

# CPA Counsellor

Newsletter of Counselling Psychology Section of the  
Canadian Psychological Association

May 2013

## Message from the Chair



### Ada L. Sinacore

It has been a busy and exciting year, so as a new addition to this newsletter I have added a section called, *A FEW NOTES FROM THE EXECUTIVE*. Please read it, as it highlights the hard work of the very dedicated members of the executive committee. At this time, I would like to thank each one of them for their invaluable contribution to the Section. I would especially like to acknowledge Jose Domene (Past-Chair) Jessica Van Vliet and Jennifer Thanhauser (Members-at-Large) who will be completing their terms of office this June. Thank You!!

That being said, the time for CPA's annual convention is fast approaching and I hope to see many of you there. This year's conference is in Quebec City, from June 13 to 15. There will be plenty of counselling psychology-specific programming at the conference, including section events, poster session, nine symposia, six conversation sessions, two workshops, and four theory review sessions.

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The link to register is:

<https://web.cpa.ca/registration/index.php?page=login1>

Here are some important Convention Highlights

### Section Business Meeting

**3:00 PM – 3:55 PM Room 205B**

Come discuss developments within the section over the past year, and propose new business to the Section Executive. Section members may vote in the election for the two Members-at-Large and Chair-Elect. (See bios of those section members already nominated for these positions in this newsletter – if you are interested in running please contact the Section Chair, [ada.sinacore@mcgill.ca](mailto:ada.sinacore@mcgill.ca)). This year one key item of business is to discuss the headway being made on developing counselling psychology accredited internship sites.

### Section Keynote Address

**4:00 PM – 4:55 PM Room 205B**

Storytellers: Examining the Role of Qualitative Evidence for Practice.

Beth Haverkamp

We are pleased to have Dr. Beth Haverkamp from the University of British Columbia as our keynote speaker this year, presenting on the topic of the role of qualitative evidence for practice.

### Section Reception

**5:00 PM – 5:55 PM Room 205B**

Join us at the section reception to celebrate with our new fellows and student award winners. The reception is an opportunity to network and reconnect with colleagues. Snacks and beverages will be provided.

### Sunday Brunch – Just a few places left – RESERVATIONS REQUIRED!

As a follow-up and to plan future directions (e.g., a second conference) arising from the Inaugural Canadian Counselling Psychology Conference (ICCP), the Section is sponsoring a brunch meeting immediately following the CPA conference in Quebec City. You are invited to attend and participate in a dialogue that will help shape the future of the section and discipline in Canada.

Date: Sunday June 16<sup>th</sup>

Time: 9:30 - 11:30 am

Location: To be determined, but at or near the conference

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hotel.

If you are interested please respond ASAP to the section Chair, Ada Sinacore at ada.sinacore@mcgill.ca

**In addition these highlights don't miss the exciting Counselling Psychology Programming at the 2013 Convention.**

#### **Thursday June 13**

Poster: Section poster session 11:00 AM-12:55 PM

##### Section Events:

Section Business Meeting 3:00 PM – 3:55 PM

Section Keynote 4:00 PM – 4:55 PM

Section Reception 5:00 PM – 5:55 PM

##### Symposium

Relational Processes in the Context of Life Transitions and Challenges.

**Natalee E Popadiuk, Richard A Young, Jose F Domene, Emily Polak** 1:00 PM to 2:25 PM

#### **Friday June 14**

##### Symposium

The Canadian Integration of Different Immigrant Populations. **Anusha Kassin, Negin M Naraghi, Julie Cohen, Megan Suehn** 7:30 AM to 8:55 AM

Using Qualitative Methods to Explore Racial Microaggressions at a Canadian University.

**Lisa Spanierman, Sara Houshmand, Gauthamie Poolokasingham, Sela Kleiman, Mariam Najih** 7:30 AM to 8:55 AM

Career Psychology Theories and Immigrants' Career Wellness. **Charles Chen, Karen G.I. Lau, Barbara J. Mancini** 12:30 PM to 1:55 PM

Voices from the Diaspora: A Feminist Analysis of Intergenerational Trauma. **Freda Ginsberg, Beheshta Jaghori, Shohreh M. Rezazadeh** 12:30 PM to 1:55 PM

##### Conversation

You Can Take It with You: The Abiding Nature of Empathic Connections.

**Sharon Myers** 10:00 AM to 10:55 AM

Intersections of Art and Disability: Implications for Individuals Living With Impairment.

**Jennifer Titus** 10:00 AM to 10:55 AM

Remaining Healthy on the Job: Factors that Influence the Decision to Seek Help In A Police Population.

**Carolyn Burns** 12:30 PM to 1:25 PM

Wellness and Self-Care in Counselling Psychology Practice and Graduate School.

**José Domene** 12:30 PM to 1:25 PM

Building Relational Connection: Teaching Counselling Psychology within a Blended Learning Environment.

**Jennifer Thannhauser** 2:00 PM to 2:55 PM

Exploring Psycho-Spiritual Coping from a Pentecostal-Charismatic Framework.

**Sandra Dixon** 2:00 PM to 2:55 PM

##### Theory Review

Converge Theories in Career Psychology

**Charles Chen** 10:00 AM to 11:25 AM

Self-Compassion through a Cultural Lens.

**Jessica Van Vliet** 10:00 AM to 11:25 AM

Psychological Assessment As Therapeutic Intervention: Theoretical Explanations of Treatment Benefit.

**William Hanson** 10:00 AM to 11:25 AM

Theory Review Session.

**Kathy Lachapelle-Pétrin** 10:00 AM to 11:25 AM

##### Workshop

Too Sensitive!: The Theory and Practice of Working With Sensitive and Introverted Adults.

**Susan Meindl** 2:30 PM to 4:25 PM

#### **Saturday June 15**

##### Symposium

How to Practice What We Preach: Applying Social Justice within Counselling Psychology.

**Barbara Kennedy, Carmen Thompson, Barbara Pickering** 10:00 AM to 11:25 AM

Engagement: Practices to Support Client, Therapist and Youth Engagement in Therapy and in The Community.

**Eric Morris, Robin Grumet, Alisha Henson** 11:30 AM to 12:55 PM

Bullying in Schools: The Influence of Systemic and Diversity Factors. **Ada Sinacore, Jennifer Bruce, Sasha Lerner, Chao-Mei Chiang** 3:30 PM to 4:55 PM

An Introduction to the Cognitive Error Rating System and the Coping Patterns Rating Scale: New Measures in Psychotherapy Process and Outcome Research.

**Sara Antunes-Alves, Evgenia Milman, Amanda Sheptycki** 4:00 PM to 5:25 PM

##### Workshop

Counselling South Asian Clients: A Systemic and Empirically Based Mental Health Assessment Model.

**Sonya Sehgal** 10:00 AM to 11:55 AM

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## A FEW NOTES FROM THE EXECUTIVE

### Reflecting on getting involved in the section: The perspective of a Past Chair, Dr. José Domene



As I end my tenure as “Past Chair” of the CPA Counselling Psychology Section Executive and look back over my involvement in the section, several things stand out for me. We might not be the biggest or the most specialized section, but I’ll wager that we are among the most involved and active of sections in CPA as a whole. It is always a pleasant surprise to see so many of our section members who are interested enough in the ongoing work of the section to attend and participate actively in our annual business meetings. This speaks to the vitality of our membership, as well as how active the section is in seeking growth and positive change for counselling psychology in Canada.

It was also fantastic to see on so many occasions, section members who perceived a need related to counselling psychology in Canada and, instead of merely complaining, jumping in to achieve the change they desired. In the time that I have been involved with the section, this process of taking steps to address needs has led to such things as the development of a Canadian definition of counselling psychology published in a CPA journal; current, ongoing efforts to address the problem of insufficient accredited pre-doctoral internships; and the beginnings of a systematic movement to document and archive our history as a discipline in Canada. Clearly, we are an active section within CPA, with members who are not afraid to advocate for change, or to do the hard work that it takes to make change happen.

A final thing that has stood out for me is just how easy it is to get involved in the work of the section, at whatever level is comfortable a member finds comfortable. My own journey began with work on a particular sub-committee, then helping out with maintaining the section web-site, and then into a leadership position on the executive itself, as Chair and now past Chair. At every step of the way, I was encouraged and supported by colleagues within the section. I also encountered many individuals who had absolutely no

desire to serve on the Exec, but were more than willing to step up for a time, or in a particular capacity that they felt comfortable in, whether it was volunteering to help re-write by-laws, or serving on the sub-committee on pre-doctoral internships, or assisting with reviewing conference submissions or adjudicating student awards, or contributing material to this newsletter.

The fact that you are reading this newsletter suggests that you are interested in counselling psychology in Canada. As such, I would encourage you to think about ways to get involved in the work of the section, to whatever degree that you feel comfortable. This might take the form of attending our annual general meeting to hear more about the ongoing work of the section on one end, to standing for election for one of the vacancies on the section executive on the other (and there’s also lots of ways to get involved in between these two poles). We are a friendly and supportive bunch, and we are definitely interested in hearing your perspective.

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### Secretary-Treasurer, Dr. Anusha Kassan

I am currently half-way through my two-year term as the Secretary-Treasurer for the Counselling Psychology Section of the Canadian Psychological Association. Thus far, I have enjoyed being part of the Executive Committee, as it has allowed me to connect with Counselling Psychologists across the country, remain informed about what is occurring in our discipline at a national and international level, and provide input into the future directions of our Section. My primary responsibilities as Secretary-Treasurer have included a) balancing the Section's account, b) submitting a yearly budget of the Section's financial activities; c) issuing cheques for the Sections's travel grants and awards; and d) taking minutes during the Executive Committee's meetings, which typically occur four times per year. In addition, I am in a position to volunteer for or be asked to complete additional tasks, which are of interest to me and are associated with the above mentioned responsibilities. This may include communicating with the accounting department or the members of the Section as well as completing various administrative tasks.

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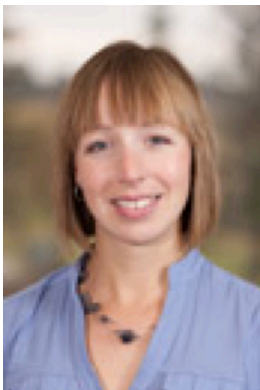
**Member-at-large (Student Awards), Dr. Jessica Van Vliet**



As the executive member responsible for student awards, my role has involved coordinating nominations and adjudication for our section's best dissertation/thesis awards and best master's/doctoral poster awards. A large part of what has made this role rewarding has been the opportunity to view and showcase the exceptional research contributions that graduate students are making in our field. In addition, as an executive member at large, I am involved in our executive's collaborative decision making and envisioning for the future. It has been both a pleasure and a privilege to work with a group of colleagues who are committed to the advancement of Canadian counselling psychology.

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**Member-at-large (Review Coordinator), Dr. Jennifer Thannhauser**



The Review Coordinator is responsible for organizing review of abstracts submitted to the Counselling Psychology section for the annual CPA Convention. Specifically, the Review Coordinator identifies eligible reviewers within the Counselling Psychology section and assigns abstracts for review, making all attempts to avoid conflict of interest and avoid bias in the review process. The Review Coordinator is responsible for ranking all accepted submissions for the Convention. The majority of work typically occurs between November and January, with the heaviest work occurring in

early December. In addition to the Convention abstract review tasks, the Review Coordinator contributes to the general tasks of the Counselling Psychology section executive.

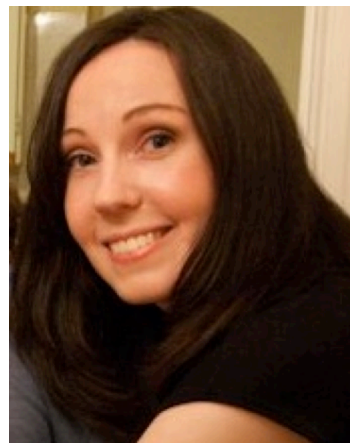
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**The ad-hoc Pre-doctoral Internship Committee, Dr. Jennifer Thannhauser**

It has been an exciting year for the ad-hoc committee for Pre-doctoral Internships. Last year, the committee put forward several recommendations for addressing the lack of accredited internship placements. This year, the ad-hoc committee met with a representative from the London Health consortium to learn more about the role of consortiums for increasing the number of accredited placements. The committee also worked with Ada Sinacore to put last year's recommendations into action. Ada brought forward the recommendations to the CPA Accreditation Committee and has been working tirelessly to build bridges with the Accreditation Committee and Registrar Melissa Thiessen in efforts to address the issues related to the lack of accredited internship placements for counselling psychology students. Included in these actions will be a session at CACUSS in June to draw attention to the need for accredited internship training programs for counselling psychology students. It is also the committee's intention to facilitate education of existing training programs about the skills of counselling psychology students. Counselling psychologists, in particular members of the Counselling Psychology section of CPA, are also encouraged to become involved in CCPPP to advocate for the needs of counselling psychology students. Further action steps by the ad-hoc committee will be guided by Ada's ongoing discussions with CPA's registrar and the Accreditation committee.

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**Student Representative, Jennifer Titus**



As the student representative, my role involves being a liaison between students and the executive of the

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counselling psychology section of the CPA for a two year period of time. Part of my position involves representing student's interests and bringing their issues and concerns to the section executive to be discussed. Further, another part entails communicating relevant developments and news to students (or perhaps more broadly to section members). A third aspect of this position is building connections and promoting dialogue between students in various ways. Practically speaking, the position involves attending executive meetings, during which I provide my own input and at times highlight issues relevant to students. In addition, it involves responding to student inquires and answering their questions, as well as managing the email list for students. Thus far I have enjoyed my position on the executive and being more directly involved in the discipline of counselling psychology in Canada. I am glad that I have had (and will continue to have) the opportunity to work and collaborate with other professionals on the executive and further build or expand my own professional network. Seeing how things work "behind the scenes" has been a great learning experience and for me reinforced the importance of getting involved in relevant professional organizations. In addition, I have found the atmosphere to be very friendly, collaborative and respectful. As such, my own input is elicited and valued, which as a future counselling psychologist is very encouraging!

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## NOMINATIONS FOR EXECUTIVE POSITIONS

### Acceptance of Nomination for Chair-Elect of CPA's Counselling Psychology Section



It is with great pleasure and honour that I accept a nomination to stand for election for the esteemed Chair-

Elect position of the Canadian Psychological Association (CPA) Section on Counselling Psychology. Please allow me to introduce myself and my interest in serving in this capacity, so that you can vote in an informed way.

I joined the Counselling Psychology Section in 2004 as a student member and have retained my membership ever since (currently I am a full member). At present, I am a registered psychologist in British Columbia, practicing in the area of counselling psychology through my private practice in Surrey, BC. I also hold an academic position as an assistant professor in the Department of Psychology at Western Washington University (situated 30 minutes from the Canadian/US border), with primary teaching responsibilities in the mental health counselling and school counselling graduate programs. Prior to my current academic position, I worked for 2 years at the University of Victoria as an assistant professor in the Department of Educational Psychology and Leadership Studies and 1.5 years in a limited term research scholar position at the University of British Columbia in their counselling psychology program. I have also experienced counselling psychology in Canada from a graduate student perspective, having completed a M.A. degree in counselling psychology from Simon Fraser University and a Ph.D. in counselling psychology from the University of British Columbia.

I propose that my scholarship, teaching, and service background make me well-equipped to serve the Section membership and represent Canadian Counselling Psychology as the Chair-Elect of our Section. One of my primary scholarly interests pertains to Canadian counselling psychology itself, and I have frequently published in Canadian journals using Canadian participants or sources of data (e.g., Hoover, Bedi, & Beall, 2012) and in collaboration with Canadian counselling psychology doctoral students (e.g., Bedi, Klubben, & Barker, 2012) or faculty members (e.g., Haverkamp, Robertson, Cairns, & Bedi, 2011). My current research program includes defining the characteristics of Canadian counselling psychology in relation to Canadian counsellor education (e.g., Domene & Bedi, 2013), Canadian clinical psychology (Bedi, Klubben, & Barker, 2011) and American counselling psychology (Bedi, in progress). In terms of my teaching, I have taught numerous counselling psychology courses at the University of Victoria and the University of British Columbia since 2002, and expect to continue to teach at the latter institution as a sessional instructor and contribute to the education and training of future counselling psychologists. In terms of participation and service to the profession in Canada, I have excitedly served as the co-Chair of our Section's Executive Committee on the Definition of Canadian Counselling Psychology from 2006 to 2010 (Bedi, et al., 2011) and have presented at CPA conferences and attended Section Annual General Meetings every year since 2007.

I am eager to serve each and every one of you and work towards supporting the health and welfare of Canadian Counselling Psychology, including increasing public and

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professional awareness of our discipline and what we have to offer.

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### **Nomination for Member at Large of Counselling Psychology Section Executive Committee**

Canadian Psychological Association  
Dr. Natalee Popadiuk, R.Psych.  
April 2013



I would like to be considered for either of the Member at Large positions currently available on the CPA Counselling Psychology Section of the Executive Committee.

After receiving tenure and promotion to associate professor at the University of Victoria this year, I felt that it was time to expand my vision and become involved in providing service at a national level with CPA. There are some strengths that I could bring to this leadership position, including knowledge of and experience with Counselling Psychology programs, accreditation and registration processes, and current trends in the field. I believe that I could benefit the committee based on my scholarly accomplishments and demonstrated successes in the areas of academic research, counsellor education, and clinical practice.

My primary program of research focuses on the influence of relationships on international student transition and adjustment. The unique contribution of my scholarship is the emphasis on how interpersonal relationships impact

international student well-being, adjustment, and academic success. Prior to becoming a professor, I worked in the field as a therapist, including positions at public schools, university counselling services, a government health authority, a non-profit agency, and private practice. One area of clinical specialty was my work with suicidal and bereaved clients. I believe that my clinical expertise, ongoing professional development and training, and ongoing work with clients in private practice are additional assets that I would bring to my position on this committee.

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### **Nomination for Member at Large, Awards, of Counselling Psychology Section Executive Committee**



Dr. Freda Ginsberg, MBA, is a Counseling Psychologist who has had a private consulting practice in Montreal since 2009. Freda received her Ph.D. from Michigan State University in 2002 and has held a range of positions in the field since moving to Montreal in 2001. Specifically, from 2001 to 2002 Freda worked as a Clinical and Research Coordinator at the McGill University Health Centre. From 2002 to 2008, Freda worked in not-for-profit service management in the Jewish community in Montreal, where she oversaw the portfolios of a range of social service agencies and was the CEO for a national Jewish philanthropic organization. Upon completing her MBA in 2009, Freda decided to move to an academic career and is currently an Assistant Professor and the Director of the Ward Hall Counselling Center in the SUNY Plattsburgh Counselor Education Department.

Freda has been an active member of the Section for Counselling Psychology for the past 5 years and served as the Conference Coordinator for the Inaugural Canadian Counselling Psychology Conference held in November 2009. Since 2010, Freda has served in a number of capacities including: Chair of the Section's Archive Project, Reviewer for the Section's Student Poster Award Committee, and Reviewer for the Conference Program Committee. Most recently, Freda has been working with Ada Sinacore as the co-editor of the book on Canadian

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counselling psychology entitled, "Canadian Counselling and Counselling Psychology in the 21<sup>st</sup> Century. Freda would look forward to continuing to dedicate her time and efforts toward the future developments in the Section and serving on the Section Executive in the capacity of Member at Large, Awards.

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#### Psychotherapy Practice Research Network (PPRNet)

The Psychotherapy Practice Research Network is a network of clinicians and researchers who jointly design and engage in practice-based psychotherapy research. We had a very successful inaugural conference in November 2012 in which over 100 clinicians and researchers discussed priorities for psychotherapy research. In the coming year the PPRNet will do a qualitative analysis of the content of the conference break out groups, and use the results of this analysis to develop a survey of clinicians across Canada. The survey will evaluate what clinicians consider to be the top research priorities for their psychotherapy practice.

PPRNet has a growing membership of psychotherapy clinicians, students, and researchers. The PPRNet web site provides resources to the psychotherapy community including, links to practice guidelines, video recorded talks by experts, and an opportunity to participate in practice based research. The web site also hosts the Psychotherapy Research Blog in which the latest research, meta analyses, and reviews are summarized and discussed.

Members of the Counselling Psychology Section of CPA may be particularly interested in joining the PPRNet, as CPA is an important stakeholder of the PPRNet. Further, delegates from the Counselling Section helped to make our premier PPRNet conference in November 2012 a success.

To join and to read the psychotherapy research blog, go to our web site at: [www.pprnet.ca](http://www.pprnet.ca).

Giorgio A. Tasca, Ph.D., C.Psych. Director, Psychotherapy Practice Research Network.

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#### Section 24 Executive

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**Past Chair:** José Domene

**E-mail:** [jfdomene@unb.ca](mailto:jfdomene@unb.ca)

**Secretary-Treasurer:** Anusha Kassan  
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**Member-at-Large (Student Awards):** Jessica VanVliet. E-mail: [jvanvliet@ualberta.ca](mailto:jvanvliet@ualberta.ca)

**Member-at-Large (Review Coordinator):**  
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