

Issue no-2
May 2016

Kaleidoscope

Newsletter of the Counselling Psychology Section
Canadian Psychological Association



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Kaleidoscope focuses on teaching, scholarship and practice for Counselling Psychologists and graduate students in training. We're proud to offer quarterly newsletters and an active new blog site to our membership and hope that you will feel inspired to give us your feedback and become even more involved with our growing community.

www.cpacounselling.wordpress.com

Rob Bedi

CHAIR EDITORIAL

As I am getting ready to end my two year term as Chair of the Section and take on more of a mentorship and consultancy role as Past-Chair, I feel extremely pleased at what has been accomplished over the last few years. In particular, how actively involved the Executive members have been in bettering the field in Canada, and the many new people who either joined the Section or increased their involvement with it.

I would particularly like to thank two of our outgoing members from the Executive for their dedication and efforts over the past two years (Sharon Cairns, Treasurer; Julie Cohen, Student Representative) and wish them well. I am looking forward to two new members joining the team. Elections will take place in June 2016 during the business meeting to be held at the annual convention of the Canadian Psychological Association in Victoria, BC. See later in this newsletter for information about conference programming as well as a call for conference awards reviewers.

I do want to highlight our keynote speaker, Dr. Roy Moodley from the University of Toronto, whose talk is entitled, "Reimagining Canadian Counselling Psychology: Colour-

ing-in by integrating Global South Psychologies and Healing Practices." I am sure it will be an inspiring and enlightening talk and I look forward to attending it.

I am also quite pleased to be announcing that, for the second year in a row, we were awarded the CPA's Best Section Newsletter Award. Furthermore, this coming academic year, I am looking forward to sharing the results of two surveys that the Section was involved in: one about Section Members and the other about Section Student Affiliates. It will be great to have actual empirical data about the field and its professionals in Canada. Finally, the Section is in great financial shape and we have a notable surplus that we are eager to invest back into the membership. Thanks to those who responded to our survey about how to prioritize spending these funds. More details will follow at the business meeting.

Lest I not forget, we also did some small revising of the Section by-laws, which are now named "Terms of Reference" as required by new CPA guidelines and the revisions passed with unanimous vote amongst those who voted online. They have now been presented to the CPA Board of Directors for national association



approval.

Hope to see many of you at the annual conference.

Sincerely,

Robinder (Rob) P. Bedi
Chair,
CPA Counselling
Psychology Section

Department of
Educational and
Counselling Psychology,
and Special Education,
University of
British Columbia

Robinder.Bedi@ubc.ca

Executive Update



Anusha

Kassan

akassan@mail.ubc.ca

CHAIR ELECT

It is hard to believe that my time as Chair-Elect is already coming to an end... The academic year has surely gone by quickly! As the CPA Annual Convention approaches, my role as Chair of the Section on Counselling Psychology is about to begin. I could not be more excited! The current executive is dynamic, motivated, and dedicated. As we transition to a new team, I look forward to working with existing and new members.

One of the major efforts that we will undertake next year is working on some of the special projects that our current members voted to be priorities for the Section. More details will follow at the AGM, so please come hear and share ideas about what is to come.

On another note, in the last newsletter, I discussed my collaboration with CPA on the provision of "culturally competent care" within the field of psychology in Canada. Since then, a pre-convention workshop has been developed on the topic, and I am honoured to be part of it. If you would like more information, please visit the following link: <http://www.cpa.ca/Convention/preconventionworkshops/>

As I have mentioned before, this initiative is directly related to my program of study, so that is very excited for me! At the same time, it also seems to be related to the Section's efforts in recent years to increase the conversation around internationalization and culturally sensitive counselling. Specifically, our recent and upcoming keynote speakers represented experts on these topics.

In closing, I would like to thank you again for entrusting me with the role of Chair of the Section on Counselling Psychology. I will not take this responsibility lightly, and I look forward to contributing to efforts that will continue to advance our discipline within Canada as well as abroad.

Here is hoping to see you in Victoria in June!

Executive Update

Julie Cohen

STUDENT
REPRESENTATIVE



Dear Student Affiliates of the Counselling Psychology Section of CPA,

I wanted to take this opportunity to thank you all for a wonderful two years on the Executive committee of the Section of Counselling Psychology. I was continually inspired by all the outstanding and meaningful research, projects, and passion you as a student community have brought to our field.

As the student representative, I can say confidently that we were successful in many arenas over the course of my term. Specifically, we built a Facebook page that allowed for the circulation of conference deadlines and for the communication of opportunities for participation with the Executive. Moreover, with the help of colleague Theresa Jubenville from the University of Calgary, we created a presentation that promotes counselling psychology in the hopes to endorse our ever-growing and strengthening field to those students postulating the next steps of their educational careers.

Lastly, with the help of our section's chair Dr. Rob Bedi and Kayla Christiani, we disseminated a counselling psychology Student Affiliate focused survey with the aim of hearing your professional

concerns and goals so as to examine the services we provide and advocate for a stronger and more meaningful counselling psychology field of practice.

On top of the work I was able to take on, I also had the immense pleasure of working with many motivated, intelligent, and inspiring individuals. Thank you to everyone who has contributed to empowering counselling psychology students, to the Executive committee members for their unwavering support and care, and to everyone who committed their time and efforts to sharing knowledge and furthering a resilient student voice.

Given the professionalism, experience, and skillfulness of this past-year's Executive committee, I know that with the addition of new enthusiastic members, we as the counselling psychology body in Canada will only grow stronger in the larger psychological community. As such, it is with both sadness and great excitement that I pass my title to the next student representative, to be formally adjudicated and inducted at this year's CPA Counselling Psychology AGM meeting in Victoria.

I look forward to another wonderful conference. Continue to inspire!

Julie Cohen

Executive Nominations

Student Representative Position

Candidate: Zarina Giannone

Candidate statement: I currently serve as the Chair for the CPA Section for Students in Psychology and as a Board Member on the CPA Board of Directors. While performing these roles, I have become aligned with the structure and aspirations of the Canadian Psychological Association and its student members. I have gained extensive leadership experience serving psychology students from across Canada, honouring student rights and voicing student concerns, all the while taking pride in my unique counselling psychology identity. Highlights from these experiences include lobbying with the Federal Government on Parliament Hill for increased access to psychological services, and founding the CPA Student Mentorship Program, a national mentoring program, which currently has over 200 active participants.

As a devoted member of the CPA Counselling Psychology Section, my previous involvement includes serving as a research assistant on a project which explored the strengths of five doctoral programs in counselling psychology in Canada (Dr. Bedi, PI), as well as collaborating with the current Student Representative, Julie Cohen, on a counselling psychology presentation package to expand awareness of our profession. Given my interest in bringing greater clarity to the professional identity of counselling psychologists in Canada, I am eager to pursue a leadership role which will allow me to exercise my passion for empowering students and advocating the student perspective on important counselling psychology issues relating to science, practice, and education: the three pillars of CPA. If elected, I would be interested in surveying our student membership to better understand the development and (re) negotiation of the counselling psychologist identity, in contrast to other related professional identities such as counsellor, counsellor educator, and psychotherapist.

Although the future for counselling psychology is bright, students experience significant barriers which impact their career development (e.g., the internship crisis; debt crisis), most of which can have lifelong implications on them. My experience with students from across psychology disciplines has exposed me to the struggles and hardships that are frequently experienced by students. However, I have also seen the power of strong student leadership and hope to contribute this vision to the Counselling Psychology Section. If I am elected from your excellent pool of applicants, I can assure you that I will bring

exceptional merit and enthusiasm to the Section's initiatives. Thank you for considering me for this position.

Candidate Bio: Zarina Giannone is an incoming PhD student in the Counselling Psychology Program at the University of British Columbia. She recently completed her Master of Arts degree (Counselling Psychology, UBC) and passed her Master's thesis (with honours) which investigated the influence of athletic identity on mental health and well-being outcomes after interuniversity sport retirement. Zarina's competitive athletic history, playing on the Canadian National Soccer Team (youth) and the UBC Women's Soccer Team, have inspired her research and clinical work with athletes. She is eager to continue building her program of study in this area with research supervisor, Dr. Rob Bedi. Zarina has been the recipient of a number of prestigious academic awards including a Joseph Armand Bombardier Scholarship (SSHRC) and a Four Year Doctoral Fellowship (UBC). She enjoys participating in scholarly activities and is an avid student leader in Canada. Zarina currently serves as the Chair for the CPA Section for Students in Psychology and as a Board Member on the CPA Board of Directors. Her previous engagement with the CPA Counselling Psychology Section has inspired her to pursue a leadership role, enabling the opportunity to contribute to the advancement of the Canadian counselling psychology profession. In her spare time, you can find her at the gym or playing with her puppy, Piccolo, the miniature dachshund.



Zarina Giannone

Executive Nominations

Secretary / Treasurer Position

Candidate: José Domene

Candidate statement: Hi folks. I am José Domene, and I am running for election to become the Secretary-Treasurer for the Counselling Psychology Executive Committee of the Canadian Psychological Association. So, I'd like to tell you a little bit about who I am as a professional, to help you decide whether or not to vote for me.

I consider myself to be a scholar-practitioner psychologist. In terms of my scholar side, I am a professor and Canada Research Chair (Tier II) in School to Work Transition in the Faculty of Education at the University of New Brunswick. Although my primary duties there are research-related, I also teach graduate-level courses in the areas of theories of counselling psychology, vocational psychology/career counselling, and statistics. My areas of research interest include the relational contexts of career development, emerging adults' transition into the workforce, and professional issues in Canadian counselling and counselling psychology. Over the past decade, I have published over 50 journal articles and book chapters on these topics.

In terms of my practitioner side, I am a licensed psychologist in the province of New Brunswick, and I spend one day a week at UNB Counselling Services, counselling university students presenting with a range of complex academic, career, and mental health difficulties. I also co-ordinate the pre-doctoral internship program at UNB Counselling Services and am actively working to pursue accreditation for this internship site, as my way of trying to address the problem of inadequate pre-doctoral internship spots for counselling psychology students in Canada.

I first became a member of the Counselling Psychology Section of CPA as a doctoral student in 2004, and have been active in the work of the Section and the Association in various ways over the past 12 years. For most of that time, I have been a reviewer for the Section's conference submissions and have occasionally volunteered as an adjudicator for the Section's student awards. I also have been a member of the Section's committee to develop a Canadian definition of counselling psychology and the committee to review the Section bylaws the webmaster for the Section, the editor of the Section's newsletter,

and I am honoured to have served as the section's Chair and Past-Chair from 2010 to 2013. Outside of the work of the Section, I am also currently serving on the Counselling Psychology Working Group of CPA's Internship Supply and Demand Taskforce, and have taken on leadership roles in other professional associations, namely the Canadian Counselling and Psychotherapy Association, and the Asia Pacific Career Development Association.

These various leadership positions reflect my multiple professional identities as a counselling psychologist, a counsellor educator, and a career development researcher. They also reflect one of my core values, which is that we can achieve much more through collaboration (in this case, inter-professional collaboration) than through competition. If elected to the position of Secretary-Treasurer, my work on the executive will be guided by this spirit of collaboration and cooperation. In particular, I see great potential for partnering with clinical psychology and counselling/psychotherapy on issues that are of mutual concern (e.g., increasing accredited pre-doctoral internship opportunities, promoting student engagement in psychotherapy research).



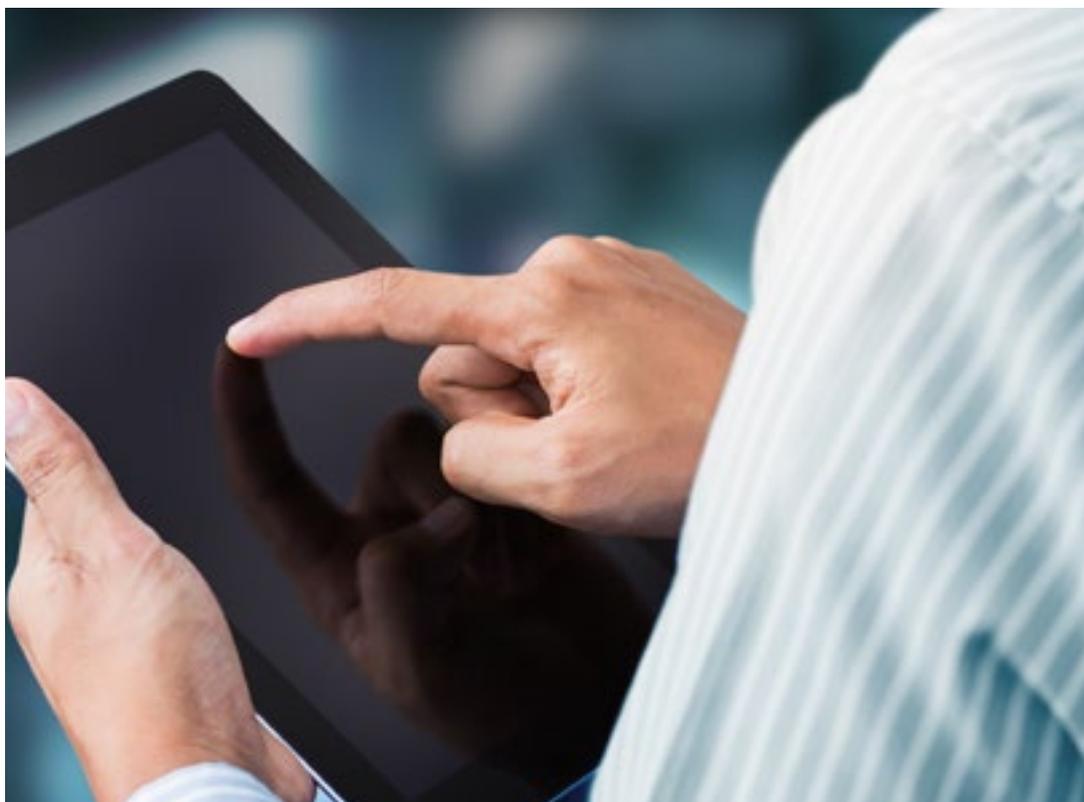
José Domene

APPS FOR THAT

We continue our feature here of apps suggested by our clients and colleagues.

Whether we see it as a supplement to counselling, or as a light form of entertainment, health-related apps are certainly being well used among today's clientele. If you have a candidate for a great app, we'd like to hear about it!

Email the Editor -
Dr. Janet Miller
jbmiller@mtroyal.ca



Headspace

This app aims to enhance mindfulness using animations and programs that can be personalized. The free version includes a "classic Take 10" approach to teach mindfulness meditation.

Omvana

This app provides audio tracks that it claims are transformational. Sound tracks aim to improve meditation, focus, relaxation, productivity and/or sleep. Free version includes 25 track choices, and upgrades extend to 500 tracks.

QuitPro

This is a smoking cessation app. It functions to support quitting by tracking cigarettes not smoked, days of life gained back, motivational quotes and health benefits associated with each cigarette not smoked. Users claim that it is motivational, supportive and feels like a personalized coach.

CREATIVITY

Creativity is one of those things that seems to be in all of us, yet it is expressed in a variety of ways and through a plethora of means. Creativity can show up as artistic creations or artistic appreciation, as imaginative dreams or as innovative programming. We can express our creativity through our clothing, vocabulary, writing, literary choices and patterns of behaviour. Creativity can be part of our problem solving approach, our humour, and our mannerisms. I feel most creative when I allow myself to let go of constraints, when I give myself permission to fail, to be messy, and to be curious. Creativity is defined as the use of the imagination, and many of our counselling approaches draw on creativity to support clients to consider possibilities that have not yet occurred, to consider possibilities, to imagine miracle solutions or to ponder how they might behave if they acted "as if." This month challenge yourself to draw deeply on your own creativity, in and out of your work, and notice how this impacts your mood and motivation.



Section Annual Meeting Counselling Psychology

Thursday June 9, 2016

4:00 PM – 5:00 PM

Sidney Room

Victoria Conference Centre – Level 2

CPA Convention

For more information please visit the CPA website:

<http://www.cpa.ca/Convention>



Counselling Psychology Section sessions as well as those that might directly appeal to our student members are listed below, along with convention detail information available at the time of publication. Please be sure to check details of all session times/dates/locations with Convention Organizers onsite in Victoria.

PRELIMINARY CONVENTION SCHEDULE



THURSDAY, JUNE 9th 2016

First Time Attendees' Orientation Breakfast

7:30 AM – 8:30 AM Crystal Ballroom
Fairmont Empress Hotel

Opening Ceremony

77th Annual CPA National
Convention 8:30 AM – 9:00 AM
Carson Hall (Salon B)
Victoria Conference Centre

POSTER SESSION "A" Counselling Psychology

10:30 AM – 12:00 PM
Carson Hall (Salon B)
Victoria Conference Centre

Workshop – Counselling Psychology

Weight Bias: What Psychologists Need to Know

Shelly Russell-Mayhew
10:30 AM – 12:30 PM
Esquimalt Room
Victoria Conference Centre – Level 1

Workshop – General Psychology Presentation of Results from the CPA's Psychology Graduate Survey

Lisa Votta-Bleeker
10:30 AM – 11:30 AM
Colwood 1 Room
Victoria Conference Centre – Level 2

Symposium

– Counselling Psychology

Establishing a Strong Foundation: Attending to the Needs of Novice Supervisors

Anusha Kassan, Michelle Tkachuk,
Alethea Heudes, Kristen Klinge, &
Lauren McCoy 10:30 AM – 12:30 PM
Sidney Room – Level 2

Symposium

– Counselling Psychology

Cultural and Contextual Influences on Youth Transitions

Nancy Arthur, Helia Jafari,
April Dyrda & Lauren McCoy
2:15 PM – 3:45 PM
Esquimalt Room
Victoria Conference Centre – Level 1

Symposium

– Counselling Psychology

The State of the Profession: Canadian Counselling Psychology Professionals, Students, and Doctoral Programs

Robinder Bedi, Kayla Christiani,
Pavithra (Andrea) Thomas
2:15 PM – 3:45 PM
Esquimalt Room
Victoria Conference Centre – Level 1

Section Annual Meeting – Counselling Psychology

4:00 PM – 5:00 PM
Sidney Room
Victoria Conference Centre –
Level 2

Section Invited Speaker – Counselling Psychology

Reimagining Canadian Counselling Psychology: Colouring-in by Integrating Global South Psychologies and Healing Practices

Roy Moodley
5:00 PM – 6:00 PM
Sidney Room
Victoria Conference Centre – Level 2

Reception – Counselling Psychology

6:00 PM – 7:00 PM
Sidney Room
Victoria Conference Centre – Level 2



PRELIMINARY CONVENTION SCHEDULE

FRIDAY, JUNE 10th 2016

Workshop

– Students in Psychology
Strategies for Effective Networking & Surviving the Graduate School Application Process
 Michelle Guzman-Ratko
 9:45 AM – 11:45 AM
 Balmoral Room
 Fairmont Empress Hotel - Lower Level

Workshop

– Counselling Psychology
Infusing Positive Psychology into the Clinical Work of Counselling Psychologists
 Rhea Owens
 9:45 AM – 11:45 AM
 Kensington Room
 Fairmont Empress Hotel

Workshop

– Counselling Psychology
“He Who Has a Why to Live For Can Bear Almost Any How” (Nietzsche): An Existential Therapeutic Approach to Finding Meaning Amidst Life Crises and Impasses
 Mihaela Launeanu
 1:45 PM – 3:45 PM
 Kensington Room
 Fairmont Empress Hotel

Workshop

– Students in Psychology
Presentation Skills and Data Blitz Competition
 Zarina Giannone
 1:45 PM – 3:45 PM
 Ivy Ballroom
 Fairmont Empress Hotel

Symposium

– Counselling Psychology
Counselling Psychology Research in India
 Robinder Bedi, Pavithra (Andrea) Thomas, Faisal Hassan & Nandita Chaube
 1:45 PM – 3:15 PM Oak Bay 1 Room
 Victoria Conference Centre – Level 1

Symposium

– Counselling Psychology
Why Are We Comparing Apples and Oranges? Improving Our Social Justice Efforts in Counselling Psychology
 Anusha Kassin, Nancy Arthur, Nadine Nakamura, Shelly Russell-Mayhew & Ada Sinacore
 1:45 PM – 3:15 PM West Coast Room
 Victoria Conference Centre – Level 1

Round-Table Conversation Table #3 (12292)

Exploring Chinese-Canadian Historical Trauma: Lessons from Aboriginal Peoples in Canada
 Fred Chou, Marla Buchanan, Alanaise Goodwill
 4:30 PM – 5:30 PM
 Crystal Ballroom
 Fairmont Empress Hotel

Round-Table Conversation Table #4 (12806)

Development of a Clinical Consultation Process and Model for FASD Informed Services
 Melissa Tremblay, Jacquie Pei, Denise Plesuk, Aimee Muchortow, Paula Mihai, Rod Jordao
 4:30 PM – 5:30 PM
 Crystal Ballroom
 Fairmont Empress Hotel

14183

Round-Table Conversation Table #5
Community-based Research with Rwandan Genocide Survivors: Reflection from the Field
 Sophie Yohani, Linda Kreitzer
 4:30 PM – 5:30 PM
 Crystal Ballroom
 Fairmont Empress Hotel

Reminder

This is an UNOFFICIAL PROGRAM

PLEASE REMEMBER TO CHECK TIMES AND DATES ONCE YOU ARE ON SITE

PRELIMINARY CONVENTION SCHEDULE

SATURDAY, JUNE 11th 2016

Theory Review

– Counselling Psychology

Meaning-Making: Humanistic and Vocational Psychology Intersect

Charles P. Chen

10:30 AM – 11:00 AM

Crystal Ballroom

Fairmont Empress

Workshop

– Students in Psychology

How to Write Tri-Council Scholarship Applications: Staying Calm and Getting Ahead of the Competition

Georden Jones

10:30 AM – 12:30 PM

Langford Room

Victoria Conference Centre – Level 2

Workshop

– Counselling Psychology

Clinical Supervision in Counselling Psychology: An Integrative Developmental-Phenomenological Approach

Mihaela Launeanu

10:30 AM – 12:30 PM

West Coast Room

Victoria Conference Centre – Level 1

Symposium

– Counselling Psychology

Multicultural and Social Justice Analyses of Counselling Theories and Practices

Kaori Wada, Amanda Cavaleri, Jann

Tomaro & Chao-Mei Chiang

10:30 AM – 11:30 AM

Esquimalt Room

Victoria Conference Centre – Level 1

Symposium

– Counselling Psychology

Promoting Career

Development Success in Diverse Cultural Contexts Within Canada

Nancy Arthur, Jose Arthur, Alanaise

Goodwill & Natalee Popadiuk

11:45 AM – 12:45 PM

Esquimalt Room

Victoria Conference Centre, Level 1

Symposium

– Counselling Psychology

LGBTQ Newcomers in Canada: An Underdeveloped Field of Study

Anusha Kassan, Nadine Nakamura,

Sharalyn Jordan & Megan Suehn

1:00 PM – 2:00 PM

West Coast Room

Victoria Conference Centre, Level 1

Section Annual Meeting

– Students in Psychology

1:00 PM – 2:00 PM

Langford Room

Victoria Conference Centre, Level 2

Symposium

– Counselling Psychology

What's Getting in the Way? Obstacles to Self-Compassion and the Acceptance of Compassion from Others

K. Jessica Van Vliet, Kirsten Klinge & Lara Hiseler

1:15 PM – 2:15 PM

Esquimalt Room

Victoria Conference Centre, Level 1

Section Invited Speaker

– Students in Psychology

Be Mindful of What You Aspire to as You May Get It: Recent Research on Personal Goals and Wellbeing Within a Temporal Perspective

Fredrick Grouzet

2:00 PM – 3:00 PM

Langford Room

Victoria Conference Centre – Level 2

Symposium

– Counselling Psychology

Understanding the Needs and Experiences of Newcomer Youth Across Different Contexts

Anusha Kassan, Julie Cohen,

Alissa Gallucci, Jasmine Nathoo &

Amy Green

2:15 PM – 3:45 PM

West Coast Room

Victoria Conference Centre – Level 1

Theory Review

– Counselling Psychology

Evidence-Based Practice: Beyond Evidence-Based Treatment

Sal Mendaglio

2:15 PM – 2:45 PM

Esquimalt Room

Victoria Conference Centre – Level 1

Theory Review

– Counselling Psychology

Existential Psychotherapy – Application of Theory to Practice

Janet Miller

2:45 PM – 3:15 PM

Esquimalt Room

Victoria Conference Centre – Level 1

KEYNOTE - FEATURED SPEAKER

Dr. Roy Moodley

Dr. Roy Moodley will be joining us from the University of Toronto, Ontario Institute for Studies in Education (OISE). As a faculty member, Dr. Moodley supports the Centre for Diversity in Counselling and Psychotherapy, an interdisciplinary Centre dedicated to research and development of multicultural and diversity issues in counselling and psychotherapy. Their work focuses particularly on the stigmatized social identities of gender, race, sexual orientations, class, disabilities, religion, and age.

A key objective of the centre is to facilitate research and scholarship on the integration and intersection of various marginalized identities. In doing so, they aim to encourage theorists and researchers of counselling and psychotherapy to conduct their work through a paradigm of multiple identities irrespective of their particular approaches. The CPA Counselling Psychology Section is pleased to announce that Dr. Moodley is this year's Invited Speaker. Please join us for what is sure to be a stimulating presentation aimed to generate meaningful dialogue and positive change.

Reimagining Canadian Counselling Psychology: Colouring-in by Integrating Global South Psychologies and Healing Practices

Thursday, June 9, 2016

5:00 PM – 6:00 PM

Sidney Room

Victoria Conference Centre – Level 2

- Students' Facebook Page -

<https://www.facebook.com/pages/CPA-Counselling-Psychology-Section-Student-Page/177731629100144?fref=nf>

Award Nominations

Due: May 15, 2016

Lara Hiseler, Awards Coordinator

2016 Distinguished Member Award

The award is intended to recognize individuals who have made significant contributions to the field as a practitioner or as a researcher. Nominees must be a member of CPA Section 24 and, preferably, will have been active in the profession for at least 10 years. Nominees should have made a distinguished contribution in one or more of the following ways:

1. Outstanding counselling psychology service
2. Scholarly research that has moved the profession of counselling psychology forward
3. Development of practice materials that have contributed to the provision of counselling psychology service by others
4. Outstanding service to professional associations, in particular to the CPA Counselling Psychology Section.

Other factors that will be considered are the depth and breadth of the influence of the nominee's work on the profession of counselling psychology (i.e., is it moving the profession forward; how many people have been affected by the work, etc).

Nominators should provide a rationale for nominating the individual for the award, as well as supporting information (e.g., a current CV, detailed descriptions of the nominee's work, samples of the work, independent evaluations of the work, letters of support from colleagues, students and/or clients; description of positions held and /or service contributions).

Please send nominations for the award to myself at (larahiseler@gmail.com) by May 15, 2016.

Student Awards

1. Best Doctoral Dissertation Award (one award)
2. Best Master's Thesis Award (one award)
3. Best Conference Poster Award (two awards)

These awards are awarded for outstanding student research in the field of counselling psychology, and include a monetary prize (\$100).

Please send nominations for the award to myself at (larahiseler@gmail.com) by May 15, 2016 - following the process outlined on the following page.



Best Thesis and Best Dissertation Awards

The Best Master's Thesis and Doctoral Dissertation awards are given for outstanding research by students from Canadian counselling psychology programs. The following is required to be considered for these awards:

- 1) 10 page summary of the thesis/dissertation, written by the student.
 - a. Double spaced, 12 point font, 1 inch margins.
 - b. Tables and figures must be integrated into the document, not attached as appendices.
 - c. Title page and references do not count against the page limit.
- 2) Nomination letter
Nominating individual must be a member of the counselling psychology section.

A student's research 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.

Submissions will be evaluated for:

- a) contribution to knowledge and understanding in counselling psychology
- b) originality
- c) quality of the research, as evidenced by
 - i) clear and compelling statement of research problem/question,
 - ii) appropriate methodology and methods,
 - iii) findings/results that are clear and show evidence of rigor,
 - iv) compelling and well-grounded conclusions and implications, and
 - v) discussion of limitations.
- d) quality of the writing

The nominator should submit the 10 page summary and nomination letter to Dr. Lara Hiseler (larahiseler@gmail.com) by May 15, 2016.

Best Conference Poster Awards

Two poster awards are given for high quality research projects, conducted by students, that have been accepted to the counselling psychology poster session at the annual CPA convention. Normally these awards are given to one masters student and one doctoral student; however, the primary criteria is a poster demonstrating exceptional work and intellectual involvement by a student, so undergraduate and graduate student work will be considered. The following are criteria for eligibility for the poster awards:

- 1) Student is first author of the poster
- 2) The research is the student's undergraduate thesis, master's thesis, doctoral dissertation, or other research project that has been completed.
- 3) Posters will be evaluated for:
 - a. contribution to knowledge and understanding in counselling psychology
 - b. quality of the research
 - c. quality of the writing
 - d. visual appeal and organization of the poster
 - e. the student's engagement in questions and comments about the poster.

All student-authored posters presented in the Counselling Psychology Section poster session at the CPA annual convention are automatically evaluated for this award. Students do not need to be a member of the Counselling Psychology Section to be eligible.

Award Announcements

Awards will be announced at the annual CPA Convention in Victoria during the Counselling Psychology Section Reception, so be sure to attend! If you are not able to attend the reception, winners will be emailed after the convention.

Hope to see you at the convention in Victoria!

**LARA
HISELER**

WHAT ARE YOU READING?

Understanding Person-Centred Counselling; An Experiential Approach
Christine Brown, 2015

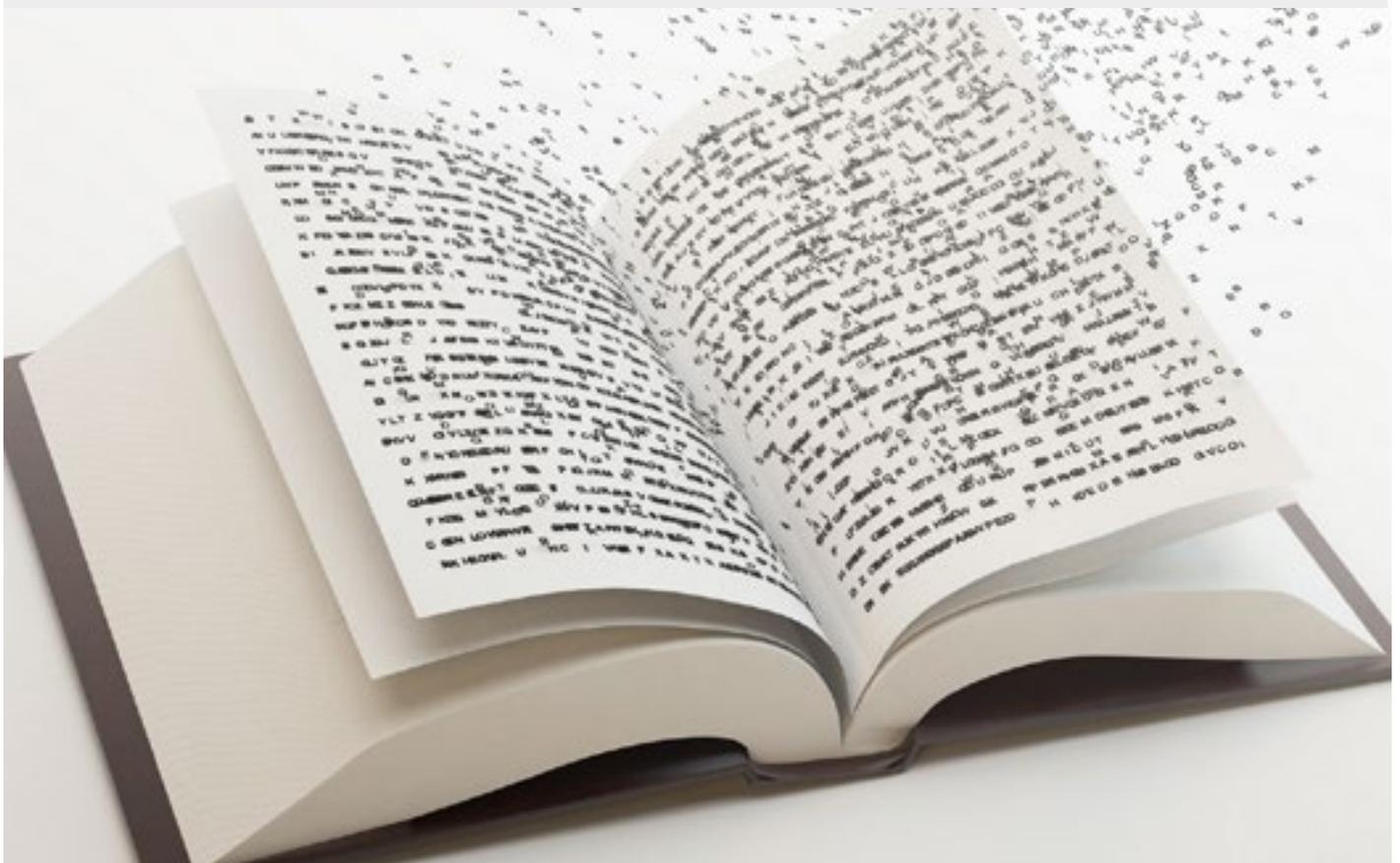
Academically Adrift: Limited Learning on College Campuses
Richard Arum & Josipa Roksa, 2010

The Joy of Less, A Minimalist Guide to Declutter, Organize and Simplify
Francine Jay, 2016

Taking Charge of ADHD, The Complete Authoritative Guide for Parents
Russell Barkley, 2013

What to do when you Worry Too Much: A Kid's Guide to Overcoming Anxiety
Dawn Huebner & Bonnie Matthews, 2005

Too Good to Leave, Too Bad to Stay: A Step-by-Step Guide to Help you Decide
Whether to Stay in or Get Out of your Relationship



Let us know what you're reading! Email our newsletter Editor: jbmiller@mtroyal.ca
or start the conversation on our blogsite --- www.cpacounselling.wordpress.com

YEAR END _ TREASURER'S REPORT

SHARON CAIRNS

scairns@ucalgary.ca

Year end reporting of our financial status has come and gone.

For the year ending December 31, 2015 our net income was \$1,721.51 bringing our end of year bank balance to \$8,431.24. This puts us in an interesting financial position as CPA requires that sections have a year end balance of no more than \$5,000 by December 31, 2017 or they will take the money unless we have special approval to retain more funds for a specific purpose.

Your executive has been considering potential ways of spending down the surplus in a manner that would provide the most benefit to the membership. To this end, you would have received a survey asking you to rank four options. At our AGM in Victoria we will discuss the results of this vote and our direction moving forward. Hope to see many of you in Victoria in June.

Sharon

Sharon Cairns, Ph.D., R.Psych.
Director of Training, Counselling Psychology Program
Associate Professor
Werklund School of Education
University of Calgary
scairns@ucalgary.ca

Thanks to all those who reponded to our survey!



Meet our New Webmaster - MELANIE FULLER-BRUDERSAS

My name is Melanie Fuller-Brudersas, and I am a first-year master's student in the Counselling Psychology program at Athabasca University. I am elated to have this opportunity to connect with members in the field of Psychology and gain more experience within the professional community.

My interests in Counselling Psychology involve psychotherapy, art therapy and dialectical behavioural therapy with adolescents, couples, divorced parents and families. It's rewarding to be a part of this knowledge-sharing experience amongst professionals and promote the practice of counselling and psychotherapeutic assistance.

I look forward to the next two years of providing you with updates, and innovative knowledge within the field of Counselling Psychology, as your student webmaster.

-Melanie



CPA's Social Media Disclaimer:

The opinions and/or views expressed on the Canadian Psychological Association's social media platforms, including, but not limited to, our blogs and Facebook, Twitter and YouTube pages, (the "Sites") represent the thoughts of individual bloggers and online communities and do not necessarily reflect the opinions of the Canadian Psychological Association or any of its corporate affiliates or any of their respective directors, officers, employees, research staff, medical staff or members of its respective board of directors. The opinions and views expressed on the Sites do not in any way reflect the views of the owners of the Sites, other sites affiliated with a Site, the staff involved with maintaining any of the Site or any members of any of the Sites. The Canadian Psychological Association makes no representation or warranty as to the accuracy or any other aspect of any information posted on any of the Sites. The information provided on the Sites is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of a qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of anything you reviewed on the Sites. This Kaleidoscope publication and our blog abide by the CPA's social media disclaimer. Details are available on the [CPA website](#).



The CPA Counselling Psychology Section Executive members and the Kaleidoscope Editor are very pleased to announce that our Section has again been named the recipient of this year's CPA "best newsletter award"! Thank you so much to all of our members who have contributed to making this publication useful, fun and a source of community connection. Please continue to share your favourite apps, your current reading list, your accomplishments, your research questions and your reflections!

RESEARCH RECRUITMENT

My name is Heather Gower, and I am a student in the Counselling Psychology program at Memorial University of Newfoundland. I am conducting a research project called

The Consideration of Personal Qualities in Admissions for Canadian Master's Counselling and Counselling Psychology Programs

This project is part of my master's degree, and is conducted under the supervision of Dr. Greg Harris.

The purpose of the study is to investigate how faculty members consider and assess personal qualities in admissions processes for Canadian master's-level counselling programs.

I am contacting you to invite you to participate in a telephone interview in which you will be asked to share your thoughts about personal qualities that you believe to be relevant to the practice of counselling, as well as how these relevant qualities currently and ideally factor in to admissions decisions for master's-level counselling programs.

Participation will require approximately 45-60 minutes of your time and interviews will be held over the phone.

I am seeking Canadian counselling and counselling psychology faculty members who have served on an admission's committee for a master's-level program in the past 5 years. If you are interested in participating in this study, please contact me to arrange a time to talk. If you have any questions about me or this project, please contact me by email at hkg604@mun.ca, or by phone at 780-937-4328.

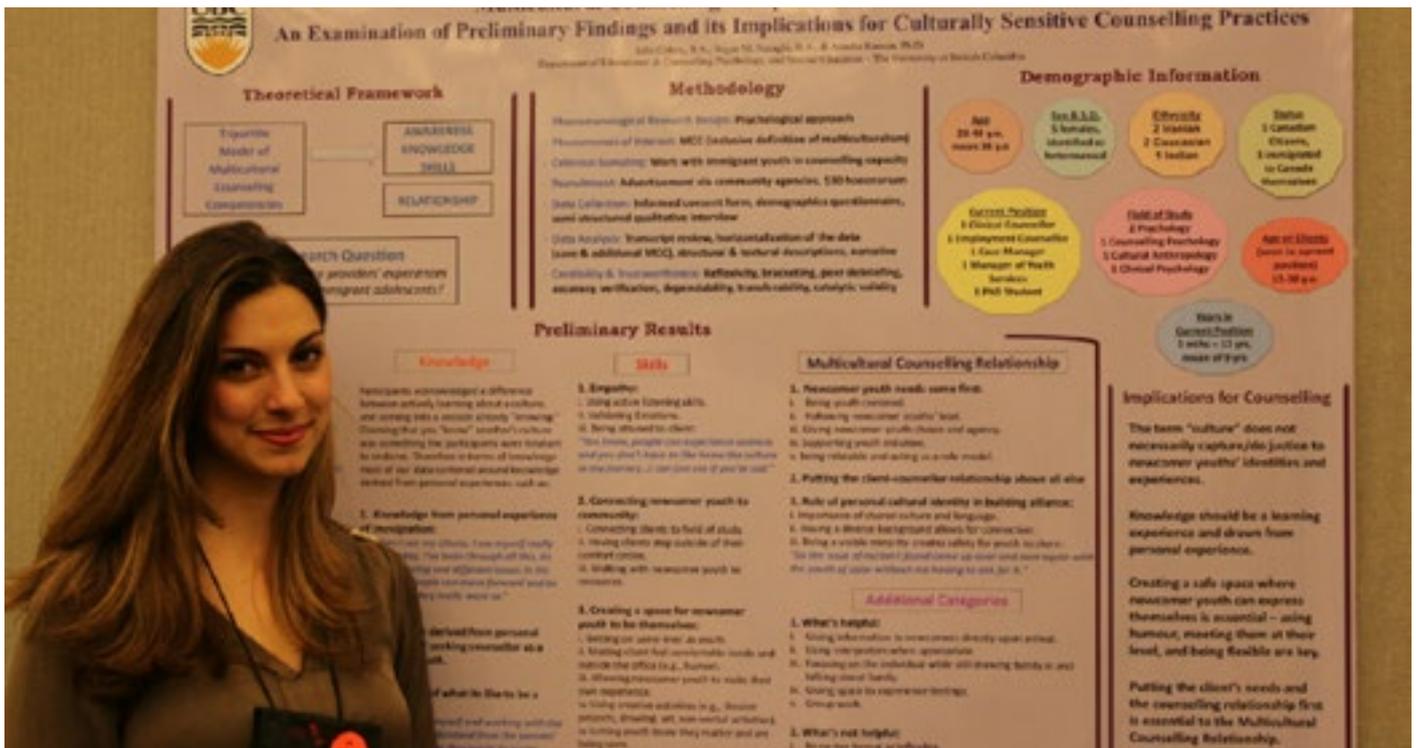
If you know anyone who may be interested in participating in this study, please give them a copy of this information.

Thank-you in advance for considering this request,

Heather Gower

Greg Harris (gharris@mun.ca, 709-864-6925)

The proposal for this research has been reviewed by the Interdisciplinary Committee on Ethics in Human Research and found to be in compliance with Memorial University's ethics policy. If you have ethical concerns about the research, such as your rights as a participant, you may contact the Chairperson of the ICEHR at icehr.chair@mun.ca or by telephone at 709-864-2861.



Volunteers Needed

Section Awards Adjudication

The Counselling Section executive is looking for practitioner/faculty members to assist with the adjudication of the masters/dissertation awards and the poster awards, the latter of which takes place at the CPA convention in Victoria. Please email me regarding your interest

Adjudicators for the Poster Awards would need to be available at the CPA Convention

Thursday, June 9, 2016
POSTER SESSION "A" - Counselling Psychology
 10:30 AM – 12:00 PM
 Carson Hall (Salon B), Victoria Conference Centre

To volunteer, please contact our Awards Coordinator - Lara Hiseler
larahiseler@gmail.com

ANNOUNCEMENTS

CPA Health Psychology Section

invites you to the following Convention session:

Publishing good quality health-relevant research “on the cheap”

Friday June 10, 2016.

9:45 am - 11:00 am, Colwood 2

CPA Convention - Victoria, BC

Young researchers are under enormous pressure to publish to establish a reputation at a time when grant funds are harder to obtain than ever. Unfortunately the expectations for quality and quantity of publishing have not correspondingly lessened. How to get out of this ‘rock and a hard place’ dilemma is addressed here by [a] a senior researcher who also edits three journals, and [b] three experienced psychologists who have successfully rounded out their portfolios with a variety of research and publication projects that were (at times very..) inexpensive.



ICAP 2018

International Congress of
Applied Psychology

Montreal,
Quebec

June 26-30, 2018

Check it out on
<http://www.cpa.ca/icap2018>

ARCHIVE COMMITTEE

The CPA Counselling Psychology Section is excited about reinstating the Archive Committee. If you're interested in supporting this initiative, or if you have wisdom, documents, and memories to share, please let us know! We aim to archive as much of our history as we can in an effort to celebrate our accomplishments and further strengthen our community.

Please contact the Committee Chair -

Dr. Janet Miller

jbmiller@mtroyal.ca

Other Convention Sessions to Consider!

Conducting Research with Children and Youth: Identifying and Overcoming Challenges - Saanich 1 Rm
Michael Zwiers, Alyssa Ryan & Setareh Shayanfar, Saturday, June 11 @ 1:00 pm

Children, Youth, and Disasters: Risk, Reduction, Recovery & Resilience, Balmoral Room
Robin Cox, Leila Scannell, Janet Miller, Cheryl Heykoop & Sarah Fletcher, Thursday, June 9 @ 10:30 am

The CPA STUDENT MENTORSHIP PROGRAM

Developed by the student section of CPA

The CPA Student Mentorship Program offers Student Affiliates the opportunity to engage in peer-mentorship relationships with fellow students. The primary purpose of this program is to facilitate the exchange of information and the sharing of personal and professional experiences amongst CPA Student Affiliate Members with varying levels of education across Canada. Student mentors have the opportunity to develop and hone their mentoring skills, which can be extended to various professional domains, whereas mentees have a unique experience to extend their knowledge of the various subject areas in psychology, develop their communication skills, and receive guidance around their personal and professional decisions.

Some examples of the benefits of peer mentorship can include, but are not limited to:

- Acquiring area-specific information in psychology (e.g., Clinical vs. Counselling Psychology, etc.)
- Learning about the importance of research and knowledge dissemination
- Gaining insights on graduate school admissions and application processes
- Obtaining guidance on funding and scholarship information

- Gaining professional and leadership experience
- Increasing networking opportunities
- Gaining perspectives on career opportunities outside of psychology
- Receiving emotional support, friendship and personal feedback

Prospective mentees (undergraduate students) and mentors (graduate students) should complete their respective applications (apply to be either a mentor or mentee) and e-mail it to the Program Coordinator to become paired up in a peer mentorship relationship. The application is available on our website. It is a brief form which asks students to indicate their level of education (i.e., undergraduate, Master's, PhD, etc.) and areas of interests in psychology. Next, the Program Coordinator will review applications and match mentees with mentors through a connecting e-mail.

Mentors and mentees will be asked to complete a brief assessment before receiving a short training manual which will help guide the mentoring process and relationship. The specifics of peer mentoring are then up to each pair to decide on what works best in that mentorship relationship. Mentoring interaction may occur in person, over the phone, by e-mail, on Skype, or through any other modes of communication that are mutually convenient for students.

The design of this program is meant to be simple and easy, allowing the process to be individually tailored to the specific needs/concerns of the mentorship pair.

Mentees and Mentors will also be asked to evaluate their progress in the program on occasion. Both mentors and mentees will also be responsible for recording the details of the mentorship meetings and interactions in a "Mentorship Log".

Please check out our website or contact Zarina for more information.

We look forward to hearing from you soon!

Zarina Giannone
Program Coordinator/Founder,
CPA Student Mentorship Program
Chair,
Section for Students in Psychology

Email address:
zarina.giannone@gmail.com



FROM THE EDITOR

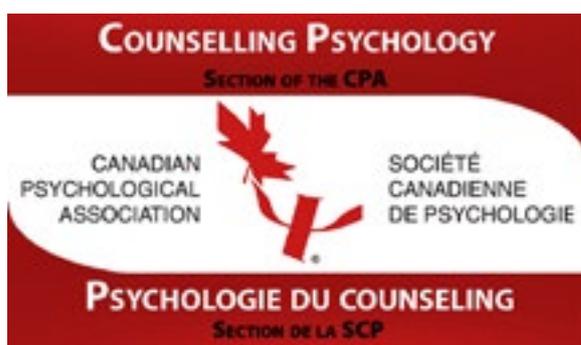
As this edition of Kaleidoscope is released, my thoughts are with the thousands of evacuees who fled their homes, schools, hospital beds and places of employment due to wild fires in and around Fort McMurray, Alberta. It will be some time before the roads are open again and as this edition of Kaleidoscope goes to production, thousands of individuals are coping with the fear and distress that accompanies uncertainty. As Counselling Psychologists we are often called upon by individuals, families, organizations and the media to be of support in these kinds of situations. Thank you for all you're doing to reach out to those affected by the Fort McMurray fires, and for all you do to support the individuals you serve. This work truly is a privilege and I'm honoured to be a part of it. Take care of yourself as you take care of others, and thanks again for your contributions to this publication! I'm so excited for our Section and for all that lies ahead.

janet miller, PhD, R. Psych. Editor
Mount Royal University
jbmiller@mtroyal.ca

Special thanks to Lara Hiseler for her proof-reading expertise.



www.cpacounselling.wordpress.com



Please Note: The opinions expressed in this newsletter are strictly those of the authors and do not necessarily reflect the opinions of the Canadian Psychological Association, its officers, directors, or employees.

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CPA Counselling Psychology Section
Newsletter submissions: jbmiller@mtroyal.ca
May 2016

KALEIDOSCOPE

Newsletter of the **Counselling Psychology Section**
Canadian Psychological Association

COUNSELLING PSYCHOLOGY

SECTION OF THE CPA

CANADIAN
PSYCHOLOGICAL
ASSOCIATION



SOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE

PSYCHOLOGIE DU COUNSELING

SECTION DE LA SCP

Questions, Comments, Suggestions or Feedback?

Please contact us:

SECTION CHAIR - Dr. Rob Bedi - Robinder.Bedi@ubc.ca

NEWSLETTER EDITOR - Dr. Janet Miller - jbmiller@mtroyal.ca