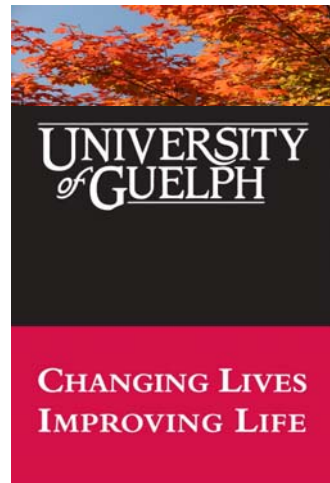




**Volume 2, Issue 1,  
October, 2010**



## A new year M.A Evans

*Calendar* by David Duncan traces the history of accurately measuring the length of a year, determining its starting point, and how these have changed across history. This includes, for example, the tropical year, solar year, and lunar year; the Julian and Gregorian calendars; the calculations of Hipparchus, Ptolemy, Arayaabaata, al-Battani, Omar

Khayyam, Ulugh Beg, Copernicus and Danti, and the atomic clock. Nowhere does Duncan mention the academic year. However for those of us working in an educational institution, the start of the academic year is as significant, if not more so, than the start of a new solar year by whatever cultural or scientific count. Last “year” after a substantial passage

of time collecting contact information from our alumni, we were able to create and publish two newsletters beginning with Volume 1, December 2009. Especially appreciated has been the news from our alumni. This issue marks a new volume at the start of a new school year. As always we hope that the days across it will shine kindly upon you.

## Appreciation to Our Practicum Supervisors of 2009-10

The CP:ADE programme could not exist without the invaluable contributions of Members of the College of Psychologists of Ontario who work in a variety of community settings—school boards, private practice, hospitals, mental health centres—and who receive our students for practicum placements. Here they supervise the students’ work and mentor their professional development. Our practicum supervisors are spread across Southern Ontario but as a token of appreciation, we try to gather at least some of them together over dinner, and, yes, to talk a little shop. The event, held in Guelph this May, allowed long time practicum supervisors Carol Hendra, Connie Valeriote, and Linda Bream to gather with newer faculty Karl Hennig, Heidi Bailey and Margaret Lumley along with Brenda Kenyon, Director of our Centre for Psychological Services. To them, to the other supervisors whose names are listed here, and to all who have supported our students work in practicum in some way — THANK YOU!



**From left to right: Carol Hendra, Brenda Kenyon, Heidi Bailey, Connie Valeriote, Margaret Lumley, Linda Bream, and Karl Hennig**

**Joy Andres-Lemay**, Reach Our Centre for Kids; **Linda Bream**, Norfolk Psychological Services; **Daniel Buist**, Hamilton Wentworth D. S. B.; **Lois Campbell**, Hamilton Wentworth D. S. B.; **Ray Cardey**, Waterloo Catholic D. S. B.; **Heather Davidson**, Peel D. S. B.; **Adrienne Eastwood**, Reach Out Centre for Kids; **Shannon Edison\***, Hamilton Health Sciences; **Erin Freeburn\***, Hamilton Wentworth D. S. B.; **Eileen Gross**, Centre for Psychological Services; **Susan Gross\***, Waterloo Region D. S. B.; **Caroline Koekkoek\***, Hal-

ton D. S. B.; **Carol Hendra**, Upper Grand D. S. B.; **Coralee Lane**, Grand River Hospital; **Susan Lollis**, FRAN, U. of Guelph; **Robert Martin**, Grand River Hospital; **Angela McHolm\***, Centre for Psychological Services; **Shelley Moretti\***, Toronto D. S. B.; **Elisa Newby-Clark**, Centre for Psychological Services; **Victoria Orekhovsky**, Toronto D. S. B.; **Melanie Parkin\***, Centre for Psychological Services; **Patricia Peters**, Wellington Catholic D. S. B.; **Connie Valeriote**, Upper Grand D. S. B.; **Ken Zucker**, Centre for Addiction & Mental Health. (\*= one of our alumni)

### *Inside this issue:*

<b>CARES, by S. Lewis</b>	<b>2</b>
<b>CPS Gets a Facelift &amp; More by B. Kenyon</b>	<b>2</b>
<b>Photos of Pride and Joy</b>	<b>3</b>
<b>Transitions and Congratulations</b>	<b>3</b>
<b>News from Down Under by M. Fox</b>	<b>4</b>
<b>Photo Challenge : Where?</b>	<b>4</b>
<b>Faulty Publications</b>	<b>5</b>
<b>Did you know?</b>	<b>5</b>
<b>Late Breaking Joy</b>	<b>5</b>

## Collaborative Awareness and Research Efforts in Self-injury (CARES)

By Stephen Lewis

*How will you know I am hurting  
if you cannot see my pain?*

*I wear it on my body*

*to say what words cannot explain*

*Anonymous*

These simple yet powerful words reflect the plight of self-injury for many of today's youth. Self-injury, often referred to as nonsuicidal self-injury (NSSI), refers to the deliberate destruction of one's body tissue in the absence of conscious suicidal intent and for purposes that are not socially or culturally sanctioned (Nock & Favazza, 2009). The most commonly endorsed method of NSSI is cutting but other common methods include carving or scratching the skin, hitting or punching one's self or an object (with the purpose of harming oneself), and burning one's skin (Rodham & Hawton, 2009).

Over the past several years, NSSI has been identified as a widespread and critical concern for health professionals, families, schools, and youth. Specifically, rates of NSSI consistently range from 14 to 24% in youth and young adult populations; moreover, a history of the behaviour confers risk for repeated NSSI, physical injury and permanent scarring, interpersonal difficulties, exacerbation of psychiatric symptoms, and, in some cases,

attempted suicide and death by suicide (Nock & Favazza, 2009).

Despite the saliency of its rates and associated risks, NSSI is often misunderstood. It is therefore important to find ways to dispel common NSSI myths and enhance NSSI literacy. Since joining the Psychology Department in 2008, I have spearheaded a research program and awareness initiative focusing on NSSI.

With the goal of enhancing literacy about NSSI, I developed the CARES Group (Collaborative Awareness and Research Efforts in Self-injury). By working with local and international collaborators, the CARES Group addresses key questions about NSSI via research and maintains a website offering accessible and relevant information for a number of key stakeholders. In particular, the CARES website provides tangible research-supported information about NSSI for parents, teenagers, young adults, teachers and mental health professionals. For instance, the CARES Group maintains a Question and Answer forum and will soon be providing a number of downloadable brochures and information sheets online and in the Guelph community. Beyond this, the CARES Group hosts public information sessions and provides teens, young adults, families, teachers and mental health professionals with valuable resources

about NSSI on the website. This includes a summary of useful NSSI websites, book reviews and recommendations, as well as other help-seeking information (e.g., support lines). Future goals of the CARES Group include plans to offer consultation about NSSI and to develop innovative intervention and prevention programs for youth, young adults, families, teachers.

For more information please visit the CARES Group at:

<http://cares.psy.uoguelph.ca>



*Stephen Lewis received his Ph.D from Dalhousie University. His research interests include NSSI, suicide, personality, mood difficulties, emotion regulation, prevention and promotion of resilience in youth.*

## Centre for Psychological Services Gets a Facelift and More by Brenda Kenyon



When we opened in 1997, the three offices and two session rooms of the Centre more than accommodated our 60 referrals a year, and the five or six graduate students who worked closely with us on cases. Thirteen years later, we found ourselves with 150 clients a year and 20-some actively involved students colliding into each other at every turn. The walls had lost their early brightness and were now distinctly fingerprint grey.

So we were delighted to learn last spring that we were to have a major renovation and facelift in July. We re-opened in September and are now fully wheelchair accessible, have two additional session rooms, two new observation windows, digital recording capability, and some new security features. Retained are the same bright, engaging, and hard-working students who make the Centre such an energetic place to work, and the beautiful colourful painting created by Dr. Kerri Wood (Hogg) ('04) when she was a member of our clinical team now graces the waiting area!



## Photos of Pride and Joy



From top left and clockwise: Ava by mother Karen Mitchell (Williamson, '03); Sarah by mother Susan Morcombe (MacKay, '01); William with mother Heather MacDonald (Allin, '05); Aubrey with mother Andrea Carr (Frykas, '02); Avery by mother Alex Arbuthnott (student); George Finnigan Cook by mother Carol-Anne Hendry (student); Natalie Isabella by mother Renata Santos (Bzydra, '01) & see 5th page for latest addition.



## Transitions & Congratulations!

### REGISTRATION as PSYCHOLOGIST June 2010

**Melanie Freeman** ('09)

### INTERNSHIPS COMPLETED AUG '10

**Kofi Belfon**, Hamilton Health Sciences  
**Giovanni Foti**, Centre for Addiction and Mental Health

**Jacqueline Roche**, Reach Out Centre for Kids

### PHD DEGREE CONVOCATIONS October 2010

**Kate Spere** Dissertation: Is shyness predictive of language abilities: A study of emergent literacy, test taking behaviour and narrative skills. (Advisor Mary Ann Evans; External Examiner Alistair Younger, University of Ottawa.)

**Melissa Cave-Wells**; Dissertation: Bi-directional processes: Can a broader

perspective aid in understanding unintentional injuries for school age children. (Advisor: Barbara Morrongiello; External Examiner M. Brussoni, University of British Columbia.)

### MA DEGREE CONVOCATIONS October 2010

**Shaina Rosenrot** (Advisor: Stephen Lewis)

**Ashley Marsh** (Advisor: Margaret Lumley)

**Shaina Rosenrot** (Advisor: Stephen Lewis)

**Jill Schoonderbeeck** (Advisor Stephen Lewis)

**Lindsay Keyfitz** (Advisor: Margaret Lumley)

**Kaily Reynolds** (Advisor: Mary Ann Evans)

### WEDDINGS

**Sahrah Doherty** (MA student) to Andrew Nowak, June 26, 2010

**Alexa Read** (MA student) to Anthony Kane, October 24, 2009

**Meredith Pike** (doctoral student) to Richard Jordan, August 21st 2010

**Sarah Rae** (doctoral student) to Colin Schmidt, June 26, 2010

### RETIREMENTS

**Linda Wood**, known for her expertise in discourse analysis and "facework"

**Michael Peters**, who engagingly taught CP:ADE students neuropsychology.

### APPOINTMENTS

**Jeffrey Spencer**, PhD., U. of Waterloo, to the I/O area. He will be teaching the CP:ADE students Psychological Measurement



## News from Down Under in Western Australia by Maureen Fox

The fact that I find myself here is still a source of amazement. We have been in Australia for just over four years, making our home in the vicinity of Perth - known for its congenial lifestyle and copious amounts of sunshine. I am told it is the sunniest state capital city as well as the most remote in the world. Not for us the downtown mode, however. We settled in Yanchep, a small place and former fishing village about 50 kilometres north of Perth, 3 kilometres from the Indian Ocean, and the same distance inland to the Yanchep National Park. On the golf course a stone's throw away from our house, kangaroos abound, more evident than golfers on most days. The kangaroos roam quite freely at dark and we have to take care driving at night, sometimes having to stop to let them cross.

Our little house is modest but good for two (and the odd visitor), with a pool and big garden edged in gum trees, lots of shrubs, and no shortage of wildlife. These include a large blue tongued lizard, numerous little lizards and frogs, and lots of bird visitors. We think it probable that the odd snake roams around too. However, to date, our closest encounter was when our neighbour alerted us that she had seen a long, green snake slithering through the fence in our direction. We never did find it though we hunted (extremely cautiously) for a good while afterwards.

Since arriving, we have been enchanted by the country and its plants and animals, and never tire of walking on the beach and watching the endless Indian Ocean. Sometimes there are dolphins surfing the waves and we have also seen the odd sting ray while we were swimming in the local lagoon. One year a whale came in to rest in the shallow waters for a few weeks and we marvelled at the privilege of seeing her each day. Another wonderful aspect of living here is the southern night sky and looking up to see the Milky Way streaming across it.



Of course, we cannot get away from the woes of the rest of the developed world - and my work at the WA Department for Child Protection (which is the only state department in Australia to have its own dedicated complement of psychologists) brings that home to me every day. I have learned a lot on the job over the past three and half years, particularly about

pervasive effects of chronic childhood maltreatment and trauma. About 40% of children coming into state care are under five, so my experiences at Grand River Hospital in the preschool team continue to be relevant and helpful. Mary Ann's excellent course in language and learning disorders has also been invaluable - again, children in state care have high rates of language difficulty and educational underachievement and one important aspect of my role is to liaise with teachers and to advocate for children in schools. I could go on and on, but enough to say that, like most of my fellow alumni, I continue to appreciate the great grounding U of G provided for the work I have ended up doing.

Well, dear folks, it is now Sunday afternoon, about 25 degrees and a walk on the beach beckons, as Monday morning gets ever closer and the working week lies ahead. Warm wishes from down under. **Maureen.**



Mary Konstantareas & Mary Ann Evans, August, 2010

### PHOTO CHALLENGE !!

Alas, not at an Australian beach...but where were Mary and I? Send your answer to : [evans@psy.uoguelph](mailto:evans@psy.uoguelph). Answers serious or humorous will appear in the next newsletter.

**AND** Contribute a photo of you, with a "Where?" for the next photo challenge..



- Coates, C., **McMurtry**, C.M., Lingley-Pottie, P., & McGrath, P.J. (2010). The prevalence of painful incidents in young recreational gymnasts. *Pain Research and Management*, 15, 179-184.
- Davis**, B., **Evans**, M. A. & **Reynolds**, K. (2010). Child miscues and parental feedback during shared alphabet book reading and relations with child literacy skills. *Scientific Studies of Reading*, 14, 341-364.
- Duncan, R., & **Tarulli**, D. (2009). On the persistence of private speech: Empirical and theoretical considerations. In Winsler, A.; Fernyhough, C., Montero, I. (Eds.). *Private speech, executive functioning, and the development of verbal self-regulation*. (pp. 176-187). New York, Cambridge University Press.
- Evans**, M. A. (2010). Language performance, academic performance and signs of shyness: A comprehensive review. In K. H. Rubin & R. J. Coplan (Eds.) *The development of shyness and social withdrawal*. (pp. 179-212.) New York: Guilford.
- Evans** M. A. & Saint-Aubin, J. (2010). An eye for print: In D. Aram & O. Korat (Eds.) *Literacy: development and enhancement across orthographies and cultures* (pp 43-53). New York: Springer.
- Evans**, M. A., Saint-Aubin, J., & Landry, N. (2009). Letter names and alphabet book reading by senior kindergarteners: An eye-movement study. *Child Development*, 80, 1824-1841.
- Fulmer, S. M. & **Frijters**, J.C. (2009) A review of self-report and alternative approaches in the measurement of student motivation. *Educational Psychology Review* 21, 219-246.
- Grand**, M. P. (in press). *The adoption constellation: New ways of thinking about and practicing adoption*. Los Angeles, CA.: CreateSpace.
- McMurtry**, C.M., Chambers, C.T., McGrath, P.J., & Asp, E. (2010). When “don’t worry” communicates fear: Children’s perceptions of parental reassurance and distraction during a painful pediatric medical procedure. *Pain*, 150, 52-58.
- Noel, M., **McMurtry**, C.M., Chambers, C.T., & McGrath, P.J. (2010). Children’s memory for painful procedures: The influence of pain intensity, anxiety, and adult behaviours on subsequent recall. *Journal of Pediatric Psychology*, 35, 626-36.
- Nowakowski, M., Cunningham, C.M., **McHolm**, A. E., **Evans**, M. A., **Edison**, S., St Pierre, J., Boyle, M H., & Schmidt, L. (2009). Language and academic abilities in children with selective mutism. *Infant and Child Development [Special issue on shyness and language]*, 18, 271-290.
- Pike**, M., Barnes, M. & **Barron**, R. W. (2010). The role of illustrations in children’s inferential comprehension. *Journal of Experimental Child Psychology*, 105, 243-255.
- Ramey, H. L., **Tarulli**, D. , **Frijters**, J. C. , & Fisher, L. (2009). A sequential analysis of externalizing in narrative therapy with children. *Contemporary Family Therapy*, 31, 262-279.
- Reynolds**, K. & **Evans**, M. A. (2009). Narrative performance and parental scaffolding of shy and non-shy children. *Applied Psycholinguistics*, 30, 363-384.
- Spere**, K., & **Evans**, M. A. (2009). Shyness as a continuous dimension and language and literacy scores in young children: is there a relationship? *Infant and Child Development [Special issue on shyness and language]* 18, 216-237.
- Spere**, K., **Evans**, M. A., **Hendry**, C. A. & **Mansell**, J. (2009). Language skill in shy and non-shy preschoolers and the effect of context. *Journal of Child Language*, 36, 53-71.

## Late Breaking Photo of Pride and Joy , October 12, 2010



Margaret Lumley (CP:ADE Faculty) with Beatrice

**DO SEND SUBMISSIONS for the newsletter—photos, musings, announcements—anything you think will be of interest to readers of this newsletter.**

**Next Deadline February 28, 2011.**

**Send to: [evans@psy.uoguelph.ca](mailto:evans@psy.uoguelph.ca);  
519-824-4120 ext 53080**

**DO COMPLETE REUNION SURVEY at [http://portal.psychology.uoguelph.ca/wss/hennig/cpade\\_f09.html](http://portal.psychology.uoguelph.ca/wss/hennig/cpade_f09.html).**

**Thank you to those of you who have already replied. We plan to start planning soon.**