



University
of Regina

Faculty
of Arts

Clinical Psychology Program NEWSLETTER

ISSUE NINETEEN DEPARTMENT OF PSYCHOLOGY FALL 2023



Greetings

from the Director
of Clinical Training,
Lynn Loutzenhiser
(PhD, RD Psych).



Welcome to the 2023/24 academic year in the University of Regina
Clinical Psychology Program.

As usual, there have many changes in our program over the past year. As you may be aware, the Clinical Program received significant funding from the Government of Saskatchewan to expand the number of students entering the program from 6 to 10 per year. In fall, 2023, we welcomed our first cohort of 10 MSc students, with five of these students coming from Saskatchewan. In addition, we received funding for new faculty and clinical positions, and funding to support expansion of the Psychology Training Clinic. I am pleased to announce that Dr. Sarah Reiser was recently hired as a staff psychologist in the Psychology Training Clinic, working alongside Dr. Faller. Welcome Sarah! Finally, I want to send out a welcome to Dr. Gord Asmundson, who is the new Department Head of Psychology. I look forward to working with you!

Thank you to everyone for contributing to the Clinical Program. I am looking forward to seeing you all at the annual fall reception on November 23, 2023.

Lynn

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2023-2024 Clinical Seminar Series Schedule

<u>Date</u>	<u>Topic</u>
Thursday, September 28 th , 2023 Dr. Nichole Faller, R.D. Psych.	Ethics and implications for rural and remote practice
Thursday, October 26 th , 2023 Dr. Amy Janzen-Claude, R.D. Psych.	Exposure and Response Prevention – Treatment for OCD
Thursday, November 23 th , 2022 Ms. Lis Hansen, M.Ed. R. Psych.	Working with clients with substance use/abuse
Wednesday, January 17 th , 2024 Dr. Meghan Woods, R.D. Psych.	Dialectical Behaviour Therapy
Wednesday February 14 th , 2024 Dr. Lynn Loutzenhiser, R.D. Psych.	Supervision
Wednesday, March 13 th , 2024 Ms. Danielle Caissie, MSc.	Comprehensive Exam Preparation
Wednesday, March 27 th , 2024 Ms. Emily Winters, MSc.	Applying to APPIC

Notes

1. All seminars will take place in person in the in the Classroom Building – CL418 for the fall and CL 408 for the winter.
2. All seminars in the FALL SEMESTER will take place on Thursdays from 4:00-5:00pm in CL418 and in the WINTER SEMESTER on Wednesdays from 4:00-5:00pm (CL408).
3. All students are required to attend seminars, with the exceptions of those students who have successfully completed their comprehensive exams and those students who are currently completing their pre-doctoral internships or full-time out-of-town placements.

Please help me welcome the following new MSc students to our program



Alexa Danyluk
Supervisor:
Dr. S. Beshai



Donna Dumitrescu
Supervisor:
Drs. N. Gallant / T.
Hadjistavropoulos



Alayna Gretton
Supervisor:
Dr. H. Hadjistavropoulos



Jasleen Kaur
Supervisor:
Dr. K. Wright



Maija Kiviharju
Supervisor:
Dr. J. Gordon



Katelyn Lockinger
Supervisor:
Dr. S. Beshai



Holden Norrie
Supervisor:
Dr. G. Asmundson



Natasha Taylor
Supervisor:
Drs. N. Gallant / T.
Hadjistavropoulos



Joanna Vint
Supervisor:
Dr. G. Asmundson



Laney Yarycky
Supervisor:
Dr. T. Hadjistavropoulos

Please join me in congratulating students who recently completed the MA program

Blake Albert Boehme

Supervisor:

Dr. G. Asmundson

Thesis Title: Psychopathology and comorbidity in public safety personnel: A network analysis

Christine Bueno

Supervisor:

Dr. S. Beshai

Thesis Title: Efficacy of a brief online mindfulness and self-compassion intervention (Mind-OP+) to increase connectedness: Randomized controlled trial

Anna Dollimount

Supervisor:

Dr. K. Wright

Thesis Title: Explorations of the lived experiences and needs of individuals with adult-diagnosed Cystic Fibrosis

Juliana Khoury

Supervisor:

Dr. R. Nicholas Carleton

Thesis Title: Gender differences in Royal Canadian Mounted Police officers' mental health: The role of sexual victimization

May Lu

Supervisor:

Drs. H. Hadjistavropoulos / K. Wright

Thesis Title: Understanding dependence on institutions and wellbeing: A mixed-methods study of institutional betrayal

Andrew McLennan

Supervisor:

Drs. G. Asmundson / A. Smith

Thesis Title: Psychometric evaluation of observational tools in the assessment of pain in older adults with severe dementia

Saba Salimuddin

Supervisor:

Dr. S. Beshai

Thesis Title: Problem recognition and treatment recommendations of somatic and cognitive-affective presentations of depression and generalized anxiety

Bethany Sander

Supervisor:

Dr. J. Gordon

Thesis Title: The role of neurosteroid fluctuation in perimenopausal depression

Please join me in congratulating students who recently completed the PhD program

Emily Boughner

Supervisor:

Dr. B. Klest

Thesis Title: Institutional betrayal and trauma in child welfare workers in Western Canada

Michael Edmonds

Supervisor:

Dr. H. Hadjistavropoulos

Thesis Title: Treating Comorbid Insomnia in Patients Receiving Transdiagnostic Internet-Delivered Cognitive Behaviour Therapy for Anxiety and Depression: A Randomized Controlled

Clinical Training

As you will see below students have been very busy with clinical training this year. We are very grateful to all of the supervisors that have worked with the students and invested in the future of Clinical psychology!

FOUR MONTH INTERNSHIP

The following students completed the four month M.A. internship 2022-2023:

Anna Dollimount – Saskatchewan Health Authority, Child and Youth Services – Supervisor: Mona Flood, M.A., R.Psych.

Andy McLennan – Saskatchewan Health Authority, Prince Albert Mental Health Centre – Prince Albert, SK – Supervisor: Dr. Carrie Hicks, Ph.D. R.D.Psych. & Dr. Margaret Ralston, Ph.D. R.D. Psych.

Blake Boheme – Saskatchewan Health Authority, Functional Rehabilitation Program – Supervisor: Dr. Amy Janzen-Claude, R.D.Psych.

Juliana Khoury – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Nicole Faller, R.D.Psych.

May Ly – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Nicole Faller, R.D.Psych.

Bethany Sander – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Nicole Faller, R.D.Psych.

Saba Salimuddin – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Nicole Faller, R.D.Psych.

Nicole Lento – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Nicole Faller, R.D.Psych.

DOCTORAL CLINICAL PLACEMENTS

The following students completed a PhD practicum in 2022-2023:

Robyn Sheilds – Saskatchewan Health Authority, Adult Mental Health Clinic – Supervisor: Dr. Amy Janzen-Claude, R.D.Psych.

Shelby Shivak – Saskatchewan Health Authority, Child and Youth Services – Supervisor: Melissa Derow, M.A., R.Psych.

Danielle Caissie – Saskatchewan Health Authority, Children’s Program – Supervisor: Dr. Heather Switzer, R.D.Psych.

Vivian Tran – Saskatchewan Health Authority, Adolescent Psychiatry Unit – Supervisor: Dr. Alexis Arbuthnott, R.D.Psych.

Caeleigh Landry – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Bridget Klest, R.D.Psych.

Michelle Paluszek – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Bridget Klest, R.D.Psych.

Michelle Paluszek – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Natasha Gallant, R.D.Psych.

Geoff Rachor – University of Regina, Sun Life Financial Psychology Training Clinic – Supervisor: Dr. Dr. Natasha Gallant, R.D.Psych.

Hugh McCall – Private Practice, The Owens Group– Supervisor: Dr. Katherine Owens, R.D.Psych.

Kailey Delucry – Private Practice, The Owens Group – Supervisor: Dr. Katherine Owens, R.D.Psych.

Emily Winters – Queensbridge Psychology Services – Supervisor: Dr. Chelsea Delparte, R.D.Psych.

Louise Castillo – Queensbridge Psychology Services – Supervisor: Dr. Chelsea Delparte, R.D.Psych.

Hilary Power – Coastal Health NL, St. John’s, NL – Dr. Sarah Pickett, R. Psych.

Hugh McCall – Collaborative Centre for Justice and Safety, University of Regina – Lis Hansen, M.Ed., R. Psych.

Congratulations to all students who received external funding this year

- CIHR — Alexa Danyluk, Caeleigh Landry, Robyn Shields, Vivian Tran, Joanna Vint
- NSERC — Jasleen Kaur, Bethany Sander
- SCPOR — Christine Bueno
- SHRF — Vivian Tran
- SSHRC — Ashley Balsom, Daniel Adedun, Shaelyn Carr, Jasleen Kaur, Juliana Khoury, May Ly, Siham Hagi Hussein, Michelle Paluszek
- George William Brown Memorial Scholarship Society — Louise Castillo
- Saskatchewan Gerontology Association Bursary — Louise Castillo

Predocctoral Residency Completion

Mike Edmonds, Student Wellness and Counselling Centre, Memorial University, St. John's NL

Mabel Yu, Royal Ottawa Health Care Group, Ottawa, ON

Kelsey Vig, University of Ottawa-Centre for Psychological Service, Ottawa, ON

Please wish the following students well as they move on to complete the predoctoral residency in 2023-2024:

Ashley Balsom, Horizon Health, Fredericton, NB

Hugh McCall, Northern Ontario Psychology Internship Consortium, Thunder Bay, ON

Hilary Power, Student Wellness and Counseling Centre, Memorial University, St. John's, NL

Rhonda Stopyn, Halifax Clinical Psychology Residency Program, Halifax, NS

Message from the PGSA

On behalf of the Psychology Graduate Students Association (PGSA), I hope that you are enjoying the 2023-2024 academic year so far!

The PGSA represents all graduate students within the Department of Psychology at the University of Regina. Our goals are to advocate for psychology graduate students and facilitate educational opportunities for students, the department, and the broader University. We continue to work towards facilitating mentorship and support for students by providing information, encouraging communication and collaboration, and promoting the goals and beliefs of all psychology graduate students.

Throughout the past academic year, the PGSA remained involved among the campus and within the community. We welcomed our incoming PGSA members with an event organized by Caeleigh Landry (External Relations Representative). The PGSA continues to facilitate the Undergraduate and Graduate Mentorship programs, encouraging supportive relationships between senior and junior students. The PGSA has continued to educate the community through the efforts Anti-Racism Speaker Series, which host events focused on reconciliation in everyday practice. During the past year, the PGSA initiated a program-wide graduate mentorship program, working towards fostering collaboration and support amongst graduate students. The PGSA has also initiated efforts in student advocacy, aiming to improve the experiences of graduate students. The Member Spirit Award of 2023 was awarded to Caeleigh Landry for her service to the PGSA and dedication to fostering trainee mentorship.

In April 2023, an election was held for the 2023/2024 PGSA executive. A second election was held in September 2023 to fill the First-Year Clinical and EAP Representative positions, as well as Social Representative, APA Campus Representative, and Webmaster positions.

We are excited to share our 2023-2024 executive list:

President: Geoff Rachor

Past President: Emily Winters

Vice President: Andy McLennan

Treasurer: Saba Salimuddin

Department and Curriculum Rep: Anna Dollimount

Clinical Committee Rep: Louise Castillo

EAP Committee Rep: Siham Hagi

JEDI Rep: May Ly

Faculty Liason: Dr. Richard MacLennan

1st-Year Clinical Rep: Joanna Vint

1st-Year EAP Rep: Tilar Steinke

Union Steward: Bethany Sander

GSA Rep: Katie MacDonald

Social Rep: Kylie Arsenault

External Relations: Caeleigh Landry

APA Campus Rep: Laura Kinsman

CPA Campus Rep: Vivian Tran

Webmaster: Mickenzie Galan

The PGSA would like to congratulate those who are completing their predoctoral residency in the clinical psychology program during the 2023-2024 academic year. Congratulations to Ashley Balsom, Hugh McCall, Hilary Power, and Rhonda Stopyn as you navigate these next steps in your careers and graduate training. Thank you for your contributions to the Psychology Department and your involvement in the PGSA.

To the Department of Psychology and University of Regina, thank you for your continued support. We look forward to this upcoming year!

Geoff Rachor
PGSA President

Faculty News



Gordon J G Asmundson, OC, SOM, PhD, FRSC, FCAHS is Professor and Head of the Department of Psychology, serves as Editor-in-Chief of *Clinical Psychology Review* and the *Journal of Anxiety Disorders*,

and leads the Anxiety and Illness Behaviours Lab and PsyPAN Network. Recent research efforts of his team have helped to better understand the association between posttraumatic stress disorder and chronic pain and develop innovative treatments for people who experience these conditions together. Current research includes efforts to enhance understanding of mechanisms and treatments of the anxiety-related disorders, understanding the spectrum of emotional and behavioural responses to the COVID-19 pandemic as well as their treatment, and exploring the psychological impacts of climate change and related environmental crises.



Dr. Shadi Beshai is an Associate Professor of Psychology at the University of Regina, Canada. His research program is focused broadly on personalized psychotherapy for

adult depression. Specifically, Dr. Beshai has published several articles on the adaptation and dissemination of cognitive-behavioral therapies (traditional and third wave) at home and abroad, and on examining socio-cognitive mechanisms (e.g., mindfulness; self-compassion; socio-emotional comparisons) of acute and recurrent depression. Dr. Beshai is the recipient of several prestigious awards, scholarships, and grants from institutions such as the Canadian Psychological Association, Social Sciences and Humanities Research Council of Canada, Canadian Institute of Health Research, and the Saskatchewan Health Research Foundation.



R. Nicholas Carleton, Ph.D. is a Professor of Clinical Psychology, a registered clinical psychologist in Saskatchewan, and is currently serving as the Scientific Director for the

Canadian Institute for Public Safety Research and Treatment. He has published more than 230 peer-reviewed articles and book chapters exploring the fundamental bases of anxiety and related disorders. He has completed more than 400 national and international conference presentations. He also serves as an active member of several national and international professional associations. As principal or co-principal investigator he has been awarded more than \$72M in competitive external funding. He has received several prestigious awards and recognitions, including induction to the Royal Society of Canada's College, and as a Fellow of the Canadian Academy of Health Sciences, and was awarded the 2023 Saskatchewan Health Research Foundation Mid-Career Award, as well as the 2020 Royal-Mach-Gaensslen Prize for Mental Health Research. Dr. Carleton is actively involved in clinical and experimental research, with his interests including the biopsychosocial measurement, assessment, and treatments of trauma and anxiety, focusing on transdiagnostics and fundamental cognitions. He currently serves as principal investigator on the RCMP Longitudinal PTSD Study (www.rcmpstudy.ca), the associated extension study for Saskatchewan public safety personnel (www.saskptsistudy.ca), and co-principal investigator on the Federal Internet Cognitive Behavioral Therapy Program for public safety personnel (www.PSPSNET.ca).



Dr. Gallant's program of research focuses on improving the well-being of individuals who are aging with acute illness, chronic disease, and/or serious mental illness. With funding from the Saskatchewan

Health Research Foundation, Dr. Gallant is currently working on establishing provincial research priorities for long-term care residents living with serious mental illness. In partnership with the Canadian Red Cross in Saskatchewan, she is also evaluating a hospital-to-home social prescribing pilot. Moreover, Dr. Gallant is involved in efforts to develop virtual care approaches to addressing psychological distress associated with chronic disease management and discharge from the intensive care unit following acute illness. Her students are involved in projects covering an array of topics, including digital health interventions for older adults, cultural adaptations of narrative therapy, and existential therapy for chronic pain.



A major focus of **Dr. Gordon's** research is to clarify the neurobiological mechanisms by which some women are more sensitive to reproductive hormone fluctuation than others with regard to their

mood, work that is funded by the Natural Sciences and Engineering Council (NSERC). Dr. Gordon is also currently developing and testing a mental health program aimed at targeting distress related to infertility, work that is funded by a Saskatchewan Health Research Foundation (SHRF) and Canadian Institutes of Health Research (CIHR). Her students are researching a range of topics related to reproductive mental health, including the menstrual cycle effects on aspects of emotion processing, cognitive functioning in the menopause transition, and experiences of individuals from LGBTQIA+ communities trying to conceive through third-party reproduction.



Dr. Heather Hadjistavropoulos continues her research designed to optimize Internet-delivered Cognitive Behaviour Therapy (ICBT) in routine practice for various populations including

individuals with depression, anxiety, posttraumatic stress disorder, alcohol problems, and various chronic health conditions. For more information on this program of research and recent publications visit www.wellbeinginnovationlab.ca. Funding currently comes from a wide variety of sources including the Canadian Institutes of Health Research (\$971,552, 2017-Extended to 2024), Saskatchewan Health Research Foundation/Saskatchewan Centre for Patient-Oriented Research (\$150,000 2022-2024), Saskatchewan Ministry of Health (\$3.3 M, 2023-2026), the Public Health Agency of Canada (~\$3.5M 2022-2024), Governments of NS, NB, and PEI/Medavie Health Foundation (\$774,000 2022-2023) and Government of Canada (\$6.5M million, 2023-2025). Importantly, this funding is allowing for the operation of the Online Therapy Unit (see www.onlinetherapyuser.ca), which provides online assessment and treatment to ~1600 SK residents each year. Funding also supports PSPNET (www.pspnet.ca), which offers ICBT tailored to the needs of public safety personnel in Saskatchewan, Ontario, Quebec, and the Atlantic Provinces. Dr. Hadjistavropoulos also currently serves on the Collaborative for e-Mental Health of the Mental Health Commission of Canada and is Associate Editor of Internet Interventions.



Dr. Thomas Hadjistavropoulos, ABPP, FCAHS, Research Chair in Aging and Health, is Editor-in-Chief of the journal *Ethics & Behavior*, published by Taylor & Francis. His research, focusing primarily on pain in older adults,

is currently funded by the Saskatchewan Health Research Foundation, the Canadian Institutes of Health Research (CIHR), the AGE WELL Network of Centres of Excellence, the National Institutes of Health, the Unit for Innovation in Dementia Care (made possible through the contributions of an anonymous donor), as well as from the Saskatchewan Centre for Patient Oriented Research.

Hadjistavropoulos is the 2022 recipient of the Distinguished Career Award from the Canadian Pain Society and the 2023 recipient of the Betty Havens Prize for Knowledge Mobilization in Aging from the Canadian Institutes of Health Research.



Dr. Loutzenhiser's research efforts focus on issues affecting parents of young children, with a current focus on child anxiety. Clinically, Dr. Loutzenhiser's practice focuses on the diagnosis of Autism Spectrum Disorders in children.



Dr. Kristi Wright's research focuses on exploring the many facets of anxiety in children (both typically developing and those with chronic illness) with health-related concerns and worries (e.g., worries about health and surgery).

Related efforts are directed at developing patient-informed, innovative intervention options for these clinical concerns, including the development of the Internet-delivered preoperative preparation program (I-PPP) for children undergoing day surgery and the Internet-delivered Cystic Fibrosis Mental Health Prevention, Wellness, Resource (iCF-PWR) program for children with CF and their siblings. Dr. Wright holds funding from the Jim Pattison Children's Hospital Foundation, Saskatchewan Health Research Foundation, and Cystic Fibrosis Canada.

2023 Fall Psychology Reception

Please join us for the 2023 Fall Reception to be held on November 23, 2023 to recognize the contributions of our students, supervisors, faculty and staff.