

# PSYCH-LINKS

The Clinical Psychology Graduate Practicum Newsletter  
University of Victoria

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**Acting Director of Clinical Training: Dr Holly Tuokko, R.Psych.**  
**Clerical Support: Ms. Wendy Davies**

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Above: UVic covered in snow!  
Photo credit: Sheliza Ali

## Practicum Placement Coordinator's Comments



**Dr. Erica Woodin:** I would like to begin by giving heartfelt thanks to Dr. Lara Robinson, who served as practicum coordinator at UVic for over 10 years before passing the torch along. Her role was too monumental for one person to take over, and so we have now separated essential practicum tasks into two positions. I am serving as the *Practicum Placement Coordinator* and will be responsible for orchestrating student practicum experiences from start to finish. I will be joined by Dr. Sarah Macoun, serving as the *Practicum Site Coordinator*, who will facilitate communication with practicum supervisors and who will work to develop new practicum placements for our students.

As always, we are thankful for the hard work and commitment of all our practicum supervisors. For the January-November 2017 period, we had students at 15 practicum sites in the Greater Victoria Area and across British Columbia, including:

- UVic Psychology Clinic, Victoria, BC
- Anxiety Disorder Clinic, Island Health, Adult Mental Health Services, Victoria, BC
- UVic Student Counselling Services, Victoria, BC
- Saanich Child and Youth Mental Health, Victoria, BC
- Victoria Child and Youth Mental Health, Victoria, BC
- Neuropsychological Services at QACCHHealth, Victoria, BC
- Inpatient & Outpatient Mental Health Services at QACCHHealth, Victoria, BC
- Vancouver Island Psychological Services, Victoria, BC
- Mental Health Services, Canadian Forces, Victoria, BC
- South Vancouver Island Eating Disorders Program, Victoria, BC
- Dialectical Behavior Therapy Program, Victoria, BC
- Neuropsychological Assessment Private Practice Consortium, Victoria, BC
- G.F. Strong Rehabilitation Centre, Vancouver, BC
- The Children's Foundation, Vancouver, BC
- Timber Creek Tertiary Program, Surrey, BC

Many of these sites have provided supervision for more than one student during this time period. We would like to thank all of the practicum supervisors for your time, commitment and dedication to our students and contribution to our program's commitment to delivering high quality training! *EW & SM*

## Acting Director of Clinical Training Update



**Dr. Holly Tuokko:** Dr. Catherine Costigan, Director of Clinical Training, is taking a well-earned study leave from July 1, 2017-June 30, 2018 and I have stepped in to fill the void for the duration of her study leave. I hope to return the program to her no worse for wear and that she returns refreshed and ready to resume her duties. I will then take my well-earned retirement after 21 years at the University of Victoria as a member of the Clinical Psychology Training program and 35 years working in the field of clinical psychology. As I came into my faculty position at UVic as a registered psychologist in the province of BC after 14 years working in clinical settings, my involvement with clinical training was a natural fit. In my previous positions, I had supervised practicum students and clinical psychology trainees on internship. Subsequently, to be involved in the preparation of students who would later be engaging in practicum and internship experiences was both enlightening and highly rewarding. Moreover, from a research perspective, I came to my faculty position well equipped by my previous experiences as a scientist-practitioner to shepherd graduate students through research endeavors that were both scientifically sound and clinically meaningful.

During my time as a faculty member within the Clinical Psychology program, I played many roles including practicum coordinator, coordinator of clinical research rounds, clinical graduate student admissions coordinator, clinical supervisor for students enrolled in the Psyc 503 practicum at the Psychology Clinic, and as an active member of the Steering Committee on Clinical Training. In addition, I served as primary research supervisor for 22 graduate student degrees (Masters or PhD) for students enrolled in the Clinical Psychology program. While I look forward to my retirement, I will miss the opportunities afforded to me through my active engagement with the students and faculty members within the Clinical Psychology Training program. I will reflect on this time fondly.

Over the past year, there have been a number of changes in our program. Of particular note, Drs. Erica Woodin and Sarah Macoun have assumed responsibility for the practicum coordination. Our deepest thanks go to Dr. Lara Robinson for her many years serving as Practicum Coordinator and to Drs. Colette Smart and Mauricio Garcia-Barrera for assisting during the transition period.

In September, we welcomed eight new students to the program:

- Buse Bedir (Clinical Neuropsychology, Dr. Sarah Macoun, supervisor)
- Nicole Legg (Clinical Lifespan, Dr. Brianna Turner, supervisor)
- Lauren Matheson (Clinical Lifespan, Dr. Erica Woodin, supervisor)
- Drexler Ortiz (Clinical Lifespan, Dr. Catherine Costigan, supervisor)
- Ashleigh Parker (Clinical Neuropsychology, Dr. Jodie Gawryluk, supervisor)
- Julie Prud'homme (Clinical Lifespan, Dr. Brianna Turner, supervisor)
- Cara Samuel (Clinical Lifespan, Dr. Marsha Runtz, supervisor)
- Debra Torok (Clinical Lifespan, Dr. Nichole Fairbrother, supervisor)

We are happy to welcome these students to the program and we look forward to introducing them to our practicum supervisors at this year's reception on November 23, 2017 at the University Club. *HAT*



## Highlights Clinical Psychology Faculty Members



**Dr. Lara Robinson, R. Psych.**, joined the clinical psychology faculty in 2004 and is an Assistant Teaching Professor. She is also well known as the tea-loving<sup>1</sup> director of the UVic Psychology Clinic where all clinical graduate students have their first practicum experience. She previously held the Practicum Coordinator position for over ten years, but has recently passed the baton on to focus on other areas – possibly adding to her 330 plus skydiving jumps! Her clinical practice has focused on adult psychotherapy and assessment in mental health and health psychology. Her main therapy orientation is interpersonal, which also happens to be one of her favourite courses to teach as she enjoys listening and being a part of students' learning of the concepts. Either knowingly or otherwise, Dr Robinson resides in the minds of many UVic clinical psychology graduate student through her Ethics course, a course that she notes being “really proud of.”

Representative publications include:

- Kaasalainen, S., Stewart, N., Middleton, J., Knezacek, S., Hartley, T., Ife, C., & **Robinson, L.** (2011). Development and evaluation of the Pain Assessment in the Communicatively Impaired (PACI) tool: part II. *International Journal of Palliative Nursing*, 17(9), 431-438.
- Hill, J. & **Robinson, L.** (2010, Spring). Learning ethics: Ethical acculturation & professional identity. *BC Psychologists*, 10-11.



**Dr. Brianna Turner** joined the clinical faculty in 2016 and is an Assistant Professor. Having recently joined UVic, she is appreciative of the program's emphasis on human diversity and well-being, not to mention the “magic” of baby deer encounters on campus. Dr. Turner is trained in Dialectical Behaviour Therapy and her clinical interest lies in helping individuals to effectively manage their emotions, relationships, and risky behaviours, including suicidal behaviour, through evidence-based interventions. She also enjoys sharing her knowledge on these interventions through her classes such that cognitive defusion is one of her “favourite concepts to teach” because of the powerful and creative exercises involved. Dr. Turner's research is focused on understanding when and why people engage in physically harmful behaviors. At UVic, she is excited about the chance to learn from her students as she is in the process of building her lab; the Risky Behaviour Lab. Dr. Turner practices what she preaches; self-care is important her, if she's not engaging in a high-intensity interval training workout, you may find her strolling along picturesque Dallas Road.

Representative publications include:

- Turner, B. J.**, Cobb, R. J., Gratz, K. L., & Chapman, A. L. (2016). The role of interpersonal conflict and perceived social support in nonsuicidal self-injury in daily life. *Journal of Abnormal Psychology*, 125(4), 588-598. doi: 10.1037/abn0000141
- Turner, B. J.**, Jin, H. M., Anestis, M. D., Dixon-Gordon, K. L., & Gratz, K. L. (2017). Personality pathology and intentional self-harm: Cross-cutting insights from categorical and dimensional models. *Current Opinion in Psychology*, 21, 55-59. <https://doi.org/10.1016/j.copsyc.2017.09.009>

<sup>1</sup> “Black tea only!” – Dr Robinson

## **Highlights** Clinical Practicum Site

### **Queen Alexandra Centre for Children's Health (QACCH): Neuropsychology**

QACCH Neuropsychology is an important practicum site for UVic's Clinical Psychology Program as it is entirely focused on pediatric neuropsychological assessments. This setting, within the Island Health Authority, involves outpatient neuropsychological assessments with children ages 3 to 18 years with a variety of neurological/medical presentations including concussion/TBI, multiple sclerosis, epilepsy, cancer, stroke, neurodevelopmental disorders, and genetic disorders. At this site students may also have the opportunity to complete inpatient or outpatient evaluations at Ledger House / Anscomb with cases including a complex psychiatric overlay, or bedside assessments at Victoria General Hospital with children/adolescents with acute acquired injury to the brain. Possible additional experiences could include observing Fetal Alcohol Spectrum (FAS) or Autism assessments conducted through Vancouver Island Children's Assessment Network (VICAN).

Practicum opportunities are offered to clinical psychology graduate students who are seeking to complete their advanced practicum (603). Students conduct supervised clinical interviews, neuropsychological testing, and feedback sessions. The supervision model at this site is one that allows the student to take on an increasing level of autonomy and responsibility over their training experience. Students may also benefit from participation in continuing education events, team meetings, and book club meetings. Other practicums available at QACCH include the Inpatient and Outpatient Mental Health Services (therapy and assessment with Dr. Loren McMaster, Dr. Lisa VanBruggen, and Dr. Alissa Schactman), and Preschool Assessment services (with Dr. Mary Anne Leason). QACCH is a short walk from UVic and is located on the waterfront with a private beach and beautiful short trails around the site perfect for nature breaks!

Supervising psychologists at QACCH Neuropsychology include Dr. Chand Taneja, and Dr. Sare Akdag. Also at this site is Fraser II, therapy dog, who is happy to supervise students during interview and testing sessions. Although he may not give much feedback on your performance, his presence is often comforting to both client and practicum student. Dr. Taneja is the contact person for this site (Chand.Taneja@viha.ca).



Left: The view from one of QACCH's nature trails.  
Photo credit: Sheliza Ali

## **Highlights** Students on internship (2017-2018)

A big congratulation to the students who are currently on internship! They have worked hard throughout the program and will no doubt to continue to do so on internship and beyond. Our appreciation also goes out to the practicum supervisors and sites that have supported these students along their journey. We would like to acknowledge the hard work and dedication of both these students and their practicum supervisors!

### **Cassandra Brown**

**Previous Practica:** 503: UVic Psychology Clinic – Assessment, Victoria, BC  
 505: Student Counselling Services – UVic, Victoria, BC  
 603: Epilepsy Program, Vancouver General Hospital – Vancouver, BC  
 603: Geriatric Psychiatry – UBC, Vancouver, BC

**Current Internship:** *Calgary Clinical Psychology Residency - Calgary, AB*

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### **Tyler Carey**

**Previous Practica:** 503: UVic Psychology Clinic – Assessment, Victoria, BC  
 505: Saanich Child and Youth Mental Health – Saanich, BC  
 603: Queen Alexandra Centre for Children’s Health – Inpatient and Outpatient Mental Health Services - Victoria, BC

**Current Internship:** *BC Children’s Hospital - Vancouver, BC*

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### **Melanie Cochrane**

**Previous Practica:** 503: UVic Psychology Clinic – Assessment, Victoria, BC  
 505: Saanich Child and Youth Mental Health – Saanich, BC  
 603: Victoria General Hospital, Outpatient Neurorehabilitation Services – Victoria, BC  
 603: Hamilton Health Sciences, Neuropsychology – Hamilton, ON

**Current Internship:** *Baycrest, Neuropsychology and Cognitive Health Program – Toronto, ON*

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### **Justin Karr**

**Previous Practica:** 503: UVic Psychology Clinic – Assessment, Victoria, BC  
 505: Mental Health Services/Canadian Forces Health Services Centre (Pacific) – Victoria, BC  
 603: Forensic Psychiatric Services – Adult – Victoria, BC  
 603: Neuropsychology Private Practice Consortium – Victoria, BC

**Current Internship:** *VA Puget Sound, Seattle – Seattle, USA*

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## Sheena Miao

**Previous Practica:** 503: UVic Psychology Clinic – Assessment, Victoria, BC  
503: Developmental Disability Mental Health Team, Island Health - Victoria, BC  
505: Saanich Child and Youth Mental Health – Saanich, BC  
603: Anxiety Disorders Clinic, Island Health – Victoria, BC  
603: Timber Creek Tertiary Facility – Surrey, BC

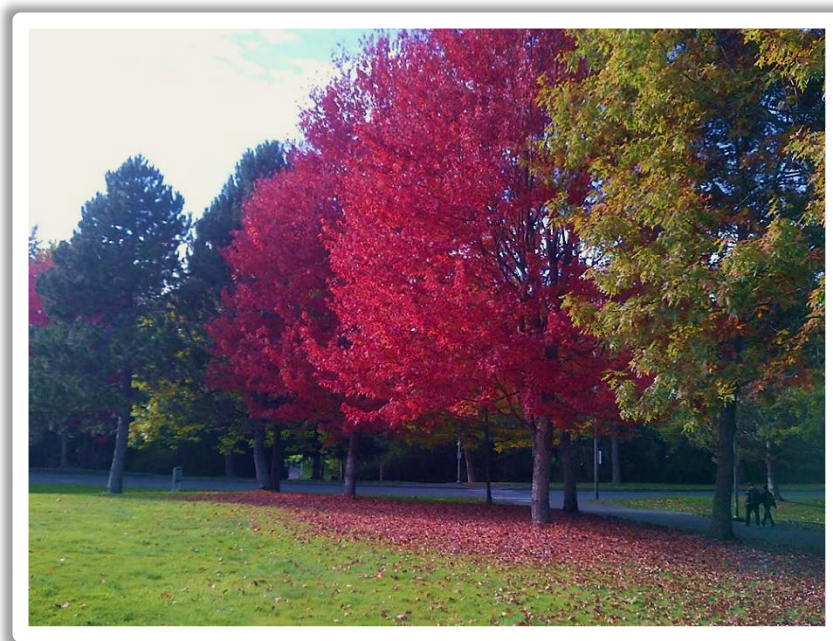
**Current Internship:** *Ontario Shores: Centre for Mental Health Sciences – Whitby, ON*

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## Carolyn Mirotchnick

**Previous Practica:** 503: UVic Psychology Clinic – Assessment, Victoria, BC  
505: A. T. Malcolm & Associates – Victoria, BC  
505: Anxiety Disorders Clinic, Island Health – Victoria, BC  
603: Student Counselling Services – Uvic, Victoria, BC  
603: Eating Disorders Program, CYMH – Victoria, BC

**Current Internship:** *University of Ottawa, Centre for Psychological Services and Research – Ottawa, ON*



Left: UVic in the Fall  
Photo credit:  
Melanie Cochrane



## 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 Ph.D. Psychologists within the Victoria area who supervise our graduate students and/or may supervise them in the future. 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 lifespan-developmental perspective. Articles cover each of the following age groups: children and adolescents, adults, and older adults. The Psychology Clinic Director selects articles based upon feedback from the clinical faculty and journal club participants but tries when possible to emphasize ethics and clinical supervision.

To date this year the following articles have been discussed:

<i>Date</i>	<i>Age Group</i>	<i>Article</i>
January 2017	Children & Adolescents	MacLaren Corney, J., Warren, M., McLaughlin, E., Gillespie, J., Lee-Baggley, D., and Vallis, T.M. (2016) Back off, forge ahead, or play the long game: The ethics of working with adolescents who "aren't ready". <u>Clinical Practice in Pediatric Psychology</u> . 4(3): 318-328.
February 2017	Adults	Reitz, R., Runyan, C., Hodgson, J., and Carter-Henry, S. (2013) Multiple role relationships in healthcare education. <u>Families, Systems &amp; Health</u> . 31(1): 96-107.
March 2017	Older Adults	Bush, S.S., Allen, R.S., Heck, A.L., & Moye, J. (2015) Ethical issues in geropsychology: Clinical and forensic perspectives. <u>Psychological Injury and Law</u> . 8: 348-356.
September 2017 (unfortunately cancelled)	Children & Adolescents	Gola, J.A., Beidas, R.S., Antinoro-Burke, D., Kratz, H.E., & Fingerhut, R. (2016) Ethical considerations in exposure therapy with children. <u>Cognitive and Behavioral Practice</u> . 23: 184-193.
October 2017	Adults	Knapp, S., Gottlieb, M.C., & Handelsman, M.M. (2017). Enhancing professionalism through self-reflection. <u>Professional Psychology: Research and Practice</u> ., 48(3): 167-174.
November 2017 ( <i>upcoming</i> )	Older Adults	Leyhe, T., Reynolds, III, C.F., Melcher, T., Linnemann, C., Kloppel, S., Blennow, K., Zetterberg, H., Dubois, B., Lista, S., & Hampel, H. (2017). A common challenge in older adults: Classification, overlap, and therapy of depression and dementia. <u>Alzheimer's &amp; Dementia</u> ., 13: 59-71.

The journal club is open to all registered PhD 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. LR

## Current Victoria Area Clinical Psychology Practicum Sites

Site	Emphasis	Supervising Psychologists (*contact person)
UVic Psychology Clinic	Assessment	Dr. Lisa VanBruggen, R. Psych.* Dr. Louise Fennel, R. Psych.
Youth Forensic Psychiatric Services	Assessment	Dr. James Sawchyn, R. Psych.* Dr. Scott Bezeau, R. Psych. Dr. Christine Schwartz, R. Psych. Dr. Louise Clark, R. Psych. (in Nanaimo)
UVic Counselling Services	Therapy	Dr. Rita Knodel, R. Psych. Dr. Ai-Lan Chia, R. Psych. Ms. Wendy Lum, M.A., Practicum Coordinator* Dr. Leah Wilson, R. Psych.
Victoria Child & Youth Mental Health	Therapy	Dr. Josh Slatkoff, R. Psych. * Dr. Alina Carter, R. Psych. Dr. Barbara Kennedy, R. Psych.
Saanich Child and Youth Mental Health	Therapy	Dr. Laurel Townsend, R. Psych.* Dr. Kim Lane, R. Psych. Dr. Vanessa Johnson, R. Psych. Dr. Joanna Kelm, R. Psych.
West Shore Child & Youth Mental Health	Therapy	Dr. Jaqueline Bush, R. Psych.*
Anxiety Disorder 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. Chand Taneja, R. Psych.* Dr. Sare Akdag, R. Psych.
Vancouver Island Psychological Services, private	Therapy	Dr. Tamara Goranson, R.Psych.*
Forensic Psychiatric Services - Adult	Assessment/ Therapy	Dr. Tony Dugbartey, R. Psych.* Dr. Heather Scott, R. Psych.
Outpatient Neurorehabilitation Services, Victoria General Hospital	Assessment/ Therapy	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. Lisa Van Bruggen, R. Psych.
Mental Health Services/Canadian Forces Health Services Centre (Pacific)	Assessment/ Therapy	Dr. Ron Penner, R. Psych. Dr. Sam Morgan, R. Psych. Dr. Janny Thompson, R. Psych.*
Outpatient DBT Program, Victoria Mental Health	Therapy	Dr. Elisabeth Hallam, R. Psych.*
Developmental Disability Mental Health Team	Assessment	Dr. James Hill, R.Psych.*
Neuropsychological Assessment Consortium, Private Practice	Assessment	Dr. Claire Sira, R. Psych. Dr. Kate Goodall, R. Psych. Dr. Patrick Corney, R. Psych.

Note: We are hoping to add some new supervisors as well as new practicum sites to this list soon.

## Current Clinical Psychology Faculty Members

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

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

[Mauricio Garcia-Barrera](#), Ph.D., R. Psych., Associate Professor

[Jodie Gawryluk](#), Ph.D., R. Psych., Assistant Professor

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

[Sarah J. Macoun](#), Ph.D., R. Psych., Assistant Professor & Practicum Coordinator

[Catherine Mateer](#), Ph.D., R. Psych., Professor, Associate Vice-President of Academic Planning

[Lara Robinson](#), Ph.D., R. Psych., Assistant Teaching Professor, Clinic Director

[Marsha Runtz](#), Ph.D., R. Psych., Associate Professor, Associate Dean of Graduate Studies

[Colette Smart](#), Ph.D., R. Psych., Associate Professor

[Holly Tuokko](#), Ph.D., R. Psych., Professor & Acting Director of Clinical Training

[Brianna Turner](#), Ph.D., Assistant Professor

[Erica Woodin](#), Ph.D., R. Psych., Associate Professor & Practicum Coordinator

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

[Lori-Ann Larsen](#), Clinic Secretary



Above: Spring at UVic  
Photo credit: John Sheehan