



# GET PSYCHED!

A semi-annual publication providing the latest information to help support members of the College of Psychologists of New Brunswick

## Welcome

By Mandy McLean, Executive Director, CPNB

Welcome to the fifth issue of our newsletter! Our goal for this newsletter is to provide information, present trends, and raise awareness about College operations and psychology in general.

We hope you find this publication a valuable resource in viewing and managing information.

A lot has been going on around CPNB since our last edition. You will see information from our last Annual General Meeting, a note from our new CPNB President, many celebrations for new members and 30+ years of service members and much more!

Please feel free to contact me directly if you have ideas for future newsletters, any comments, questions or concerns.

## latestCPNBNEWS Note from CPNB President

By Jeffrey Landine, Ph.D., L. Psych, President, CPNB

*"Whereas the health of an individual depends on the ego's regular descent and return to and from the unconscious, a society's longevity depends on actual people journeying into the unknown and returning with ideas" (Dan Harmon, Television producer and writer).*

As I begin a second term as president of CPNB, I want to take the opportunity to express my great appreciation to the previous two presidents, Dr. Doug French and Dr. Mary Ann Campbell, for the substantial work they have done in the past two years to ensure the stability of the College. I have inherited a situation where we are on solid financial ground again and, I believe, the membership is increasingly involved and interested in the work engaged in the College for promoting and advocating for psychology in New

Brunswick.

Evidence for this belief comes from the metrics from our Strategic Plan, but also the work being done by our many committees and the great turnout we saw at this year's AGM.

I believe that it is a good time to be a psychologist, especially as new provincial and federal governments espouse the need for increased attention to mental health and wellness. CPA CEO, Karen Cohen, in the latest edition of iPolitics (<https://ipolitics.ca/2019/10/10/election-2019-lets-really-talk-about-mental-health>) calls for some immediate changes to Canada's approach to mental health, stating

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# New Members

## LICENSED MEMBERS

Dr. Erin Atkinson  
Dr. Freda Burdett  
Dr. Stéphanie Daigle-Thériault  
Dr. Daniella DaPonte  
Véronique Fontaine  
Dr. Catherine Fraser  
Dr. Anne-Claire Larochette  
Dr. Valerie McLaughlin  
Jonathan Robichaud  
Dr. Margaux Roch-Gagné  
Dr. Marianne Thériault

## INTERIM MEMBERS

Dr. Meghan Beaudin  
Dr. Geneviève Chiasson  
Molly Chase  
Gaëlle Fabre  
Dr. Danie Jacob-Léger  
Dr. Rébecca Losier-Chiasson  
Dr. Marilynne Maltais  
Jessica McKellar  
Pierre Nadeau-Marchand  
Dr. Vanessa Rowe  
Melvin Sert  
Dr. Jannie Thibodeau  
Mark Vickers

## CFTA MEMBERS

Julie Brundle  
Dr. Robert Dalton  
Dr. Rachel Goodman  
Darlene Gould  
Dr. Marie-Claire Losier  
Dr. Joannie Maltais  
Dr. Elsa Massicotte  
Caley McNamara Crowdis  
Dr. Vickie Plourde  
Laurel Richmond  
Robert Roopa

## STUDENT MEMBERS

Josée Boudreau  
Véronique Cyr  
Virginie Daigle  
Kailey DeLucry  
Arielle Doiron  
Jolène Doucet  
Jessie Doyle  
Geneviève Gallant  
Isabelle Harrigan  
Annie Hébert-Couturier  
Alex-Anne Lamoureux  
Julie Malchow  
Cecile Proctor  
Sophie Robichaud  
Stéphanie Veilleux  
Jenna Wright

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## Cover Story:

### Note from CPNB President

“Canada needs mental health to be valued the same as physical health — sometimes called mental health parity. Mental health parity would require insurance plans, public and private, to treat mental disorders and substance-use disorders equally to physical disorders. It means that insurance plans could not put stricter limitations on the mental illness treatment they cover than they do on treatment for physical illness.”

Some would say that we are in a crisis situation in our country and province. In Canada, it is estimated that 6.7 million people experience a mental health problem or disorder each year. In 2012, 1.6 million Canadians said that their mental health needs, particularly for therapy, were not being fully met (according to an Abacus survey cited in the same article). In NB, the media and government officials have repeatedly referred to challenges recruiting psychologists in the public sector.

If we are indeed in a crisis situation, then the skills and knowledge we possess as psychologists put us in a unique and influential position. We are needed.

Effective strategies for addressing this crisis, however, will require flexibility and cooperation on the part of all involved. As the opening quote points out, we have to explore the unknown and untried because solutions rarely come from doing the same thing as we have always done. Change is never easy – human nature compels us to stay with what is familiar and safe. In addition to an openness to change, we will be required to provide balance to ensure that the change enacted isn't unethical or harmful. Regardless of how the current crisis is addressed, psychologists will play a key role. Our mission as psychologists is to be the leaders of change and, over the coming year, we will continue to work towards ensuring that accessible and quality psychological services are available to those in need.

# Recognizing our Fantastic Colleagues

By: Janine Olthuis, PhD, L. Psych

At CPNB's last Annual General Meeting (AGM), we recognized our members who have completed 30 years or more of service as psychologists in New Brunswick. This is an incredible accomplishment! These members have made lasting contributions to the New Brunswick community in their roles as academicians, teachers, researchers, private practitioners, school psychologists, neuropsychologists, public sector psychologists, forensic psychologists, and community psychologists, among others. We are grateful for their high-quality service, continued enthusiasm and advocacy for the profession, and ongoing commitment to better the lives of New Brunswickers.

We are thrilled at the number of our honourees who were able to attend the AGM. At the AGM these members were recognized by Council and our membership for their outstanding contributions. All honourees received a certificate to recognize this milestone, and arrangements were made for those who were not able to attend to also receive their certificates.

Here is a list of members who were recognized for 30+ years of service:

HONOURED MEMBERS	YEARS OF SERVICE	HONOURED MEMBERS	YEARS OF SERVICE
Louis Babineau	44	Larry Heinlein	39
Maurice Boulay	51	Fred Horsley	43
Paul Bourque	39	Robert Huot	36
Lynne Brewer	31	Arthur Lamrock	39
Ronald Brun	49	Eugène LeBlanc	37
E. Sandra Byers	39	Greg MacDonald	30
David Clark	33	Peter McCormack	36
Fred Creary	39	Juanita Mureika	31
Robert Doucet	31	Jean Pereira	38
Anne-Marie Drapeau	40	Elisabeth Poirier	34
Marilyn Duffy	34	Dorothy Price	31
Dominique Eddie	35	James Robinson	36
Gary Fecteau	32	Charlene Roxborough	34
Larry Finkelman	31	Christophe Surette	38
Marie-Thérèse Fournier	34	Yvette Thériault	38
Barbara Gibson	39	John Tivendell	38
Emily Haswell	49		

If you see any of these psychologists, congratulate them on their accomplishment! To showcase our long-standing members, we wanted to take the opportunity to profile a couple of our awardees. They are examples of the excellence we are lucky to have in the province.



# Years of Service Member Spotlight!

## **Dr. E. Sandra Byers**

Dr. Byers was on the original committee that met to establish CPNB in the late 1970's! She has been a licensed psychologist in New Brunswick for 39 years. She was kind enough to give us some thoughts on her career and psychology in New Brunswick.

**Tell us a bit about your current position as a Psychologist in New Brunswick.** I have been on faculty at the University of New Brunswick since 1978 and I am currently a full professor and Chair of the Department. I was the first clinical psychologist hired by the department. I also have been in part-time private practice for many years; my husband Larry Heinlein and I shared our practice until his retirement in April 2019. Most of my clients seek me out because they are experiencing a sexually-related concern. However, they typically are also experiencing other concerns including relationship distress, depression, and anxiety which I also address with them.

**What one or two things have been highlights of your career as a Psychologist thus far?** I feel very fortunate that my career has been so diverse encompassing research, teaching, clinical practice, student supervision, administration, and conducting clinical workshops. I really value diversity in my work life. On the research side, highlights have been the several awards I have won as well as my recent election to the Royal Society of Canada. On the teaching side, highlights are the many students I have met often years after they have left UNB who told me how relevant my human sexuality course has been to their lives as well as my involvement in training our clinical students in therapy skills, including sex therapy skills.

**What is something that you are still looking forward to in your professional life?** Even after 40 years of working as a psychologist in New Brunswick, I am still enthusiastic about all of my various roles. I look forward to continue my involvement particularly in research, clinical practice, and clinical training.

**What is the biggest change in psychology in New Brunswick that you have seen in your years of service here?** I see the explosion in the knowledge base (making it challenging to stay current) as well as the move toward evidence-based practice as big changes to the practice of psychology.

**Tell us your thoughts about being recognized for years of service at the CPNB AGM.** I was really pleased and honoured to be recognized for my years of service at CPNB. To me there is nothing more meaningful than being honoured by one's colleagues. It also meant a lot to me that my husband, Larry, was also honoured for his 30 years of service at the same ceremony.

**What can we find you doing when you're not in the office?** I have a range of interests. I play the saxophone in the UNB Concert Band (not particularly well), garden, cross country ski, go for walks, enjoy cooking, make jam, knit and crochet, attend independent films at the Fredericton Film Society, and read a lot of fiction. Larry and I enjoy attending events at the Fredericton Playhouse, dining out, going on drives with the Fredericton Area British Automobile Club (we had an antique sports car and now have a more modern sports car), and entertaining friends. And then there's the great pleasure of visiting our two daughters and our granddaughter (we're soon to have a second grandchild) who unfortunately (for me but not for them since they have wonderful lives and careers) don't live in New Brunswick.

Dr. Byers is pictured here with her husband, Dr. Larry Heinlein, who was also recognized for his 39 years of service as a psychologist in New Brunswick.



**Dr. Robert Huot**

**Parlez-nous un peu de votre position actuelle en tant que psychologue au NB.** Je suis retraité des services publiques depuis 2012 après 34 ans de service en santé mentale et en milieu hospitalier. Je continue une pratique privée à plein temps principalement dans l'expertise des capacités parentales. Mon travail demande donc à faire l'évaluation des parents et formuler des recommandations au tribunal dans le meilleur intérêt de l'enfant. Je garde quelques dossiers pour psychothérapie.

**Nommez une ou deux choses qui ont surligné votre carrière en tant que psychologue à ce jour?** Après 10 ans en santé mentale j'ai accepté le poste de directeur de service à l'hôpital régional de Campbellton que j'ai comblé pendant 24 ans. J'ai mis sur pied le service de psychologie de l'hôpital régional et quelques années plus tard on m'a aussi confié le service de psychologie du centre hospitalier Restigouche. Durant ces années notre équipe a mis sur pied un centre mémoire à l'hôpital régional qui à l'époque était le seul dans la province. La neuropsychologie revêtait une activité importante à ce moment. Par la suite j'ai développé une expertise en matière d'évaluation des capacités parentales domaine qui m'occupe encore beaucoup aujourd'hui. Je dois aussi ajouter que mon retour aux études pour compléter mon doctorat fut tout un défi dont je suis très fier.

**Est-ce qu'il y a quelque chose que vous anticipé faire dans votre vie professionnelle?** Cesser mes activités ou tout au moins réduire la cadence et faire du bénévolat. J'ai déjà dépassé l'âge soit disant normal de la retraite et peut-être que je devrais m'arrêter....mais je me sens toujours d'attaque.

**Quel est le plus gros changement que vous avez remarqué en psychologie au NB durant vos années de services ici? Aussi, est-ce que vous prévoyez de gros changements à venir pour les psychologues du NB?** La profession est beaucoup plus reconnue et respectée. On sollicite régulièrement les psychologues pour se prononcer sur un sujet dans les médias électroniques ou autres, on les voit à la télé, on les entend à la radio régulièrement. Dans les téléromans ils sont présents et leur image est professionnelle et compétente. Y'a pas si longtemps on ne voyait ni n'entendait pas beaucoup ça. On demande de plus en plus nos services. Je crois qu'on nous fait beaucoup plus confiance.

Je ne sais pas quelle direction notre profession prendra mais je suis optimiste. Pour ma part j'aimerais qu'on arrive à établir des balises pour un acte réservé en psychologie un peu comme le Québec l'a fait en contrôlant l'exercice de la psychothérapie.

**Partagez vos idées par rapport à être reconnu pour vos années de services à l'AGA du CPNB.** Oui bien sûr que c'est une belle attention venant du Collège, mais c'est aussi l'étonnement de réaliser toutes ces années dans la profession. On n'y pense pas puis un jour on vous rappelle tout le chemin parcouru et c'est une belle reconnaissance.

**Qu'aimez-vous faire lorsque vous n'êtes pas au travail?** J'aime bien faire du vélo (12 mois /année), de la lecture et voyager. J'aime pêcher le saumon, faire des rencontres entre amis et en famille. J'ai aussi un grand intérêt pour le vin...pas seulement le boire mais apprendre sur les régions de production, les cépages, etc....le vin c'est de l'agriculture et de la géographie aussi.

**CPNB is Online!**

Do you like our Facebook Page?  
CPNB Psychology/ CPNB  
Psychologie

Do you follow us on Twitter?  
@CPNBPsychology



# Ethics Corner

By: Mandy McLean, Executive Director, CPNB

As you may be aware, our Ethics Teleconferences are a highly anticipated CPNB initiative. We have had a great deal of feedback on how valuable this project is for our members. Finding presenters, however, has been a great struggle. (Thank you to everyone who has volunteered thus far!)

Given this challenge, we have decided to change the parameters for these conferences. In the past, we asked psychologists to present a dilemma they have undergone and explain the process and approach they used to effectively arrive at its resolution. Recognizing that it may be intimidating to share a personal ethical dilemma, and your own approach for a solution, we are now asking if psychologists would be willing to submit ethical dilemmas that could then be shared/presented by another psychologist as a part of the Ethics Teleconference. The dilemmas would be shared in such a way that the psychologist who submitted the dilemma would remain anonymous.

To help with generating some thought about whether you have an ethical dilemma you may be able to share, we have developed some suggested topics that students have identified as being interesting/valuable (this list is not exhaustive, we are open to all ideas and perspectives):

- Being asked our age/qualifications by a client
- Being offered a gift by a client
- The issue of physical touch, how to manage advances (e.g., hugs)
- Becoming emotional during a session with a client
- Running into a client in a public setting

The Professional Affairs Committee hopes this new approach may disconnect the dilemma from the presenter and allow for more interest from members to contribute a dilemma or present.

**If you are willing, please (a) send us an ethical dilemma that could be presented/discussed as a part of an Ethics Teleconference and/or (b) let us know if you would be interested in presenting or facilitating discussion of an ethical dilemma (not necessarily your own) at a future Ethics Teleconference.**

Ethics Teleconferences would not be possible without the engagement of our membership and willingness to participate. We so appreciate and value the dedication and commitment and most of all willingness to share from our presenters. We are also open to your suggestions on how to make it easier for presenters to take part in this valuable initiative.

As a re-cap, each 45 minute Ethics Teleconference is facilitated and presented by a volunteer. The goals of the Ethics Teleconferences are threefold: *presentation* of an ethical dilemma (can be fictional), *engagement* of participants in post-presentation discussion, and *expansion* of ethical awareness. Caller participation is invited but not required; callers who would prefer to listen and not participate are equally welcome!

Please reach out if you would be interested in presenting or facilitating an ethical dilemma at a future Teleconference. Please contact [mandy.mclean@cpnb.ca](mailto:mandy.mclean@cpnb.ca), 506.382.6748.

**Volunteers Needed!**



# Spotlight on Supervision

By: Dr. Jean Craven, L. Psych

## Why we should all try Practicum Supervision

More than thirty years ago, when I was trying to finish my Master's degree at UNB, I ran into a problem. I could not find a suitable supervisor for my 500-hour practicum. My clinical interests included developing my therapy skills with children and families, but the practicum sites available at the time were all restricted to work with adults. I already had a lot of experience with psychological assessment and had been working with the school district in Saint John as a psychometrist. I ended up returning there for a year and then attending York University for my Ph.D. Toronto provided lots of training opportunities in my area of interest. I made a promise to myself, though, that when I returned to New Brunswick, I would offer to be a practicum supervisor so that other students would not find themselves in the same position that I had. During my time working at Mental Health Services and later heading up the Psychological Wellness Centre at UNB, I have supervised more than forty graduate students in Clinical Psychology. It has been one of the most rewarding experiences in my professional life.



Does supervising a practicum student involve time and effort? Absolutely. But it also brings some great rewards. First, graduate students are usually up to date on current clinical research and are more than pleased to be able to share the latest results and theories with you. It's a great way to keep your knowledge current. Second, what they lack in experience, they make up for in enthusiasm. They remind you of the excitement you felt at that stage in your career and their optimism is a wonderful antidote to burn-out. Third, there is nothing like teaching and mentoring to help us realize how much we know and how skilled we are. We all have times when we think we are fakes and imposters, but when a student comments, "How did you know to ask that question?", it makes you realize how many interactions have become second nature over time. Fourth, supervision is one of the activities that CPNB recognizes for the Continuing Education requirement. Finally, practicum supervision can help you to meet a lot of delightful people who will be our future psychologists. Many of my supervisees have gone on to become supervisors themselves and I am always excited to hear about their progress.

Supervision of students and interim members is one of the things I have enjoyed most and has given me the most satisfaction in my career. I encourage any of my fellow psychologists to give it a try.

# Community Services Spotlight!

## Helping clients find additional support

The Canadian Mental Health Association have a variety of programs offered across the province (Fredericton, Moncton, Saint-John, Woodstock, Grand Falls, Sussex) to help individuals address different mental health needs.

- Educational programs
- Coping skills and strategies development
- Creative expression
- Support groups

These 6 to 12 weeks programs include topics such as:

- Anxiety & Depression
- Art of Recovery
- Engaging Families in Recovery
- Living Life to the Full
- Art Therapy
- Grief and Loss Recovery
- Trauma
- Anxiety & Depression Program
- Depression program
- Understanding Anxiety & Panic Disorder
- Mindfulness
- D2R: From Dependency to Recovery
- Life After Loss: Survivors of Suicide
- Engaging Families in Recovery
- Living Life to the Full
- Making Wellness a Priority
- Kids Have Stress too!
- Information sessions on different subjects
- Anxiety & Mental Health Involves Gathering Of Support

"THIS COURSE HAS GIVEN ME TOOLS I HAVE BEEN SEARCHING FOR, FOR OVER 20 YEARS. I HAVE RECEIVED NUMEROUS SUPPORTS FOR MY DEPRESSION OVER THE YEARS BUT HAVE NOT COME ACROSS A MORE HELPFUL, MANAGEABLE, DOABLE PROGRAM THAT CAN BE IMPLEMENTED IMMEDIATELY."

\* Pre-registration is required.

\*\* For more information on start dates and programs offered in your area, clients can consult the CMHA website at <https://cmhanb.ca/programs-services/provincial-programs/> or contact their local CMHA office:

Fredericton: 506-455-5231 ext 101  
Moncton: 506-859-8114  
Saint-John: 506-633-1705  
Woodstock: 506-325-3943  
Grand Falls: 506-475-2548  
Sussex: 506-432-2101



**"EVERY YEAR, CMHA OF NEW BRUNSWICK PROGRAMS HELP MORE THAN 60,000 PEOPLE"**



Coming in the New Year... an Early Career Psychologists Group!

Are you a psychologist in your first 10 years post-licensure? If so, this group may be of interest to you. Starting in January, we are starting a group for Early Career Psychologists in New Brunswick. Our goal with the group is to facilitate knowledge exchange between new psychologists, make resources available to new members, provide a space to establish social and professional connections amongst early career psychologists, and increase the opportunity for support for psychologists as they establish themselves in their roles in the province.

To start, the group will be housed in a closed/private Facebook group. How might the group help you? You might use the group to:

- Find someone with whom to prepare for the licensing exam
- Learn about new training opportunities
- Connect with new psychologists in your area to arrange in-person get-togethers
- Search for someone to consult with on clinical issues
- Discover how public and private services/practices work in different sectors of the province
- Identify good resources and referrals for your clients
- And more!

We also hope to arrange a get-together for Early Career Psychologists at this year's AGM. Stay tuned!

The group will be open to psychologists in their first 10 years post-licensure, provisional members of the College, and CPNB student members. To join, simply send a request to one of our administrators: Dr. Janine Olthuis ([j.olthuis@unb.ca](mailto:j.olthuis@unb.ca)), Dr. Marianne Theriault ([Marianne.Theriault@vitalitenb.ca](mailto:Marianne.Theriault@vitalitenb.ca)), or Dr. Margaux Roch-Gagne ([Margaux.Roch-gagne@vitalitenb.ca](mailto:Margaux.Roch-gagne@vitalitenb.ca)). One of us will add you to the group once it is finalized in January. We are excited to get to know you!



If you have a story  
or suggestions for  
future articles, we'd  
like to hear from you.

Contact Mandy McLean at 506-382-6748 or  
[mandy.mclean@cpnb.ca](mailto:mandy.mclean@cpnb.ca)

**talkBACK**

If you would like to participate in one of our committees, contribute to the ethical dilemma teleconference, join our peer support ethics network or more, please contact us! We'd LOVE your feedback! If you have any ideas, comments or suggestions regarding this newsletter or any CPNB initiatives, please let us know. Your voice counts!