

DEPARTMENT OF PSYCHOLOGY



Lakehead University Department of Psychology Newsletter

Winter 2014

Letter from the Editor

Hello to past, current, and future Psychology students and faculty!

As some of you may have noticed, this is the first Psychology Newsletter that we have had in quite a while. The hope is that we can get enough submissions to have this newsletter published once every term. However, this means that the more participation we get from students and faculty, the easier and more fulfilling this process will be—so I encourage everyone to submit something about themselves whenever you can. Our next issue should (hopefully) be put together at some point over the summer.

The Psychology Department at Lakehead University is full of diversity in terms of research interests, successes and talents. Let us take some time to celebrate what we have to offer as individuals and as a Department, to the University, to the community of Thunder Bay, as well as nationally and internationally. This newsletter is a great way to encourage collaboration, support each other, and to create informed and evidence-based change to our community.

I look forward to receiving your submissions, to learning about the people in this Department, and hope that you feel free to share any feedback or suggestions you have for this Newsletter!

- Taslim Alani, M.A., Ph.D. Clinical Psychology Student

“Psychology refers to both the science and profession concerned with understanding and influencing the thoughts, feelings, emotions and behaviour of individuals.”

*- Department of Psychology
at Lakehead University*



A reminder of how beautiful campus can be...in the summer.

In This Issue

- Letter from the Editor
- Mini Biographies from Students
- Social Innovation and Leadership for Complex Challenges
- Contract Lecturer Positions
- Upcoming Events
- Psi Chi

Biographies from Students



Carley Pope

Carley Pope is from London Ontario and completed her Bachelor of Arts with Specialized Honors degree in Psychology at Western University. She has also received certification as a Clinical Research Professional through the Society of Clinical Research Associates. She is currently in her first year of the Clinical Psychology Master's Program at Lakehead University being supervised by Dr. Mazmanian. She has a professional research background in weight management and natural health products; pharmacological treatments for multiple sclerosis (clinical trials); and mood disorders. Her current research activities regard mood disorders with a particular focus on pregnancy and the postpartum period, some of which has been published in peer reviewed journals or presented at conferences.

I am from Chatham, Ontario, and I completed my BA at the University of Windsor. Following my BA, I developed an interest in mental illness stigma while conducting research at Western University, where my colleagues and I identified varying levels of stigma associated with different approaches to psychological treatment. Indeed, mental illness stigma is a pervasive social construct that has been found to exist not only in the general public, but in the mental health professionals served with providing care for this population. Strategies to reduce mental illness stigma have been identified as an important goal for researchers, given the high economic and human costs associated with mental illness and its stigmatization. For my dissertation, I am investigating the effectiveness and efficacy of novel video-based antistigma interventions, developed by local mental health service users and the Canadian Mental Health Association. Online antistigma strategies provide an opportunity to capitalize on the low cost and increased ability for dissemination, while grassroots focused interventions engage those with a stake in stigma reduction in the process of creating positive social change.



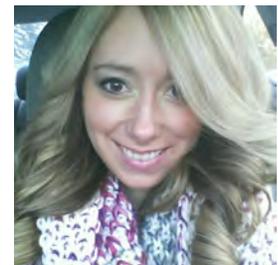
Gregory Tippin



Victoria Pitura

This is my first year of my M.A. in Clinical Psychology at Lakehead University. I am originally from Hamilton, Ontario and completed my Honours B.A. at Wilfrid Laurier University. I graduated with a major in Psychology and minor in Criminology. My Master's thesis is attempting to clarify the relationship between social anxiety and problematic drinking and I am more broadly interested in anxiety disorders and how they relate to other issues. I also currently hold a SSHRC Graduate Scholarship.

My Name is Staci Person. I hold a Specialized HBA in Psychology, which I received from Lakehead University in 2011. I am currently in my last year of the MA Clinical Psychology program. My research interests include disordered eating and associated mental health concerns. Currently my MA thesis is looking at a relatively new disorder known as Night Eating Syndrome. I am also currently volunteering for the Aboriginal Mentorship Program (AMP), designed to support young aboriginal students in their studies and improve their education prospects. Finally, I am doing my practicum at the Children's Centre, which I highly enjoy, and will be starting another one at the Cancer Centre later this year.



Staci Person

My name is Katelyn Duchene and I am a first year PhD student studying clinical psychology at Lakehead University. I received my MA in clinical psychology at Lakehead University in 2013. My SSHRC-funded thesis focused on human mating strategies from an evolutionary perspective. Specifically, I examined flirting and mate attractivity (i.e., ways in which we consciously and unconsciously attract potential partners) strategies as a function of self-perceived gender identity and hormonal status (i.e., changes across the menstrual cycle). For my honours BA, I attended Trent University for two years before transferring to Lakehead University where I completed my degree and thesis. My undergraduate thesis focused on sociosexuality and relationship infidelity. For my PhD dissertation, I plan to study the short- and long-term effects of hormonal contraceptive use. I decided to continue my education at Lakehead University for the research opportunities and scientist-practitioner approach to learning. I have gained considerable research knowledge while being a part of the Health, Hormones, and Behaviour Laboratory and plan to continue my research in the area of hormones.



Katelyn Duchene

Social Innovation and Leadership for Complex Challenges

Dr. Mirella Stroink is co-facilitating the inaugural offering of a non-degree credit course on Social Innovation and Leadership for Complex Challenges through the Continuing Education department at Lakehead University. The course, which is being taken by 26 senior managers and Board directors from Thunder Bay's social service and health sectors, offers the capacities and mindset that enable leaders to understand and manage with-in complexity, to nurture an ecology of innovation within their organizations, and to identify the collaborative opportunities that are necessary to address systemic community-level challenges. For more information go to: <http://www.lakeheadu.ca/ce>

Contract Lecturer Positions

Positions for 2014/2015 CEDL Courses

- Psychology 2011 FDE: Child Development (0.5 FCE)
- Psychology 2012 WDE: Childhood Disorders (0.5 FCE)
- Psychology 3401 YDE: Behaviour and Drugs (1.0 FCE)
- Psychology 3811 FDE: Forensic Psychology (0.5 FCE)
- Psychology 4212 WDE: Gender and Mental Health (0.5 FCE)

See Psychology Department website for more details: http://psychology.lakeheadu.ca/Positions/CEDL_2014_2015/

Applications due April 20, 2014

Upcoming Events

Events Coming Up:

- April 4th, 2014 from 1:00 PM to 3:00 PM: Honours Thesis Presentations, in the Agora
- April 7th, 2014 from 1:00 PM to 3:00 PM: Psi Chi event, in ATAC 2001
At this event, 16 new members will be inducted, Dr. Mirella Stroink will be discussing social innovation and there will be a discussion about issues that are currently affecting our society.

A Word from Psi Chi

Through the tireless efforts of determined faculty and students alike, on April 1st, 2013, Lakehead University officially established itself as the third Canadian chapter of the Psi Chi International Honour Society in Psychology. Importantly, this marks the first honour society that has been recognized at Lakehead University, and will surely contribute to the esteemed reputation Lakehead has gleaned since its inception in 1965. Moreover, the Lakehead chapter of Psi Chi hosted its inaugural ceremony on November 1st, 2013, inducting an impressive 44 members and officially designating a chapter leader and executive committee.

The Psi Chi International Honour Society was initially founded in 1929 for the purpose of promoting scholarly excellence in all academic disciplines, and more specifically to advance the science of psychology. The mission advocated by Psi Chi is to encourage the development of ethically cognisant and well-educated members, who will assist in meaningfully contributing to the psychological community and society at large. Today, over 1100 Universities across the globe have been approved for charter status as a part of Psi Chi, which involves some 600,000 life-time members including Canadian social psychologist Albert Bandura and American social psychologist Phillip Zimbardo.

Being accepted into Psi Chi not only translates into being a life-long member of a reputable honour society, but it also confers several other benefits as well. Students at both the undergraduate and graduate level, faculty members, and the chapter as a whole becomes eligible to apply for over 30 different grants and award which summate to a total of over \$350, 000 in available funding annually. Furthermore, Psi Chi also publishes its own peer-review scholarly journal called the *Psi Chi Journal of Psychological Research*, which offers students and faculty the opportunity to submit their empirical research throughout the academic year.

As mentioned previously, obtaining charter status for Lakehead University could not have been accomplished without the diligence and assiduity a few individuals in particular, such as the charter leader Dr. Michael Wesner from the Department of Psychology. Having previously been the president of his chapter at Washington State University, Dr. Wesner was well aware of the advantages provided by membership in a recognized honour society such as Psi Chi. Dr. Wesner did receive tremendous support in this endeavor on behalf of three keen psychology students, Chad Keefe, Lauren Turner, and Jordan Williams who each warrant mention. Mr. Keefe has since assumed the role of chapter President for the 2013-2014 academic year, with Ms. Turner at his side as the current acting Vice President.

Being accepted into Psi Chi is much more than merely joining a distinguished honour society with concomitant monetary benefits. It involves becoming part of tradition within the psychological sciences, and being tasked with the goal of promoting and disseminating meaningful empirical research in the name of scholarly fellowship.

If interested in becoming part of the Psi Chi International Honour Society, please visit <http://psichi.lakeheadu.ca> to view the eligibility criteria and application procedure. Once again, this opportunity is open to undergraduate and graduate students, as well as faculty within the Department of Psychology. If you have any questions or concerns, please feel free to get in touch within one of the Psi Chi executive members using the contact information below:

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Contact Us

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www.psychology.lakeheadu.ca/