



UNIVERSITY OF
CALGARY

MONDAY MEMO

January 13, 2020

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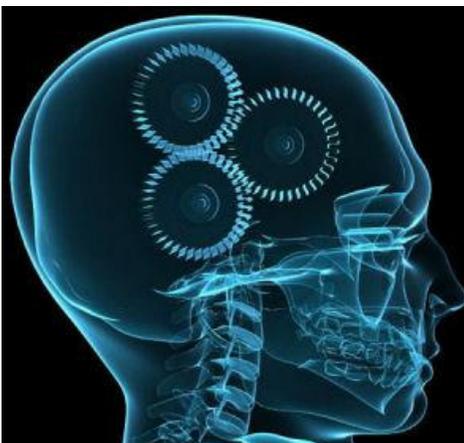
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DEPARTMENT NEWS

HIGHLIGHTED PUBLICATION



Okamoto, A., Dattilio, F. M., **Dobson, K. S.**, & Kazantzis, N. (2019).
The therapeutic relationship in cognitive–behavioral therapy: Essential
features and common challenges. *Practice Innovations*, 4(2), 112-123.
<http://dx.doi.org/10.1037/pri0000088>



This article discusses the foundational aspects of the therapeutic relationship in cognitive–behavioral therapy (CBT) and ways of utilizing relational tools to overcome common challenges encountered by CBT therapists. Despite an emphasis on techniques and quantifying change mechanisms, the therapeutic relationship is the context within which interventions occur and is itself a critical aspect of treatment. From that basic understanding, the unique nature of the client–therapist relationship within CBT is explicated, including the concepts of collaboration, empiricism, and Socratic dialogue. Each of these concepts is defined and discussed as a facilitator of treatment processes, including how to use these relational concepts across the various stages of a “typical” course of therapy. We illustrate with examples of client–therapist interactions and emphasize facilitative responses from the clinician. The article concludes with a call for ongoing theory development and research into the therapeutic relationship in CBT.

RESEARCH NOTES AND ACTIVITIES

- Callahan, B.L. (2019). Operationalizing impaired performance in neuropsychological assessment: A comparison of the use of published versus sample-based normative data for the prediction of dementia. *Journal of the International Neuropsychological Society*, 1-8. DOI: 10.1017/S1355617719001309.
- Okamoto, A., Dattilio, F. M., Dobson, K. S., & Kazantzis, N. (2019). The therapeutic relationship in cognitive-behavioral therapy: Essential features and common challenges. *Practice Innovations*, 4(2), 112-123. <http://dx.doi.org/10.1037/pri0000088>
- Stea, J. N. (November 14, 2019). Is there really a difference between drug addiction and drug dependence? *Scientific American*. <https://blogs.scientificamerican.com/observations/is-there-really-a-difference-between-drug-addiction-and-drug-dependence/>
- Brendan B McAllister, Noline Bihelek, Richelle Mychasiuk, Richard H Dyck (in press) Brain-derived neurotrophic factor and TrkB levels in mice that lack vesicular zinc: Effects of age and sex. *Neuroscience*, <https://doi.org/10.1016/j.neuroscience.2019.11.009>
- Brendan B McAllister, Angela Pochakom, Selena Fu, Richard Dyck (in press) Effects of social defeat stress and fluoxetine treatment on neurogenesis and behaviour in mice that lack zinc transporter 3 (ZnT3) and vesicular zinc. *Hippocampus*, DOI: 10.1002/hipo.23185
- Brendan B McAllister, Sarah E Thackray, Brenda Karina Garcíá de la Orta, Elise Gosse, Purnoor Tak, Colten Chipak, Sukhjinder Rehal, Abril Valverde Rascón, Richard H Dyck (in press) Effects of enriched housing on the neuronal morphology of mice that lack zinc transporter 3 (ZnT3) and vesicular zinc. *Behavioural Brain Research*, <https://doi.org/10.1016/j.bbr.2019.112336>

RESOURCES

Knowledge Mobilization Program



Bishop's University now offers a graduate certificate in the emerging field of Knowledge Mobilization. With a Graduate Certificate in Knowledge Mobilization from Bishop's University, you can become the bridge between researchers, policy makers, and practitioners. Our short intensive program will give you the key skills to build community-academic partnerships and put research results into the hands of those who need it.

- Complete a 15-credit program in just 12 weeks from May-July
- Gain 6 weeks of hands-on work experience through a community-based practicum
- Master skills that are in demand by employers and graduate supervisors

Apply by **March 1, 2020**: ubishops.ca/admissions
 Questions? Contact Dr. Suzanne Hood shood@ubishops.ca

EPPP 4-Day Workshop - Four Points Sheraton March 12-15, 2020 (8am - 5:30pm Daily) • Calgary, Alberta



This engaging and comprehensive workshop offers 32 hours of test preparation and an extensive overview of the most difficult and heavily emphasized areas, current and relevant information focused on those terms and concepts which appear most frequently on the examination, critical thinking skills and testing strategies, as well as content handouts that include over 100 sample study questions.

DOMAINS COVERED:

- Abnormal Psychology
- Clinical Psychology
- Statistics and Research Design
- Test Construction
- Life Span Development
- Industrial/Organizational Psychology
- Physiological Psychology and Psychopharmacology
- Ethics and Professional Issues
- Learning Theory, Behavioral and Cognitive-Behavioral Interventions & Memory and Forgetting
- Social Psychology
- Psychological Assessment

For those interested, please enroll at: <https://behavioral-science.aatbs.com/eppp-workshop/mar2020/calgary/>

Note: Students can reach out to Kevin Norton (kevin.norton@triadhq.com) for a \$200 discount off the enrollment rate.

RESOURCES Continued...



Treatment for Anxiety

Every year, the Clinical Psychology Program at the University of Calgary offers treatment for people experiencing high levels of anxiety, for example specific phobias, fear of public speaking, social anxiety etc. Therapy is offered in the Winter term (beginning January 2020). The Program is offered by graduate students in Clinical Psychology, under the supervision of a Clinical Psychologist. Treatment sessions are typically once per week, and there is also work to do between sessions, so a commitment to treatment is important.

The treatment is personalized, confidential and free.

If you, a friend or family member might benefit, contact **Dr. Lianne Tomfohr-Madsen** by email at ltomfohr@ucalgary.ca to set up a brief interview and assessment

Consortium for the Advancement of Research Methods and Analysis Membership

The Department has purchased a subscription to CARMA (Consortium for the Advancement of Research Methods and Analysis). This allows us access to discounts to their short in-person courses (next round is in January and covers courses such as "Introduction to R and Data Analysis" and "Introduction to Multilevel Analysis with R". Moreover, there is a gigantic video library of leading world experts on virtually any topic you can ever imagine in methods and statistics (e.g., meta-analysis, robust regression, item response theory). Finally, they continue to add to these videos by producing a monthly live webcast that can be accessed here: <http://secureservercdn.net/198.71.233.138/q3m.65a.myftpupload.com/wp-content/uploads/2019/08/CARMA-2019-2020-Program-Info-TTU-Aug-26.pdf>

Please contact Tom O'Neill if you have any questions about access.

Have you ever heard of the field of School Psychology? Are you contemplating what graduate program might be right for you? Consider joining the **National Association for School Psychologists (NASP)** as a Student Associate Member for \$75. This membership gives you access to great resources, the ability to apply for awards, and NASP hosts a fantastic conference each year. If you have any questions about the field of School Psychology, the graduate program at the University of Calgary, or regarding NASP please feel free to email Melissa Mueller at mblmuelle@ucalgary.ca.

EVENTS

THE UVIC PSI CHI CHAPTER WELCOMES YOU

We are pleased to announce that the University of Victoria's Psi Chi Chapter will be hosting our sixth annual Undergraduate Research Conference: Making Waves in Psychology, on Friday, April 3, 2019. We would like to invite all undergraduate student researchers in the psychology or related departments from the University of Calgary to present research at the conference.

At Making Waves, we aim to encourage and support undergraduate student research and professional growth within the field of Psychology in Canada, and the Western United States of America. The Making Waves Conference provides networking opportunities for students, researchers, and faculty; as well as offering students an invaluable opportunity to present their research in a professional setting.

Individuals may choose to present their research utilizing strictly a poster presentation method or they may indicate their interest to present their research orally. The research may be a student's own independent research project, such as an honours thesis, or research undertaken by a faculty member or graduate student that the student has worked on. We kindly ask that this email be forwarded to all psychology students of your faculty.

This year's Making Waves conference is expected to include:

- 2 poster sessions
- Oral presentations (with slides)
- A keynote presentation by accomplished researcher, Dr. Kelci Harris

The Making Waves Conference is a single day long, and free to attend. Catering will supply small bites throughout the day for attendees and full meals are available for purchase, from multiple campus vendors, which can accommodate most dietary restrictions. The deadline for abstract submissions is 11:59 p.m. on **February 14th, 2019**. Completed results are not required to register and more information can be found on our website.

We look forward to welcoming the University of Calgary at the sixth annual Making Waves in Psychology Undergraduate Research Conference.



EVENTS Continued...

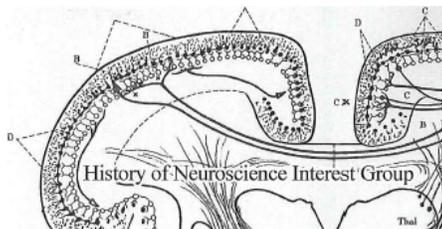
The Social, Personality, and Social Development (SPSD) Psychology Research Group meets **Mondays from 3:00pm – 4:30pm in Admin 247** to discuss and learn about research being conducted by faculty, student s, and affiliates of the University of Calgary.

This week, **January 13, 2020**, we will have our planning meeting for the winter semester, so please bring your calendars and ideas for presentations and discussions. As always, everyone is welcome to attend, and please feel free to bring along anyone else who might be interested!



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History of Neuroscience Interest Group presents:



Dr. Mark G. Hamilton (Clinical Neurosciences, Calgary): Evolution of treatment options for hydrocephalus

Jan 13, 2020 at 3:30 pm in History of Medicine Room – HSC Library

When the audience exceeds ~16, the meeting is held in room HSC1460B (across the main Library hallway). For questions contact manuel.hulliger@ucalgary.ca or, after Sept 1, 2019, go to our new website at www.cumming.ucalgary.ca/seminar/history-neuroscience-interest-group

PSYCHOLOGY IN THE NEWS



Dr. Sheri Madigan and Dr. Michael Antle in UTODAY "[Top research stories of 2019](#)"

VOLUNTEER AND JOB POSTINGS

Masters in Experimental Psychology with Specialization in Wearable Technology

The Healthy Families Lab at the University of Calgary is advertising for a **MSc or PhD student** in an experimental psychology with an interest in exercise and sleep during the transition to parenthood. The student would become part of an innovative line of research investigating interventions to improve and preserve health behaviours (e.g., sleep and exercise) during the transition to parenthood and the role of digital and wearable technology in both assessment and health promotion. Primarily supervised at the University of Calgary, the student would have the opportunity to be a part of the wearable technology program and to collaborate with the Behavioural Medicine Lab at the University of Victoria.

Interested students are encouraged to reach out to Dr. Tomfohr-Madsen for more details. <https://www.healthyfamilieslab.com/>

Special Olympics Alberta, in partnership with the ENHANCE Lab invites applications for a part-time (10 hours/week) Health Coordinator position. The successful applicant will be supervised by Dr. Carly McMorris (Assistant Professor, Werklund School of Education) and John Byrne (CEO, Special Olympics Alberta).

The main responsibility of the Health Coordinator is to implement the Healthy Athletes program, offering a minimum of two health screening events each year.

Healthy Athletes is a Special Olympics initiative that offers athletes access to free healthcare screenings and health information at local and international events throughout the year. Since 2002, Healthy Athletes has discovered undetected health problems, alleviated pain, and provided health services that otherwise would not be available. It also allows health care students and professionals to increase their knowledge of best practices in caring for people with intellectual disability (ID). Alberta has been offering the Healthy Athletes program for one year and aims to increase its growth and sustainability. Alberta currently offers 3 of the 8 Healthy Athlete disciplines: FUNfitness (physical therapy), Health Promotion (better health and well-being) and Strong Minds (psychological health). These disciplines are administered by trained volunteer health care providers, called Clinical Directors. The Health

Coordinator will oversee the implementation of this program, providing support to Clinical Directors. Tasks include completing daily event-planning and logistics-related tasks (e.g. budgeting, ordering equipment, recruiting volunteers, and securing funding). The successful applicant will also be responsible for managing health data collected at screening events and potentially assisting with related research projects. A combination of education and experience will be considered. To apply, please email your CV or resume to enhancelab@ucalgary.ca. Only shortlisted applicants will be invited for an interview.

The **Department of Psychology, Neuroscience, & Behaviour at McMaster University** in Hamilton, Ontario, Canada invites applications for a **full-time, teaching stream faculty position at the Assistant Professor level**, beginning **July 1, 2020**. We seek an individual with a PhD in Psychology or a related discipline to teach a variety of courses in the broad discipline of Psychology. We are particularly interested in experienced candidates with an enthusiasm for teaching high enrolment courses to a cross-disciplinary audience of students with a broad range of backgrounds.

Teaching experience in topics such as Personality, Abnormal Psychology, Positive Psychology, Forensic Psychology, Special (Clinical) Populations, and Social Psychology would be particularly suitable for this position, but we encourage flexible instructors with expertise in any area of Psychology to apply. All candidates must have a Ph.D. or equivalent degree, and be strongly committed to undergraduate teaching excellence. Interested applicants should submit a cover letter, a copy of their curriculum vitae, and a teaching dossier. The teaching dossier should include: (a) a one- to two page statement of teaching philosophy; (b) a one-page summary of prior experience in teaching (including class sizes), and any prior/planned activity in the area of scholarship of teaching and learning; (c) a summary of all available teaching evaluations; and (d) a one-page statement on the role of equity, diversity, and inclusion in teaching. Complete applications must be made online at <https://hr.mcmaster.ca/careers/currentopportunities/> (Faculty Positions, Job ID 30050).

Review of complete applications will begin **February 1st, 2020**, and continue until the position is filled. The effective date of appointment is expected to be July 1, 2020. All applicants will receive an on-line confirmation of receipt of their application; however, only short-listed applicants will be contacted for interviews.

The **Department of Psychology in the Faculty of Arts and Social Sciences at Simon Fraser University (SFU)** invites applications for **one tenure-track faculty position at the rank of Assistant Professor in Clinical Child Neuropsychology or Clinical Child Psychology** to begin as early as **July 1, 2020**. Given program needs, strong preference will be given to applicants with expertise in clinical child neuropsychology, but we welcome strong applicants with expertise in clinical child psychology more broadly.

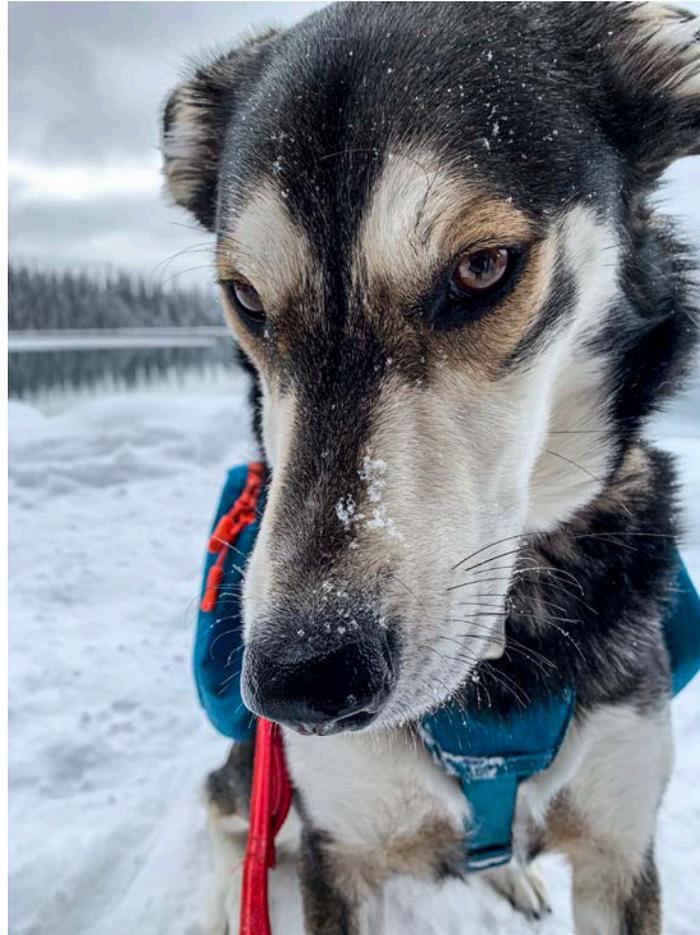
Applicants must have completed a Ph.D. with a focus on clinical child neuropsychology or clinical child psychology from a CPA- or APA-accredited institution by the time of appointment or shortly thereafter. Successful candidates must be eligible for registration with the College of Psychologists of British Columbia, must initiate the registration process within the first 12 months of hire and subsequently maintain registration throughout their employment. (For more information please see: <https://www.sfu.ca/psychology/job-postings.html>). All qualified candidates are encouraged to apply; however, Canadian citizens and permanent residents will be given priority. Application materials should be submitted electronically, via email to psycclin@sfu.ca. Please provide a cover letter, curriculum vitae, research and teaching statements, copies of representative publications, and arrange for three referees to submit letters of reference. Applications will be reviewed as they are received until the position is filled, with priority given to completed applications received prior to December 16, 2019. ***Deadline has been extended until January 16th**

Dr. David Dunkley, Associate Professor of Psychiatry and Associate member of Psychology, is **recruiting a candidate for the Fellowship**. His research examines stress, coping, and emotion regulation mechanisms through which perfectionism is a personality vulnerability factor for depression in university students, community adults, and depressed patients. Two SSHRC-funded projects extend previous research by further examining these constructs over time. Study 1 uses a three-wave longitudinal design that includes two sequences of experience sampling methodology (ESM) and advanced statistical methods (e.g., multilevel modeling, structural equation modeling) to examine perfectionism, emotion regulation, and depressive symptoms over two years in community adults. Study 2 will draw on instant analysis of the daily diary data of self-critical perfectionistic individuals and previous findings to provide individualized feedback and evaluate the impact of the feedback intervention on daily stress, coping, and emotion regulation processes. The fellow will develop independent sets of hypotheses reflecting his/her developing interests that can be tested within the design of Study 1 and/or Study 2. The fellow will acquire experience with longitudinal designs, experience sampling and daily diary methods, (multilevel) structural equation modeling, multilevel modeling, and providing feedback to participants in Study 2.

To be eligible, candidates must have completed an accredited training program at the doctoral or post-doctoral level in the mental health field. In addition, they must demonstrate a high level of skill and commitment to clinical and academic psychiatry or psychology. The fellowship year will focus on learning skills and conducting research in the area of the psychological risk factors/processes and treatment of mood disorders, particularly depression. The Fellow will complete a research project, commonly using existing data sets, with a primary supervisor, reflecting the Fellow's interests. **For 2020, a one-year fellowship position is available.** Potential applicants may make inquiries to Dr. Dunkley (514 340-8222 ext 25176 or david.dunkley@mcgill.ca). Consideration of applications will begin immediately, and continue until a candidate is selected. Applicants should submit to Dr. Dunkley a CV, statement of interest and the names and contact information of 2 referees. Candidates will be invited to meet with Dr. Dunkley to discuss specific research projects to be completed during the fellowship year. A 1-page research proposal would then be submitted by the **January 31, 2020 deadline**. A committee will then review all the applications to decide which applicant will receive the fellowship. The stipend will be commensurate with level of training for that discipline.

Happy Monday!

Congratulations to everyone included in the Monday Memo! The department recognizes your hard work and dedication. Keep it up!



“Ivar”

Photo by: Brooke Lingnau

Do you have something you would like to include in the Monday Memo newsletter? Please send it to pnguy@ucalgary.ca before Thursday at noon.

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