

CPA Counsellor

Newsletter of Counselling Psychology Section of the
Canadian Psychological Association

May 2009

Message from the Chair

The return of the robins and the blossoming of crocuses are certain signs that spring is indeed upon us. With spring, our thoughts also turn to the annual convention and the opportunities to renew connections with our colleagues across the country, learn about the most recent research in our areas, and be inspired by the best in our profession. This year, the Counselling Section is exceptionally well represented at the convention with counselling specific presentations in most time slots. The number of these offerings speaks to the volume of work accomplished by our Review Coordinator, Patrice Keats, and her team of proposal reviewers. Thank you Patrice and reviewers!

To aid your conference planning, this newsletter includes a summary of counselling offerings as well as the major CPA sessions. (Please note this summary was based on a preliminary time table and there is always the possibility that some sessions will be shifted prior to the final printing so please check your final conference program for times and locations.) Note: May 14th is the deadline for reduced fee registration for the convention.

The *Executive Committee for a Canadian Understanding of Counselling Psychology* continues with its excellent work. Their extensive research and consultative process is drawing to a close and we expect to be able to vote on a definition of counselling psychology at our Section Business Meeting on

Thursday June 11 in Montreal. If the proposed definition is approved at this meeting, the definition will then be put forward to CPA for approval. This is a significant event in the history of Canadian Counselling Psychology. Come and have your voice heard.

I regret this message would not be complete unless I let my Pollyanna hat slip a little. Although I tend to see my glass as $\frac{3}{4}$ full, it is impossible to ignore the state of the Canadian and world economies and the major impact this is having on individuals who have lost their jobs, businesses and institutions that have lost billions in investments, and governments that are going into deficit. Many of those who are employed are facing severe budget reductions, which are having an impact on the nature of their daily work experience. Locally, we hear that distress lines are busier than ever and I expect this phenomenon is touching other areas in Canada as well. The good news is that, as counselling psychologists, we are well equipped to assist during these troubled times; we have training and expertise in managing transitions and stress, coping skills, crisis management, and career development. This is a wonderful opportunity to consider how we, as individual psychologists, and we, as the Counselling Section of CPA, can embrace Principle IV of our *Code of Ethics*. We do have a responsibility to society! What are you able and willing to do? A few things jump to the forefront of my mind – offering pro bono services, volunteering at a distress centre, maintaining a positive attitude in your work environment, and advocating for mental health needs in a more systemic manner. Regarding this latter point, CPA has paved the way for us to provide information and feedback to the Canadian Mental Health Commission regarding their draft framework (see p. 3 of the latest edition of *Psynopsis*). We might also consider ways of becoming involved in the Commission's work related to stigma. They currently have out Requests for Expression of Interest in anti-stigma projects. See:

<http://www.mentalhealthcommission.ca/English/Pages/AntiStigmaCampaign.aspx> for more information.

Collectively, I expect as a Section, we could generate many additional ideas of what we as individuals and as a Section might do during these times. If you have ideas you would like to share with your colleagues, please forward them to me and I will collate them into a

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listserv message to share with everyone.

I look forward to hearing your suggestions and to seeing you in Montreal. Remember, our Section Business Meeting is 8:00 a.m. on Thursday June 11. Come to meet your colleagues, vote on a definition of counselling psychology, and have a voice in the business of our section.

Respectfully,

Sharon Cairns, Chair
Section on Counselling Psychology
(scairns@ucalgary.ca)

CONFERENCE AT A GLANCE FROM THE COUNSELLING PERSPECTIVE

THURSDAY JUNE 11, 2009

8:00 – 8:55am. Section Business Meeting
Matapédia Convention Floor 60

Come and learn what is currently happening in the section and meet your colleagues who are helping shape the direction of Counselling Psychology in Canada.

9:00–9:55am. CPA Welcoming Ceremony
Joliet, Deluth, & Mackenzie Convention Floor

10:00–10:55am. CPA Presidential Address
Joliet, Deluth, & Mackenzie Convention Floor

11:00–12:25pm. The Challenges and Rewards of Learning Program Development and Evaluation in an Applied Course *Gatineau Convention Floor 80*
Symposium with Sharon Cairns, Carmen Thompson, Jennifer McCormick, and Caroline Buzanko.

12:30–1:55pm. Counselling Diverse Populations: Challenges, Rewards, and Considerations *Richelieu Convention Floor 80*

Symposium with Hajera Rostam, Marie Morrison, Emily Koert, Beheshta Jaghori, and Kasim Al-Mashat.

1:30–2:55pm. Canadian Counselling Psychology: Past, Present, and Future
Peribonka Convention Floor 80

Symposium with Beth Haverkamp, Robinder Bedi, Nick Gazzola, and Sarah Francis.

This symposium will summarize the final report of the *Executive Committee for a Canadian Understanding of Counselling Psychology*, formed in January 2007. The committee membership included members from different work settings, with various primary scopes of practice and different educational levels, and who

resided in a range of provinces and territories (including rural and urban settings). The committee membership also notably differed with respect to age, gender, socioeconomic status, sexual orientation, and ethnicity. The mandate of the Committee was to develop an understanding and definition of counselling psychology applicable to a Canadian context. The Committee conducted an exhaustive review of both academic and professional literature on the discipline of counselling psychology in Canada and also examined relevant international literature. Through critical analysis and discussion, the committee was able to define Canadian counselling psychology, outline its training, regulation, and practices, and compare and contrast it with counselling psychology in other countries and with other related disciplines.

Papers included with this symposium are:

1. Counselling Psychology in a Canadian Context
2. Diagnosis; Counselling and Psychotherapy; Counselling Psychology; Mental Health Counselling; and Clinical Psychology
3. Commentary on the Report from the Perspective of a Counsellor Educator
4. Commentary on the Report from the Perspective of a Clinical Psychologist

3:00–4:55pm. Counselling Posters
Hochelaga 1-6 Convention Floor

4:00–4:25pm. In a Different Voice: Examining the Psycho-social Challenges Men are Facing in Society Today.

Mackenzie Convention Floor 150

Theory Review by Maneet Bhatia, Shafik Sunderani, Christopher MacKinnon, Faria Sana, Ali Lakhani, Nishad Makan.

FRIDAY JUNE 12

9:00–9:55am. Adoption of a Public Health Perspective in the Delivery of Evidence Based Parenting Intervention: Benefits and Challenges
Grand Salon

Honorary President's Address by Matthew Sanders.

10:00–10:25am. Narrative Theory for Career Psychology

Duluth Convention Floor 230

Theory Review by Charles Chen

10:30–11:25am. Towards a Unified Transdiagnostic Treatment for Emotional Disorders

Grand Salon

CPA Keynote Address by David Barlow

11:30–1:25pm. Integrating Eating Disorder and Obesity Prevention Through Shared Risk Factors
Harricana Convention Floor 60
Workshop by Shelly Russell-Mayhew

1:30–2:25pm. Rich False Memories.
Grand Salon
The Family of Psychology Keynote Address by Elizabeth Loftus

2:30–3:25pm. Rethinking Culture in Psychopathology and Clinical Practice
Duluth Convention Floor 230
CPA Invited Speaker (Co-Nominated by the International & Cross Cultural, Clinical, and Counselling Sections) *Laurence Kimayer*

3:00–3:25pm. Practicing Social Justice
Peribonka Convention Floor 80
Theory Review by Michael Mandrusiak and Asa-Sophia Maglio

3:30–4:25pm. Non-suicidal Self-Injury: The Challenge for Counsellors
Peribonka Convention Floor 80
Counselling Section Keynote Speaker Nancy Heath

Non-Suicidal Self-Injury (NSSI) is defined as the deliberate destruction of body tissue without suicidal intent which includes, but is not limited to, self-cutting, burning and hitting. NSSI has been receiving increasing attention in the last decade from media, researchers and mental health practitioners. Mental health practitioners in a variety of community settings are reporting increases in this behaviour. Few report having sufficient knowledge or training in this area. Newly emerging investigations into the prevalence, function, risk and protective factors for NSSI in community samples of youth and young adults report surprising results that mental health practitioners need to know. Based on this new information common myths about this growing problem will be challenged and implications for best practice will be explored.

4:30–4:25pm. Counselling Psychology Reception
Peribonka Convention Floor 80

All members and those considering membership in the Section on Counselling Psychology are invited to attend this reception. In addition to informal networking we will celebrate the excellence of our students by presenting the student awards.

SATURDAY JUNE 13

9:00–10:25am. Client Emotion and Vocal Qualities in Psychotherapy *Peribonka Convention Floor 80*
Symposium with Marilyn Fitzpatrick, Gabriela Ionita, Clare Foa, & Calli Armstrong

9:30–9:55am. Clients as Conversational Agents *Saint-Francois lobby 270 rounds*
Theory Review by Tom Strong and Helen Massfeller

11:00–11:25am. Interdisciplinarity and Counselling Psychology Research: Challenges and Opportunities
Saint-Charles Convention Floor 60
Theory Review by K. Jessica Van Vliet

11:30–12:55pm. The Client is the Best Teacher: Trainee Challenges in Relating and Responding to Client Issues *Saint-Charles Convention Floor 60*
Symposium with Calli Armstrong, Rick Noble, Louise Overington, and Calli Armstrong

1:30–2:55pm. Integrating a Strengths-based Approach in Post-secondary Counselling Settings *Peribonka Convention Floor 80*
Symposium with Janet Miller

Student Section - Annual Convention

Hello Fellow Students.

Just a reminder about a few important events happening at this year's Annual Convention.

First, please join us for the Section Annual General Meeting. This takes place on Thursday June 11, 2009 at 8:00 am. Coffee and pastry will be provided.

The Keynote will take place on Friday June 12th, from 3:00 - 4:25, followed by the Counselling Reception.

Counselling Reception

Please be sure to join us at the Counselling Reception to meet Faculty and counselling members from across the nation. Plenty of hot hors d'oeuvres and refreshments will be served. Student awards will be presented during the reception for the following:

- * Best PhD Dissertation
- * Best Masters Thesis
- * Best Masters Conference Poster
- * Best Doctoral Conference Poster

The Counselling Reception is Friday June 12 4:30 to 5:2

Two Upcoming Changes to the Canadian Journal of Counselling

Kevin Alderson, PhD, Editor

I haven't had the pleasure of meeting most of you, but I am Kevin Alderson, associate professor of counselling psychology at the University of Calgary. I would like all of you to be aware of two upcoming changes to the *Canadian Journal of Counselling*.

First, effective July 2009, the Canadian Journal of Counselling will begin to publish online short case summaries in a new section called "The Practitioners' Notebook." Further details are located in the *Call for Case Summaries* section below.

Second, effective July 1, 2009, CJC will be available online (<http://cjc-rcc.ucalgary.ca/cjc/index.php/rcc>). A hard copy of the journal will continue to be mailed to members of the Canadian Counselling Association and subscribers until October 2009, at which time hard copy will be discontinued. Beginning with volume 44 (January 2010), the journal will only be available online with members and subscribers having full access while other users will have access to all issues prior to the current year only.

Call for Case Summaries Introducing *The Practitioners' Notebook*

We now invite ongoing submissions from practitioners. Beginning July 2009, the Canadian Journal of Counselling will begin to publish online short (between 500 and 1000 words, not including a 50-100 word abstract) case summaries in a new section called "The Practitioners' Notebook." The notebook is intended to provide practitioners with practical and timely information about their successful work with a client. Although these summaries will not be peer reviewed, they are expected to contain two or three recent references that support the approach taken in working with the client. Furthermore, publication acceptance will remain with the editor of the journal, and successful submissions will be edited for content and/or grammar.

As part of your case summary, please include a Title (e.g., *Counselling a High School Student with Severe Exam Anxiety*) and the following headings:

1. Relevant Background History (one or two paragraphs providing the most important background information regarding your client)
2. Presenting Issues (list one to three primary issues affecting your client)
3. Theoretical Approach Utilized – between one and ten words listing the theoretical approach behind your work with this client (e.g., solution-focused, narrative, person-centered)
4. Interventions (what did you actually do with the client?)
5. Outcome (what happened to the client? In what ways did she or he improve?)

Making a Submission to *The Practitioners' Notebook*

Returning Users

1. Go to our website at <http://cjc-rcc.ucalgary.ca/cjc/index.php/rcc>

2. Login with your username and password. Don't worry if you have forgotten your password. Simply go to "Log In" on the top menu and at the bottom of the screen, press "Forgot Your Password?" and then enter your email address. The system will send a message to your email address with instructions for logging in and resetting your password.
3. If not taken there automatically, first go to "User Home" on the top menu.
4. Under "Canadian Journal of Counselling," press "Author."
5. Under "Start a New Submission," press "CLICK HERE" to begin the submission process.
6. Under "Journal Section," press "Section" and choose "The Practitioners' Notebook."
7. Complete the remainder of the submission process as directed.

First-Time Users

1. Go to our website at <http://cjc-rcc.ucalgary.ca/cjc/index.php/rcc>
2. Go to "Register" on the top menu.
3. Create a username, preferably using your first initial and last name as one word.
4. Create a password of at least six characters.
5. Under the section called, "Register as," be sure to check "author." The default will only set you up as a reader.
6. Complete the remainder of this page and press "Register."
7. If not taken there automatically, first go to "User Home" on the top menu.
8. Under "Canadian Journal of Counselling," press "Author."
9. Under "Start a New Submission," press "CLICK HERE" to begin the submission process.
10. Under "Journal Section," press "Section" and choose "The Practitioners' Notebook."
11. Complete the remainder of the submission process as directed.

I now welcome submissions to *The Practitioners Notebook*. Share your expertise with the rest of us so that we can really use this part of the journal as an opportunity to learn from each other.

Summer Institute 2009 - May 25 to 29, 2009 Approaches to Family Counselling in Dual Diagnosis

The focus of this week will be on understanding the nature of family systems, the impact on families of

having a family member with a dual diagnosis and the importance of the family to the person with the diagnosis, approaches to assessment, and support and intervention with families. Participants will be introduced to major theoretical orientations to family counselling and the intervention techniques associated with them. There will also be a focus on the use of creativity, story telling, humour and metaphor in working with families. (<http://www.brocku.ca/dualdiagnosis/index.html>)

Partial Presenter List

Dr. Samuel Gladding, Department Chair and Professor, Department of Counseling, Wake Forrest University, Winston-Salem, North Carolina. Dr. Gladding's areas of specialty include family counselling, professional issues, creative arts in counselling and group counselling. Dr. Gladding is the author of over 100 publications including Community and Agency Counseling (3rd Ed). (2009), Counseling: A Comprehensive Profession (6th Edition) (2009), Family Therapy: History, Theory, and Process (4th Edition) (2007), and Group Work: A Counseling Specialty (5th Ed.) (2008). He is past President of several professional organizations including the American Counseling Association and the Association for Counselor Education and Supervision and he has received many awards for his leadership and service to the counselling profession.

Call for Nominations

Counselling Psychology Section: Distinguished Member Award

The Distinguished Member Award is intended to recognize someone who has made significant contributions to the field as a practitioner or as a researcher. We are looking forward to receiving nominations and presenting the award in Montreal.

In addition to being a member of the Counselling Psychology Section, the nomination criteria include:

Nominee will preferably have been active in the profession for at least 10 years.

Nominee has made a distinguished contribution in one or more of the following ways:

Outstanding counselling service.

- Scholarly research, which has moved the profession of counselling forward.
- Development of counselling materials which has contributed to the provision of service by others.
- Outstanding service to professional association, in particular to the C.P.A.

Counselling Psychology Section.

Other factors that will be considered are:

- Influence of the work to the profession of counseling (e.g., is the work moving the profession forward?).
- Breadth of influence (e.g., how many people have been touched/affected by the work?).

Documentation of these accomplishments can include:

Statement from the nominator providing rationale for nominating this individual.

- Curriculum Vitae of the nominee.
- Sample of work, evaluation of work, letters from clients/colleagues, detailed descriptions of work, publication record, listing of positions held, and/or service contributions.

Please send nominations by May 15, 2009 to: Sharon Cairns (scairns@ucalgary.ca).

Section 24 Student Awards Nominations

Each year, the Counselling Psychology Section makes available 4 student awards. A monetary award of \$100 is presented in each of the following categories:

Best PhD Dissertation
Best Masters Thesis
Best Masters Conference Poster
Best Doctoral Conference Poster

PhD Dissertation and Masters Thesis Awards

For dissertation and thesis awards, students need not be a member of the Counselling Psychology Section; however, the person who nominates the student's work must be a member. The student's work can only be nominated once for each award. The research must have been successfully defended within 2 years prior to the annual award submission date of May 15.

Please submit 2 copies of a maximum 30-page summary of the research study with a letter of nomination from a member of the Counselling Psychology Section to:

Dr. Colleen Haney
Student Award Coordinator
Scarfe Library 287, UBC,
2125 Main Mall,
Vancouver, BC V6T 1Z4
colleen.haney@ubc.ca

NOTE: Submissions must be in APA style. The deadline for submission is **May 15, 2009**

Conference Poster Awards

For conference poster awards, students should be prepared to discuss their poster with two Section 24 members who will come and speak with students during their poster display at the CPA Convention.

Counselling Section Executive

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