

CPA Counsellor

Newsletter of Counselling Psychology Section of the
Canadian Psychological Association

May 2010

Message from the Chair



The robins, crocuses, and tulips are back again reminding us that the annual convention will soon be upon us. Later in this edition of the newsletter, you will find a summary of the convention from a counselling psychology perspective. In addition to the usual counselling psychology program, a number of the pre-conference workshops are of interest to our membership. 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. Once again tremendous thanks go out to Patrice Keats and her team of proposal reviewers who make such a huge contribution to ensuring the quality of the counselling program.

This has been a productive and rewarding year for the section. As of April 22, the Section had a membership of 358, including 155 CPA Student Affiliates, 8 CPA Special Affiliates, 6 CPA Fellows, 3 CPA International Student Affiliates, 2 CPA Honorary Life Fellows, and 2 CPA International Affiliates. A major accomplishment for the Section in 2009 was the completion of the Definition of Counselling Psychology with the CPA Board of Directors approving the definition at their November meeting. Many thanks to the Executive Committee for a Canadian Understanding of Counselling Psychology for bringing our profession to this next level of our Canadian professional identity. Committee members were: Robinder (Rob) Bedi (co-Chair), Beth Haverkamp (co-Chair), Romeo Beatch, Douglas Cave, José Domene, Greg Harris, and Anne-Marie Mikhail. Thank you!

The next major initiative was the formation of a committee to conduct an in-depth, systematic review of the proposed changes to the accreditation standards and providing the CPA Accreditation Committee with feedback regarding potential implications for Counselling Psychology. Many thanks go to committee members Ada Sinacore, Emily Kerner and Lara Cross for accomplishing this goal. The final major project for the year was a review of our Section by-laws. This committee's work is nearing the end and we hope to have a draft set of by-laws for the membership to vote on in Winnipeg at our business meeting (Thursday June 3 at 2:00). The by-laws committee is comprised of José Domene, Audrey Kinzel, Tanya Mudry, and myself.

With the above major projects nearing completion, the Section is turning its attention to furthering the profession of Counselling Psychology in Canada. Therefore, this year instead of having a keynote speaker at the conference, we will be having a keynote panel comprised of: Ada Sinacore, Timothy Osachuk, Jennifer Thannhauser, and Heather MacIntosh talking about *Accreditation and Internships: Developing the Infrastructure of Canadian Counselling Psychology*. This session will be held at 4:00 p.m. on Saturday. One of the issues that comes up with accreditation is the dearth of Counselling Psychologists who are trained as site visitors. As such, I would strongly encourage anyone with an interest in this area to

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attend the CPA Site Visitor Training Workshop to be held from 10:00 to 3:55 on Saturday June 5th. Our Counselling Reception will be held at 5:00 on Saturday June 5th where once again we will be recognizing our 2010 award winners.

The work of the sections is largely dependent on individuals who freely and generously volunteer their time and talents. In addition to the aforementioned committee members, it is important to recognize the contributions of your executive team: Vivian Lalande (Past Chair), Shelly Russell-Mayhew (Secretary-Treasurer), Patrice Keats (Member at Large - Review Coordinator), Colleen Haney (Member at Large - Student Awards), and Reana Saraceni (Student Representative). Our Web Master is José Domene, and our Newsletter Editors are Michael Huston and Olga Sutherland.

In closing, I am incredibly grateful to all of the people who have supported me in the role of chair these past two years. Serving the Section has been an incredibly rewarding experience and I strongly encourage you to consider letting your name stand for one of the positions open for election for the coming year.

Respectfully,

Sharon Cairns,
Chair, CPA Section on Counselling Psychology

Report from the Counselling Psychology Section Accreditation Standards Review Committee

Ada Sinacore, McGill University, **Emily Kerner**, McGill University

Following the initiative of the Executive Committee for a Canadian Understanding of Counselling Psychology, a committee was developed to review the current CPA accreditation standards. Members of this committee were: Dr. Ada Sinacore (Chair, McGill University), Emily Kerner (McGill University), and Lara Cross (University of New Brunswick). The mandate of this committee was to review the proposed accreditation standards, and provide the executive committee with recommendations as to how the standards relate and apply to training in science, practice, and philosophy that is unique to the discipline of counselling psychology.

Process

The accreditation document includes three sections: 1) Standards for Accreditation of Doctoral Programmes in Clinical, Counselling, and School Psychology, 2) Standards for Accreditation of Internship Training Programmes in Clinical, Counselling, and School Psychology, and 3) The Roles and Responsibilities of

the Site Visit Team in the Process of Accreditation and Re-Accreditation. The committee initially reviewed each of these sections to gain an overall understanding of their purpose, goals, and language. Our initial impressions were that the accreditation standards, as currently constructed, unfairly favored clinical psychology. In the committee's opinion, the document did not attend to the uniqueness of counselling psychology, which we believed problematic for the advancement and promotion of counselling psychology in Canada.

Noticing that the accreditation document also had separate sections for the accreditation of doctoral programmes and internships in clinical neuropsychology, our committee decided to review this specific document to explore the ways in which the language and training focus differed from the document for clinical, counselling, and school. This provided us with a greater understanding of what criteria for a specific discipline would look like. We were interested in understanding what made clinical neuropsychology different from the three other disciplines in professional psychology, as well as how these differences were communicated in the document. Through conference call discussions, we concluded that the main area of difference was in the acknowledgment that clinical neuropsychology required specialized training (e.g. neuroscience courses, specialized assessment instruments), and clinical experiences (consultation around cognitive and psychological functioning of patients with neurological disorders). In conducting this review, we concluded that, similar to clinical neuropsychology, counselling psychology was sufficiently different from clinical and school psychology to warrant recommendations that were counselling psychology specific.

If we were to provide recommendations that centered on the uniqueness of counselling psychology, we needed to identify what distinguishes it from other areas of professional psychology. This led us back to the report from the Executive Committee for a Canadian Understanding of Counselling Psychology to review their comprehensive definition of counselling psychology. This definition highlights the unique philosophy and worldview of counselling psychology, including its focus on wellness, positive growth, multiculturalism, collaboration, educational and developmental interventions, prevention, advocacy, and the use of a variety of methodological and epistemological perspectives in research. This definition provided us with a framework from which to critique the current accreditation documents, and suggest recommendations that would be most relevant to counselling psychology. Using this definition, we conducted a more critical review of the three sections of the accreditation document,

highlighting areas in which we could emphasize the uniqueness of counselling psychology and create a more inclusive document.

Through our review, it became evident that the central way in which the current document failed to reflect counselling psychology was in its implicit assumption of the uniformity of the disciplines of professional psychology. For instance, the criteria for doctoral research training outlines quantitative research design and statistical methods, while the clinical training criteria focuses on psychodynamic, cognitive-behavioral, and interpersonal approaches only. There is little mention of qualitative research, multicultural and feminist therapies, or career psychology; all areas of training that are not only specific to counselling psychology, but are foundations of the discipline. With the omission of these areas, the document appeared to the committee not to acknowledge the differences in philosophies across clinical, counselling, and school psychology.

The next step for the committee was thus to revise the language of the document to be more inclusive, overarching, and definitive about the uniqueness of the disciplines. Our aim was to provide recommendations for the creation of a document that reflected an understanding of counselling psychology as having a unique philosophy and worldview that is different from the disciplines of clinical and school psychology.

This review resulted in our committee's decision to recommend counselling psychology specific accreditation standards. As such, we suggested revisions, additions, and deletions to the current document in order to make the language more inclusive.

Recommendations

Overall, our major recommendations spanned two key areas:

- 1) We recommended the addition of language that was reflective of the unique philosophy and worldview of counselling psychology.
- 2) We recommended revisions to the document that would allow for each of the disciplines to structure their training around their own unique focus.

Key examples of our recommendation for counselling-specific language include recognition in the document that many counselling psychology programmes are housed within faculties of education, and several are moving to non-departmentalized models. The current document suggests that counselling psychology programs may lack high

standards, as they are not housed in psychology departments. Our recommendation was thus to include criteria that reflect the multidisciplinary nature of many counselling psychology programs, as well as the strength of such a focus for professional training. Relative to training, we recommended the recognition of counselling-related areas such as qualitative data analysis, educational-developmental interventions, prevention, career psychology, multiculturalism, feminism, and education and diversity studies. We also recommended including language that reflected a broad understanding of cultural diversity (e.g. encouragement of nominations of faculty and staff who represent a broad range of cultural diversity, including gender, language, race, ethnicity, sexual orientation, disability, and geographic regions).

In reference to our recommendations regarding revisions to the current document, we suggested that key individuals involved in evaluating programmes and internships (i.e. site visitors), as well as those responsible for training students (e.g. faculty, supervisors), maintain knowledge about the unique philosophy and worldview of the programme's discipline. More specific to the site visit, we recommended that programmes be evaluated relative to their commitment to the unique philosophy and worldview of their discipline. It was our belief that recommendations of this kind would allow for each doctoral and internship training programme to situate itself within its own discipline, and structure its training accordingly.

Communication of Final Recommendations

Through conference calls and the sharing of drafts of the revisions, a final draft of each section of the accreditation document was created. The three sections were then compiled into one final document, which included the current criteria, as well as our committee's line-by-line recommendations for revisions to the language, additions, or deletions. This document was then forwarded to the executive committee for review, wherein a summary of the committee's recommendations was sent to the CPA Committee on Accreditation.

Convention 2010 From a Counselling Perspective

Preconference Workshops

While we do not have a Counselling Section sponsored pre-conference workshop, several of the offerings are very relevant to our practice.

Mental, Spiritual and Emotional Health of Aboriginal Peoples and Other Diverse Populations: Theory, Research and Practice by **Teresa Janz & Dana Bova**.

Competent to Supervise? How do we Prepare Students for Supervision by **Elizabeth Church**.

Advocating for the Science and Practice of Psychology: The How, What, When, Where and Whys sponsored by the Canadian Psychological Association

Thursday June 3

1:00 – 1:55 Co-Sponsored Invited Speaker: **David Hodgins** - Beating the Odds: Promoting Self-Recovery from Gambling Problems with Brief Motivational Interventions.

1:00 – 1:55 Conversation Session Round Table: **Paul Jeary, Vivian Lalande, K. Jessica Van Vliet**.

2:00 – 2:55 ***Section Business Meeting***
Please come and vote on our proposed new bylaws and vote in your next executive committee.

3:30 – 4:55 Symposium: **Sharon Cairns, Angela Bardick, Jenn Winters, Sarah Mastoras, Emma Climie**. Developing Competency in Program Development and Evaluation.

4:00 – 4:55: Conversation Session Round Table: **Vivian Lalande**

Friday June 4

10:00 – 11:25 Conversation: **Peter Henderson, Heather MacIntosh**. The 6th Revision of the Accreditation Standards and Procedures for Doctoral Programs and Internships in Professional Psychology. Note: While this is not a Counselling Section session, the revisions have implications for our programs and internships.

4:00 – 5:25 Symposium: **Pamela Button, Christopher Duggan, Michael Sornberger**. Stress and Coping in First Year University.

Saturday June 5

10:00 – 11:25 Symposium: **Kaori Wada, Alexandra Lemer, Emily Kemer, Beheshta Jaghon**. Envisioning Future: Counselling Psychology Students Speak

10:00 – 3:55 Workshop: **Peter Henderson, Heather MacIntosh**. CPA Site Visitor Training Workshop. Note: While this is not specific to Counselling Psychology, it is extremely important that we have more Counselling Psychologists on the site visitor roster. Currently there is a shortage. When counselling programs are being reviewed it is critical to have a counselling psychologist on the team.

1:00 – 2:55 Poster Session Counselling

4:00 – 4:55 Section Keynote Panel: **Ada Sinacore, Timothy Osachuk, Jennifer Thannhauser, Heather MacIntosh**. Accreditation and Internships: Developing the Infrastructure of Canadian Counselling Psychology.

5:00 – 5:55 Counselling Psychology Reception. Come and help us celebrate our best. Section award winners will be honoured.

The Inaugural Canadian Counselling Psychology Conference

Ada Sinacore, Ph.D., Conference Chair

WHEN: November 19, -21, 2010

WHERE: Faculty Club, McGill University, Montreal, Quebec.

CONTACT: inauguralccpc.educ@mcgill.ca

In June 2009, at the Annual Canadian Psychological Association Meeting, the Section for Counselling Psychology put forth a definition of Canadian Counselling Psychology. This definition offered the opportunity to clarify and solidify Counselling Psychology's unique contribution to applied psychology in Canada.

Building on this definition, and to further this initiative a conference is being organized. The goal of which will be to, document the history of Canadian Counselling Psychology, identify the current state of the discipline, and to conceptualize future directions.

Gatherings similar to *The Inaugural Canadian Counselling Psychology Conference* have been held over the decades by the American Psychological Association, Division 17 (Counselling Psychology)

and have served an essential role in the development and unification of the discipline. Borrowing from this US model, our Canadian conference will serve the function of opening a Pan Canadian Dialogue with regard to the discipline, its identity and future.

The Inaugural Canadian Counselling Psychology Conference structure is designed to maximize input from counselling psychology professionals and students from across the country. First, the gathering will be a working conference, wherein there will be six key topic areas with respective symposia and discussion groups. Specifically, these 6 areas were derived from the definition put forth by the Counselling Psychology Section of CPA as described above and include:

- Professional Issues and Identity
- Multicultural Counselling, Social Justice and Advocacy,
- Career Development
- Counselling, Training and Supervision
- Research and Scientific Issues
- Health, Wellness and Prevention

To generate conference scholarship, a call for symposium papers and student posters will be put forth, requesting abstracts in the 6 topic areas. At the conference, Symposia Chairs, leading Canadian experts on their topic, will facilitate a topic specific symposium. To compliment the symposia, conference participants will sign up for discussion groups to explore one of the 6 topical areas in depth over the course of the gathering. Specifically, the goal of the discussion groups will be to document the historic and current status of the topic at hand, as well as put forward recommendations for future areas of development. At the end of each day of the conference, a representative from each discussion group will provide a summary to entire conference delegation and a question and answer session will ensue. Hopefully, these discussions will be carried over to the CPA Annual Gathering in June 2011, as well as, be integrated into the publication of the conference proceedings.

The **Inaugural Canadian Counselling Psychology Conference** is committed to student involvement and to capturing student's views on the future of the discipline. Specifically, students will be encouraged to submit abstracts on one of the 6 topic areas for a poster session and wine and cheese reception entitled, "Posters, Pool & Pinot Noir". In addition, students will be invited to attend symposia and participate in discussion groups as equal members. Last, a student committee will be organizing student specific sessions and social events.

Thus, with CPA reviewing accreditation criteria for

applied psychology programs and the APA movement away from Canada, the time is ripe for Canadian Counselling Psychology to take stock of itself as a profession. To this end, **The Inaugural Canadian Counselling Psychology Conference** is sure to be a landmark event in the discipline. Don't miss this opportunity to get involved! For more information about the conference and to sign up for the conference listserve and website launch announcement.

E-mail: inauguralccpc.educ@mcgill.ca.

Newly Published Books by Canadian Authors

Social Constructionism: Sources and Stirrings in Theory and Practice by Andy Lock & Tom Strong.

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