

# PSYCH-LINKS

The Clinical Psychology Graduate Practicum Newsletter  
University of Victoria

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**Director of Clinical Training:** Catherine Costigan

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## Acting Practicum Coordinator's Comments (Dr. Kimberly Kerns)



This year is one filled with events at the University of Victoria as we celebrate UVic's 50<sup>th</sup> Anniversary! The kick off was the Anniversary Festival on Friday and Saturday, Sept. 28–29 which was a scene of celebration in the quad. Performers included The Chantrelles, Carmanah, Hayley and Acres of Lions who created the party atmosphere as tours, talks and open houses took place all over campus. Our own Psychology Department got involved by hosting open houses in labs throughout the Cornett Building. A celebration of excellence in October honoured 5 UVic alumni including the celebrated author of the '10-Mile Diet', an award winning naturalist/photographer, an Olympic athlete, a female CEO of VanCity, and a highly regarded Indigenous Leader.

From June 1–8, 2013, the University of Victoria will be hosting the Congress of the Social Sciences. This 8 day event will bring together over 8,000 faculty and students from over 70 academic associations across Canada. The *Big Thinking* Lecture Series and many academic panels, and social and cultural events will be open to not just the university, but the broader public. Information will be posted on the UVic website!

This September we accepted six new students to the program:

- **Melanie Cochrane** (Clinical Neuropsychology, Supervisor: Dr. Colette Smart)
- **Emily Duggan** (Clinical Neuropsychology, Supervisor: Dr. Mauricio Garcia-Barrera)
- **Lisa Gou** (Clinical Lifespan, Supervisor: Dr. Erica Woodin)
- **Sheena Miao** (Clinical Lifespan, Supervisor: Dr. Cathy Costigan)
- **Audra Roemer** (Clinical Lifespan, Supervisors: Dr. Tim Stockwell & Dr. Erica Woodin)
- **John Sheehan** (Clinical Neuropsychology, Supervisor: Dr. Kimberly Kerns)

We are happy to welcome these students to the program and I look forward to introducing them to our practicum supervisors at this year's reception on November 22<sup>nd</sup> at the University Club.

Since January 2012, 13 practicum sites have accepted students from the programme:

- UVic Psychology Clinic, Victoria, BC
- UVic Student Counselling Centre, Victoria, BC
- Saanich Child and Youth Mental Health, Victoria, BC
- Victoria Child and Youth Mental Health, Victoria, BC
- Inpatient & Outpatient Mental Health Services at QACCHealth, Victoria, BC
- USTAT Group Psychotherapy, VIHA Mental Health Services, Victoria, BC
- VGH Outpatient Neurorehabilitation, Victoria, BC
- Sylvain Boies Private Practice, Victoria, BC
- Dr. Tamara Goranson, A.T. Malcolm & Associates, Victoria, BC
- Mental Health Services, Canadian Forces – DND, Victoria, BC
- GF Strong Rehabilitation Centre, Vancouver, BC
- Baycrest Rehabilitation Centre, Toronto, ON
- Regional Rehabilitation Centre, Hamilton Health Sciences, Hamilton ON

Many of these sites have provided supervision for more than one student in the past 12 months. Thanks to all of the practicum supervisors for your time, commitment and continued dedication to our students and contribution to our profession's commitment to delivering high quality training! KAK

The most significant change in the clinical psychology program this year involves the Director of Clinical Training (DCT) position. Dr. Catherine Costigan agreed to take on the position of DCT as of July 1, 2012. We are indeed delighted as Dr. Costigan has assumed this important role! We also want to take this opportunity to thank Dr. Ehrenberg again for the many years of wonderful leadership she provided to the clinical psychology graduate program, we are indeed grateful! In addition, Dr. Lara Robinson is on a study leave May 1 – Dec 30, while Dr. Kerns takes up her roles temporarily.

## Director of Clinical Training ~ Update (Dr. Catherine Costigan)



I am now into my second year as the Director of Clinical Training, and I've thoroughly enjoyed the chance to learn more about our practicum sites. In fact, I sometimes wish I was still in training so that that I could take advantage of the diverse opportunities in our community for psychological practice!

Within the graduate program, we have one big change underway – we are currently searching for a new clinical neuropsychology colleague to replace Dr. Brad Hale. Dr. Hale left UVic last spring for a school psychology program in Alberta – we wish him success in his new position. We have received some outstanding applications for the open faculty position and we hope to have a new colleague in place for a July 2013 start.

This year is also the inaugural year for our program's Diversity Committee. The committee is a mixture of students and faculty members who are interested in contributing to the training we offer throughout the program for working with diverse clients, as well as exploring ways of ensuring that our program is welcoming to students and faculty from diverse backgrounds. Expertise from our practicum sites in these areas is always welcome.

We look forward to talking with all of our current supervisors at the November meeting about some minor changes in our practicum requirements, and anticipate another rewarding year of working together. *C.C.*

Psychology Faculty/Staff at UVic



## Highlights ~ Clinical Psychology Faculty Member:



**Dr. Catherine Mateer** joined the Psychology Department in 1994. She became UVic's Associate Vice President – Academic Planning in 2006. Her primary area of clinical practice is rehabilitation neuropsychology. Dr. Mateer received her MSc from the University of Wisconsin and her PhD from the University of Western Ontario. Dr. Mateer is a registered psychologist in the province of BC and has received Board Certification from the American Board of Professional Psychology (ABPP) in Clinical Neuropsychology. Before joining the Department of Psychology, she served as the director of

neuropsychological services at the Centre for Cognitive Rehabilitation at the Good Samaritan Hospital in Washington. She has served as a board member of the International Neuropsychological Society, as president of the American Academy of Clinical Neuropsychology. She is a past president of the Association of Doctoral Education in Clinical Neuropsychology and was elected a Fellow of the American Psychological Association in 2003 and of the Canadian Psychological Association in 2006.

In 2004, Dr. Mateer received the Roger Barker Distinguished Research Contribution Award in Rehabilitation Psychology and in 2011 was named the inaugural recipient of a new award from the BC Psychological Association created in her name: the Catherine Mateer Scientist-Practitioner Award. The BC Psychological Association created the award to recognize individuals who have made significant and distinguished advancements in the field of psychology using a scientist-practitioner model to bridge science with the application to real people in real situations. Most recently Dr. Mateer was awarded the Mitch Rosenthal Award by the American Academy of Rehabilitation Medicine at their annual 2012 meeting in Vancouver, BC. Her keynote address entitled 'Rehabilitation in the Future: A Peek Over the Horizon' focused on the role of neuroplasticity in cognitive rehabilitation and on the integration of new technologies into rehabilitation practice.

Dr. Mateer is well known internationally for her work in the clinical assessment and management of cognitive and emotional difficulties following neurological injury. Her research interests are primarily in the management of difficulties with attention, memory, executive functions, awareness, and emotional adjustment following traumatic brain injury. She has mentored over 30 students in the Clinical Neuropsychology Program. Fourteen students have completed their PhD's under her supervision, and she currently is supervising one doctoral student in our program.

### Publications

Dr. Mateer has co-authored three books including the seminal 1989 *Introduction to Cognitive Rehabilitation: Theory and Practice* and over 100 articles and book chapters, the most recent being:

Mateer, CA and Smart, C. (in press), Cognitive rehabilitation—innovation, application, and evidence. In I.S. Koffler, J. Morgan, I.S. Baron & M.F. Greiffenstein (Eds.), *Neuropsychology Science and Practice*, Oxford University Press.

Lillie, R., Kowalski, K., Patry, B., Sira, C., Tuokko, H. & Mateer, C.A. (2010). Everyday impact of traumatic brain injury. In T. Marcotte & I. Grant (Eds.), *Neuropsychology of Everyday Functioning*. New York, NY: Guilford, Pgs 302-330.

Mateer, C.A. (2009). Neuropsychological interventions for memory impairment and the role of single-case design methodologies, *Journal of the International Neuropsychological Society*, 15(4), 623-628.

KAK

## Highlights ~ Students on Internship (2012-2013):

This section provides a list of the students who are on internship and includes where these students completed their clinical practica and where they are currently attending their pre-doctoral internship. Being accepted to a pre-doctoral internship is a significant accomplishment and signals that these students are approaching the end of their Ph.D. and their formal clinical training. These students have worked hard to achieve a high level of clinical and professional competency. They have been supported during this period by numerous practicum supervisors across a wide variety of practicum settings. I want to acknowledge the hard work and dedication of both these students and their previous practicum supervisors! *KAK*

### Céline Koryzma

**Previous Practica:** 503: Youth Forensic Psychiatric Services, Victoria, BC  
505: UVic Psychology Clinic - Psychotherapy, Victoria, BC  
505: Anxiety Clinic, Vancouver Island Health Authority  
603: UVic Counseling Services, Victoria, BC

**Current Internship:** Calgary Clinical Psychology Residency, Calgary, Alberta

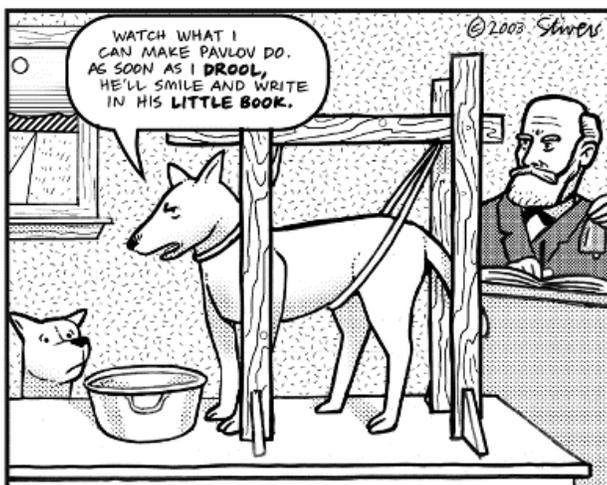
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### Kristina Brache

**Previous Practica:** 503: UVic Psychology Clinic - Assessment, Victoria, BC  
503: Youth Forensic Psychiatric Services, Victoria, BC  
505: UVic Counseling Services, Victoria, BC  
603: Victoria Child & Youth Mental Health Team, Victoria, BC

**Current Internship:** Calgary Clinical Psychology Residency, Calgary, Alberta  
**Congratulations!**

## The Psychological Funny Bone



Secretary to Psychologist: "Doctor, there is a patient here who thinks he is invisible."

Psychologist: "Tell him I'm sorry, but I can't see him right now."

"I am 99.7% confident that I fall within three standard deviations from the mean!"

## Highlights ~ Clinical Practicum Site

There have recently been some changes in the supervision at our own Psychology Clinic practicum. This in combination with UVic's 50<sup>th</sup> prompted this highlight to be on our own UVic Psychology Clinic. Dr. Ken Moselle retired after nearly 20 years of providing clinical supervision, and past-program graduate Dr. Sarah Macoun (nee Archibald) was appointed this year as professor in the Department of Educational Psychology and Leadership Studies. While we will miss these wonderful supervisors, as the acting practicum coordinator, I had the opportunity to interview and meet the new supervisors for our clinic: UVic's clinical psychology program graduates Dr. Lisa Van Bruggen and Dr. Marei Perrin, as well as Dr. Alina Carter, a clinical psychology graduate from the University of Windsor. I am very impressed with the dedication and professionalism which these individuals have brought to their supervisory role in the clinic. We welcome and thank them for their contributions to our training program. *KAK*

### University of Victoria Psychology Clinic

In the early 1960's, Dr. Bill Gaddes, a clinical psychologist and Professor in Psychology, became convinced of the need to better understand brain development and dysfunction in children. With support from the Vancouver Foundation and the BC Polio Foundation, the Neuropsychology Laboratory was opened just under 50 years ago, in the Cornett Building on July 1, 1964. Receiving referrals from physicians, teachers, and community psychologists, the Neuropsychology Laboratory served as a powerful catalyst for integrating clinical research, clinical training and service to the broader Victoria and Vancouver Island community. In 1994, the name of the Neuropsychology Laboratory was changed to the Psychology Clinic in order to reflect its broader mandate as a clinical research and training site for the then 'newly accredited' APA/CPA Graduate Program in Clinical Psychology. Since its inception over 6000 clients have been seen in the UVic Psychology clinic, and the numbers continue to grow!

*Dr. Bill Gaddes*



Practicum opportunities came to the university clinic not long after the name change, when funding was provided by local foster child support organization, VISTA, who provided initial funding to offer comprehensive adoption evaluations. This led to contractual agreement with the Ministry for Children and Families, providing ongoing support for evaluations of children under ministry care and the potential for the programs first 'in-house' practicum offering (503). The first clinical supervisors recruited for the practicum were Dr. Jessica Ball (now a professor in UVic School of Child and Youth Care) and recently retired, Dr. Ken Moselle (Vancouver Island Health Authority), and the hiring of our much beloved Clinic Secretary, Lori Ann Larsen. In this practicum students get their first opportunity to

provide supervised clinical and behavioural assessments with children/adolescents and adults. In addition to the practicum opportunity, a number of clinical activities take place in our clinic, including individual, family and couples therapy as well as interventions for cognitive or behavioral disorders secondary to developmental or acquired neurologic disorders. This year the clinic will begin a new service providing counselling and support for families impacted by divorce, under the supervision of Dr. Ehrenberg.

The clinic always has and continues to play an essential role in the training of our clinical students. Thanks to the vision of Dr. Gaddes, who created a space specifically designed for clinical teaching, observation, and research, our own clinic continues to thrive and grow and provide a unique community resource nearly 50 years after its inception. Though no longer with us, a big "Thanks Bill" to our founder!

## Clinical Supervision ~ Article Synopsis

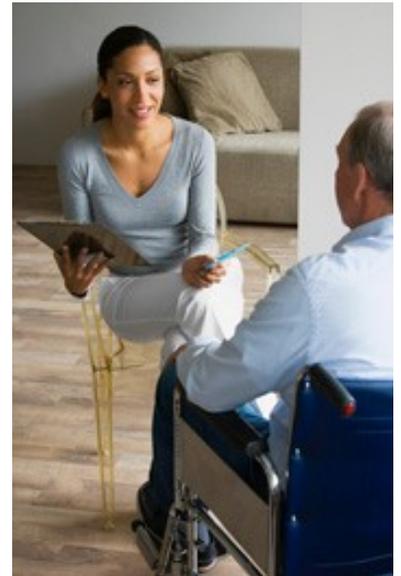
McQuaid, E. & Spirito, A. (2012). Integrating research into clinical internship training: Bridging the science/practice gap in pediatric psychology. *Journal of Pediatric Psychology* 37(2), 149-157.

Every day clinical psychologists help a wide range of people of all ages with all sorts of problems. Some with emotional or mental health problems, such as depression or schizophrenia, and others with cognitive problems, such as problems with memory or perception after a head injury, a learning disability or dementia. There are many more areas of life where a clinical psychologist can help. These could include helping people manage and live with health conditions such as cancer or chronic pain, assisting people who have difficulties in maintaining relationships, dealing with cognitive changes with aging or providing advice about how to care for, or assessment for a child who has a developmental or acquired disorder.

Whatever the problem, clinical psychologists consider what scientific research says about its probable cause, results and what will be likely to help. Sometimes the clinical psychologist will be the one who then provides the help. Examples of this include seeing the person for a number of sessions to provide psychological therapy or giving advice on how to manage memory problems. And sometimes the clinical psychologist will recommend other people who can help, perhaps advising them on the best way forward for the client. The clinical psychologist brings to the practice of mental health care of people knowledge-based psychological skills in relation to people, development and disease.

Key areas for the use of these skills include the disturbances of cognition, including memory, mood and behaviour. This includes assessment and diagnosis, the delivery of psychological treatment, teaching and training, research audit and clinical management. Both assessment of mood and psychological approaches in the treatment of mood disorders using individual and systemic approaches are important. Clinical psychologists also contribute to the training and supervision of other staff in the practice of psychological treatments. This includes the management of challenging behaviour using psychological approaches. Clinical psychologists make a major contribution to audit and service evaluation and have skills relevant to the support, facilitation and management of clinical teams.

In the reviewed manuscript, the authors state that the research literature points to a critical gap between the science of and actual practice in clinical psychology. The authors suggest that the internship year provides a 'capstone experience' in which training in methods of scientific evaluation should be clearly integrated with the development of advanced clinical competencies within the internship. They provide a rationale for continued exposure to research during the clinical internship year, including, (a) critical examination and integration of the literature regarding evidence-based treatment and assessment, (b) participation in faculty-based and independent research, and (c) orientation to the science and strategy of grantsmanship. The authors suggest that participation in research provides exposure to new empirical models and fosters the development of applied research questions. They argue that providing orientation to grantsmanship yields an initial sense of the 'business of science' outside the university environment with its extensive support



structure for research. The authors note that internship provides an important opportunity to examine the challenges of integrating the clinical evidence base into professional practice and suggest for that providing research exposure on internship is an important strategy in training the next generation of psychologists.

The internship provides a unique context for the integration of skills in scientific inquiry coordinated with the application of clinical skills across patient populations. It offers the opportunity to challenge students to use their critical thinking skills evaluating the empirical evidence to support assessment and treatment methods with clients providing integration of scientific knowledge into actual clinical practice. Given that internship sites typically can't provide "pure" treatment populations trainees are on the front line in attempting to provide appropriate standardized interventions/assessments to heterogeneous treatment populations. In this environment trainees experience how well-controlled intervention models learned in graduate school can be adapted for use in busy consultation services or broad outpatient behavioral clinics. Integration of research opportunities into the internship provides the message to trainees that empirical evaluation of clinical methods is a crucial expectation of clinical work and research mentors during internship provide an important role model for research in the clinical setting. Internships with limited research funds can involve interns in other types of research including program evaluations. Providing exposure to grantsmanship for interns can move students beyond espousing the 'Scientist-Practitioner' model to preparing interns to engage in the process of securing grant funding. This experience can also provide the intern with the experience of encountering and managing all the unanticipated logistics of submitting a grant in a clinical setting and working with research administration to approve and submit the final proposal.

Overall promoting research on the internship continues providing trainees in psychology with a broad skill set that can enhance their productivity and flexibility in clinical research or competitive medical academic settings. *KAK*

### Proposed Integration of Research into Internships

Table 1. *A Continuum of Research Training Options, Content and Goals for Predoctoral Internships*

Options	Content	Goals
Clinical rotations	Use of empirically supported assessments	Improve critical thinking skills
	Use of empirically supported treatments	Integrate science into practice on a more consistent basis
Seminars	Provide literature regarding empirically supported assessments and treatments	Increase knowledge base
	Provide overview of grantsmanship	Improve science of clinical practice
		Increase knowledge of grantsmanship strategies; funding opportunities; integration of clinical and research career paths
Review manuscripts with mentor	Clinical treatment and assessment articles	Increase science knowledge base
Participation in mentor's clinical research	Serve as independent evaluator	Integrate research quality procedures in clinical practice
Elective	Serve as therapist in an RCT	Increase likelihood of becoming independent investigator
Mandatory (with/without protected time)	Conduct QI or program evaluation projects	Develop diverse skill set to be competitive in a range of careers
Grant writing	Apply for Funding, including Internal Grants, postdoctoral fellowship grants (e.g., F32); K awards or K00/99	Improve grant writing skills
		Increase likelihood of becoming independent investigator
Research-funded internship slots	50% of clinical training is on clinical research of mentor;	Increase exposure to grant-funded research; enhance likelihood of becoming independent investigator
	50% from broad exposure to clinical populations	

## Psychology Clinic Journal Club ~ Update



The Psychology Clinic Journal Club is sponsored by the Graduate Program in Clinical Psychology and the Psychology Clinic. Journal club meetings are held on campus at the Graduate Students' Centre from 5:15 – 6:45 p.m. on the third Wednesday of the month. The Journal Club reflects our intention to support and connect with Registered Psychologists within the Victoria area. It is also a mechanism for keeping in touch with and thanking community members who supervise our graduate students. Focusing discussion on research readings, the club assists local psychologists in meeting the CPBC required continuing education criteria for

*Structured Interactive Activities*, providing a venue to discuss clinical, professional and ethical issues in relation to current clinical research and literature.

The articles chosen cover a wide variety of clinical topics (e.g., therapy, assessment, psychopathology, and ethics) representing the Clinical Psychology Program's life span-developmental perspective. Articles cover each of the following age groups: children and adolescents, adults, and older adults. The Psychology Clinic Coordinator selects articles based upon feedback from the clinical faculty and journal club participants.

To date this year the following articles have been discussed:

Date	Age Group	Article
January 2012	Children & Adolescents & Ethics	Tunick, R.A., Mednick, L., & Conroy, C. (2011) A Snapshot of Child Psychologists' Social Media Activity: Professional and Ethical Practice Implications and Recommendations. <i>Professional Psychology: Research and Practice</i> , 42(6): 440-447.
February 2012	Adults & Ethics	Bemister, T.B., Dobson, K.S. (2011) An Updated Account of the Ethical and Legal Considerations of Record Keeping. <i>Canadian Psychology</i> , 52(4): 296-309.
March 2012	Older Adults & Ethics	Karel, M.J., Gatz, M., & Smyer, M.A. (2011). Aging and mental health in the decade ahead: What psychologists need to know. <i>American Psychologist</i> , 26 (9), 1-15.
September 2012	Children & Adolescents	Prinstein, M.J., Heilbron, N., Guerry, J.D., Franklin, J.C., Rancourt, D., Simon, V., & Spirito, A. (2010). Peer Influence and Nonsuicidal Self Injury: Longitudinal Results in Community and Clinically-Referred Adolescent Samples. <i>Journal of Abnormal Child Psychology</i> , 38:669-682
October 2012	Adults	Kemeny, M.E., Foltz, C., Cavanagh, J.F., Cullen, M., Giese-Davis, J., Jennings, P., Rosenberg, E.L., Gillath, O., Shaver, P.R., Wallace, B.A., & Ekman, P. (2012). Contemplative/Emotion Training Reduces Negative Emotional Behavior and Promotes Prosocial Responses. <i>Emotion</i> , 12 (2), 338-350
November 2012	Older Adults	Grady, C.L. (2008). Cognitive neuroscience of aging. <i>Annals of the New York Academy of Science</i> , 1124, 127-144.

The journal club is open to all registered psychologists in the Victoria area, who can join by emailing us at [pcjclub@uvic.ca](mailto:pcjclub@uvic.ca). We look forward to continuing to offer this service and seeing you all in the future. KAK

## Current Victoria Area Clinical Psychology Practicum Sites:

Site	Emphasis	Supervising Psychologists (*contact person)
UVic Psychology Clinic	Assessment	Dr. Lisa VanBruggen, R. Psych.* Dr. Marei Perrin, R. Psych. Dr. Alina Carter, R. Psych.
UVic Psychology Clinic	Therapy	Dr. Lara Robinson, R. Psych.* <i>Dr. Anthony Dugbartey, R. Psych.</i> <i>Dr. Leah Hatton, R. Psych.</i> <i>Dr. Wally Craver, R. Psych.</i>
Youth Forensic Psychiatric Services	Assessment	Dr. James Sawchyn, R. Psych.* Dr. Scott Bezeau, R. Psych. Dr. Jeffrey Fuhr, R. Psych. Dr. Christine Schwartz, R. Psych.
UVic Student Counselling Centre	Therapy	Dr. Rita Knodel, R. Psych.* Dr. Ai-Lan Chia, R. Psych.
Victoria Child & Youth Mental Health	Therapy	Dr. Louise Costello, R. Psych. Dr. Jane Bradley, R. Psych. Dr. Josh Slatkoff, R. Psych.* Dr. Katherine Herbert, R. Psych.
Saanich Child and Youth Mental Health	Therapy	Dr. Laurel Townsend, R. Psych. Dr. Linda Clark, R. Psych. Dr. Tricia Orzeck, R. Psych.*
West Shore Child & Youth Mental Health	Therapy	Dr. Shirley Graham, R. Psych.*
Anxiety Clinic, Victoria Mental Health	Therapy	Dr. Eric Ochs, R. Psych.*
Preschool Assessment at Queen Alexandra Centre for Children's Health	Assessment	Dr. Mary Anne Leason, R. Psych.*
Neuropsychological Services at Queen Alexandra Centre for Children's Health	Assessment	Dr. Kelly Price, R. Psych. Dr. Chand Taneja, R. Psych.*
A.T. Malcolm & Associates	Assessment	Dr. A. Malcolm, R. Psych.* Dr. Tamara Goranson
Forensic Psychiatric Services - Adult	Assessment/ Therapy	Dr. Tony Dugbartey, R. Psych.* Dr. Shauna Darcangelo, R. Psych. Dr. Heather Scott, R. Psych.
Outpatient Neurorehabilitation Services, Victoria General Hospital	Assessment/ Therapy	Dr. Claire Sira, R. Psych.* Dr. Karen Kit, R. Psych.
Inpatient & Outpatient Mental Health Services at Queen Alexandra Centre for Children's Health	Assessment/ Therapy	Dr. Loren McMaster, R. Psych.* Dr. Alissa Schachtman, R. Psych. Dr. Laila Thaiss, R. Psych. Dr. Lisa Van Bruggen, R. Psych.
Mental Health Services/Canadian Forces Health Services Centre (Pacific)	Assessment/ Therapy	Dr. Ron Penner, R. Psych.* Dr. Robert Cline, R. Psych. Dr. Sam Morgan, R. Psych. Dr. Kate Diskin, R. Psych.
USTAT/ Group Psychotherapy	Therapy	Dr. Elisabeth Hallam, R. Psych.*

## Current Clinical Psychology Faculty Members:

[Catherine Costigan](#), Ph.D., R. Psych., Associate Professor, Director of Clinical Training

[Marion Ehrenberg](#), Ph.D., R. Psych., Associate Professor

[Mauricio Garcia-Barrera](#), Ph.D., Assistant Professor

[Kimberly Kerns](#), Ph.D., R. Psych., Associate Professor

[Catherine Mateer](#), Ph.D., R. Psych., Full Professor

[Lara Robinson](#), Ph.D., R. Psych., Senior Instructor, Clinic & Practicum Coordinator

[Marsha Runtz](#), Ph.D., R. Psych., Associate Professor

[Colette Smart](#), Ph.D., Assistant Professor

[Holly Tuokko](#), Ph.D., R. Psych., Professor

[Erica Woodin](#), Ph.D., R. Psych., Assistant Professor

[Laurie Fitzgerald](#), M.Sc., Psychometry Instructor

UVIC Celebration recreated the Concert on the roof of the Student Union Building – 50 years later

