

## **The Canadian Psychological Association on Science, Practice and Canada's Health**

**OTTAWA (May 25, 2010)** – June 3<sup>rd</sup> through 5<sup>th</sup>, 2010 the Canadian Psychological Association (CPA) will host its annual convention in Winnipeg, Manitoba. We expect attendance of upwards of 1000 researchers, practitioners and students exchanging information about the science and practice of psychology.

Papers and presentations will cover areas of key interest to consumers of health care, educators, policy makers and the public at large. These will include topics such as bullying and violence among youth, the stigma of mental disorders, traumatic stress, brain behaviour relationships, mental health issues in indigenous and northern communities, mental health promotion in schools, attention deficit disorder, autism, and alcohol use and abuse.

Keynotes and invited addresses will cover advances in the treatment of anxiety disorders, the diagnosis of mental disorders, the understanding of psychopathy, the identification and remediation of reading problems, and understanding the health of organizations.

Notes CPA President, Dr. Martin M. Antony, "Psychology is the study of human behaviour. Psychologists research how people think, feel and behave in the many contexts in which we live and work. One in five Canadians will experience a mental health problem in their lifetimes, which is when a psychologist and psychological treatment can be of help."

Psychological treatments, such as cognitive-behavioural therapies, are evidence-based and proven effective in treating the kinds of mental health problems commonly experienced by Canadians such as depression and anxiety.

Despite the fact that psychological problems are widely experienced, factors such as stigma and the inaccessibility of psychological treatments mean that less than half of people who need care actually seek it out. Notes CPA Executive Director, Dr. Karen Cohen "Canadians who need mental health care often don't receive it. Wait lists for publicly funded services are long and specialized services, such as psychological services, are typically not funded by provincial and territorial public health care plans."

Our citizenry's health is key to our success as a society and our health depends on our mental health. Families, communities, schools, and employers need to value and support mental health and provide programs and services to people who may come to need it.

To find out more about psychological practice and research and the mental health care issues and needs affecting Canadians, please arrange for an interview.

### **About the CPA**

The Canadian Psychological Association was founded in 1939 to improve the health and welfare of all Canadians; promote excellence and innovation in psychological research, education, and practice; and promote the advancement, development, dissemination, and application of psychological knowledge. To find out more information go to <http://www.cpa.ca>.

To arrange for an interview contact:

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