



PSYCH-LINKS

The Clinical Psychology Graduate Practicum Newsletter
University of Victoria

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Practicum Coordinator's Comments



Dr. Lara Robinson

Another year has gone by since our last newsletter and practicum reception. I would like to start off by thanking Dr. Kim Kerns for doing such a great job as Acting Practicum Coordinator and Clinic Coordinator while I was on study leave. It was a great comfort to know that everything was in her capable hands. I returned from study leave in January 2013. It felt good to be back to teaching, supervising and coordinating the clinic and practicum experiences. These roles always keep me busy but also give me the wonderful opportunity of interacting with great students and practicum supervisors.

Our practicum supervisors are incredibly dedicated and continue to offer amazing training opportunities to our students. For the January-November 2013 period, we had students at 16 practicum sites:

- UVic Psychology Clinic, Victoria, BC
- Anxiety Clinic, VIHA Adult Mental Health Services, Victoria, BC
- UVic Student Counselling Centre, Victoria, BC
- Saanich Child and Youth Mental Health, Victoria, BC
- Victoria Child and Youth Mental Health, Victoria, BC
- West Shore Child and Youth Mental Health, Victoria, BC
- Inpatient & Outpatient Mental Health Services at QACCHHealth, Victoria, BC
- Neuropsychological Services at QACCHHealth, Victoria, BC
- VGH Outpatient Neurorehabilitation, Victoria, BC
- Dr. Tamara Goranson, A.T. Malcolm & Associates, Victoria, BC
- Mental Health Services, Canadian Forces – DND, Victoria, BC
- Youth Forensic Psychiatric Services, Victoria, BC
- Surrey Child and Youth Mental Health, Surrey, BC
- GF Strong Rehabilitation Centre, Vancouver, BC
- OCD program, Children's Hospital, Vancouver, BC
- Regional Rehabilitation Centre, Hamilton Health Sciences, Hamilton ON

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

Director of Clinical Training Update



Dr. Catherine Costigan

We are in the midst of another busy academic year! I am happy to report our success in filling the open faculty position in Clinical Neuropsychology. *Dr. Jodie Gawryluk* will join us in January, 2014. Dr. Gawryluk earned her Ph.D. from Dalhousie University this year following the completion of her year-long clinical residency at the University of Manitoba in the department of Clinical Health Psychology. Jodie brings to the graduate program strong training in core clinical psychology and clinical neuropsychology assessment and intervention skills. Jodie's research expertise is in neuroimaging (e.g., fMRI and EEG). During her interview, she presented her research related to the detection of fMRI activation in brain white matter. She has also studied pre-surgical mapping for temporal lobe epilepsy. We are confident Jodie will be an excellent addition to our training program.

CLC

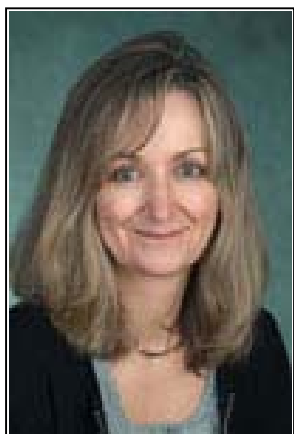
In addition to welcoming a new faculty member, in September we welcomed five new students to the program:

- **Sheliza Ali** (Clinical Neuropsychology, Supervisor: Dr. Kimberly Kerns)
- **Jordan Ali** (Clinical Neuropsychology, Supervisor: Dr. Colette Smart)
- **Fanie Collardeau** (Clinical Lifespan, Supervisor: Dr. Marion Ehrenberg)
- **Joelle Taknint** (Clinical Lifespan, Supervisor: Dr. Cathy Costigan)
- **Karley Talbot** (Clinical Lifespan, Supervisor: Drs. Ulrich Mueller & Kim Kerns)

We are happy to welcome these students to the program and we look forward to introducing them to our practicum supervisor at this year's reception on November 21st at the University Club.



Highlights Clinical Psychology Faculty Member



Dr. Marion Ehrenberg joined the Psychology Department in 1990. Her primary areas of clinical practice are adolescent and adult assessment and psychotherapy. She contributes to clinical work at the UVic Psychology Clinic, as well as in her part-time private practice. As part of her teaching load, she offers graduate clinical courses in psychosocial assessment, psychodiagnosis, and psychotherapies. In addition, she supervises mental health assessments at the Psychology Clinic as part of an advanced PhD psychosocial assessment course. Her research has focused on psychological characteristics contributing to the process of shared parenting after divorce, the implications of this process for children and adolescents and, more recently, studies of young adults' relational health and attachment style in the context of their family-of-origin experiences. Marion also contributes consistently to the College of Psychologists of B.C., currently as a member of the Registration Committee. In her leisure time, Marion enjoys visual art making, dance, and spending time with her family. *MFE*

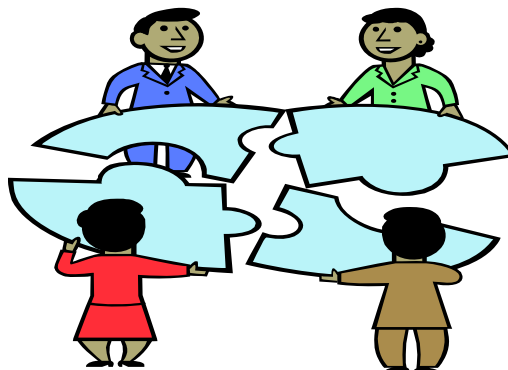
Recent Publications:

Regev, R., & Ehrenberg, M. F. (2012). A pilot study of a support group for children in divorcing families: Aiding community program development and marking pathways to resilience. *Journal of Divorce and Remarriage*, 53, 220-230.

Robertson, M., & Ehrenberg, M. F. (2012). Remarried parents and view on marital commitment: Expanding the context of influences and changes. *Journal of Divorce and Remarriage*, 53, 1-18.

Ehrenberg, M. F., Robertson, M., & Pringle, J. D. (2011). Attachment style and marital commitment in the context of remarriage. *Journal of Divorce and Remarriage*, 53, 204-219.

Ehrenberg, M. F. & Regev, R. (2010). Sibling relationships in divorcing families. In J. Caspi (Ed.), *Sibling relationships in practice: Cultural and environmental influences* (pp. 273-288). New York, NY: Springer.



Highlights Students on Internship (2013-2014)

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 and practicum settings. I want to acknowledge the hard work and dedication of both these students and their practicum supervisors! LR

Megan Caines

Previous Practica: 503: UVic Psychology Clinic - Assessment, Victoria, BC
505: UVic Psychology Clinic - Psychotherapy, Victoria, BC
505: Anxiety Clinic, Adult Mental Health Services, Victoria, BC
603: UVic Counseling Services, Victoria, BC
Current Internship: *Edmonton Consortium, Edmonton, Alberta*



Valerie Caldeira

Previous Practica: 503: UVic Psychology Clinic - Assessment, Victoria, BC
503: Youth Forensic Psychiatric Services, Victoria, BC
505: Saanich Child & Youth Mental Health Team, Victoria, BC
603: QACCHHealth Mental Health Services, Victoria, BC
603: Anxiety Clinic, Adult Mental Health Services, Victoria, BC
Current Internship: *Edmonton Consortium, Edmonton, Alberta*



Lauren Chance

Previous Practica: 503: UVic Psychology Clinic - Assessment, Victoria, BC
503: Youth Forensic Psychiatric Services, Victoria, BC
505: Sannich Child & Youth Mental health Team, Victoria, BC
603: Sylvain Boies' Private Practice, Victoria, BC
603: Anxiety Clinic, Adult Mental Health Services, Victoria, BC
Current Internship: *University of Manitoba – Clinical Health Psychology*



Tracy Desjardins

Previous Practica: 503: UVic Psychology Clinic - Assessment, Victoria, BC
503: Youth Forensic Psychiatric Services, Victoria, BC
505: Victoria Child & Youth Mental Health Team, Victoria, BC
603: Psychology Clinic - Psychotherapy, Victoria, BC
603: Anxiety Clinic, Adult Mental health Services, Victoria, BC
Current Internship: *London Clinical Psychology Residency Consortium*



Alanna Hager

Previous Practica: 503: UVic Psychology Clinic - Assessment, Victoria, BC
505: Victoria Child & Youth Mental Health Team, Victoria, BC
505: West Shore Child & Youth Mental Health Team, Victoria, BC
603: St. Joseph's Hospital, Hamilton, ON
Current Internship: *Calgary Clinical Psychology Residency*

CONGRATULATIONS!!

Highlights Clinical Practicum Site

We are lucky to have a large number of clinical practicum sites that provide a high level of training and supervision to our graduate students. As the practicum coordinator I have the opportunity to connect with these supervisors. I am continually impressed with the dedication and professionalism with which these individuals approach their supervisory role. This dedication is evident with our new practicum site at Mental Health Services, Canadian Forces Health Services Centre (Pacific). *LR*

[Mental Health Services, Canadian Forces Health Services Centre \(Pacific\)](#)

We are excited to have Mental Health Services at the Canadian Forces Health Service Centre located in Esquimalt as a new practicum site for our students. This centre provides assessment, treatment, and consultation mental health services to a local Canadian Forces population of over 5000 personnel. Individuals seen at the clinic present with a wide range of difficulties, including anxiety disorders, mood disorders, PTSD, family/relationship issues, addictions, and mild traumatic brain injury (MTBI). There are 4 clinical psychologists (Dr. Ron Penner, Dr. Robert Kline, Dr. Kate Diskin, Dr. Sam Morgan) who work collaboratively within a multidisciplinary team of psychiatrists, mental health nurses, social workers, addictions counselors, and a mental health chaplain. All disciplines are all involved in providing supervision for practicum students, although the degree of involvement varies depending on the student's clinical focus and training goals.

This site is able to provide a part-time practicum experience to our clinical psychology graduate students who are seeking to complete their first therapy practicum (505) or advanced practicum (603) experience. We are very grateful for their willingness to be involved in training our novice students, as well as our more experienced ones! This practicum provides our students with both psychotherapy and assessment experiences, as well as an opportunity to work within a large multidisciplinary team environment consisting of 24 mental health clinicians. Students are supervised and provided with an opportunity to develop appropriate case formulations and treatment plans for individuals in need of specialized psychotherapy. Students are afforded an opportunity to provide individual psychotherapy based on these treatment plans, initially in co-therapy with their supervisor and later independently on their own. Those individuals completing the more advanced practicum (603) will also be involved in cognitive and personality assessments in addition to the psychotherapy training. Students regularly attend and participate in case reviews and case conferences.

The practicum contact person for this site is Mr. Mark Carter who is the Manager for the Mental Health Services at Canadian Forces Health Services Centre (Pacific). He works closely with the 4 psychologists to ensure students are well-integrated into the programs and services provided by the Mental Health Team and facilitates the application process with the clinical psychologist preceptor responsible for the practicum.



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. 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:

<i>Date</i>	<i>Age Group</i>	<i>Article</i>
January 2013	Children & Adolescents & Ethics	Bell, K. (2010). Anorexia Nervosa in adolescents: Responding using the Canadian Code of Ethics for Psychologists. <i>Canadian Psychology</i> , 51(4), 249-256.
February 2013	Adults & Ethics	Johnson, W.B., Barnett, J.E., Elman, N.S., Forrest, L., & Kaslow, N.J. (2012). The competent community: Toward a vital reformulation of professional ethics. <i>American Psychologist</i> , 67(7), 557-569.
March 2013	Older Adults & Ethics	Molinari, V. (2012). Application of the competency model in geropsychology. <i>Professional Psychology: Research and Practice</i> , 43(5), 403-409.
September 2013	Children & Adolescents	Mitchell, J. H., Newall, C., Broeren, S., & Hudson, J.L. (2013). The role of perfectionism in cognitive behavior therapy outcomes for clinically anxious children. <i>Behaviour Research and Therapy</i> , 51, 547-554.
October 2013	Adults	American Psychological Association (2013) Recognition of psychotherapy effectiveness. <i>Psychotherapy</i> , 50(1), 102-109.
November 2013	Older Adults	Assessment of anxiety in older adults: A reliability generalization meta-analysis of commonly used measures. <i>Clinical Gerontologist</i> , 36(3), 171-194.

The journal club is open to all registered Ph.D. psychologists in the Victoria area, who can join by emailing us at pcjclub@uvic.ca. We look forward to continuing to offer this service and seeing you all in the future. LR

Clinical Supervision & Ethical Practice – Code of Conduct Review

Good clinical supervision and ethical practice are complimentary processes. By attending to ethical codes and principles, clinical supervisors are better able to manage the impact of ethical issues on supervision and the corresponding client care. In addition, they model appropriate ethical clinical practice. This is a brief summary of the codes from College of Psychologists of BC's (CPBC) Code of Conduct that relate to supervision.

Competency - CPBC Codes: 3.2, 3.5,

Supervisors should only supervise clinical practice that they are competent to do. In addition, there is a growing acknowledgement in the literature that clinical competency does not automatically translate into competency as a clinical supervisor (Campbell, 2006; Fleming & Steen, 2012). Students are now receiving coursework and supervision on supervising, often at the internship level. Psychologists currently employed may not have had these opportunities for supervision training but are encouraged to reflect on their supervision skills and to take steps to make sure that they are practicing clinical supervision in a competent manner.

Informed Consent - CPBC Codes: 4.7, 4.12

These codes indicate that the client should be aware of the supervisee's status, who the supervisor is and any associated issues related to third party payment. Also, as students' sessions are often recorded, consent needs to be obtained from the client prior to any recording. Although not indicated in the code, there is also a recent trend of having supervisee's sign consent forms for supervision (Campbell, 2006).

Relationship - CPBC Codes: 5.21, 5.22, 5.23, 5.25, 5.26, 5.27, 5.28, 5.29, 5.30, 5.31,

These codes strongly emphasize the supervisor's responsibility to provide appropriate training to supervisees and to ensure that the services supervisees provide are done in a competent and ethical manner. In addition, these codes outline how important it is for the supervisor to interact with the supervisee in a respectful manner, taking steps to make sure that the supervisory relationship is not demeaning, harmful or exploitive. Complaints from the supervisee should be handled in a dignified and respectful manner. Also, students often have complicated relationships with both their supervisors and the settings where they do their practicum training (e.g., supervisee and employee, clinical supervisee and research supervisee, etc). Careful attention should be made to try to avoid these multiple roles when possible and, when not possible, to carefully manage them so as to minimize the potential for conflict and/or exploitation.

Confidentiality - CPBC codes: 6.1, 6.5, 6.6, 6.14

The codes emphasize the need for the client to be aware of limitations of confidentiality (e.g., information will be shared with the student's supervisor). In addition, supervisors are reminded that supervisees should only have access to records they are immediately involved in. Furthermore, if for training purposes supervisors discuss clients that the supervisee is not directly involved with, the supervisor should take steps to make sure that identifying information is not included and that the supervisee understands the confidential nature of the information being shared.

Provision of Services - CPBC Codes: 8.1, 8.6, 8.7

These codes focus on the importance of supervision being conducted only in the context of a professional relationship. They also emphasize the fact that the supervisor is responsible for the actions of the supervisee and that the client has a right to know about this accountability.

Representation of Services and Credentials - CPBC Codes: 9.7 (g)

This code relates to how students' qualifications should be presented. Students who have completed their candidacy exams may be tempted to list their degree as "PhD Candidate" or "Candidate for PhD" as is often done by PhD students in other disciplines. However, the code is very clear that psychology students may not present themselves in this manner.

Advertising and Other Public Statements - CPBC Codes: 10.7

This code reminds supervisors that they need to make sure that any public statements, announcements of services, advertisements, etc. made by the supervisee must follow the CPBC's code.

Assessment Procedures - CPBC Codes: 11.1 (d), 11.2, 11.8 (a)

These codes highlight the importance of supervisors encouraging their supervisees to follow appropriate and ethical assessment practices. In addition, these codes emphasize the fact that the supervisor is responsible for all phases of an assessment they are supervising, including those elements they are not directly involved with (e.g., administration of tests, scoring, provision of feedback, etc.).

Maintenance of Records - CPBC Codes: 13.7, 13.8, 13.9

Code 13.7 reminds the supervisor that they are responsible for the completeness and legibility of records created and/or maintained by supervisees. Codes 13.8 and 13.9 outline the supervisor's responsibility to maintain separate supervisory records, including specifics regarding the content of the files and how long they are retained.

Security Of and Access to Records - CPBC Codes: 14.2 (a)

This code emphasizes the supervisor's responsibility for the security of all files they are involved with, including their supervisee's files.

Teaching - CPBC Codes: 15.5, 15.6, 15.7, 15.8

These codes remind the supervisor that when they are training students they need to provide accurate and objective information. The codes also focus on the importance of fair, clear and transparent evaluative processes.

Compliance with Law - CPBC codes: 18.1 (b)

This code reminds the supervisor that she/he is responsible for making sure that supervisees practice in accordance with legal and ethical standards.

Most psychologists are keenly aware of their ethical obligations when it comes to providing appropriate clinical supervision. However, it is easy at times to lose sight of some of the ethical issues impacting supervision. By providing a summary of the CPBC codes that relate to clinical supervision, it is my hope that supervisors and supervisees will be able to use this document to facilitate greater awareness and increased dialogue regarding these ethical issues. *LR*

References:

Campbell, J.M. (2006) *Essentials of Clinical Supervision*. Hoboken, NJ: John Wiley & Sons.

College of Psychologists of BC (2009) *Code of Conduct*. Vancouver, BC: College of Psychologists of BC.

Fleming, I & Steen, L. (2012) *Supervision and Clinical Psychology: Theory, Practice and Perspectives*. London, UK: Rotledge.



Current Victoria Area Clinical Psychology Practicum Sites

Site	Emphasis	Supervising Psychologists (*contact person)
UVic Psychology Clinic	Assessment	Dr. Lisa VanBruggen, R. Psych.* Dr. Alina Carter, R. Psych.
UVic Psychology Clinic	Therapy	Dr. Lara Robinson, R. Psych.* Dr. Wally Craver, R. Psych. Dr. Anthony Dugbartey, R. Psych. Dr. Leah Hatton, R. Psych.
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.*
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.*
A.T. Malcolm & Associates	Therapy	Dr. Tamara Goranson, R. Psych.*
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. 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. Mr. Mark Carter, Manger*
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

[Jodie Gawryluk](#), Ph.D., Assistant Professor (starting January 2014)

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

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

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

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

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

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

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

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

