

Inside...

Fall 2022

President's Report	1
AGM Report	2
AGM Treasurer's Report	3
AGM Budget 2022-23 & Projected to 2025	4
APA Council of Representatives Report	6
Awards & Honours 2022	8
Profile Student Award: Tiberiu Mahu	11
Profile Student Bursary: Andy Kim	12
Profile Fellow: Dr Richard MacGillivray	13
Profile: Dr Richard Braha	14
CE Workshop	15
Acknowledgements	16
Advertisements	18
Committees and Representatives	24



Vol. 34 • No 3

Fall 2022

PRESIDENT'S REPORT: Jacqueline Milner, R. Psych.



Jacqueline Milner,
R. Psych, APNS President

Hello Everyone! I am excited and looking forward to assuming the role of President of APNS in succession of Dr. Jennifer Richards, who has been an exemplar in her role as president this past year. As a relatively new member to the executive, I am in awe and hold much gratitude and appreciation for all that she has done, along with the executive, the committees and of course Susan and her supporting staff, Kathleen and Najah (whose PR Co-Op student placement has ended), in advocating and representing our profession with such dedication and integrity.

As we embark on the change of seasons, I am reflective on the last few years, which have not only called on but demonstrated our profession's (and personal) resilience in the face of many changes, challenges, and crisis. I anticipate that our resources to care for others, our community and ourselves will continue to be needed and in much demand as we navigate the known and unknown changes still yet to come. Given this, I feel very fortunate to be a part of the upcoming conversation and planning regarding the PC government's initiative to increase access for all Nova Scotians to mental health and addiction services. Not only does it validate

and reinforce what we already know ("Mental Health is Health" and we are painfully outnumbered regarding partitioners to need), it recognizes psychologists and what they uniquely offer as an integral part of individual and societal health. The opportunity to be part of this meaningful initiative would not have been afforded me had I not broken out of my comfort zone and volunteered for APNS. I have learned so much in this past year and humbly set the intention to deeply listen and add to the inclusive voice of our profession to this and the other meaningful APNS initiatives in the year ahead.

Speaking of volunteering ... this issue is dedicated to recognizing and celebrating psychologists (established and up-and-coming) who have either dedicated their time and resources to volunteer (with APNS or elsewhere), and/or have demonstrated other significant excellence within the field of psychology. A heartfelt thank you and congratulations for your contribution to the field of psychology goes out to all that have currently received such recognition. I encourage any of you who are aware of a fellow psychologist or psychology student that you feel should be recognized for their contribution and/or excellence within the field of psychology to please nominate them for future APNS awards.

With Gratitude,
Jacqueline Milner, R. Psych.

Reports

ANNUAL GENERAL MEETING REPORT - May 27, 2022

This year's Annual General Meeting was held by Zoom on May 27th. We had a total of 36 participants. The business meeting addressed the usual topics, including the annual budget, reporting on the new Executive and the presentation of APNS annual awards. Bev Butler, Treasurer, projected a deficit for next year. (See her Report on page 3 for more details). The budget was approved unanimously. Lyle Tilley Davidson fulfilled the role of auditor this year will again next year.

Nominations Committee Chair Shelley Goodwin reported on the activities to confirm the new Executive members. The Executive for the 2022-2023 year was announced as follows:

- President – Jacqueline Milner
- Past President – Jennifer Richards
- President Elect – Paula Winstanley
- Secretary – Melissa McGonnell
- Treasurer - Marcie Balch
- Member-at-Large – Tammy Piers
- Member-at-Large – Lesa Douglas
- Member-at-Large (HR) – Frank Fedde
- Student Reps – Nicole MacKenzie & Grace Schwenck

This year we say goodbye to Bev Butler who served for five years, most recently as Treasurer and before that as President Elect, President and Past President. Also to Carol Shirley who served for three years, as President Elect, President and Past President; Elaine Ply who served two years as our first Member-at-Large for Human Resources; and Meghan Rossi who served two years as Co-Student Rep.

Our new additions this year are Marcie Balch as Treasurer, Frank Fedde as Member-at-Large for Human Resources, and Grace Schwenck as Co-Student Rep. Paula Winstanley is our new President Elect, however she has since stepped down from this position.

Shelley Goodwin will remain as Chair of the Nomination Committee and Harpreet Aulakh, Jenn Richards, and Jeannette Kennedy will also remain on the committee for another year. The Executive representative, in an ex officio role is Frank Fedde, Member-at-Large for Human Resources.

The annual APNS award were also presented. Please see pages 8 and 9 for more information on the awards.



Get involved in APNS

It's Fall again and our committees are looking for new members.

If you want to find out more about volunteer opportunities with APNS please contact Susan at apns@apns.ca

TREASURER's REPORT: Annual General Meeting – May 27, 2022

In the past year, our Association has continued to move the strategic plan forward and to respond, in any ways we could, to the needs of our members and our communities through the on-going Covid-19 pandemic. Again, this year we did not have in-person workshops, but membership numbers continue to rise and remain the largest contributor to our income along with the private practice directory, and the refund we receive from BMS for administering the liability insurance program. Overall, our revenue was UP about \$2,000 over the 2020-2021 year. Our investments, which are in GICs, also continue to grow as normal. In line with our financial risk management strategy, we transferred money between our secondary (risk management) bank account and our primary account in the late Spring and again in the Fall of 2021 to ensure all of our eggs were not kept in one basket. This will very likely be an on-going risk management strategy. Overall, even after two years of changes due to the pandemic, the Association finances remain strong.

Moving into this fiscal year, a year ago, on March 31, 2021 our total liabilities and assets were \$251,828. On March 31, 2022 our total liabilities and equities totalled \$287,678 (an increase of about \$35,000). This total is comprised of all cash accounts (including saving accounts) and GICs.

Total revenue for the 2021-2022 fiscal year equalled \$152,588, which was a small increase from the previous year. Key revenue producers for 2021-2022 included: Membership Fees \$110,475, the APNS Private Practice Directory \$21,960, and the BMS insurance administration fee, despite a \$1,500 decrease due to anticipated year-over-year fluctuations (\$9,358). We have budgeted an increase in revenue for 2022-2023 (\$158,325) to reflect our anticipated membership growth, increased revenue from the PPD (back to 2020-2021 levels), and grant funding for a summer co-op student. We are also planning at least one in-person workshop in Fall 2022 so we have budgeted some revenue there.

Total expenses for the 2021-2022 fiscal year equalled \$112,965. This is down from the previous year totals (\$125,512) and the 2021-2022 budget; predominantly because of decreased workshop expenses, postponement of the 'Sit and Chat' bench initiative, and reduced travel expenses for in-person local and National meetings (e.g., CPAP). Expenses for 2022-2023 are projected to be substantially higher, at \$169,227, due in part to a return to in-person meetings

and workshops in the fall and increased outreach. We have also added 3 new line items: for a permanent Administrative Assistant, a summer Co-op student and a line item for legal expenses, based on an assumption that we may need legal advice as related to government's proposed changes in MSI coverage. As a result, we are budgeting for a loss of \$10,902 for the coming year. Be assured, however, that we have the financial resources to manage this projected loss without making any changes to our regular fiscal practices.

As we do each year, the Executive had a discussion about increasing the membership rate. The rate was last increased in 2012 and it is currently \$225. After discussion and reflection on our strong financial position, and despite the budgeted loss, we have decided to maintain the current rate. However, we do expect to raise the membership rate the following year. A note on the projected budgets for 2023-2024 and 2024-2025; they were created and then discussed at the Executive as part of our Strategic planning. Projecting our finances more than one year into the future allows us to more accurately assess the resources available to meet the goals of our Strategic Plan. Those budgets will be reviewed, altered (if necessary), and approved at the appropriate times using the same process that we have always used.

As always, I would very much like to thank Susan, our Executive Director, for doing such an impeccable job managing the day-to-day finances of our organization and making sure we continue to adhere to the financial aspects of our Strategic Plan. The coming year will see the beginning of planned structural changes in our organization that will affect our finances, but are a necessary part of our administrative succession planning. We are welcoming a new administrative staff person and plan to apply annually to have a co-op summer student in the office. However, we also anticipate increased growth and opportunities as the pandemic declines.

In closing, I am pleased to have been able to serve as Treasurer for the past two years, and I am ready to turn over the reins to the new Treasurer, whom I am certain will seriously consider our fiscal responsibility while striving to meet the goals of our Strategic Plan.

Respectfully submitted by
Beverly Butler, Ph.D., Treasurer, APNS

Reports

BUDGET 2022 - 2023 and PROJECTED 2023 - 2024 and 2024 - 2025

Page 1	#	Last Year Budget	Proposed Budget	Projected	Projected
		2021-2022	2022-2023	2023-2024	2024-2025
INCOME					
Administration					
Membership Fees	4060	\$ 105,000.00	\$ 115,000.00	\$ 130,000.00	\$ 135,000.00
Interest Earned	4100	\$ 750.00	\$ 750.00	\$ 750.00	\$ 750.00
Insurance admin	4055	\$ 7,000.00	\$ 7,000.00	\$ 7,000.00	\$ 7,000.00
BMS Insur promo	4034	\$ 750.00	\$ 575.00	\$ 575.00	\$ 575.00
Subtotal Administration		\$ 113,500.00	\$ 123,325.00	\$ 138,325.00	\$ 143,325.00
Grants	4045	\$ -	\$ 5,000.00	\$ 5,000.00	\$ 5,000.00
SUBTOTAL ADMIN & GRANTS		\$ 113,500.00	\$ 128,325.00	\$ 143,325.00	\$ 148,325.00
Member Services					
CE Workshops	4020	\$ 8,000.00	\$ 5,500.00	\$ 5,500.00	\$ 5,500.00
PPD online	4080	\$ 20,000.00	\$ 25,000.00	\$ 25,000.00	\$ 27,000.00
SUBTOTAL MEMBER SERVICES		\$ 28,000.00	\$ 30,500.00	\$ 30,500.00	\$ 32,500.00
Ads and Promotion					
Advertising - Web Ads	4036	\$ 2,000.00	\$ 2,000.00	\$ 2,000.00	\$ 2,000.00
SUBTOTAL AD & PROMO		\$ 2,000.00	\$ 2,000.00	\$ 2,000.00	\$ 2,000.00
Miscellaneous	4110	\$ -	\$ -	\$ -	\$ -
SUBTOTAL MISC		\$ -	\$ -	\$ -	\$ -
TOTAL INCOME		\$ 143,500.00	\$ 160,825.00	\$ 175,825.00	\$ 182,825.00
Volunteer Cred adjust	4065	\$ 2,500.00	\$ 2,500.00	\$ 2,500.00	\$ 2,500.00
TOTAL REVENUE		\$ 141,000.00	\$ 158,325.00	\$ 173,325.00	\$ 180,325.00
EXPENSES					
Admin - Office					
AGM Event / Audit	5010	\$ 2,300.00	\$ 2,500.00	\$ 2,500.00	\$ 2,500.00
Office Expenses	5130	\$ 350.00	\$ 500.00	\$ 350.00	\$ 350.00
Office Supplies	5410	\$ 750.00	\$ 750.00	\$ 750.00	\$ 750.00
Office Copier lease	5310	\$ 2,000.00	\$ 2,000.00	\$ 2,000.00	\$ 2,000.00
Office cell phone plan	5390	\$ 550.00	\$ 550.00	\$ 550.00	\$ -
Exec Travel/Parking	5200	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00
Exec Dev/travel		\$ 500.00	\$ 500.00	\$ 500.00	\$ 500.00
Software licenses	5315	\$ 1,200.00	\$ 1,200.00	\$ 1,200.00	\$ 1,200.00
Equipment/furniture	new	\$ -	\$ 1,500.00	\$ 1,500.00	\$ 2,000.00
Phone/Internet	5420	\$ 2,000.00	\$ 2,000.00	\$ 2,000.00	\$ 2,000.00
Conferencing Svcs	5430	\$ 500.00	\$ 250.00	\$ 250.00	\$ 250.00
Office Rent	5280	\$ 18,500.00	\$ 20,000.00	\$ 20,000.00	\$ 20,000.00
Amortization Exp	5175	\$ -	\$ -	\$ -	\$ -
Website services	5220	\$ 6,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00
Postage/Courier	5330	\$ 1,800.00	\$ 750.00	\$ 750.00	\$ 750.00
SUBTOTAL OFFICE ADMIN		\$ 37,450.00	\$ 34,500.00	\$ 34,350.00	\$ 34,300.00
Admin - Committees / Reps Expenses					
APA Rep Exp (Council)	5065	\$ 300.00	\$ 300.00	\$ 300.00	\$ 300.00
APA PLC Conf Exp	5040	\$ -	\$ 1,000.00	\$ 1,000.00	\$ 2,000.00
PsychHealthyWork	5117	\$ -	\$ -	\$ -	\$ -
Advocacy committee	5050	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00
CE committee	5140	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00
Cultural Div. comm.	5145	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00
Nominations comm.	5180	\$ -	\$ -	\$ -	\$ -
Executive committee	5190	\$ 800.00	\$ 800.00	\$ 800.00	\$ 800.00
Private Practice comm	5350	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00
Post-Disaster comm.	5320	\$ -	\$ -	\$ -	\$ -
Early Career group	5385	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00
SUBTOTAL COMMITTEE ADMIN		\$ 1,600.00	\$ 2,600.00	\$ 2,600.00	\$ 3,600.00

BUDGET 2022 - 2023 and PROJECTED 2023 - 2024, 2024 - 2025 (continued from page 4)

Page 2	#	Last Year Budget	Proposed Budget	Projected	Projected
Admin - Financial					
Financial Reporting	5115	\$ 2,500.00	\$ 2,800.00	\$ 2,800.00	\$ 2,800.00
Bank/Cred Card SC	5100	\$ 4,200.00	\$ 4,500.00	\$ 4,500.00	\$ 4,500.00
SUBTOTAL FINANCIAL ADMIN		\$ 6,700.00	\$ 7,300.00	\$ 7,300.00	\$ 7,300.00
Insurance & Fees					
Insurance	5240	\$ 2,350.00	\$ 2,500.00	\$ 2,500.00	\$ 2,500.00
Legal	new	\$ -	\$ 5,000.00	\$ -	\$ -
Reg Joint Stock	5360	\$ 32.00	\$ 32.00	\$ 32.00	\$ 32.00
SUBTOTAL INSURANCE & FEES		\$ 2,382.00	\$ 7,532.00	\$ 2,532.00	\$ 2,532.00
Staffing					
ExDir salary	5270	\$ 64,000.00	\$ 60,000.00	\$ 63,000.00	\$ 75,000.00
Co-op - see grant Rev		\$ -	\$ 10,000.00	\$ 10,000.00	\$ 10,000.00
Admin staffing	5275	\$ -	\$ 20,000.00	\$ 22,000.00	\$ 23,000.00
Staff EI CPP health	5270	\$ -	incl	incl	incl
SUBTOTAL STAFFING		\$ 64,000.00	\$ 90,000.00	\$ 95,000.00	\$ 108,000.00
Affiliations					
APA memberships	5080	\$ 110.00	\$ 150.00	\$ 150.00	\$ 150.00
Membership: Various	5172	\$ 200.00	\$ 250.00	\$ 250.00	\$ 250.00
CPAP/ meetings	5171	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00
Membership: CPAP	5170	\$ 2,600.00	\$ 2,600.00	\$ 2,700.00	\$ 2,700.00
SUBTOTAL AFFILIATIONS		\$ 3,910.00	\$ 4,000.00	\$ 4,100.00	\$ 4,100.00
Awards / Donations					
Donations/Benevolent	5110	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00
Awards/Honours	5345	\$ 2,750.00	\$ 4,250.00	\$ 4,250.00	\$ 4,250.00
Student Diversity Bursary	5359	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00
Student Awards	5370	\$ 1,500.00	\$ 1,500.00	\$ 1,500.00	\$ 1,500.00
SUBTOTAL AWARDS / DONATIONS		\$ 6,250.00	\$ 7,750.00	\$ 7,750.00	\$ 7,750.00
TOTAL ADMINISTRATION		\$ 122,292.00	\$ 153,682.00	\$ 153,632.00	\$ 167,582.00
Member Services - CE					
CEd Workshops	5030	\$ 5,000.00	\$ 4,500.00	\$ 4,500.00	\$ 4,500.00
CE resources (EPPP)	5150	\$ 1,500.00	\$ 500.00	\$ 500.00	\$ 500.00
SUBTOTAL CE		\$ 6,500.00	\$ 5,000.00	\$ 5,000.00	\$ 5,000.00
Member Services - Advocacy					
Special Event / Project	5060	\$ -	\$ -	\$ -	\$ -
Advocacy Training/CPAP	5351	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00
Advocacy Dev Fund lbal	5355	\$ 5,745.93	\$ 4,545.93	\$ 3,345.93	\$ 2,145.93
Sit & Chat Bench	5356	\$ -	\$ 1,500.00	\$ 1,500.00	\$ 1,500.00
Psychology Month	5354	\$ 500.00	\$ 500.00	\$ 500.00	\$ 500.00
SUBTOTAL ADVOCACY		\$ 7,245.93	\$ 7,545.93	\$ 6,345.93	\$ 5,145.93
Member Services - Publications					
PPD	5340	\$ 500.00	\$ -	\$ -	\$ -
SUBTOTAL PUBLICATIONS		\$ 500.00	\$ -	\$ -	\$ -
TOTAL MEMBER SERVICES		\$ 14,245.93	\$ 12,545.93	\$ 11,345.93	\$ 10,145.93
Promotions					
Promotions/ Outreach	5352	\$ 1,500.00	\$ 2,000.00	\$ 2,000.00	\$ 2,000.00
Advert/social media ads	5116	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00	\$ 1,000.00
TOTAL PROMOTIONS		\$ 2,500.00	\$ 3,000.00	\$ 3,000.00	\$ 3,000.00
TOTAL EXPENSES		\$ 139,037.93	\$ 169,227.93	\$ 167,977.93	\$ 180,727.93
NET Surplus/ <Loss>		\$ 1,962.07	-\$ 10,902.93	\$ 5,347.07	-\$ 402.93

Reports

APA COUNCIL OF REPRESENTATIVES REPORT - August, 2022

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

This meeting was very productive. 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. If you wish to see the full minutes, please go to <https://www.apa.org/about/governance/council> and click on the date of the minutes you wish to review. APA's Council of Representatives held a hybrid meeting, with most Council members convening in person in Minneapolis, coinciding with APA 2022, the association's annual convention. I attended in person.

APA adopts racial equity action plan, outlining next steps to operationalize racism resolution

The APA Council adopted a [Racial Equity Action Plan](#) that outlines the next steps the association and psychology should take to prioritize and operationalize the commitments made in the association's 2021 apology for its role in contributing to racism. Council approved the plan by a vote of 149 – 8 with 2 abstentions. ***I voted in favor of this motion.***

“The Racial Equity Action Plan affords the opportunity to utilize racial equity as a critical lens to drive APA's strategic priorities and measure the magnitude of APA's impact,” according to the agenda item introducing the document. “This plan allows the work of racial equity to be embedded and sustained throughout all aspects of the association's work.” The plan is divided into five sections: Knowledge Production; Health; APA/Workforce; Training of Psychologists; and Education. Each section lays out priority actions and concludes with a summary of social impact and innovation. The full report is available on the [APA website](#).

Task force report calls for psychology to transform education, practice and research to address equity

Psychology must take concrete steps to expose and mitigate the impacts of systemic and structural factors that affect physical and mental health, according to a report accepted by the APA Council by a vote of 161-2. ***I voted in favor of this motion.***

Structural racism, which influences the circumstances in which people live and work and is intensified by political, economic and social influences, is a key driver of health inequities, according to a report from APA's Presidential Task Force on Psychology and Health Equity.

The task force report lays out a roadmap for actions by APA, psychologists and others to address health

inequities in education and training, research, publications and professional practice. Task force members were appointed by APA Past President Jennifer F. Kelly, PhD.

The report recommends developing strategies to increase the racial and ethnic diversity of the psychology workforce to better address the mental health needs of communities of color – noting that more than 80% currently identify as white. It also calls for creating outreach and recruitment programs aiding communities of color, implementing more flexible training programs to support students with multiple life demands, and promoting culturally relevant methods and principles for health equity research in all psychology programs. The [full report](#) is available on the APA website.

APA adopts resolution limiting death penalty to offenders ages 21 and older

The APA Council passed a resolution by 161-7, with 1 abstention to limit the application of the death penalty based on scientific research indicating that adolescent brains continue to develop well beyond age 18 (the current constitutional limit), and that people's ability to exert good judgment in times of heightened arousal is not realized fully until sometime after the age of 20.

“There is clear evidence of prolonged development far beyond the age of 17 and into the mid-20s, so that the psychological capacity of members of the late adolescent class to exercise a mature sense of responsibility, and to resist outside pressures is still very much in process,” according to the “Resolution on the Imposition of Death as a Penalty for Persons Aged 18 Through 20, Also Known as the Late Adolescent Class.” “The significant structural and functional changes in the brain at this time corroborate these findings.” The resolution notes that there are more than 3,000 laws and government regulations restricting the behavior and actions of people under age 21 in the United States, such as being legally permitted to buy alcohol or tobacco, obtaining a license for a concealed handgun, becoming a foster parent, or obtaining a credit card without a co-signer. The resolution may be accessed on the [APA website](#). ***I voted in favor of this motion.***

Police reforms aimed at curbing use of force, protecting marginalized populations

APA Council adopted a wide-ranging resolution on

(Continued on page 7)

APA COUNCIL OF REPRESENTATIVES REPORT - August, 2022

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

(Continued from page 6)

policing that seeks to expand training programs to include de-escalation techniques, build stronger relations with mental health service agencies, minimize targeting of people of lower socio-economic status and encourage officers to restrict when they use force. The Resolution on Psychology's Role in Addressing the Impact of, and Change Required with Police Use of Excessive Force Against People of Color and Other Marginalized Communities in the United States passed by a vote of 165-1, with 2 abstentions. ***I voted in favor of this motion.***

In adopting the resolution, the Council noted it "is tied directly to psychology's significant potential to contribute to the dismantling of racism and the promotion of racial equity, by helping to remediate conditions and situations that engage individual, systemic, and institutional sources of racism."

"The overarching goal of this resolution is to promote the safety, health, well-being, and fulfillment of the human rights of those community members who are most vulnerable -- Black Americans and other people of color, and members of other marginalized communities who are affected by excessive use of force - and those who work in law enforcement," it states.

The resolution commits APA to "advocate for the development, implementation, and evaluation of empirically rooted, culturally informed policies, programs, and practices that eliminate the use of excessive force by police against people of color and other marginalized communities" and "for law enforcement standards and practices within police departments to reduce the detrimental impact of police misconduct and use of excessive force, and to promote a healthy relationship between police officers and their communities." The resolution is available on the [APA website](#).

Psychology Week

Council passed a motion designating the third week of April be proclaimed Psychology Week, an annual celebration of psychology that includes "Psychology Day," recognized by the United Nations community and certain other institutions. APA will share information about Psychology Week with the psychology community and broader audiences leading up to and during that week. APA will also provide information and tools/visuals that other organizations

can use to join the celebration. Council approved the business item by a vote of 166 – 2 with one abstention. ***I voted in favor of this motion.*** {As an aside, I spoke on this motion about how Canada has a psychology month and encouraged them to consider expanding this advocacy opportunity beyond a week to match Canada's month.}

Practice Guidelines adapted as APA policy Guidelines for psychological practice with women with SMI

APA Council adopted as APA policy the *Guidelines for Psychological Practice with Women with Serious Mental Illness* and approved December 31, 2032 as the expiration date for the *Guidelines*. The motion was passed by a vote of 158 – 1, with six abstentions.

I voted in favor of this motion. These practice guidelines serve to guide professional behaviors and decisions of psychologists who work with women with SMI, and provide a "culturally responsive, trauma-informed approach to clinical engagement" with a focus on offering equity of access and outcomes. Moreover, these guidelines strive to be "informed by recovery-oriented care models." They offer support for treatment and efficacy considerations of "working with women with serious mental illness, who are particularly prone to the intersectionality of oppressive experiences and who are at disparate risk for marginalization and stigma."

Council effectiveness and association operations Resolution to add a graduate student member seat to selected APA Boards and Committees

Council approved a series of motions to add a graduate student member seat to selected APA Boards and committees. In accordance with the APA Bylaws, the amendment to the Bylaws will be forwarded to the APA Membership for a vote in November 2022. If approved by the APA membership, an additional seat dedicated to a Graduate Student will be added to the boards. The Membership Board will not add an additional seat and instead will allocate an existing seat to a Graduate Student. If the Bylaw changes are approved by the APA membership, beginning in 2025, graduate students would be seated on selected boards and committees included in the Bylaws changes. ***I voted in favor of these motions.***

Respectfully submitted,
Dr. Shelley Goodwin

Reports

APNS AWARDS AND HONOURS 2022

In last Winter's issue, we announced plans to make changes to the content of the Nova Scotia Psychologist. We begin those changes in this issue by focusing on Member Recognition, highlighting two of our student winners and our new Fellow. The next issue will focus on CE opportunities and in early spring the Journal, will have a Guest Editor highlighting psychologists' participation in conferences and research.

This year the APNS Nomination & Elections Committee received nominations in seven of ten categories. As the AGM was virtual, the cash prizes and certificates were sent out by mail. Four of the Awards: Hayes Lifetime Contribution Award, Excellence in Psychology Award, Community Service Awards and Fellow also include engraved gifts. These will be presented in person in the fall.

Fellow of the Association

Recipient: Dr. Richard MacGillivray

Nominated by Dr. Shelley Goodwin

Each year, the APNS Executive may designate one member a "Fellow" of the Association, in recognition of outstanding contributions to the Association. This is intended as one way of recognizing, of saying thank you, to someone who has been doing on-going outstanding work for APNS.



But these changes cannot happen without your input. Have you recently attended or presented at a conference, developed a webinar or workshop that would be of interest to your peers? Or for future issues, perhaps you know a colleague who deserves to be acknowledged.

Please send an email to apns@apns.ca.

The Dr. Charles J.A. Hayes Lifetime Contribution Award

Recipient: Dr. Victor Day

Nominated by Lauren Marsh-Knickle

This award recognizes those who have spent a significant part of their professional lifetime supporting APNS, as well as the profession of psychology at the provincial, national and international level. The name of the award serves to honour Dr. Charles J.A. Hayes, a well-respected Psychologist and long-time APNS member and pioneer whose career may be said to be a model of lifetime commitment.



(Continued on page 9)

APNS AWARDS AND HONOURS 2022

(Continued from page 8)



Excellence in Psychology Award

Recipient: Dr. Erica Baker

Nominated by Dr. Joan Backman & Dr. Christine Chambers

This award recognizes those mid-career psychologists who have demonstrated excellence in their professional activities. The award may be given for work in a particular area of practice, work setting, specific population or treatment approach, or in respect to their peers.

Community Service Award in Mental Health

Recipient: No nomination received.

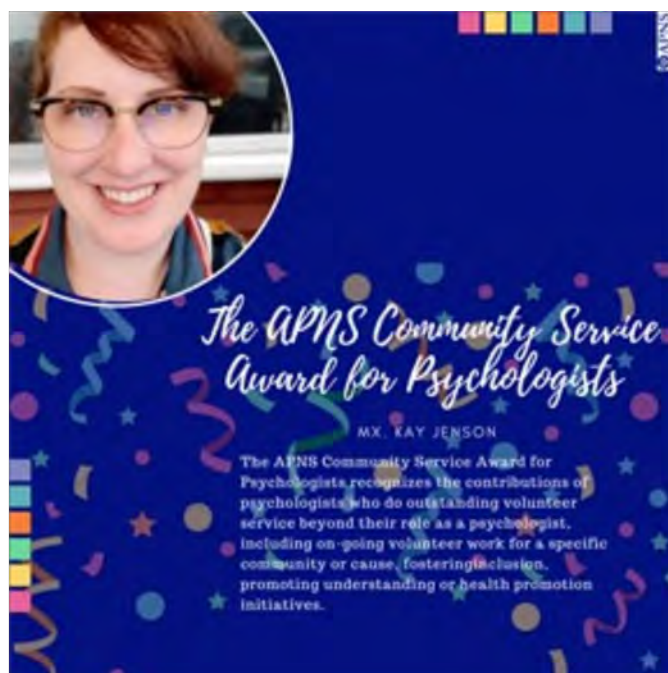
This award recognizes the contributions of non-psychologists who have made valuable contributions to the community in a health and wellness setting or through other activities that touch and benefit the greater community by raising awareness or advocating for mental health or wellness issues. Award recipients are individuals who work on their own or are closely associated with organizations, or organizations for their specific programs or initiatives.

Community Service Award - Psychologists

Recipient: Kay Jenson

Nominated by Dr. Leah Clyburn

This award recognizes the contributions of psychologists who do outstanding volunteer service in the community beyond their role as a psychologist. It acknowledges and raises awareness of the important contributions that psychologists make to the greater community. These contributions may include on-going volunteer work or a commitment to a specific community or cause, e.g., fostering inclusion, promoting sensitivity and understanding of marginalized populations, poverty and health promotion initiatives.



Outstanding APNS Early Career Psychologist

Recipient: No nomination received.

This award recognizes the challenges of being an Early Career Psychologist in the first ten years of their career. The recipient is an APNS member who has actively participated in APNS at the committee or Executive level and has used the services of APNS to advance their career in psychology

(Continued on page 10)

Reports

APNS AWARDS AND HONOURS 2022

(Continued from page 9)

Outstanding APNS Student

Recipient: No nomination received.

This award recognizes the challenges of preparing for a career in psychology at the masters or doctoral level. The recipient is an APNS student member who has participated in the association at the Committee or Executive level and who hopes to pursue a career in psychology in Nova Scotia.

Diversity in Psychology Bursary

2 Recipients: Normie Bergeron-Germain (Acadia University) and Andy (Dong Wook) Kim (Dalhousie University)

This bursary assists grad psychology students who identify as being from a diverse population and are in pursuit of post-secondary education in psychology.

See a profile of Andy Kim on page 10.



Gerald Gordon Memorial Prize - Psychology Undergrad Students

Recipient: Jillian Taylor, St. Mary's University
Nominated by Dr. MaryAnn Fisher.

This prize is awarded for outstanding undergraduate achievement in Psychology in Nova Scotia. It is named for Dr. Gerald Gordon to honour the contribution he made to APNS.



Brian Dufton Memorial Prize - Psychology Grad Students

Recipient: Ioan Tiberiu Mahu, Dalhousie
Nominated by Dr. Sherry Stewart.

This prize is awarded for outstanding graduate achievement in Psychology in Nova Scotia. It is named for Dr. Brian Dufton to honour the contribution he made to the education of Psychology students.

See a profile of Ioan Tiberiu Mahu on the next page.

APNS PROFILE: Dufton Prize winner - Ioan Tiberiu Mahu (Tib)

Tib is currently a PhD Candidate in the Clinical Psychology program at Dalhousie University at the end of his graduate training. He is finishing up his residency with the Saskatchewan Health Authority (SHA) and will be working at Dynamic Health Psychology Services (DHPS) in September of 2022.

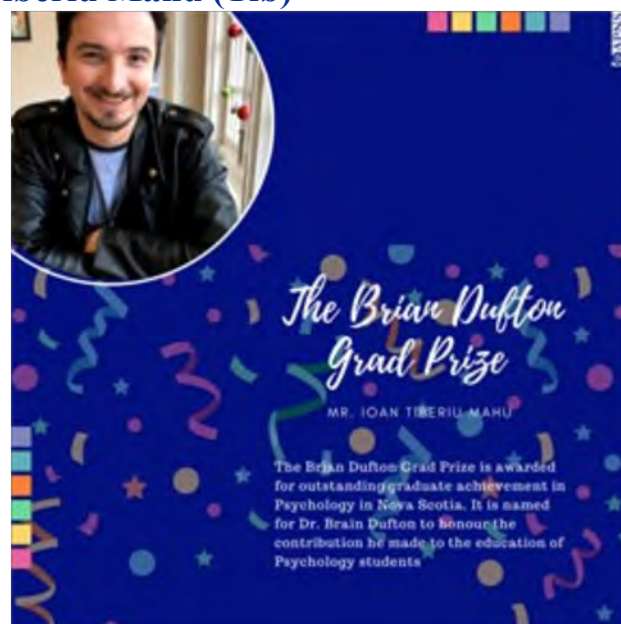
Born in Romania, Tib immigrated to Montreal at the age of 10, and became interested in understanding human behaviour to help accommodate to a new culture. He completed his undergraduate degree in Psychology (Hons) with a minor in Sociology at McGill University and pursued his passion of psychology through further graduate training at Dalhousie.

Tib is part of the Mood, Anxiety, and Alcohol Comorbidity (MAAC) lab at Dalhousie University, under the supervision of Dr. Sherry H. Stewart. In his graduate work, he has examined the role of personality and substance misuse among Methadone Maintenance Therapy (MMT) clients. His mixed-methods dissertation examined how different personality traits (sensation-seeking, impulsivity, hopelessness, and anxiety-sensitivity) were related to different forms of recent substance use, motives for use, and lived experiences. His research aims to inform the development of novel personality-targeted treatments as an adjunct to opioid agonist therapies. Tib has also conducted research examining the relationship between cannabis craving and PTSD symptoms. A full list of his scholarly activities can be found at:

<https://www.researchgate.net/profile/Ioan-Mahu>.

Additionally, he has worked as a statistical consultant under the supervision of Dr. Sean MacKinnon, where he provided consulting services to the department of Anaesthesia at Dalhousie University. Tib has also worked as a PreVenture Trainer for the Canadian Underage Substance Use Prevention (CUSP) Trial, where he provided training and supervision to school staff in personality targeted treatments for addressing substance use and comorbid conditions in teens within the school setting.

Tib's clinical training comprises of practicum positions in varied settings, including counselling centres, hospital settings, and specialized outpatient centres (e.g., Connections Halifax, Centre for Emotions and Health, Canadian Forces Operational Trauma and Stress Support Centre). On residency, Tib completed a six-month rotation at the Saskatoon Operational Stress Injury (OSI) clinic, providing assessment and therapy services to veterans, active-duty military members, and RCMP officers. Tib also worked in a hospital setting,



providing therapy services to individuals living with chronic health conditions, and inpatient consulting services. Tib's clinical training involves short-term dynamic therapy (STDP), Cognitive-Behavioral Therapy (CBT), Cognitive Processing Therapy (CPT), and Acceptance and Commitment Therapy (ACT). Tib is currently pursuing a three-year post-graduate training in Intensive Short Term Dynamic Psychotherapy (ISTDP). He currently practices through an integrative lens that sees the role of painful and often avoided emotions as central in the etiology of various forms of psychopathology and other difficulties (e.g., interpersonal and relationship difficulties). He specializes in the assessment and treatment of trauma-related disorders in adults, with cultural competence in working with military and para-military populations. He hopes to continue honing his clinical skills in this area throughout his career.

Outside of work, Tib is a bird parent of two lovely cockatiels. In his spare time, he enjoys gaming, rock climbing, martial arts, and riding motorcycles. After residency, he will be returning to Nova Scotia, the province that made him fall in love with the ocean, to begin his career as a clinical psychologist. He hopes to continue being involved in both research and clinical practice throughout his career.

Research gate profile: <https://www.researchgate.net/profile/Ioan-Mahu>

Psychology Today: <https://www.psychologytoday.com/ca/therapists/ioan-tiberiu-mahu-halifax-nb/1004282>

Reports

APNS PROFILE: Diversity bursary recipient - Andy (Dong Wook) Kim

I am an incoming second-year MSc student in the PhD Clinical Psychology program at Dalhousie University under the co-supervision of Dr. Sherry Stewart and Dr. Simon Sherry. My research focuses on personality, social, and cognitive factors associated with substance (e.g., alcohol, cannabis) and behavioural (e.g., gambling) addictions and their comorbid psychopathologies (e.g., depression, anxiety).

Thus far, I have completed five research projects as first author. The 1st concerned the correspondence between self- and informant-reports of drinking motives, and the incremental validity of these informant reports (above self-reports) in predicting targets' future alcohol problems (published in *Drug and Alcohol Review* in 2022).

The 2nd involved a cross-lagged analysis of the relative contributions of anxiety and depression to heavy episodic drinking, which found that depressive symptoms led to *more* heavy drinking over time whereas anxiety symptoms led to *less* heavy drinking over time. This symptom specificity is a real step forward in understanding the complicated pathway between internalizing symptoms and alcohol misuse; this paper was published in *Addictive Behaviors* in 2022.

The 3rd (submitted to the *Journal of Social and Clinical Psychology*) used a longitudinal dataset to test the stress generation hypothesis among romantic couples isolating together during the COVID-19 pandemic (i.e., do depressed individuals perpetrate more conflict towards their partner that in turn exacerbates their depression?).

The 4th (submitted to the *Journal of Psycho-educational Assessment*) examined the concurrent and predictive validity of our novel 5-item friend-specific socially prescribed perfectionism measure, which reflects a perceived pressure to be perfect from a friend rather than a perceived pressure to be perfect from others in general, in predicting depressive symptoms, conflict perpetration, and problematic drinking.

The 5th (submitted to *PLOS One*) was the first study to examine pupillary changes in the context of modern, authentic slot machine gambling (this project was completed with my undergraduate supervisor, Dr. Luke Clark). Slot machines are widely recognized as one of the most harmful and addictive forms of gambling, and pupil diameter changes represent an unobtrusive marker that could shed light on event-related physiological responses during this activity. We also investigated screen luminance fluctuations during the slot machine game, as luminance cannot be controlled in an authentic slot machine in the way that would typically happen in a laboratory experimental task. A follow-up experiment in our paper then tests whether the magnitude of the luminance fluctuations that we observe on the slot machine are sufficient to elicit pupillary changes.

I am eager to continue working on the clinical psychology of addiction.

I am honoured and grateful to be the recipient of the APNS Diversity in Psychology Bursary.

*Thank you to the Nomination Committee
for their work in reviewing the nominations and making the selections for these awards:
Shelley Goodwin (Chair), Harpreet Aulakh, Jenn Richards, and Jeannette Kennedy*

*Also thanks to the Student Gordon & Dufton Awards Selection Panel:
Kevin Rice, Louise Stringer Warren and Brad Peters*

And thank you all who took the time to submit nominations for these awards.

The Call for Nominations for the next APNS Awards will go out in February 2023.

For more information on the Awards contact apns@apns.ca

APNS PROFILE: Dr Richard MacGillivray, Fellow of APNS

This is the description which accompanied the nomination of Dr Richard MacGillivray as Fellow of the Association submitted by Dr. Shelley Goodwin.

The award of **Fellow of the Association** is given to a person who has made *outstanding contributions to the Association of Psychologists of Nova Scotia*. These contributions have to have been made to APNS as an organization.

In researching and reflecting on Dr. Richard MacGillivray's service to our association, it required me to look back 30 years, as that is when he began his volunteering with and service to APNS. He was President of our association from 1994-1995 but held the President-elect seat in 1993 and Past president in 1996. During that time there was considerable ongoing issues related to the profession and he was integral to developing Nova Scotia's response and implementing many of them.

I read his President report and reflected how his work contributed to the foundation of our association but also our profession in Nova Scotia and Canada, including the development of the Private Practice Committee, developing relationships with government at both provincial and federal levels, the Agreement on Internal Trade and subsequent Canadian Free Trade Agreement, entry to practice credentials, and membership in CPAP.

Rick was very active in 2010 to 2011 when involved in developing the Personal Health Information Act (PHIA) and ensuring psychology's interests were heard and reflected in the developing of the new Act. This was a very demanding time with lots of meetings with government but also media attention and Rick stepped in generously and skillfully to ensure the interests of APNS generally, and NS psychologists collectively, were heard. He also was instrumental in a Forum and panel discussion (live and on-line) to discuss the development of the Act. Rick was Forum moderator.

During this same time frame (2007-2011), Rick was instrumental in negotiating the Workers Compensation Board (WCB) contract with psychologists of NS. For those who work with WCB you have benefitted from his negotiations and service. Rick was very engaged in the process and spoke passionately about psychologists' relationship with WCB. He sat on negotiations with WCB to negotiate rates and solve issues in 2011. Further, he provided a detailed critical review of the contract. All which initiated APNS' relationship with WCB and has led to APNS's more recent discussions and collaborative contracts.

Rick continues to be a "go-to" person for a knowledgeable and thoughtful perspective on issues that may be current for the Association. He does not limit his service to the profession of psychology to APNS. He is well respected by the profession as indicated by his election to the Nova Scotia Board of Examiners in Psychology. He has served twice (1999-2000, Vice chair from 2000-2003 and chair from 2002-2003) and then returned for one term from 2019 to 2021.

Rick is a strong and long-term supporter of APNS and gives his time willingly to the profession. It gives me great pleasure to nominate **Dr. Rick MacGillivray for Fellow of APNS**. His impact on Nova Scotia psychology and our profession is significant and as such I nominate him with much enthusiasm.
Sincerely,

Reports

DR RICHARD BRAHA: Making Waves - Celebrating Dr. Richard Braha's commitment to excellence and courage to create change



Another APNS member was recently honoured by his peers. A belated "Congratulations!" to Richard Braha.

Reprinted with the permission of Jessica Long, Nova Scotia Health.

Dr. Richard Braha is this year's recipient of the Making Waves Outstanding Contribution Award. This award recognizes the contributions of an exceptional physician, employee, or team in their daily delivery of service to others.

As a staff neuropsychologist and program manager for the Acquired Brain Injury Program (ABI), Dr. Braha has dedicated over 25 years to delivering and improving health care for patients with acquired brain injuries. As included in his nomination, "Dr. Braha demonstrates courage in his managerial role, where he is not afraid to make difficult changes to service delivery to best meet the needs of the individuals we serve." Dr. Braha also leads the ABI Network, a provincial network of care for ABI that improves care for clients and their families. The network spans the continuum of care planning, management, and delivery of health services, to best support clients and their families within Nova Scotia's major hospitals.

Q&A with Dr. Braha:

1. Congratulations on receiving the Outstanding Contribution Award! Tell us a bit about yourself what you do, where you are located and your favourite part about it.

"I am the Program Manager for the ABI program within the Rehabilitation and Supportive Care Portfolio at Nova Scotia Health. The program is comprised of multiple services and interdisciplinary teams. It represents a large number of services that span the continuum of care including components of the epilepsy program, zone stroke program, inpatient ABI rehabilitation services, outpatient ABI rehabilitation services, and an interprofessional community-based ABI outreach and day program service based at the new Bedford NeuroCommons. My team also provides education, resources and support for clinicians working in a number of other areas of the organization."

"My favourite part is working with the ABI program team to make improvements in the lives of patients and their families. I am lucky to work with great clinicians and leaders."

2. How do you feel your work contributes to the health and wellbeing of Nova Scotians? Why is it important? "As a team, we work together to identify gaps in the health care system by reviewing best practice documents, conducting surveys, and having conversations with patients and their families to provide the best possible evidence-based care. Also engaging and listening to the concerns and needs of the patient can allow us to make improvements, big or small, to allow the patient to optimize their chances for recovery and rehabilitation and move forward in their care."

3. What does it mean to you, to receive the Outstanding Contribution Award?

"I am very humbled to receive this award. There are lots of teams doing outstanding work, and it validates your work when you receive recognition. This award only enhances my motivation to keep focused on improvements for patients and their families."

4. As this year's recipient of the Outstanding Contribution Award, how do you hope to inspire others who are working to make a difference in the lives of Nova Scotians each day.

"I hope our work will provide inspiration and hope to others who are working to make a difference in the lives of Nova Scotians. Our team exemplifies that it's possible to make a difference through meaningful collaboration. Together, I am confident we will do even more."

Congratulations to Dr. Braha for receiving the Outstanding Contribution Award. As said in Dr. Braha's nomination, "Dr. Braha is very respectful of people with ABI and their families, listening attentively to their concerns and feedback and acting on those issues. He also demonstrates respect in his interactions with all of his colleagues across our organization." An unwavering dedication to patient outcomes and a collaborative approach to health care are just some of the elements that contribute to being an outstanding health care professional.

Thank you for your contributions, Dr. Braha.



Creating a Culturally Safe Space in Clinical Practice: An Introduction to Cultural Competence, Cultural Humility, and Culturally-Informed Therapeutic Care

A full-day, in-person workshop on Friday, October 14, 2022, 9 am – 5 pm.

Venue: The Admiral Room, Lord Nelson Hotel, Halifax

Registration:

- Members – Early bird \$185; After September 15th - \$200.
- Student members - \$75; Student non-members \$100.
- Non-members - Early bird \$ 200; After Sept 15th - \$215
- Groups of 4 or more - \$25 off rate as above; if students \$10 off each.

Payment by Visa, MasterCard, and e-transfer to apns@apns.ca

This workshop is open to Psychologists, Psychology students, and other health professionals with an interest in the topic. For more information, please download the [brochure](#) or contact admin@apns.ca

Workshop Overview:

This workshop will introduce participants to the foundational knowledge and concepts related to culture, diversity, and clinical practice. Specifically, the concepts of cultural competence and cultural humility, as two complementing frameworks for promoting clinicians' multicultural development and identity, will be discussed.

This workshop approaches cultural training from a personal-growth and professional-development perspective and a social justice stance. Using mental health counselling and therapy intervention as an example of creating culturally safe spaces for clients, this workshop will guide participants to reflect and think through critical cultural diversity issues of themselves as well as of others. Practical and evidence-based examples will be used to illustrate the content and to help link participants' learning to their experiences.

Topics to be Covered:

- Intersection of culture and diversity issues and clinical/health care
- Definition and Illustration of multicultural competence and cultural humility in practice
- Issues on clinicians' intersectionality of identities and implicit biases
- Strategies to enhance individual & institutional/organizational-level changes to promote racial equity & cultural safety
- Paths forward for clinicians continued cultural learning and development.

Presenter:



Dr. Ben C. H. Kuo is a Full Professor of Clinical Psychology at the University of Windsor and a licensed, practicing psychologist in Ontario. He received his bachelor's and master's degrees from the University of Toronto, and his Ph.D. from the University of Nebraska-Lincoln.

Dr. Kuo's research focuses on the critical interface between culture and mental health, specifically on how culturally-diverse groups and individuals cope with stress and respond to psychological and mental health concerns. As a clinician, Dr. Kuo has worked and treated international students, immigrants, refugees, racial/ethnic minorities and non-minority individuals in the U.S., Canada, and Asia. Dr. Kuo is an experienced and

active clinical supervisor who teaches and supervises clinical psychology Ph.D. students in providing mental health interventions to refugees and other culturally-diverse populations.

Dr. Kuo also works very closely with various community and health agencies/networks and involves in policy initiatives, provincially and nationally in Canada. Dr. Kuo has lectured and taught internationally in Taiwan, China, Thailand, New Zealand, Russia, Brazil, Poland, the U.K., and Canada, as a distinguished visiting professor and/ or invited teaching faculty.

Dr. Kuo has received multiple honours, including the University of Windsor Outstand Research Award: Established Researcher/Scholar Category in 2017; the Faculty of Humanities, Arts and Social Sciences' Dr. Kathleen E. McCrone Teaching Award in 2017; the Mary Lou Dietz Equity Leadership Award in 2019; and most recently the John C. Service Member of the Year Award of the Canadian Psychological Association in 2021 (for his volunteer counselling and psychotherapy service for COVID-19 frontline health workers). Dr. Kuo is also currently serving as an executive member of the Education and Training Committee of the Canadian Psychological Association.

Acknowledgements

MEMBERSHIP RENEWAL

The APNS Membership term is September 1st to August 31st.

- * If you have **not yet renewed** please contact apns@apns.ca or 902-422-9183 now.
- * If you have renewed but **have not received your receipt** please contact admin@apns.ca.
- * If you do **not intend to renew** please also let us know.

You have several options for payment:

- * You may pay over the phone by calling 902-422-9183 between 7 am and 2 pm.
- * If you recently paid by credit card we may have your number on file; we need you to give permission for this to be processed.
- * You may pay by e-transfer to apns@apns.ca
- * If you are **unsure about your membership status** please contact admin@apns.ca.

Volunteering with APNS

Active committee members receive a volunteer voucher that may be used for any APNS workshop or APNS membership fees.
Please also note that participation in an APNS committee can count towards your NSBEP Continuing Competence credits.

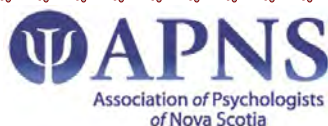
Voucher value:

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

Criteria:

- Volunteer must have served for a minimum of 1 year.
- Volunteers must take an active role in the committee.
- Volunteers accrue no more than \$250/year in benefits.
- Benefits must be used within 1 year of being awarded.

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



Welcomes its Latest Members as of August 22, 2022

Andy Kim (student)
Jessica Ferro, M.C.
Noemie Bergeron-Germaine (student)
Amanda A. Gouthro, M.Sc.
Tiberiu Mahu (student)

Kathryn Miller, Ph.D.
Sandra McDermott, Psy.D.
Dr Luke Schneider, Ph.D.
Jillian Taylor (student)

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*

Kristen Bailey, Ph.D.
Shannon Bedford, Psy.D.
Pamela Blotnicky, M.A.S.P.
Rebecca Carter, M.A.S.P.
Lauren Johnston, M.A.
Magdalena Lysenko, Ph.D.
Brittany MacGregor, M.A.
Greg MacLean, M.A.S.P.
Sarah Newcomb-Anjo, Ph.D.

Amy O'Neill, Ph.D.
Jeff Pardy, M.Ed
Meghan Schinkel, Ph.D.
Laura Stevens, M.Sc.
Kim Michelle Tan-MacNeill, Ph.D.
Amanda Williams, M.Sc.
Breanna Young, Psy.D.

Congratulations to the following who have recently become Candidates*

Amanda Gouthro, M.Sc.
Kathleen Walsh, M.A.

**This information provided by NSBEP as of August 23, 2022*

Advertisements

PSYCHOLOGY POSITIONS AVAILABLE IN NOVA SCOTIA

You may also visit the full listings on the APNS website.

<https://apns.ca/Publications/career-opportunities/#main>

Annapolis Valley Psychological Services are seeking Registered Psychologists and a Psychologist (Candidate Register) to provide evidence-based psychotherapy and assessments to adult clientele, but also to further expand our services to include children, adolescents, couples, groups, and families. <https://www.annapolisvalleypsychologicalservices.ca>

Bird & Associates Psychological Services Inc. is seeking a Full/Part Child/Adolescent Psychologist who is proficient in evidence-based treatment modalities. <https://birdpsychological.com>

Carleen Hall Psychological Services currently has an opening for an experienced Psychologist competent in working with the child, teenage, and young-adult populations. This position requires a minimal commitment of ten client hours per week with the opportunity to grow. <https://www.carleenhall.ca>

Dartmouth Psychological Services Inc. is currently seeking Psychologists to join our team on a part-time basis, with the potential to grow to full-time. <https://dartmouthpsychological.ca>

Dr. C.K. Perrier & Associates is currently recruiting psychologists to join our team as full-time or part-time associates, working out of our new office at 1687 Bedford Highway. <https://www.perrierwellness.ca>

Dr. Daniel Chorney & Associates is currently seeking a PhD or PsyD in Psychology (Clinical or Counselling Psychology). <http://www.chorneyandassociates.com>

Dr. Nina Woulff, Psychologist & Associates has an opening for a mature Associate Psychologist with well developed clinical skills, who can provide therapy for adult clients. The position entails at least 18-25 client therapy hrs/week with the possibility of additional hours. <https://drnina.ca>

Dr. S Gerald Psychological Services are 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. <https://hannpspsychologicalservices.com>

PSYCHOLOGY POSITIONS AVAILABLE IN NOVA SCOTIA

You may also visit the full listings on the APNS website.

<https://apns.ca/Publications/career-opportunities/#main>

Fenwick Psychology and Wellness Associates is growing and we are hoping to welcome a Psychologist with an interest in working with adults/children to our practice.

<https://fenwickwellness.ca>

Genest MacGillivray Psychologists is seeking a doctoral-level psychologist. We serve adolescents, adults, couples, and families, and are particularly looking for someone who has a specialty in counselling couples and is experienced in a wide range of clinical problems.

<https://www.halifaxpsychologists.com>

Greenleaf is expanding and we are now accepting applications for full-time and part-time psychologists who wish to join our practice. <https://www.greenleafpsychological.com>

Lesley Hartman & Associates Inc. is looking for an experienced Behavior Tech trained DBT clinician, <https://www.lesleyhartmanassociates.ca>

Marsh-Knickle & Associates would like to invite a Registered Psychologist who works with Children and Adolescents to join our team of independent practitioners.

<https://www.marshknickleandassociates.com>

Mindful Therapies Inc. is now recruiting Psychologists (Registered or Candidate Register) who wish to join our practice in the heart of Dartmouth, Nova Scotia. <http://www.mindfultherapies.org>

Power Psychological Services is now hiring Psychologists (Registered or Candidate Register) who wish to join our private practice team in Truro, Nova Scotia. We have openings for part-time and full-time employment. <https://powerpsychservices.ca>

Seagram and Associates / Landing Strong are currently looking for a part-time/full-time Registered Psychologists. We want someone who is interested in being a leader within this evolving organization. <http://seagramassociates.com> / <https://landingstrong.com>

True North Psychological Services is seeking both Masters or Doctoral level Psychologists and Masters Level Social Workers (MSW) with an interest and experience working with individuals and families impacted by trauma to join all three of our practices in Nova Scotia (e.g., New Minas, Halifax and Kingston). <https://truenorthpsychological.com>



Committees & Representatives

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

EXECUTIVE

President: Jacqueline Milner
 Past President: Jenn Richards
 President Elect: vacant
 Secretary: Melissa McGonnell
 Treasurer: Marcie Balch
 Member at Large: Tammy Piers
 Member at Large: Lesa Douglas
 Member at Large HR: Frank Fedde
 Student Representatives:
 Nicole MacKenzie & Grace Schwenck

EXECUTIVE DIRECTOR

Susan Marsh apns@apns.ca

REPRESENTATIVES

Council of Provincial Associations in Psychology/ Practice Directorate Rep:
 Jenn Richards

Psychology in the Workplace Network:
 Aria Day

Public Education Campaign Coordinator:
 vacant

APA Council of Representatives:
 Shelley Goodwin

COMMITTEES & INTEREST GROUPS

Advocacy:

Bev Butler, Chair

Victor Day	David Pilon
Laura Scallion	Natalie Stratton
Sydney Walker	

Cultural Diversity

Harpreet Aulakh, Chair

Jason Chatman	Christine Ellsworth
Neera Datta	Eileen Donahoe
Hilary Green	Joanna Hessen-Kayfitz
Erica Lundberg	Alissa Pencer
Harman Singh	Marisa Walter
Natasha Yorke	

Continuing Education:

Eileen Donahoe (Chair)

Nominations & Elections:

Shelley Goodwin (Chair)
 Harpreet Aulakh
 Jeannette Kennedy
 Frank Fedde (M-a-L HR) ex-officio

Post Disaster Committee:

Janice Howes, Chair

Victor Day (Disaster Response Co-ordinator)
 Dean Perry

Private Practice Committee

Shelley Goodwin, Chair

Dion Goodland	Tara Forgeron
Reg Landry	Mary McGrath
Shauna Sutherland	Heather Walker
Sydney Walker	Pamela Wambolt
Paula Winstanley	

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

Ena Vukatana
 Julie Wershler

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

Advertising Rates

The acceptability of an ad for publication in APNS publications is based on legal, social, professional, and ethical considerations. Also, an ad must be in keeping with the generally scholarly and professional nature of the publication. All content submitted is subject to APNS approval, and may be withheld with refund for any reason.

Non-Member Print Advertising Rates

"Nova Scotia Psychologist:"

Businesses

Full Page	\$500.00
3/4 Page	\$400.00
1/2 Page	\$300.00
1/4 Page	\$250.00
Business Card	\$200.00

Consecutive Editions: 1st ad - regular rate, 2nd & more - 10% discount per issue; i.e., \$500, \$450, \$400, \$350, to a minimum rate of \$300 for a full page ad)

Other Professionals: (physicians, lawyers, etc.)

Full Page	\$400.00
3/4 Page	\$300.00
1/2 Page	\$250.00
1/4 Page	\$150.00

Consecutive Editions: 1st ad - regular rate, 2nd & more - 10% discount per issue; i.e., \$400, \$360, \$320, \$280, to a minimum rate of \$250 for a full page ad)

Businesses & Professionals – calendar or text-based

Event / Workshop	\$100.00
Job Postings	\$75.00
Mass Stand-alone E-Mail	\$300.00
Monthly Member E-mail	\$25

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

Full Page	\$125.00
3/4 Page	\$100.00
1/2 Page	\$75.00
1/4 Page	\$50.00
Business card	\$35.00
Mass Stand-alone E-Mail	\$200.00
Monthly Member E-mail	\$15

Non-Member Website Ad Rates

Businesses & Professionals

Event / Workshop	\$100.00 per 45 days
Job Postings	\$75.00 per 30 days

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

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

APNS Member Print Ad Rates

"Nova Scotia Psychologist"

Full Page	\$90.00
3/4 Page	\$75.00
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

Publication Information

The Nova Scotia Psychologist is published three times each year by the Association of Psychologists of Nova Scotia. Its purpose is to foster communication within the psychology community. Submission of articles is encouraged, as well as letters to the Editor. The Editor reserves the right to select and edit manuscripts and letters submitted for publication. Publication does not necessarily imply endorsement by APNS or by the Editorial Board of The Nova Scotia Psychologist.

Subscriptions are free to all members and Affiliates of the Association. Others may subscribe for \$25 per year. The Nova Scotia Psychologist accepts advertising of direct interest to the psychology community. Advertisers should write to the address below. Non-profit organizations may be permitted free announcements, subject to space availability.



Production and Graphic Design:
 Susan Marsh

The Nova Scotia Psychologist

5991 Spring Garden Road, Suite 645
 Halifax, Nova Scotia
 Canada B3H 1Y6

E-mail: apns@apns.ca & admin@apns.ca

Tel: 902.422.9183

Fax: 902.462.9801

Website: www.apns.ca