

PsychNews

Lakehead University Department of Psychology Newsletter

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Volume 3, Issue 1



Dr. Josephine Tan (R) and Kerri Spooner (Bell Canada Regional VP of Sales, Ontario) with the plaque awarded to the new Psychology Clinic (Page 4)



Dr. Rupert Klein (R) receives Contribution to Teaching Award from Provost and VP Academic Dr. Rodney Hanley (Page 8)

Mark your calendars:
Psychology Research Day
March 30, 1 – 3 p.m.
Lakehead University Agora

Lakehead
UNIVERSITY

955 Oliver Road,
Thunder Bay, Ontario, Canada, P7B 5E1

Lakehead University Adjunct Professor, Dr. Fred Schmidt, Receives 2011 CPA Distinguished Practitioner Award

The Department of Psychology at Lakehead University would like to offer Dr. Fred Schmidt our congratulations for being awarded the Canadian Psychological Association's Distinguished Practitioner Award.

It is clear why Dr. Schmidt received this award. He exemplifies the 'scientist practitioner' that the Clinical Psychology training programme at Lakehead University seeks to promote. While working full time as a clinician at Children's Centre Thunder Bay, he has 14 articles published in peer-refereed journals, including a highly cited randomised treatment trial. Dr. Schmidt has presented at numerous conferences, including as an invited speaker at the 'PART' (Practice and Research Together) conference in May 2010, focused on improving educational outcomes for children in care. He has supervised numerous students' research theses, including undergraduate theses, a remarkable achievement, given the investment required to support these young researchers. In between all of these activities, he has managed to attract research funding grants to assist in generating much needed research in children's mental health.



Dr. Fred Schmidt



The award was conferred at the 2011 CPA Annual Convention

Dr. Schmidt has also worked to provide support and guidance to the next generation of psychological practitioners. He has served as adjunct faculty for the department for 16 years and teaches both undergraduate and graduate courses. His popular courses consistently receive highly positive ratings from students. He has supervised numerous clinicians and students as they learn the tools of their trade during clinical practica and is widely acknowledged for his supportive attitude. He has also acted as an oral examiner for the College of Psychologists of Ontario.

Dr. Schmidt's clinical work is distinguished by conscientious, compassionate and evidence-based work in child protection – arguably among the most challenging areas of clinical work within the practice of clinical psychology. He has made numerous contributions to promotion of children's mental health within Thunder Bay, Ontario and Canada. He sits and collaborates on numbers of committees both within and outside the agency that seek to promote knowledge

translation and the implementation of evidence informed practice. Further, he has collaborated in providing leadership within Children's Centre Thunder Bay as the agency seeks to implement evidence based practice.

The Department of Psychology congratulates Dr. Schmidt for this well deserved award and wishes him every success in the future.

~ Carolyn Houlding

Faculty Profile: Dr. Laurence (Larry) Fiddick

This past January Lakehead University's Orillia campus welcomed their first full time professor of psychology. Dr. Laurence (Larry) Fiddick was hired as an Associate Professor in a joint appointment between the Department of Psychology and the Department of Interdisciplinary studies. Although Dr. Fiddick made a lengthy trip from his past position at James Cook University in Australia to Orillia he is no stranger to Canada. Dr. Fiddick received his undergraduate bachelour of science degree in biology and psychology from Simon Fraser University in B.C. and then moved to the University of California to

complete his doctorate. Afterwards, he took on a three year post-doctoral research position at the prestigious Max Planck Institute before becoming a Senior Research Fellow at the University College of London England for a year. For the past seven years Dr. Fiddick has been a Lecturer in Townsville Australia and is now settling into his new position at the brand new Orillia campus teaching Cognitive Psychology and the History of Psychology.



Dr. Larry Fiddick

Dr. Fiddick's interests are in evolutionary psychology and the modularity of mind – the idea that the mind consists of content-specialized faculties. In particular, his research has investigated whether different psychological adaptations are responsible for thinking and reacting to social interactions versus hazards. Although these might seem like two unrelated phenomena, many psychologists have argued that they are psychologically the same in that both sorts of situations are regulated by conditional rules of the form: If you do X, then you do Y. For example, "If you scratch my back, then I'll scratch yours" is an offer to engage in a mutually beneficial exchange; whereas

"If you cross the road, then you first look both ways" is a precautionary rule for avoiding traffic hazards. Dr. Fiddick has used a range of different methods to demonstrate the psychological differences between these two sorts of rules including fMRI, developmental studies of young children, cross-cultural studies, emotion studies, personality studies, and reasoning studies. Currently he is working on projects looking at the influence of pain on precautionary reasoning and individual differences in thinking about these rules, but he is also interested in the differential effects of aging on reasoning about these rules (e.g., are older people relatively better at thinking about safety matters?), the relation between precautionary reasoning and anxiety disorders (especially OCD), and devising a scale for detecting people with impaired precautionary reasoning.

~ Dr. Rupert Klein

Honours Thesis Proposal Presentations

The Psych 4901 Honours Thesis students presented their research proposals on November 25 and December 2. Thirteen students presented their research proposals and responded to questions from an active and full audience of faculty, graduate and undergraduate students. The presentations were very well done and highlighted the diversity of interesting research going on in the department. The students will present their final projects at Psychology Research Day.



One Step Closer to an On-Campus Treatment Clinic

Thanks to the generous support of Bell's "Let Talk Community" fund, and the ongoing support of the Faculty of Health and Behavioural Sciences, the psychology department is one step closer to an on-campus treatment clinic.

This Bell funding award was presented to clinic lead Dr. Josephine Tan at a media event on October 11th, 2011, coinciding with World Mental Health Week celebrations. The funding was specifically allotted to conduct a feasibility study to determine how best to proceed with clinic development. This includes understanding the needs of the community, the needs of Lakehead students, and how an on-campus clinic might strive to address current gaps in mental health services.

The progression towards an on-campus clinic is met with enthusiasm from students and faculty, and the Dean of Health & Behavioural Sciences Dr. Lori Livingston.



Dr. Josephine Tan (centre) with (L to R) Dr. Chris Mushquash, Kerri Spooner, Kristine Buhler, Dr. Rupert Klein, Dr. Mike Wesner, Dr. Lori Livingston, Alana Rawana, Liane Kandler, and Jordan Williams.

Jordan Williams, undergraduate student in Psychology at LU, reported "As a student and volunteer with many local health agencies, I have seen some of the barriers that clients face when seeking mental health services. These include travelling from afar to receive medical-care, wait-lists for specialists, need for primary-care practitioners, and high ER wait-times. It is an honour for me to be involved in such a project at the undergraduate level and I look forward to continue working towards this goal." Liane Kandler, Clinical Psychology Ph.D. student, also fully supports this initiative: "An on-campus clinic will provide ample Opportunities for quality training and supervised clinical services. This in turn will help to promote

academic excellence, enrich the overall student experience, and increase access to mental health resources in the community."

Dr. Kirsten Oinonen expresses, "The Clinical Program is very excited about the funding from Bell and grateful to Dr. Josephine Tan for the work she put into this grant. We believe that a Lakehead University Psychology Clinic has the strong potential to benefit the community as well as the training of our graduate students. We look forward to hearing about the findings of the feasibility study."

The interest in having an on-campus psychology clinic dates back to the years even before the development of the PhD Clinical Psychology program itself. Once the program was developed, it was recognized that its recent accreditation with the Canadian Psychological Association combined with the mental health funding opportunity from Bell presented an excellent opportunity for the department to embark on this exciting initiative.

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Treatment Clinic Continued from page 4

Dr. Tan noted that a lot of work remains to be done after the feasibility study has been completed because “resources, including personnel and financial, will have to be worked out and secured”. She sees her work on the clinic development as a continuation of the efforts made by previous generations of the clinical and experimental psychology faculty who built the clinical program with the intent of also having an on-campus training clinic. She said “I am very grateful for the support shown from so many quarters and to Bell for their funding, and wish to acknowledge the assistance from Liane Kandler and Jordan Williams in this effort”.

~ Jordan Williams & Liane Kandler

Psychology Association of Lakehead Students (“PALS”)

The PALS Executive committee this year is engaged, active, and makes use of their very own Blackberry enterprise system to communicate when the efficiency of speed is required to meet the needs of our students. Please welcome our new PALS executive team: Alexandra Kruse, PALS President, Suzanne Chomycz, PALS Graduate Rep, and Jordan Williams, CPA Undergraduate Rep.

Events hosted this semester included: our annual general meeting, Mt. McKay hike, graduate school workshop, and database usage & CPA abstract submission workshop. A thank-you to Dr. Stroink who assisted with our graduate studies workshop, and Dr. Moland who assisted with the PALS Mt McKay hike. We always encourage faculty involvement and mentorship with PALS! Our Annual Psychology Social took place November 24th and was another successful hit! This event aims to network students with faculty supervisors within a causal atmosphere

Membership with PALS is vital for the PALS executive team, it allows us to reach out to students and lets student voices be heard. We have seen more than 30 new members via PALS events and social media outlets.

Dr. Wesner and the PALS committee are spearheading a new initiative for our students- Psi Chi. This is the International Honour Society for Psychology. It is a prestigious, undergraduate driven program which focuses on fostering and advancing our discipline. Just to name a few, Psi Chi offers an undergraduate publication journal, undergraduate & graduate funding grants, awards and recognition etc. Please check out and browse the website <http://www.psichi.org/About/>. Graduate students are welcomed and needed too!

The PALS team looks forward to planning for Psychology Month in February 2012 and looking into the possibility of club clothing.



PALS Mt. McKay hike

~ Alexandra Kruse, Suzanne Chomycz, & Jordan Williams

LU Psychology Alumni: Dr. Sarah Vernon-Scott

This issue of PsychNews brings a new type of column, one in which we will feature LU Psychology alumni. This edition, we spoke with Sarah Vernon-Scott (Ph.D. '07) about her experience at Lakehead and her current role as Professional Practice Leader for Psychology at Brainworks (London, ON www.brainworksrehab.com).

Sarah, tell us a bit about Brainworks.

Brainworks is a private practice specializing in rehabilitation to help individuals with brain injury, chronic pain, behavioural and psychiatric disorders, and other similar conditions. Third parties such as insurance companies and WSIB fund many of our clients. We are an interdisciplinary organization, and I enjoy working closely with professionals such as social workers, vocational consultation specialists, rehabilitation therapists, and other psychology professionals. We also work in collaboration with physiotherapists, occupational therapists, and physicians from outside our organization.

What is your role at Brainworks?

I conduct a variety of assessments such as medico-legal and psychosocial assessments, and provide traditional psychotherapy treatments. I also have the opportunity to be involved in program development and research, and supervise rehabilitation therapists. Most recently I have taken on the role of Professional Practice Leader for Psychology. I enjoy my role because I get to work closely with other professionals, and take on a variety of roles.

Tell us about some of your other professional involvements.

This year I am President of the London Region Psychological Association. We engage in advocacy initiatives, provide networking opportunities for local psychology professionals, and also recognize members' achievements through practitioner and student awards. I'm also pursuing adjunct status at the University of Western Ontario so that I can become more involved in teaching and training of students.

How did your Lakehead education help prepare you for entry into the profession?

I found Lakehead's clinical psychology program to be a good training ground, not only for building knowledge and skills, but also for helping to foster a sense of the larger psychology community. For example, I was a student representative in the department, and active in the graduate student association. These roles helped me develop an understanding of the profession, beyond my own training. Certain faculty members encouraged this "extra" involvement, and cared not only about my professional development, but also personal development.

Continued on page 7



Sarah Vernon-Scott

Ph.D. (Clinical Psychology) 2007

Dissertation: Understanding the Influence of Positive and Negative Caregiver Appraisals on Physical and Mental Health Outcomes of Caregivers: An Examination of Gender and Kinship (Supervised by Dr. Michel Bédard)

Internship: London Health Sciences Centre

C. Psych. (Ontario) 2008

Alumni Dr. Sarah Vernon-Scott Continued from page 6

What are some fond memories of your time at Lakehead?

What stands out the most is the camaraderie and close friendships I developed with other students. On the very first day of grad school, I got together with the other students, because most of us were in a new city, far away from what was familiar. Throughout grad school I knew I could rely on my colleagues for studies, as well as fun ... we were not working against each other. I also had a tradition of throwing a big Halloween party every year. Everyone had to come dressed as something related to psychology...

Our thanks to Sarah Vernon-Scott for sharing about her experience and current role. If you know a LU Psychology alumnus whom we should feature, email us at psychnews@lakeheadu.ca

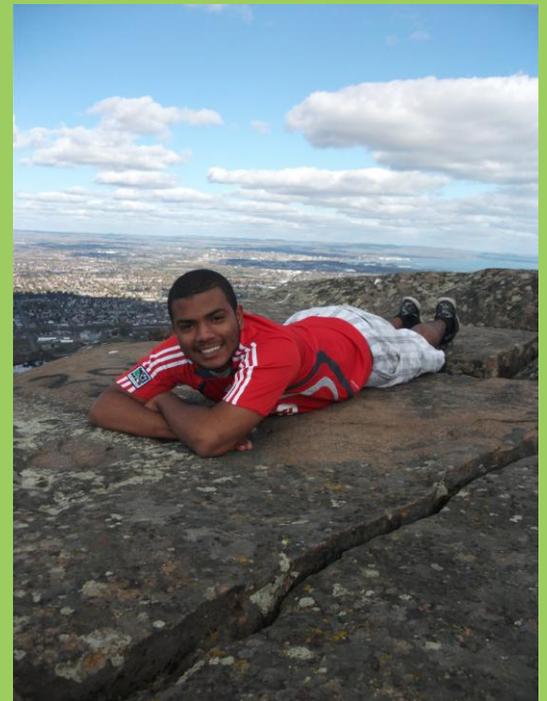
~ Dr. Amanda Maranzan

Meet the New CPA Undergrad Campus Rep

Hello Faculty & Students! My name is Jordan and I am very excited to be taking on the role of the undergraduate representative this year! As an executive member with PALS, our team decided to work-together with the CPA to deliver a fun, academic and research driven experience for undergraduate students this year. As such my goals for both positions are to: 1.) Increase awareness and encourage membership as student affiliate with the CPA. 2.) Increase student participation with the PALS club. 3.) Foster the importance of academics and research for undergraduate students.

See our PALS update on page 5 to discover how our committee is working to achieving these goals! Students visit the CPA website for access to psychology resources and student membership, www.cpa.ca. Do not hesitate to contact me, jmwillia@lakeheadu.ca if you have any questions or would like to get involved. Have a wonderful semester!

~ Jordan Williams



CPA Undergrad Campus Rep
Jordan Williams



Psychology Research Day

March 30, 2012
1:00 – 3:00 p.m.

Lakehead University Agora



Departmental Announcements

Dr. Chris Mushquash became the newest Assistant Professor in the Department of Psychology, joining us last August. Dr. Mushquash completed his Ph.D. in Clinical Psychology at Dalhousie University. His research involves the development and testing of culturally relevant interventions for substance abuse, and also works in other areas of Aboriginal health.

Lakehead Psychology receives permission from the Ontario Council of Graduate Studies to accept applications for a new doctoral degree in Psychological Science. Watch the Faculty of Graduate Studies website for more details.

Alex Penney and Jessica Bird, two Clinical Psychology PhD students in the Health Hormones and Behaviour Laboratory (HHABLAB), have each recently co-authored a number of papers that have been published or accepted for publication in peer-reviewed journals.

The Psychology Department would like to congratulate Dr. Rupert Klein on his recent promotion to the rank of Associate Professor with tenure and on his recent award for his Contribution to Teaching at Lakehead University. In the past four years at Lakehead Dr. Klein has offered a new class in Human Sexuality, teaches Industrial and Organizational Psychology and co-developed along with Dr. Stroink the undergraduate honour's thesis class. His primary research interest is in how an individual's personality buffers or exacerbates how they react to anxiety provoking threats.

Congratulations to graduate student Missy Teatero on her election to the CPA Section for Students Executive! Last year, Missy took over the responsibility of coordinating the entire campus representative program for the CPA. This year, Missy has given several talks and organized two new initiatives the Section. One is to profile a longstanding campus representative on the Section's website and newsletter every two months. The other initiative is a national campaign to ensure that every psychology-related program in Canada has CPA representation. After serving as a campus representative for four years and more recently the program's coordinator, Missy intends to run for Chair of the Section for Students in the election of Winter 2012.

Dr. Josephine Tan was awarded Fellow status with APA Division 12 (Clinical Psychology), is a Member-At Large on the APA Division 1 Board, and recently embarked on a 3-year term as Division 1 Award Coordinator for publication and research awards.

Congratulations to graduate students Missy Teatero and Liane Kandler who both received CIHR doctoral research funding in 2011. **Kaitlin Stefanovich** received a CIHR Charles Banting and Frederick Best M.A. award for 2011-12.

Suzanne Chomycz, Alexandra Kruse, Carolyn Houlding, and Aislin Mushquash have received a **Canadian Psychological Association Clinical Section Educational Activity Grant** valued at \$2000. The grant will be used to develop a workshop regarding service provision to northern and rural communities.

PsychNEWS

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