

## **CALL FOR MENTORS: PAIN SCIENCE DIVISION (PSD) MENTORSHIP PROGRAM**

The PSD is committed to providing resources and opportunities for professional development in the field of pain, with the ultimate objective of raising the quality of physiotherapy care for Canadians living with pain. To this end, the **PSD is continuing to support a mentorship program**. Mentorship is not to be confused with coaching or teaching which could be misconstrued as a relationship where the mentee receives information/guidance passively from the mentor. Mentorship instead is conceived as facilitated guidance from the mentor involving collaboration and reflection.

The PSD is calling for an expression of interest **to become a mentor**.

**If you are interested in becoming a mentor, please e-mail the following information to Arthur Woznowski-Vu ([arthur.woznowskivu@gmail.com](mailto:arthur.woznowskivu@gmail.com)) by **May 26<sup>th</sup>, 2018**:**

- 1) Demographics: location of practice and number of years of experience working in pain-related physical therapy practice**
- 2) Brief description of current practice/research.**

We are looking for enthusiastic, non-judgemental, responsive individuals with good active listening skills. In addition, mentors will be accessible and willing to develop relationship with a mentee and assist them in defining goals. Mentors must be willing to commit to a one-year period of mentorship that would likely involve monthly meetings and periodic email correspondence with the mentee. Finally, mentors will typically be experienced (at least 5 years in a pain-related field) and well-connected to resources. The PSD will offer support in setting mentor-mentee boundaries as well as suitable mentorship activities.

New PSD mentors will receive a document to orient them to their role in the PSD mentorship program. Additional support by the PSD will be available via e-mail/phone/Skype.

The upcoming PSD Mentorship 2018-2019 will run from June 1<sup>st</sup>, 2018 to May 31<sup>st</sup>, 2019.

**CALL FOR APPLICATIONS TO BE MENTORED:**  
**PAIN SCIENCE DIVISION (PSD) MENTORSHIP PROGRAM**

PSD is now accepting applications for PSD members wishing to engage in a 1-year mentorship program with an experienced mentor.

**If you are interested in getting mentored, please e-mail the following information to Arthur Woznowski-Vu ([arthur.woznowskivu@gmail.com](mailto:arthur.woznowskivu@gmail.com)) by **May 26<sup>th</sup>, 2018**:**

- 1) Demographics:** age and location of practice (city/town, province)
- 2) Description of Practice:** What setting do you practice in? What specific aspects of Pain Science are you interested in?
- 3) Did you apply last year? We'll do our best to make sure you are paired this time around.**
- 4) Future Professional Goals:**
  - Short Term Goals: List your professional goals for the coming year. Be as specific as possible, and indicate how you will assess if the goal was accomplished (expected outcome)
  - Long Term Goals: List your professional goals for the next 3 to 5 years. Again, be specific, and indicate how you will assess if the goal was accomplished.

If we are able to pair you with a mentor, a \$30 administration fee will be assessed + \$35 PSD member fee (if not already a member). Selection criteria will be primarily based on the availability of an appropriate mentor and the clarity of the mentee's goals for the program. Students are welcome to apply, though preference will be given to practising physical therapists.

The upcoming PSD Mentorship 2018-2019 will run from June 1<sup>st</sup>, 2018 to May 31<sup>st</sup>, 2019.

**Additional information for interested applicants:**

Mentorship is defined as a process whereby an experienced, highly regarded, empathetic person (the mentor) guides another individual (the mentee) in the development and re-examination of their own ideas, learning, and personal and professional development. The PSD is looking for enthusiastic, non-judgemental, responsive individuals who are open to feedback and are reflective. In addition, mentees will take responsibility for the mentorship relationship, be respectful of the mentor's time, be prepared for mentor meetings, and be pro-active in identifying areas for improvement.

Components of the mentorship program:

- 1) The PSD will facilitate a connection between potential mentees and mentors.
- 2) The PSD will provide information on attributes of effective mentors and mentees as well as a proposed agenda and contract for mentees and mentors to use on their initial meeting.
- 3) Subsequent meetings will be based on negotiations between mentor and mentee, however the PSD suggests the following strategies/activities:
  - a. Regular meetings (e.g. monthly, formally up to 1 year) with a pre-set agenda
  - b. Establishing mentee's professional and social priorities and the time management tactics to meet and balance them
  - c. Creating a framework for reflection (the PSD can provide some guidance)
- 4) The PSD will host a mentee/mentor social at CPA Congress
- 5) The mentee will be required to submit a short report about their mentorship experience within three months of the end of the formal mentorship period.