

# ANNUAL REPORT

British Columbia  
Psychological Association

2021  
2022





# MISSION STATEMENT

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The British Columbia Psychological Association provides leadership for the advancement and promotion of the profession and science of psychology in the service of our membership and the people of British Columbia.

# MANDATE

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The mission of the British Columbia Psychological Association (BCPA) encompasses several objectives which are spelled out in section two of the Association's Constitution:



1. To serve the science and profession of psychology and its applications throughout the Province of British Columbia
2. To support and stimulate any activity which mutually enhances the interests of the public welfare and of psychologists
3. To support and enhance the continuing professional education of psychologists
4. To support and advance the interests of the science and profession of psychology throughout the Province of British Columbia

# BOARD OF DIRECTORS

PRESIDENT: Claire Sira, Ph.D., R. Psych.  
VICE-PRESIDENT: Amir Ali Sepehry, Ph.D.  
TREASURER: Vacant

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Leah Baugh, MA.  
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Simon Elterman, PsyD., R. Psych.  
Tina Leist, Ph.D., R. Psych.

# STAFF

## EXECUTIVE DIRECTOR

Alexina Picard, BSc

## EDUCATION COORDINATOR

Eisha Atif, BA

## ADMINISTRATIVE ASSISTANT

Shital Kaur, BA, MBA

## COMMUNICATIONS COORDINATOR

Alejandra Silvera, BA

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2108 - 1055 W Georgia St Vancouver, BC

T.:(604) 730 0501

Email [admin@psychologists.bc.ca](mailto:admin@psychologists.bc.ca)

[www.psychologists.bc.ca](http://www.psychologists.bc.ca)



British  
Columbia  
Psychological  
Association

**TRAINED, PROFESSIONAL, CARING.**

# CONTENT



Letter from the Board President	5
Letter from the Executive Director	7
Letter from the Treasurer	9
Proposed Budget for 2022 – 2023	10
Committee & Taskforce Updates	
<b>Advocacy committee:</b> David Mensink, former Chair	11
<b>Membership Services committee:</b> Michael Sheppard and Zarina Giannone, Co-Chairs	13
<b>Continuing Education committee:</b> Michael Sheppard, Chair	15
<b>Diversity &amp; Social Advocacy committee:</b> Cindy Weisbart & Tanya Elez, Co-Chairs	16
<b>Journal committee:</b> Jasmine Irani, Chair	18
<b>Awards committee:</b> Alena Talbot Ellis, Chair	19
<b>Community Engagement Committee:</b> Patrick Myers, Chair	20
Board Acclamations 2023	22



# Letter from the Board President



Claire Sira, Ph.D, R. Psych.

*Claire Sira works in private practice in Victoria where she offers assessments, rehabilitation therapy and performance coaching services to individuals coping with neurological disorders. She is the consultant psychologist to The Boss of Your Brain, an educational skills-based online courses for adults with known or suspected ADHD. In addition to her clinical work, she is an adjunct assistant professor in the Psychology departments of UVic and UBC where she is developing undergraduate courses in time management and self regulation skills. She contributes to the profession of psychology by serving as a mentor and supervisor of psychology trainees, and sits as an oral examiner for the College of Psychologists of BC. She is currently the president of the BCPA Board of Directors, and looks forward to returning to her volunteer roles for various BCPA committees once she passes the presidential torch on to another member of the BCPA Board.*

As my year as president of the BCPA Board of Directors comes to a close, I am reflecting on the tremendous changes that are happening around us. One of these reflections involves how the BCPA is intended to serve its members, the profession of psychology, and the public. While these three goals often align, sometimes external factors can push BCPA in a particular direction that might meet only one or two of its goals. I have appreciated the thoughtfulness and conscientiousness of my fellow Board of Directors and our Executive Director as we attempt to navigate such a tricky balancing act.

As always, I am very grateful to the BCPA staff, the volunteer BCPA Board Members, and many volunteers who devote time to the BCPA committees.

These people help make BCPA a vibrant and relevant association for you, the members. I express particular gratitude to the Board members who have finished their time on the Board. We are grateful for your service to our profession!

At long last, Minister of Health confirmed the changes to the Psychologists Regulation, including establishing the restricted activities of psychology diagnosis and school psychology diagnosis for registered psychologists and school psychologists respectively, and requiring all school psychologists to be registrants of CPBC after May 1, 2024. This is very good news for school psychologists, who will be joining all other psychologists (except those working in academic settings) whose protected title confers the credibility that accompanies professional regulation.

As you all know, the Ministry of Health has been planning the Modernization of Health Profession Regulation which will have a significant effect on the way psychologists are regulated in this province. Along with enactment of the Psychologist Regulation, the Minister of Health has also enacted BILL 36 – 2022, The Health Professions and Occupations Act which is a rewrite of the Health Professions Act. The CPBC will inform registrants on how this will affect psychologists in BC. BCPA will continue to liaise with CPBC to ensure we are not working at cross purposes with the regulator, and it will be important for BCPA to keep the interests of its members (psychologists and psychology trainees) top of mind at such a critical time.

Another external factor affecting the way psychologists practice in BC is the dearth of family care physicians and the provincial crisis in primary care settings. This affects our clients, as well as ourselves and our families. The BCPA Co-Directors of Advocacy, Dr. Lesley Lutes and Dr. Erika Penner, continue to push the government to include psychologists in primary care settings as a way to reduce the burden on primary care physicians and improve the quality of mental health and wellbeing care provided to the public. To bolster our advocacy efforts, BCPA put out a survey regarding psychologists' interest in this

initiative. Thank you to all of those who responded to the BCPA Primary Care Survey. Your responses and comments have been extremely valuable as the Co-Directors of Advocacy continue to demonstrate the willingness of many BC psychologists to support the public in primary care settings as contracted providers who are remunerated at a rate that more closely reflects our training and expertise. Being clear about our expectations regarding remuneration in publicly funded psychology positions in primary care is the first step in addressing the pay gap between government funded positions and health authority psychology positions.

We will begin after the AGM with a new Board and Amir Sepehry will be our new President. As I will soon be "past president" my role within the BCPA Board of Directors will be much reduced. In 2023 I look forward to returning to spending time with the advocacy committee where we will continue to work to benefit psychology trainees, psychologists, and the public of BC as well as the continuing education committee where we brainstorm new ways to provide interesting and useful content for our membership's continuing education interests and needs. If you aren't already a volunteer for BCPA, there couldn't be a more important time to join us.



**Claire Sira PhD, R.Psych**  
Practice in Clinical Neuropsychology  
and Rehabilitation



# Letter from the Executive Director



**Alexina Picard, BSc.**

***Alexina Picard** holds a Bachelor of Science degree with a Major in Biology and Minor in Psychology from the University of Ottawa. She has over 8 years of leadership experience having served as the President of the Heritage College Student Association and as a Board member of the Heritage College Board of Governors. She is currently the Chair of the Advocacy Working Group for the Council of Professional Associations of Psychologists, the Past-President and Co-President of the Board of Directors at Cameray Child and Family Services in Burnaby and the Vice-Chair of the Pan-Canadian Young Professionals Committee through the Canadian Society of Association Executives. She is Currently enrolled in a Master of Counseling Psychology at Adler University.*

Fiscal 2021-2022 was a BIG year for us. We finished the year with a record-breaking revenue of \$430,000 (two standard deviations above our 10-year average). We also closed the year with record-breaking membership numbers (872), up 8.4% from last year.


To better serve you, we made some significant changes to our continuing education offerings, which resulted in especially high CE revenue. We heard that live workshops can be challenging to attend so we started recording all of our workshops and launched an on-demand workshop platform, Thinkific. With 105 enrollments, we earned 10% of our annual continuing education revenue from on-demand workshops.

If you haven't checked out our on-demand platform, [click here](#) to have a look! In November 2021, we held our first convention since the '90s! With over 70 attendees, 4 esteemed speakers, 10 continuing education credit hours and 2 sponsors, Convention 2021 was a hit! We are pleased to be holding our second

annual convention in November 2022, this time in a hybrid format to maintain accessibility while welcoming many of you back in person!

While the pandemic caused a dip in our advertising income in fiscal 2019-2020, I am pleased to report that revenues are now returning to pre-pandemic levels! We closed fiscal 2021-2022 with \$31,000 in advertising revenue, just \$1,000 below our 10-year average. Our Communications and Advertising Coordinator, Alejandra Silvera, has been working hard to strengthen the relationships we have with our advertising clients and to reach out to new potential clients.

With nearly 20% of our total funding invested in advocacy this past year, we have made substantial progress. In the fall of 2021, we hired a government relations consulting firm, Strategies 360, to guide our lobbying activity over September and October. In September 2021, Co-Director of Advocacy, Dr. Lesley Lutes, presented to the Standing



Committee on Finance and Government Services.

We presented again in June 2022 for the following year's budget.

In November 2021, BCPA presented to the Standing Committee on Reforming the Police Act. In March 2022, we launched a letter-writing campaign, engaging the public in our efforts to integrate psychologists into Primary Care Networks. BCPA also made two visits to the Legislature in October 2021 and May 2022, meeting with several key decision-makers, including Minister Malcolmson. For more information, please see the report from our Co-Directors of Advocacy.

In the spring of 2022, we began the development of our new website. Convention registration was launched via the new platform, however, the full website will not be completed until the New Year. This website will host the forum, a resource center and an internal directory to enhance connection between members. There will also be fun features like identity badges! We look forward to unveiling our new website in the near future.

In addition to our website, we have also signed with three new partners to offer our members valuable benefits. We have non-exclusive agreements with both Sonnet and Westland, offering our members discounts on a wide variety of insurance products. We have also signed an agreement with the National Register of Health Service Psychologists to offer our members a discount on clinical webinars. These partnerships will launch by the end of 2022.

I must thank the staff for another incredible year of support and dedication to the science and the profession of

psychology in British Columbia. BCPA has 3 staff, in addition to the Executive Director, who go above and beyond in their efforts to serve the membership - Alejandra Silvera, Shital Kaur and Eisha Atif (replacing Alicja Dobrzanski in July 2022). We are very grateful for their hard work.

In addition to the staff, BCPA contracts two Co-Directors of Advocacy on a part-time basis - Dr. Lesley Lutes and Dr. Erika Penner. We thank them for their valuable work and dedication to their colleagues. Advocacy is integral to BCPA and we would not have made so much progress over the past three years without their hard work.

BCPA is also supported by nearly 40 member volunteers, serving on various committees and the Board. Without their support, we would not be able to achieve nearly as much as we do in a year. Thank you to all of our volunteers for your support this past year! If you are interested in volunteering on one of our committees, please reach out to us at [admin@psychologists.bc.ca](mailto:admin@psychologists.bc.ca).

Lastly, I would like to thank all 872 psychologists, psychology professors, retired professionals and students who continue to support us each year with their membership. If you are not yet a member of BCPA, we'd be happy to have you! To adequately do our job in advocating for the science and the profession of psychology, we need your voice!



**Alexina Picard**  
Executive Director



# Letter from the Treasurer



BCPA is fortunate to boast a surplus position for 2021-2022. When a budget is set, we estimate how much money we will make and from which source and how much money we will spend and what we will spend it on. That is the core function of the budget. However, revenue generation beyond expectation along with the built-in tendency to underestimate money made and overestimate money spent can lead to surplus money at the end of the year.



Historically, BCPA surpluses were moved into an investment account designed to serve as emergency funds in the event of a financial disaster for the organization. At present, we have accumulated about one year of emergency funds in our investment account, and this is sufficient. One change the Board elected to make in 2022 was to divest the proportion of BCPA investment funds that were held in fossil fuels. The Board voted to make this change to reflect the values of BCPA. Through the prudent fiscal management of past Treasurers, the hard work of our

staff, and the dedication of our members, BCPA is in the envious position of having sufficient cash flow, sufficient emergency funds and a healthy surplus. The Board is committed to further reducing unnecessary costs (such as decreasing credit card processing fees) and re-investing any surplus in BCPA membership services.

This year, we have doubled our funding to Continuing Education and we provided financial support to the Directors of Advocacy to hire an assistant and we hired a Social Media Coordinator to provide a timely and engaging social media presence for BCPA. These expenses put us in a "planned deficit" of \$15,950 (\$5,500 of which reflects depreciation of BCPA computers, which has no cash flow association).

Given that we anticipate a reduction in office costs and expect revenues will continue to increase year-over-year, we hope to be in a planned deficit position again next year. With access to these surplus funds, the Board will be able to enhance services, expand our advocacy efforts and keep BCPA on its current growth trajectory.

**Claire Sira PhD, R.Psych**  
Practice in Clinical Neuropsychology  
and Rehabilitation

# Proposed Budget 2022-2023

Revenue	Budget 2021-2022	Actual 2021-2022	Budget 2022-2023
Members dues	\$290,000	\$319,663	\$315,000
Advertising	\$35,000	\$31,196	\$30,000
Continuing education	\$30,000	\$58,220	\$45,000
Other	\$23,000	\$17,000	\$20,000
Donations & sponsorship	\$5,000	\$3,622	\$6,000
	<b>\$383,000</b>	<b>\$429,701</b>	<b>\$416,000</b>

Expenses	Budget 2021-2022	Actual 2021-2022	Budget 2022-2023
Administration	\$235,850	\$245,970	\$273,150
Operations	\$54,250	\$44,961	\$42,200
CE	\$15,000	\$16,650	\$30,000
Advocacy	\$61,500	\$73,935	\$71,500
Journal	\$5,500	\$6,450	\$3,800
CEC	\$1,100	\$145	\$800
Membership	\$1,000	\$75	\$500
Board	\$4,800	\$1,230	\$6,900
Awards	\$500	\$500	\$2,600
DSAC	\$500	\$0	\$500
	<b>\$380,000.00</b>	<b>\$389,886</b>	<b>\$431,950</b>

<b>Revenue-Expenses</b>	<b>\$3,000</b>	<b>\$39,815</b>	<b>-\$15,950</b>
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# Committee & Taskforce Updates

## ADVOCACY Committee

Former Chair: David Mensink, Ph.D, R. Psych.

Members of the Advocacy Committee are BCPA volunteers responsible for bringing advocacy matters to the attention of the Association, creating written submissions and meeting with the government and other stakeholders, and carrying out the advocacy initiatives of the association.

**David Mensink** has an earned PhD degree in Counselling Psychology from the University of Alberta. He currently serves on the Advocacy Committee of the BCPA and works in Private Practice at Tina Leist & Associates. He is committed to advocate for psychologists and has a very strong vision for the scientist-practitioner model of providing psychotherapy. Prior to moving to Victoria in July 2018, he practiced as a psychologist at Counselling and Psychological Services, Dalhousie University for 30 years and had a small Private Practice at Living Well Collaborative Health Center, Halifax, Nova Scotia. While in Nova Scotia he served a 3-year term as President-Elect, President, and Past-President of the Association of Psychologists of Nova Scotia (APNS) and, in addition, was ex-officio on the Advocacy Committee, a member of the Elections Committee, and a member of the APNS/APA Psychologically Healthy Workplace Committee. David is a strong advocate for volunteering and has served in many capacities as a volunteer including the Dalhousie Faculty Association, First Baptist Church Halifax, and Christ Church Cathedral Victoria.

The Advocacy Committee has been engaged in many projects during 2021-2022. There is a huge payoff for working on advocacy and that is the work is very gratifying. We get to help to make a difference for our members and, in turn, help out the clients of members, residents of BC, BC government, and other organizations with which we interact. Yes, it is a lot of work and, yes, we feel the responsibility. At the same time, we feel as if we are making a difference in important ways.

It has been an incredibly full, busy, and perhaps most productive year for your Directors of Advocacy. We have been working on advocating for psychologists, our profession, and by extension the public and public healthcare systems on several fronts. Perhaps our greatest focus has been on advocating within the government. Your Directors regularly met with MLAs including the Minister for Mental Health and Addictions, Attorney General, and others to discuss the role of psychology in public health. We traveled to Victoria times in the past year to continue this work and had productive meetings with MLAs in all three parties. Drs. Lutes and board member Dr. Jaleh Shahin Presented to the Reforming The Policing Act last fall. In the spring of 2022, Dr. Penner presented to the Select Standing Committee on Finance (the Committee that makes budgetary recommendations to the government) and, as a result, that committee's recommendations included recommendation #129: that

Psychologists become integrated within primary care. In the past year we have been introduced 3 times on the floor of government and have over 30 meetings in the legislature.

Drs Lutes and Penner are now currently engaged in bi-weekly meetings with both the Ministry of Health and Ministry of Mental Health and Addiction on the topic of Publicly Funded Mental Health Services – discussing and planning what form public funding of that nature should look like. We are supporting our government to understand Behavioural Medicine models and the need for mental health care to take into account behavioural/lifestyle factors, social and community factors, and for these services to be inclusive to individuals from diverse backgrounds. To do this work, Drs Lutes and Penner regularly connect with other scientists, practitioners, and provincial, national, and international experts to understand what works and what doesn't in other parts of the world. Meetings included people such as Dr. Micael Vallis, Dr. Peter Cornish, Dr. Karen Cohen at the Canadian Psychological Association, and Drs. Pamela Button and Lisa Button.

We are also connecting with other organizations to support collaborations, connections, and potential areas for partnerships as we move forward. Our current contacts include the Team Based Care at UBC Network (TBC@UBC), Doctors of BC, Doctors of Optometry of BC, the Nurses and Nurse Practitioners of BC, the leads of the Pharmacists in PCN program, The BC Coroner's Office, The First Nations Health Authority, and the Primary Care Networks in Nanaimo, South Island, Victoria, and Burnaby.

The biggest document that we have produced in the past year was the Primary Care Psychology Proposal. This \$27 million dollar proposal to begin integrating psychologists into the primary care system (as independent contractors instead of health authority employees) is on the desks of the Ministry of Health and Ministry of Mental Health and Addictions. It can be viewed at the following link <https://thecorelabubc.com/pcpsych-program>. We also responded to a call for submissions by the Ministry of Health on the Opioid Crisis. In this submission, we expanded on the role that psychologists can play in supporting individuals with addiction and reducing adverse outcomes.

Dr. Penner traveled to Nanaimo to participate in the region's first Healthy Public Policy Symposium. This small group represented key stakeholders in both mental and physical health, including the Minister of Mental Health and Addictions and inspirational Indigenous Elders who are leaders in advocacy.

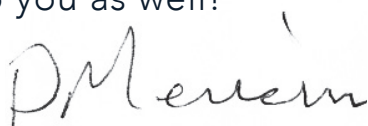
Just this past month, we circulated a survey to registered psychologists in our province on their thoughts and interest in the primary care initiative. We are thrilled to see that 275 psychologists have completed the survey and are grateful for the comments and feedback we received. We are in the process of producing a document that responds to the most Frequently Asked Questions that came up through this process.

We are also continuing to actively engage with the unions that represent psychologists in our province and trying

to find creative ways for psychologists to play the role of consultants, supervisors, or evaluators of systems, programs, and networks - practicing at the top of our scope.

Lastly, we are in the final stages of Dr. Lutes submitting a \$2 million dollar CIHR Grant on the topic of: Transforming Health with Integrated Care (THINC) Research Initiative. Dr. Lutes will be the PI on the grant but will include psychologists, physicians, community health workers, behavioral health coaches, nurses, other allied health providers, and practices in two primary care networks in BC. This is a 4 year grant that will see the implementation of a evidence-based model of care for patients within the primary care system aimed at improving mental and behavioral health, improving physician and provider well-being, and decreasing healthcare costs through decreased healthcare utilization, ER visits, and hospitalizations. This program of study will add to the already substantial body of real-world research demonstrating the critical role that psychologists can plan in the healthcare system.

The efforts of the Advocacy Committee members have been phenomenal over the past year. A hearty thank-you to all of you. Also, we would like to thank all BCPA members for your advocacy work. You do a lot to raise the practice of psychology in the eyes of the public, government, and other professions. Thanks to you as well!



David Mensink, PhD, R Psych  
BCPA President

## MEMBERSHIP SERVICES committee

Co-Chairs: Michael Sheppard, Ph.D., R.Psych.  
& Zarina Giannone, Ph.D, R.Psych.

The Member Services Committee is responsible for guiding the membership recruitment and retention efforts of BCPA and also monitoring and improving the membership benefits offered by the association, including the Referral Service. This committee is also responsible for the member survey and member and non-member focus groups.

***Dr. Zarina A. Giannone** is a Registered Psychologist and Mental Performance Consultant at the Vancouver Psychology Centre and the Canadian Centre for Mental Health in Sport. She serves as the Team Psychologist for the BC Lions. Dr. Giannone holds a specialty practice in the assessment and treatment of psychological issues experienced by athletes and other performers in evaluative and pressurized contexts like the arts, business, law, and emergency medicine professions. Dr. Giannone's history as an elite soccer player inspired her research and clinical practice in the performance domain. Her program of research investigated athletes' adaptation to sport retirement, including the loss and transformation of identity, and the development and evaluation of identity-based interventions for emerging adults within the general population. She has published several articles in peer-reviewed journals and enjoys speaking at professional meetings and conferences.*

*Dr. Giannone is an Adjunct Professor in the Counselling Psychology Program at the*



University of British Columbia. She is passionate about leadership and advocacy in psychology. She served as a Board Member on the Canadian Psychological Association (CPA) Board of Directors (2014-2017) and the B.C. Psychological Association (BCPA) Board of Directors (2017-2020). She has been the Co-Chair of the Membership Services Committee since 2017 and appreciates the opportunity to work along other psychologists, staff, and students in this role.

**Find Michael Sheppard's Bio on page 15.**



Members of this Committee attend to the recruitment and retention of members, solicit member input through surveys and focus groups, and review and create new member services.

The Committee worked hard this year to ensure quality experiences for BCPA members and student affiliates. The Committee consisted of Dr. Tina Leist, Ms. Alexina Picard, Ms. Shital Kaur, Ms. Alejandra Silvera, Dr. Michael Sheppard, and Dr. Zarina Giannone, who met on a regular basis to advance member interests.

Some of the recent objectives that we have been working towards include engaging doctoral student and early career psychologist (ECP) members through offering an ECP workshop series, a buddy program for early career and seasoned psychologists, contributing to BCPA's membership survey, and growing BCPA's collegial community. Dr. Sheppard hosted Care for Caregivers on Zoom on Tuesday nights earlier this year.

We are excited about the new projects that await in 2023. Dr. Giannone and Dr. Sheppard will be stepping down from their respective Chair roles in November 2022. We feel privileged for the opportunity to have served BCPA in this capacity and we invite you to contact Ms. Picard if you are interested in joining the Membership Services Committee to progress BCPA perks and advantages.

Zarina Giannone,  
PhD, RPsych

Michael Sheppard,  
PhD, R Psych

# CONTINUING EDUCATION Committee

Chair: Michael Sheppard, Ph.D., R. Psych.

Members of this committee are responsible for recruiting prospective workshop presenters, evaluating past workshops, and supervising changes to the Continuing Education program, with the goal to increase the number of members who regularly attend workshops organized by BCPA.

**Dr. Michael Sheppard** earned his doctorate from the University of Saskatchewan in 2010 and completed a post-doctoral fellowship in DBT at the DBT Centre of Vancouver in 2013. He is in full-time private practice, and also an adjunct professor in the doctoral program in clinical psychology at Adler University's Vancouver campus. In addition to his clinical work, Dr. Sheppard also provides clinical supervision to graduate students from Simon Fraser University and Adler University. Aside from his involvement with the BC Psychological Association, Dr. Sheppard is active with the Canadian Psychological Association. He was a member of the executive (member-at-large, director of clinical training) with the Section for Criminal Justice Psychology from 2012 until 2020, and was a member of the executive with the Section for Psychodynamic and Psychoanalytic Psychology (2003-2015).

The continuing education committee continues to provide virtual CE credits and has organized the second of the renewed annual conference series. This conference (next month, Nov 17 to Nov 19) is hybrid, with some speakers presenting virtually and some in-person. The line up is again very good, [GET YOUR TICKETS!](#) *The Dadolescents* will again rock the house on the 17th, but in-person this time (bring your dancing shoes).

## Speakers for the 2021/2022 cycle, CE credit talks have included:

- Dr. Gordon Reid: Psychedelic assisted psychotherapy
- Dr. Amir Sephery: Psychopharmacology
- Dr. Claire Sira: ADHD assessment
- Dr. Elisa Lacerda-Vandenborn: Decolonizing psychological practice
- Omeasoo Wahpasiw, Ph.D: Keynote Presentation - Save Yourself: A Life in Passing
- Dr. Marty Klein: When Porn is an Issue: Couples in Conflict and People Who Watch Too Much
- Dr. Karen Cohen: Advocating for the Practice of Psychology in Canada
- Dr. Paul Hewitt: Perfectionism
- Dr. Shira Maguen, Ph.D. Moral Injury

The CE committee continues to promote psychological community and diversity in learning.



Michael Sheppard,  
PhD, R Psych



## DIVERSITY AND SOCIAL ADVOCACY Committee

Co-Chair: Dr. Cindy Weisbart, Ph.D., R. Psych. & Tanya Elez, Ph.D., R. Psych.

The mission of DSAC is twofold: (1) to provide educational and professional development opportunities on culturally responsive and anti-oppressive practices in psychology, and (2) to provide opportunities for psychologists to be agents of social change by addressing and ameliorating systemic and structural inequities in our communities.

**Dr. Cindy Weisbart** (she/her) is a Registered Psychologist in British Columbia. She has a private practice where she sees adults for individual psychotherapy. Her clinical practice and research currently focuses upon building shared understandings of the lived experiences of individuals, particularly those folks with non-dominant statuses and marginalized identities. Cindy also maintains an ongoing interest in training, supervision, and mentorship of new mental health professionals in a range of practice issues. Cindy co-chairs the Diversity and Social Advocacy Committee (DSAC) of the BCPA with Dr. Tanya Elez and serves on the Board of her local Health Centre. A settler on the unceded and stolen lands of many Indigenous peoples, she incorporates intersectional, feminist, and anti-oppression lenses to her work and life.

**Dr. Tanya Elez** (she/her) is a Registered Psychologist with a private practice in New Westminster, BC. She has taught graduate students at the University of Winnipeg, Adler University and University of British Columbia. Tanya completed her MA in Psychology at the University of Belgrade, Master of Marriage and Family Therapy at the University of Winnipeg and Ph.D. in Counselling Psychology at the University of British Columbia. She is an immigrant woman and a cultural and language minority who has dedicated her career to working with diverse and marginalized client groups. As an immigrant from a war affected country, Tanya has been advocating for culturally adequate and just services for refugees through research, training, administrative and clinical work. The mission of the Diversity and Social Advocacy Committee (DSAC) remains: (1) to provide educational and professional development opportunities on culturally responsive and anti-oppressive practices in psychology, and (2) to provide opportunities for psychologists to be agents of social change by addressing and ameliorating systemic and structural inequities in our communities.

The DSAC membership over this past year included: Ms. Leah Baugh, Drs. Maggie Brennan, Michele Bowers, Marilyn Chotem, Tanya Elez (Co-chair), Johnson Ma, Katherine Martinez, Jennifer McIvor, Sumin Na (on leave part-year), Kamaljit Sidhu, Cindy Weisbart (Co-chair) and Rosa Wu (on leave part-year). We appreciated the Executive Director, Alexina Picard's ongoing commitment and the support of BCPA administrative staff, especially Shital Kaur. We will miss Drs. Robinder Bedi, Jennifer Campbell and Wallace Wong, who are no longer able to attend the DSAC meetings.

In monthly meetings over the past year, DSAC members continued to discuss our vision and goals and to explore meaningful ways in which the DSAC mission could be advanced. This led to the creation of three Task Forces described below. Each of the Task Forces had a specific focus and contributed to the goals and mission of DSAC in a different way.

The Access to Mental Health Services Task Force is committed to improving access to mental health services for members of minority groups, such as refugees, whose access to adequate mental health supports is restricted by a number of systemic obstacles. The Task Force's initial goal was to explore ways in which psychologists can join with and augment the services that already exist in the community. Members of the Task Force have initiated a number of meetings with Vancouver Association for Survivors of Torture (VAST) and are in the process of establishing a formal working group focused on meaningful training and engagement between psychologists and VAST.

The Continuing Education Task Force has focused upon building a database for BCPA members and planned to be located on the BCPA website. The database is intended to provide resources for boosting competency in the areas of equity and diversity. Members

of this Task Force have compiled a significant list of resources and their work on this database is ongoing.

The Peer Mentorship Program Task Force designed a survey for the BCPA membership to identify what psychologists identifying with underrepresented groups need to support their professional growth, as well as the needs of psychologists who work with underserved populations. This activity led to identification of some "process" elements that needed clarification with the Board. In particular, we recommended that clarification of the limits to committee decision-making be made by the Board who is now working on Terms of Reference for committees. The work of this Task Force will be re-assessed in the Fall.

DSAC continues to make strides in support of 2022 Strategic Plan priorities (i.e., advocacy for marginalized groups). There is also interest amongst committee members to support our own work with diverse people in a challenging world of incredible disparity and resource. We welcome new folks joining us with ideas and interests in keeping with our mission. It is an ongoing process to find ways to practice, find support, and live as psychologists with weighty privilege and responsibility. We invite BCPA Membership connection and engagement ongoing!



A handwritten signature in black ink that reads "T Elez".

Tanya Elez,  
Ph.D., R. Psych.

A handwritten signature in black ink that reads "C Weisbart, PsyD".

Dr. Cindy Weisbart,  
Ph.D., R. Psych





# JOURNAL Committee

Chair: Jasmine Irani, PsyD, RCC

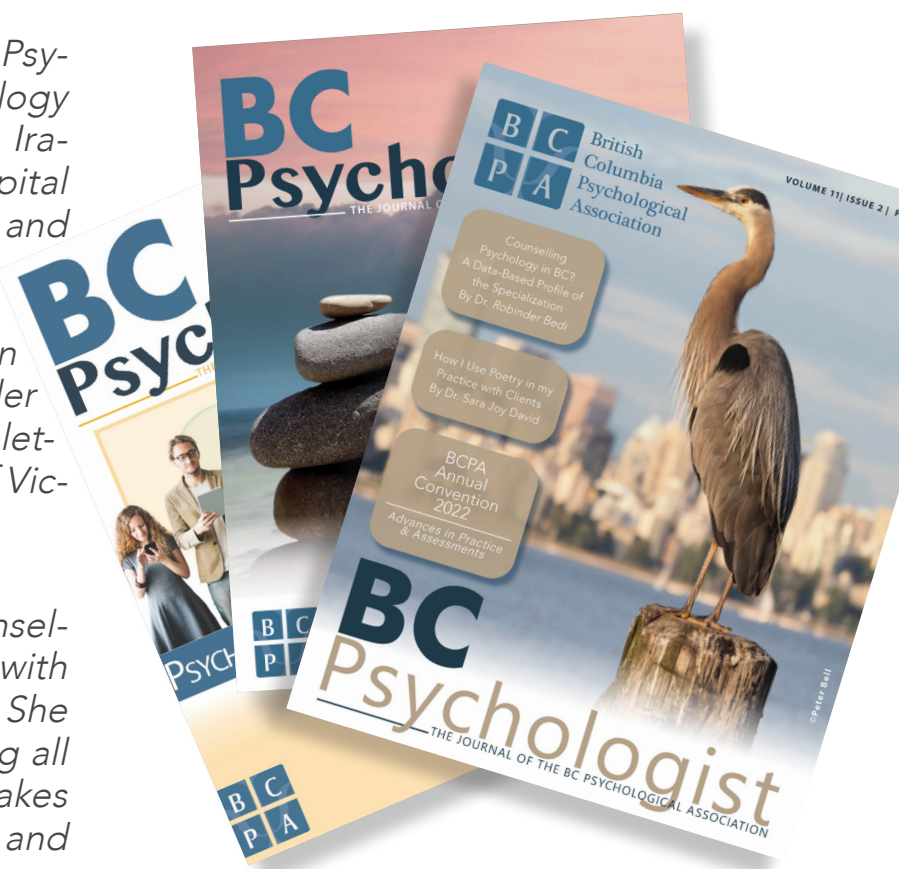
The BC Psychological Association issues a semi-annual journal, the BC Psychologist, which is freely available to BCPA members and affiliates both online and in print. The BC Psychologist is a venue for discussion regarding the future of the practice and science of psychology in BC. In it, you will find reviews of books and recent research findings, discussions about professional ethics and current affairs, as well as information on our activities. The publication is distributed to members of the Association. Anyone can contribute to the BC Psychologist and we particularly value submissions by Registered Psychologists or psychology researchers.

teaching. She is the Lead Editor of the BC Psychologist since June 2022, after being an assistant editor for 14 months.

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**Dr. Jasmine Irani received** a BA in Psychology and a MA in Clinical Psychology from the University of Pune, India. Dr. Irani has worked in a government hospital providing psychological assessment and counselling services to low-income and minority groups in India. She then obtained her Doctor of Psychology in Clinical Psychology degree from Adler University in Vancouver, BC. She completed her internship with the University of Victoria Counselling Services.

Dr. Irani is a Registered Clinical Counsellor and has applied for registration with the College of Psychologists of BC. She is in full-time private practice travelling all over the Lower Mainland. She also takes on contractual work for assessments and





The Journal Committee is responsible for the publication of the BC Psychologist. The Committee underwent a change this year, with Dr. Jasmine Irani taking over as the new Lead Editor. Dr. Irani initially served as an assistant editor. The current team of assistant editors consists of Dr. Brooke Seal, Dr. David Mensink, and Dr. Kimberley Leduc. They meticulously read each article and work together with Dr. Irani to provide members with an informative read. Ms. Alejandra Silvera is the Editorial Coordinator and Art Director and she carefully designs the journal to be visually appealing and well laid out.

The Journal Committee receives a wide variety of submissions, and the accepted articles are categorized based on content under sections titled "Research," "This Has Been Important for My Practice," "Psychologist in the Spotlight," "Member Responses," "Resources," and "Student Corner." The journal committee has also introduced a new section titled "Clinician's Corner," where members can share their opinion regarding common scenarios faced when working with clients. Members also have the opportunity to submit individual questions to be answered in a future issue. BCPA members continue to have the option to receive a printed copy by mail, an e-copy, or both. The BC Psychologist is published semi-annually, in the Spring and Fall. However, articles are accepted year-round, and members interested in contributing can contact Dr. Irani or Ms. Silvera.



Jasmine Irani, PsyD, RCC

## AWARDS Committee

Chair: Alena Talbot Ellis, Ph.D, R. Psych.

The BCPA Awards Committee is responsible for creating awards, soliciting recipient nominations and selecting award recipients on an annual basis.

*Dr. Alena Talbot Ellis is a registered psychologist with the College of Psychologists of British Columbia. She completed her doctoral training at the University of British Columbia, followed by a pre-doctoral residency with the Department of Clinical Health Psychology at the University of Manitoba. She was employed at the IWK Children's Health Centre in Halifax, NS, before returning to live and practice in BC. She currently works for the Ministry of Child and Family Development in their Child and Youth Mental Health program and maintains a small private practice.*

The BCPA Awards Committee is responsible for creating awards, soliciting recipient nominations, and selecting award recipients on an annual basis.

We are pleased to be entering into our second year as the newly revamped Awards Committee. Thank you to all for your exceptional nominations last year. We were so thrilled to be able to recognize the amazing achievements of our colleagues in the following areas:

- **Lifetime Achievement Award:** (may not be given out each year). This award recognizes those psychologists who have spent a significant part of their professional life-

time supporting the profession of psychology at the provincial, national and international level.

- **Community Service Award:** This award shall be presented to recognize BCPA Members or Affiliates who have given exceptional service or made a distinguished contribution to the association and their community during the year.

- **Advocacy Award:** This award recognizes psychologists or doctoral students who have made significant contributions in advocating for the science and the profession of psychology in B.C. over the past year.

- **Dedicated Student Award:** This award recognizes doctoral student members for their contributions and dedication to the science and profession of psychology through research, community service, or advocacy.

The recipients of these awards were an inspiration to us all.

We are once again soliciting nominations for awards recipients who have shown exemplary dedication to their work in the aforementioned categories. We look forward to receiving your nominations and announcing the recipients! (And let us not forget our students who were underrepresented in last year's nominations).

We are still seeking additional committee members for the Awards Committee. Please do not hesitate to reach out if you are interested in joining us.

Alena Talbot Ellis,  
Ph.D, R. Psych.



## COMMUNITY ENGAGEMENT Committee

Chair: Patrick Myers, PhD., R. Psych.

Members of the CEC are responsible for planning and executing public events and information campaigns, as well as writing on the blog of the Association with the assistance of Association staff. The Committee's long-term goal is to build a history of public events centred on psychology, as well as efficient and effective community engagement campaigns.

*Patrick Myers received his PhD in Counselling Psychology from the University of Alberta. He has been a very active part of the Community Engagement Committee for many years and the Chair for the past year. Also, he is a past and current Board member of the BC Psychological Association. Patrick has given a number of free public talks for BCPA during psychology month over the years as well as doing media interviews for the association. He sees clients in Yaletown, Burnaby and Coquitlam.*

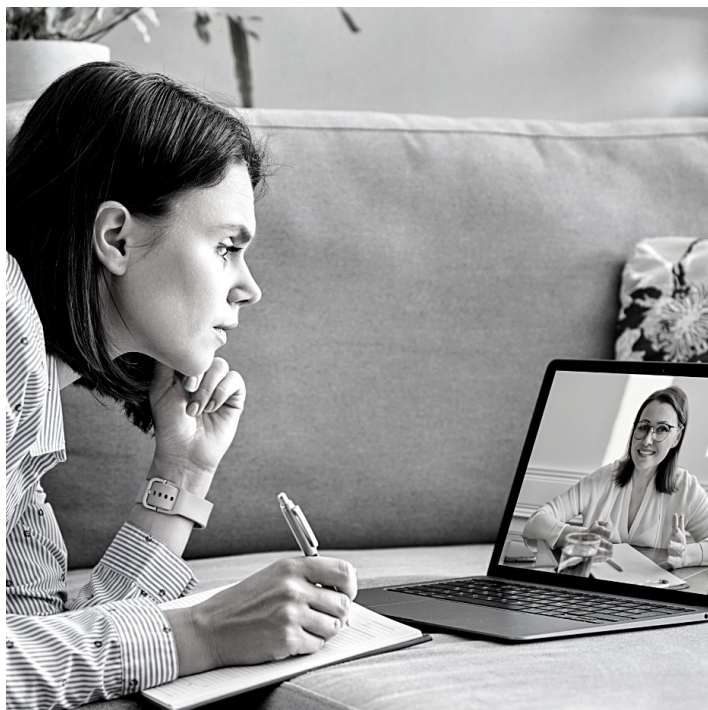
The role of the BCPA's Community Engagement Committee (CEC) is to promote mental health to the general public, and the role that psychologists play in helping people stay mentally healthy. Our premiere event of the year is February Psychology Month where we present several free public presentations. Prior to Covid19 Psychology Month presentations were held in-person, sans

masks, at various locations around the province. 2021 was a difficult year and it required adaptation. Thanks to Alexina and Alejandra we did adapt by going online with our public presentations. In 2022 we ironed out many of the wrinkles of the virtual world and again held a successful Psychology Month that was well received by many people from the four corners of BC, and the world. Of those that responded to our survey, 72% suggested that they enjoyed the presentations “a lot” and “a great deal.” Our esteemed colleagues provided 18 Zoom presentations on a variety of topics from emotional regulation to psychological safety in the workplace, and from anxious kids to the imposter syndrome, and many more. Some of these presentations are available for viewing on the [BCPA YouTube channel](#).

Changes are underfoot for Psychology Month in February 2023. We are going to offer more concentrated online presentations, and keep your fingers crossed, an in-person panel of psychologists at the Vancouver Public Library. We also hope to

coordinate with the Advocacy Committee regarding the general theme and message for 2023. Although presentations are already scheduled for 2023, we could use some blog posts regarding mental health tips during Psychology Month. We invite you, your friends and family, and your clients to view the free public presentations from the comfort of your own living room. And for those eager to do a public presentation in 2024, please contact us with your ideas (604-730-0501).

And of course I would be remiss if I did not thank my wonderful colleagues on the CEC who volunteer their valuable time to stir the creative juices. Thanks go out to Beverly Kort, Susan Benson, Linda Stull and Sofia Khouw. Sofia left our committee earlier this year, so if you have an inclination to join the BCPA’s funnest committee..... We meet Wednesdays, 12:30-2:00 pm, nine times per year, and we would love your creative input.. And many thanks go out to the BCPA office staff, in particular: Alexina Picard and Alejandra Silvera, who helped us navigate this ongoing Covid19 dumpster fire to pull off another successful Psychology Month. I can’t wait to see the response to February Psychology Month 2023.



Patrick Myers,  
PhD, R Psych



# Board Acclamations

We want to congratulate the following candidates who have been acclaimed to the BCPA Board. We also thank our returning Board Members for their continuing commitment.

David Mensink,  
Ph.D, R. Psych.



I am a psychologist at heart. I have been practicing as a psychologist for over 35-40 years and have lots of experience with a variety of challenges. I now have a Private Practice in Victoria after having practiced for 30 years at Counselling and Psychological Services, Dalhousie University.

I have a lot of experience in leadership roles. I am completing a 3-year term as Vice-President, President, and Past President of BCPA. I have recently completed a position as Chair of the Advocacy Committee of BCPA. In addition, I served as President-Elect, President, and Past President of the Association of Psychologists of Nova Scotia as well as President-Elect, President, and Past-President for three separate terms for the Dalhousie Faculty Association. Currently, I serve on Cathedral Council at Christ Church Cathedral Victoria and on Strata Council for our Condo Building.

## Statement of Intent:

Fair, equitable and effective leadership is a passion of mine. I think BCPA Board of Directors is in need of strong, fair, and effective leaders and intend to offer my services for the board through being a member-at-large for an additional 2-year term. I will take the time and effort to serve the BCPA membership well. An additional quality of good leadership along with coequality is humility. I think I fit well with both.







Erika Horwitz,  
Ph.D., R. Psych.



Erika Horwitz earned her Ph.D. in Counselling Psychology from the University of British Columbia. She received the CPA award for excellence for her doctoral dissertation. Dr. Horwitz worked as Director of Counselling Services at Simon Fraser University (SFU) for 11 years and is currently in private practice in Metro Vancouver. During her tenure at SFU, she led an international, award-winning initiative to end stigma against mental illness in post-secondary settings (Hi F.I.V.E.). She is a Mindfulness Based Stress Reduction certified teacher. She published the book: *Through the Maze of Motherhood: Empowered Mothers Speak*.

**Statement of Intent:**

I believe that the discipline of psychology and those of us who work within it have a significant opportunity to support communities and individuals thrive. As a psychologist in private practice and a former director of Counselling Services at SFU, I have first-hand experience of what it is like to affect change at both the individual and community levels. Our association is there to support psychologists and to advocate for our profession and its role in our society. I would be honoured to be part of the board of directors to participate in the process making decisions that will support our colleagues, the profession, and as a result, our communities.



# Please welcome your 2022-2023 Board of Directors



President

Amir Ali Sepehry, Ph.D.

Past-President

Claire Sira, Ph.D., R. Psych.

David Mensink, Ph.D., R. Psych.

Erika Horwitz, Ph.D. R. Psych.

Jahleh Shahin, Ph.D., R. Psych.

Martin Zakrzewski, Ph.D., R. Psych.

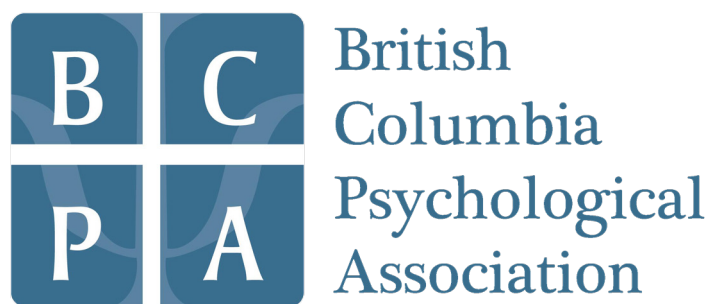
Patrick Myers, Ph.D., R. Psych.

Simon Elterman, PsyD., R. Psych.

Tina Leist, Ph.D., R. Psych.



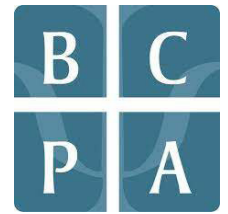
*Vice-President, Secretary and Treasurer to be assigned.*



**TRAINED, PROFESSIONAL, CARING.**

# BCPA 2022 AGM

**Thursday, November 17, 6:30 PM - 8:00 PM**  
**Vancouver Rowing Club (hybrid format)**



## Agenda

1. Call to order: Claire Sira , Ph.D., R. Psych., President
2. Land acknowledgment
3. Approval of the agenda
4. Approval of the previous AGM minutes (November 27th 2021)
5. Reports:
  - A. President: Claire Sira, Ph.D., R. Psych.
    - i. Thank you to Board Members, Committee Chairs
  - B. Treasurer: Claire Sira, Ph.D., R. Psych.
    - i. BCPA will be conducting a review of financial reviewers. A motion will be sent out via electronic ballot to appoint the financial reviewers for fiscal 2022-2023
    - ii. Approval of 2022– 2023 Budget
  - C. Committees
    - i. Advocacy Committee
    - ii. Membership Services Committee
    - iii. Continuing Education Committee
    - iv. Diversity & Social Advocacy Committee
    - v. Journal Committee
    - vi. Awards Committee
    - vii. Community Engagement Committee
6. Board Acclamations: David Mensink, Ph.D, R. Psych., Erika Horwitz, Ph.D, R. Psych.