

# CPA Counsellor

Newsletter of Counselling Psychology Section of the  
Canadian Psychological Association

February 2013

## Message from the Chair



### Ada L. Sinacore

Happy New Year!! This first term as Chair has been quite busy. The section continues to grow and there are a number of very exciting initiatives underway. First, in response to the CPA Committee on Ethics' call to review the new ethics code, the Section struck an ad hoc committee to review the 2000 (3<sup>rd</sup>. ed.) *Canadian Code of Ethics for Psychologists*. The committee was comprised of Ada Sinacore, Ph.D., Chair, Section on Counselling Psychology; K. Jessica Van Vliet, Ph.D., R. Psych., Member at Large, Section on Counselling Psychology; and Kaori Wada, Ph.D. Candidate, Student Representative to the Ad Hoc Committee on Ethics,

Section on Counselling Psychology. As a result of that review, the committee identified three areas that require attention in the next revision of the ethics code, namely, diversity, social justice, and technology. The committee's submission to the Ethics committee included the following statement: "on the whole, our ad hoc committee believes that a major strength of the current *Code* is that its principles, values, and standards are general enough to cover the more specific issues related to diversity, social justice and the use of technologies in psychology. Too much specificity in the *Code* could decrease the strength of the document. At the same time, we see that the *Code* could be strengthened even further through better sensitizing psychologists and the wider community to general issues related to diversity, social justice and technologies, as these issues may have a significant bearing on the main principles, values, and standards embedded in the *Code*." We hope that the Ethics Committee will carefully consider all the recommendations in our report.

Second, as a follow-up to the discussion at the June 2012 AGM, in November I met with the co-Chairs of the CPA Accreditation Panel, along with Melissa Tiessen, CPA Registrar for Accreditation, about our concerns with regard to CPA accredited internship sites for Counselling Psychology students. While the accreditation committee's role is to review programs with regard to accreditation standards and not to actively develop accredited internship sites, as the Panel cannot both develop and review sites, the members of the committee were cognizant that there needs to be ways to encourage the development of accredited sites. To this end, the Panel is currently working on developing educational opportunities for programs in order to make the process of accreditation clearer. Currently, interested sites only receive the standards and an application form that renders the prospect of pursuing accreditation daunting. Thus, developing "how-to" information would both make the accreditation material more accessible to potential sites and serve to encourage the development of new accredited internships.

While this educational information will be an important resource for all potential sites, it does not directly address the Section memberships' concerns about developing accredited counselling psychology internship sites. I followed up the November 2012 meeting I had with the accreditation panel, with two additional conversations with Melissa Tiessen, (Registrar for Accreditation). In these conversations we

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agreed that directors of potential internship sites whose orientation may be more consistent with that of counselling psychology (e.g. College and University Counselling Centres) may not attend CPA and therefore, may not be informed about the CPA accreditation process or the value of developing internships at their centre. We agreed that in order to develop internship sites that are more congruent with counselling psychology, it may be necessary to provide education about the development of accredited internship sites in forums outside of CPA. To this end, we are actively working to find outlets and forums where we can provide education about accreditation and developing counseling psychology internships to potential counselling psychology internship sites.

The topic of accredited internship sites is not the only initiative underway in the Section. As well, the Section Executive has agreed that there needs to be a follow-up meeting to the *Inaugural Canadian Counselling Psychology Conference (ICPC)* to discuss future directions for the discipline. As such, the section will be sponsoring a brunch on Sunday, June 16<sup>th</sup> at the CPA Annual Convention to discuss how to maintain the momentum initiated at the conference. At this June gathering we would like to address questions such as: Do we need a follow-up or regular conference or summit?; If so, should it be an independent event or connected to CPA or involving additional organizations?; Should Section funds be devoted to this event?; How can we continue to develop the discipline of counselling psychology and have it be more broadly recognized? The Executive believes these are important questions for the membership to speak to and we encourage you to attend this important meeting to give your input. If you are interested in attending the Sunday brunch please e-mail me at [ada.sinacore@mcgill.ca](mailto:ada.sinacore@mcgill.ca). Please note that space is limited.

Finally, I want to remind you about a number of important articles devoted to Canadian counselling psychology that were recently published in *Canadian Psychology*. These include: The *Special Section on Counselling Psychology, Volume 52:4, November 2011*, which includes five articles devoted to the discipline. These articles discuss key topics in counselling psychology, such as its history, professional issues, research methods, and contributions made by Canadian counselling psychologist to applied psychology in the areas of multiculturalism and social justice, health and wellness, and career psychology. In addition to the special section two articles of note are: Bedi, R.P., Haverkamp, B. E., Beatch, R., Cave, D., Domene, J. F., Harris, G. E. & Mikhail, A.M. (2011). *Counselling psychology in a Canadian context: Definition and description. Canadian Psychology, 52*, 128-138. doi:10.1037/a0023186 and; Bedi, Clubben and Barker (2012) *Counselling versus Clinical: A comparison of doctoral programs in Canada, 53*(3). The increasing number of articles published in *Canadian Psychology* provide evidence of how the field is growing and remind us of the important contribution our discipline

has made and continues to make to the broader field of professional psychology. Thus, I would encourage the continuation of centralizing the contributions of the discipline by using *Canadian Psychology* as an important outlet for our work.

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## Message from Student Representative *Jennifer Titus*

Greetings from your new student representative! My name is Jennifer Titus and I am a third year PhD student in the Counselling Psychology Program at McGill University. I will be serving as your student representative until June 2014. My own motivation to become involved in the section was to be able to network with students across Canada and represent their interests and concerns to the section, and to work with both students and the executive to further the discipline of counselling psychology in Canada.

Given that you, fellow counselling psychology students, are the future of the discipline, your input and participation in the section is valued! So, how can you get involved in the section and make your voice heard? One way is to attend the annual conference and the general meeting and reception at the conference. As a member, while at the annual meeting you can exercise your vote and use it to support (second or third) motions put forward or to support candidates running for positions on the executive. In addition, attending the business meeting and reception is a great opportunity for you to hear what is happening with the section. For example, at the last annual meeting we talked about issues regarding accreditation of counselling psychology sites in Canada. Moreover, as a member, you can become involved in a committee or a project that may interest you. These events are also a great opportunity to network with counselling psychologists across Canada, and talk to them about their research, clinical work or other experiences. Using your time at the conference to build a network can be invaluable when you graduate and put your knowledge and skills into practise. These events will also give you a chance to network with other students. You may find yourself sharing stories about your own experiences or learning about other students' research that may be related to your own work in some way.

Another way to get involved in the section is by telling me about your ideas for building a community of counselling psychology students within the section. Through creating connections with each other we can foster a dialogue about the direction we would like to see the field and section take. So, would you like to have an on-line forum (e.g. facebook page) to connect with other students across Canada? Would you like to have a student social for the section at the annual conference? Do you have ideas for activities or projects that would get counselling students involved with each other or the section? Or do you have ideas about activities the section could be pursuing or promoting? I

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would like to know what you think!

As your representative, I look forward to building bridges with you and us working together in the near future. So please email me with your concerns, issues, ideas, feedback or questions regarding training or the discipline of counselling psychology in Canada. As part of my duties, I will bring your input to the section executive. In addition, please let me know what you think the section is doing well and what you would like to continue seeing from the section, and I will pass this information along as well. In closing, I encourage you to get involved in whatever way you are most comfortable with and I look forward to hearing from you! Have a great semester!

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## Student Award Winners 2012

Congratulations go to this year's winners of the CPA Counselling Psychology student awards, announced at the CPA Conference in June 2012:

**Best Doctoral Dissertation Award: Dr. Aviva Laye-Gindhu** (University of British Columbia), for her dissertation entitled Nonsuicidal Self-Injury in Street-Involved Adolescents: Identification of Risk and Protective Factors.

**Best Master's Thesis Award: Breanne Faulkner** (Ontario Institute for Studies in Education, University of Toronto), for her thesis entitled An Examination of Trauma-Mediated Pathways from Childhood Maltreatment to Alcohol and Marijuana Use and the Perpetration of Dating Violence in Adolescence.

**Best Doctoral Poster Award: Lara Schultz** (University of Calgary), for her poster entitled Suicide Bereavement: The Experiences of Young Adult Survivors of Parental Suicide.

**Best Master's Poster Awards** (two award winners this year): **Kingsley Chan** (University of Calgary), for his poster entitled How Do Asian-Canadian Students Experience Training in Counselling Psychology in Canada?; **Jennifer Williams**, for her poster entitled Investigating Adolescent Self-Compassion Within the Social Rank Theory of Depression.

We would like thank all nominators, nominees, and adjudicators for helping to showcase the outstanding research of counselling psychology students across Canada.

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## Newsletter Submissions

The Counselling Section Newsletter is an important way for the Section to communicate to its members. PLEASE - If you have feedback about the Newsletter, ideas about its content or would like to submit a brief article that you believe would be important for Section members - LET ME KNOW. You can email me at [ada.sinacore@mcgill.ca](mailto:ada.sinacore@mcgill.ca)

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## Call for Nominations

### Distinguished Member

The Section is seeking nominations for the Distinguished Member Award. A description of the Distinguished Member Award can be found on the Section Website at <http://www.cpa.ca/aboutcpa/cpasections/counsellingpsychology/counsellingsectionnews/>

The deadline for nominations is May 15, 2013. Nominations should be sent to the Member at Large – Awards, Jessica Van Vliet at [jvanvliet@ualberta.ca](mailto:jvanvliet@ualberta.ca)

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### Doctoral/Master's Thesis Awards

Best Doctoral Dissertation  
Best Master's Thesis

A description and information about the requirements of these awards can be found on the Section Website at <http://www.cpa.ca/aboutcpa/cpasections/counsellingpsychology/Awards/>

The deadline for nominations is May 15, 2013. Nominations should be sent to the Member at Large – Awards, Jessica Van Vliet at [jvanvliet@ualberta.ca](mailto:jvanvliet@ualberta.ca)

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### Section Executive

Call for Nominations: CPA Section 24 (Counselling Psychology) Section Executive. Nominations are now being accepted for the following CPA Counselling Psychology Section Executive positions:

1. Chair-Elect
2. Member at Large - Awards
3. Member at Large - Conference Coordinator

The term of office for the Chair-Elect is one year, followed by a two-year term as Chair and then a one year term as Past-Chair.

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 2013 in Quebec City.

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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 2013, the nomination deadline is June 6, 2013 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, Ada Sinacore at [ada.sinacore@mcgill.ca](mailto:ada.sinacore@mcgill.ca) of your interest in standing for election, and the position for which you would like to serve.

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## Convention News

### Do Not Miss The Keynote Address with Beth Haverkamp, PhD.

**Title:** Scientists and Storytellers: Examining the role of qualitative evidence for practice

**Abstract:** Counselling psychologists are familiar with the field's mandate to engage in Evidence Based Practice (EBP), in both their work with clients and in educating the next generation of counselling trainees. But, how often do we think deeply about what constitutes evidence? Are we confident about when, or whether, we can apply research findings to a particular case, with confidence? How do these questions change if we are considering application of findings from qualitative research? Experienced practitioners make regular use of qualitative evidence to inform therapeutic choices, drawing on stories told by their clients. Yet, applied psychology's formal commitment to evidence-based practice, coupled with the field's increased acceptance of qualitative research methods, has generated debate on how--or if--qualitative data constitutes "evidence" for practice. The author contends that academic psychology offers clues for these decisions. This keynote address will consider 20<sup>th</sup> century views of "evidence" from a philosophy of science perspective, will track the evolution of post-modern thought and the questions it poses, and examine what social cognitive psychologists have discovered about how individual practitioners make

decisions about clients and the counselling process.

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### Lend your Voice to the Future of the Discipline. Join the Section for Sunday Brunch.

**Title:** Future directions for Canadian Counselling Psychology

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

**Date:** Sunday June 16th

**Time:** 9:30 – 11:30 am

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

If you are interested in taking part, please RSVP to the section Chair, Ada Sinacore at [ada.sinacore@mcgill.ca](mailto:ada.sinacore@mcgill.ca)

Stayed Tuned for more information on our website at <http://www.cpa.ca/aboutcpa/cpasections/counsellingpsychology/counsellingsectionnews/>

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## Postdoctoral Scholar Opportunities

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### Psychosocial Aspects of Body Weight

A full-time Postdoctoral Scholar opportunity in Psychosocial Aspects of Body Weight is available at the University of Calgary, Canada, to begin on or about September 1, 2013. Based on the influence of social and physical contexts on health and development, and to address the complexity of sociocultural influences linked with unhealthy weights, this unique 2-year position will provide specialized training in weight-related research (e.g., obesity, eating disorders and related issues) across frameworks (prevention [including program and policy], treatment, and aetiology) in a rich interdisciplinary training environment. Training will include research design, implementation, and dissemination. The Scholar will have flexibility in designing research protocols and professional training opportunities that best fit their interests, developmental needs, and career goals. Projects may cut across life stage (pre-school, children, adolescents, and adults), discipline (psychology, counselling, population or public health) and methods (quantitative and qualitative). Supervisors are: Dr. Shelly Russell-Mayhew, Educational Studies in Psychology ([mkrussel@ucalgary.ca](mailto:mkrussel@ucalgary.ca)); Dr. Kristin von Ranson, Clinical Psychology ([kvonrans@ucalgary.ca](mailto:kvonrans@ucalgary.ca)); and Dr. Lindsay McLaren, Community Health Sciences ([lmclaren@ucalgary.ca](mailto:lmclaren@ucalgary.ca)).

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Requirements include: a recent PhD in a relevant social science discipline (e.g., counselling, clinical, or health psychology; population or public health; social epidemiology); outstanding academic record and scientific productivity; and excellent written, analytical, and oral communication skills. Applications are welcomed from Canadian and international candidates. The candidate will receive an annual salary of \$50,000. Limited reimbursement for relocation expenses may be available.

Preliminary inquiries by e-mail are welcome. To apply, individuals should submit a CV, letter of interest addressing goodness of fit, and 2 letters of recommendation by February 15, 2013 to Dr. Shelly Russell-Mayhew @ [mkrussel@ucalgary.ca](mailto:mkrussel@ucalgary.ca). Applications will be reviewed on a rolling basis. Applicants are thanked in advance for their interest, however, only those candidates selected for an interview will be contacted.

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### **Career Development and International Transitions**

A full-time Postdoctoral Scholar opportunity in Career Development and International Transitions is available at the University of Calgary, Canada, to begin on or about September 1, 2013. This unique 2-year position has been created to support research about how people successfully navigate cross-cultural transitions and integrate international experience into their career development. The research could focus on the experiences of students and workers during cross-cultural transitions to identify their learning needs and how they manage their career development; topics related to the integration of youth and adults from diverse cultural backgrounds into the labour market; and/or key learning processes that support individuals and organizations to foster people's successful employment integration.

The Postdoctoral Scholar will have flexibility in designing research protocols and professional training opportunities that best fit their interests, developmental needs, and career goals. Research projects may focus on youth or adult populations, involve multidisciplinary perspectives (psychology, counselling, education, or other domains of social science) and methods (quantitative and qualitative). The supervisor for this position is Dr. Nancy Arthur, Educational Studies in Counselling Psychology, Faculty of Education, University of Calgary, Calgary, Alberta, Canada; (E-mail: [narthur@ucalgary.ca](mailto:narthur@ucalgary.ca)), (<http://www.educ.ucalgary.ca/profiles/nancy-arthur>).

Requirements include: completion of a PhD within the previous 3 years (or 3 years prior to December 1, 2013) in a relevant social science discipline (e.g., counselling psychology, education, or other social science discipline); outstanding academic record and demonstrated evidence of research potential; and excellent written, analytical, and oral communication skills.

Applications are encouraged from Canadian and

international candidates. The candidate will receive an annual stipend of \$50,000 and additional benefits as approved by the Faculty of Education of the University of Calgary.

Preliminary inquiries by e-mail are encouraged. To apply, individuals should submit the following documents, no later than February 28, 2013:

1. CV
2. 2 page letter outlining how the candidate's research interests and record of scholarly work is related to the focus on career development and international transitions,
3. 2 letters of recommendation.

Documents should be sent electronically to Dr. Nancy Arthur, (E-mail: [narthur@ucalgary.ca](mailto:narthur@ucalgary.ca)). Applications will be reviewed on an ongoing basis.

Further information about the postdoctoral recruitment at the University of Calgary is available at <http://www.ucalgary.ca/risingstars/researchers>

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### **Section 24 Executive**

**Chair:** Ada Sinacore

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

**Past Chair:** José Domene

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

**Secretary-Treasurer:** Anusha Kassin

E-mail: [akassin@mail.ubc.ca](mailto:akassin@mail.ubc.ca)

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

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

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

Jennifer Thannhauser

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**Student Rep:** Jennifer Titus

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