

Kwantlen' Students Psychology Public Outreach Efforts

JOCELYN LYMBURNER, PH.D., R.PSYCH.

Dr. Jocelyn Lymburner has taught psychology at the undergraduate and graduate level for over a decade, joining the faculty of Kwantlen Polytechnic University in 2004. She is a strong advocate of service learning, working to increase relevancy in education and to build strong ties between academia and the community. In addition to her role as an educator, Jocelyn is a Registered Psychologist, working with adults and couples on the North Shore (www.drlymburner.com).

KWANTLEN POLYTECHNIC UNIVERSITY OFFERS THREE UNIQUE PSYCHOLOGY DEGREES — A BACHELOR OF APPLIED ARTS IN PSYCHOLOGY, A BACHELOR OF ARTS IN PSYCHOLOGY, AND A BACHELOR OF SCIENCE IN APPLIED PSYCHOLOGY.

As a polytechnic university, Kwantlen focuses heavily on applied learning and the psychology department has been at the forefront in terms of innovative course offerings and assignments. One such example is a third year Advanced Topics in Psychopathology course. Students in this course are tasked with working in conjunction with a community organization to produce a resource on the topic of mental disorders for a population outside their class. Over the past few years, students have created a wide variety of useful tools for their communities, including informational YouTube videos on various forms of psychopathology, board games designed to increase awareness about mental health, pamphlets and posters on the coping with anxiety, depression, and substance abuse, and educational presentations for highschool students designed to reduce the stigma associated with mental illness. For the past two years, the BCPA Public Education Committee has generously agreed to offer awards to the top projects emerging from the class. In the following article, the talented 2011 student recipients of this award, Rahul Abedin and Robin Elson, present their projects.

Website on Depression & AIDS (by Rahul Abedin)

According to the 2009 United Nations AIDS report there are over 33 million people in the world living with HIV/AIDS. In Canada there are 21,000 individuals diagnosed with AIDS and in BC alone over 4000 individuals have tested positive. Within these statistics it is imperative that we remember the human perspective. Each diagnosed individual, depending on which part of the world they come from and a multitude of other factors, has her or his own unique circumstances and challenges. Depression is the most common comorbid mental disorder diagnosed with HIV/AIDS and the combination of the two can create fatal circumstances for many individuals.

My goal in creating the website DepressionAIDS.net is to provide a resource centre focusing on HIV/AIDS related depression that can be accessed by anyone with an internet connection, free of charge and available 24/7. As a university student I am always trying to stay up to date with academic research. I wanted to present this same empirical information, in an easy to understand format, to those who may not have access to academic journals. Therefore, the backbone of DepressionAIDS.net is the article analysis section, consisting of academic research on depression and HIV/AIDS. Each posted article is broken down into a simple and non-intimidating format: who the researchers and participants are, the length of the study, the methodology of the study, and its findings. In addition to the 24 article analyses, visitors to the website have access to general resources on depression and HIV/AIDS, BC crisis line information, a calendar of relevant community events, and can exchange ideas on an anonymous forum. Future plans include the addition of a section dedicated to statistics and videos of clinicians talking about different facets of treatment. To date, DepressionAIDS.net has had over 500 visitors, with most visits targetted toward the article analyses. My hope is to continue promoting the website as a free resource containing essential information that can be

BRITISH COLUMBIA SCHOOL OF PROFESSIONAL PSYCHOLOGY

406-1168 Hamilton Street, Vancouver, BC V6B 2S2 | Ph: (604)682-1909 | Fx: (604) 682-8262 | E-mail: wilensky@interchange.ubc.ca

The BC School of Professional Psychology is presenting a Basic Training in Eye Movement Desensitization and Reprocessing (EMDR). This course is approved by the Eye Movement Desensitization and Reprocessing International Association (EMDRIA) and will cover the material of Part One/Level I and Part Two/Level II training.

Objectives of Course

Participants will learn to use EMDR appropriately and effectively in a variety of applications. Such use is based on understanding the theoretical basis of EMDR, safety issues, integration with a treatment plan, and supervised practice. Part One/Level I EMDR training is usually sufficient for work with uncomplicated PTSD in most clients. Part Two/Level II is necessary for working effectively with more complex cases, special populations and more severe, long-standing, or complicated psychopathology.

The course will be in two parts. Qualified applicants will have a minimum of Master's level training in a mental health discipline and must belong to a professional organization with a code of ethics, or be a graduate student with appropriate supervision.

Approved for Continuing Education Units by the Canadian Counselling Association.

Register online at www.emdrtraining.com (see Vancouver page)

For more information, please contact Alivia Maric, Ph.D., R.Psych. at 604 251-7275 or at amarica@shaw.ca

Instructor	Marshall Wilensky, Ph.D., R.Psych. EMDRIA Approved Instructor
Format	Lecture, discussion, demonstration, video: 20 hours. Supervised practice (during the training weekends): 20 hours. Consultation: 10 hours (live, online)
Dates	Session One: October 21 – 23, 2011 Session Two: January 27 – 29, 2012
Times	Friday 9:00 am - 5:00 pm Saturday and Sunday 9:00 am - 4:30 pm
Consultations	Wednesdays, November 16, December 14, 2011, February 15, 2012, 6:30 pm - 9:30 pm
Location	Vancouver School of Theology (UBC Campus)
Tuition	Full course: \$1,850 before September 10, 2011; \$1,950 after September 10, 2011. Previously trained EMDR clinicians can get updated for half price.

accessed by anyone. Please feel free to pass this website link along to any one whom you feel may benefit.

About the author: Rahul Abedin is currently completing his Bachelor of Arts Degree in Psychology at Kwantlen Polytechnic University. He has experience working with HIV/AIDS patients at the rural St. Francis Xavier Hospital in Assin Foso, Ghana. His goal is to complete a Clinical Psychology degree and work with war effected individuals around the world.

Mental Health Education for Youth: Playing Cards (by Robin Elson)

Recently I began volunteering with an organization known as Bluewave, which is aimed specifically at educating youth (12-20yrs) on mental health matters. The organisation primarily conducts presentations in high-schools. During presentations, young volunteers speak about mental health issues they personally suffer from or are familiar with through family and friends. The volunteers share their own experiences and answer questions. The focus

of these presentations is on the decrease of prejudice and myths associated with mental health matters.

These presentations are effective, but I began to wonder how much of this important information the youth could retain two or three days afterwards. I also realized that only a small percentage of the pertinent information could be given to the youth before either the presentation ran out of time or became so full of facts and figures that it became overwhelming to the average high school student. I wanted to create a simple, effective, and relatively cheap way of reaching youth and giving them a resource that they were likely to look at and use. Posters and pamphlets have limited use as they tend to be ignored in the media saturated world of youth today, and websites can be a daunting and confusing medium that may not be accessible to every youth.

To this end I decided to create educational playing cards, with each suit representing the four most common mental health issues concerning youth in Canada (Depression,

Addictions, Eating Disorders, and Suicide). The cards are completely functional and can be used as a normal set of playing cards, however each card contains information relating to mental health issues. For example, in the suit of hearts (i.e., Depression) some cards contain information debunking commonly held myths about depression, others outline steps on how to talk to friends or family members who might be suffering from depression, while still others detail common signs and symptoms of the disorder. The other suits also follow this pattern with some cards presenting a simple statistic on prevalence, and others detailing how to communicate effectively with a loved one suffering with a mental health issue. The idea is that as the youths repeatedly use the cards the information will begin to sink in. The language is purposely assessable to the age group and avoids the use of technical terms. There are also two joker cards that contain more websites that people can access if they wish to find further information on a specific issue, as well as information on issues not presented in the cards (e.g., Schizophrenia or stress from bullying or school work). The central idea is the reduction of stigma through the education of youth and the elevation of mental health issues to the level that they deserve in the education system of Canada.

About the author: Robin Elson is currently completing a Bachelor of Arts in Psychology at Kwantlen Polytechnic University. He also works part time for a private organisation Bluewave that is aimed at promoting youth education of mental health issues. He spends most of his free time travelling and, as a result, is most interested in cross-cultural implications and applications of psychological research. ↪

