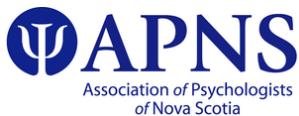


The Nova Scotia Psychologist

The Newsletter of the Association of Psychologists of Nova Scotia



President's Report - Kim O'Connor

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Welcome to this edition of the APNS Newsletter! Where to begin? I suppose that was last year when I contemplated what could be a good fit for me to be involved in our profession at a different level. As I considered where my passion and interests fall, it seemed that the most important things to me aligned well with APNS: connecting and supporting psychologists, professional development and advocacy.

I am honoured and excited for the opportunity to be in this position for our organization. Yes, I intentionally used the word “our” as this is an organization for all psychologists in our province, across sectors, and areas of practice. It is essential to me that we come together, support each other, and represent the best of what psychologists are and can provide to our society. Along with the other Executive members, our staff, committee members, and others, we look forward to supporting and engaging our members, progressing in our strategic goals, continuing collaboration with the government, and advancing across areas of advocacy.

APNS has been working on a wide range of advocacy efforts, and the UMHAC (Universal Mental Health and Addictions Care) initiatives have been a big part of that over the last few years.

President's Report, Con't

It has been said a lot, but we are at an unprecedented time for our profession in our province and country. Although change brings many emotions, including fear and uncertainty, it also brings excitement and possibilities. A sincere thank you to all those who have been, and many continue to be, involved in the hard work thus far with these initiatives. Your guidance has been invaluable. Given the importance and scope of this area of advocacy, it is vital to share and receive information from across our membership. In consultation with various APNS members, we created a working group to inform on the topic of UMHAC with a core goal input from across the province, sectors (public, private, academia, school) and perspectives. We successfully held our first meeting in mid-August with over 35 people in attendance! Information was shared about the work that has been ongoing for the past few years, various current initiatives and pilot projects involving psychologists, and how we are recognized by the government as instrumental in shaping these initiatives. There is a clear need and desire for psychologists to speak with a unified voice to government that considers perspectives across the membership. We do not expect all psychologists to have the same perspectives or opinions on matters or topics. We value discussion and dialogue among psychologists so that we can provide input and leadership that represents our core principles, roles, and desires for ongoing universal healthcare programs.

This issue of our newsletter is dedicated to recognizing psychologists who have represented our profession, themselves and their abilities in outstanding ways. Congratulations, and thank you for your contributions, efforts and achievements.

Thank you again for the opportunity to serve in the role of President. I am excited to see what the adventure brings!

Kim D. O'Connor

Kim O'Connor, R. Psych
APNS President

UMHAC Working Group

The Nova Scotia government is working towards universal mental health care. As APNS continues its collaboration with the government, the Universal Mental Health and Addictions Care Initiative (UMHAC) Working Group was formed to provide a representative psychology perspective, grounded in core values such as equity and evidence-based care.

On August 16, 2024, the UMHAC Working Group, a subcommittee of the APNS Advocacy Committee, held its inaugural meeting. The two-hour session saw the participation of 37 members. The meeting opened with an APNS Advocacy Review, and highlighted current government collaborations and initiatives. This included presentations on the Dalhousie Centre for Psychological Health, the ADHD and Autism Assessments Pilot Project, new residency positions at Dalhousie, and recent APNS meetings with the Office of Mental Health and Addictions.

The second half of the meeting focused on gathering feedback from psychologists on key issues, including strategies to better advocate for public sector psychologists - particularly concerning pay equity and professional autonomy. Attendees raised questions about how equity will be achieved between services provided by public sector psychologists and those offered by private practice psychologists under contract. The importance of maintaining programs and services provided by NSH and IWK to patients in the public mental health care system was also discussed. Psychologists raised the issue of how clients in private practice would be able to access these services and the need to improve access to care outside of HRM.

Further discussions included whether private practice psychologists would receive benefits, such as training and insurance, under MSI, and what the government's short- and long-term goals are for private practice psychologists. Questions about the specifics of universal mental health care were also brought forward. Although the Office of Mental Health and Addictions is still working on the details, it is evident that APNS must clearly communicate to government the unique and essential role psychologists play in universal mental health care.

The meeting concluded with conversations around the need for psychologists to come together to support each other and advance the profession of psychology. For a full meeting transcript please contact apns@apns.ca.





AGM Report

This year's Annual General Meeting was held in person at Dalhousie University on May 31, 2024.

The day began with a three-hour panel discussion on "Telepsychology: Managing the Challenges," with a total of 27 participants.

The agenda for the AGM covered key topics, including the 2024-2025 budget, the 2023-2024 Auditor's Report, the Election of Officers, and the APNS Award Recipients. Marcie Balch, Treasurer, reported that projected expenses for 2024-2025 are expected to increase substantially, primarily due to staff overlap, website upgrades, and advocacy costs. As a result, membership fees will be raised by \$50 starting in September 2024.

Dr. Shelley Goodwin, Harpreet Aulakh, and Jeannette Kennedy remain on the Nominations Committee. The Executive representative, in an ex officio role, is Dr. Kathryn Bell.

The new APNS Executive Committee was acclaimed as follows:

- Chimène Jewer – Past President
- Kim O'Connor – President
- Dr. Tara Power – President Elect
- Dawson Wambolt – Treasurer
- Dr. Melissa McGonnell – Secretary
- Dr. Kathryn Bell – Member-at-Large (HR)
- Lindsay Victor – Member-at-Large
- Dr. Marcel Peloquin – Member-at-Large
- Emily Wildeboer & Alzena Ilie – Co-Student Representatives

This year, we bid farewell to Jacqueline Milner, who has served on the Executive for three years as President-Elect, President, and Past President. Dr. Marcie Balch's two-year term as Treasurer has ended, as has Dr. Frank Fedde's two-year term as Member-at-Large (HR), and Grace Schwenck's term as Co-Student Representative.

We extend our heartfelt thanks to Jacqueline, Marcie, Frank, and Grace for their dedication and contributions. Finally, we welcome our new Executive Committee members: Dr. Tara Power as President-Elect, Dawson Wambolt as Treasurer, Dr. Marcel Peloquin as Member-at-Large, and Alzena Ilie as Co-Student Representative.

To see a list of the APNS Award Recipients, please refer to page 9.



Farewell Susan

On May 31, 2024, APNS came together to celebrate the retirement of Susan Marsh after more than 20 years of dedicated service as Executive Director. Surrounded by colleagues, and friends we honored Susan's remarkable contributions to APNS and the lasting impact she has made on the organization.

Susan has been the heart of APNS for over two decades. Her unwavering commitment to supporting psychologists and advocating for the profession went beyond her official duties. Susan worked tirelessly, often behind the scenes, ensuring that the needs of our members were met, whether that meant offering guidance, building community partnerships, or simply being available whenever help was needed—even after hours. Her vast knowledge of the organization and the profession has been a guiding light for so many.

During the celebration, we had the opportunity to reflect on Susan's legacy. Her leadership, her passion, and her dedication have shaped APNS into what it is today. Her selflessness and willingness to go the extra mile have made a lasting impression on all of us, and her work has strengthened our community in ways that will continue long after her retirement.

As we bid farewell to Susan in her role as Executive Director, we also celebrate the beginning of a new chapter for her. While we will miss her leadership, we are excited for her as she embarks on her well-deserved retirement.



A Goodbye Message from Susan Marsh, former APNS Executive Director

“What a long strange trip it’s been.”

I’ve quoted that Ken Kesey remark several times lately, as a flippant way to capture what 21 years with APNS has been to me. But 21 years isn’t really that long, since I have been working for 52 years, and certainly not long compared to the long professional lives that many of you have had. As for strange, well maybe eye-opening is a better way of describing it. I can say for sure that the last 6 months that I spent with APNS were probably the most fun, the most stressful, and the most rewarding.

The most fun? That’s been chatting with all of those wonderful psychologists that I have encountered over the years, mostly by phone and email, and some in person. Looking back, I am surprised at how many I have come to know quite well. I will miss those conversations, and laughs, and the occasional whining.

The most stressful? Trying to wrap up all those planned projects, that I wanted to complete, along with the on-going work that is part of being an Executive Director. Even though I had been planning my exit for a long time, and had hopes of tying everything up in a tidy package, it was not to be. I don’t know why I thought that it would be possible, even if I had stayed another year!

Added to that was the stress of managing the advocacy to government, while calming the fears of all psychologists about their transitioning roles, and managing expectations for the future. As Executive Director I saw my job as ensuring that APNS could rise above the individual concerns and bring members together for the profession in Nova Scotia. That really has been the most stressful part.

The most rewarding? All of the above. If the job had been easy, I would have been bored. If the job had not been challenging, I would not have learned and grown. If the job had not given me the opportunity to meet and work with a great many wonderful, and sometimes challenging people, I would have left long ago.

It was with those mixed emotions that I arrived at my last day of work. I had no doubt that it was time to retire, not only because that was what I had planned for over five years, but because I was feeling that stress like I had never done before. It was definitely time! Why I thought that it was a good idea to combine a panel discussion, an Annual General Meeting, AND my going away party all on my last day, I have no idea. Honestly, if it hadn’t been for Kathleen and Claire handling pretty much everything, while I hid until it was time to emerge for the party, I doubt I would have made it through.

But the party was worth it, exactly what I wanted, thanks to Kathleen. It was great to see faces I’d known for years and others that I had talked to for years but had never met in person. Thanks to all of you who attended and for the gifts, they were all unexpected and very much appreciated. And to all those who wished me well but weren’t able to attend, I will remember you too.

I would also like to thank those on the Executive for the perfect gift, and who worked with Kathleen to organize such a great goodbye party. And thanks to Claire for so effectively catching the ball as I dropped it.

So, to all of you, those I know well, those I worked with along the way, those I met in passing, and those I never met, thank you all for your support over the years. I have learned a huge amount from you during that time. In return, I have tried to be supportive of psychologists and a champion of APNS over the years. So, also thank you for supporting APNS. This has been, and probably will continue to be a tumultuous time for psychologists in Nova Scotia, but the only way to get through is as a united force, which is what APNS is and will continue to be. I am confident that APNS will get through this time, as it has done several times in the past. Good luck to you all in the future.

APA COUNCIL OF REPRESENTATIVES HIGHLIGHTS

August 2024

APA's Council of Representatives approved measures at its meeting Aug. 6-7 addressing issues including the role of psychology in artificial intelligence, global human rights for women and girls, a ceasefire in the Israel/Gaza war, and the need to advocate for restitution for politically inflicted trauma.

Presidential Task Force on Immigration and Health

The Council voted unanimously to receive a report by a presidential task force on immigration and health that underscores the importance of mental health support for immigrants and details the role of psychological science in addressing this issue.

The report, titled "Psychological Science and Immigration Today," sheds light on the intersection of psychological science and immigration and underscores the importance of mental health support for immigrants and the role of psychological science in addressing this issue.

Based on the findings in the report, the Council also adopted a policy statement supporting a population health-based approach to working with immigrants, which aims to address the cultural, economic, systemic, historical, environmental, relational and occupational contexts that influence health status, well-being, and functioning across the patient's lifespan.

That measure was passed by a vote of 156-6, with 1 abstention.

The resolution condemns policies that harm immigrants and their families, including forced family separation, and calls for federal and state funding for research to understand better immigrants' health needs, including research on topics such as the evaluation of training, curricula, and community-based immigration initiatives that strive to improve immigrants' health and wellness and better understand the effects of trauma.

Statement on Artificial Intelligence and the Field of Psychology

By a vote of 156-2, with one abstention, the Council approved a policy to recognize the critical role of psychological science and knowledge in guiding the many forms, applications and analyses of AI, and the real and potential impacts of artificial intelligence on psychological research and the training, practice, and application of psychology.

"APA affirms the vital role of the discipline of psychology in addressing societal challenges, the challenges and opportunities related to health and well-being, and the ethical and privacy implications of AI," the policy states. "APA is resolutely committed to identifying, mitigating, and eliminating harmful impacts of AI while ensuring that everyone in society can benefit from AI technologies to the greatest extent possible."

The role of APA and psychology falls into three domains: Shaping AI's societal impact, using AI to promote health and well-being, and addressing and upholding ethics and privacy related to AI.

APA Statement Calling for an Immediate, Permanent, and Comprehensive Ceasefire in the Israel-Gaza Conflict

The Council also passed a measure, by a vote of 106-52, with 8 abstentions, calling for "an immediate, permanent, and comprehensive ceasefire in the Israel-Gaza conflict."

"APA urges all actors to prioritize the protection of civilians, to adhere to international humanitarian law, and to engage in meaningful dialogue and negotiation toward just and sustainable resolutions, the resolution states. It also calls for "increased access to culturally responsive, contextually relevant, evidence-based psychological resources for those affected by armed conflict and living through humanitarian emergencies."

APA COUNCIL OF REPRESENTATIVES HIGHLIGHTS

August 2024

Resolution Supporting Girls' and Women's Human Rights Globally

Regarding the global rights of women and girls, the Council approved a [resolution](#) by a vote of 157-4, with 3 abstentions, calling for national and international educational initiatives to enhance awareness of the issue. The measure commits APA to expanding formal education about girls' and women's rights and promoting research on factors that "enable versus prevent violations of girls' and women's human rights."

This resolution notes that girls and women are denied numerous human and legal rights, including sexual and reproductive rights; educational, work and economic rights; the right "to choose if, when and who[m] to marry; and the rights of self-expression and self-determination." The measure also directs APA to work to eliminate research practices that "implicitly but powerfully marginalize girls' and women's experiences and rights."

Individual, Collective, and Intergenerational Trauma Recovery: Considering the Restorative Roles of Restitution and Reparations

In another action, the Council passed a [resolution](#) committing APA to advocate for restitution and reparations for the survivors of individual and collective trauma and their descendants. The measure, which passed by a vote of 113-52, with 4 abstentions, defines the types of trauma covered, which include gender-based violence and human trafficking; the Holocaust; U.S. internment of Japanese Americans and Unangan people; U.S. enslavement of Africans and their descendants; and the taking of native lands and systematic oppression of Native Hawaiians and other Pacific Islanders, Alaska Natives, American Indians, Puerto Ricans, and other populations.

It also calls on APA to consider convening a task force to initiate, support and disseminate a psychological research report examining the benefits of collective reparations "to understand best practices with regard to the distribution of restitution programs and to facilitate the adoption of distributive justice practices in other global organizations."

Guidelines Related to Psychological Practice

Council also approved a series of guidelines related to psychological practice. These included:

- Clinical Practice Guidelines for Psychological and Nonpharmacological Treatment of Chronic Musculoskeletal Pain in Adults*, 122-27, with 10 abstentions;
- Guidelines for Working with Adults with Complex Trauma Histories*, 153-8, with 3 abstentions
- Guidelines on Key Considerations for Working with Adults with PTSD and Traumatic Stress Disorder*, 148, 11, 4
- [Guidelines for the Practice of Telepsychology](#), 157-1, with 3 abstentions;
- [Guidelines for Psychological Evaluations in Child Protection Matters](#), 158-3, with 5 abstentions;
- [Guidelines for Behavioral Projects with Nonhuman Animals in Schools \(K-12\)](#), 150-2, with 4 abstentions.

Presidential Citations and Raymond D. Fowler Award

APA President Cynthia de las Fuentes, PhD, presented a posthumous presidential citation to Norman B. Anderson, PhD, for his exceptional leadership and dedication to the field of psychology and APA; and a presidential citation to James H. Bray, PhD, for his lifetime of dedication to the discipline, the profession and APA.

Dr. de las Fuentes presented former President Jennifer F. Kelly, PhD, with the 2024 Raymond D. Fowler Member Award.

*Guidelines with an asterisk are in the process of being copy-edited before being posted online. Links to the Guidelines not yet posted will be added to this summary when available.



Creating Culturally Safe Space in Clinical Practice and Service Provision: A Primer for Practitioners' Multicultural Development and Cultural Competence

An Online Workshop by Dr. Ben C. H. Kuo, Ph.D., Certified Psychologist (Ontario), Professor, Clinical Psychology, Department of Psychology, University of Windsor

Date: Friday, November 15th, 2024

Hours: 9:00 am – 5:00 pm, zoom

Register Online

Register by email to admin@apns.ca

Description of the Workshop:

This workshop will introduce participants to the foundational knowledge and concepts related to culture, diversity, and clinical practice and supervision, as a means of promoting cultural safety in psychological and mental health services. Specifically, the concepts of cultural competence and cultural humility, as the two complementary frameworks for facilitating clinicians' multicultural development and identity, will be discussed. This workshop approaches cultural training from an experiential, personal-growth and professional-development perspective and a social justice stance. Using mental health counselling and therapy intervention as an example, this workshop will survey and guide participants in reflecting and thinking through critical cultural diversity issues about themselves and others. Practical and evidence-based examples will be used to illustrate the content and to help participants integrate their learning with their personal and professional experiences.

Learning Objectives of the Workshop:

Participants in this workshop will be introduced to the following topics, and engage in guided reflection on these subject matters:

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



Creating Culturally Safe Space in Clinical Practice and Service Provision: A Primer for Practitioners' Multicultural Development and Cultural Competence

Brief Biography of Dr. Ben C. H. Kuo

Dr. Kuo is a Full Professor and the current Director of Clinical Training for the Canadian Psychological Association (CPA)-Accredited Clinical Psychology Program at the University of Windsor, and a registered and practicing psychologist in Ontario. His research focuses on the intersection between culture and psychology, particularly in the areas of multicultural counselling and training and cross-cultural psychology. Dr. Kuo is an experienced and active clinical supervisor who teaches and supervises clinical psychology graduate students in multicultural psychotherapy courses and practicum with diverse clients, including refugees and immigrants. 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 works very closely with various community and health agencies/networks and is involved in policy initiatives, provincially and nationally in Canada. Dr. Kuo has traveled, lectured, provided training, and consulted internationally, as a distinguished visiting professor, in Taiwan, China, Thailand, New Zealand, Russia, Brazil, Poland, and the U.K. In 2018 Dr. Kuo served as the guest editor for the special issue of *Psynopsis* – the official communiqué of the CPA – on “Refugee Mental Health.” This year (2024), Dr. Kuo once again collaborated with Dr. Eleanor Gittens, the current President of the CPA, as co-editors for another special issue of *Psynopsis* on “People, Culture and Psychology: Diverse Voices from the Field.”

Dr. Kuo is a recipient of many awards across research, teaching, service, and advocacy work; they include the Outstanding Research Award: Establish Research/Scholar Category (2017); the Faculty of Arts, Humanities, and Social Science's Dr. Kathleen E. McCrone Teaching Award (2017); and the Mary Lou Dietz Equity Leadership Award (2019). Most recently Dr. Kuo's academic and professional contributions were recognized by the CPA, as the recipient of the John C. Service Member of the Year Award in 2021, and the Public Community Services, Human Rights and Social Justice in Psychology Award in 2023.

Previously Dr. Kuo delivered a workshop hosted by APNS in Halifax in October 2022.

2024 APNS AWARDS



Dr. Erica Baker

Fellow of APNS

This designation honours those individuals who have made significant and enduring contributions to APNS. They are psychologists who have helped shape the Association and have contributed to the development of psychology in Nova Scotia.

Dr. Erica Baker has dedicated her time and expertise to advancing the profession of psychology in Nova Scotia, actively supporting and governing its organizations, and serving the public good. Her contributions include presenting to the Law Amendments Committee, engaging with government and colleagues to navigate policy changes, and consistently volunteering to benefit her peers and the field of psychology.



Dr. Gordon Butler

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

This honour 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.

Dr. Gordon Butler has made significant contributions to psychology in Nova Scotia since 1988, serving as Treasurer and President of APNS, leading initiatives like managing continuing education workshops and joining the APA as an affiliate organization, and receiving the APNS Fellow Award in 1994. His extensive service includes roles such as Chair of the Nova Scotia Board of Examiners in Psychology, Registrar for NSBEP, and participation in national organizations, all while maintaining a distinguished career as a clinical health psychologist and Clinical Associate at Dalhousie University.



Dr. Jacquie Cohen

**The APNS Excellence in
Psychology Award**

This award focuses on excellence in the profession of Psychology. The recipient is an APNS member who is in mid-career who has demonstrated excellence in their professional activities or in their volunteer activities.

Dr. Jacquie Cohen, is a distinguished psychologist that embodies excellence in psychology through her exceptional contributions to clinical practice, training, advocacy, and leadership, particularly within Nova Scotia's public mental health care system. Her innovative therapeutic approaches, rooted in dialectical behavior therapy and third-wave feminism, has not only transformed clients' lives but also inspired colleagues and mentees. Dr. Cohen's exemplary leadership, innovative practices, and steadfast advocacy set a standard of excellence for psychologists globally.

2024 APNS AWARDS



Dr. Simon Sherry

The APNS Community Service Award for Psychologists

This award recognizes the contributions of psychologists who do outstanding volunteer service in the community beyond their role as a psychologist.

Dr. Simon Sherry has contributed an exceptional amount of volunteer time and effort to public education. He has written print media articles explaining clinical psychological research to the public. He is sought out for, and agrees to, media interviews, providing scientific psychological information on topics of current public interest. Dr. Sherry consistently provides a knowledgeable, reasoned perspective on issues, and as such provides a great public educational service, that shows the public that psychology is a scientific discipline with insights and solutions to many human problems.



**Dr. Ena Vukatana
&
Dr. Julie Wershler**

Outstanding APNS Early Career Psychologist

This award recognizes the challenges of being an Early Career Psychologist. The recipient of this award is an APNS member who has actively participated in APNS.

Dr. Ena Vukatana and Dr. Julie Wershler have served as Co-Chairs of the Early Career Psychologists (ECP) group for four years, actively participating in APNS, using its services to advance their careers, and pursuing psychology careers in Nova Scotia. Since joining the ECP group in early 2019, they have led initiatives such as monitoring the Early Career APNS Facebook page, organizing study groups, mentoring other ECPs, and recently started their private practice, Developing Minds Psychology Centre, in Bedford.



Grace Schwenck

Outstanding APNS Student

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

Grace Schwenck was a APNS student rep from 2022-2024. In addition, she has a strong commitment to providing evidence-based psychological services to Nova Scotians, with a particular desire to fill existing service gaps and improve access to care.

Grace is an exceptional psychologist-in-training who is highly motivated, conscientious, and clinically skilled. She will be a strong asset to the psychology community in Nova Scotia.

2024 APNS AWARDS AND STUDENT PRIZES



Krista McNair

The APNS Community Service Award for Non-Psychologists

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.

Krista McNair has a strong passion to support those struggling with housing insecurity. Most notable is her compassion for mental health challenges that the unhoused community experiences. She advocates for proactive social justice from a trauma informed, first person perspective and is the first executive director of the Truro Housing Outreach Society.



Natalie Lawy

The Gerald Gordon Memorial Prize

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 and to the development of the Psychology Act, which resulted in the creation of the Nova Scotia Board of Examiners in Psychology.

Natalie Lawy is a recent graduate of Mount Saint Vincent University, holding a Bachelor of Science (Honours) in Psychology. She embodies academic excellence, leadership, and professional integrity.

Natalie is well poised to contribute to the field of psychology, particularly in enhancing the educational experiences and outcomes for autistic students. Her dedication and passion make her a promising candidate for continued success in the School Psychology program at Mount Saint Vincent University.



Yvonne Brandelli

The Brian Dufton Memorial Prize

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.

Yvonne Brandelli is a PhD candidate in Clinical Psychology at Dalhousie University. She is an excellent trainee with a genuine interest in discovery and exceptional critical thinking skills. Yvonne is committed to a career in pediatric psychology and is well on her way to becoming a scientist and practitioner in this area. Yvonne and her research are already making significant contributions and we are certain that she will continue to have an impact as she conducts her research in this area that will serve to better support youth with JIA and their disease and treatment-related pain, and their families.

2024 APNS DIVERSITY BURSARY



Bianca Matthews

APNS Diversity in Psychology Bursary

This bursary assists Psychology students who identify as African Nova Scotian, Indigenous, immigrant, having a disability, LGBTQ+2S, or another minority in their pursuit of post-secondary education in Psychology.

Bianca Matthews

As a Black-Canadian, I often had my intersectional identity and adversity ignored when I explored different treatment models. Not being able to find a psychologist or treatment model that validated my unique experiences as a racialized person left me feeling helpless. This story of helplessness is the common experience of malignant dismissiveness felt by people of colour navigating mental health services. My personal experiences sparked an interest in the scientist practitioner model of clinical psychology. My goals as a clinical psychologist are to promote growth and evolution in the field of chronic pain treatment through uplifting diverse perspectives in my research.

Through mentorship, continuing my research rooted in diverse experiences, and policy advocacy, I aim to amplify underrepresented voices and address systemic inequities in various communities.

Bianca Matthews combines her exceptional potential as a scientist and an excellent academic record with a commitment to give back to her communities by continuing to advocate for diverse voices and create spaces that are inclusive and opportunity rich. Bianca's research interests lie in the intersection of children's pain and racism, more specifically, her focus is on chronic pain, coping, and their relationship with unique minority stressors. Due to a history of oppression in racialized populations, inadequate pain management has disproportionately affected Black youth. Her proposed research is at the forefront of pediatric pain field and will contribute to making a difference in the lives of racialized children and their families.

- Dr. Christine Chambers

Bianca is a PhD candidate in Clinical Psychology at Dalhousie University.

Psychological Research

Fostering Prosociality in Refugee Children: An Intervention With Rohingya Children

StFX psychology professor Dr. Tara Callaghan has led an international team on a collaborative research project to promote prosociality and social emotional well-being in Rohingya refugee children living in one of the largest refugee camps in the world, located in Cox’s Bazar, Bangladesh.

The results of the project were published in the series Monographs of the Society for Research in Child Development.
<http://dx.doi.org/10.1111/mono.12477>.

Psychology in the News



We asked sports psychologists to analyze Canadian Olympians' favourite pump-up songs

Kelsey Adams · CBC Music · (Aug 01, 2024)

Music impacts the human brain in incredibly unique ways, giving it an optimal effect on athletic performance
[Read the full article here.](#)

Psychological Research



Emily Wildeboer

Emily Wildeboer is a 5th year PhD student in Clinical Psychology at Dalhousie University, under the supervision of Dr. Penny Corkum. Her research focuses on developing and evaluating an online training program for interdisciplinary healthcare providers on sleep concerns in young children under the age of 5 years.

As part of her research, Emily is recruiting healthcare providers, including psychologists, to participate in interviews related to their training opportunities in early childhood sleep, current practices related to managing, assessing, and treating sleep, and their needs and preferences for an online training program for healthcare providers on sleep in young children.

If you are interested in participating or learning more, please follow this link: [Promoting Healthy Sleep | Better Nights, Better Days](#)



Dr. Robin Anne McGee 1961-2024

It is with profound sadness that we announce the passing of Robin Anne McGee, age 62, of Port Williams, NS. Throughout her life, Robin's large spirit demonstrated a rare and precious combination of wisdom, courage, determination, warmth and humour. She was driven by a constant desire to love life and make the world a better place.

Robin was born to the late Robert and Jeanette (Wright) McGee on October 1, 1961, in Victoria, BC. At a young age, her family moved to Nepean, ON, where she began her habit of collecting life-long friends and admirers. In her youth, Robin sought adventure in Junior Forest Rangers, Sea Cadets, and IVCF. After completing a BA and a Master's degree at Carlton she moved to London, ON to earn a PhD in Psychology at Western University. It was there that Robin and Andrew met and hitched their lives together, a perfect complement to one another.

In 1994 they moved to the Annapolis Valley, NS and began their family and careers. Robin applied her boundless energy and unique style to her work in the Child and Adolescent Mental Health Team at the VRH, at The Oaktree/Nexus Centre for Youth, teaching at Acadia University, as author and co-author of many published papers (which collectively have been cited over 1,000 times), years of part-time private practice in psychology, and ultimately as a Psychology Consultant for the Annapolis Valley Regional School Board/Centre for Education. Outside of work she was an active supporter of the "Twin to Win" campaign, coached children's soccer, and played women's soccer in the Seven-a-side League. Robin was passionate about the practice of Psychology in Nova Scotia. A devoted supervisor and mentor, she served as President of APNS, and Chair/board member of NSBEP.

Following her 2010 cancer diagnosis, Robin wrote and published *The Cancer Olympics*, highlighting opportunities for improvement in cancer diagnosis and treatment, and inspiring others to take a positive and pragmatic, self-advocating approach to their own healthcare. The book documented her journey, including her orchestration of a grass-roots effort that brought Nova Scotia's standard of care for rectal cancer in line with the rest of the developed world. *The Cancer Olympics* garnered several awards, and Robin received hundreds of messages from people thanking her for the impact of her words. She continued this outreach by creating a *Cancer Olympics* blog, where she shared her ongoing challenges, achievements, and musings, weaving each entry together with a popular song.

She didn't stop there. Throwing herself into volunteer activities related to improving the experiences of others coping with medical challenges, Robin became a patient representative working on the development of improved standards for early detection in Nova Scotia; coached countless people newly diagnosed with CRC through CCRAN; worked passionately with Patients for Patient Safety Canada bringing the voice of harmed patients into healthcare conversations; was a top fundraiser for the Canadian Cancer Society's Relay for Life; served as a guest lecturer training healthcare workers; and was a guest speaker for numerous CBC programs, podcasts, and countless other initiatives. Her contributions were recognized with The Sovereign's Medal for Volunteers from the Governor General of Canada, and The Canadian Cancer Society's Medal of Courage.

For the past 14 years, Robin lived with a medical prognosis of less than two years. With her steadfast focus on making the most of whatever time she had left, she defied all expectations, showing us all what an astonishing woman she was. If one could discover and bottle that essence of Robin's genuine courage and determination, it would be a gift to the world. How lucky are we to have been invited to share this journey with her. Her spirit will live on in our hearts and memories.

Robin is survived by husband, Andrew Hurst; son, Austin (Hannah Alpern) Hurst; brothers, James, David and Mark; sisters, Gail, Debbie and Janine (her "Irish Twin"); and her beloved cat, Bowie.





Dr. Sean Barrett 1973-2024

The Department of Psychology and Neuroscience and Faculty of Science are deeply saddened by the passing of Dr. Sean P. Barrett on June 13, 2024, at the age of 50. Sean will be dearly missed by his wife Christine, son Thomas, family, friends, colleagues, and students.

Sean was born in 1973 and grew up in Belleville, Ontario. He completed his undergraduate degree at St. Francis Xavier University in 1998, then went on to earn his PhD in Clinical Psychology from McGill University in 2006. He began his career at Dalhousie in 2005, where he established the Dalhousie Substance Use & Addictions Lab, notable for having the only room on campus where smoking was permitted (by research participants only!). He became a full Professor in 2016, held a crossappointment in Psychiatry, an Affiliated Scientist appointment with the Nova Scotia Health Authority, and was a Registered Psychologist.

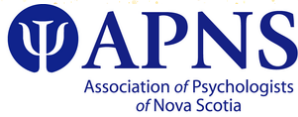
Sean was a dedicated and valued member of the department, and the larger university community, in every way. He served on numerous departmental committees, notably as Director of Clinical Training for the PhD in Clinical Psychology from 2014-18. The significant improvements he made to the program during that time were recognized with his receiving Dalhousie's Rosemary Gill award in 2018 for "outstanding service to students." He also represented the Faculty of Science at Dalhousie's Senate for many years. He was featured on the Faculty of Sciences Sciographies podcast in 2018.

Sean was an active and productive scientist whose work on substance use, and in particular expectancy effects, was innovative and impactful. He published over 100 papers, which were cited nearly 4000 times, and engaged a large number of trainees and colleagues as collaborators. Over his career at Dalhousie, Sean supervised 50 honours students as well as 20 graduate students and postdoctoral fellows. He was a dedicated mentor and a strong advocate for students in faculty meetings. Sean was known for insisting on looking beyond conventional metrics like GPA, and giving students opportunities based on enthusiasm, dedication, curiosity, and promise. He was passionate about supporting neurodiverse students to better meet their needs and ensure they thrived.

A dedicated mentor and instructor, Sean was devoted to ensuring the success of his students and was deeply committed to advancing our understanding of the factors that contribute to addictive behaviours. His students and colleagues remember his vibrant presence and keen sense of humour, his ingenuity and intellect, his unwavering commitment to his work, and his investment in and advocacy for his students. The legacy he leaves is immeasurable, and he will be missed dearly.

The department will be holding a celebration of Sean's life at a later date. His obituary can be viewed [here](#).





APNS Welcomes Our Newest Members!

Thank you for supporting APNS in its efforts to promote the interests of Nova Scotia psychologists through connection, community and advocacy.

New Members:

- Jennifer Bernier, MSc
- Jennifer Prentice, PhD
- Anita Gupta, PhD
- Trisha-Lee Halamay, PhD
- Jill Glasgow, PhD
- Pamela Gamble, Ed.S.

New Student Members:

- Brianna Boyle, BA (Hons)
- Bianca Matthews, BSc
- Silvia Marin-Dragu, MSc
- Elizabeth Wanstall, MA
- Jiji Rani Sobhanan Lathika, Mphil-Psychology
- Blair Irish, BA
- Jolene Doucet, BSc (Hons)
- Aryn Benoit, MA
- Callie Ennis, Undergrad

Congratulations to the following who have recently become Registered Psychologists

- Debra Campbell
- Emma Carter
- Jonathan Dudek
- Melissa Ferland
- Ahisha Jones Lavallée
- Adri Khalis
- Stephanie LeBlanc Penny
- Tanya Lentz
- Megan Longstaff
- Stefani MacNeill Jessome
- Elisabeth Stenger (Saxton)
- Kathleen Walsh

Congratulations to the following who have recently become Candidates

- Noémie Bergeron-Germain
- Amanda Bowden
- Jolene Doucet
- Summer Fox
- Chelsea Smith
- Rebecca Tucker

This information provided by NSBEP as of August 6, 2024



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.

New this year is online payments

All 2023/24 members should have received an email welcoming them to the online payment system. The email contains a link to your membership login page, where you will find your invoice and can pay for your 2024/25 membership and private practice listing. If you did not receive this email, please contact the office at admin@apns.ca.

Due to the continued development of our comprehensive database, we still need your updated membership form. To do this we ask that registered members (including candidate registered, retired and inactive) complete the [online JotForm](#) and student members complete the [student online Jotform](#).

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 min of 1 year.
- Volunteers must take an active role in the committee.
- Volunteers accrue no more than \$275/year in benefits.
- Benefits must be used within 1 year of being awarded.

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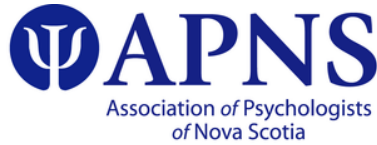
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 Contact the office at apns@apns.ca





Committees & Representatives

EXECUTIVE

President: Kim O'Connor
 Past President: Chimène Jewer
 President Elect: Tara Power
 Secretary: Melissa McGonnell
 Treasurer: Dawson Wambolt
 Member at Large: Marcel Peloquin
 Member at Large: Lindsay Victor
 Member at Large HR: Kathryn Bell
 Student Representatives:
 Alzena Ilie & Emily Wildeboer

EXECUTIVE DIRECTOR

Claire Halpern apns@apns.ca

REPRESENTATIVES

Council of Provincial Associations in Psychology/
 Practice Directorate
 Rep: Chimène Jewer
 Observer: Executive Director

APA Council of Representatives: Shelley Goodwin

COMMITTEES

Advocacy: Bev Butler, Chair
 Cultural Diversity: Jason Chatman, Chair
 Nominations & Elections: TBC
 Post Disaster Committee: Janice Howes, Chair
 Private Practice Committee: Dion Goodland, Chair

INTEREST GROUPS

Child & Adolescent Psychology Interest Group (CAP-I)
 Lindsay Bates and Rachel Panton, Co-Chairs

Early Career Psychologist Group Leaders
 Ena Vukatana
 Julie Wershler

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

2024/2025 APNS Members Rates

Registered Psychologist	\$ 275
Candidate Register (1st year)	\$ 215
Candidate Register (2nd year)	\$ 245
Candidate Register (3rd year)	\$ 275
Student	Free
Retired/Inactive/In Absentia	\$ 75

Thank you for reading!

ASSOCIATION OF PSYCHOLOGIST OF NOVA SCOTIA	(902) 422- 9183
www.apns.ca	Suite 645, 5991 Spring Garden Road Halifax NS B3H 1J6

