

# New Brunswick's Horizon Health Network Celebrates Psychology Month 2011

Carole Lamarche, Ph.D., L.Psych.

Psychologists from the Fredericton and Upper River Valley areas of Horizon Health Network recently celebrated Psychology Month. A number of educational activities were held for colleagues, staff and the general public. Horizon facilities that participated included the Dr. Everett Chalmers Regional Hospital (Fredericton), Upper River Valley Hospital (Waterville), Woodstock and Fredericton Addiction Services and Mental Health Centres, the Operational Stress Injury Clinic (Fredericton) and the Stan Cassidy Centre for Rehabilitation (Fredericton).

The Psychology Month display traveled to different sites and focused on various aspects of psychological assessment. Three key areas of focus included cognitive assessment, psychodiagnostic assessment and personality assessment. Handouts from the Canadian and American Psychological Associations were also available.

Two lunch and learn sessions were provided for staff and were well attended. Dr. Cindy Letts, psychologist from the Operational Stress Injury Clinic in Fredericton, provided a presentation titled: *Introduction to Personality: More than a Disorder*. Dr. Rebecca Mills, psychologist from the Stan Cassidy Centre for Rehabilitation, also provided a presentation: *The Cost of Care-Giving: Coping With Compassion Fatigue and Care-Giver Burn-Out*.

Weekly email messages were distributed to staff and focused on a variety of topics such as successful marital relationships, compassion fatigue, managing stress in tough economic times, and health related anxiety.

Two new activities were added this year. Psychologists were treated to an educational session on prolonged exposure provided by Dr. Letts. Amy Otteson, psychologist at the Fredericton Mental Health Centre, provided outreach activities to the psychology classes of three local area high schools for students in Grades 11 and 12. She discussed the educational requirements, different areas of expertise, and the duties of psychologists. Otteson finished each session with a question and answer period where many inquiries centered on mental health issues, limitations of confidentiality, ethical issues, and therapy.

The various activities throughout the month were well received and highlighted the different roles provided by Horizon Health Network psychologists.

Horizon Health Network is the largest health care organization in Atlantic Canada, operating 12 hospitals and more than 100 medical facilities, clinics and offices providing medical services ranging from acute care to community based health services to New Brunswick, northern Nova Scotia and Prince Edward Island. With 1000 physicians, an annual budget exceeding \$1 billion and 14,000 employees, Horizon Health Network's strategic vision focuses on research, innovation and education.

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## News From Nova Scotia: Psychology Month 2011

Jeannette McGlone, Ph.D.

Psychologists across the province reached out to the public in February, 2011. Together, the Association of Psychologists of Nova Scotia and the Nova Scotia Board of Examiners in Psychology provided a media release and an insert in the Chronicle Herald about how to find a registered psychologist along with articles on the theme, "Healthy Mind/Healthy Body"; thanks to Dr. Sonya Stevens and Lesley Hartman, among others. Similar materials went to hospitals in Sydney, Antigonish, Truro, Annapolis Valley, Halifax, and

Yarmouth. Some of those organizers were Dr Julie Macdonald – Sydney, Bob Milks - Community College Port Hawkesbury, Trinda Power – Truro, Dr Eileen Donahoe – Annaopolis Valley, Shelley Goodwin – Yarmouth, Dean Perry – Antigonish, and Dr Lindsay Uman - Halifax/Dartmouth.

IWK chief psychologist Dr. Vicky Wolfe presented a Trauma Focused Cognitive Behavioural Therapy Workshop for Children with Complex PTSD and Negative Life Events that was well attended by a large multidisciplinary audience.

Capital Health psychologist Dr.

Veronica Hutchings and Amy Nash, psychometrist, discussed careers in psychology at Mount Saint Vincent University. Dr. Michael Vallis gave a public talk titled, "Emotional Eating and Weight Management: What Can I do?" in Halifax.

Dalhousie University Clinical Psychology professors organized talks at the central Halifax Library on a theme, "What's new in Psychology?" It was a forum where they translated recent findings in three fields of psychology research. Dr. Penny Corkum highlighted

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# Psychology Month at St. Joseph's Healthcare Hamilton

*Joe Pellizzari, Ph.D., C.Psych.*

*Bruno Losier, Ph.D., C.Psych., ABPP (CN)*

*Randi McCabe, Ph.D., C.Psych.*

At St. Joseph's Healthcare in Hamilton, psychology has several targets in mind when thinking of our "public eye". Each year we consider doing something for staff in our own program (mental health/psychiatry), for our staff and visitors within the broader SJHH medical community, and for the public. Of these considerations, each year we typically meet 2 out of 3 of our targets.

The cornerstone of our planning involves the organization of the weekly clinical teaching rounds offered through our hospital Mental Health and Addictions program. So for the last four years, we have had all four of the weekly rounds presentations in February to work with. Offering food is essential and a simple pizza order does wonders for attendance. These presentations are among the best attended of the entire rounds series and also among the most highly rated. We aim to have a blend of talks – academic, clinical, practical "psychology of everyday life" material, and one that is especially aimed at having some fun with our colleagues. This year we had a "resident showcase" where current psychology residents described their dissertation projects. This was very well received. It gave them some experience in making brief presentations on their projects to a well-informed lay audience and it certainly made us all feel proud of their accomplishments.

Titles of rounds presentations over the years have included: "The Unexamined Truth is a Truth Worth Fudging: Illustrations of Suspect Effort and Motivation" (Dr. Bruno Losier), "Emotions Exposed - Identification and Treatment of Emotion-Based Problems" (Dr. Lisa Burckell), "Better Body Image: Strategies For Your Patients (and Yourself)" (Dr. Michelle Laliberte),

"What's Significant? What's Important? The Difference Between Statistical and Clinical Significance" (Dr. David Streiner), "Is There Anything That Doesn't Help Depression? A Recent Study Stirs an Old Debate" (Dr. Peter Bieling), "Challenges in the Assessment and Treatment of Health Anxiety: The Case of Mrs. A" (Dr. Randi McCabe), "Lie Detection: Truth or Fallacy" (Drs. Mini Mamak & Heather Moulden), "Psychology and Your Health" (Drs. Joe Pellizzari & Sheryl Green), "Even If You Use It, Do You Still Lose It? Ageing Effects On Cognition" (Dr. Jelena King), "Buried in Stuff: Understanding Compulsive Hoarding" (Dr. Karen Rowa), "Live Exposure for Spider Phobia" (Drs. Karen Rowa, Lisa Bourque & Randi McCabe) and "Psychology Experiments that Changed the World!" (Drs. Joe Pellizzari & Margaret McKinnon).

For staff and visitors in the broader St. Joe's community we have organized display tables in high traffic areas during a period of days in February. The tables have poster boards of staff photos and their interests along with copies of all the CPA "Psychology Works" Facts Sheets to share. Sure, some people come by to ask us for directions, but for the most part we offer some names and faces to our roles as psychologists in the hospital.

Lastly, we have organized public lectures held at the hospital or at a venue in the community. Assistance with local media to promote the events is provided by the hospital public relations department. Two such events were planned over the past four years: "Stopping Stigma: What's Our Role" (Dr. Michelle Carroll and Fiona Wilson) and "Flying the Coop: Dealing with an Empty Nest" (Dr. Randi McCabe).

Each year, we end the month of February feeling like we have honoured the spirit of our national awareness campaign in a substantive way.

## Nova Scotia

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how common sleep problems were in children (~30%) and the negative consequences of sleep problems on daytime functioning and academic performance. As well, she reviewed several empirically supported treatments such as creating calm environments to enhance sleep and setting appropriate sleep schedules. Dr. Simon Sherry emphasized how depression is costly in terms of public health dollars, premature death, and lost productivity. He explained the evidence

that behavioural activation therapy can help individuals decrease their depressed and avoidant behaviours and increase their healthy, engaged behaviours. Dr. Jeannette McGlone reviewed the current evidence for diagnosis and management protocols of sports concussions in adults and children, a hot topic for neuropsychologists and relevant to Sidney Crosby's recent injury. There were lots of questions from the audience on each topic.

And who wouldn't have wanted to attend the psychology event organized by Dr. Eileen Donahoe? This year, self-care for psychologists was encouraged with

an invitation to shake off the winter blues and celebrate Psychology Month in the beautiful Annapolis Valley. With snowshoes and warm clothing we met at the Just us Coffee on Main Street in downtown Wolfville followed by a drive to a beautiful site for an easy snowshoe hike. After the outdoor activities, the group headed off to the Port Pub in Port Williams for lunch followed by a visit to Foxhill Cheese House in Port Williams Samples of Ice Wine and Gelato, thanks to the Ice Wine Festival ended the day!