

CPA - Counselling Psychology Executive Meeting – Minutes

October 03 (Friday) 2025 at 9 am – 10:30pm (Pacific Time)/10 am (Mountain Time)/12 pm (Eastern Time)

Present: Kirby Huminuik (past-chair), Danika Overmars (chair-elect), Jon Woodend (Secretary-Treasurer), Sonya Flessati (member-at-large: awards coordinator); Danielle Shinbine (student representative); Janet Miller (newsletter editor).

Regrets: Positions Unfilled (Chair; Member-at-large: Convention coordinator).

Item	Action	Person(s) Responsible
1. Welcome a. Introductions for Danika Overmars (chair-elect)		
2. Approval of Agenda and Minutes from Last meeting a. Called to approve agenda: Motion passed b. Approval of May minutes	Upload approved minutes	Jon
3. Section Newsletter – Kaleidoscope a. Upcoming articles from 2025 convention keynote speaker (Dr Anusha Kassan), 2025 award winners, practice corner. b. Executive member role update c. Counselling Psychology research project update d. Next issue submission deadline: October 17 th e. Aiming for 3 issues this year i. January issue (December submission deadline) ii. May issue (April submission deadline)? f. A call for 2026 convention submissions	Follow up with authors All executive members Follow up with Thomas	Janet All Janet

	Summary of submission process	Janet
4. Budget Planning a. Budget updates i. Maintaining strong financial position ii. Continuing need to reduce surplus iii. Membership fees will remain the same iv. Gifts to recognize past-executive	Consider gift ideas	Kirby/Danika
5. Webinar Series a. For 2025/2026 i. Consider a survey to gauge webinar topic interest ii. Consider topics related to practical strategies from Indigenous ways of healing; online social meet-ups; theories of practice; ethical/practice issues and walkthrough of case examples; preparing conference submissions for students; professional pathways in counselling psychology; human sexuality; CBT-I; counselling and AI use iii. Consider offering continuing education credits through CPA	To be considered for 2026	All executive
6. CPA (2026) Convention a. Keynote speaker i. Clinician/panel?	Consider potential speakers	All executive

generate ideas for student awards and Distinguished Member award	Put a call in the newsletter	Sonya/Janet
9. CPA/Section Workgroups – updates and planning a. Counselling Psychology Research Project i. Continuing to recruit b. Counselling Psychology definition update (from Drs Allison Foskett and Jessica Van Vliet) i. Completed: 1. Reviewed the literature and other relevant sources on how counselling psychology has been defined in other countries 2. Developed our process for consulting with and surveying various interested parties. As part of this process we've come up with a preliminary list of those parties that we plan to consult/survey. ii. Next steps: 3. Coming up with action items and dividing up tasks (e.g., developing survey and other consultation questions; writing up a report (e.g., White Paper) that synthesizes information, insights, suggested consultation processes, context of our work, etc.). c. Evidence-based Practice guidelines update (from Dr Jon Woodend)		

iii. Indigenous Knowledges subcommittee is continuing to consult with community, and Qualitative Research subcommittee is reviewing literature for a draft document.		
10. Date for Next Meeting & Adjournment a. 7 th November at 9 am PT/10 am MT	Arrange meeting time and send meeting link	Danika

Minutes prepared by: Jon Woodend