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January 2020

PRESIDENT'S REPORT: Jeannette Kennedy, M.Sc., R.Psych



Jeannette Kennedy, M.Sc.
APNS President

Welcome to 2020!
A new decade is before us. While my experience being directly involved with APNS has been limited, those on the executive who

have been around longer speak about the positive changes that have happened in the last decade and beyond. APNS's aim of increasing the profile of psychologists, advocating for the profession, and promoting the welfare of the public is being met.

Despite the advances that are being made in raising our profile, it is important to continue to advocate for the profession. This became evident during media interviews with Elizabeth Chiu, CBC reporter, and Lindsay Jones, Globe and Mail reporter. The reporters were each interested in learning more about the added value of psychologists in relation to treatment improving the welfare of RCMP, Canadian Forces members, and Veterans. Of course, the contributions of psychologists are important for all Nova Scotians and Canadians.

While there is an increase in awareness of mental health and a willingness for people to seek treatment, there continues to be

gaps in services and lack of knowledge about what a psychologist contributes. It is also my personal experience that many people do not know the differences between various mental health professionals; asking "What's the difference between a psychologist, psychiatrist, social worker, counsellor?" As such, it was a privilege to be able to shine some light on those differences during each of those interviews and subsequent media releases. Keeping in mind, that my lengthy interviews resulted in approximately a 30-second sound bite. Therefore, we need to continue to raise awareness.

February provides us the opportunity to raise awareness during Psychology Month. Psychology Talks are being presented by psychologists across Nova Scotia. Many presentations are in the HRM, but locations will also include Sydney, Amherst, Truro, Kentville, Windsor, Liverpool, and Yarmouth. Given the number of presentations (over 30), rather than only include February, some will occur in March and April 2020. Much gratitude to those offering their time.

And for those interested, being part of Psychology Talks is something to consider for next year.

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PRESIDENT'S REPORT: Jeannette Kennedy, M.Sc.,

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Over the last several months, APNS has provided support to the NS Office of Workplace Mental Health, a joint initiative between the NSGEU and the Province of Nova Scotia. Their aim is to improve the well-being of their employees, and they requested that APNS assist in involving psychologists in this initiative. We have provided them with some psychologists to speak on specific topics based on our current list of speakers and will be providing more. Also, our Public Education Coordinator Dr Jo Durup is working with them to provide regular articles on mental health topics for their internal newsletter.

Another initiative of APNS has been to take action in relation to the Truth and Reconciliation Commission Report. A working group has been formed and initial steps include visiting the First Nation Community, Eskasoni, in March 2020, to

understand community needs and how we can help rather than hinder. Meetings also occurred with APNS and NSBEP to discuss common issues such as recommendations made in the Truth and Reconciliation Report, as well as brainstorming other areas of shared interest. Despite the clear difference in mandates of each APNS and NSBEP, we agreed that both bodies share concerns regarding the well-being of Nova Scotians.

I continue to encourage others to become involved with APNS. Whether it is to get Continuing Competence credits for NSBEP by attending a workshop or serving on an APNS committee (another overlap between APNS and NSBEP). There is a lot of value in APNS involvement, personally for you and for the profession as a whole. I look forward to my continued involvement with APNS and wish you all well in 2020.

Benefits to Volunteering with APNS

Active committee members receive a volunteer voucher that may be used for any APNS workshop or APNS membership fees. Voucher value and criteria are below:

- 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

Please also note that participation in an APNS committee can count towards your NSBEP Continuing Competence credits

APNS CALL FOR NOMINATIONS: Executive Committee

The APNS Nomination and Elections Committee requests that the membership consider submitting nominations for the following positions on the APNS Executive:

- **PRESIDENT-ELECT**
- **TREASURER**
- **MEMBERS-AT-LARGE**
- **STUDENT REPRESENTATIVE**

The person elected to the President-elect position will serve for a three-year term, as President-elect, President and Past-President. The other positions are for a two-year term. Only registered psychologists may be nominated for the President-

elect position, however registered and candidate psychologists are eligible for the other positions. If more than one person is nominated for the same position, APNS will hold an election.

If you know anyone who would be a good addition to the Executive please consider nominating them. Please download the [Executive Nomination Form](#) For more information or to submit a nomination please contact Lynne Robinson, Chair of the Elections committee: lynne.robinson@dal.ca
Submitted on behalf of the APNS Nominations & Elections Committee.

APNS CALL FOR NOMINATIONS: INTRODUCING APNS' AWARDS

The APNS Nomination & Elections Committee requests that the membership consider submitting nominations for the following awards.

The **APNS Fellow** designation honours those members who have made significant and enduring contributions to APNS. These are psychologists who have helped shape the Association and have contributed to the development of psychology in Nova Scotia.

NEW AWARDS

Dr. J.A. Charles Hayes Lifetime Contribution

Award honours Dr Charles Hayes, a respected Psychologist whose career may be said to be a model of lifetime commitment. This award recognizes depth and engagement of long-term service and recognizes those who have spent a significant part of their professional lifetime supporting APNS, its member psychologists, and the profession of psychology at the provincial, national and international level.

Outstanding APNS Early Career Psychologist (ECP) Award highlights the challenges of being an ECP. For the purposes of this award an ECP is in the first 10 years of their psychology career, after graduation from a professional post-graduate psychology

program. The recipient is an APNS member who has actively participated in APNS at the committee or Executive level, has used the services of APNS to advance their career in psychology, and who plans to continue a career in psychology in NS. The winner will receive \$500 and one year free APNS membership.

Outstanding APNS Student Award highlights the challenges of preparing for a career in psychology at the Masters or Doctoral level. The recipient is an APNS student member who has not previously won this award, has participated in APNS at the committee or Executive level, has actively used the services of APNS and who hopes to pursue a career in psychology in NS. The winner will receive \$250 and a free APNS student membership while they remain a psychology student in Nova Scotia. (maximum 3 years).

To submit please complete the appropriate form and send to lynne.robinson@dal.ca

- [Fellow](#)
- [Lifetime Contribution](#)
- [Outstanding ECP](#)
- [Outstanding Student](#)

Submitted on behalf of the APNS Nominations & Elections Committee.

PSYCHOLOGY TALKS 2020: FREE PUBLIC PRESENTATIONS

We are pleased to share the full slate of public presentations for Psychology Month. So full, that it has now expanded to March and April, hence the name change to Psychology Talks. Thanks to staff member Sara Brushett, we have lots to offer the public across the province. We kicked off the Talks with a film screening of *A Beautiful Mind* at the Halifax Central Library on February 2nd followed by a presentation at Venue Envy (see March 10th event) FYI, here is the complete list.



Halifax Central Library

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

Presenter: Dr. Marie Josette Durup

Managing Stress & Anxiety

People hold many myths about stress and anxiety, and this can impair their ability to cope with the problem. In this talk, the audience will gain a better understanding of how stress is defined, the stages of stress that we go through, and the warning signs that the individual is experiencing significant stress. The major focus will be on learning strategies to manage stress. Since it is very difficult to change what we are not aware of, there will also be an experiential aspect to this presentation where the audience will get the opportunity to learn to increase their self-awareness through a couple of mindfulness exercises.

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

Presenter: Karin Kramer, R.Psych.

Taming the Survival Instinct for Inner & Outer Peace

In this talk, I will show how the human brain's powerful survival instinct underpins a lot of emotional pain, including worry, frustration, guilt, and more. Most of the talk will focus on how every one of us can learn to tame the brain. Many of the strategies I will talk about are the same ones I use when doing therapy with my clients and I use on myself when I get emotionally stuck. 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.

Tuesday, February 11th, 6-8 pm

Presenter: Dr. Cheryl Aubie

Moving Beyond "Yes, Dear:" Improving Couple's Connection and Communication through Emotion Focused Skills Training

Emotion Focused Skills Training (EFST) for couples provides some basic emotion education and teaches participants how emotion plays a crucial role in our romantic/intimate relationships. Specifically, this talk will focus on how to begin to navigate the world of emotion, enhance motivation to change with emotion-focused techniques, and will discuss how past hurts in relationships can be repaired via emotional connection. This workshop will introduce a basic set of skills to improve connection between couples.

Tuesday, February 18th, 7:00-9:00 pm

Presenter: Dr. Brad Kelln

Mindfulness, Evolution, and how to Escape Anxiety and Unhappiness Forever

You've been lied to by the mental health field your entire life. We are not meant to think about things all the time. In this revolutionary talk, Dr. Kelln will help you understand the evolution of thinking and why the answer to most of your problems is to learn how to stop and simply appreciate the moment you live in. On this journey, Dr. Kelln will also discuss the dangers of the Internet, social media, watching the news, and other common activities that undermine your natural desire to be happy. Dr. Brad Kelln, a psychologist with over 20 years of experience and author of the Blake Waiter mystery series, will be available for questions and to sign copies of his latest book following the talk.

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

Presenters: Dr. Ena Vukatana & Chelsea da Estrela

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

Medical and dental procedures can be a source of significant stress for youth. Unfortunately, this can make it challenging for parents and medical professionals to help children through a procedure, and may even prevent some children from receiving the necessary care. In this presentation, we will discuss some tips and tricks on how to help your child manage his or her anxiety about medical and dental procedures. We will focus on the role that parents can play prior to, during, and following a procedure in order to help their child manage their anxiety. This presentation will be interactive and there will be opportunities for discussion and questions throughout.

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PSYCHOLOGY MONTH 2020: FREE PUBLIC PRESENTATIONS

(Continued from page 4)

Tuesday February 25th, 7:00-9:00 pm

Presenters: Dr. Lindsay Bates & Rachel Pantou R.Psych

Demystifying ADHD: Facts and Myths

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.

Keshen Goodman Library

Tuesday, Feb 25th 7:00-8:45 pm

Presenter: Dr. Vic Day

Overcoming Procrastination

Procrastination is a complex problem for which overly simple solutions have been suggested. There are at least 6 different patterns possibly underlying somebody's procrastination, which can occur in various combinations, and require particular solutions. This talk will describe the six patterns found via psychological research, how they can be identified, and some possible solutions for each. You won't end up procrastinating less simply by attending this talk, but you may get some ideas about how you can work on it. Try not to be late.

Wednesday, Feb 26th 2020 Time: 7:00-8:45 pm

Presenter: Dr. Simon Sherry

Perfectionism

There is nothing wrong with being a perfectionist - as long as everything is perfect. But perfectionists often struggle with imperfections, in themselves and in others. In fact, three decades of research now suggest that perfectionism is a key contributor to anxiety and to stress. Dr. Simon Sherry will examine the close link between perfectionism and anxiety and stress. Anyone concerned with perfectionists and their problems will find his talk helpful.

Sunday, March 8th 2020 Time: 2:30- 4:00 pm

Presenter: Dr. Ayala Gorodzinsky

"It's time for bed. Give me your phone" Youth and Social Media

Dr. Gorodzinsky will provide information on communicating with youth about social media use. She will provide information about typical adolescent development which influences teens' use of, and decision making about interactions on, social media. Dr. Gorodzinsky will provide information about positive communication strategies which can support parents/caregivers in navigating conversations with

their children/teens about social media use, safety, and consequences. Her focus will be on general social media use, not specific apps/platforms.

Tuesday, March 10th 7:00-8:45 pm

Presenters: Dr. Kate Rancourt & Miranda Fudge, R.Psych.

Getting real about getting it on: Debunking common sexual myths.

This presentation hopes to challenge some of the common sexual myths that these speakers hear in their sex therapy practice. After a brief introduction about sex therapy, the speakers will discuss the fact and fiction behind common sexual concerns. They will answer a selection of questions commonly asked by clients (e.g., Is this normal?), and debunk some widespread myths about sexuality (e.g., sex is... natural). They will also allow some time for discussion and/or to answer questions from the audience.

Sackville Library

Tuesday, Feb 11th 2020 Time: 6:30 -8:30 pm

Presenters: Dr. Jacqueline Cohen & Dr. Laura Scallion

No, I don't need to "just calm down": What people get wrong about BPD

Borderline personality disorder (BPD) affects approximately 1 in 20 people yet is often misunderstood. The media doesn't help, often portraying people with BPD as overly dramatic, suicidal, and dangerous. This presentation separates fact from fiction. Drs. Jacqueline Cohen and Laura Scallion are Registered Psychologists who work at Nova Scotia Health Authority's BPD Treatment Program. They will identify misconceptions about BPD and present a compassionate way of understanding the problems that come with it. They will describe treatment options and available resources to help manage symptoms of BPD. Individuals with BPD, or anyone who sees themselves as particularly emotionally sensitive, may benefit from this session. Family members and friends are welcome.

Tuesday, February 25th 2020 Time: 7:00-8:45 pm

Presenter: Jacqueline Milner, R. Psych.

Mindful Self-compassion

This workshop offers an opportunity to learn about and experience some of the practices of self-compassion and its benefit on well-being, especially when one is suffering. Included in this workshop is an introduction to the three main components of self-compassion: mindfulness, self-kindness and common humanity. Self-compassion can be learned by anyone, even those who

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PSYCHOLOGY TALKS 2020: FREE PUBLIC PRESENTATIONS

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did not receive enough affection in childhood or who feel uncomfortable when they are good to them-selves. It's a courageous attitude that stands up to harm, including the harm that we inflict on ourselves, through self-criticism, self-denial, or self-absorption. Self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, forgive ourselves, motivate our-selves with kindness, care for others, and be fully human. It has also been proven to lower anxiety and depression, maintain health habits for wellbeing and lead to more satisfying relation-ships.

North End Library

Thursday, March 12th 7:00-8:45 pm

Presenters: Deborah Bird, & Jackie Meisner, R.Psychs.

Anxiety: Ways to Feel More In Control!

This talk is aimed at helping teens get to know the symptoms of anxiety and learn how it impacts their mind and body. The discussion will begin with a description of what is anxiety, how it impacts our mind and body, followed by 4 interactive strategies to help teens feel more in control. Based on an Acceptance and Commitment Therapy model, used to teach people how to become psychologically flexible, Teens will be exposed to a grounding exercise, (stare at your hand technique), relaxation (body scans), self as context exercise and cognitive defusion techniques, separating your thoughts from your feelings. The talk will be followed by a question and answer period.

Thursday, March 26th 7:00-8:45 pm

Presenters: Deborah Bird, R.Psych.& Isaac Hahn,

What is depression?

Attendees will learn about some of the causes and symptoms of depression, how depression is main-tained, and a basic outline of cognitive behavioural therapy for depression. Basic, introductory strategies for beginning to combat depression will also be discussed. Open to all members of the public. If you are concerned about depression yourself, or want to better understand the experience of friends and loved ones who have depression, or are simply interested in understanding psychology a little more, this may be a talk for you.

Thursday, April 23rd 7:00-8:45 pm

Presenters: Dr. Lindsay Bates & Rachel Panton, R.Psych.

Demystifying ADHD: Facts and Myths

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.

Truro Library and Elmsdale Library

Elmsdale: Thurs., Feb.13th (rescheduled from Feb 6th)

Truro: Wed., March 4 (Teen Group) 5:30-7:00 pm

Truro: Wed., March 25 (Adult group) 6:30-7:45 pm

Presenter: Jeannette Kennedy, R.Psych.

Building Resiliency and Increasing Effectiveness

This interactive presentation primarily focuses on Dialectical Behaviour Therapy (DBT) skills to reduce impulsivity/reactivity, moving us toward increased effectiveness. Specifically, these skills help us be more present in our lives, help us cope better with life stressors without making things worse, and teaches us how to improve our relationships.

Liverpool Thomas H Raddall Library

Thursday, February 20th, 6:00-7:30 pm

Presenter: Shannon Hartlen, R.Psych.

An Exploration of Mindfulness and Whether It Might Be for You.

More than just "exercise for the brain", 35 years of research has shown that when you regularly practice mindfulness you gain a great many benefits that result in improved health and overall sense of well-being. This session introduces you to mindfulness in plain English while exploring through direct practices.

Thursday, March 26th, 6:00-7:30 pm

Presenter: Toni Campagnoni, R.Psych.

How to Support Your Worried Child: Tips & TakeAways

Let's talk about signs of anxiety such as worries and belly aches in children. We will talk about what to do to support your child through these tough times.

Kentville Public Library

Tuesday, February 18th, 6:30-8:00

Presenter: Dr. Eileen Donahoe

PTSD/Trauma

This will address some myths about PTSD. Research findings about PTSD are changing the ways that psychologists think about and treat PTSD. Her talk will address why these findings matter. And provide some simple things that people can do to help themselves.

Tuesday, February 25th 6:30-8:00 pm

Presenter: Dr Elaine Campbell

Helping your child understand and cope with anxiety

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PSYCHOLOGY TALKS 2020: FREE PUBLIC PRESENTATIONS

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This presentation and discussion will help parents better understand what is happening when their child is anxious and how anxious feelings can result in thinking and behavior that often is puzzling, worrisome, or problematic. We will discuss helpful & unhelpful ways that parents can modify the environment, their own reactions, and help the child cope with and better control anxiety.

Amherst Library

Tuesday, March 3rd, 6:00– 7:30 pm

Presenter: Dr. Danielle Shelley

Staying in the Driver's Seat When Emotions Flare

Have you ever felt like your emotions were running the show? Have you ever wished you knew how to take control when your feelings got the better of you?

Sometimes we do and say things that we later regret. This is often because we lose control over our emotions.

Emotions play an important role in our lives and we also need to know how to manage them. This talk will cover the purpose of emotions, how to be more in control of your emotions, and how to protect yourself from losing control in the first place.

Amherst Cumb. Adult Network for Upgrading

Wednesday, March 11th 1:30-3:30 pm

Presenter: Dr. Pamela Chenhall. RSVP: 902-661-0155

Dartmouth Alderney Gate Library

Wednesday, March 11th 1:00-3:00 pm

Presenter: Dr. Natalie Stratton

Perinatal depression and anxiety: Managing mood and anxiety during pregnancy and postpartum

The perinatal period, which includes pregnancy and postpartum, is a unique time in a woman's and couple's life. While on the one hand expecting a child may be celebrated, the transition to parenthood may also be stressful and anxiety provoking, as this major life event is filled with significant biological, physical, psychological, and social changes. In fact, the presence of mood and anxiety-related disorders during pregnancy and postpartum is common. This talk will provide a brief overview of the nature of mood and anxiety during the perinatal period as well as discuss resources for managing perinatal depression and anxiety.

Spryfield Captain William Spry Library

Thursday, March 19th 6:00-7:30 pm

Presenters: Kathleen Smith, R.Psych. & Dr. Kiran Pure

Your Mental Health: What? When? Where? And Why?

(For Teens). What can a psychologist teach you about your mental health? Let's talk about some facts you should

know about your mental health. When should you seek professional help for your mental health issues? Where should you go? Where can you find someone who will listen and help you find support? Most importantly, do you know why it's important to pay attention to your mental health. Why does your mental health matter? We would like to help you answer these questions. What your mental health is about, when it is becoming too much for you to handle on your own, where you should seek support and why it counts. Let's talk about this together.

Bedford Library

Sunday, February 9th 2:30-4:00 pm

Presenter: Dr. Dayna Lee-Baggley

The Psychology of Healthy Living: Why healthy habits suck and what to do about it

We have all experienced the challenge of trying to be healthier. In fact, most of us know *what* we should be doing to be healthy, we just aren't doing it. In this talk, Dr. Lee-Baggley, an international expert in the psychology of behaviour change and health, will discuss the challenges of healthy living (why healthy habits suck) and the latest science you can use to make it more likely to start and stick to healthy habits. Whether you are just trying to "be healthier" or you are living with a chronic disease, this talk will give new insight on *how* to do the healthy things, we already know we should be doing.

Windsor Library

Thursday, February 13th 6:00-7:30 pm

Presenter: Dr. Elaine Campbell

Helping your child understand and cope with anxiety

This presentation and discussion will help parents better understand what is happening when their child is anxious and how anxious feelings can result in thinking and behavior that often is puzzling, worrisome, or problematic. We will then discuss helpful and unhelpful ways that parents can modify the environment, their own reactions, and help the child cope with and better control his or her anxiety.

Yarmouth Library

Monday, March 2nd 6:00-7:30 pm

Presenters: Carol Arthurs & Natasha Yorke-Phillip, R.Psych.

Psychological Services in the School System

Registered psychologists, Carol Arthurs and Natasha Yorke-Phillip will explore psychological services within the public school system. They will give an overview of services accessible within the schools, and how psychologists support students throughout their educational journeys.

Reports

CONTINUING EDUCATION: UPCOMING WORKSHOPS - 2020



Fri, April 3rd - 8 am - 5 pm

Location: Kentville

Understanding Paramedic and Crown Attorney Culture and the Impact of Trauma

Venue: Parlour Room, Maritime Express Cider Co., (formerly Cornwallis Inn) 325 Main St., Kentville

Facilitated by Dr. Dion Goodland, R.Psych with Katherine Houde, ACP, Carla Ball & Mark Heerema, Crown Attorneys.

APNS continues its partnership with Emergency Medical Care Inc. (EMC) and the NS Public Prosecution Services (PPS) in response to a need for psychologists across Nova Scotia, who are trained and skilled in evidence-based treatments for PTSD, as well as having an awareness of the culture of paramedics and Crown Attorneys. With each workshop we add to the Registered Roster of Service Providers for referral by EMC and PPS. We are now offering a format that combines both paramedics and attorneys.

Workshop Overview:

The program will be divided into four sections:

1. A review of the culture facilitated by paramedics and Crown Attorneys. Also, participants will be able to have an experiential experience in the paramedic and legal environment.
2. Assessing and Diagnosing PTSD
3. Treatment of PTSD
4. Vicarious Traumatization

The facilitator will incorporate clinical examples to provide a context to help participants better understand the nuances of this illness on the lives of people being treated.

Audience:

Open to registered or candidate registered psychologists who have some experience with treatment for PTSD. Once participants complete this workshop and meet the established criteria, they may be placed on a Registry of Recognized Service Providers.

To register or for more information please contact apns@apns.ca

Download the [brochure](#)



Fri, April 3 - 9 am - 5 pm

Location: Halifax

Psychological Flexibility Training with The ACT Matrix

Venue: Dalhousie Student Union Building, Rm 303

This workshop is presented by the Association for Contextual Behavioral Science (ACBS) - Atlantic Canada Chapter in partnership with the APNS.

Workshop Overview:

Dr. Polk, the principal creator of The ACT Matrix, spent about 20,000 hours studying the philosophy and theory behind Acceptance and Commitment Therapy (ACT) in order to create The ACT Matrix, a simple yet powerful tool to increase psychological flexibility that has been used effectively across a number of populations.

The ACT Matrix is used around the world in therapy, households, businesses, classrooms, and hospitals to treat clinical disorders as well as to improve communication and solve conflicts in groups. In this active and engaging workshop, participants will learn how to use The ACT Matrix for individuals and for groups through experiential activities so they can use this powerful tool to increase psychological flexibility, psychological safety, and valued living with their patients, clients, groups or teams.

Kevin Polk, Ph.D. is a clinical psychologist and the principal creator of The ACT Matrix. He has been practicing psychology for 23 years, primarily helping veterans and others with trauma. He is a peer-reviewed ACT trainer and has multiple published books on The ACT Matrix. He is passionate about teaching others how to use The ACT Matrix to increase psychological flexibility and valued living. Find out more at www.drkevinpolk.com.

This workshop is open to psychologists and psychology students, as well as other mental health professionals. To register or for more information please contact apns@apns.ca

Download the [brochure](#)

CONTINUING EDUCATION: UPCOMING WORKSHOPS - 2020

Friday, June 26th - 12 noon - 1:15 pm.

Location: Dalhousie University, Halifax

APNS Annual General Meeting

Venue: t.b.a.

Please note change of date.

Friday, June 26th - 9 am - 4:30 pm

Location : Dalhousie University, Halifax

Borderline Personality Disorder

Venue: t.b.a.

Speaker: Dr. Jacqueline Cohen, R.Psych.

This workshop will address working with inter-personally demanding and high risk clients. The workshop will also address how to use DBT tools in practice.

More information and brochure available soon.

This workshop is open to psychologists and psychology students, as well as other mental health professionals.

Contact apns@apns.ca to save a space.

Friday, October 16th - 9 am - 4:30 pm

Location: Halifax

Therapy for Older Adults

Venue: t.b.a.

Speaker: Dr Corey Mackenzie

This workshop will look at mental health problems specific to older adults, how issues common to all ages (e.g., PTSD, Pain, sleep disorders, chronic illness, depression, anxiety, etc.) present differently in older adults, and how to adapt therapies to those issues. Also discussion around the culture of aging, marginalization issues, daily life and family challenges, ageism/discrimination, and issues faced on limited income.

This workshop is open to psychologists and psychology students, as well as other mental health professionals.

Contact apns@apns.ca to save a space.

UPDATE - ALS PRO-BONO SERVICES

It has been 5 years since APNS partnered with the ALS Society of Nova Scotia and New Brunswick in establishing a list of psychologists who would be willing to provide pro bono services to ALS patients and/or their caregivers and families. We would like to update that original list to ensure it is correct and ask if others may be interested in participating.

There are about 50 people with ALS in Nova Scotia, who with their families often experience severe stress, grief and other psychological needs; yet they have difficulty

accessing psychological help. There appears to be no publicly available service targeted for their needs, the debilitating nature of the disease often causes severe financial limitations, and they report having difficulty finding professionals who understand ALS.

If you are interested, and wish to learn more, please e-mail apns@apns.ca



Reports

NSBEP NOTES: Changes to NSBEP Regulations Regarding Elections

Amendments to the Psychologists Act in 2018 changed the process of how Psychologists become members of the NSBEP Board.

Previously, Psychology members of the Board were appointed through a process overseen by the Association of Psychologists of Nova Scotia (APNS). Following the amendments, for the past two years, Psychologists have been elected to the NSBEP Board in a process overseen by the Registrar. The Board reviews the election process and regulations following each election. The Board recently approved two changes to the Regulations with the intent of making more Psychologists eligible for nomination, to bring notification procedures of nominees more in line of those found in elections for government officials, and to potentially increase Board diversity.

With respect to eligibility, it will no longer be a requirement that nominees have a minimum of one year of experience as a NSBEP supervisor. While the Board believes that this can be an asset in handling many of the functions of being a Board member, it recognizes that not all Psychologists are in a position where they can gain this particular experience and that there are other experiences and skills that Psychologists can bring to the Board.

With respect to nomination procedures, the Board wanted to increase transparency and provide more timely information regarding nominees. Currently, the names of any nominees received to date are emailed to Registrant voters 45 days before the election and again 30 days before the elections, when biographical information is also provided.

Under the revised procedures, when the election is announced and there is the initial call for nominees (at least 60 days prior to the election),

all Registrants will be provided with the names of the Board Members whose terms have ended and whose positions are up for election. If they are eligible to run for another term, their intent to run, if known at that time, will be provided. The names of the Board members who will be remaining on the Board and the names of the Public Members (who are appointed by Government) will also be provided.

For the Psychologist Board members, in addition to name, the following information (from their public NSBEP directory listing) will also be provided: Degree, Date of Degree, City, Self-Declared Areas of Practice(s) and Self-Declared Client Population(s). Thereafter, within 24 hours of any new nomination being approved (until nominations close 30 days prior to the election), Registrants will receive an up to date list of all of the approved nominees (candidates). This notification will include each of the nominees' Name, Degree, Date of Degree, City, Self-Declared Areas of Practice(s) and Self-Declared Client Population(s).

While the Board recognizes that some may find this degree of notification unnecessary, the Board believes that this approach is more informative and timely. The Board also hopes that providing more information in this manner could be helpful in promoting Board diversity (with respect to geography, practice areas, personal demographic characteristics, etc.) by encouraging Registrants and potential nominees to identify gaps in Board membership and potentially put their names forward for election.

If you have any comments or questions about these changes, please feel free to contact the Board.

Psychologists called to act on ethical principles

Stryker Calvez, PhD, Member, CPA Task Force on Responding to the Truth and Reconciliation Commission of Canada's Report, and Paulette Hunter, PhD, Member, CPA Committee on Ethics

The Canadian Psychological Association (CPA), has an auspicious history in the development of professional ethics. The 1986 *Canadian Code of Ethics for Psychologists* (revised in 1991, 2000, and 2017) was organized as a set of four major principles, with corresponding values and standards.¹ Its influence can be seen in other psychology ethics codes from around the world, and in the 2008 *Universal Declaration of Ethical Principles for Psychologists*.² Ironically, despite a significant investment by Canadian psychologists to cultivate the ethically responsive practice of psychology over more than three decades, Canadian psychologists have, on the whole, failed to take action in response to a long history of unjust treatment of Indigenous Peoples in Canada (see Figure).

From 2008-2015, the *Truth and Reconciliation Commission of Canada (TRC Commission)*, led by Commissioners Justice Murray Sinclair, Chief Wilton Littlechild, and Dr. Marie Wilson, traveled to hear testimony from Indigenous persons who were placed in residential schools as children.³ The efforts of the *TRC Commission*, including public events, reports,⁴ and media coverage, made many Canadians aware, for the first time, of the depth of harm that resulted from the Indian Residential Schools and of the resilience, strength and hope of Indigenous Peoples. The *TRC Commission* closed with a call to Canadians** to make specific societal changes to redress past harms and create a better future for Indigenous Peoples.⁴ In short, the TRC resulted in a significant elevation of national consciousness with respect to the experiences of Indigenous Peoples.

Our discipline, too, is experiencing an elevation of consciousness. Last year, Canadian psychologists took a courageous step in response to the *TRC Commission's* calls to action by publishing *Psychology's Response to the Truth and Reconciliation Commission of Canada's Report*.⁵ This report acknowledges the harms done to the Indigenous Peoples of Canada, and apologizes for psychologists' inaction to denounce these harms and respond to the resulting traumas. The report also states that the profession of psychology, through its inaction to address the circumstances and the mental health needs of Indigenous Peoples in Canada, has con-

travened each of the four ethical principles it aims to uphold.

It can be tempting to consider taking action on the part of an oppressed group – an optional social justice exercise to be undertaken by people with a special interest or with greater expertise. However, *Psychology's Response* makes it clear that responding to the needs of Canada's Indigenous Peoples is the responsibility of all of us. And while it can also be tempting to think that *Psychology's Response* is a *fait accompli*, it is really just the beginning of our discipline's effort. Both as individuals and as a collective, we must take further steps to appreciate and respond to the issues. Our discipline's response to the TRC report says that doing

so is integral to upholding every ethical principle we espouse.⁶

Canada has entered into a new era, unprecedented in our nation's short history; the era of Truth and Reconciliation. It is now, not tomorrow, that we have the opportunity as mental health professionals with an internationally recognized ethical code, to evaluate how important it is to us to support Indigenous Peoples to regain their sense of autonomy and well-being. In 1995, the late applied ethicist Jean Pettifor asked us to "consider consciously and proactively defining what our values are, who we are, and who we want to be."⁶ Our discipline's response to the *TRC Report* calls us to come to terms with the realities of our discipline's (and our own) relationships with Indigenous Peoples, and to articulate and act on our values. The era of truth and reconciliation is upon us, and we cannot go back. Now is the time for conversation and action.



PIKTOCHART

Invitation: Please feel free to send your comments about this article, or any ideas you have regarding future articles, to ethics@cpa.ca.

* <http://nctr.ca/reports.php>

** https://nctr.ca/assets/reports/Calls_to_Action_English2.pdf

The authors thank Ms. Katie Ottley, a graduate trainee in the Culture Health & Human Development program at University of Saskatchewan, for contributing the infographics.

For a complete list of references, please go to www.cpa.ca/psynopsis

Reports

PRIVATE PRACTICE PROFILE: Lesley Hartman and Associates Inc.

Would you like to promote your practice. Contact apns@apns.ca



Lesley Hartman, our practice leader

After working in public mental health and community-based agencies, Lesley Hartman initially found private practice lonely. Bit by bit, she was lucky enough to find a group of skilled, self-reflective colleagues who shared her passion for providing high-quality specialized care to Nova Scotians. Lesley Hartman & Associates provides services to individuals from infancy to adulthood, and for couples and families. We are proud supporters of the LGBTQ+ community. We value diversity and giving back to the community, and as such, have been involved in community-based initiatives, most notably with ISANS.

In line with our mission to provide high quality, best-practice treatments to groups who have needs for specialized care that may be hard to access in Halifax, we offered the first local comprehensive DBT Program in private practice, and have developed a hands-on training program in DBT for both students and practitioners new to DBT.

In addition to work with personality disorders, other specializations of the practice include treatment of PTSD and trauma-related disorders, traumatic brain injury, health psychology, sex therapy, and occupational therapy. Our practitioners also treat the full range of general mental health concerns. Given the ACES study and other research showing the link between distressing life events and mental illness, we bring a trauma-informed lens to our work. Modalities our clinicians use in treating various general mental health concerns include Acceptance and Commitment Therapy, Dialectical Behaviour Therapy, Cognitive Behavioural Therapy, Emotionally Focused Therapy, Eye Movement Desensitization and Reprocessing, Internal Family Systems Therapy, Narrative Therapy,

Compassion-Focused Therapy, and Solution Focused Brief Therapy.

Daytime, evening, and weekend hours are available, and our Practice Manager, Cori Bradley, or our Administrative Assistant, Corey Grandy, can be found at our front desk on weekdays. We have recently implemented an online self-referral form to help clients expedite the intake process, but we also offer clients the option of a telephone consultation with an intake worker with advanced training in counselling and mental health triage, who matches their concerns and preferences to a suitable therapist.

A brief overview of our specialized services



Our DBT Team

Back (left to right): Kay Jenson, Sara Bartel, Laura Mitchell, Brad Holley, and Jessica Heidebrecht.
Front: Heather Arsenault and Dr. Jennifer Bartlett
Not Pictured: Dr. Miranda Fudge

DBT Program

Dialectical Behaviour Therapy (DBT) is recognized as the gold standard psychological treatment for Borderline Personality Disorder. Research has shown that DBT also effectively treats a number of other disorders such as substance disorders, eating disorders, and other impulse-control problems. DBT is a comprehensive therapy that involves attending weekly skills training groups, individual therapy in the DBT framework, and access to phone coaching.

Each group session is run like a class. After a brief mindfulness practice, content from the previous week is reviewed, homework (to practice skills) is shared, new skills are taught, and new homework is assigned. Individual therapy helps clients apply the skills learned in group more effectively in their own lives, using a specific framework to do so. Currently, LHA offers three concurrent DBT group modules per week. Modules alternate between Distress Tolerance,

(Continued on page 13)

PRIVATE PRACTICE PROFILE: Lesley Hartman and Associates Inc.

(Continued from page 12)

Interpersonal Effectiveness, and Emotion Regulation, with a two-week break between each module. Each of the three modules covers Core Mindfulness skills in the first two weeks.

The DBT therapists and facilitators at LHA have all participated in DBT Intensive or Foundational Training. The program at LHA offers clients the option of comprehensive DBT treatment. This means, among other things, that we have a weekly consultation team of DBT practitioners who share strategies and offer each other both support and challenge in adhering to the model. All clients enrolled in group and/or individual therapy get the benefit and support of our large consultation team, and the varied and diverse expertise on the team. Comprehensive DBT also means that we offer clients who want and need it, phone coaching, individualized DBT treatment, and skills groups.



Our Trauma Specialists (left to right): Jessica Parker, Dr. Kate Rancourt, Dr. Jennifer Bartlett, Lesley Hartman, Heather Arsenault, and Dr. Jennifer Volsky Rushton
Not Pictured: Kay Jenson and Laura Mitchell

Trauma Specialization

Our trauma therapists are passionate about helping clients resolve past trauma using best practice treatments. This includes operational trauma, Complex PTSD, developmental/attachment trauma, and Dissociative Disorders. Our practitioners draw on a number of evidenced-based trauma therapies, such as CPT and PE, and use the modality or modalities best suited to the individual client's needs, but our focus is predominantly on EMDR, and the integration of innovative body-based treatments into EMDR (such as IFS), for treating Complex PTSD and dissociation. These practices have led us to observe fewer drop-outs from therapy over time, and while the work can be lengthy for these more complex circumstances, we are thrilled with the significant improvements in functioning we see in clients.

We have one of the highest concentrations of EMDR practitioners under one roof in Nova Scotia and Lesley is an EMDRIA-approved consultant and facilitator, who provides both group and individual consultations to EMDR-trained professionals.

We are also currently piloting the Safe & Sound Protocol (SSP), an evidence informed adjunctive treatment for clients requiring additional stabilization prior to trauma reprocessing. SSP is based on Dr. Stephen Porges' work on the Polyvagal Theory.

Sex Therapy

Sex therapy helps individuals and couples identify and consider possible psychological, emotional, social or relational, and physiological factors that could be contributing to, and maintaining, their sexual problems or concerns. Sex therapy includes cognitive-behavioural techniques and physical exercises or homework that clients do on their own between therapy sessions. Sex therapists provide accurate and specific terms and educational materials about sex to help clients better understand and address concerns in their sexual lives.



Dr. Miranda Fudge and Dr. Kate Rancourt, two of our incredible sex therapists.
Not Pictured: Dr. Sheila MacNeil

Our sex therapists have expertise working with clients experiencing problems with desire, arousal, erection, orgasm, genital and pelvic pain, and atypical sexual interests. Each of them has advanced graduate and post-graduate training in sex therapy, and are members of the Society for Sex Therapy and Research (SSTAR).

Couples Therapy

Our therapists are committed to helping couples through many types of difficult experiences including anxiety, sadness and depression, stressful life events or transitions, low self-esteem, identity development, and interpersonal or romantic relationships.

Our practice emphasis is on Emotionally Focused Therapy (EFT) for couples, which focuses on the emotional bond between partners to increase feelings of safety and intimacy in their relationships. EFT reduces conflict while creating a stronger bond, where

(Continued on page 14)

Reports

PRIVATE PRACTICE PROFILE: Lesley Hartman and Associates Inc.

(Continued from page 13)

couples learn to be emotionally available and engaged with one another. New positive interactions replace old, negative patterns, and as the positive cycle becomes reinforced it creates permanent change.

WPATH Assessments

We are dedicated to creating a safe space for gender diverse clients, and are happy to provide clients with WPATH Hormone and Surgery Readiness Assessments. Interested clients meet with a WPATH-trained clinician to discuss their plans to medically transition as a way to further affirm their gender identity. Common topics discussed include personal and family medical history (both physical and mental), social and financial support, and personal gender identity. It is important to know that we do not look for a particular narrative, as we recognize that there is no one correct way to transition.



Kay Jensen and Heather Arsenault, WPATH-trained clinicians who are eager to assist clients in affirming their gender identities.



Dr. Jennifer Volsky
Rushton specializes in
treating clients with
Traumatic Brain Injuries

Traumatic Brain Injuries

Traumatic brain injuries (TBIs) represent a major shift in the lives of those who experience them, and the mental health consequences that result from such injuries cannot be underestimated. The direct effects of suffering a TBI, as well as the sufferer's reactions to those effects, make psychological intervention a crucial part of the rehabilitation process. Our TBI specialists have many years of experience working

to assist clients not just in coping with the aftermath of their injuries, but with feeling empowered and fulfilled in spite of them.

Health Psychology

Health psychology focuses on how health and illness are influenced by the intersection of mind and body. Physical illness leads us to mental and emotional awareness and response. At the same time, emotionally difficult experiences can result in physical illness.



Dr. Kate Rancourt
has a special interest
in health psychology.

Our health psychologist has worked extensively with individuals challenged by chronic medical conditions, and is focused on helping people find a path towards coping, and even thriving, in the face of those conditions.

Children and Families

Our child psychologists have experience working with children and youth experiencing anxiety, depression, ADHD, emotion regulation difficulties, grief, developmental concerns, behavioural issues, and trauma. We are pleased to be home to one of the few EMDR trained psychologists in Nova Scotia who exclusively sees children and youth under 19. She has advanced training in the application of EMDR to children and youth.



Dr. Jo Durup and Jessica
Parker work expertly with
children, youths, and
their families

We recognize that it is often difficult for younger clients to articulate and share their thoughts and feelings in the same way that adults might, and so our psychologists employ a number of approaches focused on the communicative strengths of children and youth.

Our psychologists work in collaboration with parents to provide support, coaching, and education pertaining to the difficulties experienced by their child. They also consult with educators, advocating on behalf of clients and their needs as they relate to their learning environment.

Occupational Therapy

Occupational Therapy provides clients with the skills they need to lead satisfying and productive lives, both personally and professionally. Occupational therapists assist clients in identifying, and overcoming, the obstacles which interfere with their everyday activities.

Our occupational therapist is skilled at maximizing the independence of clients by assisting them to find and participate in purposeful and meaningful activity specific to their needs and interests. With a special interest in retirement planning, he assists clients prior to, or after, retirement to find meaning, and prevent the onset of depression that can sometimes accompany retirement.



Brad Holley, our Occu-
pational Therapist,
brings an infectious
enthusiasm to his work
with clients

OBITUARY: Macha MacKay

We were unaware that Macha had passed away some time ago, but would like to belatedly acknowledge her long-time membership and support of APNS by printing her obituary below.

Obituary of Eirene Violet Macha Doon MacKay (Delap)

Eirene Violet Macha Doon MacKay (Delap), born November 10, 1938 in Falmouth, UK passed away peacefully to the next life on June 4, 2017.

She was graceful, kind and caring; passionate about life and all its pursuits. She was a graduate of KCA, Acadia, Dal, a counselor, teacher, artist, writer, world traveller, activist and advocate for peace. She gave enormously of herself and her love. We were blessed to have her as a mother, mentor and friend.

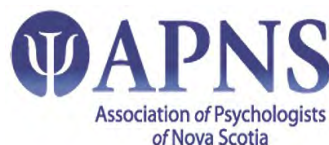
Forever loved and cherished. She was the daughter of Commander Bredin and Cethlyn of Ireland; sister Etain; niece and nephew Robin and Joy and much-loved Irish relatives.

Mother of Cethlyn (Gary), Peter (Nazanin), Mary (Rob), Andy (Sol); grandmother of Aldara, Etain, Lucia, Bredin, Isabella, Fiona, James, Kian and Valentia. She had a special place in her heart for the Eastwoods, The Pack, her legion of friends, all things Irish and the Annapolis Valley.

<https://serenityfuneralhome.ca/tribute/details/4822/Eirene-Violet-MacKay-Delap/obituary.html>



Acknowledgements



Welcomes its Latest Members as of February 7, 2020

**Ricky Barrows, D.Clin.Psych.
Kimberley Blunden, M.A.
Elizabeth Church, Ph.D.
Angela Cooper, Ph.D.
Melissa Epp, M.A.
Blathnaid Foley, M.A.S.P.
Stefani Hurley, Ph.D.**

**Jennifer Kilfoil, M.A.S.P.
Magdalena Lysenko, Ph.D.
Tracy McGrath, M.Sc.
Kathleen O'Connor, Ph.D.
Mary Therese O'Neil Psy.D.
Lee Park, 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*

**Alexandra Anderson, M.Sc.
Ricky Barrows, D.Clin.Psych.
Jennifer Bartlett, Ph.D.
Stacy Bradley, Ph.D.
Sophia Fajnerova, M.A.
Omeed Ghandehari, Ph.D.
Melissa Jones, M.Sc.**

**Michelle Kerr, M.A.S.P.
Rachel Lathrop, M.A.S.P.
Daniel LeBouthillier, Ph.D.
Julie Longard, Ph.D.
Erica Lundberg, M.A.
Lindsay McNeil, D.Psych.
Emily Peck, M.Sc.**

**Kate Rancourt, Ph.D.
Heather Rudderham, Psy.D.
Tanya Surette, Ph.D.
Sulaye Thakrar, Ph.D.
Noel Thun, M.Ed.
Sarah Urquhart, M.Sc.
Julie Wershler, Ph.D.**

Congratulations to the following who have recently become Candidates*

**Kimberley Blunden, M.A.
Marie-Eve Couture, Ph.D.
Blathnaid Foley, M.A.S.P.
Krishan Hayre, M.A.S.P.
Magdalena Lysenko, Ph.D.
Wafa Saoud, M.Sc.**

**This information provided by NSBEP as of January 31, 2020*

MINDFULNESS BASED STRESS REDUCTION

**NEW SESSION STARTS
MARCH 25, 2020**

***FREE ORIENTATION
MARCH 11, 2020***

MBSR was created by Dr. Jon Kabat Zinn through the University of Massachusetts Medical Centre. It is designed to help people develop skills to notice our moment to moment experiences. This can help us see our lives from a wider perspective and make informed responses rather than our "automatic pilot" patterns that can cause or add to the stress in our lives.

The classes help people build mindfulness through a variety of straight forward guided meditations. There is also gentle stretching component that can be adjusted to all physical abilities.

MBSR has been the subject of a great deal of research in the fields of medicine, mental health and neuroscience. It has been shown to reduce stress and blood pressure and, in some cases, improve immune responses.

Lori Parker (MA) is Registered Psychologist and is a Mindfulness Based Stress Reduction Instructor, qualified through the University of Massachusetts Medical Centre. Centre for Mindfulness.



**Register at
sitforamminute.ca**

8 WEEKS

6 - 8:30pm

**+ 1 FULL DAY
SESSION**

LIMITED TO

10 PEOPLE

AGES 18+

COST \$375

**CLASSES TO BE HELD BY
LORI PARKER AT:**

Cornerstone Naturopathic
Clinic

14 Old School Rd
Upper Tantallon

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.



Private Practice – Full or Part time Psychologist in Elmsdale

SOAR Psychological Services is looking for a full-time or part-time psychologist to join us at our Elmsdale office location. We are located in suite 225 at the MacMillan Centre, which offers multiple additional services including a fitness centre, wellness centre, physiotherapy clinic, and law office.

We offer individual and couple's therapy at SOAR Psychological Services. Clinical focus includes, but is not limited to, Posttraumatic Stress Disorder, Anxiety Disorders, Mood Disorders, Substance Use Disorders, and Co-morbid Disorders. We aim to help individuals or couples who would benefit from learning and practicing skills to help manage extreme emotions and reduce

impulsive behaviours that interfere with functioning. The goal is to increase overall well-being and healthy relationships.

Ideally, the candidate has experience in Dialectical Behaviour Therapy (DBT); as well as, empirically based interventions including CBT, EMDR Therapy, Cognitive Processing Therapy, and Emotion Focused Therapy. For those interested in DBT you will be part of the comprehensive DBT team; comprised of providing individual therapy, co-facilitating weekly skills group, and involvement in weekly team consultation.

Looking for Someone who is:

- Eligible for registration with Nova Scotia Board of Examiners in Psychology as a Registered Psychologist or on the Candidate Register
- Current with their professional liability Insurance
- Able to work independently and as part of a team

For those interested, please send your CV to Jeannette Kennedy at soarpsychological@eastlink.ca or contact me at 902-957-1987.

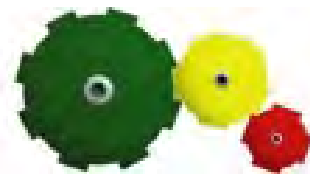
Clinical Psychologist - Dartmouth

Dr. Kiran Pure is looking for a clinical psychologist to join her practice. Dr. Kiran Pure & Associates is a thriving paediatric clinic located in Downtown Dartmouth that services children, youth, and families from all across Nova Scotia and the Atlantic provinces. Dr. Pure is looking for a psychologist who can provide clinical assessment, treatment, and consultation services for children, adolescents, and families.

Applicant must be a Registered Psychologist with the Nova Scotia Board of Examiners (NSBEP) and have a minimum of two years of clinical experience working in the assessment (behavioural, learning, mental health), diagnosis, and treatment of children and adolescents using evidence based approaches. The position requires the Psychologist to work a minimum of 15 hours per week, with opportunity to work evenings or weekends.

Applicants who are interested can send an email and CV to drpure@drpureandassociates.com by March 30, 2020, and will be contacted if they are eligible for an interview.

Thank you for considering this opportunity.



Seeking Psychologist - Bedford

Marsh-Knickle & Associates is seeking an adult focused Registered Psychologist or Psychologist (Candidate Register), in good standing, who is interested in working two or more evenings each week. The position is flexible regarding preferred case load per week. Part-time or full-time hours are available.

We are a very busy practice, centrally located in Bedford, NS, which provides both a degree of autonomy as independent practitioners while surrounded by a team of Psychologists and Therapists with various areas of interest. Emphasis is on a respectful atmosphere of collegiality. We use shared office spaces and offer office administration including weekends if desired. The practice provides the space, clerical support, office supplies and referrals. Case consultation is available as needed. Fees are based on a weekly case load and are within the lowest range available to practitioners.

We invite you to learn more about us at MKPsych.com. If you would like to discuss the possibility of joining us please forward a letter summarizing your interests and a digital copy of your cv to: marshknickle@eastlink.ca addressed to Lauren Marsh-Knickle.

Recruiting Psychologists - Dr. C.K. Perrier & Associates

We are currently recruiting psychologists to join our team as full-time associates. We have an office in Clayton Park and will soon be expanding into a new location. We offer comfortable, accessible, and welcoming office space with ample free parking. We offer complete administrative support to cover client intake, reception, scheduling, invoicing, and coordinating with insurance companies, as well as marketing of your services. We use encrypted and secure web-based practice management software for managing client scheduling and clinical records.

As an associate starting with our team, you will be compensated at a minimum rate of 63.39% of billable hours. However, this rate is highly negotiable depending on years of experience and established referral sources. We also cover the cost of APNS membership and private practice listings. Our philosophy of treatment prioritizes quality of care, strong therapeutic alliance, and work-life balance over quantity of clients. We encourage associates to see clients four days per week so that every week has a long weekend.

Full-time associates will have their own unshared office, may set their own hours, and may take as much vacation time as is needed to recharge. We have a Clinical Ruffologist (a spunky shih-tzu named Hazel) on staff who helps with greeting clients and destressing the team, though she can be a little grumpy during nap time.

We particularly encourage individuals with experience providing treatment to military members and veterans to apply. We also plan to increase our group treatment options and would welcome applications from psychologists with related experience. A dark sense of humour is also considered an asset.

If you are interested in joining our team as an associate, please submit a cover letter with CV to drcolinperrier@outlook.com Visit our website at www.MyPsychologist.ca



JOIN OUR TEAM OF PSYCHOLOGISTS

Dr. Daniel Chorney & Associates is currently seeking a Registered Psychologist or Candidate Register Psychologist to join our busy and growing private practice. Our practice is composed of PhD-level psychologists who all share a strong commitment and dedication to providing quality evidence-based care.

We are currently seeking a PhD-level Clinical/Counselling Psychologist or Doctor of Psychology (PsyD) who demonstrates a strong background in the assessment and treatment of childhood and adolescent disorders and mental health concerns. Experience with young adults (e.g., university aged) is preferred, but not required. Most of our psychologists use Cognitive-Behavioral Therapy (CBT) and/or Acceptance and Commitment Therapy (ACT) as their primary treatment approach and our group is dedicated to using evidence-based care for all clients.

Two positions are currently available - a part-time position (approx. 6 billable hours per week) and a full-time position (approximately 15-20+hrs per week or more if desired). Those seeking to work up to a full-time caseload are especially invited to apply. As our referrals currently exceed our capacity we are able to help establish and build your caseload over time even if you are new to this area or a psychologist starting their career or transition to private practice. Associates joining the practice do not incur any overhead costs and hours at the practice can be flexible and self-determined. Daytime, evening, and/or weekend hours are all possibilities. Vacation time and pay rates are competitive with other practices in HRM. Our practice is both collaborative with respect to clinical supervision and consultation yet independent in that you have significant say over your practice within the larger practice. The starting date for this position can be immediate or delayed, with preference given to those willing to start sooner.

Interested psychologists should contact Dr. Chorney directly by email at drchorney@gmail.com. Please include a brief cover letter (including the names and contact information of two references) and recent curriculum vitae when applying.

For more information about our practice, please visit our website at www.chorneyandassociates.com. Successful candidates will be contacted for an interview.



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.



Advertisements

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/ Full-Time Psychologist Position Available

We are currently looking for a part-time Registered Psychologist with the potential of transitioning to a full time position to work in our Falmouth and Windsor Offices. **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 collaborative practice is comprised of mental health professionals who help children, youth, adults and families create lasting change and enhanced wellness.

In addition to individual therapy, our clinicians have the option of co-facilitating intensive group programs in resilience building and trauma recovery for veterans and first responders. Involvement in group programs is not a requirement of this position, but we welcome well-suited or interested clinicians to become involved to the extent they desire.

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 this is not a requirement of the position. Of particular interest is a clinician with experience using the following treatment modalities: CBT, EMDR, Prolonged Exposure, Cognitive Processing Therapy, Emotion-Focussed Therapy.

HOURS

This can be either a part or full time position, depending on the availability of the practitioner.

BENEFIT FROM

- Collaborative clinic setting
- Calm and pleasing work environment
- Motivated clients with diverse presenting issues
- Administrative support
- 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 Master's Degree in Clinical Psychology or related field in Psychology (e.g., Counselling Psychology).
- Registered or Candidate Register Psychologist with the Nova Scotia Board of Examiner's 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.



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



MINDFUL THERAPIES

- **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.**

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

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GROUPS

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

Early Career Psychologist Group

Erica Lundberg
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Contact the APNS Office for more info on how become involved in APNS committees.

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Not-for-profit (incl. schools / hospitals)

Event / Workshop \$50.00 per 45 days
Job Postings \$50.00 per 30 days

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"Nova Scotia Psychologist"

Full Page \$90.00
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1/2 Page \$50.00
1/4 Page \$30.00
Business Card \$25.00
Event / Workshop \$25.00
Job Postings \$25.00

Mass E-Mail \$150.00

Monthly Member E-mail free

APNS Member Website Ad Rates

Event / Workshop \$25.00 per 30 days
Job Postings \$25.00 per 60 days

For more information contact apns@apns.ca

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