It is an exciting time to be a part of the Memorial University of Newfoundland Doctor of Clinical Psychology (MUN PsyD) program. The PsyD program submitted an application for accreditation to the Canadian Psychological Association (CPA) in May, 2017. The Accreditation Panel for Doctoral Programmes and Internships in Professional Psychology completed a site visit in October, 2017. In April, 2018 notification was received that the MUN PsyD program was granted 5-years of accreditation (2017-2018 to 2022-2023).

The MUN PsyD program is the first PsyD program outside of Quebec to receive accreditation from the CPA. This is a tremendous accomplishment and reflects an investment from government and the university, and a real group effort from faculty, thesis and committee supervisors and students. Accreditation ensures that students of the program are eligible to participate in the APPIC Match for internships in North America.

The MUN PsyD program would like to recognize the enormous amount of work that went into accreditation and thank Dr's Jacqueline Carter-Major and Julie Gosselin for their dedicated efforts in overseeing the process.

THE STORK VISITS THE PROGRAM... AGAIN!

We would like to congratulate our former secretary Katera Dalton for the birth of her second daughter, Liv Michelle Tracey Dalton, born on November 19, 2018. Our best wishes to the parents and their growing family!
As an undergraduate student in psychology, I certainly didn’t anticipate an academic career - the road to my present position as Department Head has been both interesting and unconventional. My ‘big break’ came when I was offered a chance to become one of the first enrolled in Memorial’s new Masters of Applied Social Psychology (MASP) program (now called the Masters of Applied Psychological Sciences (MAPS) program). This innovative graduate degree proved to be an excellent choice as it led to my “first career” as a public servant.

During the early 1990s, I began my work with the NL Government as a Human Resources Policy Analyst with Treasury Board and the Public Service Commission. Soon after, I was appointed to the Department of Health and Community Services as a Health Research and Planning Analyst, and eventually, Senior Planning and Evaluation Consultant. The work was extremely interesting, and allowed me to use my academic training to conduct research within the applied domain in areas such as mental health services, child protection, home care, tobacco litigation, health human resource planning, and public service employee wellness.

During the spring of 1998, I was assigned to the newly established Newfoundland and Labrador Centre for Health Information (NLCHI) as a Health Information Consultant. It was also during this time I began a part-time Doctorate program in Social/Health Psychology through Memorial’s Faculty of Medicine and Department of Psychology where the degree was awarded in 2001.

Shortly thereafter, I was appointed to Memorial’s Department of Psychology where I currently teach Undergraduate and Graduate Health and Social Psychology, Statistics/Research methods, supervise students, support the MAPS program, and conduct research. My academic work generally explores how social context influences the presentation and management of various mental health issues including depression, bipolar disorder, ADHD, social anxiety disorder, and PTSD. I also continue to conduct applied research in the Public Service realm.

I now find myself in the role of Department Head, and from this perspective, I can’t help but think more holistically about our Department, and how it must evolve and develop, not only as an academic institution, but as an essential contributor to our province, and beyond. In addition to the vibrant, diverse, and productive research programs at Memorial, no one can deny the vital role MUN plays in graduating world class professionals in medicine, nursing, social work, education, engineering, and business. I believe that the introduction and evolution of our PsyD program has been a very significant and exciting addition to Memorial’s legacy of research and professional development excellence.

Our PsyD program is the first (outside of Quebec) to be accredited by CPA, and the only PsyD program in Canada whose students are approved to participate in the nationally competitive matching process to secure a mandatory pre-doctoral clinical internship. To be recognized in such a manner is certainly a testament to the significant efforts and expertise of its core faculty, as well as tremendous support and will of its Department, Memorial’s leadership, community professionals, and other public sector organizations. While the PsyD program has certainly attracted a significant applicant pool of very accomplished students, its recent accreditation will no doubt heighten its appeal nationally and internationally.

To have the PsyD program contained in our Department has certainly diversified our profile. While it may have introduced new logistical/budgetary considerations in the overall management of our Departmental affairs (e.g., the requirement for dedicated clinic space, a separate accreditation process, etc.), I can say that the PsyD program has integrated incredibly well, particularly with other areas in psychology such as Developmental, Cognition, and Social. We’ve been able to collaborate with our PsyD colleagues thereby enhancing the multidisciplinary nature of faculty and student research. The PsyD program has also significantly raised the allure of our entire department. While students generally have much interest in a clinical career, many soon realise a range of exciting opportunities that exist in other psychology areas. It is clear that the PsyD Program is a win for our Department, University, and Province.
GET TO KNOW OUR NEW PSY.D. PROGRAM
DIRECTOR DR. KELLIE HADDEN

Education and Training: Born and raised in Toronto, I completed an Honours degree in Psychology at York University before moving to Saskatoon to complete an MSc and PhD in Clinical Psychology at the University of Saskatchewan. The desire for adventure and living in Canada’s rugged outdoors drew me to Newfoundland to complete pre-doctoral clinical internship at the MUN Student Wellness and Counseling Centre. While I never thought that I would be an academic, I was recruited by the Department of Psychology at MUN following my clinical internship. My desire for diverse career experiences, along with a passion for teaching and mentoring students led me to accept a tenure-track position in the Department of Psychology at MUN.

Research: I am passionate about providing services to marginalized populations who are underserved and view research as one method for providing free services to those who could not otherwise access psychological care. My dissertation was supervised by Dr. von Baeyer and focused on developing novel behavioural methods to detect pain in children with severe neurological conditions who could not accurately express their degree of pain verbally. I continued to pursue this line of research when I started at MUN and was awarded a CIHR operating grant to evaluate the experience of pain among individuals with cerebral palsy. Following this, my research interests shifted to the psychological adjustment of individuals with multiple sclerosis. More recently, I have been conducting research with the Psychosis Intervention and Early Recovery Program at Eastern Health, Choices for Youth, and a national team of investigators evaluating internet delivered Cognitive Behavioural Therapy. The dissemination of evidence-based mental healthcare to underserved populations continues to guide my research endeavors.

We understand that you played a fundamental role in developing the PsyD program: I felt so passionately about the need for a PsyD program in Newfoundland and Labrador that I greatly reduced my research activity and diverted all efforts to supporting the development of the PsyD program. This involved the development of the core curriculum, comprehensive examination, and clinical training needs. Demonstrating my commitment to the program, it is true that I have taught nearly every course offering in the PsyD program while also supervising clinical training. We overcame many hurdles during this endeavor and I am proud to say that we now have a thriving program with world renown faculty members. I feel fortunate to be in the position to mentor and support our faculty members as we perform amazing work in Newfoundland and abroad.

In your eyes, what does CPA Accreditation Mean? Having the first CPA accredited PsyD program outside of Quebec at MUN validates the PsyD Practitioner-Scientist model of training and credentialing mental-health professionals in Canada. It highlights the nation’s support for developing new ways of meeting the mental healthcare needs of Canadians. Moreover, accreditation ensures that our students will be successful in matching at nationally-competitive pre-doctoral internship sites and in securing jobs across Canada, which many graduates of our program have done.

What is needed to strengthen the program moving forward? I see three emerging needs. First, the PsyD program would benefit from providing students with the option of completing a 4th year of clinical training. This would better prepare our students for success in their careers as professional psychologists. Second, offering a PhD in Clinical Psychology would appeal to students who are interested in research-intensive career-paths, improve the research productivity of our bright young faculty members, and better serve the needs of individuals living in Newfoundland and Labrador. Finally, the development of a free-service clinic that is open to the public would improve our capacity to train clinical psychologists while also providing services to underserved populations.
I was appointed to the role of APNL Student Representative for Newfoundland in June of 2018 and will hold this position until June 2020. I represent the student perspective on current topics of discussion, educational sessions, and community presentations. In the early phase of my first term I have become acquainted with the administrative processes, function of APNL, and emphasis on intra-professional collaboration. In the future I am hoping to play an active role in assisting with community events and disseminating information about psychological practice in Newfoundland to students.

I am excited to use this opportunity to gain a better understanding of psychologists’ current role within the healthcare system in Newfoundland and Labrador, advocate for the provision of psychological services in NL, promote the translation of information to the public about psychology, and promote communication among students and registered psychologists.
**SPOTLIGHT: SECOND-YEAR COHORT TRIP TO THE ELLEN DEGENERES SHOW**

The second-year cohort recently travelled to L.A. in December to view a taping of Ellen DeGeneres’ 12 days of giveaways! The group was originally invited to attend a viewing of the Ellen DeGeneres show May of 2018 after one of the students (Vanessa Strong) wrote the show describing the uniqueness of the PsyD program and how it fostered the rapid development of close friendships and group cohesion. In this letter, Vanessa highlighted the caring nature of each individual member of her cohort outlining the qualities that make each of them well suited to the field of clinical psychology. While attending the show in May, the group was lucky enough to win tickets to return for a taping of the 12 days of giveaways show in December of 2018. This trip was only made possible because of the support from: the PsyD program, the DCT, student supervisors, and faculty. The support received from all involved conveyed the message that the program values student well-being, self-care and relational development.

**INTERN PROFILE: LILY REPPA**

My internship is at the Ottawa Institute of Cognitive Behavioural Therapy (OICBT), a private practice in our nation’s capital. Residents at OICBT complete several rotations through the year, with most time dedicated to the Mood and Anxiety primary rotation. In addition to seeing individual patients for psychotherapy, this rotation includes facilitating one of OICBT’s many group therapy services. I’m cofacilitating the Challenging Core Beliefs group, which employs a schema therapy protocol. Other rotations I’m working in include the OCD and Anxiety-Related disorders intensive day clinic (an ERP-based program), as well as the ADHD assessment team.

OICBT is also on the leading edge of integrating virtual reality into therapy services, another aspect of the Mood and Anxiety rotation. Our clinical staff work closely with the VR pioneers out of Université du Québec en Outaouais to use this technology to help patients individually and in group. I personally have been closely involved with the Specific Phobia treatment stream, but VR is also being used by other clinical team members to treat Social Anxiety, GAD, and OCD.

The entire staff – both clinical and administrative – has been nothing short of wonderful in welcoming me to the practice and to the city. I was hesitant about being a newcomer to OICBT; historically, they had only ever taken on University of Ottawa students, most of whom had already completed practicum placements there. My concerns were swiftly alleviated upon my arrival, mostly thanks to my two fellow residents who were quick to include me in any and all of their frequent weekend plans.

The nature of private practice work is quite different from that in the hospital or community system. (Yes, in the beginning it’s weird to personally take payments from patients, but you do get used to it!) This is not limited to the ebb and flow of the workload. The first few weeks of my residency, I was easily able to complete my required readings, and even peck away at my thesis through the day. That luxury is now behind me, and I have to be intentional about setting two to three evenings aside through the week – and every Saturday of course – to continue to work on my thesis. It’s tough at first to get home after a long day at work, only to sit down to more work, but the routine soon becomes normal.

With a program as small as ours at MUN, it can be difficult to know how you will measure up to other residents. I was pleasantly surprised to learn that, although we often have spent one to two years fewer in doctoral training than our peers, I felt just as ready as the other residents at my site. The old imposter syndrome certainly has not disappeared, but each and every day I learn something that enriches my clinical work and makes me feel increasingly confident about my post-residency future. I know that those of you going into residency next year will feel the same way too.
MEET PROGRAM GRADUATE DR. MELISSA HOSKINS

Since graduating Memorial’s PsyD program, I have had the opportunity to work in a variety of clinical settings including Eastern Health’s HOPE Program, Community (outpatient services) and I am currently working in a health psychology position at St. Clare’s Hospital. In my previous role at the Mental Health & Addictions Program at the West End Clinic, I treated clients with a myriad of presenting issues and comorbidities (trauma, anxiety, depression, OCD, personality disorders, among others). MUN’s PsyD program equipped me with the necessary skills to work as an interprofessional team member, supervise trainees at different stages of their careers, contribute to resident training committee, and advocate for our profession. As well, the program provides students with a strong knowledge base in psychopathology which I rely upon in my work as a sessional professor. My advice for students is to explore and pursue clinical domains which excite them most. Be sure to tailor practica to your passion and seek out supportive mentors who share your interests. Finally, the PsyD program is arduous and sometimes seemingly all-consuming. With this in mind, invest in yourself and prioritize balance! Self-care, maintaining hobbies and connections with loved ones is paramount to your success, but most importantly, your well-being.

GETTING TO KNOW PROGRAM GRADUATE DR. ALYSSA GRUCHY

When I first began the Psy.D. Program at Memorial, it felt impossible to imagine that one day I would be practicing as a Clinical Psychologist. Four short years later, and I found myself in the “real world” working as a provisionally registered Clinical Psychologist with Eastern Health. My role at the Janeway Family Centre (JFC) involves providing mental health services to an outpatient population of children and their families. Psychologists in this program provide individual, group, and family therapy for a variety of presenting problems. Both psychoeducational and psychological assessments are conducted when necessary. Psychologists also have the role of acting as supervisors for psychology students and residents, working on program development and evaluation as needed, and consulting with outside agencies. With such a wide range of “hats” to wear, no two days are ever the same. It certainly keeps things interesting!

The Psy.D. Program afforded me the opportunity very early in my training to experience a broad range of settings and find my niche. Because of the practicum component of the program, I knew very early on in my training that I wanted to be at the JFC full-time. Having the opportunity to have clinical experience while completing course work was one of the most valuable aspects of my training. Being able to have a taste of working life during the program eased the transition from practicum student, to resident, to full-time psychologist. Although the transition from student to working clinician has been challenging at times, it has been eased by knowing what to expect based on my experiences as a Psy.D. student.

If I had one piece of advice for students, it would be this: enjoy the journey! It can be easy to get swept up in the end goal of being a working professional. As I near the end of my provisional year, however, I realize how much I will miss the supervision and the “student” portion of my career. Take advantage of the time to learn, take risks, try new things, and find your niche. Pretty soon, you will find yourself looking back wondering where the last 4 years have gone!
GRADUATES OF THE MUN PSY.D. PROGRAM

MUN launched its Doctor of Psychology (PsyD) program in 2009 as a partnership between the Department of Psychology, University Counselling Centre, and Eastern Health.

Since 2009, the program has accepted yearly cohorts of six graduate students. The program graduated their first cohort in 2013 and all graduates of the program have found employment as licensed psychologists in Canadian provinces.

The Psy.D. program has graduated 19 students as of

MEET BEVERLEY CATER: ADVANCING PROFESSIONAL PSYCHOLOGY IN NEWFOUNDLAND

I am a member of the PsyD Administrative Committee who represents Eastern Health and I am involved in the organization of practicum placements at Eastern Health for second and third year PsyD students. I am a strong advocate for the PsyD program and am pleased to have been one of the local Psychologists who successfully lobbied for a PsyD program at Memorial. It has been an honour to have been part of the development and evolution of this program and to subsequently be in a position to hire graduates from the program.

I am the Regional Professional Practice Consultant for Psychology in Eastern Health. This is a management position accountable for approximately 80 Staff, primarily Psychologists but also including Psychometrists, Psychology Residents, a Clinical Sexologist, Music Therapists and Art Therapists. I think my job description best tells you about my role.

“The Eastern Health Regional Professional Practice Consultant – Psychology (RPPC-Psychology) is responsible for the professional integrity of the psychology discipline throughout Eastern Health. The RPPC-Psychology is the expert for the psychology discipline and is accountable for monitoring professional practice and staff competencies. The RPPC – Psychology plays a pivotal role providing direction to all levels of the organization in all matters pertaining to the practice of Psychology. The RPPC works with managers and staff to ensure that the services provided are based on the best available evidence, and consistent with professional standards. The RPPC has input into hiring and recruitment, skill mix decisions, performance evaluations, credentialing, policy development, ensuring accountability for safe and effective care, addressing professional practice issues and concerns, continuing education and professional development, supporting compliance with professional standards, supporting research and evidence based practice, supporting leadership development, and student clinical placements.”

My career path began with a B.A. from Mount Allison University followed by a M.A. in Clinical Psychology from Lakehead University. I was among the first group of people to be a registered Psychologist in the province of Newfoundland. Initially I worked at St. Clare's with both inpatients and outpatients, predominantly in adult mental health but also in rheumatology, medicine and women’s health. I then moved into more advanced professional psychology work as a clinical leader in the practice of Psychology providing clinical leadership and direction at a senior level by supervising Provisionally Registered Psychologists and by providing clinical direction and guidance to working level Psychologists. Over the course of my career, I have disseminated knowledge of Psychology to various audiences, taught courses at MUN, and delivered workshops and seminars. Professionally, I have been associated with the Association of Psychology in Newfoundland Labrador for many years holding the offices of President, Secretary, Director and Chair of the Continuing Education Committee.

In recent years, my advocacy efforts helped launch a Psychology Residency program at Eastern Health. The program achieved becoming accredited for 5 years in its inaugural application. My passion for the profession continues and I have enjoyed the Psychologists, Residents and Students I have had the privilege to work with through Eastern Health, the PsyD Committee and APNL.
PSYD AWARDS CEREMONY

The inaugural PsyD Awards Ceremony was held on Friday February 1, 2019. A special thank you to the MUN Department of Psychology, PsyD students, PsyD faculty, and Award Recipients for making this night possible.

PSYD ADMISSIONS

Recognition of the PsyD program has increased nationally and internationally following several years of strong faculty recruitment, along with CPA accreditation.

This year we have received 84 applications seeking admission into our program which surpassed our previous application high of 46 from last year.

This trend is encouraging for our program as we look to obtain the most highly qualified students to undertake training in clinical psychology.

AWARD FOR DISTINGUISHED CONTRIBUTION TO THE TRAINING OF PROFESSIONAL PSYCHOLOGISTS IN NEWFOUNDLAND AND LABRADOR

The MUN Department of Psychology “Award for Outstanding Contribution to the Training of Professional Psychologists in Newfoundland and Labrador” was established in 2018 to recognize individuals who have made distinguished contributions throughout their career to further the training of and development of professional psychologists in Newfoundland and Labrador. It gives us great pleasure to announce Dr. Olga Heath as the recipient of this year’s award. Dr. Heath played a pivotal role in highlighting the need for a PsyD program in the province and securing governmental commitment to commence the program. Dr. Heath has also been involved in APNL both on the Continuing Education Committee and as President. Moreover, Dr. Heath was Director of the MUN Centre for Collaborative Health Professional Education where she developed with a significant amount of input from Memorial faculty members including PsyD faculty an influential Inter-Professional Education program that is embedded within the MUN PsyD curriculum. We feel incredibly fortunate to have Dr. Heath’s involvement in the PsyD program as a mentor, supervisor, and instructor.

FIRST ANNUAL AWARD FOR EXCELLENCE IN CLINICAL SUPERVISION

The MUN Department of Psychology “Award for Excellence in Clinical Supervision” was established in 2018 to recognize psychologists who have made a significant career contribution to the professional training of MUN PsyD graduate students during the previous year. It gives us great pleasure to recognize Ms. Amy Stackhouse-Harris as the recipient of this year’s award. Ms. Stackhouse-Harris worked within education and healthcare in Nova Scotia, Alberta and New Brunswick prior to moving to NL in 2007 to commence her current position within the Development and Rehabilitation Division at the Janeway Children’s Health and Rehabilitation Centre. She has been supervising PsyD students within this context since 2013. Ms. Stackhouse-Harris finds supervising students of the program rewarding for several reasons: 1) enjoyment of the energy and enthusiasm brought by students; 2) engenders critical thinking about the services provided to patients and families; 3) to keep on top of the scientific literature; and 4) to give back to the profession. PsyD student Rachel Tarrant was inspired to nominate Ms. Stackhouse-Harris for this year’s award given the exceptional clinical supervision that she received during an 8-month practicum placement at Children’s Rehabilitation. We feel incredibly fortunate to have exceptional community supervisors like Ms. Stackhouse-Harris.
I am thrilled to be able to work with others on the Newfoundland and Labrador Psychology Board (NLPB) and build on the achievements of past board members to strengthen and uphold standards for the professional practice of psychology in Newfoundland and Labrador. I am honoured to represent the PsyD program and the larger community of psychologists who supported my nomination.

My vision for psychology in Newfoundland and Labrador is for the province to become a leader in the area of innovation and excellence in psychological research, education, and practice. We have challenges in the province that require creative and novel solutions. I would like to see psychology used to improve the health and welfare of all Newfoundlander and Labradorians, regardless of age, gender, geography, language, etc. This means that we need to advocate strongly for the unique role of psychology and substantial contributions that psychologists can make in our public and private institutions while upholding the highest standards in all that we do.

One important role of the NLPB is to ensure that the public interest is protected. An aspect of this is to promote the awareness and delivery of evidence-based psychological services. I want to ensure that both psychologists and those who receive psychological services make their treatment decisions based on the best available research in combination with the clinical expertise of the provider in the context of individual characteristics, culture, and preferences.

In my research I examine the efficacy and effectiveness of psychological interventions to address common cancer related problems such as insomnia, fatigue, fears of cancer recurrence, etc. This means that I am always thinking about how research informs my clinical practice and vice versa. This logically flows into my approach to teaching assessment in the PsyD program.
Core Faculty Publications and Presentations


Hadden, K. L., (October 2018). *Suicide prevention for public safety personnel: Breaking the silence and empowering our heroes.* Paper presented at the Canadian Association of Suicide Prevention: Signals of Hope St. John’s, NL


CORE FACULTY PUBLICATIONS AND PRESENTATIONS CONT’D


Winters, E., & Harris, N. (June, 2018). The stigma of substance use and treatment seeking intention for Indigenous Canadians: Public perceptions from a Newfoundland sample. Presentation at the annual Aboriginal Health Symposium, Faculty of Medicine, Memorial University, St. John’s, Newfoundland.

Winters, E., & Harris, N. (June, 2018). An examination of stigma toward Indigenous Peoples and people unwilling to seek treatment who are struggling with substance use issues. Presentation at the International Congress of Applied Psychology, Montreal, Quebec.
