



UNIVERSITY OF  
CALGARY

# MONDAY MEMO

January 27, 2020

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## DEPARTMENT NEWS

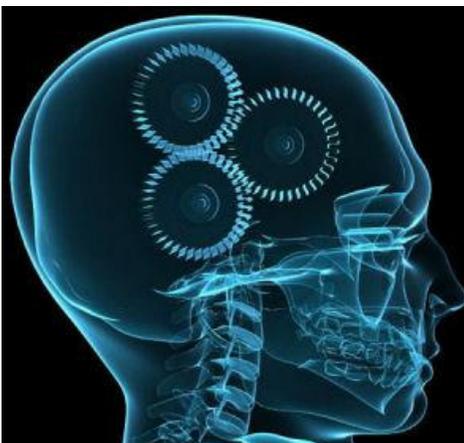
### HIGHLIGHTED PUBLICATION




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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

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, Nicoline Bihlek, 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 García 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>.

**Bourdage, J. S.**, Schmidt, J., Wiltshire, J., Nguyen, B., & Lee, C. (2019). Personality, interview faking, and the mediating role of attitudes, norms, and perceived behavioral control. *International Journal of Selection and Assessment*. <https://doi.org/10.1111/ijasa.12278>

## RESOURCES

### Science Outside the Lab North 2020

SOTL North is an immersive, hands-on introduction to science & policy in Canada for graduate students, postdocs, and young professionals of all disciplines: sciences, engineering, and humanities alike. Join us in this summer for your crash course in Canadian science policy! SOTL North is an intensive, week-long immersion in Canada's science, policy, and culture. Get to know the people who fund, regulate, critique, publicize, & study science, either in our general Ottawa, Ontario & Montréal, Québec sessions, or our health policy-focused session in BC.

### Summer 2020

<i>Session A:</i> May 9 <sup>th</sup> to May 16 <sup>th</sup>	<i>Session B:</i> May 23 <sup>rd</sup> to May 30 <sup>th</sup>
<i>Both take place in Ottawa, Ontario &amp; Montréal, Quebec</i>	
<i>BC-Health Session:</i> June 6 <sup>th</sup> to June 13 <sup>th</sup>	
<i>This session takes place in both Victoria, BC &amp; Vancouver, BC</i>	

Program Fee: \$950

Apply by **February 14th**. Fee includes program, lodging, breakfast/lunch, and during-program transportation. Reduced fees available for local students.

For more information and to apply visit [www.SOTLnorth.ca](http://www.SOTLnorth.ca). Direct inquiries to [info@SOTLnorth.ca](mailto:info@SOTLnorth.ca)

### 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)

## RESOURCES Continued...

### EPPP 4-Day Workshop - Four Points Sheraton

March 12-15, 2020 (8am - 5:30pm Daily) • Calgary, Alberta



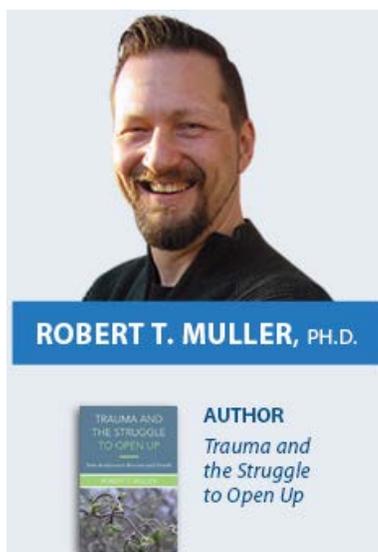
This engaging and comprehensive workshop offers 32 hours of test preparation and an extensive overview of the most difficult and heavily emphasized areas, current and relevant information focused on those terms and concepts which appear most frequently on the examination, critical thinking skills and 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.



### 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.

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/>

### Certificate in Mental Wellbeing and Resilience

Become a mental health champion, build positive skills and resilience and help us create a community of caring, all while earning your degree. The certificate is a unique program that explores mental health from multiple perspectives and in various modalities. Participants will receive individualized and interdisciplinary learning both in and outside the classroom. Learn more: <https://www.ucalgary.ca/mentalhealth/education/certificate>.

For Fall 2020 admission, add the certificate to your degree program by **February 1<sup>st</sup>**. Questions? E-mail [wellcertificate@ucalgary.ca](mailto:wellcertificate@ucalgary.ca)

### 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 [tomfohr@ucalgary.ca](mailto:tomfohr@ucalgary.ca) to set up a brief interview and assessment

## EVENTS

### Campus Mental Health Survey



A study is being conducted investigating mental health stigma on campus. If you are a full-time student, 18 years or older, in your second or more year of study, and interested in having your voice heard, you can complete the anonymous survey here: [https://survey.ucalgary.ca/jfe/form/SV\\_bwRYoEDYedHM5rD](https://survey.ucalgary.ca/jfe/form/SV_bwRYoEDYedHM5rD). All entries will be entered into a draw for a 10\$ gift card. Participation is entirely voluntary and anonymous. Please contact [julia.stamp@ucalgary.ca](mailto:julia.stamp@ucalgary.ca) for more information. The University of Calgary Conjoint Faculties Research Ethics Board has approved this study (REB19-1292).

*\*Please note participating in this study will **not** count towards your research participation credits*

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



### The 9th Annual Interdisciplinary Conference in Psychology – Call for Abstracts

The Interdisciplinary Conference in Psychology (ICP) is an international peer-reviewed academic conference organized each year by graduate and undergraduate students from the School of Psychology at the University of Ottawa. ICP will be celebrating its ninth anniversary on May 7th and 8th, 2020 in Ottawa, Ontario, Canada. Abstract submissions are now being accepted from students and professors studying topics related to psychology from **January 6th and February 15th, 2020**. For more information, please visit: <https://icpcip2020.sciencesconf.org/>



The **Cognitive Science Seminar (CSS)** is a weekly seminar featuring one to two research presentations by faculty, post-docs, graduate students, and honours students at the University of Calgary. We invite all interested individuals to join us! **Thursday, January 30, 2020 / 4:00 pm - 5:00 pm / AD 051/053**

This week **Gwen van der Wijk** will be presenting her research, “Using single-subject analyses to explore neuroimaging biomarkers of treatment success at an individual patient level in the context of major depressive disorder.”

## EVENTS Continued...

### 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.



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.

There has been a change in the schedule this week (**January 27, 2020**) and we have the pleasure of Dr. James Cresswell continuing his presentation titled "The Timely Relevance of Theoretical and Historical Psychology: A Critical Appraisal."

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



## VOLUNTEER AND JOB POSTINGS

### **Do you want to make a difference in a Special Needs Child's life?**

We are looking for patient, caring individuals to work with a fourteen year old boy with Autism. The work will involve a mixture of structured therapy (for which training will be provided) and community/respite activities. We need people who are interested in part-time employment of between four and six hours per week, and who are willing to provide a genuine commitment. We pay FSCD rates (between \$20 - \$26 per hour, depending on the activity). We are looking for people who are kind, patient and flexible. Experience with autism is a plus, but if you like kids and are eager to learn, that is a great start. You will join a team of other workers and professionals, including a Psychologist, and Speech, Occupational and Physio Therapists. It is a great opportunity for people who are taking some time out before applying for graduate or professional school, and who want to make a difference in a young man's life.

We live in Calgary SW, in the Signal Hill area. If you're interested, please reply to [ihollowa@ucalgary.ca](mailto:ihollowa@ucalgary.ca) with a copy of your cover letter, resume and references. [Dr. Ian Holloway PC QC, Professor and Dean of Law]

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### **Research Assitant Position**

A masters student in the school psychology program is searching for two (2) research assistants to work 100 hours (20\$/hour, approx. 8 hours/week) or one (1) research assistant to work 200 hours (20\$/hour, approx. 10 hours/week) from February until end of April with the possibility to extend. Tasks will include on campus recruitment for survey study, possible classroom visits (10 minutes maximum per visit) for recruitment, and data entry. Please contact Julia Stamp at [julia.stamp@ucalgary.ca](mailto:julia.stamp@ucalgary.ca) if you are interested or if you have any questions.

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### **Undergraduate Vounteer Opportunity – Research Assistant**

Research Area: The leadership and personality lab at the University of North Carolina at Greensboro is looking for a volunteer research assistant in the area of leadership, personality, and work relationships. Specifically, we are looking for a Research Assistant Coder to assist with:

- Collecting literature searchers for relevant papers
- Coding studies for relevant statistics (e.g., correlations)
- Ensuring consistent coding of variables across papers; maintaining high quality standards in records
- Maintaining a central codebook database for common variables across studies

Time commitment: 3 hours per week / Winter 2020, with the possibility of continuing into Spring

How to apply: If you are interested, please send a resume to Dr. Madelynn Stackhouse [mrstackh@uncg.edu](mailto:mrstackh@uncg.edu), along with a brief email explaining why you would like the position.

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### **Research Coordinator in Youth Mental Health, Paediatrics, Cumming School of Medicine**

The Department of Paediatrics in the Cumming School of Medicine invites applications for a Research Coordinator in Youth Mental Health. This Full-time Fixed Term position is for approximately 12 months (based on length of grant funding), with the possibility of extension. The primary role of the Research Coordinator in Youth Mental Health will be to conduct mental health interviews with children and parents and to oversee the team of mental health interviewers. The Developmental Psychobiology Laboratory collects a variety of biological, clinical, and self-report data. This position will report to the Principal Investigator.

For more informaiton please visit:

<https://internal.careers.ucalgary.ca/jobs/4973377-research-coordinator-in-youth-mental-health-paediatrics-cumming-school-of-medicine>  
[https://internal.careers.ucalgary.ca/jobs/search?sort\\_by=updated\\_at.desc&cf\[jobreqid\]=19777&c\\_keywords=19777#results](https://internal.careers.ucalgary.ca/jobs/search?sort_by=updated_at.desc&cf[jobreqid]=19777&c_keywords=19777#results)

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### **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 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))

The Department of Psychology at the **University of Regina** invites applications for a new position as the Director of our Psychology Training **Clinic**. Appointment start date will be negotiated with the successful candidate **Requirements:** Applicants must have a doctorate in clinical psychology from a CPA- or APA-accredited program. Our preference is for someone with adult clinical experience who has received training on and/or has experience in supervising the clinical work of clinical psychology students. Applicants should be registered as a Psychologist in Saskatchewan or be eligible to apply for provisional registration as soon as possible after they are hired. Maintenance of registration as a Doctoral Psychologist in the province of Saskatchewan will be a condition for continuation of employment. The successful candidate should show clear promise of excellence in clinical supervision and management of the clinic and must have well-developed written and verbal communication skills; budget management experience is also an asset.

Review of applications will begin immediately and continue until the position is filled. Applicants must electronically submit via <http://www.uregina.ca/hr/careers> including the following documents:

- a covering letter providing a statement of clinical expertise and interests
- evidence of effectiveness in clinical supervision
- current curriculum vita

Candidates must also arrange for three (3) current letters of reference and certified degree transcripts to be sent directly by the referees and granting institutions to Dean, Faculty of Arts, University of Regina, Regina, Saskatchewan, Canada, S4S 0A2 or [arts.deans.office@uregina.ca](mailto:arts.deans.office@uregina.ca)

For more information, please visit: <https://www.uregina.ca/hr/careers/opportunities.html>

# Happy Monday!

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



## “Puff Daddy”

Puff Daddy is available to adopt along with his other friends at [AARCS](#)

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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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