

Highlights of the Year that Was M. A Evans



Yes, I was kept busy.

No, you did not miss an Issue 2 of Volume 2—it simply never got put together. Being Chair of the Department occupied more of my time that I ever imagined and in ways that I never imagined. Inevitably papers in the air got dropped, including a hoped for spring/summer issue to follow that last written in October of 2010. However, the advantage is that I can report on what was a full and terrific calendar year.

In the summer the Centre for Psychological Services organized a workshop led by Yona

Lunsky, former U of Guelph undergraduate and now the research head of the Dual Diagnosis Unit of the Centre for Addiction and Mental Health, Toronto, on *Assessment and Service Planning for Developmental Disabilities*.

In September eight students began first year MA studies in clinical psychology, bringing our total to 43 students in the CP:ADE programme. We welcomed them and other new and returning students at the annual graduate reception, accompanied by awards to recognize academic excellence and outstanding teaching (see photo inside). Also in September, the *Psychopacks*, a team of 28 faculty and students from all fields of study in Psychology (and friends)

joined some 800 others in packaging food for Haiti. And Somalia. The Psychopacks won best costume and fell just one box short of the most boxes packed by any team (more photos inside) In all, 159,840 famine relief meals were packaged in one hour, setting a world record.

In November, the Department exceeded its target in raising \$5,677 for the Guelph United Way. In December we rented the Boathouse on the Eramosa River, potlucked our tummies, and donated over 80 gifts to the Children’s Foundation of Guelph and Wellington.

Throughout the year, we saw the retirements of Ian Lubek and Andrew Winston, awarding of an Tier ! Canada Research Chair to Barbara Morrongiello.,

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and numerous honours to our students, Not bad... not bad at all... I hope your year was equally rewarding and wish you all the best for a ...



Psychologists of the future : The new cohort admitted 2011



Top row, left to right

Julia Stewart,
Natalie Michal,
Jordan Friedman

Bottom row, left to right:

David Willoughby,
Heather McLean,
Jasmine Mahdy,
Elyse Redden,
Eli Cwinn

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PPHC



Did you know that healthy children have over 20 needle procedures (e.g., immunizations, blood draws) throughout childhood? This number increases exponentially when a child has a chronic health condition such as diabetes or cancer. Although people sometimes dismiss these needle procedures as “just a little poke”, children report needles as one of their most feared and painful experiences. In addition, research has shown that unmanaged pain and distress during these procedures have significant short and long term consequences, including increased distress at future procedures, longer procedure times, and potentially the avoidance of medical care. Unfortunately, the very things that adults try in order to comfort children during these procedures can inadvertently make things worse, resulting in even more distress for parents and children.

My name is Meghan McMurtry and I have started the Pediatric Pain, Health, and Communication Lab at the University of Guelph (pphc.psy.uoguelph.ca). I was delighted to join the Clinical Psychology: Applied Developmental Emphasis program in August of 2010 following completion of my predoctoral residency at Brown University, Providence, RI and my PhD at Dalhousie University, Halifax, NS.

Although I have interests in a variety of

child health topics, my research has focused on three interrelated aspects of pain from medical procedures: parent-child interactions and how parents comfort their children, the evidence-based management of needle pain, and more recently the measurement of fear in this context. For example, I hope that future research on the new Children’s Fear Scale tool (see our website) will help us measure, understand, and lead to effective interventions for needle fear; this is an important issue in addressing children’s distress during these procedures and is also relevant for the ~1 in 10 adults with needle phobia.

I am also very interested in the counterintuitive relationship between reassurance by adults (e.g., saying “it’s okay” or “don’t worry”) and increased child distress during acute pain. My work in this area has included highlighting gaps in our understanding of the behaviour, examining the vocal tone of spontaneous reassurance by parents, and investigating whether children think parents are worried when they reassure. This line of research will help us design more effective interventions to reduce pain and distress during medical procedures. In addition, this research may also improve understanding of the interactional context of chronic pain as there are parallels in interactions in these two contexts. In the future, I hope to have my research expand to a population I see in my

clinical practice: children and adolescents with chronic (longer lasting) pain. Estimates of the prevalence of chronic pain in children and adolescents vary widely but it is clear that it is common (e.g., the estimated prevalence rate for chronic headaches is ~23%). Prevalence estimates rise with age and approximately one in five adults experiences chronic pain. Chronic pain is a major health issue in Canada with massive economic costs which at \$6 billion per year are higher than cancer, HIV, and heart disease combined.

In summary, pain in children is unfortunately very common and requires improved understanding and management. At the PPHC Lab, we are always looking for collaborators and interested families to take part in our research. Please feel free to contact me at: cmcmurtr@uoguelph.ca or the Lab at: pphc.guelph@gmail.com. For more information, visit: pphc.psy.uoguelph.ca



DO SEND SUBMISSIONS—photos, memories, articles, comments, announcements—anything you think will be of interest to this “extended family”— for the next newsletter (planned release September 2012) to: **Mary Ann Evans** at evans@psy.uoguelph.ca; or call 519-824-4120 ext 53080 for further info.

WEDDINGS



Lianne English (PhD candidate, clinical and Darcy Dupuis, PhD candidate, Applied Social)



Marc Schiffman (PhD candidate, clinical) and his bride. "Wohoo! Yes!"



Cailey Hartwick (PhD candidate, clinical) and Jeremy Mount, (newly graduated from OVC

REGISTRATION as PSYCHOLOGIST with College of Psychologists of Ontario

Melanie Parkin ('09), December 2010 and Jennifer McTaggart ('09), December 2010

DEFENSES and DEGREES (see convocation photos back page)

Jennifer Lasenby-Lessard, MA, PhD: Understanding How Experience and Individual Difference Factors Influence Risk Taking and Risk Comparison in Childhood. Barb Morrongiello Advisor; Deb Pepler, York University. External Examiner)

Nora Klemencic, MA, PhD: Adolescent Characteristics, Neighbourhood Social Processes, and Socioeconomic Factors and Adolescent Injury Risk (Barb Morrongiello Advisor, Maritt Kirst, University of Toronto, External Examiner)

Cailey Hartwick (MA, soon a PhD) Cailey is currently completing her doctoral internship. Prevention of Childhood Sexual Abuse: Parental Communication (Heidi Bailey, Advisor, Sandy Wurtele, University of Colorado, External Examiner).

Alex Gousse, PhD Eating Disturbances in Women Starting University: The Contribution of Mindfulness and Experiential Avoidance. (Michael Grand, Advisor, Marion Olmstead, Toronto General Hospital, External Examiner).

Jackie Roche, MA, PhD Early Attachment and the Development of Executive Function and Self-regulatory Abilities. (Heidi Bailey, Advisor; Ellen Moss, University of Quebec at Montreal, External Examiner)

Sarah Nowak, MA: Parents' perceptions of and Goals for Alphabet Books (Mary Ann Evans, Advisor)

Angele MacTavish, MA: Executive Functioning and Provoked Physical Aggression (Karl Hennig, Advisor)

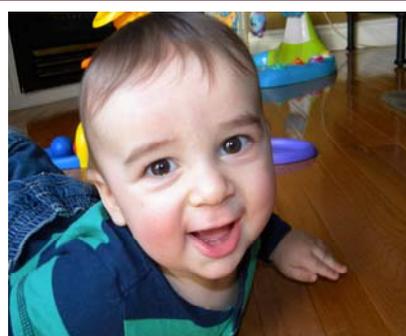
Chantal Regis, MA: Influences of Acculturation and Body Image on Disordered Eating in Afro-Caribbean Women Residing In Canada (Michael Grand, Advisor)

Elyse Reim, MA: Can a Storybook Intervention Increase Children's Home Safety Knowledge and Decrease Risk Behaviours? (Barb Morrongiello, Advisor)

PARENTHOOD



A daughter, Autumn, born June 17, 2011, for **Lila McCormick** (doctoral student in clinical) and Stryker Calvez (doctoral student Applied Social)



A son, Aiden, born May 12, 2011, for **Kate Spere ('10)** and Rob Leone, and little brother for Alex. Congratulations too to Rob, new MPP in Ontario after the fall 2011 election.



A daughter, Elle Laura, born April 11, 2011, for **Angela McHolm, ('99)** and husband Rob Milani, and little sister for Nadia.

NEWS FROM ALUMNI: Karen Coe Donohoo ('76) and Fred Schmidt ('86)



Karen Coe Donohoo graduated with her MA here in 1976 from what was then called the Applied Child programme. Her thesis advisory committee was Rod Barron, Harvey Marmurek (both still professors here) and Norma Bowen (deceased). She then pursued her Ph.D. in Clinical Psychology at the University of Calgary, graduating in 1979. Over her career she has taken her clinical knowledge in new directions. She is President of Donohoo & Company Ltd, providing executive search talent management services, specializing in leadership training and development, executive assessment/coaching, and human resource management. Recently she was recognized by Cambridge Who's Who for demonstrating dedication, leadership and excellence in integrative executive search services and global talent management projects. Along with executive consultant and leadership trainer, Andrew Vujnovich she co-authors *Awesome Leadership™* (something I should read!) due for release in 2012 and *Arrive, Drive, Thrive! Mountain Climbing Made Easy™* containing 'success recipes', guided assessment tools, and insider secrets of success drawn from all ages of people in business, non-profit and diverse cultural communities. The book is targeted for release early 2013. In 2000, Karen was nominated by the Royal Bank of Canada for Small Business Owner of the Year (Calgary). She is a member of the Human Resources Institute of Alberta (HRIA) and is a Certified Psychologist in Alberta. *Congratulations Karen, and thanks for being in touch!*



Fred Schmidt was awarded the Expertise Mobilization Award of the Canadian Psychological Association in June, 2011. A registered psychologist at the Children's Centre in Thunder Bay, he is conducting research on the contribution of common process treatment factors to child therapy outcomes, including therapists' attitudes toward and use of treatment outcome measures, evidence-based practice models, and approaches to using homework. Recent graduate, Nora Klemencic ('11) is now under Fred's supervision at the Children's Centre in her new job. Fred's publications include:

Concurrent and predictive validity of the psychopathy checklist: Youth version across gender and ethnicity. *Psychological Assessment*, (2006) 18: 93-401.
 A comparative analysis of the YLS/CLI, SAVRYs, and PCL:YV in adolescent offenders: A 10-year follow-up into adulthood. *Youth Violence and Juvenile Justice* (2011), 9, 23-42.
 Assessing the parent-child relationship in parenting capacity evaluations: Clinical applications of attachment. *Family Court Review*, (2007), 45, 247-259. *Congratulations Fred and thanks for staying in touch!*

Convocation



Post convocation dinner: Mary Konstantareas, Gillian Stanley and husband (as of Fall 11) Mark Coates, Alexandra Gousse and Mary Ann Evans



Convocation with Alexandra Gousse, flanked by husband, Simon Jacques and Advisory Committee member, Serge Desma-



Convocation with Jackie Roche and advisor Heidi Bailey

If you know of any CP:ADE grads who have not received this newsletter or people whom you think might like to receive it, please put them in touch with me —evans@psy.uoguelph.ca—to provide their e-mail and I will be happy to add them to the distribution list.

Psychopacks at Work: World Hunger Challenge September '11



Psychopacks at their stations, ready to weigh & pack beans, rice, & soy



Left to right: Stephen Lewis (Clinical), Pat Barclay (Neuroscience and Applied Cognitive Sciences) and Amy McPhedran (Student Health)



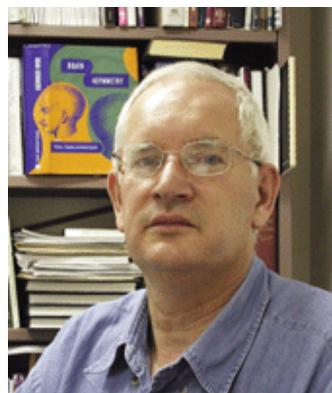
Some of the Psychopacks and the fruits of our labour, fun, and caring

Department Recognizes Teaching Excellence



Anneke Olthoff received the Dep't of Psychology Excellence in Teaching Award presented by Mary Ann Evans at the Graduate Reception and Award Ceremony in September. Anneke was recognized for her outstanding performance in teaching introductory psychology as a sessional over several years.

University Recognizes Career Excellence



Michael Peters received the honor of University Professor Emeritus at Convocation in Spring 2011. Michael has had a prestigious career at the University of Guelph and continues an active program of research. Clinical students were fortunate in having him as instructor in Neuropsychology and we are glad to still have him amidst us.

We also want to recognize excellence of professional development in our clinical students through an endowed scholarship in perpetuity. \$30,000 is needed.

To donate visit www.alumni.uoguelph.ca. Click on "Give to Guelph" on bar across top; Click on "Donate Now" which takes you to the Better Planet page; Click "I prefer to support an area not listed above"; Type in Clinical Psychology Scholarship Fund in the box below. THANK U!

