



UNIVERSITY
OF MANITOBA

Psychobabble

Department
of
Psychology

News for our university community, alumni, and profession at large.

January 2011
Volume 4 Issue 1
204-474-9338

umanitoba.ca/psychology

• Welcome from the Head ••••••••••

Hello everyone and welcome to *Psychobabble* for January 2011.

This past 18 months has been a challenging one for us. As I wrote last time, a fire in the Duff Roblin building on March 28, 2009 resulted in its closure, and the dispersion of Psychology faculty, staff and students to temporary offices and labs across campus. Although the fire itself affected only a small part of the building, smoke, soot and water damaged most of it and the time required to make repairs has stretched right into September of this year. In fact, it is only recently that Faculty and Staff finished unpacking boxes and settling back into their 'home' spaces.

As Head of the department, I am very proud of the efforts and dedication that all members of the department put into minimizing any disruption to our undergraduate and graduate instruction, and research

programs. The efforts of the department's support staff were particularly noteworthy in this regard. Although we have come to expect excellent service from our support staff, their effectiveness this year has been, frankly, astonishing given the circumstances under which they have been required

Excellence Award in a university-wide competition held by Learning and Development Services. Support staff were presented with this award at a reception held in their honour.

Despite the disruption caused by the fire, academic life in the department continued and our faculty and students



Department of Psychology Support Staff receiving a Team Excellence Award from President David Barnard (from left to right): Dr. David Barnard, Gloria Derksen, Mary Kuzmeniuk, Darcy Kosowan, Suzanne Beudet, Linda Inglis, Sarah Germain, Sherry Peters, Trudy Lyttle, Phil Gerson, Tamie Archer. Absent: Andrea Dietrich, Jarod Innis, Pat Kruchak, Judy Mitchell, Larry Mitchell.

to work, and the extraordinary burdens which they have had to handle. Their efforts were recognized with a Team

were able to maintain their excellent scholarly work. Indeed, in the past year, members of

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One University. Many Futures.

the department

- published 5 books, 26 book chapters, 100 journal articles and abstracts,
- gave 10 invited talks,
- presented 92 conference papers/posters,
- sat on 12 Editorial Boards (or were Associate Editors),
- held 65 grants totaling \$1,900,294,
- received \$1,288,878 in student scholarships, awards, and bursaries, and
- received 22 awards including:
- RAYLEEN DE LUCA received a University of Manitoba, Outreach Award, and a YMCA-YWCA - Woman of Distinction Award, and the The Clifford Robson Award from the Manitoba Psychological Society in recognition of her "distinguished contribution to the profession of psychology."
- LISA DREGER was awarded the Vineberg Prize for her paper "Lower cortisol levels in children with asthma exposed to recurrent maternal distress from birth."
- STEVE HLADKYJ was the winner of last year's Department Teaching Award.
- RANDY JAMIESON was honoured with a Faculty of Arts Teaching Excellence Award in the 'new faculty' category.
- COREY MACKENZIE received an Establishment grant from Manitoba Health Research Council.
- GARRY MARTIN was named Distinguished Professor Emeritus and also received the Canadian Psychological Association Award for Distinguished

Contributions to Education and Training in Psychology.

- RAY PERRY was named Distinguished Professor.
- ROBERT STUPNISKY was awarded the University of Manitoba Distinguished Dissertation Award.
- DICKIE YU was honoured with an Outstanding Mentorship Award from the Association for Behavior Analysis International.

New Awards

The past year has seen the creation of two new awards, one designed to foster research by outstanding undergraduates, and the other to recognize an outstanding graduate student. The Psychology Undergraduate Research Experience (PURE) award was developed to increase the involvement by top undergraduate Honours students in research. Five awards of \$6,000 each were awarded to undergraduate students in 3rd or 4th year of an Honours program in Psychology to support 4 months of full-time employment in an active lab under direct supervision of a Psychology faculty member.

The Psychology Graduate Student STAR award was created to recognize the efforts of a graduate student who has excelled in Service, Teaching and Research activities. The inaugural recipient of this award was Tamara Anson who, in her few years as a student in our program has published two papers in refereed journals, served as a teaching assistant for the honours seminar class, and held a leadership position within

the graduate students group as a chair of the Graduate Association of Students in Psychology.

New Faces

We have a very strong group of 31 new graduate students beginning their studies in our department this year (see p. 4). These students have come to our department from all over North America and I am confident that their enthusiasm and drive will help them excel in their studies.

In addition to new graduate students, we are very fortunate to have added three outstanding new faculty members to our department. Drs. Mary Caruso-Anderson, and Javier Virués Ortega have joined our Applied Behaviour Analysis area, and Dr. Debbie Kelly joins our Brain and Cognitive Sciences group as a Canada Research Chair in comparative cognition. Mary, Javier and Debbie bring new knowledge and skills to our department and I anticipate that all three will quickly find success both in the lab and in the classroom. More information about each faculty member can be found in the New Faculty section of this newsletter (pp. 3-5).

Over the past few months, all faculty, staff and students will have been 'repatriated' to Duff Roblin. I expect that this return to our familiar surroundings, and comfortable offices and properly outfitted labs, will help our faculty and students to be even more successful in the coming year.

Best wishes for a great year ahead!

and Michel and I have remained friends ever since. We both now live in Victoria, BC, as did Morgan in his last years. Michel and I have since worked together on various committees.

I spent the next three years changing in and out of my uniform in my car driving from the military base to the University and back, sometimes twice a day. It all worked out because most of my student colleagues were quite happy that I was willing to take the evening hours at the Psychological Services Center. These colleagues included Michael Stambrook, Kathy Moser, and Rayleen Deluca. Michael was always studious, his Dad being the Dean, and I recall that Kathy and I were co-therapists in Dr. Derek Jehu's program which dealt with sexual dysfunction and marital issues. There were very few women in the Forces in those days, although my wife was one of them, so working in close proximity with a female and being involved with sexual therapy was quite an interesting change. It didn't hurt that Kathy made the finest Zinfandel wine I have ever tasted. Rayleen, I was glad to see stayed on at the University as she was an excellent therapist. She also made the finest pizza, by the way.

So miraculously, three years after acceptance I was on my way to internship in British Columbia. This time on a year of leave of absence from the military. My PhD was awarded in 1984 and the same year I was posted to Royal Roads Military College, where with a colleague I had the opportunity to introduce a degree pro-

gram in Military Psychology.

Never to work at just one job, while at Royal Roads I was able to get going in private practice. I left the Forces in 1988, but continued on at Royal Roads as civilian until just before the College closed as a Military College in the early 1990s. My private practice had grown by that time and we now have nine psychologists supported by an office manager, psychometrists, and clerical staff. I should add that Morgan Wright was a neuropsychologist and he encouraged me in this direction. Others at the time said that neuropsychology was a dying discipline, to be replaced by MRIs and CAT scans. Morgan's comment—"It will never happen," and he was right.

Private practice has provided great satisfaction. I have had the opportunity to work with military members and veterans as they have returned from Gulf Wars I and 2, and now Afghanistan. We provided all of the psychological services to the military here in Victoria for many years, and in that capacity were part of the national development team that set up military centers dealing with the effects of trauma. Incidentally, the military has never employed uniformed clinical psychologists, hence our involvement. In more recent years, however, they have transitioned from contracted psychologists to Public Servant psychologists. At that point, and with some regret, my practice was no longer able to offer the significant expertise that had developed in the provision of services to the military. We were,

however, able to continue by providing such service to retired military through Veterans Affairs Canada, and in this capacity my contact with military continues.

About 80% of our clinical services are now to the general public, and for me the focus of the last ten years has been neuropsychological assessment for psycho-legal cases (traumatic brain injury), and other forms of cognitive assessment. We have also developed the practice to take advantage of technology. We use virtual-reality therapy to treat anxiety disorders. These include treating flight phobias, fear of heights, bridges, storms, and public speaking. We have also installed "Virtual Iraq", a program developed by the University of Southern California and the US Military. In conjunction with standard treatment, it allows for a graduated exposure to those who have been traumatized by the events in the Middle East, including Afghanistan. This program exposes PTSD sufferers to situations involving improvised explosive devices and ambushes while, for example, on mobile patrols. Also, city foot patrols are simulated where ambushes and other traumatic situations are simulated. The therapist controls aircraft flying overhead, vehicles exploding, the sound of Middle Eastern prayer call, dogs barking, gunfire, vehicles exploding, and verbal abuse. The system even has the capacity to emit a variety of smells. Our theoretical approaches tend to involve cognitive behavioural and other "less than long-term" therapies,

although in some PTSD cases long-term support is required. We offer individual therapy, psychoeducational groups, and group therapy.

In the area of neuropsychological assessments, we have introduced a quantitative electroencephalography (qEEG) component. This would involve several pages to explain but very briefly it analyzes a sample of standard EEG (nineteen sites) from frequency and power perspectives, and correlates the phase differences of frequencies to provide coherence measures between the sites. The results are compared to a normative data base, and an injured brain displays certain EEG anomalies. The scientific evidence for the utility of qEEG as a diagnostic tool is growing rapidly, and qEEG has been admitted as evidence in numerous State courts south of the border. It is simply a means by which computer analysis expands standard EEG information. Likewise, there is a growing body of evidence for the efficacy of EEG biofeedback targeting the treatment of attentional disorders and epilepsy, and this application to other disorders is slowly growing. Like all therapies, it works for some and not others, but the outlook is promising. Similarly, fMRI biofeedback is proving valuable, and is more widely known in the neuropsychological literature; but it is much more expensive than qEEG, and certainly is not likely to be found in private practice offices.

The navigator may have become a psychologist, but the en-

gineering and technology component is always not far away, and I consider myself to have been very fortunate to have had the opportunity to in many ways integrate these two widely diverse interests.

In this regard, a very exciting project came along two years ago. Another former navigator who retrained as a military physician and eventually became Head of Psychiatry at the National Defence Medical Centre contacted me and asked if I would join him as the clinical psychologist on the Canadian astronaut selection team. The requirements were a doctorate in that field and aircrew experience. There never have been uniformed clinical psychologists in the Canadian Forces, except for me, and I was never actually employed as such while in uniform, always retaining my aircrew classification. So I was it, and over 2008 and 2009 approximately three months were spent flying back and forth to Montréal, Halifax and Toronto working on this very exciting project. That program came to an end, but I am now consulting to the CSA developers regarding a new project which will eventually lead to a brief assessment tool that will monitor the cognitive status of Canadian astronauts on the International Space Station, and on Mars missions.

I will always be grateful to the University of Manitoba for its bending of the rules and letting a non-full-time student into the clinical program, and I truly think that the experiences of a former aircrew career have been instru-

mental in allowing a reasonably successful second career as a psychologist. It has been wonderful to earn a living engaging in the hobby that got out of hand!

An Invitation to our Alumni

A lot of new things are happening in the Department and we would like to keep you abreast of these events. With our newsletter, we are attempting to reach all of our alumni, firstly, to bring you up-to-date information on what's new in the Department, and secondly, to ask if you can support one or more of the scholarship, lecture, and colloquium funds that we have established. We would also like to hear about what you have been doing since graduating with a degree in psychology from the University of Manitoba. Let us know what position you currently hold, tell us about your family, etc. We would like to share this information with staff and students and other former alumni, through features such as those in this issue. In short, let's hear from you!

I would like to make a contribution to one or more of the following:

Psychology Graduate Fellowship Fund

To provide support to incoming graduate students.

Bernice D. Lough Psychology Graduate Award

To support graduate students

John P. Zubek Memorial Lecture

The Department of Psychology maintains an endowment fund to support the annual Dr. John P. Zubek Memorial Lecture. A distinguished psychological researcher is invited to deliver this lecture each year. In addition to honouring the memory of Dr. Zubek, this lecture enriches the education of students and provides an opportunity for faculty members to meet and discuss common research interests with a distinguished scholar.

John G. Adair International Distinguished Lectureship

Established on the retirement of John Adair, Professor Emeritus of the department, with the specific purpose of bringing a distinguished psychologist from outside North America to the department every second year.

Psychology Alumni Faculty Scholarship

Awarded to a student newly admitted to the graduate program, awarded to the student with the highest GPA as calculated for admission purposes

Alumni Clinical Psychology Student Research Award

Awarded each year to a graduate student in the Clinical Psychology Training Program on the basis of scholarly and scientific achievements.

Shannon L. Hamm Memorial Scholarship

Awarded to first year graduate students in psychology to study the experimental analysis of behaviour modification at The University of Manitoba.

Colloquium Speakers Series

Department lecture series featuring scholars from within the Department, University, and around the world.

The Vineberg Prize for Excellence in Graduate Student Research

The W. N. Ten Have Award for Best Honours Thesis

Donations to these Department of Psychology funds, or general inquiries about supporting research at the University of Manitoba, can be sent to:

University of Manitoba
Department of Development
179 Extended Education Complex
Winnipeg, Manitoba R3T 2N2
Phone: (204) 474-9195
Toll-free: 1-800-330-8066
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Email: development@umanitoba.ca
Website: umanitoba.ca/admin/dev_adv/donate_now/

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