

DIALOGUES

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DEPARTMENT OF EDUCATIONAL & COUNSELLING PSYCHOLOGY NEWSLETTER



Welcome to Dialogues

ECP'S DEPARTMENTAL NEWSLETTER



With winter behind us we can look to a well-deserved spring and summer. Our faculty and graduate students have been enormously busy and productive with scores of publications, research grants, and conference presentations. Our faculty and students have been recipients of multiple prestigious awards. Congratulations to Dr. Armando Bertone for being the recipient of the first annual Professor Bruce M. Shore Collegiality Award for his dedication, commitment and support to his colleagues. Dr. Jack De Stefano, our Clinic Director since 2001, is retiring after 22 years in the Department and we all wish him well. Jack has done an exceptional job as Clinic Director and Professor in the Counselling Psychology program. We are pleased to welcome

Dr. Nate Fuks who will be assuming the position as Clinic Director and Director of Clinical Training in our Counselling Psychology program. With the support of the Dean of Education and the Provost the Department continues its search for two new faculty members; one in the area of Mental Health and the second in Human Development.

The Effective Parenting series sponsored by the Department, in its second year, was oversubscribed and had a long waitlist. The Annual Human Development conference is being held in April and the Third School Psychology Summer Institute is currently registering participants, to be held May 31 and June 1. The Institute has a wonderful lineup of speakers and workshops scheduled.

With Spring comes another convocation and we wish all our graduates much continued success. Our student body continues to excel internationally and represents our Department at conferences all over the world.

We are beginning to hear from more alumni and your contributions to our newsletter are always welcome.

As this is our last newsletter before the Fall, we wish everyone a happy, healthy, and productive summer.

Jeffrey L. Derevensky, Ph.D.
Chair and James McGill Professor
Department of Educational and Counselling Psychology

In this Issue

Spotlight on Research	2
EGSS Conference	4
Effective Parenting	4
Recent Graduates	5
Student Awards	5
PNLab Collaborators	5
Chatter That Matters	6
Recent Faculty Seminars	8
ECP Workshop	8
Final Thoughts	9

Dr. Nancy Heath:

The Development and Intrapersonal Resilience (DAIR) Research Team

In this edition, the research of Dr. Nancy Heath and her DAIR (Development and Intrapersonal Resilience) research team is featured.

Dr. Nancy Heath's research team was recently renamed the Development and Intrapersonal Resilience (DAIR) research team, which perfectly summarizes the team's main focus. The DAIR team studies mental health across various developmental stages, with an emphasis on theoretical and practical applications of emotion regulatory processes in stress, coping, non-suicidal self-injury, and mindfulness in educational settings.

Dr. Nancy Heath is a James McGill Professor in the Department of Educational and Counselling Psychology here at McGill University. She has published and presented extensively on topics related to mental health and resilience in educational settings. She is also a co-founder and past president of the International Society for the Study of Self-injury and co-director of the non-profit online organization, Self-injury Outreach and Support (SIOS; <http://sioutreach.org>). She is an internationally recognized leader in the area of self-injury in educational settings and has worked in collaboration with schools for more than 20 years.

The DAIR research team is comprised of 12 graduate students from a variety of Master's and PhD programs in the Department of Educational and Counselling Psychology. The team is also comprised of 30 committed research volunteers and research assistants, who play an integral role in the many research-related tasks such as project coordination, data collection and data entry.



DAIR Team at Dinner Together

The DAIR team is a prolific research team with many ongoing projects at McGill and in the community at the elementary, secondary, and post-secondary levels. For instance, in collaboration with Lester B. Pearson School Board's Family and School Support Treatment Team (FSSTT), the DAIR team is currently working on a grant funded by the Ministère de l'Éducation et de L'Enseignement Supérieur. The purpose



of this grant is to develop a multi-level emotion regulation classroom program to support student learning and well-being for grade 5 and 6 students preparing to transition to high school. In addition to research in the elementary school setting, the DAIR team is currently conducting a Mindfulness in Schools (MIS) project, which seeks to provide a better understanding of the elements of mindfulness and their role adolescents' school adjustment and well-being.

In fall 2017, the DAIR research team conducted a stress and coping study with over 3,500 university students. This study represents the third university stress and coping study conducted in the past three years, comprised of a stress and coping survey of over 9,000 McGill students. The DAIR team has also collaborated with McGill's Faculty of Medicine on the development and delivery of a brief mindfulness-based workshop to enhance performance and well-being of medical residents.

In addition to supporting the mental health of students and residents, the DAIR team (on behalf of McGill's Faculty of Education) has led a number of projects focusing on enhancing teachers' mental health and well-being. These projects, undertaken with the support and collaboration of the Rossy Family Foundation, the J.W. McConnell Family Foundation and the Canadian Teachers' Federation, seek to enhance teachers' mental health resilience and well-being at a national level.

The DAIR team also investigates various topics surrounding non-suicidal self-injury using both empirical and experimental methods. This includes studies of emotion regulatory processes, contributors of self-injury through developmental transitions, and investigations of the online behaviours for those with self-injury. In all their research the DAIR team works in collaboration with participants, ensuring that the research is informed and guided by those experiencing difficulties.

Community outreach and support are very important initiatives for members of the DAIR research team as well. On behalf of the Faculty of Education at McGill and in collaboration with the McConnell Foundation, the DAIR research team co-hosted a National Summit on Teacher and School Staff Well-being in Montreal in the fall of 2017. Teachers, university faculty members, union representatives, school board members, non-profit mental health organizations, government



DAIR research Team Meeting

employees in the mental health commission, and many others from across the country gathered over two days to discuss the status of teacher and school staff well-being in national and provincial/territory-specific contexts.

An additional outreach initiative, founded by DAIR Research Team's Ryan Golt, is Stronger than Stigma (STS): a student run mental health program at McGill. The overarching goal of STS is to reduce the stigma associated with mental health difficulties and illnesses.

Throughout the past year, a number of workshops have been presented to clinicians, mental health professionals, medical and dental students, as well as education students at McGill University. Topics covered included responding to engagement in non-suicidal self-injury, implementation of mindfulness strategies, and dealing with students' anxiety and depression in elementary classrooms.

Research project meetings, as well as publication group meetings in which conference presentations and journal publications are reviewed and discussed are regular occurrences for the DAIR Research Team. With over 11 published peer-reviewed articles and 33 conference presentations in the last year alone, these meetings are essential to the team's scholarly productivity. In addition, the team has regular social events including lunch or drinks at Thomson House to Escape Room activities.



DAIR Team Social Activity at Amaze Escape Room

Overall, the DAIR research team is a dynamic, ambitious, and productive team that works towards improving the mental health and well-being of individuals across various developmental stages in educational settings.

For more information about Dr. Nancy Heath or the DAIR research team, please visit our website: dairheathresearchteam.mcgill.ca

Recent Publications

Lewis, S. P., Heath, N. L., Hasking, P. A., Whitlock, J. L., Wilson, M. S., & Plener, P.L. (in press). Addressing self-injury on college campuses: Institutional recommendations. *Journal of College Counselling*.

Mills, D. J.*, Milyavskaya, M., Derevensky, J., & Heath, N. L. (in press). Gaming motivation and problematic gaming: The role of needs frustration. *European Journal of Social Psychology*.

Carsley, D.*, & Heath, N. L. (in press). Evaluating the effectiveness of a mindfulness colouring activity for test anxiety in children. *The Journal of Educational Research*.

De Riggi, M. E.*, Lewis, S.P., & Heath, N. L. (2018). Non-suicidal self-injury in adolescence: Turning to the Internet for support. *Counselling Psychology Quarterly*, 1-9. doi:10.1080/09515070.2018.1427556

Carsley, D*., Khoury, B., & Heath N. L. (2017). Effectiveness of mindfulness interventions for mental health in school: A comprehensive meta-analysis. *Mindfulness*, 1-15.

Argento, A.**, Mills, D. J.*, Carmichael, V.**, Mettler, J.*, & Heath, N. L. (2017). Gamers and video game users: What's the difference? *Journal of Interpersonal Relations, Intergroup Relations and Identity*, 10, 58-68.

Mettler, J.*, Carsley, D.*, Joly, M.*, & Heath, N. L. (2017). Dispositional mindfulness and adjustment to university. *Journal of College Student Retention: Research, Theory & Practice*. doi:10.1177/1521025116688905

De Riggi, M. E.*, Moumne, S.*, Heath, N. L., & Lewis, S. P. (2017). Non-suicidal self-injury in our schools: A review and research-informed guidelines for school mental health professionals. *Canadian Journal of School Psychology*, 32(2), 122-143.

Hasking, P. A., Heath, N. L., Kaess, M., Lewis, S. P., Plener, P. L., Walsh, B. W., Whitlock, J., & Wilson, M. S. (2016). Position paper for guiding response to non-suicidal self-injury in schools. *School Psychology International*, 37(6), 644-663.

EGSS Conference

The Education Graduate Student Society (EGSS) conference, Let's Get Learning: The Importance of Mental Health and Well-Being in Education, held on March 27th and 28th, 2018, was a great success.

The conference featured two keynote speakers: Dr. Stan Kutcher (Dalhousie University, Department of Psychiatry) and Dr. Angela Alberga (Concordia University, Department of Exercise Science). Dr. Kutcher's presentation "Mental health literacy and schools: Feeling uncomfortable yet?" and Dr. Alberga's presentation "What every future teacher needs to know about health & well-being" were extremely well-received.

The conference also included a special networking event and cocktail party in collaboration with the ABCs of the PhD and McGill Alumni Relations. During this event, three alumni panelists shared their thoughts on networking tools and mentorship. The panelists included: Tami Zuckerman (BEd'02), Co-founder of VarageSale; Michael Lafrance (BEdPE'94), Headmaster of West Island College; and Phil Cutler (BEd'13), Founder and CEO of GradeSlam. Katherine Nikidis (BEd'91), Head of School-Trafalgar School for Girls, graciously served as the moderator for the discussion.

A special thanks to Summit School TECC campus students and Head Chef JJ Heffring for providing a delicious lunch for this conference.



Dr. Stan Kutcher presenting on Mental Health Literacy



Dr. Angela Alberga presenting on Mental Health and Weight Stigma



Summit School TECC campus students and head chef JJ Heffring

Effective Parenting Series

The Department of Educational and Counselling Psychology is hosting a five-week parenting seminar series from April 3 to May 1, 2018. This informative public lecture series, featuring department professors, is focused on topics of concern for parents/guardians/grandparents in our fast-paced world and digital age. Maximum registration was attained with a long wait list! Additionally, several of the speakers conducted numerous newspaper, radio and television interviews including the *Montreal Gazette*, *Montreal Families*, CBC and CJAD radio as well as Breakfast Television. The PowerPoint presentations can be viewed at: <https://www.mcgill.ca/edu-ecp/ep2018>. Faculty presenters and topics included:

- Drs. Nancy Heath and Amy Shapiro - Helping your child manage stress in a complex world
- Dr. Steven Shaw - Improving sleep: A guaranteed method for improving school achievement and behaviour for children (and their parents)
- Dr. Adam Dubé - Helping your child navigate and learn online in a time of Facebook and fake news
- Dr. Jessica Ruglis - Introduction to gender, sex and sexuality: What to know to help your kids
- Dr. Armando Bertone - Understanding neurodevelopmental conditions: What parents need to know



Recent Graduates



November 2017 Graduates Congratulations!

Master of Arts

- Vanessa Weva
- Elif Wonders

Master of Education

- Alex Galifi

Doctor of Philosophy

- Marie-France Côté
- Sara Houshmand
- Amy Shapiro
- Vessela Tzokova-Vladimirova
- Sarah Yachison

Student Awards

ECP GREAT Awards

The following students have been awarded ECP Department GREAT Awards:

- | | | |
|-------------------------|-----------------------|-----------------------|
| • Catherine Archambault | • Enoch Leung | • Anne-Marie Parent |
| • Emma Clark | • Shan Li | • Sol Park |
| • Tenzin Doleck | • Kelsey Losenno | • Emily Stubbert |
| • Samira Feizi | • Miriam McBreen | • Domenico Tullo |
| • Jennifer Ho | • Margarita Miseros | • James Aubrey Vivian |
| • Lingyun Huang | • Chelsea Moran | • Kedi Zhao |
| • Christine Laganiere | • (Pooja) Megha Nagar | • Juan Zheng |

PNLab Collaborators Win Bronze

Over the past year, Dr. Bertone's PNLab has been collaborating with a team of 6 students working on their Capstone Project in the Mechanical Engineering program at Concordia University. Sidney Gutteridge, Sarah Morgan, Lysanne Pagé, Massimo Pietracupa, Anthony Racanelli, and Sherif Zgheib are designing and building a device that can trigger tactile receptors on a subject through means of vibration. This device will be used to explore differences in tactile thresholds between typically developing populations and atypically developing populations, such as individuals with autism spectrum disorder. This project won 3rd place in the innovative design category of this year's prestigious Quebec Engineering Competition. The competition, hosted by the Quebec Confederation for Engineering Student Outreach (QCESO) aims to promote skills useful to all engineers through various technical challenges designed to test competitors. Over 250 engineering students from 12 universities all over Quebec took part in the event and everyone in the ECP Department and the PNLab would like to congratulate the team on their excellent achievement!

Chatter that Matters

Dr. Derevensky Reappointed



Dr. Jeffrey Derevensky has been reappointed as Chair of the Department of Educational & Counselling Psychology (ECP). The appointment is for a three-year term, effective January 1st, 2018.

Dr. Talwar Promoted To Full Professor

Dr. Victoria Talwar has been promoted to Full Professor. Congratulations on this great achievement!

Alumni News

- Cheryl Klaiman (PhD'03) has been appointed Program Director for Diagnostic Services at the Marcus Autism Center. Dr. Klaiman is tasked with leading an integrated and multidisciplinary team of clinicians and researchers to advance the field of autism by developing and deploying the highest standard of care in diagnostic assessments while moving the field forward through cutting-edge research in early identification and diagnosis.
- Jason Harley (Phd'14) has won the American Educational Research Association's Technology Instruction Cognition and Learning Outstanding Early Career Researcher Award.

Congratulations to the following faculty members

- Dr. Susanne Lajoie received a SSHRC Connection Grant for her project titled: The role of emotions in technology-rich learning environments in the STEM fields.
- Drs. Jacob Burack and Wendt along with colleagues at other universities have received a CIHR grant for their project titled: Developing a culture-specific model of resilience against substance use among Canada's on-reserve Indigenous youth.

Recent Faculty Grants

Student Awards

Congratulations to the following students:

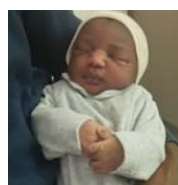
- Anne-Marie Parent, Master's student in Human Development, has received a trainee award - Hacking the Knowledge Gap Series: Design Jams Competition, provided by the CIHR Institute of Gender and Health (IGH).
- Jeremie Richard, Master's student in Counselling Psychology, won the EGSS Conference Poster competition for his poster titled: Stimulating nature of gambling behaviours: Identifying the relationship between stimulant use and gambling among adolescents

Administrative Staff News



Welcome to Charlotte McCaffrey, the new departmental Frontline Administrative Coordinator.

Congratulations to Happiness Anekwe (Student Affairs Coordinator) on the birth of her new baby boy Dominion. We send heartfelt congratulations to the entire family!



Dr. Adam Dube at Toronto Conference

On April 11, 2018 Dr. Dube presented at the 8th annual Educational Technology Summit in Toronto, Ontario. The title of the talk was "Improving your students' navigation of online sources of knowledge" and he discussed how teachers can help students navigate online sources of information in an age of Facebook and fake news.

Chatter that Matters

Dr. Jack De Stefano Retiring

Dr. Jack De Stefano, Clinic Director since 2001, is retiring after 22 years in the Department and we wish him well. Jack has done an exceptional job as Clinic Director and Professor in the Counselling Psychology program.

We are pleased to welcome Dr. Nate Fuks who will be assuming the position of Clinic Director and Director of Clinical Training in our Counselling Psychology program.

Transforming Autism Care Consortium (TACC)

Drs. Bertone, Burack, Quintin and Sladeczek have recently joined the Réseau pour transformer les soins en autisme - Transforming Autism Care Consortium RTSA-TACC. The TACC is a research network that connects and mobilizes Quebec's strengths in autism research to improve quality of life of autistic individuals and their families as well as to integrate knowledge in practice and policy.

Faculty Awards

Congratulations to the following faculty members:

- Dr. Armando Bertone - recipient of the first annual Dr. Bruce M. Shore Collegiality Award for his dedication, commitment and support to his colleagues.
- Dr. Eve-Marie Quintin - recipient of the William Dawson Scholar award. This award recognizes a scholar who is developing into an "outstanding and original researcher of world-class caliber, poised to become a leader in her field, similar to that of a CRC Tier 2 chair holder".
- Dr. Victoria Talwar - recipient of the Northeastern Association of Graduate Schools (NAGS) Graduate Teaching Award (Doctoral-level).

ECP International Student Group

Recently, Dr. Konishi along with students Lingyun Huang (PhD student) and Kedi Zhao (MA student), launched the ECP International Student Group. This student-led group aims to foster and support international students in the ECP Department through various social/academic activities and events. Students will be immersed in an inclusive environment where they will have opportunities to develop communication and leadership skills while sharing their passions and interests. Additionally, the group seeks to facilitate access to resources. They welcome all ECP international graduate students and others who are interested in joining their friendly network. For more information, see: <https://www.facebook.com/ECPInternationalStudentsMcGill/>

Improving Attention in Exceptional Students

Dr. Bertone's work with NeuroTracker, a software program developed in Quebec by Université de Montréal's Jocelyn Faubert, was featured in an article titled: "Software to improve attention in exceptional students" on the Fonds de recherche du santé du Québec (FRQS) website.

Department in the News

Over the last month, in conjunction with the Effective Parenting series, several ECP faculty have conducted radio, television and print interviews. Drs. Dube, Heath and Shaw conducted radio interviews and Drs. Dube and Shaw were also interviewed by local TV reporters. As well, a print article in the Montreal Gazette featured an interview with Dr. Derevensky. These interviews serve to bring public awareness to the important research being done in the ECP Department. For more information, see the ECP news.

Recent Faculty Seminars



Dr. Anu Asnaani, March 19, 2018

Anu Asnaani, Ph.D., is an Assistant Professor of Clinical Psychology in Psychiatry at the University of Pennsylvania and the Associate Director of the Center for the Treatment and Study of Anxiety (CTSA). Dr. Asnaani received her Bachelor of Science degree in psychology from Brown University and her Doctoral degree in clinical psychology from Boston University. Dr. Asnaani's current research interests include understanding what psychological mechanisms (such as emotion regulation) impact evidence-based treatments for PTSD, OCD, and other anxiety disorders in diverse community samples, with an emphasis on technological innovations to facilitate these efforts. Dr. Asnaani gave the following talk:

- Mechanisms of CBT, Technological Innovations, and Diversity Considerations: Integrating Three Lines of Research

Dr. Marie-Claude Geoffroy, March 26, 2018

Marie-Claude Geoffroy received her Ph.D. in Clinical Psychology at Université de Montréal (2010) and completed her post-doctoral training at UCL Institute of Child Health in the UK (2013). She is now an Assistant Professor of Psychiatry at McGill University (2015) and holds a Junior 1 clinician-scientist from FQRS. Dr. Geoffroy studies mental health and suicide in young people, with the broader aim of promoting mental wellness across the life-course. The general objective of her research is to identify risk and resilience factors involved in the development of suicidal thoughts and behaviours and related mental health. Her current work is focused on bullying and child maltreatment. Dr. Geoffroy gave the following talk:

- Youth mental health and suicide: rates, risks, and resilience



Dr. Cary Kogan, March 23, 2018

Cary Kogan received his Ph.D. in Clinical Psychology from McGill University (2005) and completed his pre-doctoral internship at the Hospital for Sick Children in Toronto (2005). Dr. Kogan completed his post-doctoral M.S. in Clinical Psychopharmacology at Fairleigh Dickinson University (2016). He is currently a Professor of Clinical Psychology at the University of Ottawa where he is also Director of the Centre for Psychological Services and Research, a community-based mental health centre that serves as the training clinic for the doctoral Clinical Psychology program. Dr. Kogan conducts translational neuroscience research with a special interest in neurodevelopmental disorders. Since 2013, he has been working as a consultant for the World Health Organization (WHO) developing and testing the revision of the Mental, Behavioural, and Neurodevelopmental Disorders chapter of the International Classification of Diseases and Related Health Conditions (ICD-11). Dr. Kogan gave the following talk:

- Global mental health - improving detection, access, and care



ECP Workshop With Dr. Schrank

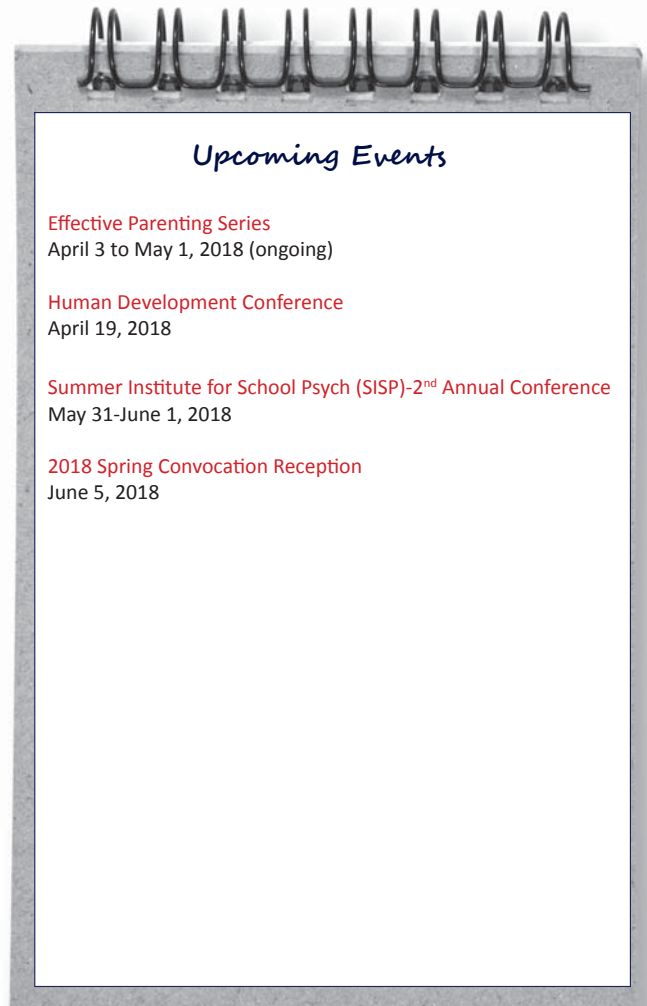
On January 19th, 2018, Dr. Fred Schrank conducted a workshop on the use and interpretation of the Woodcock-Johnson IV (WJIV) Test of Achievement. Dr. Schrank, author of the WJIV, provided an overview of the achievement battery to graduate clinical students, professionals in the field of school psychology as well as members of ECP Faculty. Additionally, Dr. Schrank's workshop gave attendees an invaluable opportunity to interact with the WJIV as well as receive guidance from an expert in the field. Many thanks to the Department and the Summit Center for Education, Research & Training (SCERT) for supporting the event. Lastly, we would like to thank the students at the Summit School TECC campus and JJ Heffring (Chef Instructor of the cooking program at TECC) for the exceptional wine, cheese and snacks following the workshop!



Final Thoughts



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a story or suggestions for future
publications we'd like to hear from you.
Email us at: newsletter.ecp@mcgill.ca

We Value Your Support

Gifts from our alumni and friends provide valuable support for our department. However you choose to support the department, your generosity is much needed and greatly appreciated. Every gift makes a difference!

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