

A vertical photograph of a forest path is on the left side of the page. The path is dirt and leads through tall, thin trees. Sunlight filters through the canopy, creating dappled light on the ground. The path curves slightly to the right.

# ANNUAL REPORT 2020-2021

**2021  
AGM**

**BC Psychological Association  
Annual General Meeting 2021  
1:00pm Saturday November 27th 2021**



## MISSION STATEMENT

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

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:** David Mensink, PhD R Psych

**VICE-PRESIDENT:** Claire Sira, PhD, R Psych

**TREASURER:** Sofia Khouw, MA, R Psych

**ASSIST. TREASURER:** Kathleen Goodall, PhD, R Psych

### DIRECTORS:

Alison McWalter, M Phil, R Psych

Claire Sira, PhD, R Psych

David Mensink, PhD, R Psych

Kathleen Goodall, PhD, R Psych

Leah Baugh, MA

Martin Zakrzewski, PhD, R Psych

Patrick Myers, PhD, R Psych

Sofia Khouw, MA, R Psych

Tina Leist, PhD, R Psych

## STAFF

### EXECUTIVE DIRECTOR

Alexina Picard, BSc

### ADMINISTRATION ASSISTANT

Jennifer Parlee, BSc

### EDUCATION COORDINATOR

Alicja Dobrzanski, BSc

### COMMUNICATIONS COORDINATOR

Alejandra Silvera, BA

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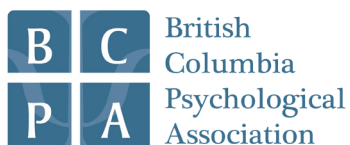
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# AGM Agenda 2021

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1. Call to order: David Mensink , PhD, R Psych, President
2. Land acknowledgment
3. Approval of the agenda
4. Approval of the previous AGM minutes (November 24th 2020)
5. Pending motions

A. Motion to allow undergraduate and masters level students enrolled in a psychology program to join as student members.

## 6. Reports

A. President: David Mensink, PhD, R Psych

i. Thank you to Board Members, Committee Chairs

B. Treasurer: Sofia Khouw, MA, R Psych

i. Motion to re-appoint Manning Elliot for the 2021-2022 Financial Review of the Association

ii. Approval of 2021– 2022 Budget

C. Committees

i. Advocacy Committee: David Mensink, Chair

ii. Continuing Education Committee: Michael Sheppard, Chair

iii. Membership Services Committee: Michael Sheppard and Zarina Giannone, Co-Chairs

iv. Community Engagement Committee: Patrick Myers, Chair

v. Diversity & Social Advocacy Committee: Rosa Wu, Chair

vi. Journal Committee: Brooke Seal, Chair

vii. Awards Committee: Alena Talbot Ellis, Chair

viii. Disaster Response Network

ix. APA Council of Representatives: Ashley Heiner, BC representative

7. Board Acclamations: Claire Sira, PhD, R Psych, Vice President

# Letter from the President

David Mensink, PhD, R Psych

Dear Colleagues and Friends,

I am looking out the window of my condo on this crisp and sunny November day. I am experiencing many feelings and as I think about BCPA one of the strongest is a feeling of gratitude. I feel very grateful for being in a leadership role for BCPA over the past year. It has been a good and wonderfully productive year.

Before I continue, I want to set aside a paragraph of this report to identify someone who has shown oversight done a wonderful job in making sure all of the BCPA parts work well. This talented and dedicated individual has also kept me on track reminding me of the bylaws, constitution, budget and all the operational details of BCPA. Of course, I am referring to Alexina Picard, our Executive Director. On behalf of the association, I extend a well deserved “thank-you” to Alexina. BCPA is so very fortunate to have Alexina as our Executive Director and I’m sure her good work has been witnessed by those of you who have interacted with her. Kudos to you, Alexina!! :)

As I think about BCPA at the end of my presidency, I think of the media with which I had an opportunity with which to work when I practiced at Dalhousie University in Halifax, Nova Scotia. I was interviewed on various occasions by CTV, CBC TV/Radio, and Global TV on current issues

with psychological relevance. As I think about the media and BCPA, both have a job to do and both rely on the various parts to do their job in order for the final production to be accomplished. I remember discussing this with a keen reporter who was interviewing me about grief. She looked around the studio and looked at me and said, “this program is only possible because of you, me, the camera crew, the production crew, the writers, the electronic gadgetry, the marketing wing, the advertisers, the administrative staff, my boss and so many others.” I said, “that’s amazing that all of us have a part to play and all of us are of equal value.” She looked at me, smiled, and said, “you must be a psychologist!” Thinking about BCPA, the organization has many parts, everyone is equally important, and the whole or the system is far greater than the sum of its parts.

I will end by putting my feelings of gratitude into words. Thanks to ALL for your great work over the past year. Thanks to BCPA staff! Thanks to BCPA Board Members! Thanks to BCPA committees! Thanks to you, BCPA Members!

We will begin after the AGM with a new Board and Claire Sira will be our new President. I will continue on the board as Past-President and will also continue as Chair of the Advocacy Committee. I look forward to riding into the future on the “BCPA Enterprise.” Join me, it’s a lot of fun . . .



David Mensink, PhD, R Psych

BCPA President

# Letter from the Executive Director

Alexina Picard, BSc

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## Alexina J. Picard, BSc

Ms. Picard holds a Bachelor of Science with a Major in Biology and Minor in Psychology from the University of Ottawa. She brings 8 years of leadership experience having served as president of the Heritage College Student Association, as a Board member of the Heritage College Board of Governors and as Senior Medical Office Assistant at the Mood Disorders Association of BC. She is currently the Chair of the Advocacy Working Group for the Council of Professional Associations of Psychologists, the 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.

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I will reel you into my letter with some fantastic news: we closed fiscal 2020-2021 with the largest surplus we have seen in a very long time (if ever). According to our financial review, we closed with a surplus of nearly \$85,000. This is all thanks to:

1. Grant money from UBC to reimburse us for the costs of running the Psychological First Aid line in 2020.
2. Significant reductions to operating expenses such as a 40% reduction in rent with our new office on Howe street.
3. Larger-than-expected income from the BMS brokered professional liability insurance program.
4. An increase in membership, workshop and advertising revenue from the dip when the pandemic hit in 2020.

With this surplus we were able to hire a government relations firm to help us move our advocacy projects forward and make plans to update the website in 2021-2022.

BCPA's prominence continues to grow on the national and international scale. I have been elected as the Vice-Chair of the Young Professionals Committee with the Canadian Society of Associa-

tion Executives. I am the BCPA representative to CPAP - the Council of Professional Associations of Psychology - our national group of psychological associations, where I also sit as Chair of the Advocacy Working Group. More recently, I have been nominated to the executive of CESPPA - the Council of Executives of State and Provincial Psychological Associations, through the APA. I will let you know if I am elected.

Awareness of BCPA has also grown through our advocacy efforts. In March of 2021 we launched *Therapy Is Medicine, Too*, a 6 week public support campaign to increase awareness of how timely and barrier-free access to psychologists in the primary care setting not only saves lives, but also saves money. We received dozens of media mentions and 15 media interviews. The campaign's petition has almost 6000 signatures and continues to increase with new signatures almost daily.

In September of 2021 we had the honour of presenting a proposal to the Select Standing Committee on Finance and Government Services and in October, I traveled to Victoria with our Co-Director of Advocacy, Dr. Lesley Lutes, and Advocacy Committee member, Dr. Simon Elterman, to discuss our proposal with key politicians.

We also continue to work with unions and insurers to advocate for market rate salaries and reimbursements and foster strong relationships with key stakeholders.

Our community engagement efforts were particularly strong this year with our first completely virtual Psychology Month. For the first time ever we not only reached British Columbians from all corners of the province, we also reached audiences from far and wide both nationally and internationally.

It's important to note that none of this would have been possible without the valuable support and contributions of our dedicated staff, Board and committee members. Our Co-Directors of Advocacy, Dr. Lesley Lutes and Dr. Erika Penner, continue to go above and beyond what is expected of them, always putting BCPA first. Our Communications and Advertising Coordinator, Alejandra

Silvera, continues to come up with new, creative ways to increase advertising revenue and provide you with eye-catching, entertaining e-blasts and publications. Our Education Coordinator, Alicja Dobrzanski, continues to work hard to bring you our Inaugural Psychology Summit as well as unique CE opportunities throughout the year. And our Administrative Assistant, Jennifer Parlee, continues to go out of her way to offer you the highest level of support with your membership renewals and workshop registrations.

And, as always, before I close my letter I like to thank our members for your continued support and encourage non-members to join us! There is strength in numbers - as we grow, our voice becomes more powerful.

I wish you all the best in this next fiscal year! Please do not hesitate to reach out if you have questions or concerns.

Sincerely,



Alexina J. Picard  
BCPA Executive Director





# Letter from the Treasurer

Sofia Khouw, MA, R Psych

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## Sofia Khouw, MA, R Psych

Sofia completed her training in health psychology at La Trobe University in Australia. Prior to migrating to Vancouver in 2012, she worked closely with other health professionals in a community setting as well as in a private practice. In order to meet other psychologists and to stay up-to-date on psychology-related matters after her move to BC, she's been actively involved in BCPA's Community Engagement Committee since 2016. She became the treasurer of BCPA's Board in 2017, a role that suits her well because of her passion in working with numbers.

In keeping with her many professional interests, she is working at Options Community Services running groups for men involved in domestic violence, and at Fraser Health as a Clinician Lead for Health Coaching Program of Burnaby Primary Care Network.

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The fiscal year of September 1, 2020 to August 31, 2021 has resulted in a net operational gain of \$84,574 and an investment gain of \$17,472 for BCPA. The unexpected operational gain was attributed to extra revenues from BMS insurance kickbacks and various donations, as well as expenses that were less than budgeted.

## REVENUE

As it is generally known, BCPA relies on membership dues and advertising revenues as the main source of income to operate the association. The membership dues contributed \$20,000 more than anticipated to the overall revenues of \$418,212. The extra revenues had come from BMS Insurance kickbacks, which had doubled during this fiscal year due to less claims from members. donations from a private donor affiliated with UBC Okanagan and other BCPA members. Due to the diligent work of BCPA Advertising Coordinator, Alejandra Silvera, the revenue generated from advertising was closed to the budgeted amount despite having been working in that role for only eight months. In contrast, the continuing education workshops had generated sixty percent less than projected revenue despite having offered more than the usual four workshops a year.

## EXPENSE

This fiscal year saw a reduced expense due to COVID-19 which had limited opportunities for in-person meetings, restricted travelling to an out of country conference and meeting, as well as reducing the need for a large office space. Moving the journals from printed to digital format had also reduced the total expense incurred by Journal Committee by half. Advocacy Committee incurred more expense than budgeted due to an engagement of a lobbyist to help further their agenda in advocating for psychologists in Primacy Care to BC Government. The hiring of consultants to assist with strategic planning had slightly increased the expense incurred by the Board of Directors.

## INVESTMENT

Since the inception of investment portfolios in December 2003, BCPA has contributed \$124,307 over the years. The investment continued to perform better during this fiscal year as the world economy gradually recovered. Adjusting the investment portfolio in July last year had yielded a total market value of \$207,728 as of August 31, 2021. Alexina Picard, Kathleen Goodall (the incoming Treasurer) and I met up with a financial adviser to review our portfolios in July this year

and some changes to the portfolios were undertaken as per the adviser's recommendation.

This report marks my last report as a treasurer of BCPA for the last four years. It has been a pleasure to work with the Board of Directors closely

in ensuring the BCPA finance is in good health. I would also like to acknowledge the benefit of having Kathleen Goodall in shadowing me as the incoming treasurer for the last year. I fully trust that she will do a wonderful job in her role as a treasurer.

Respectfully submitted,

A handwritten signature in black ink, appearing to read 'Sofia Khouw', with a long horizontal flourish extending from the end of the name.

Sofia Khouw, R Psych  
Treasurer, BCPA



# Proposed Budget for 2021 – 2022

<b>REVENUE</b>	<b>2020-2021</b>	<b>2021-2022</b>
Member Dues & Referral	\$280,000	\$290,000
Advertising Revenue	\$30,000	\$35,000
Continuing Education Revenue	\$40,000	\$30,000
Other Revenue	\$10,000	\$18,000
Grants and Donations	\$0.00	\$5,000
<b>TOTAL REVENUE</b>	<b>\$360,000</b>	<b>\$378,000</b>
<b>EXPENSES</b>		
Administration	\$214,600	\$235,850
Operations	\$42,000	\$54,250
Continuing Education	\$24,400	\$15,000
Advocacy Committee (including contracts and wages)	\$57,000	\$61,500
Journal Committee	\$10,000	\$5,500
Community Engagement Committee	\$7,600	\$1,100
Membership Committee	\$1,000	\$1,000
Board of Directors	\$3,100	\$4,800
Award Committee	\$300	\$500
Diversity and Social Advocacy Committee	\$0.00	\$500
<b>TOTAL EXPENSES</b>	<b>\$360,000</b>	<b>\$380,000</b>
<b>REVENUE - EXPENSES</b>	<b>\$0.00</b>	<b>\$-2,000</b>

# COMMITTEE & TASKFORCE Updates



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# COMMITTEE CHAIRS

## **David Mensink, PhD, R Psych** **Advocacy Committee**

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.

## **Michael Sheppard, PhD, R Psych** **Continuing Education Committee &** **Member Services Committee**

Dr. 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).

## **Zarina Giannone, PhD, R Psych** **Member Services Committee**

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 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 is an Adjunct Professor in the Counselling Psychology Program at the University of British Columbia. She enjoys teaching clinical courses and offers supervision for masters and doctoral-level psychology trainees. Dr. Giannone 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 with other psychologists, staff, and students in this role.

## **Patrick Myers, PhD, R Psych** **Community Engagement Committee**

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.

## **Rosa Wu, PhD, R Psych** **Diversity & Social Advocacy Committee**

Dr. Rosa Wu obtained her MA from Columbia University and her PhD in Clinical and Counselling Psychology from the University of Toronto. She is a Registered Psychologist working in private practice in New Westminster and provides therapy in English, Mandarin, and Spanish. Rosa also teaches at Adler University on issues of diversity and social justice and has chaired the Diversity and Inclusion at the university during her time as a core faculty member. Originally from Taiwan, she has lived in various cultural contexts such as Spain, Costa Rica, Panama, New York City, Toronto, and is now proud to call herself a Vancouverite.



## **Brooke Seal, PhD, R Psych**

### **Journal Committee**

Brooke Seal received a BA in Psychology from the University of British Columbia and an MA and PhD in Clinical Psychology from the University of Texas at Austin. She completed her internship with Vancouver Coastal Health, working at several sites throughout Vancouver, and a 1-year post-doctoral program with the DBT Centre of Vancouver. She is a Registered Psychologist and an Associate Professor of Psychology at the University of the Fraser Valley, where she currently teaches undergraduate psychology courses. She recently joined the BCPA as Lead Editor of the BC Psychologist, bringing years of experience as a journal reviewer and editor.

## **Ashley Heiner, PhD, R Psych**

### **APA Council of Representatives**

Dr. Ashley Heiner is a psychologist who has served in a variety of roles in the clinical, rehabilitation and forensic sectors of psychology. She currently runs a private practice in North Vancouver, BC that focuses on delivering comprehensive clinical and forensic assessments to members of the community and to various government organizations. She has been BCPA's representative on the APA Council of Representatives since January of 2019. Her degrees include a BSc (Double Major in Psychology) and BSc (Honors in Psychology) from University of Queensland, a Masters of Clinical Psychology from Griffith University, and a Ph.D. in Psychology from Queensland University of Technology.

## **Alena Talbot Ellis, PhD, R Psych**

### **Awards Committee**

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.

# Advocacy Committee

Chair: David Mensink, PhD, 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.

**T**he Advocacy Committee has been very busy and engaged in many projects during 2021. 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.

We are thrilled to inform you that, due to an expected surplus at the end of fiscal 2020-2021, we were able to contract a government relations firm to help us move our advocacy efforts forward. Strategies 360 were hired for a 3-month contract from mid-July to mid-October and were integral in connecting us with key politicians and stakeholders. They also provided us with valuable insights to keep our projects moving forward after the contracted period had ended.

## Public Funding and Governmental Relationships

An enormous amount of the time and energy from the Directors of Advocacy and Advocacy committee member Dr. Simon Elterman has gone toward connecting with individuals at various levels of government to advocate for greater access to psychology services in our province. Most recently, Dr. Lutes met with the 2022 Select Standing Committee on Finance and Government Services to discuss the need for psychologists to have dedi-

cated positions and funding within Primary Care Networks. Dr.s Lutes, Penner, and Elterman developed a two page infographic document in an easy to understand, clickable format to help Budget Committee members and MLAs better understand the nature of the mental and behavioural health work that psychologists do. The document also detailed the role that psychologists play in reducing mental and physical healthcare costs as well as our skills in terms of program development and outcome evaluation. Subsequently, Dr.s Lutes and Elterman and our Executive Director, Alexina Picard, met with several MLAs in person, including Attorney General David Eby, to discuss this initiative. We have since heard from the Ministry of Mental Health and Addiction that they are interested in learning more, and we have developed a comprehensive proposal for both the Ministry of Health and Ministry of Mental Health and Addiction describing in detail what the integration of psychologists into primary care settings would involve, including proposing a partnership with the University of BC - Okanagan campus.

## Primary Care Networks and Union Work

We have continued to liaise with Primary Care Networks across the province to support the development of effective, evidence-based mental and behavioural healthcare programming. The Burnaby B Well PCN Program continues to exceed expectations in terms of mental and physical health outcomes and physician/patient satisfaction. The success of this program is a tribute to the



efforts of the Burnaby Division of Family Practice, their innovative leaders and physicians, and the involvement of skilled and dedicated staff, including psychologists including Dr. Sandra Thompson, Ms. Sofia Khouw, Dr. Lesley Lutes, and previously Dr. Erika Penner.

At the union level, this year is the beginning of the next round of bargaining for the Health Sciences Association. As such, many individuals on the Advocacy Committee helped support their colleagues in health authority roles in effectively advocating for compensation that more closely aligns with that of psychologists in other provinces. We thank the many psychologists who contacted their union stewards to share concerns about wages, recruitment, and retention. At BC Children's Hospital, Dr.s Penner and Slavec submitted a detailed proposal that included information about psychologists' wages across the country and also summarized the main challenges that health authorities face in attempting to hire psychologists and retain them in their positions. Ultimately, their proposal requested a market wage adjustment for psychologists up to approximately \$70 per hour (from the current \$57.71), in line with rates in Ontario.

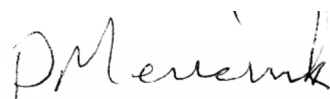
## ICBC Relationships

In May 2021, ICBC's "no fault" type of insurance called Enhanced Care became active. Prior to May 2021, Dr. Claire Sira and Alexina Picard attended several meetings with ICBC regarding Enhanced care and the Minor Injury Regulation to offer further oral and written information to help the insur-

ance company use empirical evidence as they create mental health assessment and treatment guidelines for clients involved in motor vehicle accidents. Dr. Sira and Dr. Tigerson Young provided feedback to ICBC to help them better communicate the Enhanced Care changes to psychologists in BC. In spring and summer of 2021, Dr. Sira met with the ED of the College of OTs to discuss how OTs and psychologists can work with ICBC clients within their respective scopes of practice to maximize treatment outcomes.

Dr. Sira solicited input from BC psychologists for suggestions to improve the psychology template. Thanks to Chuck Jung and his team for their input. The College of OTs and ICBC have indicated they are interested in improving the psychological and occupational therapy assessment report templates to be more relevant to the treatment providers, though this process has not started. Another area where Dr. Sira has offered to help ICBC is to develop an evidence based process for serving clients who sustain a concussion in a MVC, as this is an area where early intervention from qualified psychologists can significantly improve outcomes. As yet, this process has not yet started.

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

# Continuing Education Committee

Chair: Michael Sheppard, PhD, 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.

**T**he CE committee had a significant change of pace due to Covid-related restrictions and we believe overall the changes were positive. More, but shorter, talks meant a larger diversity of CE topics. The following talks were presented during the last fiscal year (from Sep 1 2020 to August 31 2021):

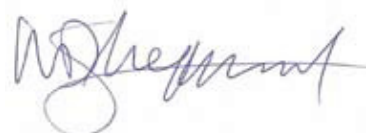
DATE	WORKSHOP	PRESENTER
Sep 25 2020	Optimizing Treatment through Common Factors: Solution-Focused Therapy	Dr. Jeff Chang
Nov 13 2020	Personality Dynamics in Psychotherapy: A Roadmap for Lasting Change	Dr. Jonathan Shedler
Feb 26 2021	Comorbid Conditions of Eating Disorders	Dr. C. Laird Birmingham
Apr 13 2021	The Parent Trap: Familial Nurture and the Failure to Launch Phenomenon	Dr. Randy Paterson
May 04 2021	Borderline Personality Disorder: Theory, Research, and Treatment	Dr. Alexander L. Chapman
Jun 25 2021	Understanding Suicide to Prevent Suicide	Dr. E. David Klonsky

Some of these (and previous) talks are stored on the BCPA website, and continue to be available for CE credits. We were unable to provide such a service previously, so this is a silver lining of Covid.

Also, we re-ignited the BCPA conference, intended to be an annual conference. This year, the keynote speaker is Dr. Omeasso Wahpasiw (indigenous historian). Additionally, The Dadolescents will provide a virtual concert focused on ex-

periences relevant to middle-aged academics. On the days of the conference, Dr. Paul Hewitt (perfectionism), Dr. Marty Klein (problematic pornography use in relationships), and Dr. Karen Cohen (advocating for psychology) will also be speaking, and grad students will compete in the "one-minute thesis" discussion.

In sum, it's been a busy year, with numerous challenges and changes, and we feel proud of our accomplishments.



Michael Sheppard, PhD, R Psych

# Membership Services Committee

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

**T**he Membership Services Committee is Co-Chaired by Dr. Zarina Giannone and Dr. Michael Sheppard. 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. Leah Baugh, Ms. Alexina Picard, Ms. Alicja Dobzranski, Ms. Jennifer Parlee, 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 members through the development of a workshop series and a forthcoming mentorship program; updating and revamping the referral service; creating strategic partnerships with stakeholder groups (e.g. Owl Practice Management) to cultivate valuable member benefits; and growing BCPA's collegial community.

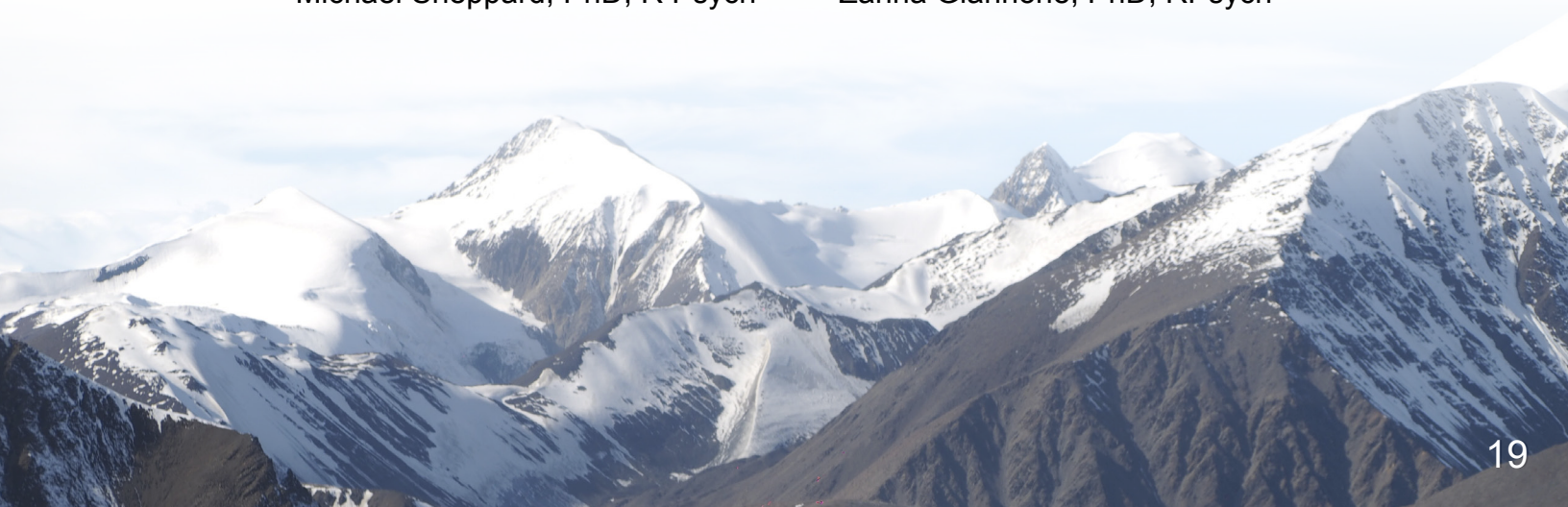
We are excited about the new projects that await in 2022 and feel privileged for the opportunity to serve BCPA in this capacity. Please contact Dr. Giannone if you are interested in working with a fun and dynamic group of psychologists, students, and staff members to progress BCPA perks and advantages.



Michael Sheppard, PhD, R Psych



Zarina Giannone, PhD, RPsych



# 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.

**T**he 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.

I have been involved with presenting and planning Psychology month for a decade now. And then came 2021. The past year was difficult and it required adaptation. And adapt we did. We went online with our public presentations. Our esteemed colleagues provided two dozen Zoom presentations on a variety of topics from dialectical behaviour therapy to organizational psychology, from parenting to the impostor syndrome, and many more. A few of these presentations are still available for viewing on the BCPA YouTube channel (<https://tinyurl.com/3xpp964j>). The presentations were well received by many people from the four corners of BC, and the world.

But of course there were the bumps and grinds that come with learning to adapt to new technologies. Psychology Month 2021 and the BCPA were mentioned in a number of publi-

cations, but we did not receive any local media interviews with our presenters. Ah, but we like a challenge. We have learned from our 2021 experiences, and we are eager to try out new ideas for Psychology Month 2022. We already have over a dozen confirmed volunteer psychologists itching to present during February 2022 Psychology Month via Zoom. We also have a number of unconfirmed inquiries and we have room for a few more. If you have a specialization or an interest in a specific topic, we would love to hear from you. If you need a little help putting together a presentation or if you need some help with Zoom, give us a call (604-730-0501) or email Alicja ([alicja.dobrzanski@psychologists.bc.ca](mailto:alicja.dobrzanski@psychologists.bc.ca)). If you have any other creative ideas, or if you would like to join the BCPA's funnest committee, contact us.

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, Sofia Khouw, Susan Benson, and Linda Stull. And many thanks go out to the BCPA office staff who really pulled Psychology Month 2021 out of the Covid dumpster fire: Alexina Picard, Alicja Dobranski, and Alejandra Silvera. I can't wait to see how you are going to knock 2022 out of the park.



Patrick Myers, PhD, R Psych

# Diversity and Social Advocacy Committee

Chair: Rosa Wu, PhD, 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.

**T**he DSAC recognizes the impact that diversity variables such as Indigenous heritage, race/ethnicity, gender, sexual orientation, age, religion, ability/disability, socio-economic status, national origin, and linguistic backgrounds can have on the working alliance between psychologists and their clients, communities, and society. It further acknowledges the impact of power differentials and systemic inequities that impinge on the livelihoods of non-dominant populations.

The Diversity and Social Advocacy Committee has gone through significant transformations in 2021, marking a shift in organizational culture within the BCPA. The committee has tripled in size, with a total of 15 enthusiastic members now working towards becoming social agents of change in the communities where they work and live. Our members include Drs. Kamaljit Sidhu, Jennifer McIvor, Sumin Na, Cindy Weisbart, Michele Bowers, Tanya Elez, Robinder Bedi, Maggie Brennan, Marilyn Chotem, Jennifer Campbell, Wallace Wong, Rosa Wu, and Ms. Leah Baugh; newly joined members Drs. Johnson Ma and Katherine Martinez; and recently departed member, Dr. Alison McWalter. Alexina Picard, the Executive Director, has been instrumental in taking our meeting minutes and keeping us informed of the wider organizational structures and processes within BCPA.

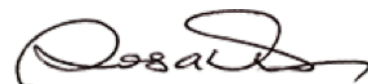
This year, the committee rolled out a series of ethics salons that covered topics on diversity and social advocacy. These discussions are built upon the premise that culturally responsive and socially just practices are ethical practices. The list of salons is as follows:

- Dr. Marilyn Chotem's salon on ethical activism
- Dr. Jennifer McIvor and Dr. Sumin Na's salon on racism in Canadian psychology
- Dr. Wallace Wong's salon on using the WPATH guidelines clinically, ethically, and culturally when working with transgender clients
- Dr. Rosa Wu and Dr. Jennifer Campbell's salon on ethically leaning in as imperfect allies in psychology and social advocacy work

Now resourced with more members and human power on the committee, the DSAC is in its beginning stages of establishing three task forces: one focusing on generating and coordinating professional workshops and ethics salon sessions on diversity and social advocacy topics, one on increasing accessibility of mental health services for specific under-resourced populations, and a peer mentorship program that supports psychologists from underrepresented populations or psychologists who work with underrepresented populations. The goals and tasks for each task force have yet to be finalized and are subject to change.

The DSAC is well poised to meet one of BCPA's top 2022 Strategic Plan priorities, which is advocacy of marginalized groups. It is an exciting time to be a psychologist, as we look beyond the traditional confines of our clinical practice and apply our psychological knowledge and skill sets to complex societal problems.

Stay tuned for more news and updates from our committee and task forces in 2022...



Rosa Wu, PhD, R Psych

# Journal Committee

Chair: Brooke Seal, PhD, R Psych

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.

**T**he **Journal Committee** is responsible for the publication of the BC Psychologist. The Committee went through a substantial change this year, with new Lead Editor, Dr. Brooke Seal, and new Co-Editors, Dr. Kimberley Leduc and Jasmine Irani, RCC, joining Dr. David Mensink, Alexina Picard, and Alejandra Silvera. The BC Psychologist now accepts a wide variety of submissions (including for sections titled Research, This Has Been Important for My Practice, Member in the Spotlight, Member Responses, Resources, Student Corner, and Off the Side of My Desk - a section for members who wish to share ideas in a less formal way). The design of

the journal has been carefully worked on and is well-laid out and visually appealing (with many thanks to the talents of Alejandra Silvera). BCPA members now have the option to receive a printed copy by mail, an e-copy, or both. Based on member feedback, the BC Psychologist will be printed semi-annually, in March and September. Articles are accepted year-round, and members who are interested in contributing can contact Dr. Seal or Alejandra Silvera. The Committee welcomes contributions and will work with members of the BCPA to deliver a journal that our readers look forward to receiving.



# Awards Committee

Chair: Alena Talbot Ellis, PhD, R Psych

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

**W**e are excited to be rebooting the Awards Committee! We're a small group of just one member and one BCPA staff but we are dedicated to providing legendary BCPA members with the recognition that they deserve. This year we have the following four awards to distribute at the Awards Ceremony:

- **Lifetime Achievement Award** (*may not be given out each year*)

This award recognizes those psychologists who have spent a significant part of their professional lifetime 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**

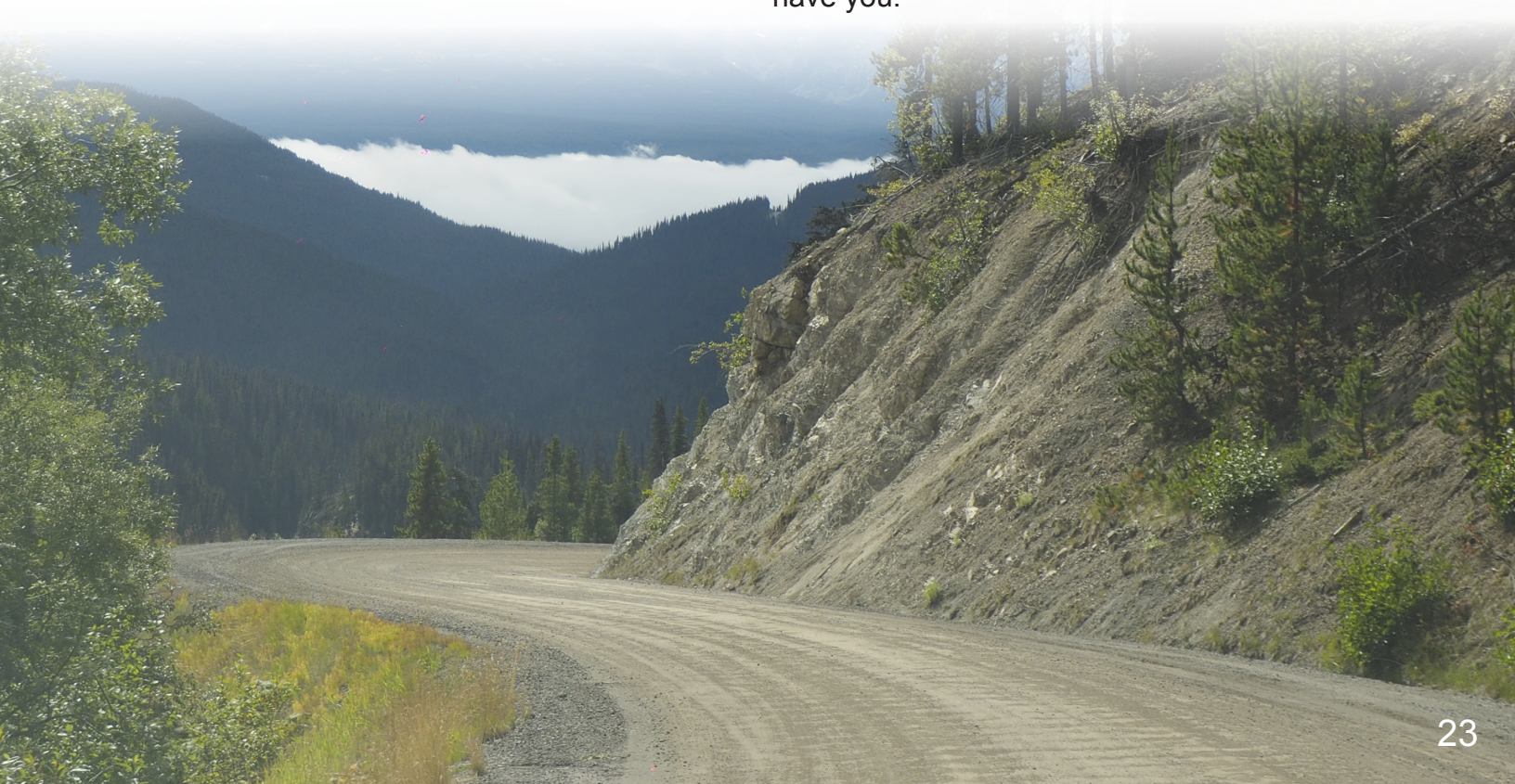
This award recognizes psychologists or doctoral students who have made significant contributions in advocating for the science and the profession of psychology in B.C. over the past year.

- **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.

*We can't wait to announce the recipients!*

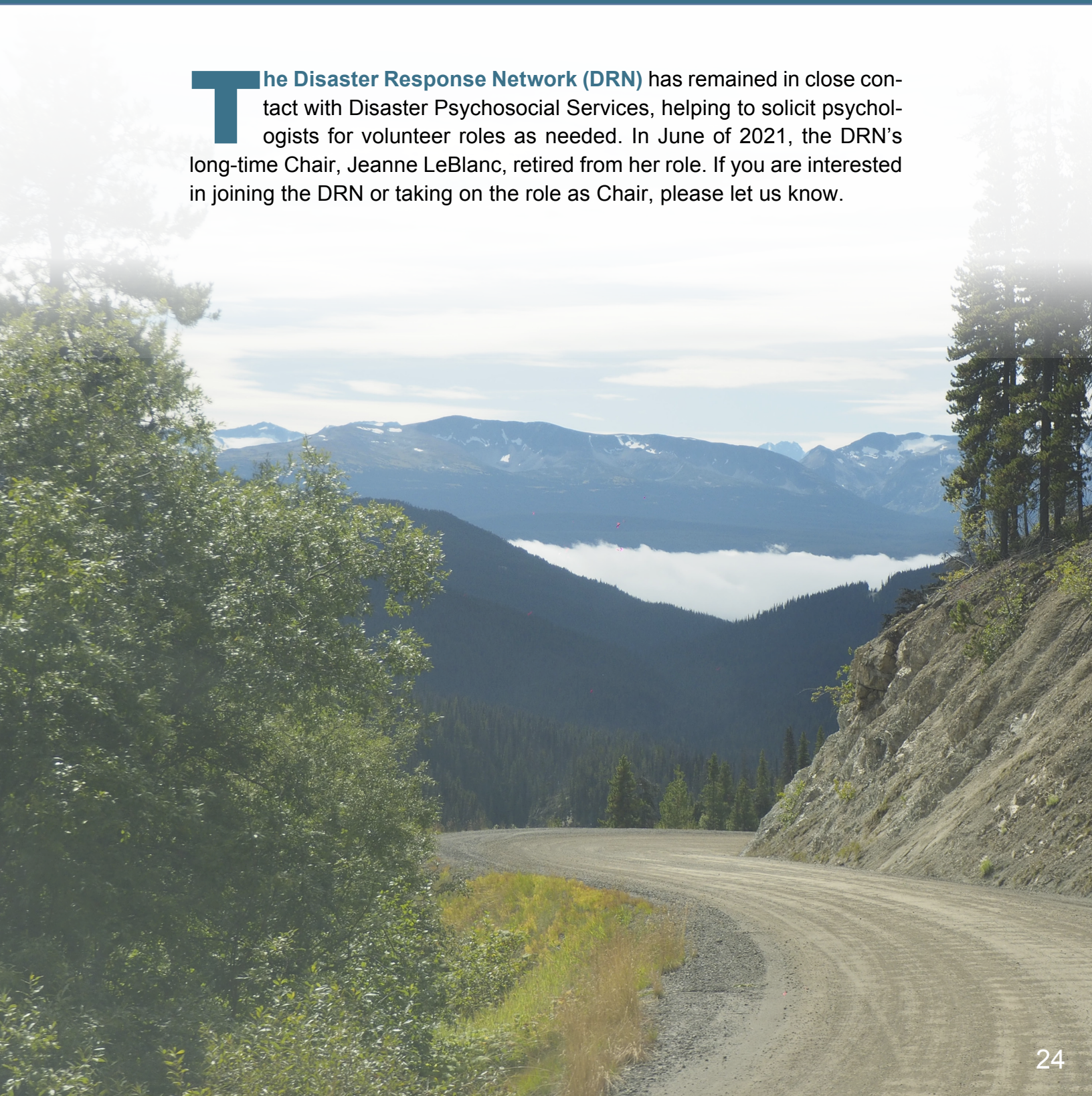
If you're interested in joining us on the Awards Committee, please reach out! We'd be happy to have you.



# Disaster Response Network

BCPA is a member of APA's Disaster Response Network. While most DRN members in the United States participate through affiliations with their local Red Cross branch, BCPA's DRN volunteers serve primarily through Disaster Psychosocial Services (DPS), and are therefore under the British Columbia Ministry of Health. DRN volunteers assist Disaster Psychosocial Services in a variety of capacities throughout BC.

**T**he Disaster Response Network (DRN) has remained in close contact with Disaster Psychosocial Services, helping to solicit psychologists for volunteer roles as needed. In June of 2021, the DRN's long-time Chair, Jeanne LeBlanc, retired from her role. If you are interested in joining the DRN or taking on the role as Chair, please let us know.





# APA Council of Representatives

Chair: Ashley Heiner, PhD, R Psych

The Council of Representatives is the legislative body of American Psychological Association (APA) and has full power and authority over the affairs and funds of the association within the limitations set by the certificate of incorporation and the By-laws, including the power to review, upon its own initiative, the actions of any board, committee, division or affiliated organization.

**No updates.**

# Board Acclamations

**W**e 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.

## **Tina Leist, PhD, R Psych**

I was awarded my PhD from the University of Victoria. During my formal education I took the opportunity to travel to several countries to get a brief introduction to various cultures and experiences. I also supported myself working various jobs: as a lumber grader at a stud mill, as an emergency supply technician in a medical centre, and a phlebotomist. I taught at the University of Northern Colorado where I also sat on various committees in the Department of Psychology. I have worked in a psychiatric hospital and at the Ministry of Children and Family Services. I have also served as a treasurer on a school board and enjoy supporting the Canadian Red Cross. I continue to be invested in further learning and continue my interest in neuropsychology and counselling. Ultimately I chose to focus my efforts on being a part of a group of

psychologists in a private practice setting and have done so for nearly 30 years. I currently operate Tina Leist & Associates, affectionately referred to as “the pink house”. I love being a psychologist and am honoured to serve the many clients I have supported over the years.

I have attended BCPA Board meetings since spring 2021 when I was appointed by the Board to replace a Director who was unable to complete their term. I believe that I am adding a helpful perspective to the various board operations and look forward to supporting other board endeavours. I am particularly interested in continuing my role with the Membership Committee. I am enjoying expanding my focus from clients to also include our community of psychologists in BC.

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## **Jaleh Shahin, MEd, PhD, R Psych (AB|BC)**

I am honored to have been nominated to serve on the board of directors at the BCPA. I am a registered psychologist in private practice with a multi-jurisdictional practice in British Columbia and Alberta. I have been serving on the advocacy committee at the BCPA and the CPA and have a passion for advocating for the profession and improved access to mental health services for Canadians both locally and nationally.

Prior to private practice, I worked in various multidisciplinary settings including primary care clinics,

hospital settings and at the University of Alberta. I believe my background and experience in working within multidisciplinary settings, aligns well to the current advocacy efforts that the BCPA has been engaged in over the past few years. I hope to represent the best interests of the members of the BCPA and the profession of psychology at large in British Columbia especially at this critical time when there is a significant opportunity to have meaningful conversations about mental health and mental health services in BC.

## **Simon Elterman, PsyD, R Psych**

I received my PsyD from Pacific University and completed my pre-doctoral internship at Health-Point, which is a Primary Care network in Seattle, Washington. My doctoral research focused on measuring metacognitive processes for people with insomnia. I am currently a Behavioural Health Consultant (BHC) at the Hope to Health Research and Innovation Centre on the Downtown Eastside of Vancouver, where I utilize the Primary Care Behavioural Health model to provide brief assessments and interventions to low SES clients.

In terms of prior experience, aside from several student body positions throughout graduate school, I have been part of the BCPA Advocacy committee for about a year. My main focus was

on the “Therapy is medicine, too” campaign, including presenting to members of the local and federal government on increasing funding for psychologists to work in primary care settings. I also recently wrote an Op Ed for the Vancouver Sun with Drs. Lutes and Penner on the benefits of psychologists in primary care, worked closely with both of the Directors of Public Advocacy in developing our proposal to the BC Budget Committee, and recently went to Victoria to meet government officials in the Legislature, focused on that same issue. What I hope to bring to the board is passion for the profession of psychology, dedication in upholding and furthering the values of our profession, and a commitment to enhancing psychologists’ ability to help others.

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## **Amir Ali Sepehry, PhD**

I have extensive training as a scientist-practitioner. I completed my doctoral training by combining works from the University of Victoria (UVic) and the University of British Columbia (UBC) in the neuropsychology of aging (life-span development psychology) and behavioral neuroscience examining the diagnostic and assessment of depression in Alzheimer’s disease. Subsequently, I completed a post-doctoral fellowship in neurology at UBC. Before my doctoral training, I completed a master’s program at the Université de Montreal (in French), incorporating Psychiatric sciences and Pharmacology. Currently, I am co-authoring nearly 100 peer-reviewed publications in both Canadian languages and I hold the CPA-Psychopharmacology Chair position as well as multiple research collaborations at both national and international levels.

I teach full-time as an assistant professor of clinical psychology with the Adler University, PsyD program, with the Counselling psychology program as an adjunct, and serve as dissertation chair/advisor for over ten doctoral level students. I have been an advocate and member of the British Columbia Psychological Association (BCPA) for the past two years. Given my multicultural upbringing, multitasking/management and executive abilities at the national level, social and clinical skills, collaboration with various health practitioners (e.g., psychiatrists, neurologists, neuropsychiatry, neurosurgeon, forensic neuropsychologists), I am an optimal fit for the position at hand to bring the various facets to the table and serve the BCPA Board.

## Martin Zakrzewski, PhD, R Psych

I currently serve as the Director of Psychology for BC Mental Health and Substance Use Services. My responsibilities include overseeing the provision of specialized psychological services across the province within the agencies of BCMHSUS. I began my tenure on the BCPA Board of Directors beginning in February of 2017, served as Vice President for 2017-2018. I have also served on

the Advocacy committee for the duration of my time on the Board. Continued membership on the BCPA Board will strengthen my ability to effectively advocate for the profession and to help ensure that psychologists are appropriately recognized for their significant contributions to the health and well-being of individuals and groups across British Columbia.

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## Patrick Myers, PhD, R Psych

It has been an interesting two years on the board regarding issues related to surviving and adapting to Covid19, the integral role of psychologists in Primary Care Networks (PCN's), modernization of the health professions colleges in BC, and much more. I have served on the BCPA board of directors for the past two years 2020 & 2021 (and also one year in 2012). There is much work to do still, and I hope to be part of that team that helps our

association and our profession flourish in these rapidly changing times. I have also served on the BCPA Community Engagement Committee (CEC) since 2012. The CEC helps to promote psychologists as mental health specialists to the general public. Psychology is my third career, it is my passion, and I work in private practice in the lower mainland. Thank you.

## Please welcome your 2021-2022 Board of Directors

### President

Claire Sira, PhD, R Psych

### Past-President

David Mensink, PhD, R Psych

### Treasurer

Kate Goodall, PhD, R Psych

### Student Representative

Leah Baugh,

Patrick Myers, PhD, R Psych

Martin Zakrzewski, PhD, R Psych

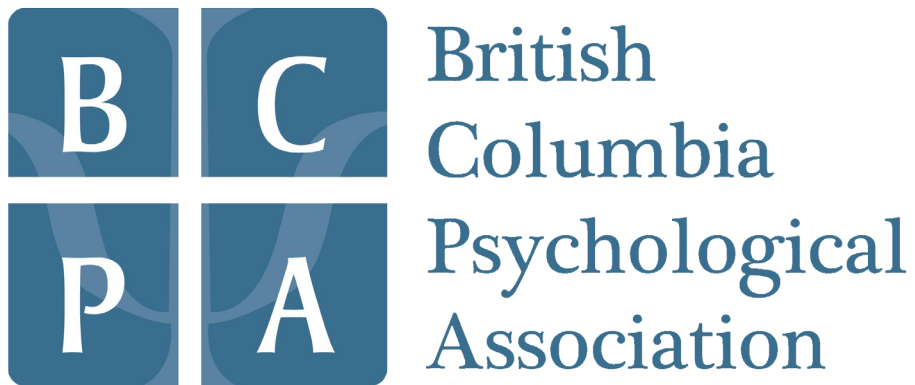
Tina Leist, PhD, R Psych

Amir Ali Sephry, PhD

Jahleh Shahin, PhD, R Psych

Simon Elterman, PsyD R Psych

(Vice-President and Secretary to be assigned)



**TRAINED, PROFESSIONAL, CARING.**