



UNIVERSITY OF  
CALGARY

# MONDAY MEMO

January 20, 2020

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## DEPARTMENT NEWS

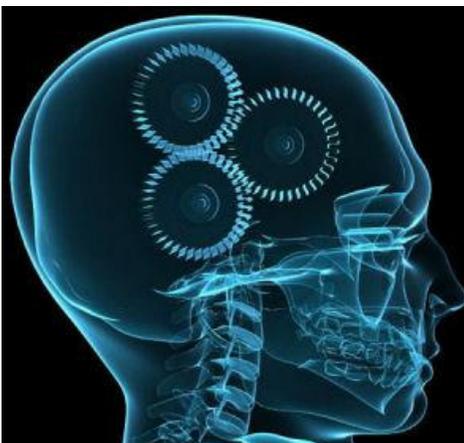
### HIGHLIGHTED PUBLICATION




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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>

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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](http://ubishops.ca/admissions)

Questions? Contact Dr. Suzanne Hood [shood@ubishops.ca](mailto: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

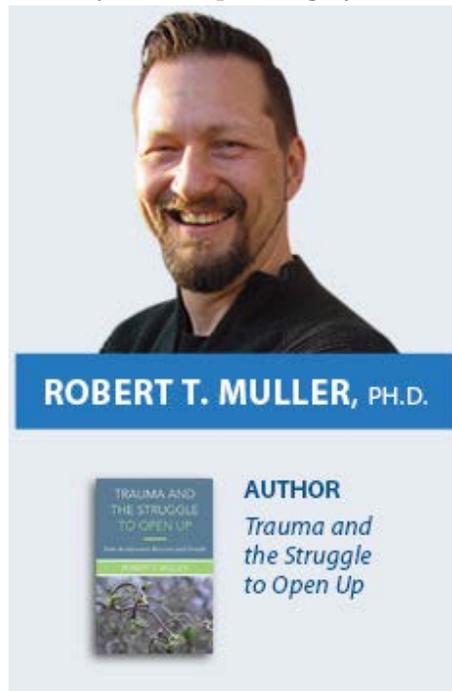
For those interested, please enroll at: <https://behavioral-science.aatbs.com/eppp-workshop/mar2020/calgary/>

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

## RESOURCES Continued...

### Trauma and the Struggle to Open Up

Two-day workshop in Calgary March 23 & 24 being offered by Dr. Robert Muller from York University



This practical workshop, led by Dr. Robert T. Muller, a leading expert on trauma therapy and globally-acclaimed author of the psychotherapy bestsellers: *Trauma & the Avoidant Client* + *Trauma and the Struggle to Open Up*—is aimed at building your understanding of the psychotherapeutic relationship with challenging clients, particularly trauma clients.

Through the lens of attachment theory, using a relational, integrative approach, Dr. Muller follows the ups and downs of the therapy relationship with trauma survivors. How do we tell when we've unknowingly compromised safety in the relationship? What happens to the relationship when clients or therapists rush into the process, and how can this be addressed? And how can subtle conflicts in the relationship become useful in treatment? Dr. Muller points to the different choices therapists make in navigating the relationship. In trauma therapy, those choices have a strong impact on outcome.

Recovering from trauma is a complicated process. When people reveal too much, too soon, they may feel worse. The pacing of therapy is critical. Here too, the key is in the therapist-client relationship. Dr. Muller walks you through the relational approaches that help pace the process of opening up – so that people find the experience helpful, not harmful. Throughout the workshop, theory is complemented by case examples, practical exercises, and segments from Dr. Muller's own treatment sessions. This workshop focuses on clinical skills that are directly applicable in your work as therapists. You will learn specific skills to ensure ethical practice with all clients.

Please register at: <http://www.jackhirose.com/workshop/trauma-calgary/>

### 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](mailto: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 [mbmueller@ucalgary.ca](mailto:mbmueller@ucalgary.ca).

## EVENTS

### Wrongful Convictions Awareness Panel

PRO BONO STUDENTS CANADA PRESENTS:

# WRONGFUL CONVICTION AWARENESS PANEL






**Keynote Speaker: David Milgaard**  
**Panelists: Heather Ferg, Lisa Silver, & Melissa Boyce**

**JAN 28, 2020**  
**12PM - 2PM, MFH 2370**

**PB SC** pro bono students canada  
 UNIVERSITY OF CALGARY CHAPTER

**cjis** CALGARY JOHN HOWARD SOCIETY  
 Restoring Lives • Preventing Crime • Strengthening Communities

**UNIVERSITY OF CALGARY**

### 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 33<sup>rd</sup> Annual Sebastian K. Littmann Research Day  
Friday March 6, 2020, Coombs/Auditorium FMC



**Keynote Presentation:**  
Dr. Nicole Kozloff, CAMH/University of Toronto

"If you build it, will they come? Optimizing service delivery for youth and emerging adults with serious mental illness"

**Abstract Deadline**  
February 14, 2020



Abstract forms & updated  
information available at:  
[www.psychiatryresearchday.ca](http://www.psychiatryresearchday.ca)

**Special Presentation:**  
**Professor Frank Stahnisch,**

"Contextualizing Dr. Sebastian Klaus Littmann's  
(1931-1986) Career within Psychiatry's  
Community-Based Transitions"



## Psychiatry (Seb Littmann) Research Day

The 33<sup>rd</sup> Annual Sebastian K. Littmann Research Day will be held on **Friday March 6, 2020**. The research day is a component of the inaugural Departmental Research and Education Day, which also includes the upcoming Psychiatric Quarterly Update Anxiety half day:

[https://cumming.ucalgary.ca/cme/courses/topics#!view/event/event\\_id/10231](https://cumming.ucalgary.ca/cme/courses/topics#!view/event/event_id/10231)

The research day will feature Dr. Nicole Kozloff of the University of Toronto, speaking on "Optimizing service delivery for youth and emerging adults with serious mental illness" and the University of Calgary's Dr. Frank Stahnisch "Contextualizing Dr. Sebastian Klaus Littmann's (1931-1986) Career within Psychiatry's Community-Based Transitions, 1970s--1980s -- A CJP Paper Summary".

Registration is now open at EventBrite: <https://www.eventbrite.ca/e/33rd-sebastian-k-littmann-research-day-2020-tickets-83857288407>

Attending the research day is free, but your registration helps with our planning, so please register if you plan to attend.

The deadline for abstracts is not just one month away. You can find the abstract submission form at the Seb Littmann Research Day web page: <http://psychiatryresearchday.ca>

**The Social, Personality, and Social Development (SPSD) Psychology Research Group** meets **Mondays from 3:00pm – 4:30pm in Admin 248** to discuss and learn about research being conducted by faculty, students, and affiliates of the University of Calgary.

This week, **January 20, 2020**, we have the pleasure of having **Dr. James Cresswell** present research titled "**The Timely Relevance of Theoretical and Historical Psychology: A Critical Appraisal.**"

Next week, **January 27, 2020**, we have the pleasure of having **Dr. Susan Boon** present research titled "**Stealing Office Supplies: Offender Unforgiveness and Displaced Revenge Against the Organization.**"

As always, everyone is welcome to attend, and please feel free to bring along anyone else who might be interested!



## PSYCHOLOGY IN THE NEWS



Dr. Sheri Madigan in CTV News "[Advice to get kids outside](#)"

## 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/>

## VOLUNTEER AND JOB POSTINGS Continued...

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.

**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](mailto: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.

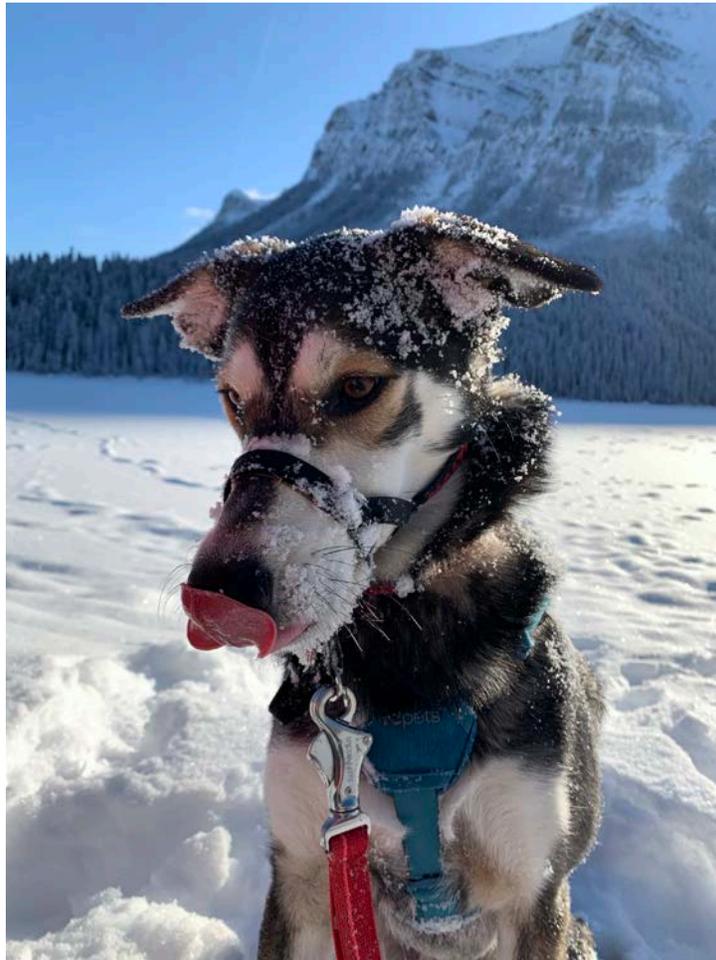
The Department of Psychology at the **University of Winnipeg** invites applications for a **probationary tenure-track faculty position at the Assistant Professor level**. Subject to budgetary approval, the appointment will be effective July 1, 2020. The successful applicant will have a demonstrated record of research productivity with the ability to build and maintain an externally funded research program. We welcome applications from all specializations within psychology but particularly solicit candidates in clinical psychology or cognitive neuroscience (or related fields such as developmental, behavioural, or social neuroscience). Applicants must have a Ph.D. in psychology or a related field (e.g., neuroscience). All qualified candidates are encouraged to apply; however, Canadian citizens and permanent residents will be given priority. Applicants are requested to submit a complete application that will include:

- a cover letter
- a current curriculum vitae
- a research statement
- evidence of teaching experience and effectiveness, which could include formal student evaluations of teaching, informal testimonials from students, and/or a teaching dossier

The application deadline is **February 28, 2020**. Applicants must submit the above materials through The University of Winnipeg's online recruitment system, <https://www.northstarats.com/University-of-Winnipeg>. Candidates should also arrange for three letters of recommendation (addressed to the Departmental Personnel Committee) to be e-mailed separately to: Karen Barkhouse, Administrative Assistant, Department of Psychology (email: [k.barkhouse@uwinnipeg.ca](mailto:k.barkhouse@uwinnipeg.ca))

# 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**

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**Do you have something you would like to include in the Monday Memo newsletter? Please send it to [pnguy@ucalgary.ca](mailto:pnguy@ucalgary.ca) before Thursday at noon.**

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of Psychology**

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Calgary**

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n Building,  
Room AD 255**

**<https://psyc.ucalgary.ca/home/monday-memo>**

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