

Something else that I personally have been involved in and intend to continue with in the coming year is providing input on the new Adult Capacity Assessment training program, guidelines and forms legislated in the Adult Capacity and Decision-Making Act which became law in December 2017. As introduced at our last AGM by David Pilon, the new Act designates physicians and psychologists as capacity assessors

(Continued on page 2)

Reports

PRESIDENT'S REPORT: Dr. Beverly Butler, R.Psych. Past President

(Continued from page 1)

by virtue of their professional qualifications, while also extending the authority for capacity assessment to registered nurses, nurse practitioners, social workers and occupational therapists who successfully complete a 2-day training course developed by the Office of the Public Trustee.

Earlier this year APNS was contacted and Susan and I met with Marian Casey, Director of Health Care Decisions & Capacity Assessment at the Public Trustee Office to discuss how a neuropsychologist or psychologist may be involved in the new 2-day training program and subsequent mentoring/supervision that will be required for Registered Nurses, Nurse Practitioners, Occupational Therapist, and Social Workers to perform such assessments. As President of APNS, and a clinical neuropsychologist with some experience in capacity assessments, I have taken on the role of the APNS liaison in this matter. My tasks to date have been gathering opinions from other neuropsychologists and psychologists about the role that the Office of the Public Trustee envisioned for the interested NS neuropsychologist/psychologist in the training program, reviewing information about similar programs in other provinces, and meeting with Ms. Casey to provide feedback. The Office of the Public Trustee has since found an appropriate neuropsychologist to provide the 2-day training program, Dr. Arlin Pachet, a Clinical Neuropsychologist in Alberta who has performed many such assessments and trained many healthcare professionals to provide these assessments. Ms. Casey has also requested that APNS, along with NSBEP, provide more feedback in the coming months on the capacity assessment guidelines, which are being drafted, the reporting form which will be used by assessors, and any issues that are brought to our attention by psychologists performing such assessments.

Although I have chosen not to be directly involved in the training program, as I move into my role as Past President it is my intent to follow this process and gather input from psychologists doing capacity assessments under the Adult Capacity and

Decision-Making Act in order to provide the requested feedback to the Office of the Public Trustee.

Although Psychologists are not required to take the 2-day training program through the Office of the Public Trustee, in keeping with the Canadian Code of Ethics for Psychologists, a psychologist performing these assessments would be expected to possess or develop up to date knowledge and skills for such work. As an introduction for those interested in performing such assessments, APNS invited Dr. Arlin Pachet, mentioned previously, to give a half-day workshop to psychologists on *The Nuts & Bolts of Adult Capacity Assessments* in June. The workshop was well-attended and participants are eager to have Dr. Pachet return to do a more in-depth workshop.

In closing, I want to thank the membership for allowing me the opportunity to “preside” [*wink*] over Executive meetings with such a dedicated and capable group of volunteers, who also happen to be lovely human beings. I have a great deal of respect and admiration for these psychologists and students, who freely gave their time, knowledge and considered thoughtful opinions to the issues we addressed and those we continue to address in order to advance our mandate. Many thanks to Todd Leader (Past President), Jeannette Kennedy (President elect), Shelley Goodwin (Treasurer), Skye Stevens (Secretary), Toni Campagnoni (Member-at-Large), Sarah Peverill (Student Rep.) and Kat Merwin (Student Rep.). Finally, a special Thank You to Susan Marsh (Executive Director), who was always willing to impart her extensive knowledge about the history and processes of the organization as guidance to an intelligent and eager, but inexperienced, APNS President. I am proud of the work we have done and consider myself enriched by the experience.

Sincerely,

Beverly Butler, Ph.D., R.Psych.
(outgoing) President of APNS

PRESIDENT'S REPORT: Welcome ~ Jeannette Kennedy, R.Psych. Incoming President

Being on the APNS Executive has been a huge learning curve for me (a bit overwhelming at times), and, I would like to extend my gratitude to the membership for this opportunity. I am especially thankful to the more experienced Executive team members who have helped guide me along this journey. Special thanks to Dr. Bev Butler and Executive Director, Susan Marsh, who is the backbone of APNS. I'd also like to welcome President Elect, Carol Shirley.

I moved from overwhelmed to excited (and occasionally move back into overwhelmed) when I attended the APA Practice Leadership Conference in Washington, DC in March for State, Provincial & Territorial Psychological Associations (SPTAs). The theme was "Advocacy and Leadership". Canada was represented by Nova Scotia, Alberta and Manitoba. While a lot focused on American policies and advocating at Capitol Hill, what caught my interest, and increased my passion, was the energy and dedication of those present related to the role of psychologists being involved in advocating for psychologically-relevant issues. For example, at the time of the conference, Argosy University had closed its doors, so a movement was occurring to assist those who were in the midst of working on their graduate degree, some of who were near completion of a five-year degree.

A message I'd like to pass on to everyone is how valuable it is to be an active member of APNS; personally, professionally, and in service to residents of Nova Scotia. My transition to the Executive was overwhelming, in part, due to never previously being involved with APNS other than paying my membership dues. In hindsight I would take on other roles prior to joining the Executive, and I would like to encourage you to do the same. There is a lot that is happening at APNS that I would not have known had I not gotten involved. One of the most exciting things has been the connection APNS has made with First Responders and Crown Attorneys who have been exposed to traumas, either directly or indirectly, to educate them about Posttraumatic Stress. This began prior to my role as President and is something that is

continuing. Along with this has been training for Psychologists regarding PTSD to have a list for EHS and Crown Attorneys to refer to should they need psychological intervention. Also, joint meetings with WCB has resulted in psychologists being paid at the provincial rates, along with a joint APNS/WCB workshop increasing the number of Psychologists on the referral list enhancing the well-being of injured workers. As well, APNS has committed to address the Truth and Reconciliation Commission Report recommendations by creating a working group of APNS members. This is a commonality with NSBEP and APNS/NSBEP had a joint meeting in October 2019, when we also discussed other common interests such as competencies and scope of practice (e.g. Adult Capacity Assessments and cultural competencies with APNS providing relevant workshops).

As a way to begin to get exposure (or re-engage), APNS has a number of committees that you could sit on, including Early Career Psychologists group, Diversity Committee, Nominations & Elections Committee, Advocacy Committee, and CE Committee. Attendance at workshops is a way to be active, presenting during Psychology Month or for the NS Public Service Commission Office of Workplace Mental Health, or join special interest groups. Self-care for Psychologists is another passion of mine given the nature of the work that we do. While we can do traditional self-care practices, advocacy and making policy changes to improve working conditions (whether you are an educator, researcher, public servant, consultant, or practitioner) is a way to enhance our well-being, reduce stress, and increase effectiveness for ourselves and others.

In closing, keep your eye out for any "Calls" or opportunities from APNS and consider taking an opportunity even if you can only offer a couple of hours a month, or a year. The items mentioned above are only a small fraction of the influences APNS has had over the years. I look forward to serving members of APNS in the upcoming year.

With much gratitude, Jeannette, APNS President.

Reports

ANNUAL GENERAL MEETING - May 24, 2019

This year the AGM was held in combination with the APNS workshop “ACT and Diversity with an LGBTQ Emphasis” presented by Dr Matthew Skinta. The AGM attracted about 30 people who heard reports from the Executive and guest Marie Josette Durup, Public Education Co-ordinator, reporting on the successful Psychology Month and thanking all those who participated.

Among other business the Executive presented a Proposed Amendment to Constitution to increase the number of Executive members by adding two additional Members-at-Large, designating one as Member-at-Large for Human Resources. The justification for this addition related to the difficulty in getting a quorum with the small number as well as the increased work generated by the on-going strategic planning management and the need for more attention to staff and volunteer activity. After some discussion the Motion was passed unanimously.

Shelley Goodwin, Treasurer, projected a balanced budget for this year and announced that we are not increasing the annual membership fee, however, with the strategic plan coming into place, this may be reconsidered in the future pending the financial needs that may occur. The budget was approved unanimously. Lyle Tilley Davidson fulfilled the role of auditor this year will again next year.

Elections Committee Chair Lynne Robinson reported on the activities to confirm the new Executive members. This year, no election was needed. Although Skye Stevens’ term as Secretary has ended, all other members have renewed their terms — Toni Campagnoni as a Member-as-Large, Todd Leader as Secretary, and Kat Merwin and Sarah Peverill will continue as joint Student Representatives. Carol Shirley was nominated and accepted as President Elect. Shelley Goodwin will remain as Treasurer. Bev Butler will be moving to the position of Past President and Jeannette Kennedy will be President. We say goodbye to Skye Stevens and thank her for her expertise, energy and dedication to the Executive.

Lynne also thanked Victor Day for his long-term commitment to the Elections Committee as he steps down this year. Debra Garland, Committee Chair is also stepping down. We thank Debra for her participation and commitment to the Committee. Lynne will stay on as Chair. Shelley Goodwin will remain on the Committee and Jenn Richards and Harpreet Aulakh are new members. Past President Bev Butler is ex officio on the committee.

No Fellow was nominated this year but two students were chosen to receive the annual Student Prizes.

The Gerald Gordon Memorial Prize (Undergraduate) was presented to Jessica Doyle, St. Francis Xavier University, nominated by Dr Margo Watt.

The Brian Dufton Memorial Prize (Graduate) was presented to Ivy Kehayes, Dalhousie University, nominated by Dr Sherry Stewart. Ivy was unable to attend to so the prize was presented to her in the presence of her fellow students and Dr Simon Sherry at Dalhousie University Department of Psychology and Neuroscience on May 22nd.

The members of the Student Awards Selection Panel were acknowledged. Thank you to Kevin Rice, Louise Stringer Warren and Brad Peters.

Victor Day mentioned the passing of Dr. Victor Catano, and his funeral service on June 4th. Although no one from the Executive was able to attend the funeral, APNS did make a \$100 donation to the Saint Mary’s University Vic Catano I/O Travel fund. Please see page 14 for Vic Catano obituary.



Student Rep Kat Merwin present the Gordon award to Jessica Doyle.

TREASURER'S ANNUAL REPORT 2019

Our Association continues to grow and again this year we balanced growing our equity with growing our association. In 2018 we moved into a larger space at the Professional Building and made the decision to hire a part time employee in Feb 2019. We increased our dedicated Executive Director's salary to the national average level for a Not for Profit, and we strategically renewed our investments to capitalize on a staggered renewal dates as well as optimizing interest rates which follows our balanced approach toward increasing and managing our investments. This is all exciting as it is an indication of our growth as a professional association and our ability to feel comfortable with this growth.

Moving into this fiscal year, on March 31, 2018 our total liabilities and equities were \$202,337.00. On March 31, 2019 total liabilities and equities totalled \$222,348.00. This total is comprised of total cash (including saving accounts) and GICs. As evident from these numbers, APNS continues to focus on building its assets/income.

Total revenue for the 2018-2019 fiscal year equalled \$157,321.00 which was an increase from the previous year. Revenue for 2019-2020 is projected at \$146,000. Key revenue producers for 2018-2019 included: Membership Fees \$95,070.00, the APNS Private Practice Directory \$26,680.00 and CE Workshops \$21,820.00. We actually came in \$20,763.00 over our budgeted revenue this year. We have budgeted a bit less for our total revenue for 2019-2020. This is mainly due to the large number of CE activities that were held in 2018 and not having quite so many in 2019 planned. We are partnering with EHS on a large

conference in the fall of 2020 and we are budgeting for this project accordingly. Total expenses for the 2018-19 fiscal year equalled \$136,558.00. This is up from the previous years but consistent with adding more rent, more staff and more CE events to our offerings. Our previous year 2017-2018 expenses were \$113,103.00. Expenses for 2019-20 are projected at \$156,000.00. We anticipate additional costs associated with our Strategic Plan that we are getting very close to rolling out. There are expected financial costs associated with this and in preparation we will be moving \$10,000.00 out of our Development Fund to offset this commitment.

As part of responsible planning the Executive has had discussions about increasing the membership rate. The rate was last increased in 2012. It is currently \$225. After discussion we have decided to maintain the rate, however, as we roll out the Strategic plan this financial consideration will be weighed with the revenue as we move forward.

We are projecting a balanced budget for 2019-2020. APNS will continue to focus on providing continuing education opportunities to its members. We will also be focusing on implementing our new strategic plan for the future of APNS and this will involve a focus on financial planning for the continued financial health and growth of the organization. We are looking for individuals who are interested in playing a small or large, one off, or long term role in the moving of this plan forward.

Respectfully submitted by
Shelley Goodwin, Treasurer, APNS

MEMBERSHIP RENEWAL TIME

APNS membership runs from September 1st to August 31st.
If you have not already renewed or have not received your receipt
for your renewal, please contact APNS now apns@apns.ca

Reports

ANNUAL FINANCIALS AND BUDGET 2019-2020

| Page 1 | # | Budget | Final Actuals | Budget |
|-------------------------------------------|------|---------------|----------------|---------------|
| INCOME | | 2018-2019 | to March 31/19 | 2019-2020 |
| Administration | | | | |
| Membership Fees | 4060 | \$ 90,000.00 | \$ 95,070.00 | \$ 94,000.00 |
| Interest Earned | 4100 | \$ 1,000.00 | \$ 623.12 | \$ 1,000.00 |
| Insurance admin | 4055 | \$ 3,000.00 | \$ 3,681.94 | \$ 3,500.00 |
| Total Administration | | \$ 94,000.00 | \$ 99,375.06 | \$ 98,500.00 |
| Other - Grants | 4045 | \$ - | \$ - | \$ - |
| TOTAL ADMIN & GRANTS | | \$ 94,000.00 | \$ 99,375.06 | \$ 98,500.00 |
| Member Services | | | | |
| CE Workshops | 4020 | \$ 25,000.00 | \$ 22,375.00 | \$ 20,000.00 |
| Publications PPD | 4080 | \$ 24,000.00 | \$ 26,680.00 | \$ 25,000.00 |
| TOTAL MEMBER SERVICES | | \$ 49,000.00 | \$ 49,055.00 | \$ 45,000.00 |
| Ads and Promotion | | | | |
| Advertising – Web / NSP Ads | 4036 | \$ 2,200.00 | \$ 4,950.00 | \$ 2,500.00 |
| Promotions - Sponsor | 4030 | \$ - | \$ - | \$ - |
| TOTAL AD & PROMO | | \$ 2,200.00 | \$ 4,950.00 | \$ 2,500.00 |
| Other | 4110 | \$ - | \$ - | \$ - |
| TOTAL INCOME | | \$ 145,200.00 | \$ 153,380.06 | \$ 146,000.00 |
| EXPENSES | | | | |
| Admin - Office | | | | |
| AGM Audit Review/Event | 5010 | \$ 2,025.00 | \$ 291.25 | \$ 2,300.00 |
| Office Expenses | 5130 | \$ 1,000.00 | \$ 503.21 | \$ 750.00 |
| Office Supplies | 5410 | \$ 668.00 | \$ 399.52 | \$ 500.00 |
| Office Copying/Copier lease | 5310 | \$ 2,200.00 | \$ 1,878.18 | \$ 2,000.00 |
| Office cell phone plan | 5390 | \$ 550.00 | \$ 566.29 | \$ 568.00 |
| Exec Meeting Travel/Parking | 5200 | \$ 2,500.00 | \$ 3,331.87 | \$ 1,800.00 |
| Exec planning/develop travel | new | | \$ - | \$ 1,000.00 |
| Equip/Software/Web licenses/furniture | 5315 | \$ 3,500.00 | \$ 2,702.91 | \$ 1,500.00 |
| Phone | 5420 | \$ 2,000.00 | \$ 1,958.26 | \$ 2,000.00 |
| Conferencing Srvs | 5430 | \$ 1,200.00 | \$ 1,082.30 | \$ 1,200.00 |
| Office Rent | 5280 | \$ 17,200.00 | \$ 17,418.98 | \$ 17,500.00 |
| Website/Internet | 5220 | \$ 2,500.00 | \$ 811.75 | \$ 3,000.00 |
| Postage/Delivery | 5330 | \$ 2,000.00 | \$ 1,792.45 | \$ 1,800.00 |
| TOTAL OFFICE ADMIN | | \$ 37,343.00 | \$ 32,736.97 | \$ 35,918.00 |
| Admin - Committees / Reps Expenses | | | | |
| APA Rep Exp (Council) | 5065 | \$ 2,000.00 | \$ 221.70 | \$ 500.00 |
| APA PLC Conference Exp | 5040 | \$ 500.00 | \$ - | \$ 3,000.00 |
| Early Career Development | 5045 | \$ 1,200.00 | \$ 665.81 | \$ 2,000.00 |
| APA Public Education Rep | 5380 | \$ 200.00 | \$ - | \$ 100.00 |
| Psych Healthy Workplace | 5117 | \$ 1,000.00 | \$ - | \$ 1,000.00 |
| Advocacy committee | 5050 | \$ 200.00 | \$ - | \$ 100.00 |
| CE committee | 5140 | \$ - | \$ - | \$ 100.00 |
| Cultural Diversity committee | 5160 | \$ - | \$ - | \$ 100.00 |
| Elections committee | 5180 | \$ - | \$ - | \$ - |
| Executive committee | 5190 | \$ 1,000.00 | \$ 1,436.91 | \$ 1,500.00 |
| Private Practice committee | 5350 | \$ 200.00 | \$ - | \$ 100.00 |
| Post-Disaster committee | 5320 | \$ 200.00 | \$ - | \$ 100.00 |
| Early Career | 5385 | \$ 200.00 | \$ 31.65 | \$ 100.00 |
| TOTAL COMMITTEE ADMIN | | \$ 6,700.00 | \$ 2,356.07 | \$ 8,700.00 |

ANNUAL FINANCIALS AND BUDGET 2019-2020

| | | | | |
|---------------------------------------|------|---------------|---------------|---------------|
| Page 2 | | | | |
| Admin - Financial | | | | |
| Financial Reporting | 5115 | \$ 2,200.00 | \$ 3,208.50 | \$ 2,500.00 |
| Bank/Finance/Cred Card SC | 5100 | \$ 3,000.00 | \$ 5,789.67 | \$ 5,500.00 |
| TOTAL FINANCIAL ADMIN | | \$ 5,200.00 | \$ 8,998.17 | \$ 8,000.00 |
| Insurance & Fees | | | | |
| Licenses, Insurance, Fees | 5240 | \$ 1,950.00 | \$ 1,983.00 | \$ 2,000.00 |
| Reg Joint Stock | 5360 | \$ 32.00 | \$ 31.15 | \$ 32.00 |
| TOTAL INSURANCE & FEES | | \$ 1,982.00 | \$ 2,014.15 | \$ 2,032.00 |
| Staffing | | | | |
| Staffing Wages | 5270 | \$ 52,000.00 | \$ 50,066.06 | \$ 52,200.00 |
| Contract staffing/Coop | 5210 | \$ - | \$ - | \$ 6,000.00 |
| Staff health Benefit | 5270 | \$ - | incl | \$ - |
| TOTAL STAFFING | | \$ 52,000.00 | \$ 50,066.06 | \$ 58,200.00 |
| Affiliations | | | | |
| APA memberships | 5080 | \$ 125.00 | \$ 52.69 | \$ 150.00 |
| Membership: Various | 5172 | \$ - | \$ - | \$ - |
| CPAP/PD meetings | 5171 | \$ 2,500.00 | \$ 2,532.62 | \$ 1,800.00 |
| Membership: CPAP | 5170 | \$ 2,125.00 | \$ 2,200.00 | \$ 2,200.00 |
| TOTAL AFFILIATIONS | | \$ 4,750.00 | \$ 4,785.31 | \$ 4,150.00 |
| Awards / Donations | | | | |
| Awards/Donations/Benevolent | 5110 | \$ 1,000.00 | \$ 1,296.00 | \$ 500.00 |
| President's Award | 5345 | \$ 175.00 | \$ - | \$ 150.00 |
| Student Scholarships | 5370 | \$ 1,500.00 | \$ 1,500.00 | \$ 1,500.00 |
| TOTAL AWARDS / DONATIONS | | \$ 2,675.00 | \$ 2,796.00 | \$ 2,150.00 |
| TOTAL ADMINISTRATION | | \$ 110,650.00 | \$ 103,752.73 | \$ 119,150.00 |
| Member Services - CE | | | | |
| Continuing Education Workshop | 5030 | \$ 20,000.00 | \$ 22,599.97 | \$ 15,000.00 |
| Volunteer Credit Adjustment | | \$ 2,000.00 | \$ - | \$ 1,500.00 |
| CE resources (e.g. EPPP materials) | 5150 | \$ 1,000.00 | \$ 533.11 | \$ 600.00 |
| TOTAL CE | | \$ 23,000.00 | \$ 23,133.08 | \$ 17,100.00 |
| Member Services - Advocacy | | | | |
| Special Event / Strat Plan | 5060 | \$ 2,000.00 | \$ 1,304.50 | \$ - |
| Advocacy Training | 5351 | \$ 1,500.00 | \$ 70.05 | \$ 1,500.00 |
| Advocacy Dev Fund Projects | 5355 | \$ - | \$ - | \$ 10,000.00 |
| Sit & Chat | 5356 | \$ 2,800.00 | \$ 2,336.04 | \$ 2,500.00 |
| Psychology Month | 5354 | \$ 250.00 | \$ 86.02 | \$ 250.00 |
| TOTAL ADVOCACY | | \$ 6,550.00 | \$ 3,796.61 | \$ 14,250.00 |
| Member Services - Publications | | | | |
| PPD | 5340 | \$ 2,000.00 | \$ 1,897.37 | \$ 2,000.00 |
| TOTAL PUBLICATIONS | | \$ 2,000.00 | \$ 1,897.37 | \$ 2,000.00 |
| TOTAL MEMBER SERVICES | | \$ 31,550.00 | \$ 28,827.06 | \$ 33,350.00 |
| Promotions | | | | |
| Promotions/ Outreach | 5352 | \$ 1,000.00 | \$ 1,863.73 | \$ 1,500.00 |
| Advertising | 5116 | \$ 2,000.00 | \$ 1,900.14 | \$ 2,000.00 |
| TOTAL PROMOTIONS | | \$ 3,000.00 | \$ 3,763.87 | \$ 3,500.00 |
| TOTAL EXPENSES | | \$ 145,200.00 | \$ 136,343.66 | \$ 156,000.00 |
| NET Surplus/ <Loss> | | \$ - | \$ 17,036.40 | \$ 10,000.00 |
| Transfer from Development Fund | | | | \$ 10,000.00 |
| Final Balance | | | | \$ - |

Reports

APNS PRESIDENT'S AWARD 2019 ~ Leona Burkey

The Executive Committee of APNS is pleased to congratulate Leona Burkey, Executive Director of the Brain Injury Association of Nova Scotia (BIANS) who is the 2019 recipient of the APNS President's Award.



President Bev Butler nominated Ms Burkey for this award to acknowledge and celebrate her tireless advocacy efforts over the past few years that have contributed in large part to the creation and acceptance of a Nova Scotia Government Acquired Brain Injury Strategy and the development of community programs and a new "Neuro-Commons" space for brain injury survivors and their families to meet and receive community-based care and peer support."

Dr Butler presented Ms Burkey with a plaque and a \$100 donation for BIANS at their 2019 AGM in June.

The **APNS President's Award** honours non-psychologists who have made valuable contributions to the community in a health and wellness setting or through other activities that touch and benefit the greater community by raising awareness and advocating for mental health. It is awarded at the discretion of the APNS President to exceptional individuals and organizations that have made a real difference for many. Previous award winners have included: Peter Gabriel, former Health & Wellness Consultant at Emergency Medical Care Inc., King's View Academy, Laing House, entertainer and TV personality Mary Walsh, Dr. Elsie Blake, Program Administrator for the counseling and support component of the compensation program for claimants of institutional abuse, Dr. John Butt, former Chief Medical Examiner for Nova Scotia, lawyer Anne Derrick, and CBC Radio Noon host Costas Halavrezos.

"SIT AND CHAT A WHILE" WITH APNS - in Blockhouse

For the third year, APNS is partnering with a Nova Scotia community to revive the old saying: "Sit and chat a while". This past July, APNS donated a "Sit & Chat" bench to Blockhouse to raise awareness of the value of personal interaction as a way to enhance mental and physical health. The unveiling took place at the opening of a new park at 4 Corners.

"It gives us great pleasure," says Robert Hyson, Park Committee Chairperson of The Blockhouse Area Ratepayers Kinship, "to be able to partner with APNS on the formal opening of our new park. The addition of the "Sit and Chat" bench is a great enhancement to our new park and is a perfect fit for the intended use of the Park."

Like Blockhouse, parks in communities across Nova Scotia are the perfect settings to enjoy the natural environment and where it is easy to engage



with other people, to chat with neighbours and get to know other members of the community.

"When we socialize, especially in nature, we make changes in our brain and body helping to calm the central nervous system," said APNS President Jeannette Kennedy.

"Through this sense of connection, we increase positive feelings and reduce depression and anxiety. We also increase our capacity for attention, ability to problem solve and have more energy".

We have already begun planning for next year's unveiling in another Nova Scotia community.

Are you interested in having a Sit & Chat Bench in your community? If so, we would love to hear from you. Contact apns@apns.ca

Announcing the Dr. Charles J.A. Hayes Award for Lifetime Contribution in Psychology



APNS is pleased to announce the creation of a new honour and award which was inspired by the APNS Lifetime Membership designation.

This lifetime contribution honour will recognize APNS members who have made an enduring contribution to the APNS and to profession of Psychology in Nova Scotia.

We expect to put out the first “Call for Nominations” in the spring of 2020.

In creating this honour it seemed appropriate that its first recipient would be one of our most respected members, who embodied a lifetime of contribution to Psychology and to APNS — Dr. Charles Hayes who passed away last year.

The award was presented posthumously during a celebration of Charles’ life this past June, with his family and closest friends present. His wife Robyn Hayes accepted the Award. She has asked that the following message be published.

Response to the Executive Director of APNS on the presentation of a Lifetime Contribution Award to the late Charles J A Hayes PhD on June 9, 2019.

It is with gratitude our family accepts this Award in recognition of the professionalism Charles displayed from the inception of the Association (his registration number was three) to his daily display of professionalism in his career choice. Living with Charles taught us he believed in the dignity of working with colleagues to develop an Association which exemplified those qualities which spoke to excellence.

I asked one son how he was dealing with the grief of the loss of Charles and he replied “He was now needed elsewhere”. My second son’s reply was “Pride. I was so proud of him”. These statements speak to the love and understanding Charles showered on our family.

We could not have held this event earlier as our grief and shock at losing such a dynamic man who loved life, but we know in time and with the support of friends and this honour you have bestowed on Charles, he will live with us, and for us, forever.

Thank you again for your kindness.

*Sincerely,
Robyn Hayes*

*Mark your calendars
APNS annual Christmas Party
Friday, December 13th 4:00 to 6:00 pm
at the APNS office*

Reports

APA COUNCIL OF REPRESENTATIVES REPORT - AUGUST 7 to 9, 2019

Shelley Goodwin, Ph.D., APA Council Rep for APNS

Again this meeting, Council voted to reject suspending Association Rule 30-2.1 and agreed to not publish individual votes on open session agenda items. As I believe you should know how your representative has voted I have indicated in **Bold** behind each agenda item the vote I cast. If you have any questions, please let me know. I have listed below the items that were discussed and where I have voted. If you wish to see the full minutes, please go to the APA website for the complete document.

<https://www.apa.org/about/governance/council/minutes-summer-2019.pdf>

One item on the Agenda that created significant discussion was the resolution to permit student members to have voting privileges. After much discussion it was voted by Council to forward to the Membership for a vote. The motion would move to make the amendments to the APA Bylaws that would allow this to happen. **I voted in favor of this motion.**

Council also voted to approve amending APA's Association Rules to become effective if and when the above Bylaws changes are approved by the Membership. **I voted in favor of the motion.** It was also agreed that an explanatory statement and statements in favor of and against the amendment will accompany the Bylaws amendment ballot.

After considerable discussion which was geared around making sure we had the correct language and scope, Council voted to approve the following 2019 Immigration and Refugee Policy Statement which addressed several key and timely issues. **I voted in favor of the motion. (See full citations and references in the full minutes.**

2019 APA Immigration and Refugee Policy Statement

Immigrants and refugees are at risk of psychological harm

Immigrants and refugees experience harm both from the difficult journey to

the United States that brings with it exposure to sexual assault, human trafficking, and other forms of violence, and from the ongoing stress from starting a new life away from family and culture, as well as prejudice and discrimination received from those in the United States

In the Child and Adolescent Mental and Behavioral Health Resolution, the American Psychological Association affirmed that *toxic stress* (prolonged exposure to trauma and the biological stress response) impacts early brain development and that adverse childhood experiences (ACEs) have a profound impact on later adult health outcomes. Subsequent research has clarified that this lifelong effect is due to significant changes in the nervous, endocrine and immune systems from prolonged exposure to the stress response. In short, health across the lifespan is impacted by early childhood experiences. Research also shows that the impact of environmental risk factors can be lessened or even prevented. Moreover, reducing environmental risk factors has the potential to promote emotional health early in the life cycle.

The fear of deportation causes stress and can lead to serious health issues

Research has found that the fear of deportation and the perceived impact of the vulnerability on the family are associated with reports of poorer emotional well-being and academic performance for children. Another study found that the fear of deportation and harassment from law enforcement correlated with lack of access to health

(Continued on page 11)

APA COUNCIL OF REPRESENTATIVES REPORT - AUGUST 7 to 9, 2019

services (Martinez et al 2015). Raids and deportation are traumatic experiences resulting in fear, isolation and depression for children, who are mostly U.S. citizens.

Family separation and child detention are especially harmful

Research has consistently demonstrated the negative impacts of family separation and child detention on immigrant and refugee mental health. One study of children in schools found that those who had experienced longer separations from their parents also reported more signs of depression and anxiety than those who had not experienced long separations. Other negative outcomes for children associated with separation from their parents include housing instability, food insecurity, interrupted schooling, poorer academic performance, and adverse behavioral/emotional responses. Sustained parental separation also predicts the ongoing natural response of difficulty trusting adults and institutions, as well as reduced educational attainment.

Therefore, APA reaffirms its 1998 resolution on Immigrant Children, Youth, and Families. Further, consistent with the ethical principle that psychologists respect the human rights, dignity and worth of all persons and peoples. APA supports practical and humane immigration policies that consider the well-being of immigrants and refugees, and particularly families, including the provision of appropriate medical, mental health and social services. APA also calls upon the federal and state governments to provide sufficient funding to ensure appropriate health and social services are provided.

Additionally, Council participated in small group discussion regarding how APA can better prepare psychologists to work with and/or advocate for the population of individuals included in the policy statement.

Council voted to adopt as APA policy the *Guidelines for Psychological Practice for People with Low-Income and Economic Marginalization* and approved August 2029 as the expiration date for the Guidelines. **I voted for the motion.**

Council voted to adopt as APA policy the *Race and Ethnicity Psychology Guidelines in Psychology: Promoting Responsiveness and Equity* and approved August 2029 as the expiration date for the Guidelines. **I voted for the motion.**

Council was provided with an update on the work of the Task Force on Human Rights. The Task Force was established in 2016, charged with providing strategic advice to the Association in its engagement in the promotion and protection of human rights.

One of the last agenda items was the following motion:

That Council requests that APA forms an 8-12 person taskforce/work group that will be in effect for the duration one year with the charge of performing an environmental scan of available resources (within and outside of our organization) and identifying potential strategic partners with the purpose of making recommendations that will directly lead to the development of a Public Education Campaign and supporting infrastructure designed to address racism, discrimination and hate.

This motion was approved by Council and **I voted in favor of it.**

Respectfully submitted,
Dr. Shelley Goodwin

Reports

PSYCHOLOGY MONTH 2020 @ Halifax Central Library

It's November already and we are planning Psychology Month 2020. We have filled our spots at the Halifax Central Library and are now looking to fill spots at libraries across Nova Scotia. We are also interested in holding information sessions in other venues, including schools, universities and community centres. If you know of any likely venues for these talks in your community or would like to work with us to arrange some, please get in contact with Sara at s.brushett@dal.ca

Monday, February 3rd, 6:30-8:30 pm

Title: Managing Stress & Anxiety

Description: People hold many myths about stress and anxiety, and this can impair their ability to cope with the problem. The audience will gain a better understanding of how stress is defined, the stages of stress that we go through, and the warning signs of experiencing significant stress. Come and learn how to increase self-awareness through mindfulness exercises and strategies to manage stress.

Tuesday, February 11th, 5:30-7:30 pm

Title: Moving Beyond "Yes, Dear:" Improving Couple's Connection & Communication with Emotion Focused Skills

Description: Emotion Focused Skills Training for couples provides some basic emotion education and teaches participants how emotion plays a crucial role in our romantic/intimate relationships. This talk will focus on how to begin to navigate the world of emotion, enhance motivation to change, discuss how to repair past hurts in relationships and will give a basic set of skills to improve connection between couples.

Tuesday, February 18th, 7-9PM

Title: Psychology Month: Mindfulness, Evolution, and how to Escape Anxiety and Unhappiness Forever

Description: You've been lied to by the mental health field your entire life. This session will help you understand the evolution of thinking and learn how to stop and appreciate the moment. The

dangers of the internet, social media, watching the news, and other activities that undermine your natural desire to be happy will be discussed.

Tuesday February 25th, 7-9 pm

Title: Psychology Month: Demystifying ADHD - Facts and Myths

Description: The presenters will briefly review some important facts and stats about ADHD in children and adolescents, as well as engage the group in discussion around some of the commonly held myths and misconceptions about ADHD. It is hoped that attendees will walk away from this talk better informed about ADHD, one of the most common neurodevelopmental disorders of childhood.

Saturday Feb 8th, 1:00-3:00 pm

Title: Psychology Month: Taming the Survival Instinct for Inner and Outer Peace

Description: The human brain's powerful survival instinct underpins a lot of emotional pain, including worry, frustration, guilt, and more. This talk will focus on how everyone can learn to tame the brain. If we don't tame the brain, the survival instinct will rule us. That's great for keeping us alive but not so great for happiness.

Saturday Feb 22nd, 1:00-3:00 pm

Title: Psychology Month: No hard fillings: How to support your child through a dental or medical procedure

Description: Medical and dental procedures can cause significant stress for youth resulting in challenges for parents and medical professionals to help children through a procedure, potentially preventing necessary care for some children. We will discuss tips and tricks on how to help your child manage their anxiety about these procedures. This presentation will be interactive with opportunities for discussion and questions.

EARLY CAREER PSYCHOLOGISTS: Upcoming Events

Three Early Career Psychology events are coming up! We hope to see you there!

ECP Social Dinner: Friday, November 15th at 8pm at the Agricola Street Brasserie. Please RSVP to erica@hubblecarruthers.com or the ECP Facebook event page so we have accurate numbers.

EPPP Study Group: Saturday November 23rd 10 am-12 pm, at Humani-t South Park. A general orientation to the test and FAQ; connect with this cohort of EPPPers, so you can self-organize subsequent meetings. Please RSVP to erica@hubblecarruthers.com or the ECP Facebook event page so we have accurate numbers. Please identify if you would like to attend by phone/video.

Oral Exam Prep Group: Saturday, November 23rd, 12:30-2:30, at Humani-t South Park. Orientation to the test, FAQ, peer mentors will share their experiences, and an opportunity to workshop your ethical dilemma with a group of supportive peers. Seeking additional peer mentors (refreshments for mentors will be covered). Please RSVP to erica@hubblecarruthers.com or the ECP Facebook event page so we have accurate numbers. Please identify if you would like to attend by phone/video.

Hope to see you soon!

Erica Lundberg



Calian hires Psychologists

Nationwide Opportunities, Specialized Populations, Attractive Compensation

For position and compensation details, please contact:

Amy Robillard
a.robillard@calian.com
1-877-225-4264 x2244



Acknowledgements

OBITUARY: Victor Michael Catano: Chronicle Herald, published: May 18, 2019

Died peacefully in his sleep on Friday, May 10, 2019, at the age of 74, with his beloved wife Janis by his side. He is also survived by his sons, Victor Gabriel (Kim) Catano and Michael Damian Catano.

Victor was a professor at Saint Mary's University for 46 years. He was a leader in the field of industrial/organizational psychology and his textbook is used in universities across Canada to this day. He won numerous academic awards, honours, and distinctions including a special citation for his work with the Canadian military signed by Queen Elizabeth II - and authored over 150 research publications.

Victor's fierce advocacy, activism, and dedication related to union work was respected and admired by his colleagues across the country. He is remembered fondly as the past President of both the SMU Faculty Union and the Canadian Association of University Teachers.

In March, he celebrated his 50th wedding anniversary with Janis. From their first date at a Simon & Garfunkle concert to their final days together, they shared a lifetime of happiness. He loved to travel, see theatre on Broadway and in the West End, and cheer on his Toronto Blue Jays.

The Catano family would like to thank the many medical professionals and caregivers who helped Victor over the last few years. In lieu of flowers, the family asks that you make a donation to Phoenix Youth Programs (phoenixyouth.ca) or to Victor Catano I/O Graduate Travel Scholarship contact: April.Scheller@smu.ca.



Benefits to Volunteering with APNS

★ **Active committee members receive a volunteer voucher that may be used for any APNS workshop or APNS membership fees. The voucher value is:**

★ Voucher Value:

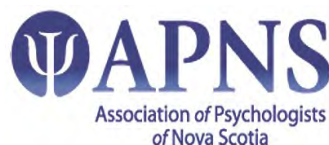
- ★ Executive Committee Members - \$175
- ★ Chairs of Other APNS Committees - \$100
- ★ Committee Members - \$50
- ★ APNS Designated APA and CPA Representatives - \$100

★ Criteria:

- ★ Volunteers must have served for a minimum of 1 year
- ★ Volunteers must take an active role in the committee
- ★ Volunteers shall accrue no more than \$250 in benefits per year
- ★ Benefits must be used within one year of having been awarded.

We have some interesting opportunities for you. For more information please contact

apns@apns.ca



Welcomes its Latest Members as of October 31, 2019

Stacy Bradley, Ph.D.
Christa-Jo Branton, M.A.
Olivia Brown, M.A.
Jessica Doyle
Ivy-Lee Kehayes
Lindsay McNeil, D.Psych.
Emily Orr, Ph.D.

Cecilia Oscarson, M.Sc
Marie Poisson, Ph.D.
Greg Stevens, Ph.D.
Natalie Stratton, Ph.D.
Meghan Shcinkel, Ph.D.
Shana Sutherland, Ph.D.
Paula Winstanley, M.A.

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*

Nancy Adams, M.A.
Kathryn Bell, Ph.D.
Christa-Jo Branton, M.A.
Maureen Campbell-Balcom, D.Psych.
Jamie Collins, Ph.D.
Jennifer Decker, M.A.
Angela Devoe, M.A.S.P.
Karen Dinsmore, Ph.D.

Victoria Klimek, M.A.S.P.
Brittany Morrison, M.A.S.P.
Mary Therese O'Neil, PsyD.
Cecilia Oscarson, M.Sc.
Laura Scallion, Ph.D.
Sonya Stevens, Ph.D.
Kayla Truswell, Ph.D.

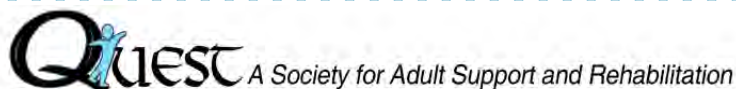
Congratulations to the following who have recently become Candidates*

Mallory Campbell, Ph.D.
Hayley Ellwood, Clin.Psy.D.
Melissa Epp, M.A.
Jessica Garden, M.A.S.P.
Sarah Mansfield-Green, M.A.
Isaac Hahn, M.A.

Cheryl Oxford, M.Sc.
Lee Park, M.A.
Victoria Pitura, Ph.D.
Jennifer Prentice, M.Sc.
Stephanie Ryan, M.Sc.
Stephanie Snow, Ph.D.

Meghan Schinkel, Ph.D.
Natalie Stratton, Ph.D.
Tamara Speth, Ph.D.
Nicole Tibbetts, M.Sc.
Breanna Young, Psy.D.

**This information provided by NSBEP as of October 31, 2019*



Psychologist (Full Time, Part Time or Contractual Fee for Service)

Quest: A Society for Adult Support and Rehabilitation provides dedicated and enriched residential rehabilitation and community outreach services for persons with developmental, cognitive, behavioural and mental health challenges. As a member of the Quest Clinical Team you will work directly with individuals to empower the person to foster change, personal growth and independence. **Location of Work:** Various Sites through HRM

Position Summary: Reporting to the Manager of Clinical Programming the psychologist is responsible for the provision of services at all Quest sites including the Regional Rehabilitation Centre and community living options as well as for any clients referred to the Community Behavioural Support Service. The Psychologist works as part of the interdisciplinary Clinical Team in collaboration with the client, family, and community partners to provide specialized intensive services, consultation and capacity building support in naturalistic settings to achieve greater generalization of skills and sustain stabilization in the community. Travel to various sites is required. *This position can be a full time or part time salaried position OR may be a contracted fee for service position.*

Responsibilities:

- Participates as a member of the interdisciplinary Clinical Team
- Works collaboratively with other clinicians and direct care staff to solve challenging clinical issues and concerns
- Advocates on behalf of clients to provide and promote their rights to autonomy, respect, privacy, access to health care and dignity of risk.
- Assist in the development of rehabilitation plans according to prescribed standards of service and clinical practice
- Ability to establish therapeutic rapport with individuals with complex needs.
- Provide counselling services to client
- Conduct assessments to identify factors impacting client / family / care providers ability to achieve desired goals using available resources
- Provide crisis intervention / de-escalation as required
- Monitors data recording systems
- Collaborates in evaluating the effectiveness of rehabilitation plans and adjusts as necessary
- Assesses the learning needs of care providers in relation to interventions
- Provides formal and informal education sessions
- Prepares and presents proposals for program changes and special projects
- Documents using accepted standards
- Critically examines own performance to identify areas of growth and development. Enhances self-development on a continuing basis by setting goals, providing direct care, attending educational programs and reviewing professional / best-practice literature.
- Demonstrates independent practice by taking initiative and being self-directed.
- Practices within are of competency, making consults and referrals a necessary.

Qualifications:

- Graduate degree (e.g., master's or doctoral) in clinical psychology
- Registered with the Nova Scotia Board of Examiners in Psychology
- Previous experience working in a mental health or rehabilitation setting.
- Previous experience in conducting assessments and developing interventions.
- Clinical experience working with individuals with mental health diagnosis and / or cognitive / developmental disabilities
- Experience working with adults.
- Ability to work cooperatively and collaboratively as part of an interdisciplinary Clinical Team
- Excellent interpersonal, conflict resolution, and administrative skills.
- Excellent oral and written communications skills.
- Team oriented, self-motivated, and the ability to manage multiple priorities.
- Valid driver's license and a reliable vehicle.

Hours of Work: TBD **Posting Date:** 23 October 2019 **Start Date:** Immediately

Interested Applicants can email a Cover Letter and Resume to: Human Resources, Quest Regional Rehabilitation Centre, 30 Damascus Rd. Bedford NS B4A 0C1 mail to: ccole@questociety.ca

Advertisements

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

Sunnyside Psychological Services – 2 Part-time positions available



- We are a growing private practice in the heart of Bedford, conveniently located across from Sunnyside Mall. Our vision is to bring top-notch psychological services to our clients and to provide a relaxing oasis in the bustle of their everyday lives. We are seeking:
- A psychologist who is proficient in assessing and treating a variety of mental health conditions and adjustment concerns (e.g., anxiety, depression, self-esteem, grief, anger management, etc.). Preference will be given to clinicians who have training and experience working with children, adolescents, and families. This associate would have the support of an experienced child and adolescent psychologist for peer supervision and ongoing mentorship.
 - A psychologist experienced in treating adults for a range of mental health conditions. The preferred candidate should also be experienced in the assessment and intervention of trauma-related disorders. Alternatively, a candidate with little experience in trauma, but who is particularly keen to develop their skills in this area would be welcomed. This associate would have the opportunity for growth and learning through ongoing peer supervision and professional development with an experienced psychologist who specializes in trauma and dissociative disorders.
- We offer a calm welcoming atmosphere. Client care begins in the waiting room, a serene space with privacy from the rest of the clinic. Following the session, clients leave via a separate exit, allowing for a quiet, private departure if desired.
- We strive to provide a milieu for associates that allows for flexibility, autonomy, and peer support. The practice has an experienced office manager who provides administrative support to all clinicians and handles initial phone calls with clients. Peer supervision/consultation is encouraged and occurs on an as-needed basis in addition to regular peer supervision meetings. The well-being of the practice clinicians is as important as that of the clients we serve. Clinicians will have a say in the décor of their office space and autonomy to set their own hours, including vacations. We have a wide variety of referral types, allowing for a caseload balance, as well as, the option to specialize if interested. We have an abundance of referrals and will provide clinicians with client referrals that match their individual interests and competencies.
- QUALIFICATIONS:**
- Registered or Candidate Registered Psychologist with NSBEP
 - Proof of Professional Liability Insurance
 - Demonstrate sufficient training and supervision within your area of practice (eg, Child/Adolescent, PTSD, parenting, etc)
 - Provide contact information for three professional references (if requested).
 - This position is subject to a Criminal Record Check, including Vulnerable Sector Search, and Child Abuse Registry check
- Interested psychologists should contact us directly by email at info@sunnysidepsychological.com.



Dr. S Gerald Psychological Services are presently seeking qualified applicants to work as contract psychologists at our practice. We have immediate opportunities for clinical, school and counselling psychologists to provide services across the lifespan.



Skills in consultation, assessment, diagnosis, and therapeutic intervention for issues such as anxiety, mood disorders, somatization, substance abuse, PTSD, relationship and family problems, learning disorders, and child behavioural problems is essential. Skills and training in standardized assessment methods and therapeutic skills including cognitive behavioural therapy (CBT), behavioural management approaches and intensive short-term dynamic psychotherapy (ISTDP) are desirable. We require excellent communication skills, including oral and written proficiency, and the ability to work within a computerized environment including electronic health information systems and booking.

Professional Environment Offered:

- A beautiful and functional office in the heart of Halifax.
- Overhead costs are covered by a percentage of billed time.
- Assessment materials are included in your overhead costs.
- The ability to set your own hours.
- A very motivated patient population.
- Diverse referrals.

The Qualifications:

- Registered or Candidate Registered Psychologists with NSBEP.
- Doctoral level is preferred, although Masters applicants will be considered.
- Relevant Degree from an accredited University.
- Post-graduate experience with psychodiagnostic assessment using intensive short-term dynamic psychotherapy.
- Familiarity and comfort with using Macintosh computers.
- Possession of an iPhone or willingness to obtain one.

For more information please send a PDF CV to Dr. S. Gerald Hann at ghann@hannpsychologicalservices.com
No phone calls please.

Clinical Psychologist – Halifax Regional Municipality

Corkum & Associates Psychological Services Ltd. Is a growing private practice located in Hammonds Plains/Lucasville, NS about 10 minutes from Bedford. Dr. Corkum is looking for a Masters or Doctoral level Psychologist with experience in the area of Child/Adolescent and Family Psychology to join the practice. Possible duties would include assessment and intervention for learning, behavioural, developmental and mental health issues. Part-time growing to full-time hours are available. The schedule is flexible with daytime, evening and weekend hours all possible. Administrative support is provided for billing and clerical tasks. Benefits such as group health insurance are available. Applicants must be able to be registered with the Nova Scotia Board of Examiners in Psychology (NSBEP).



Please send cover letter and c.v. to the attention of the office manager Dawn Mosher at dawn@corkumandassociates.ca. Thank you for your interest.



Cornerstone Psychological Services has a position available for an associate psychologist. Our growing practice is conveniently located in the West End of Halifax, close to the Quinpool shopping/restaurant district, hospitals, universities, and bus routes. Our clinic has a bright and welcoming reception area, and all of our professionally designed offices feature attractive furnishings and windows. Cornerstone has a full-time office manager who handles appointment bookings, reminder calls, and day-to-day office needs. Our practice encourages a friendly and supportive team environment. We hold weekly clinical meetings for peer supervision and are happy to provide additional opportunities for psychologists to further their professional development. If you are a motivated, clinical psychologist seeking a rewarding career experience, consider joining our team.

Qualifications:

- Candidate or Full Registration with the Nova Scotia Board of Examiners in Psychology.
- Provide counselling services to adult individuals and couples
- Commitment to ongoing learning and professional development
- Enthusiasm to participate in marketing opportunities
- Ability to work some weekday evenings
- Commitment to ethics and professionalism

Preferred (considered an asset):

- Work experience with adolescent / family therapy will be considered an asset, but is not required.
- Preference for clinicians who are 'theoretically integrative' and/or are willing to broaden their therapeutic skills through peer supervision, consultation, or additional training.

For more information about our practice, please visit our website: <http://www.cornerstoneclinic.ca>

Applicants may send CV to: info@cornerstoneclinic.ca

Cornerstone Psychological Services, 2045 Harvard Street, Halifax, NS B3L 2S6

Registered Psychologist – Full/Part Time – Halifax

Bird & Associates Psychological Services Inc is seeking a Full/Part time experienced Registered Psychologist who is proficient in multiple evidence based treatment modalities. The ideal candidate would possess a willingness to collaborate with an array of multidisciplinary professionals under the guidelines of ethical practice. At our practice we view the client as a whole with the expectation that treatment would be tailored to the individual needs of the client.

Our Practice Offers:

- Full-time administrative services
- Inviting reception area
- Flexible working hours
- Encouragement of ongoing learning and professional development
- Free parking for staff/clients
- Wheelchair accessible offices
- An ability to consult with additional associates within the practice

Qualifications

- Registered Psychologist or Candidate Register of good standing in Nova Scotia
- Experience working with adults
- Proficient in evidence based treatment/ assessment (materials provided)
- Experience working with couples would be ideal but not required

We ask interested candidates to please forward your information in confidence to us at info@birdpsychological.com, fax (902)480-8881, or call (902)480-8880 to arrange to speak with Deborah Bird.



Advertisements

Green Leaf Psychological Services, is now accepting applications for a part-time associate psychologists who wish to [join our practice](#).

If you are looking for a warm, friendly, and supportive work environment that highly values client satisfaction without requiring therapists to sacrifice their own work-life balance, we encourage you to apply. We are located on Dresden Row (just off Spring Garden Road) in the heart of Halifax. Our completely renovated, fully furnished offices are very modern, spacious, and bright.

We currently have more requests for therapy and assessment than we can handle, are able to refer new clients to those who join our practice, and will also help you promote your services.

We offer flexible hours, zero overhead costs to associates, and fair and competitive rates for those who join our team.

Qualifications:

- Doctorate or Master's degree in psychology
- Register or Candidate Register with The Nova Scotia Board of Examiners in Psychology
- Experience providing 1:1 adult therapy for depression, anxiety, relationships issues, grief, etc.

Preferred but not Required:

Experience providing psychoeducational, [learning disorder](#), and/or [ADHD assessment](#) services for children and/or adults.

- Experience and interest in working with couples

INTERESTED?

Please send along your resume and cover letter to info@GreenLeafPsychological or for more information visit www.GreenLeafPsychological.com



Fenwick Psychology and Wellness Associates – Private Practice Part-Time (with potential for Full Time)

Fenwick Psychology and Wellness Associates is growing and we are hoping to welcome a psychologist with an interest in working with adults to our practice. Our clinic has been offering services in the Halifax Region for over 20 years, and we have a wide variety of well-established referral sources. We work hard to support our psychologists in creating a fulfilling, balanced practice. At Fenwick, we endeavour to make our clients and staff feel welcome and comfortable so that we can provide the excellent service that our clients deserve.

We are located in downtown Halifax, close to the Universities, hospitals, and bus routes. We provide administrative support for all booking and billings in addition to materials required to complete mental health assessments. Should you choose to join us, you can enjoy a flexible schedule and opportunities to learn and expand practice areas. Fenwick Psychology and Wellness Associates is currently the sole provider of counselling services to individuals experiencing fertility related challenges. This is a growing area of practice and if interested, the successful candidate will receive training so that we can continue to provide support to this population.

Qualifications:

- Registered or on the Candidate Register with NSBEP
- Possession of Professional Liability Insurance
- Proficiency in evidence-based assessment and treatment
- Interest in working Part Time with a potential for Full Time
- Ability to work one weekday evening, opportunities for more if desired
- Proficiency in working with couples is preferred but not necessary

Please send your CV to Fenwick Psychology and Wellness Associates at Fenwick@ns.sympatico.ca.

Part-Time Psychologist Position Available—Psychological Services for Children, Adolescents and Adults

We are currently looking for one or two part-time Registered Psychologists to work in our Falmouth and Windsor Offices. The potential is there for full time work if the candidate is able to work with both adults and children/adolescents.

GENERAL DESCRIPTION

At Seagram & Associates, we empower our clients with the support and tools they need to enrich their lives, improve their mental health and inspire growth and development – in life, in work, and in relationships. Our Landing Strong Program offers group support for resilience building and trauma recovery. Our collaborative practice is comprised of mental health professionals who help children, youth, adults and families create lasting change and enhanced wellness.

The services will be on a contractual basis, with an agreed fee paid per session. The registered psychologist will be required to function as an autonomous mental health practitioner in collaboration with the supervising psychologist. The position may be tailored to varying specialties or experiences. The ideal candidate will be able to work with children/adolescents and adults/couples, however we are open to finding two separate part-time practitioners to cover the two areas if necessary. Of particular interest is a clinician with experience using the following treatment modalities: CBT, EMDR, Prolonged Exposure, Cognitive Processing Therapy, Emotion-Focused Therapy.

HOURS

One to three days per week, depending on the clinician's availability and areas of expertise. It is expected that this practice will build over time, with the possibility of it becoming a full time position if desired.

BENEFIT FROM

- Collaborative clinic setting
- Calm and pleasing work environment
- Motivated clients with diverse presenting issues
- No overhead or administrative cost, flexible schedule
- Team meetings that focus on wellness of the clinician
- Opportunity for case consultation/support as needed

DUTIES

Providing treatment of a variety of mental health issues using evidence-based, trauma informed practice.
Creating and maintaining patient records and required reports in a timely manner
Working collaboratively with a clinical supervisor to develop case formulations, identify treatment goals and support client progress in meeting these goals.

QUALIFICATIONS

Doctoral Degree or Masters' Degree in Clinical Psychology or related field in Psychology (e.g., Counselling Psychology).
Registered or Candidate Register Psychologist with the Nova Scotia Board of Examiners in Psychology
Experience and competency working with children & adolescents and/or adults & couples
Ability to work independently, yet collaboratively
Ability to utilize empirically-validated, trauma informed practices.
Excellent interpersonal, communication, and inter-professional team work skills
Current professional liability insurance.
Experienced with operating a computer and some ability with MS office
This position is subject to a Criminal Record Check, including Vulnerable Sector Search, an Adult Abuse Registry Check, and a Child Abuse Registry Check.

Please fax, email or send resume to:

Dr. Belinda Seagram, 2078 Hwy 1, RR#2, Falmouth, Nova Scotia B0P 1L0

Phone 902 472-3272 Fax: (902) 472-3273

Email: bseagram@seagramassociates.com www.seagramassociates.com



Advertisements



Dr. Hubley Carruthers
and Associates

Dr. Hubley Carruthers & Associates Counselling & Psychological – Private Practice position in Halifax

- Dr. Hubley Carruthers & Associates Counselling & Psychological Services is seeking a Registered Psychologist, or Candidate Registered Psychologist, to join her team of highly qualified, independent practitioners. Specifically, Dr. Kathy Hubley Carruthers is looking for a qualified individual who can offer comprehensive therapy services (and/or mediation, psychological assessment or consultation services) for adolescents, adults and/or couples and/or families, starting January 1, 2020.
- The qualified individual will be highly skilled, ethically minded, and client focused. They will welcome the opportunity to work alongside a close-knit team of established professionals. Full-time, on-site administrative support services are provided from 8:30 a.m. to 5 p.m. daily, which includes all scheduling, reception, and invoicing requirements. Practice hours are self-determined and can include evenings, or weekends, if preferred (but evenings and weekends are NOT a requirement of the position). Self-governed holiday periods are supported and encouraged by the Practice and clinical coverage will be provided during these break periods by both administrative staff and the Practice leader.
- Associate Psychologists of Dr. Hubley Carruthers & Associates receive a competitive compensation package including extended health and dental care group benefits through Johnson Group Inc. Insurance. LTD group benefits plans can also be negotiated. Parking (in the downtown core) will be arranged for the Associate Psychologist at no charge.
- Dr. Hubley Carruthers & Associates is conveniently located on Brenton Street in downtown Halifax (close to Spring Garden Road) and is easily accessible by foot, bus or car for students of Dalhousie University, Saint Mary's University, or those living or working on or near the Peninsula. Our team (six Psychologists and an Office Manager) house a fully furnished suite of offices, including a shared waiting area and a private couple and family room. Our new Associate Psychologist will be provided his/her own private office (not shared) for daily use.
- Interested Registered Psychologists or Candidate Register Psychologists may contact Dr. Kathy Hubley Carruthers, Chief Psychologist/Owner, or Alisia Currie, Office Manager, by phone, fax, or email. A curriculum vitae and the names of at least two references are requested. For more information about Dr. Kathy Hubley Carruthers & Associates, please visit our website at www.hubleycarruthers.com. Only successful candidates will be contacted for an interview.
- Dr. Hubley Carruthers & Associates, Counselling and Psychological Services**
First Floor, 1331 Brenton Street, Halifax, Nova Scotia B3J 2K5 Phone: 902-407-1234 Fax: 902-407-1235
admin@hubleycarruthers.com

Full or Part-Time Psychologist Position Opening

Mindful Therapies Inc. is now recruiting Psychologists (Registered or Candidate Register) who wish to join our practice in the heart of Dartmouth, Nova Scotia.

Looking for a highly motivated, passionate psychologist who values independence, high quality service delivery and a peaceful calm work environment.



MINDFUL THERAPIES

We are located at 168 Ochterloney Street in downtown Dartmouth, NS. We have both Psychologists and Social Workers on our team, along with full-time dedicated office administration that makes our work and clinic run smoothly. Our small clinic strives to offer our clients a relaxing and therapeutic space to work through some of life's toughest challenges. Though our therapeutic modalities vary, we all operate from a base of mindfulness and compassionate, client-centred care. Our main areas of intervention are with general adult mental health, with particular specialization in trauma therapies.

Our office offers flexible work hours, with no pressure to take on any particular type of referrals or hours. Each of our clinicians operates as an independent contractor and compensation is competitive based on registration status and experience.

If this sounds of interest, please contact Dr. Rebecca Boehm: rebecca@mindfultherapies.org to discuss.



True North Psychological Services is seeking a Masters or Doctoral level Psychologist with an interest and experience working with people impacted by trauma to join our Halifax location. We work closely with the governmental agencies and organizations who assist veterans, military personnel, and first responders. However, our referrals are not limited to trauma-related challenges as we also work with adults, couples, families, and children facing a wide range of mental health and personal challenges. We regularly have a surplus of referrals and are eager to provide services to all in a timely fashion.

By joining our team, you will have the opportunity to work alongside other mental health professionals, including Psychiatrists, Psychologists (school, counselling, clinical), Clinical Social Workers, and a Yoga | Therapist. You will also receive administrative support as well as the flexibility to create your own schedule to maintain a positive work-life balance (part-time & full-time opportunities available). **If you are interested in learning more, please email Darcy MacDougald at darcy.macdougald@truenorthcr.com**

We are looking for someone who possesses the following:

- Hold a graduate degree in psychology from an accredited university, including MA, MSc, PhD, and PsyD. Various academic backgrounds are encouraged to apply (Clinical, Counselling, Child, etc..).
- Ability to utilize empirically-validated, trauma informed practices and other evidence-based treatment modalities.
- Has relevant working experience in areas of practice, with an emphasis on trauma-related work.
- Registered (must be in good standing) with the Nova Scotia Board of Examiners in Psychology (NSBEP) OR must be eligible for registration with NSBEP. Both Registered and Candidate Registered Psychologists on the are encouraged to apply.
- Must possess Professional Liability Insurance or willingness to obtain insurance.
- Membership with Association of Psychologists of Nova Scotia (APNS) or Canadian Psychological Association (CPA) is encouraged.
- Demonstrates professionalism and effective case management skills (e.g., timely reports).

Psychologist Position – Bridgewater



Join Our Busy Practice on the Beautiful LaHave River in Bridgewater, NS

South Shore Psychological Services Inc. is seeking Doctorate or Masters Level Registered or Candidate Register Psychologists to join our group of independent practitioners. The qualified individuals will offer comprehensive assessment and treatment services to adults and couples. Our facility includes furnished office space, a private deck overlooking the river, a shared reception area and kitchenette.

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

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

926 King Street, Bridgewater, NS B4V 3E6 - Phone: (902) 527-1058 Fax: (902) 527-2946 - ssps@eastlink.ca

View our website here: <http://www.southshorepsych.ca/>

View our beautiful area here: <http://www.novascotia.com/about-nova-scotia/regions/south-shore>



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Child & Adolescent Psychology Interest Group

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

Penny Corkum, Chair

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Various others

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