British Columbia Psychological Association

TRAINED, PROFESSIONAL, CARING.

ANNUAL REPORT

2025 - 2026

Adapting to change. Moving together.



psychologists.bc.ca



LAND ACKNOWLEDGEMENT

We respectfully acknowledges that we live, work, and connect across the traditional, ancestral, and unceded territories of First Nations throughout British Columbia. We honour the diverse Indigenous Peoples, including First Nations, Métis, and Inuit, whose histories, cultures, and contributions enrich our province. We recognize the ongoing impacts of colonization and are committed to advancing reconciliation, cultural humility, and equitable access to psychological care for Indigenous communities across BC.

MISSION & MANDATE

BCPA provides leadership for the advancement and promotion of the profession and science of psychology in the service of our membership and the people of British Columbia.

The mandate of the British Columbia Psychological Association (BCPA) encompasses several objectives:

- To serve the science and profession of psychology and its applications throughout the Province of British Columbia;
- To support and stimulate any activity which mutually enhances the interests of the public welfare and of psychologists;
- To support and enhance the continuing professional education of psychologists.

BOARD & STAFF

Board of Directors

PRESIDENT: Dr. Erika Horwitz, L.Psych.

VICE-PRESIDENT: Dr. Nardeen Awadalla, L.Psych.

TREASURER: Dr. Francois Botha, L.Psych.

SECRETARY: Dr. Tina Leist, L.Psych.

STUDENT BOARD MEMBER: Dr. Luke Hupton, L.Psych.

DIRECTORS

Dr. Chelsey Cohen, L.Psych.

Dr. Jason Greif, L.Psych.

Sofia Khouw, L.Psych.

Dr. Humaira Mohsin, L.Psych.

Dr. Martin Zakrzewski, L. Psych.



Director of Advocacy

Dr. Lesley Lutes, L.Psych (Aug 2025-Jan 26)

Staff

EXECUTIVE DIRECTOR
Laura Darch, BSc

OPERATIONS COORDINATOR
Shital Kaur, BA, MBA

COMMUNICATIONS SPECIALIST
Camila Moncada, BA

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MESSAGE FROM THE PRESIDENT

Dr. Erika Horwitz

As I come to the end of my three-year term as President of the British Columbia Psychological Association, I find myself reflecting with an enormous sense of gratitude, pride, and a little bit of emotion. These past three years have been an extraordinary journey. I have felt incredibly privileged to serve as President of the BCPA and to be part of a period of tremendous growth, change, and renewal for our association and our profession. Together, we have navigated significant transformation from the amalgamation of our legacy college into the College of Health and Care Professionals of BC (CHCPBC), to the implementation of the new Health Professions and Occupations Act (HPOA) on April 1, 2026.

The past year was certainly one of significant change. The implementation of the HPOA brought with it the CHCPBC's new bylaws, Harmonized Ethics and Standards, and the new Professional and Quality Practice Program. We have participated actively in the calls for feedback in all of these. The HPOA task force worked diligently last year to provide feedback and recommendations to the CHCPBC. I provided a thorough review of the Harmonized Ethics and Standards with feedback to the College as well. In the months leading up to April 1, there was understandably considerable uncertainty and upheaval within the profession.

Here at the BCPA, we worked hard to understand what these changes meant for psychologists and to ensure that our members were informed and supported. Through weekly newsletters, town halls, dedicated communications, and our growing social media presence, we worked to translate complex regulatory changes into meaningful information for our members. →

Advocacy

I have also continued to meet regularly with Dianne Millette, Registrar at the CHCPBC, and I am very proud of the strong and constructive relationship that we have built. Over the past year, I have been approached by various leaders and stakeholders within the College to provide BCPA's perspective on a range of important issues, including ethics and standards, the regulation of psychotherapy, and other matters affecting our profession. We have also been given advance notice of important announcements and changes so that we can better understand them and, in turn, prepare and inform our members. I see these invitations for dialogue as an important reflection of the collaborative relationship we have developed and of the value the College places on hearing directly from psychologists and their professional association. Maintaining this open communication will be important as we continue to navigate changes in regulation and work together in the best interests of our profession and the public.

Over the past year, I have taken a more active role in representing BCPA in our advocacy efforts with government, including meetings with the Ministry of Health and Members of the Legislative Assembly, as well as strengthening our relationships with Allied Health and Community Health Centres. This past spring, our Executive Director, Laura Darch, and I travelled to Victoria to meet with then Minister of Health, Josie Osborne. During that meeting, Minister Osborne encouraged us to work directly with Ministry officials to develop a proposal for a small-scale initiative integrating psychologists into primary care settings.

We are now actively developing this proposal, with the goal of presenting it to the Minister of Health in the coming months. This represents an important step forward in BCPA's long-standing advocacy to improve access to psychological services for British Columbians. I remain encouraged and optimistic about the potential of this initiative to demonstrate the important contribution psychologists can make within primary care and, ultimately, to expand access to psychological services across our province.

"Maintaining this open communication will be important as we continue to navigate changes in regulation and work together in the best interests of our profession and the public."

I want to express my sincere gratitude to Dr. Lesley Lutes, Dr. Erika Penner, and Dr. Simon Elterman for the tremendous work, advocacy, and commitment they contributed to this initiative. Their efforts have helped create the foundation for BCPA to continue moving this important work forward.

We also continue to actively represent BCPA through ongoing meetings with ICBC and through our participation in national initiatives with the Council of Professional Associations of Psychology (CPAP)

and the Canadian Psychological Association (CPA). These relationships provide important opportunities to collaborate with our colleagues across the country, contribute a British Columbia perspective to broader discussions affecting the profession, and ensure that the interests and concerns of psychologists in BC are represented and advocated for at both the provincial and national levels.

Strategic Direction

Having a clear strategic direction is essential to building a strong, sustainable, and responsive association. Our Board, committees, Executive Director, and staff are guided by the four goals outlined in our strategic plan: Professional Excellence, Community Strength, Organizational Growth, and Advancing Diversity, Equity, and Inclusion. I am very pleased to say that over the past three years, we have made meaningful progress across all four areas.

Our work toward these goals can be seen throughout this report. We have grown our membership to more than 1,000 psychologists and continued to expand the benefits and opportunities available to our members. We have strengthened our communications, increased opportunities for connection and engagement, and continued to support professional learning and development. At the same time, our staff and Executive Director have worked diligently behind the scenes to strengthen the systems and processes that allow the BCPA to operate effectively and serve our growing membership.

One example of this important organizational work has been the streamlining of membership renewals and workshop registration through Glue Up, making these processes more efficient and accessible for our members while also improving the way we manage our operations. These may seem like small changes, but they are an important part of building a modern, responsive, and sustainable association.

Our strategic plan provides us with both a roadmap and a shared sense of purpose. It keeps us focused not only on what we need to accomplish today, but also on the kind of association we want the BCPA to be for our members and our profession in the years ahead.

Notes of Thanks



None of this work happens alone. I want to extend my deepest thanks to our Board of Directors: Dr. Nardeen Awadalla, Vice President; Dr. Tina Leist, Secretary; Dr. Francois Botha, Treasurer; Dr. Luke Hupton, Student Representative; Dr. Humaira Mohsin; Dr. Jason Greif; Sofia Khouw; and Dr. Martin Zakrzewski. It has been an honour to work alongside each of you. You have brought your own perspectives, expertise, creativity, and passion to the table, while sharing a common commitment to serving our members and advancing our profession. Together, we have built a culture grounded in respect, dedication, collaboration, and a willingness to think creatively about the future of psychology in British Columbia.

I am also profoundly grateful to our Executive Director, Laura Darch. Laura is, quite simply, extraordinary. She brings an incredible depth of expertise, creativity, energy, and dedication to the BCPA. Her leadership, her support to the Board, and her supervision and mentorship of our staff have been instrumental to the success of our association. On a more personal note, sometimes in our lives we have the privilege of meeting people who make a lasting difference, not simply because of what they do, but because of who they are. Laura is one of those people for me. Her support, generosity, openness, and commitment have meant more to me than I can adequately express here. I am incredibly grateful to have the opportunity to work with her.

"It has been an honour. And it has been an incredible three years."

I also want to take a moment to recognize the many volunteers who give their time, expertise, and energy to the BCPA. Our committees (the Advocacy and Community Engagement Committee, Membership Services Committee, and Diversity and Social Action Committee) are powered by members who volunteer because they care deeply about our profession and our association. They bring their ideas, experience, passion, and commitment to this work, often behind the scenes and without enough recognition. Their willingness to show up, roll up your sleeves, and contribute your time is truly valued, and our association is stronger because of you.

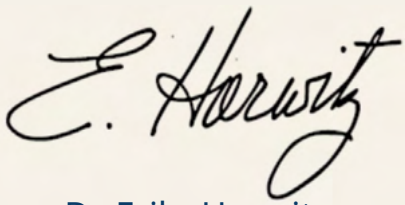
And finally, I want to recognize our remarkable staff team: Shital Kaur, MBA, Operations Manager; Camila Moncada, B.A.; and Alejandra Silvera, B.A. This team is talented, dedicated, thoughtful, and incredibly hard-working. They are the people who make so much of what the BCPA does possible every day. Their work has supported our members, strengthened our operations, and allowed us to continue moving forward through a period of enormous change.

Although my time as President has come to an end, my work with BCPA certainly has not. I am very pleased to continue serving on the Board as Past President and, most importantly, to continue representing BCPA in advocating for our profession through my relationship with the CHCP-BC, and for the role psychologists can and should play in improving mental health care in British Columbia.

Thank you to our members for trusting me with the privilege of serving as your President. Thank you to my Board, our volunteers, our staff, our Executive Director, and all of the psychologists who give their time, ideas, energy, and passion to our profession.

It has been an honour. And it has been an incredible three years.

With gratitude



Dr. Erika Horwitz
Board President

STRONGER TOGETHER: *A Year of Resilience & Connection*



MESSAGE FROM THE EXECUTIVE DIRECTOR

Laura Darch

This was a year of challenges, but also a year of incredible strength, resilience, and connection.

As we began our fiscal year in September, a cloud of uncertainty surrounded the profession. With significant changes to legislation and regulation on the horizon, psychologists across British Columbia were navigating an evolving landscape, raising important questions, and looking for clarity and reassurance. It was an exceptionally challenging time, and one that called on BCPA to be thoughtful, strategic, and steadfast in our commitment to members.

Throughout the fall and winter, we listened to members' concerns, interpreted complex legislation, provided ongoing feedback on the College's proposed bylaws and standards, and advocated for the interests of psychologists. We recognized the importance of ensuring our advocacy was informed by both legal expertise and a strong understanding of the broader political landscape. To strengthen our approach, we engaged government relations consultant Steve Vander Wal of Rocky Point Public Affairs, along with legal counsel specializing in privacy and the Health Professions and

Occupations Act (HPOA). We also met regularly with other health professional associations, both collectively and individually, to identify shared concerns, build relationships, and better understand the strategic approaches of organizations facing similar challenges.

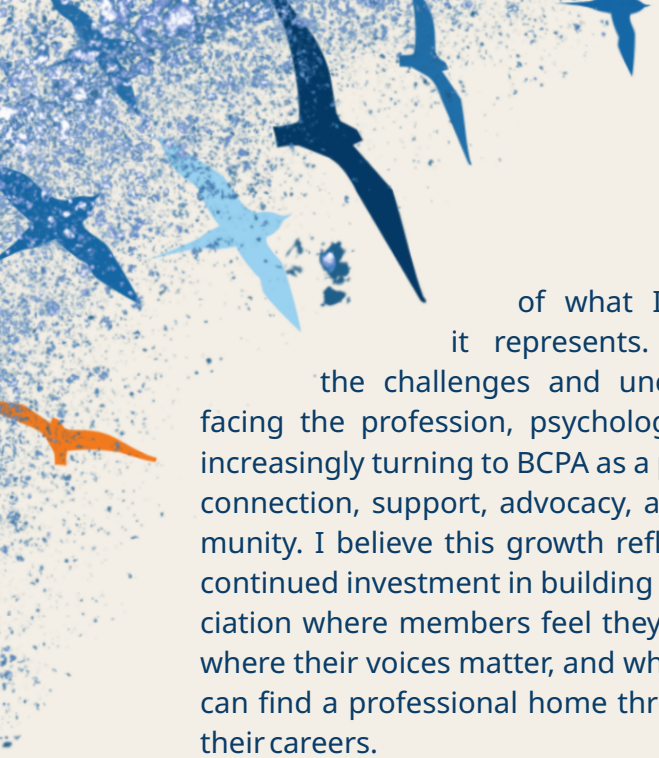
Yet, it was during this time that something I deeply value about BCPA became more evident than ever: our culture of mutual respect, open communication, and a shared passion for the practice and profession of psychology. Even when faced with uncertainty, difficult conversations, and differing perspectives, our Board, committees, and staff remained committed to approaching challenges with professionalism, integrity, and a forward-thinking mindset. I am incredibly grateful for the care, thoughtfulness, and dedication that guided our work during this period.

As 2026 began, our focus increasingly turned toward helping members prepare for the implementation of the new legislation and regulatory framework. We organized educational opportunities, workshops, and information sessions to provide clarity, build understanding, and help psychologists navigate their evolving professional responsibilities. While the regulatory landscape continues to change, our commitment remains unwavering: to stay informed, advocate thoughtfully, and ensure our members have access to the information, resources, and support they need to practise with confidence.

"We are building an Association where members feel they belong, where their voices matter, and where they can find a professional home throughout their careers."

Beyond our advocacy efforts, this was also a year of exciting growth and new opportunities to elevate the voice of psychology in British Columbia. We strengthened our social media presence through public education campaigns designed to highlight the important role psychologists play in supporting individual and community well-being. During Psychology Month 2026, we proudly launched our new podcast, Inside Your Mind, creating another opportunity to bring psychological expertise directly to the public. At a time when conversations about mental health and wellness are everywhere, and social media influencers are increasingly shaping public understanding, we saw a chance to carve out a space in this medium and offer something different: accessible, relevant, evidence-based information grounded in the knowledge and experience of qualified psychologists.

Perhaps one of the most meaningful milestones of the year was seeing our membership surpass 1,000 members. This is an achievement I am especially proud of, not simply because of the number, but because



of what I believe it represents. Despite the challenges and uncertainty facing the profession, psychologists are increasingly turning to BCPA as a place for connection, support, advocacy, and community. I believe this growth reflects our continued investment in building an Association where members feel they belong, where their voices matter, and where they can find a professional home throughout their careers.

"The strength of BCPA lies not simply in what we accomplish, but in how we come together to accomplish it."

This year also marks an important leadership transition as our Board President, Dr. Erika Horwitz, concludes her term. It is difficult to adequately express my appreciation for Erika's extraordinary leadership, the countless volunteer hours she has devoted to BCPA, and her unwavering commitment to our Association and, most importantly, to our members. Throughout a period of unprecedented change, Erika led with courage, compassion, integrity, and an extraordinary dedication to the profession. Her commitment never wavered, even when the path forward was uncertain. She

"We navigated them together, with respect for one another, a shared sense of purpose, and a commitment to something bigger than ourselves."

leaves behind an incredible legacy, not only through the work she has accomplished, but through the relationships she has built, the values she has championed, and the foundation she has helped establish for BCPA's future. On a personal note, I am deeply grateful for her guidance throughout our time working together.

Finally, my heartfelt thanks to our Board of Directors, Committee volunteers, and the incredible staff at BCPA. Your dedication, generosity, and belief in the importance of this work are what make our Association so special. This was not an easy year, and there were moments that tested us. But we navigated them together, with respect for one another, a shared sense of purpose, and a commitment to something bigger than ourselves.

If this year has taught me anything, it is that the strength of BCPA lies not simply in what we accomplish, but in how we come together to accomplish it.

Thank you for your trust and commitment, and for being part of this remarkable community!

Laura Darch

Laura Darch
Executive Director



MESSAGE FROM THE TREASURER

Dr. Francois Botha

This past year was one of significant change for psychologists in British Columbia, and BCPA approached its financial planning with a focus on ensuring the Association had the resources and flexibility needed to respond effectively.

With the transition to the Health Professions and Occupations Act (HPOA) and the implementation of new College bylaws, the Board made a deliberate decision to invest additional resources in advocacy and legal consultation. We began the year with robust financial planning, recognizing that the evolving regulatory environment would require BCPA to remain nimble and prepared to respond as new information and issues emerged.

There was also uncertainty surrounding Continuing Education (CE). With legacy College guidelines no longer in force and CHCPBC developing its new Professional Quality Practice Program (PQPP), it was difficult to predict how these changes would affect CE participation and revenue. Despite this uncertainty, BCPA continued to offer high-quality programming that responded to the needs of the psychology community, including opportunities to deepen knowledge of the HPOA, practice protection, ethics, and other areas of psychological practice. While CE revenue was lower than the previous year, it exceeded our budget expectations, reflecting strong programming choices and continued engagement from our community.

"We began the year with robust financial planning, recognizing that the evolving regulatory environment would require BCPA to remain nimble and prepared to respond..."

Membership also continued to grow, strengthening an important source of revenue for the Association. As psychologists navigated a changing professional and regulatory environment, they continued to turn to BCPA for information, connection, professional support, and advocacy. We are proud to now represent a community of more than 1,000 members across British Columbia.

"We balanced the need to invest in advocacy, legal expertise, communications, and member services with our responsibility to manage the Association's resources carefully."

We also made a modest adjustment to our staffing model, dividing one Communications Specialist position between two team members and adding a small number of additional hours. This investment expands our communications capacity and will support BCPA's continued efforts to strengthen public awareness, deliver effective campaigns, and educate British Columbians about the expertise and value psychologists bring to individuals, families, communities, and the health-care system.

Throughout the year, the Board reviewed the Association's financial position monthly, monitoring revenues and expenses against the approved budget and making adjustments where appropriate. This regular oversight allowed us to respond thoughtfully to emerging priorities while maintaining strong financial stewardship.

Overall, BCPA ended the year in a strong financial position. We balanced the need to invest in advocacy, legal expertise, communications, and member services with our responsibility to manage the Association's resources carefully. As we enter the coming year, BCPA remains financially well positioned to respond to change, support our growing membership, and advance the profession of psychology across British Columbia.

Francois Botha

Dr. Francois Botha
Treasurer



BY THE NUMBERS:

Membership, Partners & Financials

Membership

MEMBERSHIP TYPE	NUMBER OF MEMBERS
Regular without Referral Service	437
Regular with Referral Service	462
Student	47
Provisional	36
Out-of-Province	18
Retired	13
Academic	12
TOTAL MEMBERS	1,025

Thank you to our generous partners!

Financial Overview

REVENUE	
Membership Dues	$360,699
Continuing Education	$64,096
Advertising	$20,462
Commissions	$22,449
Investment & Other Income	$20,763
TOTAL REVENUE	$488,469

EXPENSES	
Administration	$268,797
Operations	$77,899
Subcontractors: Feasibility Project (grant-funded)	$86,532
Board & Committees	$8,461
Continuing Education	$11,113
Amortization of Capital Assets	$1,468
TOTAL EXPENSES	$454,270

TUNE IN

BCPA has a Podcast!

What began as an idea years ago became a reality in 2026 with the launch of Inside Your Mind, BCPA's podcast, recorded and produced in-house at the BCPA office with professional equipment and hosted by retired psychologist Dr. Wolfgang Linden.


Dr. Wolfgang Linden

Six full episodes featuring seven guests were released between February and June, creating a space for accessible and engaging conversations about mental health and psychology. Shared across BCPA's social media channels, the podcast gave the general public an opportunity to hear directly from psychology experts and discover trusted perspectives in a format that feels personal, relevant, and approachable.

Thank you to our host, guests, and everyone who helped bring this project to life. This is just the beginning. Season 2 is coming!



EPISODES

1 BEYOND THERAPY: WHAT IS A PSYCHOLOGIST? (AND HOW THEY CAN HELP YOU) | Dr. Debbie Leung, Dr. Simon Elterman

2 TRAUMA SHAPES LIFE - FINDING YOUR WAY TO HEAL | Dr. Erika Horwitz

3 IMPACTS OF SELF-ABANDONMENT: RECONNECTING WITH WHO YOU ARE | Dr. Taravat Ostovar

4 ANXIETY UNPACKED: FROM FEAR TO FREEDOM | Dr Chelsey Cohen

5 CAN AI REPLACE MY THERAPIST? BCPA AWARENESS MONTH | Gian Hermosura, Doctoral Student

6 RESILIENCE AND COPING IN TIMES OF STRESS AND TRAUMA | Dr. Tanya Elez



ADVOCACY & COMMUNITY ENGAGEMENT COMMITTEE (ACE) UPDATE

A Year Defined by Advocacy, Engagement, & New Endeavours

Dr. Lisa Olhauser, Committee Chair (September 2025 -March 2026)
Dr. Martin Zakrzewski, Committee Co-Chair (April 2026-present)
Dr. Sandra Young, Committee Co-Chair (April 2026-present)

The 2025–2026 period brought continued progress in public engagement and professional initiatives for the Advocacy and Community Engagement Committee (ACE). Throughout the year, the Committee supported initiatives that advanced the profession of psychology, strengthened public awareness, and created opportunities to connect with the broader community.

A major area of community engagement was Psychology Month 2026, which included the launch of Inside Your Mind, the BCPA podcast, with its first two episodes, two virtual presentations, and digital promotion across BCPA's social media channels. The Committee worked to identify relevant topics and speakers, with trauma-informed care as the theme.

The new podcast included six full episodes, recorded and produced at the BCPA office, with retired psychologist Dr. Wolfgang Linden as host. Episodes were distributed from February through June, including content connected to Psychology Month, Mental Health Week, and BCPA Awareness Month. The podcast provides the public with accessible conversations about mental health and psychology.



On the Advocacy Front

ACE continued to support BCPA's engagement on regulatory and government relations matters, including the Health Professions and Occupations Act (HPOA) and feedback on the bylaws of the College of Health and Care Professionals of BC (CHCP-BC). A Task Force, composed of many Committee members, contributed to ongoing review and consultation, as information regarding the new regulatory framework was shared.

ACE maintained engagement with key organizations and systems affecting psychologists and access to psychological services. This included discussions with the First Nations Health Authority regarding provider fees, eligibility and recruitment and engagement with ICBC regarding its recovery network, provider feedback and program processes.

The Committee also supported discussions affecting psychologists working within health authorities, including wages and professional classification. Broader professional issues included recruitment and retention, scope of practice, and opportunities to contribute to initiatives affecting the profession.

Looking ahead, ACE will continue building on this work by advancing its priorities, evaluating future public engagement initiatives and strengthening opportunities for psychologists to contribute to issues affecting the profession and the communities they serve.

Thank you to our ACE Committee volunteers for their time, expertise, and contributions throughout the year.



DIVERSITY & SOCIAL ADVOCACY COMMITTEE (DSAC) UPDATE

Creating Space for Equity, Inclusion & Belonging

Dr. Katherine Martinez, Committee Chair

The 2025–2026 period was a year of continued development and action for the Diversity and Social Advocacy Committee (DSAC). The Committee advanced initiatives supporting diversity, equity, inclusion, and belonging while creating opportunities for psychologists to learn, connect, and contribute to more equitable practices within the profession and broader community.



Dr. Monnica Williams

An important area of work this year was the development and delivery of the Racism, Microaggressions, and Resilience in Psychological Practice workshop. The session explored how racism and systemic discrimination can affect psychological practice, therapeutic relationships, and professional interactions, while providing practical strategies for recognizing and responding to microaggressions.

DSAC also continued developing initiatives to strengthen inclusion within BCPA. The Committee's Statement of Solidarity was approved by the Board and added to the BCPA website, marking the completion of an initiative carried forward from the previous year.

Another initiative that was refreshed by the Committee was the BCPA Diversity Student Bursary, which received seven applications during this renewed cycle. Committee members supported the review process and planned ways to recognize and highlight the recipient. The winner was Elise Calene, and her story was amplified on BCPA's social media channels and website to showcase her commitment to advancing diversity and inclusion within psychology, and the meaningful contributions that made her a deserving recipient of the bursary.

DSAC also strengthened connections beyond BCPA by exploring collaboration with other provincial psychological associations, community organizations, and people with lived experience. These conversations will support future educational opportunities and broaden perspectives within the Committee's programming.

Looking ahead, DSAC will continue developing educational opportunities through a Lunch & Learn series and other programming, while exploring new ways to bring diverse perspectives into these conversations.

Thank you to our DSAC Committee volunteers for their time, expertise, and continued commitment to this work.



MEMBER SERVICES COMMITTEE (MSC) UPDATE

Connecting Members Through Learning, Resources & Community

Dr. Tina Leist, Committee Chair

The Member Services Committee had a busy year adapting to evolving professional requirements while continuing to create opportunities for members to learn, connect, and engage with BCPA. Much of the committee's work centred on making timely information more accessible, strengthening member benefits, and developing programming based on members' needs. At the heart of this work is a simple goal: to support our members in the important work they do, by helping them access resources, learning, benefits, and professional connections that enrich their experience as psychologists.

Continuing education was a major part of this work, with programming addressing the Health Professions and Occupations Act (HPOA), practice protection, and equity in psychological practice. While the HPOA and evolving College bylaws required significant attention and education, our programming also remained responsive to the broader professional interests of members, with workshops on topics including menopause, couples therapy, and ethical practice. The committee was pleased to collaborate with the Diversity and Social Action Committee to plan and deliver the event Racism, Microaggressions, and Resilience in Psychological Practice, presented by Dr. Monica Williams.

Member resources and benefits also progressed during the year. The member resource hub launched in November, with resources shared through the newsletter. New benefit partners were identified, and a member benefits video was developed for the membership renewal campaign and website. The 2026 member survey was also completed and presented, providing feedback to guide future CE programming and enhancements to the Member Benefits Program.

Creating opportunities for members to connect remained an important part of the committee's work, with social events held in Vancouver and Victoria. These events were very well received, and based on positive member feedback, will continue in the coming year. We are especially grateful to Dr. Caroline Klein and Dr. Jason Winters for their collaboration and support in planning and hosting the Vancouver events.

The committee also supported BCPA's recognition of members through the Psychologist of the Year Award. Members participated in the nomination evaluation process, and the winner will be announced at the 2026 Annual General Meeting through a documentary-style video produced by BCPA staff and subsequently released on social media channels.

Looking ahead, the committee will continue using member feedback to shape the 2026–2027 CE calendar and member services in an effort to strengthen the ways BCPA members access resources, education, recognition, and connection.





HONOURING EXCELLENCE, INSPIRING THE FUTURE.

Honouring extraordinary contributions to psychology and recognizing the next generation of leaders who are shaping a more inclusive profession.

This year, BCPA proudly celebrated two remarkable individuals whose experiences, achievements, and dedication reflect meaningful change. Through our Psychologist of the Year Award and Diversity Student Bursary, we recognize both the lasting legacies of those who have shaped our profession and the emerging voices who will help define its future.

DR. PEGGY KOOPMAN

2026 Psychologist of the Year Award
Lifetime Achievement

For more than five decades, Dr. Peggy Koopman has demonstrated an extraordinary commitment to advancing psychology through clinical practice, education, research, and advocacy.

A professor at the University of British Columbia for 30 years, Dr. Koopman has mentored generations of psychologists while dedicating much of her career to supporting undeserved populations. Her groundbreaking work within Canada's correctional system included developing a collaborative mental health model bringing Indigenous Elders and psychologists together, an approach that was subsequently adopted across the country.

From pioneering community-led programs for children affected by abuse to supporting frontline workers during the COVID pandemic, her career reflects an unwavering commitment to compassion, innovation, and social justice.



Honouring a Remarkable Legacy

To celebrate Dr. Koopman's extraordinary contributions, BCPA has produced a documentary highlighting her remarkable career, personal reflections, and lasting influence on the profession. Through her story, we hope to preserve and share a legacy that will inspire psychologists for generations to come.

ELISE CALENE

2026 BCPA Diversity Student Bursary Recipient



Elise Calene is an emerging clinician, researcher, and advocate whose journey reflects resilience, determination, and a deep commitment to creating a more inclusive mental health system.

Drawing on lived experiences of disability, marginalization, and significant personal and financial barriers, Elise has pursued her education with an unwavering commitment to making psychology more accessible and responsive to diverse communities.

Her research and clinical work focus on supporting gender-diverse and Autistic survivors of gender-based violence, addressing gaps in care and advocating for approaches that honour the experiences and needs of marginalized individuals.

Sharing Stories That Inspire

BCPA is proud to celebrate Elise's journey through a feature blog post on our website and a series of social media reels highlighting her experiences, aspirations, and contributions.

By sharing Elise's story, we hope to demonstrate that diversity takes many forms, including lived experiences, disability, identity, and socioeconomic background. Her journey is a powerful reminder that barriers do not define a person's potential and that diverse perspectives strengthen the profession of psychology.

Through this recognition, we hope to inspire others who may not see themselves traditionally represented in the profession to pursue their ambitions and know that their voices, experiences, and contributions belong in psychology.



Honouring Excellence,
Inspiring the Future.

With Heartfelt Gratitude: Celebrating Dr. Erika Horwitz

As Dr. Erika Horwitz concludes her three-year term as President, we wish to share our deepest gratitude for her extraordinary leadership, unwavering dedication, and the remarkable legacy she leaves behind.

Under her leadership, BCPA has grown into something much more than a professional association. It has become a community, a source of connection and belonging, and a professional home for psychologists across British Columbia. Erika understood that a strong association is built not only through advocacy and services, but through relationships, trust, transparency, and a shared sense of purpose. She helped shape our organizational culture into one grounded in collaboration, openness, mutual respect, and a genuine commitment to our members.

Her contributions to advocacy have been equally extraordinary. From navigating the complexities of the Health Professions and Occupations Act and the transition to a new regulatory College, to continuing to champion the integration of psychologists into primary care and protecting the profession's unique scope of practice, Erika has been a thoughtful advocate. She has built meaningful relationships with government, regulators, and other health associations, ensuring that the voices and concerns of psychologists are heard and respected.

But perhaps Erika's greatest contribution is not simply what she has accomplished, but how she has made people feel along the way. She has led with warmth, generosity, humility, and a remarkable ability to bring people together. She has made time to listen, to mentor, to encourage, and to support those around her. Her belief in the people who make up this Association has inspired greater confidence, connection, and pride in what we can accomplish together.

Erika has given so much of herself to BCPA, far beyond what could ever be expected of a volunteer leader. Her time, energy, expertise, and heart have helped shape an Association that is stronger, more connected, and better positioned to serve psychologists for years to come.

Erika, thank you. Your influence will be felt long after your presidency ends, in the relationships you have built, the progress you have led, and the culture you have helped create.

With heartfelt appreciation, from the BCPA Board of Directors, staff, and the community of psychologists across British Columbia.













Celebrating
Dr. Erika Horwitz

THANK YOU!

To our members, thank you for your enduring resilience, trust, and commitment to BCPA. Through a year of change and challenges, your continued support has been a powerful reminder of the strength of our professional community.

As we look ahead, we remain deeply committed to serving our members, strengthening our connections, and advocating for the profession and practice of psychology in British Columbia.

We look forward to another year of growth, collaboration, and shared purpose.

