

# CPA Counsellor

Newsletter of Counselling Psychology Section of the  
Canadian Psychological Association

Spring 2012

## Message from the Chair



### José Domene

It is a mixture of sadness and pleasure that I am writing this, my final “message from the chair;” sadness that my tenure as Chair of the Counselling Psychology Section of CPA is ending in June, but great pleasure to announce that Ada Sinacore, associate professor of counselling psychology at McGill University, will be taking over the duties of Section Chair. Ada has already contributed substantially to the field of counselling psychology in Canada, organizing the Inaugural Canadian Counselling Psychology conference, chairing the section’s previous ad-hoc committee on program accreditation, and contributing to the literature in the field in

numerous ways, including authoring several pieces reflecting on the nature of our discipline, and particularly the role of social justice to our work. I look forward to her taking on leadership of the section, and the exciting ideas that she has for where we should be heading.

I wanted to take time to thank my fellow Section Executive members, Ada Sinacore (Chair Elect), Helen Massfeller (Secretary-Treasurer), Jessica Van Vliet (Member at Large), Jennifer Thannhauser (Member at Large), and Lara Cross (Student Rep), for all their hard work in serving on the committee. I would particularly like to thank the members of the Executive whose terms of service also end this June: Helen Massfeller, who has worked diligently to keep the Section’s books in order and to contribute her valuable opinion and ideas to our ongoing discussions; and Lara Cross, who is always available to consult with student affiliates seeking assistance, to advocate on their behalf, and to diligently maintain the section’s list-serv.

I would also like to acknowledge the ongoing work of two other members of our Section who have been invaluable in assisting with specific tasks. Our web-master, Sasha Lerner, has done a wonderful job of keeping our pages on CPA’s web-site up to date, and our newsletter editor, Michael Huston, manages to transform a series of MSWord files (often sent by me at the last minute) into the coherent document you see before you. Thank-you both for the time and energy you have put into serving the section in these ways.

I hope to see many of you at this year’s convention in Halifax, and would encourage you to attend our section business meeting, keynote presentation, and reception, all of which will be held on Thursday afternoon. Two sub-committees (Section Archive Project, Pre-doctoral Internships) will be presenting the results of their work to the section, and we will be deciding how to proceed on these issues. Come participate in the discussion, and exercise your vote.

There is also a lot of exciting counselling psychology programming at the convention this year, spanning the full range of subject areas within counselling psychology, and happening throughout the three days of the conference. See the “Counselling Psychology Programming at the 2012 Convention” article on page 2 for more information.

To close, I wanted to mention that I have been very fortunate

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to be Chair of the Section at a time were so many of our section members is so actively involved in identifying areas of growth for our Section and the discipline in Canada, and contributing to making change happen. It bodes well for the future of counselling psychology in Canada.

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## Counselling Psychology Programming at the 2012 Convention

The time for CPA's annual convention is rapidly approaching, and this year's conference is in Halifax, in friendly Atlantic Canada, from June 14 to 16. There will be plenty of counselling psychology-specific programming at the conference, including ten symposia, two conversation sessions, seven workshops and two theory review sessions. Your biggest dilemma may be deciding on which of our concurrent sessions you most want to attend! Of course, you may also be interested in some of the sessions being offered by other sections; the full program can be found online: <http://www.cpa.ca/convention/conventionprogram/>.

Among the many exciting sessions being offered through the Counselling Psychology Section at the conference, there are several events that are worth highlighting:

### 1. Counselling Psychology Section Poster Session

Time: 11:00 AM – 12:55 PM, Thursday June 14.

We have over 35 posters being presented in the section, covering a wide range of topics related to the field of counselling psychology, with content that is relevant for practitioners, and for researchers. Take the opportunity to talk with other people in our field, in a format that is well suited for in-depth discussion.

### 2. Counselling Psychology Section Business Meeting

Time: 3:00 PM – 3:55 PM, Thursday June 14.

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 Secretary-Treasurer and Student Member. (See notice at the end of this newsletter for information about nominating yourself or other section members for these positions). This year, one key item of business is that our ad-hoc committee on pre-doctoral internships will be presenting their findings and recommendations.

### 3. Section Keynote Address

Time: 4:00 PM – 4:55 PM, Thursday June 14.

We are please to have Dr. Sharon Robertson from the University of Calgary as our keynote speaker this year, presenting on the topic of building connections between counselling and counselling psychology.

### 4. Counselling Psychology Section Reception

Time: immediately following the section keynote address on Thursday June 14

Join us in a celebration of counselling psychology in

Canada, at the section reception. This year's student awards will be presented, and this is an opportunity to network and reconnect with colleagues. Snacks and beverages will be provided.

## Counselling Psychology Schedule at a Glance

### Thursday June 14

*Section poster session* (11 AM – 12:55 PM)

Workshop: *The science of bullying intervention*. Kenneth Pierce. (12:30 PM -2:55 PM)

*Section business meeting* (3:00 PM – 3:55 PM)

*Section keynote speaker* (4:00 PM – 4:55 PM)

*Section reception* (5:00 PM – 5:55 PM)

### Friday June 15

Symposium: *Learning program evaluation: Trial by fire*. Sharon Cairns, Ashleigh Yule, Terilyn Pott, Marnie Rogers. (10:00 AM - 11:25 AM)

Symposium: *Forwarding counselling psychology social justice teaching in Canada and abroad*. Ada Sinacore, Alexandra Lerner, Jennifer Titus. (12:30 PM – 1:55 PM)

Roundtable discussion: *Negotiating a professional identity as a family therapist in professional psychology*. Tanya Mudry. (12:30 PM – 1:55 PM)

Roundtable discussion: *Community-based knowledge translation in counselling psychology*. Leah Wilson. (12:30 PM – 1:55 PM)

Symposium: *Continuing professional development: A proposed model, trends and issues*. Catherine Yarrow, Carol Webb, Stacy Bradley, Melissa Tiessen (1:30 PM - 2:55 PM)

Symposium: *Immigrants and international students: Implications for service delivery*. Freda Ginsberg, Ada Sinacore, Sara Houshmand. (2:00 PM - 3:25 PM)

Symposium: *Applications of counselling psychology to health care and health research*. Helen Massfeller, Jennifer Thannhauser, José Domene, Kathleen Pye, (3:30 PM - 4:55 PM)

Theory review: *Invigorate vocational psychology with narrative means*. Charles Chen (3:30 PM – 4:55 PM)

Theory review: *Contextual Action Theory: Conceptual framework and research evidence*. Richard Young. (3:30 PM – 4:55 PM)

### Saturday June 16

Workshop: *Compassion-focused Therapy as an approach for working with trauma*.

Jessica Van Vliet, Lara Cross. (10:00 AM - 11:55 AM)

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Symposium: *New kids on the block: Emerging professional identities and perspectives in counselling psychology*. Angela Bardick, Barbara Kennedy, Jared French, Carmen

Thompson, Sandra Dixon. (12:00 PM - 1:25 PM)

Symposium: *Qualitative research and self-determination theory: Expanding the framework*. Emily Kerner, Susan Gamberg, Clare Foa. (12:00 PM - 1:25 PM)

Workshop: *Professional development life review in health care: An innovative approach to enhancing resilience and collegiality*. Hilary Pearson, Douglas Cave, Paul Whitehead, David Kuhl, Linda MacNutt. (1:30 PM - 3:25 PM)

Symposium: *Clinical training in counselling psychology: Supervisee processes and outcomes*. Stacy Bradley, Heidi Hutman, Nadia D'Iuso, Louise Overington. (3:00 PM - 4:25 PM)

Workshop: *Why not weight? Psychologists roles in addressing clients' weight-related issues*. Angela Bardick, Shelly Russell-Mayhew. (3:00 PM - 4:55 PM)

Workshop: *Developing self-assessment in clinical supervision trainees*. Helen Massfeller, Sharon Robertson. (3:00 PM - 4:55 PM)

To register for the convention, please visit:  
<http://www.cpa.ca/convention/registration/>

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## What's the Secretary Treasurer Do, Anyway?

**Helen Massfeller**, Outgoing Secretary-Treasurer

Have you ever considered being Secretary-Treasurer for the Counselling Psychology Executive Committee of the Canadian Psychological Association (CPA)? If you are a member of the Counselling Psychology section this is your chance! You might be wondering what this role entails. I would like to provide you with a brief overview of the duties and responsibilities of this position to dispel any myths.

Your commitment on the Executive Committee is for two years. After you are elected at the Counselling Psychology section Annual General Meeting at CPA your first task is to meet with the former Secretary-Treasurer to receive two large binders of financial documents and the cheque book. You will also receive information about how to contact the CIBC financial representative to become a signing authority and provide CIBC with your current mailing address. The other signing authority on the Executive Committee is the Chair.

When you attend the CPA Annual Convention your primary responsibility is signing cheques related to student awards, catering at the convention, and executive travel. This is the fun part. You get to sign cheques and make

people happy! As Secretary-Treasurer you receive a \$500.00 honorarium for convention expenses. You get to be happy too! Your honorarium cheque needs to be signed by the Chair. CIBC sends you monthly account statements by mail. Between mid-June and mid-August you will need to spend 30 minutes once per month balancing the deposits and withdrawals from the bank account post-convention. CPA will send out an invoice in November for catering that requires you to send them a cheque by mail. One or two other cheques might need to be sent to cover the cost of miscellaneous expenses each year. For example, if we co-host a speaker with the Clinical Psychology section we need to send a cheque for expenses to their secretary-treasurer after receipt of an invoice.

The Executive Committee typically meets three times per year. During each meeting I am responsible for taking the minutes and then forwarding them to the chair for approval at the next committee meeting. On average the minutes are three type-written pages long. The Fall and Winter meetings are scheduled by the chair and occur via teleconference. The third meeting is the Annual General Meeting at the CPA Annual Convention. I am also responsible for providing a financial report at each meeting. Once per year I submit the annual financial report (January 1 to December 31) for the Counselling Psychology section to the finance coordinator at CPA by email. The finance coordinator provides a report template that you can use to complete this financial statement. It is a straightforward task that requires approximately two hours of your time and needs to be submitted before the end of January of the new financial year. The finance coordinator will also send you approximately three emails each year to inform you that the Counselling Psychology membership dues have been deposited into our bank account.

I have enjoyed serving on the Executive Committee immensely. It has provided me with a wonderful opportunity to make a valued contribution to our profession and collaborate with other counselling psychologists who share a common vision of promoting the further development of counselling psychology in Canada.

Now I have dismantled the myths associated with being a secretary-treasurer please send an email to our chair Dr. José Domene ([jfdomene@unb.ca](mailto:jfdomene@unb.ca)) to express your interest in standing for this position in June 2012. I am very willing to assist you with learning the ropes and by answering your questions as you settle into your new role.

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## Section 24 Announcements

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### Call for Nominations: Section 24 Distinguished Member Award

The Counselling Psychology 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 2011 award in Toronto. Nominees must be a member of the CPA Counselling Psychology Section and will preferably 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 service.
2. Scholarly research, which has moved the profession of counselling forward.
3. Development of counselling materials which has contributed to the provision of service by others.
4. Outstanding service to professional associations, in particular to the CPA Counselling Psychology Section.

Other factors that will be considered are:

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

Nominators should provide a statement providing a rationale for nominating this individual for the award and additional supporting information, such as an up to date curriculum vitae of the nominee; detailed descriptions of work; samples of work; independent evaluations of work; letters of support from colleagues, students and/or clients; and description of positions held, and/or service contributions.

Please send completed nominations electronically to the section Chair, José Domene by May 15, 2012, [jfdomene@unb.ca](mailto:jfdomene@unb.ca)

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### Volunteers needed for Section Committee on Nominations

We are looking for section members to volunteer to serve on a Section Nominating Committee. Members of this committee will work to ensure that the section has suitable nominees for CPA Awards, Sections Awards and Fellows. Through highlighting the excellent work of counselling psychologists we will continue to enhance the profile of the discipline.

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### Call for Nominations: Best Doctoral Dissertation and Master's Thesis

The Counselling Psychology Section of the Canadian Psychological Association is pleased to accept nominations for its annual Best Doctoral Dissertation and Best Master's Thesis awards. These awards recognize outstanding student research in the field of counselling psychology and include a monetary prize of \$100 per award. The Best Doctoral Dissertation and Best Master's Thesis prizes will be adjudicated based on a 10-page summary of the dissertation or thesis, to be written by the student. The typed summary must be double-spaced, with a 12-point font and 1-inch margins. Tables and figures must be integrated into the document, not attached as appendices and will count against the page limit. The title page and references do not count against the page limit. A 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 deadline. The person who nominates the student's work must be a member of the Counselling Psychology Section of CPA. Except in cases of self-nomination, the student need not be a member.

The nominator is asked to submit an electronic copy of the 10 page summary and a cover letter detailing the justification for the nomination, including how the work contributes to advancement of knowledge and understanding in counselling psychology, to: Dr. K. Jessica Van Vliet, at the University of Alberta, E-mail [jvanvliet@ualberta.ca](mailto:jvanvliet@ualberta.ca).

Deadline for submissions is May 15, 2012.

In addition to these awards, all Master's and Doctoral student posters presented at the Counselling Psychology poster session of CPA's annual convention will be considered for the Best Doctoral Conference Poster Award (\$100) and the Best Master's Conference Poster Award (each with a monetary prize of \$100). No separate nomination process is required.

Please visit:

<http://www.cpa.ca/aboutcpa/cpasections/counsellingpsychology/Awards/> for further details.

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### Call for Nominations: Section 24 Section Executive

Nominations are now being accepted for the following Section Executive positions:

1. Secretary-Treasurer
2. Student Representative

The term of office for the Member at Large positions is two years. These positions will commence following election at the Section's Annual Business Meeting (ABM), June 2012 in Halifax.

Note that the Secretary-Treasurer needs to be a member of the Counselling Psychology Section of CPA, while the Student Representative does not (but does need to be a

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student in a Counselling Psychology program).

The duties of these positions are described in the section by-laws, which can be downloaded from the Section page of the CPA web-site:

<http://www.cpa.ca/aboutcpa/cpasections/counsellingpsychology/counsellingsectionbusiness/>

*Nomination process:* Candidates should inform the Chair of the section by email of their intent to stand for election, at least 1 week prior to the section business meeting. In 2012, the nomination deadline is June 7, 2012, and will only be extended if no candidates are nominated by that time.

Nominees are encouraged to provide a 1-2 paragraph description of who they are, what position they are seeking election for, and why they would like to serve the section in this way. This description will be emailed out to the section prior to the election.

Interested members are encouraged to stand for election even if they are unable to attend the ABM for the election; Their description will be read to the members at the ABM prior to voting.

If you would be interested in serving the section in any of the above roles, please notify the section chair, José Domene at [jfdomene@unb.ca](mailto:jfdomene@unb.ca) of your interest in standing for election, and the position for in which you would like to serve.

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## Section 24 Executive

**Chair:** José Domene

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

**Chair-elect:** Ada Sinacore

E-mail: [ada.sinacore@mcgill.ca](mailto:ada.sinacore@mcgill.ca)

**Secretary-Treasurer:** Helen Massfeller.

E-mail: [hfmassfe@ucalgary.ca](mailto:hfmassfe@ucalgary.ca)

**Member-at-Large (Student Awards):** Jessica VanVliet.

E-mail: [jvanvliet@ualberta.ca](mailto:jvanvliet@ualberta.ca)

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

Jennifer Thannhauser

E-mail: [jennifer.thannhauser@uleth.ca](mailto:jennifer.thannhauser@uleth.ca)

**Student Rep:** Lara Cross

E-mail: [lara1@ualberta.ca](mailto:lara1@ualberta.ca)

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