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Fall 2023

PRESIDENT'S REPORT: Chimène Jewer, R. Psych.



Chimène Jewer, R.Psych,
APNS President

I hope that you have all had a relaxing and enjoyable summer. Summer here in Nova Scotia is so beautiful, but far too short. I hope you were all able to make the most of it as we begin now to transition back into our regular routines with the arrival of fall.

Let me begin by saying that I am truly honoured to assume the role of President this year. I am grateful to past presidents, Jacqueline Milner and Jennifer Richards, for their guidance and support in easing my transition into this role. I am excited to continue working with our outstanding Executive Director, Susan Marsh, and a talented group of individuals on our Executive Committee. We have several returning members on the Executive this year; Jacqueline Milner, Melissa McGonnell, Marcie Balch, Frank Fedde, Tammy Piers, and Grace Schwenck, and I would like to welcome our new members; Kim O'Connor, Lindsay Victor, and Emily Wildeboer.

In this issue, we are featuring award winners from our AGM. (pp. 5-13) We are also highlighting original research conducted by our members. If you would like to see your research featured in our newsletter, we encourage you to submit it to us. Similarly, if you have attended an interesting conference recently and would like to share your experience, we encourage you to submit a summary about this, too.

Here at APNS we have been busy working on several important initiatives including; ongoing meetings with government about improving access to mental health care; training and retention of psychologists in our province; work on our diversity, equity and inclusion strategy; and succession planning for our Executive Director.

Over the past few years, particularly since the pandemic, there has been a growing mental health crisis and a shortage of psychologists to meet the need. We recognize the shortage of psychologists and have been thinking of various ways to increase the number of psychologists in our province. As you may know, two of our existing training programs are in the process of becoming PsyD programs. We are hoping to be able to train more psychologists locally who would be more likely to stay and work here in Nova Scotia.

We are continuing our meetings with the provincial government about increasing access to mental health care. Our provincial government ran on a platform that included improving healthcare, including access to mental health care. At present, there are two pilot projects; one involves private psychologists conducting assessments for autism and attention-deficit/hyperactivity disorder for children on waitlists and the other is a training clinic at Dalhousie University that would offer therapy for marginalized clients. There has also been some exploration of adding mental health services to coverage under MSI. Hopefully, this is only the beginning. Ultimately, it would be wonderful to see mental health parity.

(Continued on page 2)

Reports

ANNUAL GENERAL MEETING REPORT - June 9, 2023

This year's Annual General Meeting was held in person at Dalhousie University with a full-day workshop: *Applying DBT Principles* on June 9th. 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. Marcie Balch, Treasurer, reported that expenses for 2023-2024 are projected to be a substantially higher, as we plan to hire a new Executive Director in late winter, allowing a few months overlap with our current Executive Director, for training purposes, thus we are projecting a deficit for next year. Also, the new APNS Executive Committee was acclaimed as follows:

- Jacqueline Milner, Past President
- Chimène Jewer, President
- Kim O'Connor, President Elect
- Marcie Balch, Treasurer
- Melissa McGonnell, Secretary
- Frank Fedde, Member-at-Large HR
- Tammy Piers, Member-at-Large

- Lindsay Victor, Member-at-Large
- Grace Schwenck & Emily Wildeboer, Co-Student Representatives

This year we say goodbye to Jenn Richards who has served for three years on the Executive as President-Elect, President and Past President. Lesa Douglas will be stepping down after a two-year term as Member-at-Large. Nicole MacKenzie will be stepping down as Co-Student Representative. Thank you Jenn, Lesa, and Nicole for your contributions and commitment to the Executive.

Our new additions this year are Kim O'Connor as President Elect, Lindsay Victor, Member-at-Large and Emily Wildeboer as Co-Student Rep.

Shelley Goodwin will remain as Chair of the Nomination Committee and Harpreet Aulakh, Elaine Ply and Jeannette Kennedy will also remain for another year. The Executive representative, in an ex officio role, is Frank Fedde.

See pp. 6-13 for more on the annual awards.

PRESIDENT'S REPORT: Chimène Jewer, R. Psych.

(Continued from page 1)

We are also working on development and implementation of a diversity, equality and inclusion strategy. We are looking to address some of the historical harms that the profession may have caused, to provide education about culturally sensitive care, and to increase the number of diverse individuals entering the profession. Ideas that have been suggested have included speaking to diverse students about careers in psychology and addressing systemic barriers to entry for these students, including offering diversity scholarships. (pp. 12-13)

As many of you may know, our Executive Director, Susan Marsh, will be retiring this year. We are working on our succession plan, including strategic plan and documentation of our policies and procedures, so that we can preserve the corporate knowledge and maintain continuity with her successor. We are also planning a retirement celebration for Susan next spring and hope to have a big turnout for this event. More to follow on this.

During my tenure, I will do my best to represent the voices of our profession provincially, nationally and abroad. I plan to be dedicated to working on the above initiatives. Perhaps more specifically, I would like to focus on educating the public about the unique value of psychology and advocating for access to psychological services in the province. I hope that this will be an exciting and productive year ahead.

I encourage you to become involved with APNS. It is a rewarding experience and an opportunity to learn, network, make lifelong connections and advocate for our profession. Student membership is now FREE and we offer discounted membership rates for early career psychologists. To those already involved with APNS, thank you for your time and dedication. Please do not hesitate to reach out to us to share your thoughts and ideas and we encourage you to submit articles about your research and conferences.

Submitted respectfully,



APA COUNCIL OF REPRESENTATIVES HIGHLIGHTS - August, 2023

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

APA's Council of Representatives held a hybrid meeting Aug. 2-3, with most Council members convening in person in Washington, D.C.

Need for Safe Work Environments for Adolescents

The Council adopted a [Resolution on Developmental Risks and Opportunities in Adolescent Employment](#), urging employers to establish safe working environments and work hours for adolescent employees in the wake of recent reports of youth being injured or killed due to unsafe job conditions. The resolution passed 161-2, with 2 abstentions.

"APA calls on state and federal agency officials to increase enforcement of laws, regulations and penalties for industries and employers engaging in exploitative and detrimental youth labor practices that compromise the health, well-being and economic advancement of adolescents in the labor market," according to a resolution. "This includes modernizing and expanding hazardous occupation limits to better protect adolescents at work, increasing staffing of the [Department of Labor's] Wage and Hour Division to investigate child labor violations, and enforcing age verification."

The resolution also asks the field of psychology and policymakers to support increased research, monitoring, intervention, advocacy and policy to inform and guide safe labor practices for adolescents.

Equity and Inclusion in Student Admissions in Higher Education

In the wake of the U.S. Supreme Court's ruling outlawing the consideration of race as a factor in college and university admissions, the Council adopted a policy statement [reaffirming its support for equity and inclusion in higher education](#). The vote was 142-6 with 8 abstentions.

The resolution called for measures including "adversity scales" where colleges consider the adversity a student has overcome when selecting among qualified applicants, similar to the "socioeconomic disadvantage index" developed by

the University of California, Davis, medical school. The resolution also called for eliminating preferences for the wealthy, such as donors and children of alumni; targeting students at high schools that have a limited history of sending applicants to their school; paying full tuition in geographic areas for students with family incomes of \$150,000 or less; establishing early college programs that allow high school students to take courses to earn college credit; and providing academic support and college admissions advice to high school students in low-income communities.

Mental Health Screening and Practice of Law

The Council adopted a [policy opposing the use of mental health screening questions on character and fitness exams for licensure to practice law](#).

"[S]tatistical data reveal that there is no connection between bar application questions about mental health and attorney misconduct and that such questions have not been empirically shown to work as a successful screening tool for who can and cannot practice law in a competent manner," the resolution states.

The policy pledges that APA will work with the American Bar Association and state bar associations to remove questions regarding mental health diagnoses or treatment history from character and fitness questionnaires.

BEA Racial Disparities Task Force Report on Racism and Bias and Racial Disparities in PreK-12 Education

The Council voted 143-19 with 1 abstention to receive the report of the [Board of Educational Affairs Racial Disparities Task Force](#), with the future addition of a foreword outlining the context and limitations of the report.

The report looks at racism and bias and their role in creating educational disparities; disparities at the intersection between race and disability; discipline disparities and school pathways to the juvenile justice system; and racial/ethnic mismatch between the educator workforce and school-age population.

(Continued on page 4)

Reports

APA COUNCIL OF REPRESENTATIVES HIGHLIGHTS - August, 2023

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

(Continued from page 3)

It also updates recommendations for research, practice and advocacy, and contains new recommendations for educator preparation.

BSA Task Force Report on Tenure and Promotion for Faculty of Color

The Council voted unanimously to receive the report of the Board of Scientific Affairs Report on Tenure and Promotion for Faculty of Color.

This report details systemic barriers and inequities that affect the evaluation of faculty of color under review for promotion and tenure in psychology programs. It also provides practical guidance and strategies for college and university administrators and external reviewers who will consider candidates for promotion and tenure in psychology departments with the understanding that dismantling systemic racism in psychological science has been identified as a guiding principle of APA.

Guidelines for Operational Psychology

The Council voted 107-55 with 4 abstentions to adopt the **Guidelines for Operational Psychology** as APA policy, with an expiration date of Dec. 31, 2028. These guidelines provide recommendations for psychologists engaged in operational support activities within the areas of national security, national defense and public safety.

The purpose of the guidelines is “to maintain and improve the quality of operational psychology services, standardize and enhance the professional delivery of such services, encourage the practice and continued development of operational psychology, and respect the applicable rights of persons affected by such services.”

Amendments to Association Rules

- The Council voted 128-25 with 9 abstentions to add the chair of the Committee on Global Psychology and the chair of the Committee for the Advancement of General Applied Psychology to the Agenda Planning Group.
- It voted unanimously to change the eligibility criteria for serving on the Needs Assessment,

Slating and Campaigns Committee (NASCC). Changes included reducing the waiting period after serving on APA’s Board of Directors and Council prior to eligibility for NASCC from two years to one and removal of the restriction on simultaneous service between NASCC and elected positions with state/provincial/territorial associations or any divisions.

- Members voted 138-11 with 2 abstentions in favor of forwarding to membership for a vote an amendment to the APA Bylaws that would change the requirement for the number of candidates to be included on the president-elect ballot from five to up to five.
- Council approved (143-17 with 1 abstention) amendments to Association Rule 110-14 to clarify rules prohibiting simultaneous service on the Board of Directors and other elected or appointed APA positions.
- Council approved (120-36 with 3 abstentions) forwarding a proposed bylaw change that would require the Policy and Planning Board to formally consult and discuss with Council before proposing any amendments. The measure now goes to the full membership for a vote.

Presidential Citation and Raymond D. Fowler Award

APA President Thema Bryant, PhD, presented a Presidential Citation to the Committee on Women in Psychology on their 50th anniversary in recognition for the contributions to psychology.

Dr. Bryant also presented the Raymond D. Fowler Award to former APA president Sandra L. Shullman, PhD.

The role of APNS representative on the APA Council of Representatives is an important and fulfilling position. Shelley Goodwin’s second 3-year term as the APNS representation to APA Council will end in 2024. If you are interested in hearing more about the position, please contact Susan at apns@apns.ca.

CPAP MEETING HIGHLIGHTS - May 2023 Jennifer Richards, Ph.D., CPAP Representative

Jenn Richards (CPAP Rep) & Chimène Jewer (Observer) attended the May 27-29 meetings in Whitehorse, Yukon. Whitehorse was chosen as a way of supporting the Psychological Society of Yukon in its efforts to advocate to government for the regulation of psychologists. Here are some highlights.

- Federal government mental health coverage for Indigenous clients through NIHB and for refugees through the Interim Federal Health Program (IFHP) for Refugees and Asylum Seekers. CPA has been working on the NIHB front, but if CPA has not been able to connect directly with Indigenous Affairs by Fall, they plan to move ahead with advocacy work directly. The IFHP program is similar to NIHB and CPA rep Shelley Goodwin will follow up with CPA for national-level advocacy on the topic.
- CPA is continuing to work toward harmonizing entry to practice, and title exceptions across the country, and discussing national licensure. Gender violence position statement is in the works. This year BMS fees decreased – 2% lower due to change in ‘Abuse’ coverage. BMS noted they are creating a member-facing doc about types of complaints to better describe this at a high level.
- Partnering with the Association of Canadian Psychology Regulatory Organizations (ACPRO) Discussion on a survey to members to determine if psychologists are interested in providing services to fellow psychologists’ for mental health support across the country (rather than being confined to psychologists within the same province/territory) this would require a national MOU and would increase confidentiality/decrease dual roles for psychologists looking to access services.

The Council of Professional Associations of Psychologists (CPAP) is composed of 12 provincial and territorial psychology associations, and a CPA Representative. CPAP has a seat on the CPA Board. CPAP it is an important partner, allowing for sharing of resources, and collaboration on projects and advocacy initiatives among all its member organizations.

CPAP’s primary activities centre around:

- Telehealth. Several provinces, allow telehealth services to be provided outside of the province, how do we guarantee that colleges will accept a complaint from a client in another provinces?

Province-specific advocacy:

- PEI is doing a membership survey on what members want from their association.
- New Brunswick government wants teachers to administer the WISC but Bill 35 no longer includes the WISC. Currently, no vetting of telehealth psychologists and if a complaint arises, it takes a long time to find out in which jurisdiction the psychologists resides.
- Newfoundland-Labrador has surveyed members on why people stay/leave public health. Burnout has been identified as a major issue. There is a new health care recruitment initiative (bonus for returning/moving to NL + new grad bursary ~\$80K.)
- Quebec government is trying to lump psychologists with social workers, occupational therapists (e.g., non-psychologists can apply for the title of psychologists).
- Ontario is closer to a decision on prescriptive privileges for psychologists.
- Manitoba is doing ongoing advocacy re: recruitment and retention and clinical training.
- Saskatchewan is working with their college toward a MOU with Manitoba to provide virtual services to each other.
- Alberta is creating a consultation program wherein consults are triaged and receive peer supervision, or pay the fee-for-service for professional guidance.
- British Columbia has developed a primary care program document about bringing in psychologists as “psychologist behaviour health consultants”.

- *Knowledge Exchange: Facilitate knowledge exchange amongst member associations.*
- *Best Practices: Identify and share best practices amongst member associations.*
- *Advocacy: Advocate for the needs of Canadian psychologists and the people that they support.*
- *Leadership Development: Develop leadership potential and capacity in Canadian psychologists.*

Awards

APNS AWARDS AND HONOURS 2023

In this issue we are focusing on Member Recognition, presenting our 2023 award and bursary recipients. We are also highlighting our four student recipients with a profile on each.

Have you recently attended or presented at a conference, or are doing research that would be of interest to your peers? Perhaps you know a colleague who deserves to be acknowledged.

If so, please send an email to admin@apns.ca.

Fellow of the Association
Recipient: Harpreet Aulakh, R.Psych.
Nominated by Dr. Shelley Goodwin



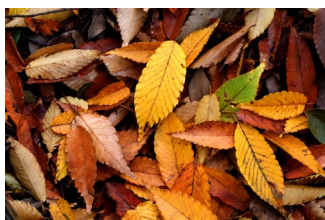
Excellence in Psychology Award
Recipient: Dr. Bonnie McNeill
Nominated by Dr. Daniel Chorney



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.

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.

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APNS AWARDS AND HONOURS 2023

(Continued from page 6)

Community Service Award - Psychologists

Recipient: Dr. Belinda Seagram

Nominated by Natasha Buchanan, R.Psych.



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.

Community Service Award in Mental Health

Recipient: Shaleen Jones, Eating Disorders NS

Nominated by Dr. Emily Orr



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.

(Continued on page 8)

The Dr. Charles J.A. Hayes Lifetime Contribution Award - No nomination received this year

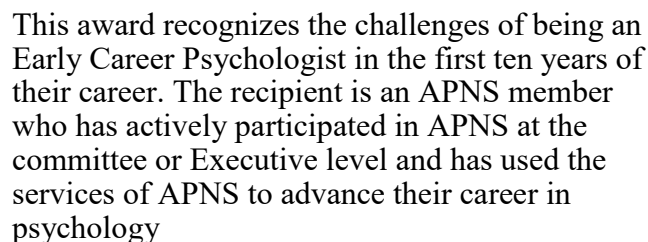
This award recognizes those who have spent a significant part of their professional lifetime supporting APNS, as well as the profession of psychology at the provincial, national and international level. The name of the award serves to honour Dr. Charles J.A. Hayes, a well-respected Psychologist and long-time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

Outstanding APNS Student - No nomination received this year

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.

APNS AWARDS AND HONOURS 2023

Outstanding Early Career Psychologist
Recipient: Dr. Marcie Balch
Nominated by Dr Jennifer Richards



This award is given 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.

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The Call for Nominations for the next Awards will go out in early 2024.
For more information on the Awards contact apns@apns.ca

APNS AWARDS AND HONOURS 2023

Gerald Gordon Memorial Prize: Undergrad
Recipient: Jaylynn Skeete (St Mary's University)
 Nominated by Dr. Nicole Conrad



This award is given for outstanding undergraduate achievement in psychology in Nova Scotia. It is named for Dr. Gerald Gordon to honour the contribution he made to APNS.

See profile for Jaylynn Skeete on p. 11



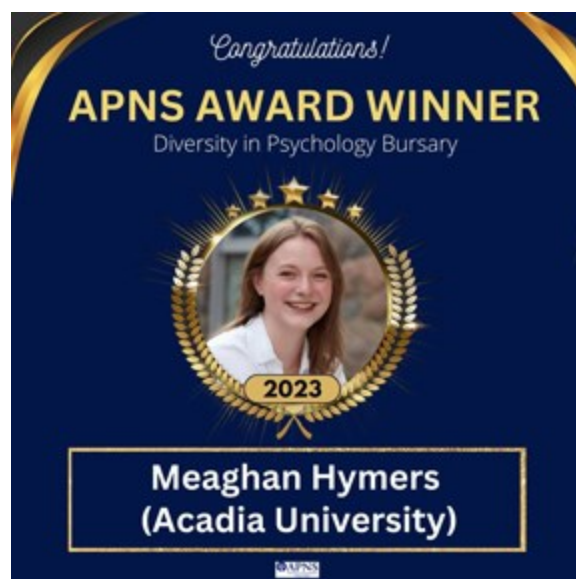
Dr Marcie Balch with her Outstanding Early Career Award.



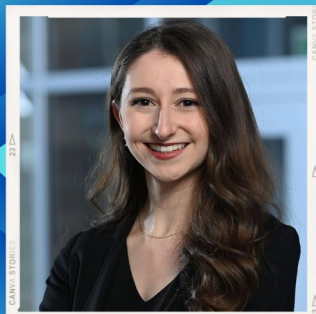
The Executive honoured Executive Director, Susan Marsh, naming her an Honourary Fellow of APNS, to recognize her long-time work and commitment to

Diversity in Psychology Bursary
Patrick Hickey (Dalhousie University) and
Meaghan Hymers (Acadia 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 profiles of Patrick Hickey and Meaghan Hymers on pp. 12-13.



Profile: Nicole Mackenzie 2023 Brian Dufton Student Grad Award.

"I think the best advice that I could share would be not being afraid to ask questions and take chances. One thing I've learned especially in the Nova Scotia psychology community is that everyone is incredibly accepting, welcoming and wants to be there to support you. Make the most of those relationships. We have a great opportunity to be able to build and really learn from them so don't be afraid to take those chances and get to know people."

Nicole Mackenzie is a Ph.D. candidate in clinical psychology at Dalhousie University. She studies pediatric pain and implementation science. She is the winner of the Brian Dufton Student Grad Award. Receiving the award is a tremendous honor for her, given the remarkable work being done by fellow trainees. Being recognized and celebrated among her peers holds great significance and serves as a source of motivation. The Brian Dufton award holds particular value for her since it aligns with her clinical specialization in health psychology. She admires Dr. Dufton's commitment to transforming healthcare practices and translating research evidence into action, resonating with her own efforts in the pediatric health field.

The support provided by the award and her membership in APNS allows her to dedicate focused time to research and explore new avenues for making a meaningful impact. Engaging in knowledge mobilization activities, such as writing articles for diverse audiences and utilizing various outlets to share knowledge, is a passion that she shares with Dr. Dufton. The award holds deep meaning for her and plays a pivotal role in facilitating her more concentrated pursuit of these goals. She expresses profound gratitude to APNS, and everyone involved in the awards.

While volunteering at Children's Hospital in Toronto, she had the opportunity to directly witness the challenges associated with needle pain management and the significant difficulties children faced in coping with it. Concurrently, during her professional research work, she noticed that the efforts being made were not adequately addressing this issue. These experiences and observations fueled her interest in exploring these areas further, leading her down the path of understanding how to better support children with acute illnesses, particularly when pain is involved. Her desire to bridge the gap between research evidence and its practical implementation propelled her towards her current area of study. It will be her sixth-year next fall since she decided to follow this path.

Her greatest enjoyment comes from what she enjoys the most is working with families and children. As she delves deeper into psychological practice, she recognizes the importance of collaborating with family members and care-givers. Having a relationship with the entire family, supporting them, celebrating their achievements, and witnessing their progress is a profound privilege for her. She finds it meaningful to be a part of this process and learns a great deal from it as well. As a trainee psychologist, she finds it exciting to understand how the home environment significantly impacts people's lives.

However, she acknowledges that working with individuals during challenging times, particularly when children are in hospital, in the health psychology field, presents its own set of difficulties. Despite the challenges, she appreciates the opportunity to support people during these critical moments, as it reinforces the value she derives from her work. She considers it a privilege to occupy this unique space and recognizes that the challenges are accompanied by benefits. Overall, she finds it a rewarding and extraordinary journey.

Nicole is a highly skilled researcher and clinician. She has a deep commitment to enhancing the well-being of children who suffer from pain through the utilization of research findings. Her extensive educational background and diverse experiences have equipped her with invaluable insights into pediatric psychology, pain management, and the significance of children's and families' overall health, all of which greatly contribute to her research endeavors and professional aspirations.

Currently, she is working on her research with her supervisors Dr. Christine Chambers and Dr. Katie Birnie. In addition, she actively engages as a member and leader within various research, academic, teaching, and clinical communities, exemplified by her role on the Executive of APNS.



Profile: Jaylynn Skeete Gerald Gordon Student Undergrad Award.

“Get lots of research experience and experience working with people from diverse backgrounds, walks of life and ages.”

Jayleen Skeete is this year’s recipient of the Gerald Gordon Student Undergrad Award. This award is particularly important to her as her goal is to complete her graduate studies and practice as a psychologist in Nova Scotia. To be recognized and celebrated by a professional organization and community that she desires to be a part of is affirming, motivating, and appreciated. She feels privileged to have been awarded this bursary, and it will assist her financially with her transition and move to Windsor, Ontario, where she will commence her master's in clinical psychology at the University of Windsor.

Jayleen is an African Nova Scotian who was born and raised here. She grew up and lives in Dartmouth, where she has spent lots of time with her large family and many dogs! She is extremely passionate about serving and supporting those in her community, and she has spent the last 6+ years working with and mentoring African Nova Scotian youth and adults in academic settings. Specifically, she has worked as a math instructor in the Black Educators Association Adult Learning Program and volunteered at Auburn Drive Highschool (Dartmouth), tutoring Black students in math. For her own education, she just graduated from Saint Mary’s University with a BSc (Honours) in Psychology and will soon be moving to Windsor, Ontario to begin her master’s in.

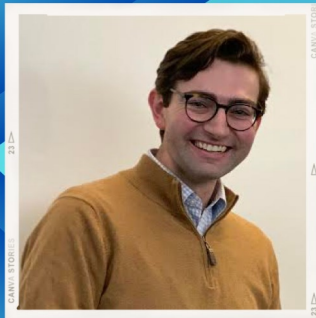
Since she was young, she has always harboured a desire to pursue a career that involves serving and working with people in some capacity. The specific nature of that career has evolved as she gained more experience working with Black youth and adults in her community and became aware of the challenges they often face when seeking access to mental health care. Consequently, she chose psychology as her field of study, believing that it would equip her with the necessary education and tools to serve and support marginalized populations, particularly those with whom she has worked closely.

Her goal is to practice as a clinical psychologist and researcher, with a focus on providing ethnic representation in the mental health community for ethnic minorities and conducting academic research that amplifies their experiences.

Her favorite aspect of studying psychology has been actively participating in conducting her own research at the university. For her undergraduate thesis project, she conducted interviews with parents in Nova Scotia, focusing on their challenging experiences in accessing private tutoring for literacy support for their children. Engaging with parents, highlighting their experiences through her project, brought her immense joy and was considered a privilege. She thoroughly enjoyed listening to their stories and establishing direct connections with the participants in her study.

Jaylynn possesses outstanding cultural awareness and extensive experience in promoting diversity and inclusion, which fuels her aspirations in the field of clinical psychology. As a Black Nova Scotian woman in a STEM field, Jaylynn brings valuable lived experiences to her journey. She has already made significant contributions to the professional community through her roles and volunteer positions in the education system, where she has been dedicated to mentoring Black students.

Currently, she is engaged in the continuation of her undergraduate thesis project. The initial phase involved conducting interviews with parents in Nova Scotia to investigate the obstacles they encountered while seeking private literacy tutoring for their children who struggle with reading. In the extended phase, she is developing an online survey that will be administered in primary and secondary schools. The purpose of this survey is to assess the prevalence of private literacy tutoring usage in Nova Scotia and gather information about the profiles of parents and students who opt for or do not utilize such services. Her exceptional academic record and demonstrated dedication to research have earned her the of the Gerald Gordon Student Undergrad Award.



Profile: Patrick Hickey Diversity Bursary Recipient 2023.

"I would encourage any students interested in psychology to ask current upper-year students or trainees about their experiences. There are so many career or research options in psychology, it is often difficult to know which program or path to choose. I received so much helpful advice and insight into potential programs from senior students. And most of us love any opportunity to talk about psychology!"

Patrick is in the final stages of his first year in the PhD Clinical Psychology program at Dalhousie University. He made the move to Halifax from his hometown of Saint John, New Brunswick, last autumn. Prior to that, he successfully completed an accelerated Masters in Experimental Psychology as well as a Bachelor of Science in Biology and Psychology at the University of New Brunswick in Saint John. Throughout his undergraduate years, he actively participated in student union activities, taking on roles such as student union president and serving on the university's senate and board of governors.

At present, he dedicates his time to mentoring aspiring psychology students through the Canadian Psychological Association and contributes to various committees within the university and professional organizations. In his free time, he finds enjoyment in activities such as running, sailing, and exploring new places through travel.

Patrick believes that the APNS Diversity Bursary provided by APNS showcases a dedication to diversifying the field, creating opportunities for individuals from diverse backgrounds, and endorsing research and clinical practice that accurately represents our communities.

Although there is still more progress to be made within our discipline, he believes that we are heading in the right direction and implementing significant changes to uphold the principles of justice, equity, diversity, and inclusion. Many queer researchers face challenges in securing funding for their work, making this bursary invaluable in supporting his research endeavors and enhancing our comprehension of the health experiences of queer and gender diverse individuals.

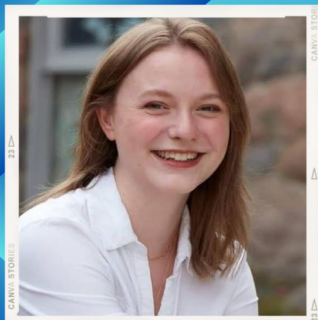
Before attending the University of New Brunswick, he completed part of his degree at the University of Ottawa. When he transferred, he was planning to continue his BSc in Biology, but his credits transferred better to the Biology and Psychology program. He had never had any

previous interest in Psychology, but it immediately became his favorite course. It was a very happy accident! Patrick is passionate about supporting students and the 2SLGBTQIA+ community, which drives his research and career plans.

He is currently leading a study on the health of transgender Canadians and publishing papers on healthcare access and wellness for transgender, gender diverse, and queer communities. His ongoing projects involve sexual and gender minority populations, including examining the mental health of post-secondary students and the impact of policy changes in New Brunswick.

Patrick acknowledges that finding a balance between academic commitments and personal life can be challenging. With various opportunities like practicums, research, and publications demanding his time, it can be difficult to prioritize personal interests and maintain a healthy work-life balance. However, working with incredible professors, instructors, supervisors, and fellow students has been one of his favorite aspects of studying psychology.

Learning from experienced psychologists and supportive peers has made a significant difference in his educational journey. The field of psychology has provided him with numerous offers of support, advice, and mentorship, which he deeply appreciates. Witnessing the direct impact of psychology on individuals and communities, whether through clinical practice or research, brings him immense satisfaction.



PROFILE: Meaghan Hymers Diversity Bursary Recipient 2023

"It's a hard path if you want to choose Clinical Psychology. It's very competitive. I mean I did not get into a grad program the first time that I applied and that's really normal for Clinical Psychology. It doesn't necessarily have anything to do with how qualified, you are how smart you are, or how good is psychologist you would be. They're just so few training programs and so few opportunities so some advice that I would have would be if this is really what you want to do to persevere and you know don't give up if you don't get in the first time and allow yourself that Grace and allow yourself a little bit of you know space to build up your CV and that kind of thing if you need to take a year or two years, or even three years after undergrad before applying to grad school that's totally fine. You have time" - Meaghan Huymers.

Meaghan Hymers has been awarded the APNS Diversity in Psychology Bursary this year in recognition of her unwavering passion and commitment to establishing inclusive spaces and community initiatives that enhance the mental health and well-being of marginalized individuals in Nova Scotia through clinical practice. As a graduate student burdened with over \$20,000 in student loans solely from her undergraduate degree, this bursary proves immensely valuable to her. The current structure of student funding does not provide graduate students with a sufficient income, compelling Meaghan to juggle multiple jobs alongside their studies to cover tuition, rent, and essential expenses. This bursary will provide some relief from the financial strain associated with pursuing her career, so that she can redirect some of the time previously allocated to part-time work toward investing in additional learning opportunities that will enhance her ability to serve the Nova Scotia community as a psychologist.

Meaghan has just completed her first year as a Master's student in the Clinical Psychology program at Acadia University. She will be doing her practicum and her thesis in the following year. Before that, Meaghan graduated from the University of Waterloo as an undergrad with a double major in Psychology, and Sexuality, Marriage and Family Studies, where Meaghan realized that she has a specific interest in sexuality, gender and relationship; as well as disability, rights and advocacy.

Ever since the sixth grade, Meaghan had a clear aspiration to become a psychologist. She recognized that she truly felt like herself when engaged in a helping role and sensed a calling to engage in conversations where she could provide a supportive space and genuinely listen to people's stories. Meaghan believes that mental health is as important as physical health. She realizes systemic and societal inequities and burdens are becoming increasingly apparent to individuals and are impacting people in more severe ways than have been seen before. Therefore, addressing these larger issues

with an understanding of mental health and psychological research is important. It is also becoming increasingly necessary for individuals to have access to mental health services to help them cope with the challenges they face.

Meaghan encountered challenges both during her academic journey and in her experience in the profession of psychology. She believes that the field of psychology still has a considerable distance to cover to achieve equity, diversity, and inclusion. She emphasizes the significance of prioritizing the appointment of leaders who genuinely prioritize EDI. While advancements such as funding for minority students are positive, they have limitations if the overall culture of the field fails to keep pace. Meaghan strongly believes in the importance of showing respect towards aspiring psychologists, practicing professionals, and the individuals they serve.

Despite the challenges she has faced, Meaghan considers her time studying psychology and experience in a graduate program as the most fulfilling. She particularly enjoys acquiring clinical skills because, although it may be simple to sit with someone and listen, knowing how to assist them effectively is not. Through learning therapy and assessment skills, Meaghan has gained clarity about her career path and feels excited about pursuing it further.

Meaghan identifies herself as a queer person. She desires to make a contribution that supports her community and advances the scientific understanding of the 2SLGBTQ+ experience. She is currently conducting research on the factors that impact sexual identity fluidity and the resulting disparities in mental and physical health. The aim is to enhance the abilities of healthcare professionals from various disciplines in providing care for 2SLGBTQ+ clients. Additionally, the research findings will guide community-level interventions that target the social determinants of health for individuals with fluid sexual identities.

Reports

APNS MEMBERS' RESEARCH: Emily Orr, Ph.D. ~ Caring for a child with an eating disorder



Caring for a child with an eating disorder: Understanding differences among mothers and fathers of adolescent and adult children

*First published: 25 June 2022 in **European Eating Disorder Review***

Authors: Amanda Stillar, Noorfarah Merali, Joanna Gusella, Jennifer Scarborough, Patricia Nash, **Emily Orr**, Katherine Henderson, Shari Mayman, Natasha Files, Adele Lafrance.

Follow the link to read the full article:

<https://doi.org/10.1002/erv.2935>

Between 2013 and 2015, both Emily Orr and fellow APNS member, Dr. Joanne Gusella were part of a Canadian multi-site research team.

This team collected data about outcomes of a two-day carer workshop in the treatment of individuals with eating disorders. The highlighted article is the most recent publication from this rigorous data set which has already produced several articles.

Dr. Orr attended Mount Allison University for undergraduate studies, and completed her MA and PhD at the University of Windsor. She has been an associate at CK Perrier Wellness and Associates since 2019. She specializes in trauma processing, as well as the treatment of eating disorders. Her pronouns are she/her/hers and acknowledges that she is located, lives, and works, in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People.

APNS MEMBERS' RESEARCH: John J. Whelan, Ph.D. ~ Genes, Gods and Red Herrings



Genes, Gods and Red Herrings: Transforming Canada's Addiction Treatment System

Book first published Nov 2021

Author: John J. Whelan, PhD.

Link to Amazon:

<https://www.amazon.ca/Genes-Gods-Red-Herrings-Transforming-ebook/dp/B09MJBNSQ1>

Award-winning author John Whelan, PhD lives and practices in Nova Scotia, Canada as a clinical psychologist. He is Adjunct Professor at Mount St. Vincent University, teaching and continuing to conduct research. His books, *Going Crazy in the Green Machine* (2014) and *Ghost in the Ranks* (2016) are written from the vantage point of soldiers and veterans and are based on his clinical work with traumatized personnel. In 2017, he published *Narcissus Called My Name*, outlining the incidence of narcissistic wounding (loss of specialness) and lingering mental struggles among veterans and first responders.

In *Genes, Gods, and Red Herrings*, Dr. Whelan takes readers inside the personal experience of addiction and the addiction treatment world. He lays out the available science in compelling detail to challenge Canada's understanding and response to addiction

Dr. John Whelan is a psychologist with nearly three decades experience as a clinician and researcher. He has built a reputation as a trusted and compassionate practitioner focused on evidence-based, patient-centered therapy. Dr. Whelan specializes in group therapy and mentoring clinicians on the intricate relationships between psychological trauma and military and paramilitary cultures. As a researcher, Dr. Whelan is investigating opportunities for transforming Canada's military culture. He has published many articles and book chapters on topics related to military and veteran mental health. In 2021, Canada's Veteran's Ombudsman recognized his advocacy work through a lifetime contribution award.

APNS SIT & CHAT BENCH UNVEILING 2023 - in KENTVILLE

In 2016, the APNS Executive Board was discussing ways to connect with the public. One of the Board members suggested using the model of school “Buddy Benches”, renaming it “Sit & Chat Benches” based on the ‘Sit and chat a while’ phrase heard in rural NS. Our Past President immediately contacted the mayor of her hometown of Yarmouth, who agreed.

The first bench was unveiled in Frost Park in Yarmouth in June 2017 with the town hosting refreshments and with the Executive and local psychologists present. The media generated from that first event resulted in APNS being approached by the Town of Stewiacke for August 2018, to coincide with their annual Town Days celebration; and a community group from Blockhouse were booked in for June 2019 to coincide with the opening of a new park.

were able to celebrate the unveiling at the Kentville Visitors Centre Annual opening on June 2nd.

It was a beautiful summer day with a good turnout of psychologists, town staff and the public.

In addition to APNS presenting the Sit & Chat Bench to Kentville, Mayor Sandra Snow presented APNS President Jacqueline Milner with a Certificate of Appreciation to APNS for supporting mental health in the town. Next year we plan to be in Westville, Pictou County for our next Bench unveiling.



Mayor Snow presenting President Milner with the Certificate from the Town of Kentville



Mayor Snow and President Milner unveiling the bench

At the beginning of 2020, plans were in place for placement of a bench in Kentville in May 2020, and in 2021 in Westville. The pandemic cancelled those plans. But, after a 3-year delay, we



UPCOMING WORKSHOPS

September 29th: Current Topics in Professional Ethics. A full-day in-person workshop presented by Dr. Natalie Stratton

<https://apns.ca/wp-content/uploads/2023/07/Current-Topics-in-Professional-Ethics.pdf>

October 27th: Understanding Culture and the Impact of Trauma, Kentville.

Understanding trauma as it affects paramedics and crown attorneys in their work. Including presentations and experiential sessions from paramedics and crown attorneys. Dr Dion Goodland, will present a afternoon session from the psychology perspective.

<https://apns.ca/wp-content/uploads/2023/07/Brochure-Culture-Umpact-of-Trauma-Workshop.pdf>

Watch for the APNS CE Survey coming soon. We need your input to plan for our future CE/PD offerings. Our December issue will focus on what's coming up in CE for 2024.

Reports

MENTORING PLUS STRATEGY helps crush social isolation of seniors ~ Paula Huntley

On our visit to Kentville to unveil the Sit & Chat Bench, we met Paula Huntley who shared her experience with the Mentoring plus Strategy.

*The **Mentoring Plus Strategy** pilot project was funded by the federal department of Employment and Social Development Canada, partnered with 3 collaborating municipal governments to assist with developing the strategy across three communities: New Glasgow/Pictou County, Truro/Colchester County and Kentville/Kings County. The pilot has been operating since November 2019 across those three regions.*

For information on how to get visit www.mentoringplus.ca, phone 902-921-3094 or e-mail info@mentoringplus.ca.

Social isolation of seniors has become more prevalent today, given the growing number of Canada's baby boomers transitioning into their senior years.

Atlantic Canada has an aging population with an increasing number of retirees. About 38 per cent of the population in Nova Scotia alone is age 55 or older. That's a lot of skilled, knowledgeable people who are retiring and looking for something to do with their lives.

According to the [National Seniors Council](#) social isolation has profound impacts on the health and wellbeing of seniors and has come to occupy an increasingly important place in discussions on seniors and aging in Canada.

A provincial pilot project, Mentoring Plus Strategy, that connects seniors with youth in a mentoring capacity, is helping ease the negative effects of social isolation. Mentoring is one way seniors can alleviate feelings of social isolation.

The power of mentoring was showcased recently during a symposium for the Mentoring Plus Strategy in Truro.

During the symposium, MPS founder Gordon Michael said of observing seniors gathered in a coffee shop one morning, "I began to realize that retired people have a lot of skills and knowledge." That revelation was the nucleus to the Mentoring Plus Strategy which is a four-year pilot project in Nova Scotia that taps the immense knowledge of retirees as a resource to mentor people aged 16+ to improve their lives and career paths while reducing the social isolation of seniors. While retirees are using the skills, experience and knowledge gained



over a lifetime by mentoring a younger generation using, the benefits go back to the seniors who are also enriching their lives and helping shape the future.

During the Symposium, retired RCMP officer and mentor Allan Wellwood said he was searching for something to do after retiring early. "Mentoring has given me an opportunity to be engaged with others – younger people and older people."

Karen North, retired entrepreneur and mentor from Colchester County, has found the experience enriching. "I got so inspired by my co-mentors and our coordinator."

When Kentville's Paula Huntley retired after 40 years in the retail industry, she wondered how she would occupy her time. "I was home one day thinking, what do I do with all of this knowledge that I have?"

She said mentoring "was the high of my life!" It has enabled Huntley to keep her mind meaningfully active after retiring. "I'm 60 and I'm still learning from entrepreneurs when I meet with them."

Cathy Hilton, municipal councillor in Truro and mentor, spoke of the value of the MPS program: "Being a mentor brings value to our life and that sense of purpose we all seek to attain. Knowledge is portable and we carry it with us. When one career ends, we take our knowledge portfolio and hopefully inspire, excite, embrace, and empower those with our past experiences."

NOVA SCOTIA HEALTH GEOVIEW PROJECT

APNS has accepted an invitation to participate and engage with development and production of the *Nova Scotia Health Geoview*. This project will increase the profile of psychology in Nova Scotia, and allow those listed in the APNS website private practice directory to be available in the Geoview database, although they may opt-out if they wish. Those members not currently listed in the directory, may also choose to list by contacting admin@apns.ca. As the project develops, we will be providing more information.

Nova Scotia Health Geoview will be a searchable Geographical Information System (GIS) database of health services in our province. It can inform doctors & other health care providers about community-based resources, locate services close to the patient and offer wait time information. It also shows the social and

economic determinants of health in each county and alerts us to health inequity. The project is a collaboration with health and community-based stakeholders. The work has been supported by NSH, DHW and GeoNova, the provincial GIS resource; the platform is currently hosted on Dalhousie's server. Once finalized, GeoNova would take on the production of Geoview and make it available across the province.

This project offers value and utility to health care providers in Nova Scotia, whether they are in solo or group practices in the community, hospitals, or other health care institutions. Location intelligence, survey tools, data analysis by location and temporal trends are some of the capabilities that can guide policy and planning within membership organizations.

MENTORING PLUS STRATEGY helps crush social isolation of seniors ~ Paula Huntley

(Continued from page 16)

Mentor Gary Hollett, who chairs the New Glasgow Business Advisory Committee, focused on the impact of mentoring on social inclusion among youth, seniors and community partners of the MPS. "I've found that social inclusion is very important, particularly for youth. These in-school presentations we do really open up a whole new area for students to think about and ask questions. Mentors bring real-life experiences into the classroom."

Social inclusion also benefits community partners. "By including seniors, in my humble opinion, you're increasing your chances of success. From a community point of view, it gives us a sense of belonging, a sense of an all-inclusive community pride."

From his perspective as an older adult and a mentor, Hollett said mentoring gives an opportunity to give back, leave something better than you found it and to learn from the youth. "Most importantly, mentoring is an opportunity to have fun. It's a very rewarding experience when you help somebody and they succeed."

A retired lawyer from Pictou County also believes in the power of mentoring for optimal mental health. Jessie Parkinson, who is a mentor and chair of the Career Advisory Committee said, "When I go into a

high school with a group of my fellow mentors it just makes my day! I just feel so good that I've had the opportunity to spend time talking with the students. It is amazing what we can learn about ourselves through mentoring. At 75, I'm still learning a lot about myself."

Georgette Beaulieu, Truro, has not rested after retiring as a nurse and dental assistant. She said she feel rewarded by mentoring. "When seniors take retirement, they still have a lot of mileage in them so we have to find a way to discover them, to convince them, to mentor. I talk to my husband on a regular basis about MP and what I'm doing and how excited I am when I come home about what I did with the young people that day."

Community Links regional coordinator Belinda Tupper said mentoring has brought meaning to her life. "When we can get together in the same room with people of various ages and contribute as humans one to one and tell our stories and own our stories and really appreciate our stories, then we can really start to make a difference in everyone's lives."

For seniors who experience social isolation, the Mentoring Plus Strategy provides an opportunity for seniors to become involved in meaningful activities within their community.

Acknowledgements

MEMBERSHIP RENEWAL

The APNS Membership and Private Practice term runs from September 1st to August 31st.

Membership Renewal begins this month, but there are a few changes for this year. Due to the development of a comprehensive database, we need to update all of the details that appear on the membership form. To do this we ask that you complete the on-line [JotForm](#) and submit it.

Kathleen will be in contact with you to clarify any changes or if further information is required. This year payments will be made as usual by e-transfer to admin@apns.ca or by credit card by calling or emailing us.

If you have an on-line Private Practice listing, those are also due. The renewal form can be downloaded from the APNS [website](#). Please make us aware of any revisions or additions to your listing.

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.

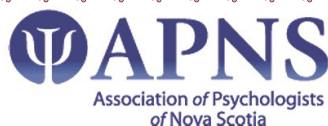
Voucher value:

- 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 21, 2023

Emma Becker, student
Jennifer Bernier, student
Caitlin Dumaresque, student
Alexandra Fisher, M.Sc.
Ben MacGillivray, M.A.S.P.
Kelsey Morse, student

Maria Rath, M.A.S.P.
Chez Rideout, M.A.S.P.
Jaylynn Skeete, student
Robert Tupper, student
Lindsay Wyatt, 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*

Tessa Colthoff, M.A.
Lucas Eberhardt de Master, Psy.D.
Cassandra Fralic, M.A.
Pamela Gamble, Ed.S.
Trisha-Lee Halamay, Ph.D.

Laura Lambe, Ph.D.
Olga Lerner, M.Psy.
Yue Lyu, Ph.D.
Kristine Postma, M.Sc.
Hannah Stewart, Ph.D.

Congratulations to the following who have recently become Candidates*

Michelle Arsenault, Psy.D.
Alexandra Fisher, M.Sc.
Rebeka Howardson, M.Sc.
Tamara MacAskill, M.A.
Benjamin MacGillivray, M.A.S.P.
Maria Rath, M.A.S.P.

Chez Rideout, M.A.S.P.
Nicole Robichaud, M.A.
Kelsey Villars, M.A.
Lindsay Wyatt, M.A.

**This information provided by NSBEP as of August 21, 2023*

Advertisements

2023 FALL EVENTS AT BREATHE MINDFULNESS CENTRE

Breathe Mindfulness Centre is excited to announce that we have opened a second location in Wolfville, Nova Scotia enabling us to serve even more of our maritime community! Come and experience our new location this fall by registering for our first-ever

2-Day Mindful Self-Compassion Intensive Therapeutic Retreat group program. Other events happening this fall are:

- **Introduction to Mindfulness - 2-Hour Workshop (Wolfville & Dartmouth locations)**
- **Introduction to Mindful Self-Compassion- 2-Hour Workshop (Wolfville & Dartmouth locations).**
Save \$10 when you sign-up for both workshops!
- **NEW OFFERING: Mindfulness-Based Stress Reduction 8-Week Program (Dartmouth location)**

Introduction to Mindfulness 2-Hour In-Person Workshop

Dartmouth: Monday, September 11, 6:30 PM - 8:30 PM;

Wolfville: Tuesday, September 12, 6:30 PM - 8:30 PM

Facilitator: Jacqueline Milner, Psychologist/Certified Mindfulness Teacher

Mindfulness is a gentle and effective way to cultivate awareness of thoughts, emotions and sensations and break free of automatic, habitual reactions (such as rumination and worry) that can lead to increased stress and unhappiness. Mindfulness allows for the opportunity to live your life more fully and respond in ways that are more skillful, healthier and in alignment with your true heart's desires, values and intentions. A great way to better understand what mindfulness is (and isn't) and what it has to offer is to experience it. This 2-hour workshop will introduce you to a range of short mindfulness practices together with an overview of the core principles of mindfulness and its benefits. How to develop and maintain a regular practice after the workshop will also be offered.

Is this workshop for me? This workshop is open to anyone who is curious about mindfulness and would like to begin to explore it. This workshop is also recommended for those interested in enrolling in mindfulness-based therapeutic programs. Meditation experience is not required, all are welcome! (Please note, mindfulness is an innate capacity that exists in all of us and is free from any religion or faith). **Workshop Fee: \$ 40.00** (HST included) or PWYC. **Register Here:** <https://breathemindfulness.janeapp.com/>

Introduction to Mindful-Self Compassion 2-Hour In-Person Workshop

Dartmouth Location: Monday, September 18, 6:30 PM - 8:30 PM **Wolfville Location:** Wednesday, September 13, 6:30 PM - 8:00 PM

Facilitator: Jacqueline Milner, Psychologist/Certified Mindfulness Teacher

This two-hour in-person workshop will offer you an opportunity to learn about and experience some of the practices of self-compassion and its benefit on well-being, especially when one is struggling. Self-compassion can be learned by anyone, even those who did not receive enough affection in childhood or who feel uncomfortable when they are good to themselves. 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.

Some benefits of Self-Compassion include:

- Reduced anxiety and depression
- Increased resiliency and coping with stressful events
- Increased feelings of self-worth and compassion towards self and others
- Improved physical health and feelings of overall well-being
- Experiencing more satisfying personal relationships

Is this workshop for me?

This workshop is open to anyone who is interested in learning about self-compassion and beginning to develop a more caring relationship with oneself, especially in times of difficulty. This workshop is also recommended for those interested in enrolling in the Mindful Self-Compassion therapeutic programs. Meditation experience is not required, all are welcome!

Workshop Fee: \$ 40.00 (HST included) or PWYC.

Register Here: <https://breathemindfulness.janeapp.com/>

Mindful Self-Compassion (MSC) – 2-Day Intensive Therapeutic Retreat

September 30 - October 1, 2023, 9:30 am – 5:00 pm. Includes a half-day silent retreat. Wolfville, NS Location

Facilitator: Jacqueline Milner, Psychologist/Certified Mindfulness Teacher (MBCT & MSC), 200 RYT Trauma-Informed Yoga Teacher
Come rest and experience the benefits of cultivating a kinder, more supportive relationship with yourself in Wolfville, Nova Scotia.

This 2-day intensive is an adaptation of the Mindful Self-Compassion Short Course which originates from the empirically supported 8-week Mindful Self-Compassion program. This intensive is designed to begin cultivating the skills of self-compassion and offers an opportunity to learn about and experience mindfulness while spending quiet, restful time with yourself. Research shows that self-compassion significantly enhances emotional well-being, lessens anxiety and depression, boosts resilience and happiness, leads to more satisfying relationships and can even help maintain healthy lifestyles such as nutritious eating and physical activity.

What to expect? Participants will meet as a group over the course of 2-days. The activities of the MSC intensive will include short talks, experiential exercises, meditation, mindful movement, group discussions and home practices. There will be a silent retreat during the morning session of the second day.

Course Themes Include:

1. Practicing self-compassion / Self-compassion and mindfulness practices for daily life and moments of stress.
2. Discovering your compassionate voice / An exercise focused on motivation with compassion.
3. Self-compassion and resilience / A practice for working with difficult emotions.
4. Addressing burnout / A practice for compassion with equanimity.
5. Living deeply / Journaling to reconnect with your values.

Daily Schedule

- 9:15 – 9:30 am Sign-In
9:30 – 12:30 Morning Session (with a 10-minute break)
12:30 – 2:00 pm Lunch Break
2:00 pm – 5:00 pm Afternoon Session (with a 10-minute break)

Is this program for me? This group is open to anyone who is time-limited and still would like an opportunity to experience the transformational skills of self-compassion within an immersive, retreat experience. This intensive retreat is also for health professionals who wish to begin integrating the core skills and principles of mindfulness into their work and/or are in much need of an opportunity to simply care for themselves. Please keep in mind that this 2-day program is a more “intense” and immersive experience than an MSC program that is offered over several weeks. Because self-compassion has the paradoxical effect of both soothing our emotional distress as well as opening us to the pain that we may have been unconsciously holding inside, difficult emotions may surface during the program, including past traumas. Hence, the intensive format can potentially be more emotionally challenging in which to learn MSC, so we urge careful consideration before enrolling. If you are unsure, please contact Breathe Mindfulness Centre for further discussion of the best fit for your circumstances. Meditation experience is not required.

Program Fee*: \$300* (HST included).

Register Here: <https://breathemindfulness.janeapp.com/>

Mindfulness-Based Stress Reduction (MBSR) 8-Week Group Program (In-Person)

Wed., 5:00 PM - 7:30 PM beginning Oct. 4, 2023 (includes a full-day of Silent Retreat, Sun., Nov. 12, 2023). Dartmouth Location

Facilitators: Jacqueline Milner, Psychologist/Certified Mindfulness Teacher (MBCT/MSCT) and Andrea Ennis, Psychologist and MBSR Teacher in Training.

Develop the capacity for greater calm and learn practical skills in managing stress and building resilience in this 8-week program for enhanced coping.

Mindfulness-Based Stress Reduction (MBSR) is the original mindfulness-based program designed by Dr. Jon Kabat-Zinn, clinically proven to help people cope with chronic pain, physical and mental illnesses, and the stress of daily life. In this 8-week in-person group program, you will learn a combination of mindfulness, cognitive behavioural, and self-regulation skills to cultivate a different relationship with your body, mind and emotions that will help you live with more self-awareness, balance, and choice in response rather than our typical reactivity to stress. For more information about the MBSR program and Breathe Mindfulness Centre visit: <http://breathemindfulness.ca/mindfulness-based-cognitive-therapy/>

Is this program for me? This program is designed for anyone interested in learning strategies designed to help manage stress and promote long-term wellness. Meditation experience is not required. This program is also for health professionals who wish to begin integrating mindfulness-based skills and principles into their work or as the first step in pursuing further teacher training in MBSR as this course fulfills the prerequisite. Meditation experience is not required. Group participation is limited with enough enrollment required to run the program. A 10-15 minute mandatory phone interview will be scheduled for anyone new to the Centre/Facilitator after the intake form is submitted and before the program begins to review eligibility.

Current Program Timing:

Orientation and Session 1 (Mandatory): Wednesday, October 4, 2023, 5-8:00 PM

Session 2-8: Wednesdays, October 11 - November 22, 2023, 5-7:30 PM

Full-Day Silent Retreat: Sunday, November 12, 2023, 10:00 AM-4:30 PM

*Those new to the Centre/Facilitator will be contacted for a mandatory 10-15 minute phone interview to determine eligibility for the program after the intake forms have been completed.

Program Fee*: \$600* (HST and digital materials included).

Register Here: <https://breathemindfulness.janeapp.com/>

*Privately offered therapeutic programs/groups are not covered under MSI. However, most extended healthcare benefits (i.e., private health insurance) cover such groups facilitated by a registered psychologist. Contact your private insurance to determine possible coverage. Payment plans are also available.

For more information on the above events or if experiencing difficulties with online registration visit,
breathemindfulness.ca, email admin@breathemindfulness.com or call (902) 499-0089.

Advertisements

PSYCHOLOGY POSITIONS AVAILABLE IN NOVA SCOTIA

See full listings here: <https://apns.ca/Publications/career-opportunities/#main>

Annapolis Valley Psychological Services are seeking Registered Psychologists and a Psychologist (Candidate) to provide evidence-based psychotherapy and assessments to adult clientele, and children, adolescents, couples, groups, and families.

<https://www.annapolisvalleypsychologicalservices.ca>

Aulakh Psychological & Counselling Services is seeking a qualified Registered Psychologist, or Candidate Registrar, to be a part of our team. <https://www.aulakhpsychology.ca/>

Breathe Mindfulness Centre is seeking qualified mental health practitioners to build our team. Part-time and full-time positions are currently available with flexible day, evening, and/or weekend hours. www.breathemindfulness.ca

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>

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

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>

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>

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://hannpsychologicalservices.com>

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. 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>

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>

TD Merchant Solutions Preferred Pricing Program for Association of Psychologists of Nova Scotia Members.¹

Why choose TD Merchant Solutions?

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From the only payment solutions provider that is a major Canadian bank
- ✓ **Technical support you can count on**
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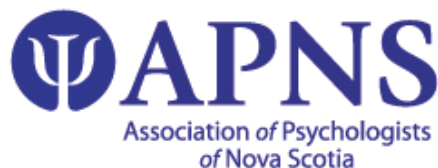


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is comprised of psychologists who work with children and adolescents and their families. Meetings are bi-monthly during the academic year to share information on topics of interest and to provide an opportunity to get to know our colleagues who work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

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