

# Rural and Northern Perspectives: The View from Here



Fall 2023 Volume 18, Issue 1

## Message From the Chair

Greetings Rural & Northern Section Members!

The view from here (my office where I'm writing this message) is quite pretty as the leaves are changing colors for fall. There are changes happening in our section as well – we have new members of our executive.

Welcome to Dr. Nicole Haverstock who has taken on the role of secretary/treasurer and to Ashlee Coles and Lara Penner-Goeke our student reps. You can find out a bit more about them in the meet the executive section of this edition of newsletter. Dr. Amanda Lints-Martindale is continuing to serve in the role of past chair (and has stepped up as interim newsletter editor as well). The chair elect position is currently vacant. I have to say I have learned so much and thoroughly enjoyed becoming more involved with CPA since taking on this position. If anyone is interested in learning more before throwing their hat in the ring as our next chair (or newsletter editor), please reach out to me.

New executive members means that some of our previous executive have moved on to other endeavours. Thank you so much to Tiffany Mitchell for serving in the secretary/treasurer role and to our former student representatives: Fiona Trend-Cunningham and Teija Yli-Renko. I was so excited that both of our outgoing student reps were able to attend the 2023 CPA convention in Toronto (see photos in this newsletter!). Submissions for the 2024 convention are now being accepted, I encourage everyone to consider submitting something to our section (especially any student members as that will make you eligible to apply for our section's North Star student awards!).

Those with a keen eye might notice that our section has a new logo. CPA refreshed all of its logos recently. As our new CEO, Dr. Lisa Votta-Bleeker shared in a meeting of chairs, the decision to refresh was more about updating the old logos than a true "re-branding" per se. You will also be getting an email shortly (if you have not already) asking you to review and vote on our new by-laws. Again, this is more of a re-vising/re-formatting so that all the sections have similarly formatted documents rather than a dramatic change from our previous by-laws.



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## R&N Section Minutes from the AGM

### Annual Section Business Meeting Minutes

Friday, June 23 2023; 4:00-4:55pm (Eastern Time Zone)

Dr. Hutchings called the meeting to order at 4:00 p.m.

Welcome and Land Acknowledgement: We acknowledge the land we are meeting on is the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples. We also acknowledge that Toronto is covered by Treaty 13 with the Mississaugas of the Credit. I encourage you who are attending virtually to reflect on the lands where you located.

1. Attendance. In person: Veronica Hutchings (chair), Karen Dyck, Conner Baker, Matthew Picard, Shelly Goodwin, Alison McClary, Fiona Trend-Cunningham (student rep), Teija Yli-Renko (student rep), Simon Lisaingo; Virtual: Tiffany Mitchell (secretary/treasurer), AnnaMarie Carlson, Amanda Lints-Martindale (past-chair)
2. Approval of Minutes (as circulated in Fall 2022 newsletter). 1 Typo “Mary” instead of “May”.  
Connor Barker Approved as amended, Shelly Goodwin Seconded.
3. Update from Chair (Veronica Hutchings)
  - a. Membership Overview for the section: Currently 2 CPA Complimentary members, 2 Fellows, 55 Members, 4 Early Career Year 1s, 3 Early Career Year 2s, 1 Special Affiliate, 29 Student Affiliates  
Broken down per province: 13 Alberta, 8 British Columbia, 20 Manitoba, 1 New Brunswick, 6 Newfoundland, 4 Northwest Territories, 4 Nova Scotia, 30 Ontario, 5 Quebec, 7 Saskatchewan, A inquiry from Yukon came in, and 0 from Prince Edward Island and Nunavut
  - b. Executive nominations – Vacancies: Chair Elect, Secretary/Treasurer, and Student Representative(s). Nominations officially open – Please feel free to reach out to Veronica if have questions/ interest. **Thank you** to our out going Secretary/Treasurer Tiffany Mitchell, and Student Reps Fiona Trend-Cunningham and Teija Yli-Renko!
  - c. Newsletter Editor position is currently available; past-chair will assume these duties until a new editor is found. Please contact the section if you are interested.
  - d. Terms of Reference will be distributed via electronic ballot due to not meeting quorum during the AGM. Discussion was held whether to include offering CE credits— terms of reference will

not be changed, but will be amended if deemed necessary in the future. Members were asked to send additional comments to Veronica.

e. Convention Activities: There was an excellent presentation by Dr. Karen Dyck and Dr. Melissa Tiessen on self care for R&N practitioners as well as the Chair's Address on the virtual grand rounds series. On Sunday there will be a presentation within the Ethics section on an update from the Working Group on dual relationships in R&N practice. The working group is co-chaired by Dr. Amanda Lints-Martindale and Dr. Meadow Schroeder, and made up of R&N section members. Dr. Hutchings presented on behalf of the working group at the convention.

f. Virtual Grand Rounds: The R&N section, in partnership with researchers from MSVU, were successful recipients of a SSHRC Partnership Engage Grant. The grant will enable the section to pay for experts in R&N practice to lead virtual sessions as well as research costs associated with developing and evaluating the program. There will be 10 sessions that will consist of a 1 hour presentation and 1 hour for questions/discussions, with the goal to increase connection between R&N members. The series will be free to members of R&N section (with the ability to earn 2 CPA-approved credits per session, up to 20 in total). The research focus will explore the impact of the series on R&N burnout, isolation, practice drift, and other factors. Members noted it might be helpful to: include topics related to suicide risk assessment, advertise through APA to create USA connections, reach out to non-conventional members to grow the R&N section, and have people join the section in order to access the virtual grand rounds. It was noted that in the future, a CE coordinator position might be helpful, or to task a member of the executive to continue this effort, in the future, following completion of the grant. It was also shared that CPA was highlight recep-tive of the project. For more information, members are directed to the project's Research email: [ruralpsych@msvu.ca](mailto:ruralpsych@msvu.ca) as well as the section's email address: [rpsychology.cpa@gmail.com](mailto:rpsychology.cpa@gmail.com)

3.. Secretary/Treasurer Report (Tiffany Mitchell): As of May 31, 2023 the current balance is \$3,424.41 (savings due to generosity of speakers, few monetary awards provided, and virtual CPA conventions from 2020/2021). This budget is consistent with CPA's suggestion to keep balances un-der \$5,000 to maintain non-profit status.

Approximate total costs for the 2023 convention \$639.00, as follows:

- \$339 – for invited speaker conference registration
- \$50 – IT support – hybrid conference and meeting
- \$250 – Awards (distinguished career award)

We will continue to sponsor the two North Start Awards (\$250 each), as well as the Distinguished Practitioner Award (\$250).

## R&N Section Minutes from the AGM, Continued...

The members discussed possibility of providing CE credits for virtual educational opportunities (for future years, enabled through another grant or perhaps increased fees), the possibility of a student travel award (not dependent on presenting at the convention), and evaluate the possibility of making awards available to students who do not submit specific to the R&N section, but do present on a relevant topic. Members were encouraged to email the section with any other comments or suggestions.

Budget was motioned to be approved by Shelly Goodwin, seconded by Alison McCreary, with all members in favour.

### 4. New Business (Veronica Hutchings)

a. Awards: Distinguished Professional Contributions to Rural and Northern Practice Award provided to Dr. Shelley Goodwin, presented by Dr. AnnaMarie Carlson.

ii. Clarifying Student Award Criteria: The criteria for student award was reviewed; no changes were made.

### b. CPA 2024 Convention in Ottawa

Members were encouraged to submit an abstract for the 2023 convention.

Motion to adjourn the meeting made by Dr. Shelly Goodwin, Seconded by Dr. Amanda Lints-Martindale. Meeting adjourned at 5pm EST.



Pictured left to Right R&N chair between 2022-2023 student reps: Fiona Trend-Cunningham, Veronica Hutchings, and Teija Yli-Renko



**RURAL AND NORTHERN  
PSYCHOLOGY**  
SECTION  
**PSYCHOLOGIE DES COMMUNAUTÉS  
RURALES ET NORDIQUES**

## Distinguished Professional Contributions to Rural & Northern Practice Award: Dr. Shelley Goodwin

The Distinguished Contribution to Rural and Northern Psychology Career Award is intended to recognize **out-standing rural and northern psychologists**. Nominees are judged distinguished by virtue of peer recognition, advancement of the public's recognition of psychology as a profession, advancement of rural and northern practice through supervision/research/scholarly pursuits, relevant professional association honours, or other meritorious accomplishments denoting excellence as a rural and northern psychologist, including advancement of the profession.



Dr. Carlsson looks on virtually as Dr. Goodwin receives her award

In 2023, the section's recipient is Dr. Shelley Goodwin. The nomination letter included the following: "Dr. Goodwin exemplifies what takes for a rural or northern psychologist to thrive and is a role model for other practitioners. She is a champion for rural psychology in education, service provision, and leadership. For example, her graduate research focused on children in rural Canada, and she won the R&N section North Star Award. She has provided instruction at regional institutions as well as Dalhousie University. She remains connected to academia by publishing articles in the area of rural psychology and serves as a reviewer for several journals. She is a generous collaborator during writing and remains committed to speaking to R&N perspectives, particularly through a focus on strengths and advantages of rural work and community. In terms of practice, Dr. Goodwin has maintained a generalist rural clinical practice, and has drawn on her rural practice experience to champion non-traditional practice models such as interprofessional collaborative practice and equine assisted therapy. She has also been generous with her time in the areas of professional advocacy and leadership at provincial, national, and international levels. Dr. Goodwin exemplifies living a balanced life between work and play (especially horses and travel), and will remain a model for the strengths of rural practice and living. "



**Congratulations Shelley!**





## 2023 CPA R&N Convention Activities

Our section was pleased to be able to sponsor a Symposium that featured discussion on Self Care practices for R&N psychologists. The symposium was well attended, and received positive feedback. There was also a Chair's Address announcing the virtual grand round series (currently being offered through the section!). The following abstracts are also available within the 2023 CPA Convention Abstract Book found at <https://cpa.ca/docs/File/Convention/2023/Abstract%20Book%202023-v1.2.pdf>

### Chair's Address: Developing a Virtual Grand Rounds for Rural and Northern Psychologists

Presented by Drs. Veronica Hutchings (chair), Conor Barker, Krista Ritchie (not pictured), and Sara King

Abstract: Maintaining clinical competency over a career lifespan is a particular challenge for psychologists practicing in rural and northern communities. The logistics can make it difficult for psychologists to attend and there are few opportunities speaking to the needs and experiences of R&N psychologists. In partnership with Mount Saint Vincent University, the



VGR would be available free of charge to R&N members and provide attendees with CPA approved CE credits. This session is a presentation of our work to date, where the research team members along with R&N chair will discuss our plan and seek feedback in developing the program themes and answering questions from the membership ahead of launching the program in Fall 2023.

section on Rural and Northern Psychology (R&N) is proposing the development of Virtual Grand Rounds (VGR), an online monthly meeting of R (2) build a collegial support system for sustaining clinical competency; (3) Engage in reciprocal and recursive learning processes with other psychologists; and (4) continue to build our community of rural and northern practicing psychologists to maintain and sustain competent psychological practice in Canada.

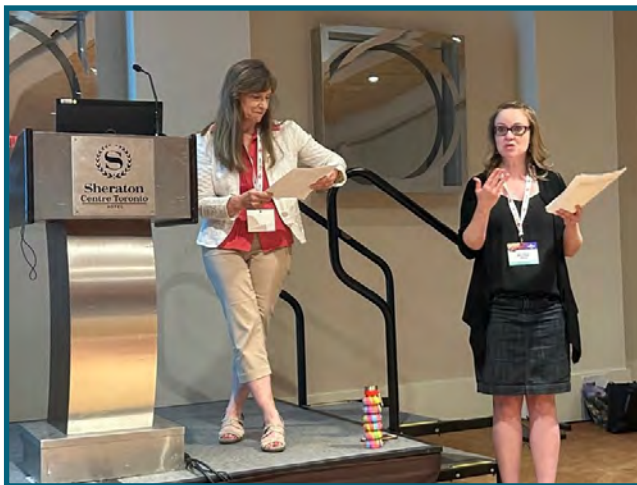
The intention is that the



## Invited Speaker: Using a Four C's Framework to Support Psychologists' Self-Care in Rural and Northern Communities

Presented by Drs. Karen Dyck and Melissa Tiessen

Abstract: Self-care has been shown to have a positive impact on psychologists' health and wellness and has also been shown to affect professional functioning, including patient outcomes. The importance of self-care is also highlighted by its inclusion in the Canadian Code of Ethics for Psychologists. Yet despite its importance psychologists typically receive minimal or no formal training in the area of self-care and, as a result, often enter the profession naïve to the workplace factors that can contribute to challenges in their self-care. Truly sustainable and effective self-care involves identifying and implementing practices that address unique aspects of our work and individual realities. Recognizing the importance of personally tailored self-care practices, the presenters will introduce their Four C's self-care framework (connection, compassion, courage, and creativity) and its application to unique self-care issues that may be particularly relevant for psychologists working in rural and/or northern communities.



Additional information on the Four C's framework to support self-care can be found at: <https://www.intentionaltherapist.ca>

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CPA is now accepting submissions for the **2024 Annual Convention**,  
June 21-23, 2024 in Ottawa, Ontario.

New submission deadline is November 30, 2023.

For more information visit the convention website:

<https://convention.cpa.ca/>

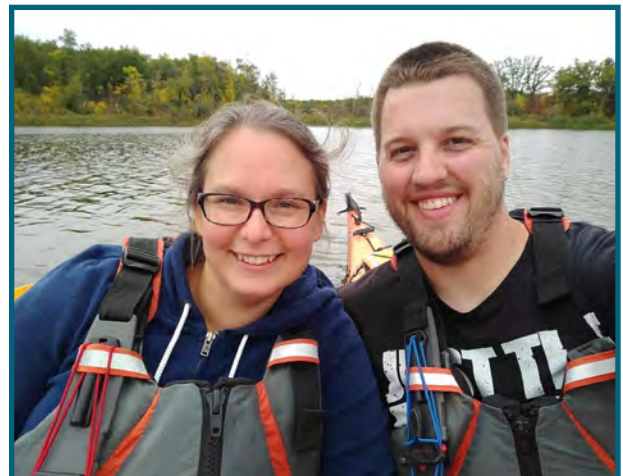
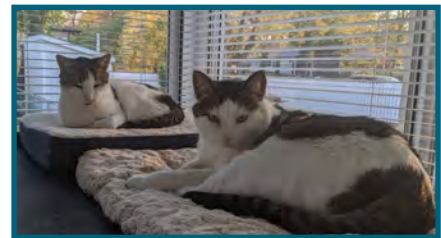
## Meet the Executive!

### Secretary/ Treasurer:

#### Dr. Nicole Haverstock

Hi! My name is Nicole "Nicki" Haverstock. I'm pleased to serve the Rural and Northern Section as Secretary-Treasurer and I look forward to connecting with many of you through this role. I was raised on an acreage about 10 minutes north of Brandon, MB, where I grew to love country life. During my undergraduate studies, I volunteered and worked for the Manitoba Farm & Rural Stress Line (now Manitoba

Farm, Rural & Northern Support Services), which led to a deeper appreciation of the challenges that are experienced by folks in these settings. I completed my Ph.D. through the University of North Dakota and my residency in Edmonton before returning home to Brandon, where I currently live and work. I'm a registered psychologist with an academic appointment of Assistant Professor with the Department of Clinical Health Psychology at the University of Manitoba, and a clinical appointment with Prairie Mountain Health. I specialize in consultation, assessment, and treatment for older adult inpatients and outpatients who reside in Brandon and surrounding communities. Outside of work, I can be found spending time with my partner and two cats, enjoying a wonderful meal at a new or favourite restaurant, or hiking and exploring the province. Included are photos of my partner and I hiking to Pine Point Rapids in Whiteshell Provincial Park, kayaking in Turtle Mountain Provincial Park, having fun in Drumheller, and our beloved cats.





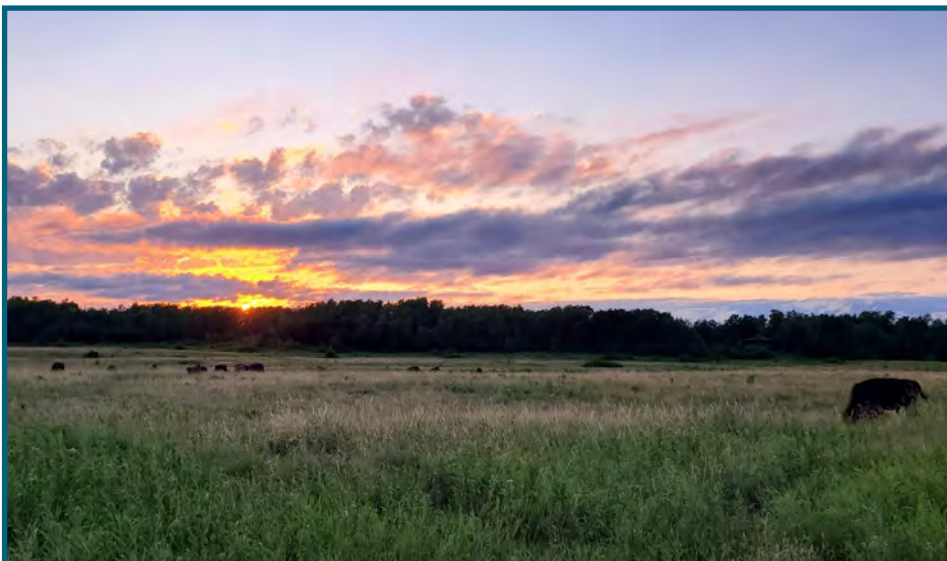
## Meet the Executive!

### Past Chair: Dr. Amanda Lints-Martindale

I am pleased to be able to continue to serve the R&N section through the position of Past-Chair. By way of (re)introduction, I am a clinical psychologist with an academic appointment of Assistant Professor with the University of Manitoba, and clinical appointment of Consulting Psychologist with the Southern Health-Santé Sud health region of Manitoba. I also serve as the Rural Lead within our Department of Clinical Health Psychology, and am a primary supervisor for our department's post-doctoral residency program within the rural stream. I appreciate the variety of rural work, as well as the lifestyle working in rural Manitoba provides—my commute to work is stress and traffic-free, and under 10 minutes!



My husband and I both grew up in rural communities, and most of our non-work time is spent with our two girls (now 11 and 8 years old). This summer, our family spent some time at Riding Mountain National Park, MB, and visited the Lake Audy Bison enclosure. The picture I've included (taken from the safety of my car!) is of a beautiful Manitoba sunset, overlooking the bison grazing in the pasture (no filter applied!).



If you are interested in joining our section's executive, please do not hesitate to connect with us—we would love to have you join our team!

## Meet the Executive!

### Student Representatives:

#### Ashlee Coles

Hello! My name is Ashlee Coles, and I am a current Master's in Experimental Psychology student at Memorial University. I am so excited to work collaboratively with like-minded individuals representing our shared interest in Rural and Northern Psychology. Witnessing the repercussions of inadequate access to mental health services in



Rural and Northern communities has provided valuable insights into the inequities within our healthcare system. Therefore, my ultimate goal is to pursue a Ph.D. in Clinical Psychology and return to my hometown in Goose Bay, Labrador, equipped to minimize the barriers to help-seeking and provide treatment for individuals with anxiety/related disorders and substance use/addictions. There are so many diverse perspectives to be learned from rural psychologists in this section, and I'm looking forward to expanding my knowledge as one of the student representatives!

#### Lara Penner-Goeke

My name is Lara Penner-Goeke (she/her), and I am excited to serve as a student representative for the R&N section this year. I am a first-year clinical psychology doctoral student at the University of Manitoba. I grew up in rural Manitoba, currently call Winnipeg home, and hope to someday practice as a clinical psychologist in a rural setting. In my research, I investigate the assessment and diagnosis of ADHD, childhood executive functioning, and group-based parenting interventions. Clinically, I have worked with children, adults, and families using a variety of therapeutic approaches and assessment tools, and I am continuing to learn through clinical practica and experiences. I look forward to contributing to the R & N section to further the mental health of individuals in rural and remote communities. Please feel free to connect if you have any ideas for the section or are interested in chatting about student issues surrounding rural and northern psychology.



## Exclusive R&N CE Workshop Series!

Hello! We are Julia Hall and Abigail Peyton, two school psychology graduate students from Mount Saint Vincent University. If you've engaged with any of the ***Grand Rounds and Watercooler Conversations for and About Rural and Northern Psychologists***, we are the people behind the email, [ruralpsych@msvu.ca](mailto:ruralpsych@msvu.ca).

This is the inaugural CPA Rural and Northern Section Grand Rounds schedule! Our goal is for the section to host these Grand Rounds annually, always evolving based on participant feedback and advances in literature relevant to rural and northern settings. This year's Grand Rounds is supported by a Social Sciences and Humanities Research Council of Canada Partnership Engage Grant (SSHRC PEG), held jointly by Mount Saint Vincent University and the Rural and Northern section of CPA. Our team members also include Drs. Veronica Hutchings, Krista Ritchie, Conor Barker, and Sara King.

The series of virtual grand rounds is designed especially for psychologists working in rural and northern regions of Canada. The Canadian Psychological Association has approved these workshops for credits. For more information, or to register, visit our website here:

<https://sway.office.com/N4jZxEiz0aQrlz2U?ref=Link>

We are happy to share the following information about the upcoming sessions on offer. Please don't hesitate to get in touch if you have any questions or any ideas you'd like to share.

### Schedule of Upcoming Workshops (please note, the schedule is subject to change):

December 8, 2023 – E-Practice Guidelines with Dr. Elizabeth Church, Dr. Laurie Ford, and Dr. Karen Cohen

January 12, 2024 – Rural Applications of Teletherapy with Dr. Heather Hadjistavropoulos

February 9, 2024 – 2SLGBTQ+ Issues in Rural and Northern Psychology with Dr. Anastasia Gibson

March 8, 2024 – TBA

April 12, 2024 – TBA

May 10, 2024 – TBA

June 14, 2024 – TBA



## New R&N Podcast!

Submitted by Dr. Conor Barker

Introducing 'The Rural and Northern Psychologist' Podcast: Exploring Mental Health in Rural and Northern Canada!

As part of the research team partnering with the Rural and Northern section, we are thrilled to introduce the newest addition to your podcast listening lineup – 'The Rural and Northern Psychologist'. This podcast explores the world of rural psychology, offering insights, evidence-based practices, and the latest research trends.

Each month, after the *Grand Rounds and Watercooler Sessions*, you can tune in to listen to informal interviews with our guest speakers to gain a deeper understanding of the unique challenges and solutions in the field of mental health in remote areas of Canada. The podcast is designed for psychologists, mental health professionals, and anyone with an interest in psychology in rural contexts. Engaging discussions, real-life case studies, and practical takeaways make 'The Rural and Northern Psychologist' an engaging listen, and a way to connect rural and northern psychologists across Canada.

Funding for this podcast is generously provided by the Social Studies and Humanities Research Council (SSHRC), ensuring high-quality content that's both informative and accessible. You can listen on your preferred podcast platform or follow us on Twitter @ruralnorthpsych for links to new episodes. Don't miss this opportunity to hear the stories and strategies that are shaping rural psychology in Canada. Subscribe today and be part of the conversation!

You can listen on Podcastle, Spotify, or Apple Podcasts.

### Listen on Podcastle

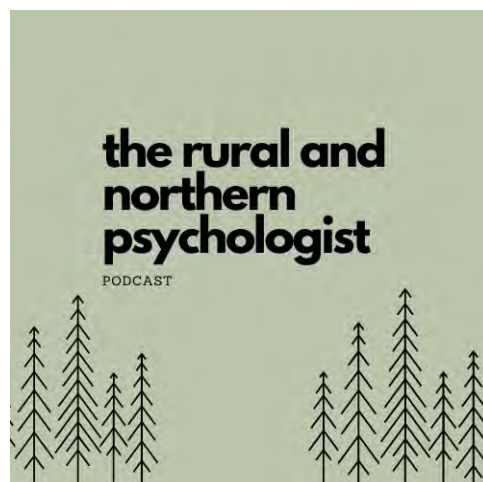
<https://podcastle.ai/show/rural-mindscape-exploring-canadian-psychology-FD65>

### Listen on Spotify

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### Listen on Apple Podcasts

<https://podcastsconnect.apple.com/my-podcasts/show/the-rural-and-northern-psychologist/8a149947-d30f-479f-8b1a-8aa471cb27b8>





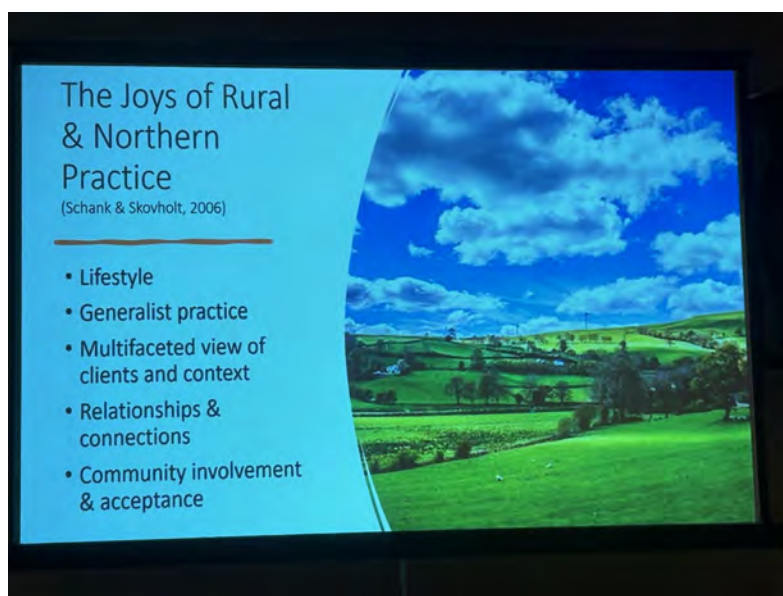
# Working Group On Ethical Navigation of Dual Roles in RNR Psychological Practice: Update

Submitted by Dr. Amanda Lints-Martindale, C. Psych.

Existing literature suggests that for psychologists working in rural, northern, and remote (RNR) Canadian communities, overlapping relationships may be more prevalent than in other locations (e.g., urban settings) due to such factors as increased visibility within the community, small populations, and geographic isolation. In addition, specific contextual factors such as community pressure, generalist practice, and interdisciplinary collaboration may also contribute to concerns involving overlapping relationships.

A working group consisting of psychologists who work in RNR geographies of Canada have been collaborating on the task of completing a literature review and environmental scan regarding ethical navigation of dual roles / multiple relationships within RNR psychological practice. This request came from CPA's Committee on Ethics, to the R&N section, and work continues on this important project. The project is expected to conclude within approximately one year. Working group members include co-chairs Amanda Lints-Martindale and Meadow Schroeder, as well as AnnaMarie Carlson, Merril Dean, Shelley Goodwin, Veronica Hutchings, and Tanya McDougal.

At the 2023 CPA convention in Toronto, Dr. Hutchings provided an update as part of a broader symposium hosted by the Committee on Ethics. It is the goal of the working group to create a resource guide that will specifically address the ethical challenges RNR psychologists face in the context of their work. Thank you to the working group members for their hard work to date and ongoing commitment to this important topic!



Slide presented during invited presentation by Dr. Karen Dyck and Dr. Melissa Tiessen at the CPA convention, 2023

## Future Newsletter Submissions

Thank you to our out-going editor, Dr. Michelle Conan, for her contributions to the newsletter over the past few years. We will miss you, and thank you for all your hard work!!

We hope that you have enjoyed this special issue of *The View from Here*—our Rural and Northern Newsletter. If you would like to make a contribution to *The View From Here*, connect with us via our section's email address at [rpsychology.cpa@gmail.com](mailto:rpsychology.cpa@gmail.com). Submissions can be made at any time, and can include:

- an article for our feature “a week/day in the life of a rural and/or northern psychologist”
- research findings and summaries
- information on upcoming conferences and training opportunities
- articles on the experience, challenges, and benefits of R&N practice
- photos
- book review(s)
- student perspectives/content
- any other topic related to rural and northern psychology in Canada!

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The Newsletter is produced by the Rural and Northern Section of the Canadian Psychological Association (CPA) and is distributed to members of the Section. The purpose of the Rural and Northern Section is to support and enhance the practice of rural and northern psychology. The goals of the section are: 1) Establish a network of professionals interested in the areas of rural and northern psychology (this may include individuals currently practicing in rural/northern areas or those with an interest in this area), 2) Enhance professional connectedness by facilitating linkages between rural and northern practitioners, 3) Distribute information relevant to the practice of rural and northern psychology, 4) Provide a forum to discuss practice issues unique to this specialty, and 5) Introduce students and new or interested psychologists to rural and northern practice.

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