



Canadian Council of Professional Psychology Programs
Conseil canadien des programmes de psychologie professionnelle

A Biannual Newsletter

May 2015

2014-2015 Executive

Dr. Robin Adkins
President

Edmonton Consortium
Robinanne.Adkins@Albertahealthservices.ca

Dr. Rupal Bonli
Past President

Saskatoon Health Region
Rupal.Bonli@saskatoonhealthregion.ca

Dr. Arlene Young
President Elect

University of Guelph
ayoung09@uoguelph.ca

Dr. Susan Jerrott
Treasurer

IWK Community Mental Health
 Bedford/Sackville Cobequid Health
 Centre
Susan.Jerrott@iwk.nshealth.ca



Dr. Kerri Ritchie
Secretary

The Ottawa Hospital
kritchie@toh.on.ca

Dr. Catherine Costigan
Member-at-large

University of Victoria
costigan@uvic.ca

Tricia Teeft
Student Representative
Memorial University of
Newfoundland

ccpppstudentmember@gmail.com

Dr. Michael Teschuk
Member-at-large

University of Manitoba/ Winnipeg
 Regional Health Authority
MTeschuk@hsc.mb.ca

Are you our next President-Elect?
It is time to start thinking about joining the Executive.

Did you know?

There are now a total of 85 Members in CCPPP



TABLE OF CONTENTS

PRESIDENT’S MESSAGE 3

APPIC ANNOUNCES CHANGES 4

CCTC UPDATES..... 4

ACPRO..... 4

APPIC MATCH..... 5

POST MATCH SERVICE..... 5

NEW CCPPP WEB RESOURCES 5

MENTORSHIP..... 5

CCPPP PRE-CONFERENCE WORKSHOP AND CPA EVENTS..... 6

UPDATE FROM STUDENT MEMBER..... 7

President's Message Advocacy Works

Dr. Robin Adkins

This last year, one of our member sites was informed that the Government would no longer fund their accredited internship program. The staff of the internship advocated for continued funding and created an argument about how the program actually was cost effective. The program reached out to CPA and CCPPP, among others, for letters of support and we just heard that the funding has been extended!

I attended the Education Leadership Conference sponsored by the APA Education Directorate in September 2014 and part of the time was spent on advocacy. It was a fascinating experience for me, as someone who tends to shy away from any sort of political involvement. I attended all the sessions on advocacy even though it was aimed at the American system. After some training about advocacy and how to be effective, our colleagues were broken into their States and they then practiced their skills. They were preparing to go to Capitol Hill to meet with their Representatives and advocate for a specific funding bill for psychology education. Even though I did not have a State (and therefore no voice on the Hill), I sat in on the exercises as a spectator. All of the attendees took this very seriously and you could see how much they wanted to do a good job. It felt almost like someone being prepared for court!

It did not seem to me that the advocacy they were using, which was basically lobbying for a particular bill was exactly what we do in Canada. However, I wanted to share the strategies I learned about how to be an effective advocate.

1. Advocacy can be indirect (e.g., through the media such as letters to the editor), 1-way (e.g., sending a message through a letter), or 2-way (e.g., where there is a relationship such as meeting with an official). The last way can be the most effective.
2. Hook, Line, and Sinker was the reminder of how to get your message across quickly and effectively. The Hook is letting the person know that you are a voter in their district (or represent voters in their district through your work place) and stating what you are asking for (e.g., "I am here to request your support for ____"). The

Line is a story or talking point that is some way to make this meaningful to the person. If you could connect it to a personal story (or one from a client you see) that could be helpful. Highlighting how it would positively impact on specific interest groups (e.g., in the States it was services for veterans and disadvantaged populations) can help align it with other Government initiatives. Or, showing how it is actually cost saving can be effective – as always, money talks. The Sinker is then when you are ending, going back to what you want and end with "So I can count on your support for ____").

3. All staff members of Government officials are important. So even if you are talking to one of the workers, be respectful and clear in your message. Often, they said you do not actually meet with your Representative and it is important to know how influential the staff can be. Also, staff members may move to other positions where they may remember your request and be in a position to bring it forward.
4. You have expertise and you should not be afraid to use it. Have your information well researched and in a concise form.
5. Be brief. Legislators are busy and have many demands on their time so you need to be concise and to the point and avoid lecturing.
6. Keep a positive attitude. Your own political opinions do not belong here because you are advocating for a specific action.
7. Follow-up such as sending a thank you note which allows you to restate your points.
8. Be appreciative of their time!
9. Try not to get sidetracked with other topics.

All of these sessions on advocacy helped to remind me of its importance. I am not sure all of us recognize the important role that CPA and our provincial organizations play in advocating for psychology. We may notice the work when there is a particular issue that emerges but it is an on-going activity.

Will I become an active political advocate? Maybe not but I will use these skills within my own organization to help support and strengthen our residency program. Each of us can advocate for psychology in our own way as even small changes can cause a ripple effect.

An Exciting Opportunity Awaits YOU!

Are you a psychologist committed to training of students and the promotion of the highest standards of training?

Do you like to be active in advocating for necessary changes?

Are you interested in understanding the training climate and issues across North America?

Do you enjoy working with like-minded people?

If you answered yes any of these questions, you should consider becoming involved in the CCPPP as a member of the Executive.

At this time, the CCPPP executive invites nominations, including self-nominations, for the upcoming vacant Executive Council positions of:

Treasurer

Member At Large

President Elect

· **Process for Nominations:**

i. Nominations for office may be made by any Representative.

ii. Nominations shall be made to the President, accompanied by a statement of agreement to allow the name to stand by the candidate.

iii. Nominations must be received sixty days prior to the next General Meeting of Council, which will be held following the CCPPP pre-conference workshop in Vancouver on June 4th, 2014.

iv. In the event of there being more than one candidate for the office of President Elect, or Member at Large, the Secretary shall obtain election statements for each of the candidates, and shall conduct an election.

v. In the event of there being no nomination for a given office, nominations for that office shall be solicited at the Annual Meeting, and an election shall be conducted by simple majority vote, if necessary.

See CCPPP Bylaws at: <http://ccppp.ca/index.php/en/mission-bylaws>

The CCPPP executive holds two meetings in person per year, as well as one or two meetings by teleconference. The new Executive meets following the AGM at CPA and the other meeting occurs mid-winter.

Please consider volunteering your time and expertise.

For further information or to forward a nomination, please contact Dr. Robin Adkins at robinanne.adkins@albertahealthservices.ca

APPIC Announces Changes

Dr. Robin Adkins

Beginning with the 2018 APPIC Match, all doctoral programs participating in the Match will have to be Doctoral Program Associates. The specific requirements are listed on the website but what is important for our members to know is that the Doctoral Program will need to be accredited by CPA / APA or have an initial accreditation site visit booked. Currently, being a member of CCPPP has allowed Doctoral Programs to participate in the Match even if they are not currently accredited. This will no longer be the case.

The mission of CCPPP includes "promoting high standards of training through the development and implementation of policies that are conducive to such standards." Accreditation is one way to maintain high standards of training. As such, CCPPP is committed to assisting programs in moving toward accreditation. One way that CCPPP has done this is through mentorship of developing programs such as sharing resources, information, policies, and past experience to help a program negotiate through the accreditation process.

Participating in the Match is not the only reason to belong to CCPPP. It is a place where you will find other psychologists from different regions across Canada and areas of practice who are focused on training issues. For many of us, our first meeting with CCPPP has been a great experience as we find people who are interested in the same issues. It is like coming home! People have the same concerns and speak the same language. The listserv allows for continuous sharing of information as issues arise for a member site.

Having moved into an Executive role, I also became aware of all the work CCPPP does in liaison work with different organizations across North America. It is astounding to me that such a small group can be involved in some many groups and not just as observers but active participants. CCPPP takes an active role to address training issues. This may involve advocating for our Canadian programs both within Canada and across North America.

As we are developing our new website, we also look toward having a useful Resource section that will include information helpful to training issues.

Involvement in the Match is only a small benefit of belonging to CCPPP. The larger our membership, the stronger our voice in advocating for training issues and for

developing a strong community of psychologists committed to training.

CCTC Updates

Dr. Rupal Bonli

CCTC continues to address the internship imbalance across North America. The IDEA (Internship Development, Expansion and Advancement) workgroup is developing a resource tech center or common bank of information (internship matrix) which will facilitate the development and expansion of new and existing internship sites. The Internship Toolkit is now finalized and published at [Http://www.psychtrainingcouncils.org/documents.html](http://www.psychtrainingcouncils.org/documents.html)

The CCTC, in conjunction with APPIC, has approved the use of a revised version of the Canadian Reference Form for all internship applications across the U.S. and Canada. The new reference form, as well as a FAQ document, will be rolled out before the 2016 APPIC match. This new reference form will be uploaded in the APPIC system. A working group is exploring ways to evaluate its use and effectiveness.

International Cross Border Training issues continue. APPIC has convened a task force to look at this common problem and examine the visa requirements for both American and Canadian students who wish to train in the other country. Both Rupal Bonli (CCPPP) and Melissa Tiessen from CPA will sit on the APPIC Visa Task Force.

Melissa Tiessen (CPA) and Jackie Wall (APA) provided an update on the First Street Accord. This is the 2012 mutual recognition agreement which recognizes the equivalence of the APA and CPA systems of accreditation. More to follow on this accord.

The Center for Workforce Studies (CWS) in the U.S. is currently doing an analysis of the demand and need for psychologists across the country and is modelling psychology workforce and projections of supply and demand. CPA will be talking with CWS to streamline Canadian data collection in this country.

There was some discussion about the preparation and transition to the ICD 10 and the upcoming ICD-11. The training issue challenges that are inherent in the different

diagnostic systems were discussed. A workgroup is looking into how to best prepare for the transition and how these different systems will appear in the EPPP.

The APA Board of Educational Affairs has convened a task force to be responsive to court cases in the U.S. that have been filed by psychology students refusing to serve a diverse public due to religious/personal/moral beliefs. These have been referred to as conscience clause issues.

APA is working on a centralized application system for departments and candidates to use in graduate school applications in psychology. They are working with the APA Graduate Students Association (APAGS) to develop this system referred to as PsyCAS.

CCTC has created a working group to develop a web-based resource for internship programs. Resources will span the development of an internship, accreditation and self studies, and re-accreditation and program development. CCPPP and CPA are represented in this working group and the resources will include Canadian specific content.

It has been a pleasure to represent CCPPP on the CCTC over the past two years. Dr. Arlene Young, the current President Elect of CCPPP, will be attending these meetings in Washington beginning in the fall of 2015.

ACPRO

Dr. Kerri Ritchie

In November, the Association of Canadian Psychology Regulatory Organizations, along with representatives from CPA, CCPPP, and ASPPB met to develop a position statement on National Standards for Entry into Practice. These standards include a Doctorate from a CPA or APA program (or its equivalent).

The goal is to establish a pan-Canadian standard for entry into professional psychology. ACPRO is encouraging its membership to work towards harmonizing licensure standards. <http://www.acpro-aocrp.ca/documents/ACPRO%20Position%20Statement%20-%20National%20Standard%20-%20November%202014.pdf>

Colleges are also exploring models for the regulation of Master's level practitioners; seeking commonalities amongst the jurisdictions.

APPIC Match

APPIC continues to move toward full accreditation for all academic and internship programs using their match service. Dr. Susan Jerrott will represent CCPPP on an APPIC committee to oversee all APPIC Doctoral Program Affiliates (graduate programs whose students are eligible to participate in the APPIC Match). The committee will be reviewing applications for DPA status to assess whether programs meet APPIC criteria.

Post Match Service

We will continue to provide a Canadian Match service after the results of Match 2 have been announced. The Website and the new Student Facebook page hosted by Tricia Teeft, the student representative, will provide information about available positions and application processes to DCTs and students (see student Facebook information on page 7). We are still fine-tuning the efficiency of the process for the sites and a consistent format for the information provided on the site.

New CCPPP Web Resources

Dr. Kerri Ritchie

Directory

We have focused our efforts on updating our web profile to increase web resources for our members and prospective students and to enhance the functionality. <https://pencilneck.ca/about>
We now have technical support.

We were fortunate to find a phenomenal Canadian company, Pencilneck, who built us a new Directory. This addresses the feedback we receive from students, members, and other professional organizations. Guests now have the ability to search by region, as well as program offerings (e.g. clinical, counselling, neuropsychology, school, and populations such as adult, child,

couples). Searches can be combined to facilitate finding the programs of interest as efficiently as possible.

Thank you to all of the DCTs and TDs who got back to me so quickly with this new information. I know the turnaround time was tight. **Please review your program information carefully and let me know if anything needs to be changed.** We can now add more than one contact per site (e.g. DCT/TD, practicum coordinator). We can also add site logos. Updates can be requested within the directory or you can email kritchie@toh.on.ca

As DCTs and TDs transition please let me know who will be replacing you and either provide me with the complete change in contact information or ask the new TD or DCT to contact me with the new information as soon as possible. I am frequently in the position of needing to send several requests to have updated phone numbers and addresses.

CCPPP Website

We have added a conference section, which will allow us to inform the membership about CCPPP and Training events. We will also be able to upload materials from the conferences on this page for those who were unable to attend and/or want a refresher on the information that was provided at the CCPPP pre-conference workshop and/or CPA events.

A General Resource section for our members is now in development. The Internship Database has been updated and is now available on this page (advocacy section). Thank you to Drs. Clarissa Bush and Brent Haymen-Abello who consulted with us and added input over a weekend deadline. If you have additional suggestions for resources, particularly in the areas of school, counselling, and child psychology, please email me at kritchie@toh.on.ca.

Once we have finalized the content we will begin working on the French Translation for our website.

Listserv

Pencilneck is now working on creating a new system for us to communicate. Some institutional firewalls prevent members from posting on the listserv or receiving some (or all) of the listserv emails. The archived messages are only available through a login system for the site administrator. We often discuss topics that have previously been covered and the ability to access these old discussions has been one of the most common requests from our membership.

For now, you can post a message directly to the list serve using ccppp-list@ccppp.ca, but you must be a TD or DCT member that is identified by the list serve members list. You can also set your e-mail to receive a digest option.

Mentorship

Dr. Mike Teschuk

CCPPP continues to provide mentorship to new internship and doctoral programs, helping new Training Directors navigate the early stages of establishing a program moving towards accreditation, preparing self studies, and planning for site visits. The CCPPP Executive members have primarily taken the lead in providing assistance to these programs. We welcome additional volunteers to take on the role of mentor. Please contact Mike Teschuk mteschuk@hsc.mb.ca if you would be willing to provide mentorship. Duties may involve as little as one or two telephone consultations, sharing of materials or ideas from your own program, or a more ongoing mentorship relationship.



**Pre-conference
Workshop, June 2, 2015**

Drs. Arlene Young & Mike Teschuk
Room TBD

The Pre-conference workshop sponsored by CCPPP this year is "Fighting fires and solving problems: Challenging dilemmas in the training of professional psychology students." Lunch is provided.

This half-day workshop is focused on decision-making and problem solving for professional psychologists in a training context. In our various roles, as a Director of Clinical Training (DCT), Internship or Residency Training Director (TD), Practicum Coordinator or someone who provides professional supervision to student clinicians, we encounter a variety of challenging situations. For example, how to effectively address student competency problems while avoiding legal or ethical pitfalls?

The workshop will be a hands-on, problem solving, case and discussion based session with presentations of organizing principles, standards, and strategies to help guide the discussion. This is a unique opportunity for collegial consultation that should be an enjoyable session for those charged with supervising students and dealing with the infrequent, though always memorable, issues that can arise around student competence.

If you have any scenarios or issues you would like to discuss please send non-identifying scenarios to ayoung09@uoguelph.ca and/or come prepared with your scenarios to discuss.

Registration is open
<http://www.cpa.ca/Convention/registration>

**CCPPP Townhall
Meeting & Annual
General Meeting
Wednesday June 2,
2015**

**Starting at 1:30
Followed by wine and
Cheese at 5:30**

**Developing a CPA Accredited
Program: Effectively
Moving Along the Path**

Thursday June 4th, 12:30 – 2:30 PM
Room: Quebec, 4th Floor

The path to CPA Accreditation can at times seem daunting, despite the shared value of what accreditation brings to a program and its students. Programs new to the process, or even those more familiar, can become overwhelmed by the tasks required to develop (and maintain)

a program that is eligible for accreditation and to complete a self-study in application for accreditation. This session, jointly presented by representatives of CPA Accreditation and CCPPP, is intended to help dispel some of the myths and misunderstandings regarding applying for initial accreditation. As well, we will provide an overview of what to expect throughout the process, and provide some practical guidance for preparing a self-study application. This session is aimed at currently non-accredited programs, however faculty and staff of already accredited programs are also welcome to attend, particularly those in the process of re-accreditation.

Graduate Fair

Thursday June 4th, 4 – 6 PM
Room: Les Saisons, 3rd Floor

**CCPPP Internship Workshop
and Fair at CPA**

12:30 – 2:30 PM
Room: Les Saisons, 3rd Floor

Internship Training Directors, please join us for the CCPPP/CPA's workshop and fair. Following the workshop, there will be a fair of internship sites so you can meet and greet future applicants

Update from Student Member

Tricia Teeft, PsyD Student

In this section, you will find information of interest to current graduate students and predoctoral interns/residents in professional psychology programs. The CCPPP maintains one student member (elected to a two-year term) with voting privilege on the committee. The student member exists as a way for students to communicate concerns and issues to the committee on topics from ethical concerns, graduate program issues, internship concerns, requests for advocacy, troubleshooting and navigation of the AAPIC internship process, national and international policy affecting professional psychology, among other things.

If you have a question unanswered by your program or training site, you can connect via ccpppstudentmember@gmail.com and I can attempt to direct you to an appropriate resource.

Connect with CCPPP on Facebook!

The CCPPP now has a hub for students and interns/residents to communicate and connect on events, concerns, and other issues in the Canadian and American landscapes of professional psychology.

"Like" us at: <https://www.facebook.com/ccpppstudent> or search "CCPPP Students in Professional Psychology".



Student-Only Roundtable the CPA Convention

The CCPPP Student Rep is coordinating sponsoring a student-only round-table discussion at this year's CPA convention in Ottawa (June 4-6, 2015), along with two student collaborators (Alison Welsted, current pre-doctoral intern at Ottawa Hospital; and Sabrina LeMire-Rodger, neuropsych graduate student at York University).

"BETWEEN A ROCK AND A HARD PLACE: DEALING WITH ETHICAL ISSUES AS A GRADUATE STUDENT"

This interactive round-table session will focus on some of the ethical issues that may face graduate students during their training. How do you evaluate your own competence or make decisions about your scope of practice? What can you do when you are concerned about the competent, ethical practice or mental health of a fellow graduate student? How do you handle a disagreement about an ethical issue with a supervisor? How should you proceed if another professional

at a practicum is behaving unethically? This session is an opportunity for graduate students to openly discuss issues they have experienced or could face in the future. Small, facilitated groups will brainstorm solutions for addressing these issues based on experience and the Canadian Code of Ethics for Psychologists. Due to the nature of the discussion, we request that only students attend this session.

If you have a particular ethical issue that you have encountered or considered and feel that Canadian professional psychology students could benefit from de-identified and anonymous discussion of the issue as a vignette at the round-table, please submit your suggestion via email by APRIL 30.2014.

This round-table is intended to complement the Pre-Conference workshop being offered to DCTs and DTs, entitled "Fighting fires and solving problems: Challenging dilemmas in the training of professional psychology students."

I hope that the student workshop will provide a complementary perspective that allows for better collaboration and problem-solving between students, their programs, and their internship sites. We hope to publish a report with the themes and issues arising from this round-table, using it to communicate with DCTs and DTs and further advocate and provide support for students completing training in professional psychology programs.

CCPPP Internship Workshop and Fair at CPA

12:30 – 2:30 PM

Room: Les Saisons, 3rd Floor

For students who will be applying for their predoctoral internship in 2016 or beyond, you will want to attend CCPPP/CPA's workshop and fair. We will be busting myths, giving timelines, and detailing all of the need-to-know information to set you up for success in the APPIC match. Following the workshop, there will be a fair of internship sites so you can meet and greet with the site Directors.

Looking forward to communicating with you over the rest of my term as student member. Come say hello if you're attending CPA, or email ccpppstudentmember@gmail.com. I'm always interested in feedback from students on how your experience as a graduate student could be improved or made easier.

- Tricia

