

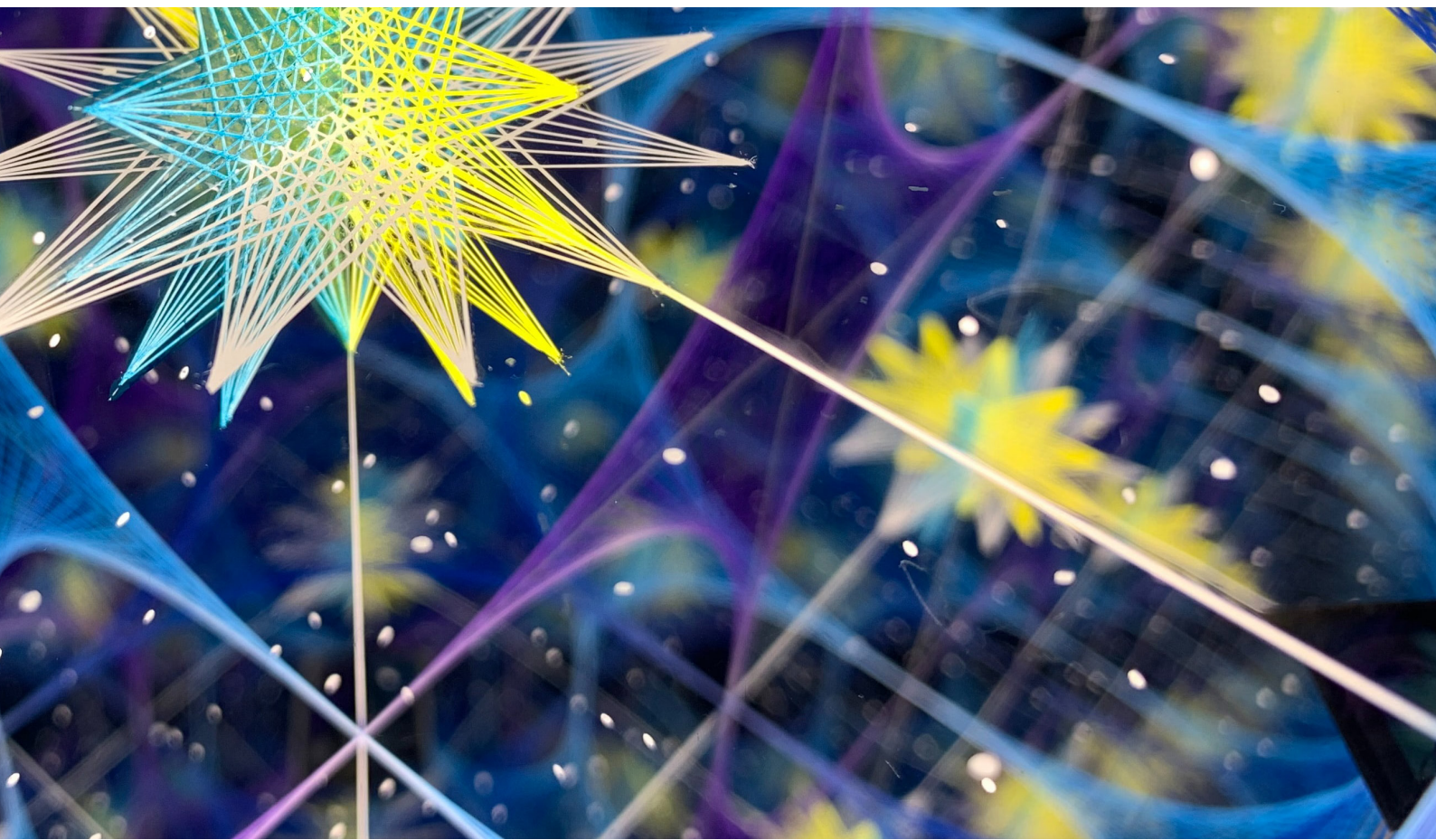
March 2022

Issue no-1

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 newsletters throughout the year and a blog site for our membership. We hope you will feel inspired to give us your feedback and become even more involved with our vibrant community.

www.cpacounselling.wordpress.com

CHAIR'S EDITORIAL



TANYA MUDRY

Happy March!

I hope your year has gotten off to a good start. Things certainly have been busy over the past few months! I have lots of announcements and updates to share.

Section membership has been growing!

As of February 11, 2022, we are 390 members strong! According to my count based on breakdown by CPA membership type, we have 193 CPA Members, 127 Student Affiliates, 17 Early Career Year 1 members, 26 Early Career Year 2 members, as well as CPA Fellows, Honorary Life Fellows, International Affiliates, Special Affiliates, CPA/APA Joint Members, and Retired Members. We have a wonderfully diverse membership, and we really appreciate your commitment and support to Counselling Psychology in Canada.

Articles by Section Members

Please check out the articles featured in this newsletter issue! This issue has wonderful contributions submitted from our section members. Please continue to submit your articles. We are always seeking articles focused on professional issues, reflections, tricks and tips, and informational pieces. You can send them to Janet Miller, our editor at any time during the year, or wait for our call. She can be reached at jbmillier@mtroyal.ca

In addition to general articles, we are inviting international student perspectives and reflections for a special section in our next issue.

International students are invited to submit regardless of Section membership status, so please extend the invitation.

The Deadline is May 13th.

Chair Editorial, continued

We are in Transition and Accepting Nominations for the 2022-23 Executive.

We will have some vacant roles in our Executive Committee as of July 2022, so please consider joining our team!! The following positions will be available:

Chair-Elect: The Chair-Elect is available to carry out duties assigned by the Chair or requested by the Executive Committee or the general membership. In the absence of the Chair, the Chair-Elect will preside at meetings. The Chair-Elect position is typically a 3-year commitment, they spend 1 year in each of the following positions: Chair-Elect, Chair, and Past Chair.

Secretary-Treasurer: The Secretary-Treasurer prepares and maintains the minutes of general meetings and of the Executive Committee. They work with the CPA Head Office to maintain an up-to-date list of members. They are responsible for the care and custody of the Section funds and any other assets of the Section and for making payments for all approved expenses. The Secretary-Treasurer position is typically a 2-year term, renewable for a second term.

Student Representative: The Student Representative serves as a liaison between student members of the Section and the Executive and posts approved messages to the Section list serve. The Student Representative position is typically a 2-year term.

Please email me if you have questions or want to be nominated for one of these positions. We will also take nominations 'from the floor' at the Annual General Meeting (AGM) and hold the election at this time. Nominees do not need to attend the AGM.

Award Nominations Now Open

We have lots of exciting award opportunities to celebrate the incredible work of our Section members and students involved in Counselling Psychology. Our next nomination deadline is April 15th for our Distinguished Member award, so get those nomination packages ready!

We have two new award opportunities! At last year's conference had an increase in participation among undergraduate student for the poster presentations. In response to this interest and desire to support student involvement, we have added two new award opportunities for undergraduates, a poster award and a research project award.

Details for all awards can be found in the Awards update. Please considering nominating colleagues, mentors, and students!

Conference Planning

The Annual CPA Convention is scheduled for June 17-19th, 2022 in Calgary. Our colleagues at CPA head office are also organizing blended/Virtual components of this year's conference. I am grateful for their hard work in continuing to accommodate members' ability to participate. Meanwhile, we are busy planning our conference program, including Section events and our AGM. We are also excited to announce that this year's Section Keynote Presentation will be delivered by Dr. Karlee Fellner. That presentation will be a "must see". Please see conference updates in this newsletter and stay tuned for our full program, online soon.

I look forward to connecting with you in the coming months,

Tanya Mudry, PhD, RPsych
she/her
mudryt@ucalgary.ca

MARVIN McDONALD

PAST-CHAIR

Pivoting & nurturing solidarities together

As part of my personal and professional development, I'm trying to find ways to fill in some gaps in my professional and academic training, experience, and practice. Participating in Black History month has helped me prioritize digging into neglected local histories of Black pioneers in British Columbia (e.g., Kilian, 2020, *Go Do Some Great Thing, 3rd ed.*) and joining in Black Psychology section events inviting steps into better futures (e.g., Kafui Sawyer's item in this newsletter). Focusing locally and regionally can directly cultivate windows for action in CPA, in other professional networks, and community networks. In the Vancouver regions of BC, we were invited to stand in Remembrance Circles for the Murdered and Missing Indigenous Women and Girls, fostering solidarity to act on the National Inquiry report. As overwhelming and draining as day-to-day tasks can often seem, I find renewal in standing with others as we seek good ways to move forward together.

As we look toward to a CPA convention in Calgary during June, I am hopeful to witness strengthening solidarity for promoting social justice within CPA. I am grateful for those pivoting activities in addressing public health and COVID that are also being adapted to collaborations in human rights work.



And we can be confident in ways our broader community and professional networks are offer resources for transformation of institutions like CPA, our professional credentialling systems, and academic research systems.

Please continue sharing your stories, activities, and challenges with us all through the blog, the listserv, and the Canadian Counselling Psychology Google group.

Marvin McDonald (he, him)

Executive Updates

DANIELLE BROSSEAU

Secretary Treasurer



Dear Colleagues,

It is with great enthusiasm that I anticipate being together again—in person—for the annual CPA convention this June 2022. Although the virtual conventions have allowed us to continue to discuss our work, I have missed the flexibility to continue conversations after sessions, have collegial lunches and enjoy hallway conversations. We have seen our section membership grow over the past couple of years and I hope that many of you will choose to join us in person here in Alberta!

Consistent with my reporting over these pandemic years, the financial position of our section is strong. As a reminder, most of our section expenses are related to costs incurred at a typical in person convention, thus are revenue has exceeded our expenses for the past two fiscal years. The robust financial position of our section has allowed us to continue and expand our student award program. Last year we added a Best Undergraduate Student Poster award and we recently voted to establish a Best Undergraduate Research Project award. These awards were establishment in response to increasing undergraduate submissions to our section program.

I encourage all members to join us at the section Annual General Meeting that will be held in person at the CPA convention (with an option to join virtually). Here, I will review our section budget in more detail and outline plans the executive has made to use some of the accumulated budget surplus in service of our members. Please also note that there are several transitions coming up in our executive team. For example, I will be ending my second of two terms as secretary-treasurer. Although my term will be ending in June 2022, I expect to be continuing some informal work with the section in order to see the ‘What is Counselling Psychology’ video project (described in my last update) through to completion. As an early career scholar, it has been incredibly valuable to serve on our section executive. Participating on the executive has provided rich opportunities for connection with other counselling psychologists in Canada and enhanced my knowledge of the meaningful work colleagues are doing to advance our field. I encourage you to consider filling one of the upcoming vacancies on the section executive.

Warmly,

Danielle Brosseau, PhD,
Registered Provisional Psychologist
Assistant Professor of Psychology
The King’s University, Edmonton, AB
danielle.brosseau@kingsu.ca

Executive Updates

FRANZISKA KINTZEL

STUDENT REPRESENTATIVE

Hello everyone,

Before we know it, spring has arrived. However, it does not feel like the season is fully reflecting the current happenings in our world. Rather than experiencing new beginnings and blossoming growth, we continue to be shaken by seemingly endless new COVID-19 variants, war, and recessions. With that come struggle, fear, frustration, anger – emotions that I am sure not only you yourselves are experiencing in your personal lives, but also in your research, work with clients, and academic undertakings.

Yet, despite all of this, when we take a moment and reflect, we realize that there is beauty in everything and still a lot to look forward to, including sunnier and warmer days, seeing family and friends that we might have disconnected with, returning to in-person learning, research, and client work. One big thing on the horizon for our section is the upcoming annual CPA conference in June 2022. We have been busy planning and preparing and hope to see you all there! Another big change is coming specifically to my role as your student representative as my term is up this summer – if you are interested in taking over as the new student representative for the Counselling Psychology section of CPA or have any question regarding the role and/or responsibilities, please let me know (see my email address below).

With that, I want to leave you with a quote by Terry Tempest Williams that I recently stumbled across and that has stuck with me ever since: “Finding beauty in a broken world is creating beauty in the world we find”. Now, go out there and create your beauty – let it be in your own life, that of your friends, family, colleagues, clients, or society in general.

As always, thank you for being part of our community and please do not hesitate to get in touch with me if you have questions, concerns, or simply want to connect:
franziska.kintzel2@ucalgary.ca

Warmly,
Franzi



[Students' Facebook Page](#)

Executive Updates

JESSICA VAN VLIET

Conference Coordinator



CPA 2022 National Convention - Section Update

Preparations are ramping up for CPA's 83rd annual convention scheduled for June 17-19, 2022 in Calgary, Alberta.

Based on the high quality and breadth of convention abstracts received by the Counselling Psychology section alone, we clearly have another great conference in store for our members.

Major thanks go out to this year's panel of conference abstract reviewers: Dr. Ann Marie Dewhurst, Dr. José Domene, Dr. Sonya Flessati, Heather Gower, Chelsea Hobbs, Dr. Houyuan Luo, Brea McLaughlin, Danae Laut, Dr. Pamela Patterson, Dr. Lara Schulz, Dr. Kenya Thompson-Leonardelli, and Jann Tomaro.

Please note that although the early-bird deadline for conference attendees is May 15, 2022, CPA requires that all presenting authors register for the conference and pay their conference fees by April 30, 2022.

Stay tuned for highlights of our section's program in the next edition of Kaleidoscope.

Author:
K. Jessica Van Vliet,
Conference Review Coordinator,
Counselling Psychology Section

Executive Updates

HOUYUAN
LUO

Chair Elect



Hope everyone is doing well!

It seems that the pandemic is hopefully coming to an end this year, and we almost made it!

After a month of collaboration with the Section on Women and Psychology (SWAP) and Dr. Kirby Huminuik, on December 14, 2021, we developed joint feedback on CPA's Accreditation Standards Revision, and it was as follows:

“On reviewing the accreditation revision the section on Counselling Psychology is very appreciative of the description of values in the preamble; however, we feel that the concept of human rights is not well developed. In the most recent draft, the values section remains the same as the original, such that ‘human rights and social justice’ appear as a heading but only diversity, equity and inclusion are really described in the paragraph that follows. If we see human rights as providing a foundational framework for the discipline and practice of psychology, the implications for training include but go beyond EDI.”

The section on counselling psychology raised this point in our report to the panel last summer but we did not make a specific suggestion on wording for an addition to the standards document.

To support the work of the revision committee, we have drafted a brief paragraph for inclusion in the standards. We propose that the following paragraph be added to page 2.

Executive Updates

“ Human Rights are fundamental entitlements that derive from the condition of being human. They have evolved over time and through international consensus-building processes and are articulated in key human rights instruments, including the International Declaration of Human Rights. Psychologists have particular rights and responsibilities that derive from this framework. Specifically, psychologists must respect international human rights laws and principles, and their enjoyment of the right to freely pursue scientific objectives must be balanced by the ethical imperative to do no harm. Psychologists may also focus research efforts on expanding knowledge at the intersection between human rights and psychology. They may apply their knowledge and practice to advancing human rights, respect for equity and promoting conditions of human dignity. Finally, psychologists should ensure equity of access to the benefits of psychology and may use psychological knowledge to advocate for human rights. As we move to embrace social justice principles in our profession and discipline, the international human rights framework provides a normative and legal foundation to address a wide range of issues that have implications for practice, research and policy development and decision-making. Accreditation standards for training in psychology should aim toward the development of knowledge, skills and attitudes that allow trainees to demonstrate respect for human rights standards in their professional roles. ”

Moreover, the Sections on Community Psychology and History and Philosophy decided to support our proposal. We also sent an open invitation to our Counselling Psychology Google Group.

Let's see what the Accreditation Revision Team will do!

Additionally, our Counselling Psychology Google Group has 137 members now. I encourage you to join this group and recommend that colleagues and students do so.

You can join the group in two ways:

1. Here is the official guide to find and join a Google group (<https://support.google.com/groups/answer/1067205?hl=en>); you can type Canadian Counselling Psychology to find our group and join.
2. Send an empty email with the title "JOIN COUNSELLING PSYCHOLOGY GROUP" (copy and paste) to drhouyuan@gmail.com, and Houyuan will add you to the group.

Lastly,

I look forward to seeing you in Calgary this June!

Best wishes,

Houyuan

Executive Updates

Janet Miller

Awards Coordinator



Hello everyone!

This year I've joined the Counselling Section Executive as the Awards Coordinator, and it has been a pleasure to focus some of my energy on the great work and deep conversations happening across our country.

I imagine that most of you are also surrounded by examples of perseverance, reiliency, and success. In our daily practices we see amazing things happen as we encourage reflection, provide interventions to improve functioning, hold space for pain, help to process tragic experiences, intervene to unpack trauma, support skill development to enhance relationships, and support career exploration and development. Many of us are also teaching, investigating, writing, advocating, and leading. The work can be overwhelming at times, but also significantly rewarding. You likely see the same dedication and in your students as they strive to expand their knowledge of theories and practice while furthing their competencies and confidence.

I know that you've seen many examples of excellence in practice, within your own work, the work of your colleagues and the work of your students.

I urge you to acknowledge the good efforts around you, and also to initiate an awards nomination to recognize those achievements. The process is easy, and details for each award are presented on the following pages.

Distinguished Member Award nominations can be sent to our Section's Past Chair, Marvin McDonald, mcdonald@twu.ca. Please note that these nominations are due by April 15, 2022.

Our student awards have been expanded this year to include an undergraduate category, and all student nominations are due in by May 15, 2022. Details for these awards are presented on the following pages, and can be sent directly to me at jbmiller@mtroyal.ca. If you have questions or need support, please let me know.

Lastly, please also remember that we have three student poster awards too. These are evaluated at the CPA Convention, and I'm looking for support for the selection process. If you are interested in reviewing the student posters, please let me know! I'd appreciate your help and it's a terrific way to support our student membership.

Thanks so much for all you do!

Janet Miller, PhD. (she/hers)
Professor & Counsellor, Mount Royal University
jbmiller@mtroyal.ca

UPCOMING AWARDS

A CALL to nominate a colleague for our Section's Distinguished Member Award and/or a graduate student for the Best Doctoral Dissertation or Best Master's Thesis Award.

2022 Counselling Psychology 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., moving the profession forward, many people 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 to mcdonald@twu.ca by April 15, 2022.

STUDENT AWARDS

The Counselling Psychology Section of CPA offers annual awards for outstanding student research in the field of counselling psychology, with a monetary prize (\$100)!

Best Doctoral Dissertation, Best Master's Thesis and Best Undergraduate Research Project Awards

The Best Doctoral Dissertation Award, Best Master's Thesis Award, and Best Undergraduate Research Project Award are given annually to one doctoral, one Master's, and one undergraduate student for their outstanding research conducted in a Canadian counselling psychology program. Inclusion Criteria:

1. A nomination letter, written by a section member, must accompany the application.
2. The research must have been successfully defended (or presented) within 2 years prior to the annual award submission date.
3. Two (2) page summary of the project/thesis/dissertation, written by the student, which should include the following:
 - a. Background/rationale, Research question(s), Methodology, Results (2/3 of the summary)
 - b. Implications and Contributions to the field of Counselling Psychology (1/3 of the summary)
 Summary should be double spaced, 12-point font, 1-inch margins. In addition to the two-page summary, the student should include a title page and references. Tables and figures may also be included as appendices.
4. A student's research can only be nominated once for each award.

Evaluation rubric:

- 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

Nominators are invited to submit the student's 2-page summary and nomination letter to jbmiller@mtroyal.ca by May 15, 2022.

Award winners will be announced at our AGM during the 2022 CPS Convention.
Good luck to all our nominees!

STUDENT AWARDS

Best Conference Poster Awards

The Best Conference Poster Awards are given out annually at the CPA Convention for outstanding research projects relating to the field of Counselling Psychology. Three poster awards will be given: one at the undergraduate level, one at the Masters level, and one at the Doctoral level. Posters are evaluated for:

1. Contribution to knowledge and understanding in counselling psychology
2. Quality of the research
3. Quality of the writing
4. Visual appeal and organization of the poster

The student needs to be first author on the poster, and need to be presenting in the Counselling Psychology posters section. Students do not need to be a member of the Counselling Psychology Section to be eligible for these awards. The amount of each award is \$100.

1. All students accepted to present their poster at the annual convention are informed via e-mail that their poster will automatically be considered for either the Best Master's Poster or the Best Doctoral Poster (the option of opting out is provided).
2. Candidates are to participate in the virtual CPA convention.
3. There will be 3 or 4 reviewers who will do a preliminary review of the posters. Each reviewer will review a specific number of posters in order to allow more time to engage with the candidates on their list. No two reviewers will adjudicate the same poster.
4. After the convention, reviewers will submit their top selections to the Executive Committee, leading to a short list of candidates.
5. The short-listed candidates will be asked to submit an electronic copy of their poster for final review by the Awards Coordinator, in consultation with the rest of the Executive Committee.

The winners will be e-mailed after the conference and will be given the opportunity to have an abstract of their work included in the next issue of the Counselling Psychology Section newsletter, Kaleidoscope.

****PLEASE NOTE****

ADJUDICATORS ARE NEEDED TO REVIEW ALL OF THESE AWARDS, INCLUDING ON-SITE AT THE CONVENTION TO EVALUATION THE STUDENT POSTERS

If you are interested in helping out, or if you are in need of more information, please contact Dr. Janet Miller at jbmiller@mtroyal.ca. Thank you!

Being Prepared for Adversity

as a Black Professional

Celebrating Black History Month
Canadian Psychological Association
Black Psychology and Community Psychology sections

Dr. Sonya Faber, MA, PhD, MBA



- Neuroscientist
- Researcher
- Racial Justice Advocate
- Black American Ex-Pat

2

FEBRUARY IS BLACK HISTORY MONTH

A Reflection and Summary by

Kafui Sawyer (MA) and
Marvin McDonald (PhD)

To celebrate Black History Month, the Section on Black Psychology of the CPA hosted an online presentation on Feb 16th, 2022, with the theme #BLKPSY365! The main speaker, Dr. Sonya Faber presented on *Being Prepared for Adversity as a Black Professional*.

It's important to understand the different kinds of racism that exist to address the complexity and depth of racism in our communities, our lives, and our hearts. Dr. Faber addressed Aversive Racism and Microaggressions.

Aversive racism:

Support racial equality but have conflicted negative feelings toward POC, which are often unconscious or implicit (Gaertner & Dovidio, 2007).

May make affirmative social justice pronouncements, but act like racists, especially when no one is watching. Better identified by their actions than stated attitudes. Have higher implicit bias than explicit biases.

One Manifestation of Aversive Racism is Colorblindness. It is aversive because it allows existing racism to continue and gives an excuse for racist structures and behaviors to persist under the guise of acting justly.

Children learn Aversive Racism from a young age (McGillicuddy et al., 2006; de França, & Monteiro, 2013). The construct of "race" is non-biological, rather based in social, political, economic, historical, and cultural contexts, making it changeable across time and space.

Second, we need to notice ways of speaking and how we communicate with one another. We need to learn how naïve people often are about their implicit racisms. It is important to identify and address microaggressions if we want to build people up and not tear them down.

Microaggressions:

Microaggressions are aggressions and a form of coded language embedded in racism. The goal of microaggressions is to overpower, intimidate, hurt, and frighten the other. The table on the next page provides examples of microaggressions and implications.

Functional Coping:

Third, Black people will be best equipped to cope with racism when they understand the nature of racism, feel secure in their identity, and are prepared to address racism as it arises in the moment. Functional coping includes social support from friends and family, identity affirmation, direct strategies like covert resistance and speaking out, and activism.

To conclude, Black people can use effective coping strategies when they know the nature of racism and have learned how to get support and access resources. In addition, race allies can learn benchmarks on their journeys toward effective anti-racist action to help their fellow Black colleagues. As the late Martin Luther King Jr., once said: "Commit yourself to the noble struggle for equal rights. You will make a better person of yourself, a greater nation of your country, and a finer world to live in."

Examples of microaggressions and their implications are presented on page 15.

Microaggressions Categories	Examples	Implications
1. Assumptions about Citizenship	“What country is your family from?” to a person of colour.	They do not belong.
2. Forcing a Racial Category	“What is your race?” to a racially ambiguous person.	Centres Whiteness while simultaneously othering people of different racial backgrounds.
3. Assumptions about Intelligence, Competence, or Status	“How did you get so good at science?” to a Black medical student.	Most Black people are not smart.
4. False Colour-blindness	“I don’t think of you as Indigenous, you just seem like everyone else.”	Undermines POC lived experiences and their identity; forces White as “norm” and non-White as abnormal.
5. Criminality or Dangerousness	“Be careful, that guy looks like a thug to me” or, campus police harass Black students.	POC are inherently dangerous and/or involved in criminal activity.
6. Denial of Individual Bias	“I would never treat a minority person differently.”	Microaggressions and discrimination experienced by POC are not valid.
7. Myth of Meritocracy	“Everyone has an equal chance at success if you work hard.”	Denial of systemic and institutional barriers. Asks you to believe a lie
8. Reverse racism hostility	“Discrimination against Whites is bad too.”	Undermining POC lived experiences.
9. Pathologizing presumed cultural differences	“Asian patients are not assertive enough” or “The Black kids have no fathers.”	Misunderstanding cultural nuances and differences.
10. Second Class Citizen / Ignored and Invisible	Receptionist forgets a patient of colour sitting in the waiting room.	POC existence does not matter.
11. Tokenism	Including a person of colour in a brochure to promote the illusion of inclusivity.	False portrayal of multiculturalism may lead to POC feeling isolated.
12. Connecting via Stereotypes	“What’s your favourite basketball team?” to a new Black patient.	Black people are a homogenous group with similar interests.
13. Exoticization & Eroticization	“I’ve always had a thing for Asian girls,” or “Can I touch your hair?”	Objectification of POC.
14. Avoiding & Distancing	Receptionist putting receipt on counter instead of in a patient's hand.	POC feels unwelcome and unwanted in that environment.
15. Environmental Exclusion	No people of colour depicted in waiting room artwork.	Lack of representation can be othering to POC.
16. Environmental Attacks	Open-pit garbage dump in Africville, Nova Scotia.	Lack of respect or hostility toward POC spaces.

Non-CPA Members can now become SECTION ASSOCIATES!

Created as a new opportunity in 2021, the Section Associate category is designed for those who are interested in a particular area, or section, of psychology but are not able, or wanting, to become full CPA members.

As a Section Associate you will have access to a chosen Section space, which permits you to receive Section communications. As well, you will receive a Quarterly Newsletter from the CPA's Membership Department and have access to discounted Convention rates.

Section Associates do not have access to CPA membership benefits, our industry leading liability insurance program, nor the ability to vote in Association or Section business, run for office on the CPA's Board, or run for a Section Executive position.

Please pass this information along to your colleagues.

To become a **COUNSELLING SECTION ASSOCIATE**, use this two-step Online Application Process:

Step 1:

Create a Web Account (once completed, you will receive both a confirmation message on your screen as well as an email outlining next steps).

Step 2:

Complete the Online Section Associate Application Form using your new credentials. Once you have completed the application form and paid your Section Associate fees, you will receive a confirmation email from the Member Service Center with instruction on how to access your section space.

Accepting Nominations

**We are accepting nominations for following
CPA Counselling Section Executive positions
(Available July 2022):**

Chair-Elect:

The Chair-Elect is available to carry out duties assigned by the Chair or requested by the Executive Committee or the general membership. In the absence of the Chair, the Chair-Elect will preside at meetings. The Chair-Elect position is typically a 3-year commitment, they spend 1 year in each of the following positions: Chair-Elect, Chair, and Past Chair.

Secretary-Treasurer

The Secretary-Treasurer prepares and maintains the minutes of general meetings and of the Executive Committee. They work with the CPA Head Office to maintain an up-to-date list of members. They are responsible for the care and custody of the Section funds and any other assets of the Section and for making payments for all approved expenses. The Secretary-Treasurer position is typically a 2-year term, renewable for a second term.

Student Representative

The Student Representative serves as a liaison between student members of the Section and the Executive and posts approved messages to the Section list serve. The Student Representative position is typically a 2-year term.

Please Tanya mudryt@ucalgary.ca
if you have questions or want to put your name forward for one of these positions.

We will also take nominations 'from the floor' at the Annual General Meeting (AGM)
and we will hold the election at this time.
Nominees do not need to attend the AGM.

Thank you for keeping our Section vibrant & engaged!

Kafui Sawyer

As we pray for peace in the world, I am sharing the song, "Promised Land" by TobyMac below with you as a tribute to our brothers and sisters in Ukraine. I cannot imagine the anxiety and fear surrounding families during this time.

<https://www.youtube.com/watch?v=k1DjD2MWe1k>

Let's keep hope alive!

Kafui Sawyer



Counselling Psychology Section
CPA CONVENTION 2022

KEYNOTE ADDRESS

A portrait of Dr. Karlee Fellner, a woman with dark hair pulled back, wearing traditional Indigenous-style makeup including red and white eye paint and large, colorful beaded earrings. She is wearing a thick, brown fur garment. The background is a dark, textured wall.

Dr.
Karlee
Fellner

Indigenous
Wisdoms for
Applied
Psychology:
Shifting
toward
Survivance-
Based Research,
Training, and
Practice.

Dr. Karlee Fellner

Indigenous Wisdoms for Applied Psychology: Shifting toward Survivance-Based Research, Training, and Practice

Since the release of Psychology's Response to the Truth and Reconciliation Commission ([TRC], CPA & PFC, 2018), scholars and clinicians in fields of applied psychology have been seeking ways to shift to more culturally safe and relevant work. This keynote will address critical Indigenous wisdoms that inform needed changes in research, training, and practice through transforming ways of knowing, being, and doing in case conceptualization, assessment, intervention, pedagogy, curriculum, and research in psychology. Centered around the concept of survivance (Vizenor, 1999), which challenges conventional psychological models based in deficit and pathology, Dr. Fellner will propose approaches for a transformative applied psychology. Strategies for decolonizing that are informed by scholarship and practice in this area will be presented, and attendees will learn how these approaches can be used in work that goes beyond Indigenous people and communities specifically. A survivance-based applied psychology offers an Indigenous liberating framework that opens wider possibilities for personal, collective, and intergenerational wellness and healing. This keynote directly addresses the calls for accountability and action within the Task Force Report (2018), and more broadly, the TRC report itself (2015), and apologies issued on behalf of the APA and affiliated divisions (e.g., 2017; 2021).

Dr. Karlee Fellner is Cree/Métis from central Alberta, and is an Associate Professor in Counselling Psychology-Indigenous Education at the University of Calgary. Dr. Fellner is a prominent scholar activist who has been part of critical initiatives in the field of psychology and beyond, including CPA and PFC's national task force and Alberta's (CAP and PAA's) provincial working group on addressing the TRC in psychology; ASP-PB's Diversity, Equity and Inclusion (EDI) Task Force; the EDI review panel for the Canada Research Chair program; and is currently the Lead Coordinator for the 2022 National Multicultural Conference & Summit. Dr. Fellner's areas of interest include Indigenous approaches to therapy and trauma work; Indigenous research, curriculum and pedagogy; culturally appropriate counselling; complex trauma; and holistic and traditional approaches to wellness. Dr. Fellner upholds Indigenous community priorities in all aspects of her work, engaging in transformative research and community development. She initiated the MED programs Poo'miikapii: Niitsitapi Approaches to Wellness and Niitsitapiisinni: Real Peoples' Way of Life, which have awarded over 100 graduate certificates and degrees to community members. Dr. Fellner is also part of the instructional team for Indigenous Focusing-Oriented Therapy. She strives to nurture diversity in her work in hopes that students will feel empowered and supported bringing their diverse ways of knowing, being, and doing into their scholarship and practice.

How has the pandemic impacted your counselling practice?

Providing Support During a Pandemic

by Mallory Earnshaw

The pandemic has impacted us all in countless ways. The importance of checking in with ourselves and loved ones grew, and the difficulty in finding new activities to induce happiness was a struggle everyone can relate to. The lives we all had before are different now and making the needed adjustments has not always been easy, especially in the workplace.

Working in the VAW sector is a new experience for me and quickly it became evident how crucial connection is. Women's House is so skilled in providing a space for women to feel heard, supported, and connected to women staff who are non-judgemental. This has not changed throughout the pandemic and we have all given our best effort in adapting to these new situations. For the shelter team, there have been many impacts. As a newer staff member, I don't know what 'typical' shelter life looks like. The pandemic has affected the ways in which we deliver service and connect as a team. I have never had the opportunity to have a non-residential appointment or connect in-person for legal aid, and there are many Women's House team members I haven't been able to meet in person. Despite these changes, day after day we continue to help women work through difficult feelings and situations. We continue to contribute to social change, and I think that's really special.

In shelter, we see women struggling to transition to their new home with many new guidelines and limited outings. We sympathize and understand how difficult that is but are unable to do anything about it. Providing support can only be done from six feet apart with masks that cover our faces and smiles. We have to explain to younger children why we can't give high-fives. We have all felt guilty to leave work and be able to go to the grocery store. Now more than ever it has been important to consider our own mental health and really tap into what we need dur-

ing this time. The pandemic has been a crucial time for the shelter team to talk about vicarious trauma. We have all had moments of feeling tired, distraught, drained, and disheartened. These feelings are then piled on top of the anger and sadness we feel when taking on the trauma of the women we serve. Nobody else outside of VAW work can quite understand what it is we go through, and that is why talking about how we have been impacted by the pandemic is so essential. It can be hard to recognize negative behaviours in ourselves when we start to feel the effects of vicarious trauma, and I am so grateful to have team members who ask those tough questions and name those challenging feelings.

Despite the hardships we have faced, I believe the pandemic has been a reminder of how important and special this work is. It is a privilege to belong to a workplace where we get to positively impact the lives of women who need us most. It is a privilege to be able to create change every day we come to shelter. Connection is our strongest defense against the evils these women face, and although it looks different now, that defense is still as strong as ever. With the gloom of the world, it can be easy to forget that we have experienced the positive moments of shelter residents' lives as well. We have been there through their excitement when they secure housing, their growth in self-confidence as they spend time in shelter, and their comfort when they connect with someone who understands. It is incredible to be a part of a team of strong, inspiring women, and it is irreplaceable to help women recognize their strengths again. The pandemic has impacted us in a lot of ways, but the love and support that is shown and demonstrated in the shelter is unwavering.



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How has the pandemic impacted your counselling practice?

Reflecting on Vaccines and Clinical Work for Counselling Psychologists

by Danae Laut

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This essay poses a series of sincere questions that have emerged for me over the course of the COVID-19 pandemic. I offer these questions as a way of reflecting on a complex health and social phenomenon rather than arguing my beliefs about what is right and wrong.

As a pre-doctoral intern who began her work at the height of Canada's 4th wave, I was confronted by a new challenge in my clinical work: Canada's divided faith in the COVID-19 vaccine. I will state at the outset of this essay that I believe in vaccines; I have been vaccinated three times and will continue receiving vaccines as long as necessary. However, it would be naïve to argue that my faith in the medical system is solely a reflection of its trustworthiness. I have had the privilege of being well-educated and of having well-educated parents, which has helped me develop a certain degree of science literacy. As a white woman, I have issues with certain gender-based problems in health care, however, I have had relatively good experiences during my encounters with the medical system and have never been subjected to or a victim of the systematic racism that permeates health care in North America (Boynton-Jarrett et al., 2021).

I raise these issues to state that my lack of reluctance to take the COVID-19 vaccine is inevitably an outcome of my belief system. It seems clear that the vaccine is not only an issue of health care, obligation to the community, or science, but first an issue of belief. Science itself, is a set of philosophical beliefs, that were largely founded on the ideas of rationalism and inductivism (Shapin, 2000; Vere & Gibson, 2019). In Counselling Psychology, we pride ourselves on attending to issues of social justice and culture. So then, where do we land on beliefs around the vaccine when they bump up against our own beliefs/safety, and the field of psychology's own emphasis on science and empirical evidence? We are, after all, scientist-practitioners.

If we are obligated to practice from a scientific base, what is our role in speaking to clients about vaccines? If one provides Cognitive-Behavioural Therapy, a highly popular and efficacious therapeutic modality (Hoffman et al., 2012), how do you work with clients who are struggling with vaccine hesitancy/refusal? In Counselling Psychology, how do we delineate supporting clients in developing realistic and helpful cognitions around the vaccine without trampling on their value system and attempting to infuse them with our own? Again, science is ultimately a belief system in which I have faith, however, are clients obligated to share this belief system? From a cultural competency perspective, there are religious reasons to refuse certain medical interventions. The conflict between cultural and religious beliefs and certain medical procedures has been subject to debate within medical communities for years, however, methods to help health practitioners navigate such conflicts seem scant.

There are also issues of inter-generational trauma that make getting the vaccine legitimately frightening. For example, it is our obligation as mental health providers in Canada to acknowledge the atrocities perpetrated on our Indigenous community members. To name just one instance of how these atroci-

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ties played out in health care, Canadian doctors, Dr. Percy Moore and Dr. Frederick Tisdall conducted a series of nutritional experiments on children in residential schools (MacDonald et al., 2014). There was extensive unethical behaviour during these experiments, including lack of consent. More alarmingly, there is evidence to suggest that these doctors were aware that the experiments would be harmful to the children before they started them (MacDonald, 2014). Despite children dying, the experiments continued (MacDonald et al., 2014). Of course, there is a well-known American example of similar inhumane treatment, with the Tuskegee experiments (Fairchild & Bayer, 1999). These are real and harmful experiences people have had in our not-so-distant past. Real people have been harmed by our medical system, not by accident, but through the abuse of power. While the Hippocratic Oath ensures that medical professionals promise to “do no harm” history shows us that they have not always held true to this oath.

Other anecdotal observations come to mind, not from my clinical work, but from my personal life. Individuals whose families have a history of government persecution or who have escaped communist countries have expressed their distrust in the vaccine. Do we aim to resolve this form of intergenerational trauma with the goal of helping our clients trust our government and trust science, or at least reduce their fear?

Further questions arise: what should we do when working with an anti-vaxx client? Surely, spending time with them trying to convince them to get the vaccine is unethical, unhelpful, and falls well outside of the bounds of our professional competencies. However, what if being anti-vaxx is isolating clients from loved ones and friends? Or keeping them from engaging in activities that protected their mental health? Social support is one of the most robust protective factors against mental health concerns and is often essential to an individual’s coping (Chu et al.,

2010; Garipey et al., 2019). Engaging in activities via behavioural activation, is a common and effective component in the treatment of many difficulties but especially depression (Ekers et al., 2010). These are things I presume to know, based on science. Because I foreground my clinical work in evidence-based practice, I believe such scientific findings to be essential to my work.

Then, of course, there is the issue of misinformation, which appears to be a growing public health issue. What is the role of psychologists in combating misinformation? Certainly, psychologists have a role in addressing incorrect information clients might have about mental illness, drug use, sleep hygiene, parenting (to name a few). Many, if not all these challenges, are also infused with belief systems, but psychologists often take a firm and science-backed stance in their clinical work. Take the example of corporal punishment, which emerges from certain beliefs about parenting. Science suggests that such forms of punishment are harmful to children and so it is difficult for me to believe a psychologist would not address that in therapy with families using such practices (Gershoff, 2010). In fact, in some instances we likely have an ethical obligation to address it. Science tells us the vaccine is safe, should we not pass that information along to our clients if it comes up in therapy?

Then, there is the issue of what we bring to therapy as clinicians. Like many others, I have felt my own fears and frustrations during this pandemic. While cognitively I understand vaccine hesitancy, emotionally, I want everyone to get the vaccine. Managing our own reactions and emotions is not a novel component of therapeutic work. However, this is the first time in my career when all my clients, family members, and myself have been dealing with the same crisis. This has created, for me at least, a sort of lurking emotional overlay to my work when COVID-19 issues arise. I hope that I am not alone in learning how to manage this.

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I also believe I have been well trained to confront my own cultural beliefs and how they misalign with those of my clients. I steadfastly believe that this is essential to the practice of psychology and helps to reduce our potential for harm. But this is the first time in my career when my beliefs have been different from my clients in a way that has a real impact on a crisis we are all coping with and that feels so close to my own experiences. I see vaccine refusal/hesitancy and anti-vaxx beliefs as, in some ways, an issue of social justice and culture, for the reasons explained above. However, perhaps because the pandemic continues to be omnipresent in our lives, I am having difficulty reflecting on my own role in it. Of course, I am fearful of our hospitals becoming overwhelmed, I am concerned for the lasting effects this pandemic will have on our society and on those I am close to. It is virtually impossible to extricate myself from the issue of vaccines and the pandemic, which I presume to be true for all of us. So then, what do we do?

I suppose, in closing, I have only offered my reflections on this one aspect of an extremely tumultuous time during a period when mental health providers are under unique strains. I recognize this is an extremely nuanced issue and I have not explored all its facets. I am sincerely uncertain about the issue I have raised and hope that I am not alone in being confused by many of the challenges COVID-19 has brought up in our profession. Perhaps when we have the luxury of hindsight, we will know what to do when future issues of this kind arise, but for now, reflection seems to be the best tool.



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SOCIAL JUSTICE & MULTICULTURAL COUNSELLING in the time of COVID-19

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The COVID-19 global pandemic has called upon individuals and communities to rethink our traditions, customs, and operations across all facets of Canadian society. Undoubtedly, COVID-19 and the changes it has affected have had varied and complex impacts on all Canadians; however, data continues to reveal that systemically and socially oppressed individuals, families, and communities are disproportionately affected by COVID-19, both in terms of risk of infection and the secondary negative impacts (e.g., unemployment, social isolation, food and housing insecurity, etc.) of public health restrictions (Public Health Agency of Canada, 2020).

The data is clear - the COVID-19 pandemic has exposed, perpetuated, and exacerbated the long-standing adverse sociopolitical conditions and systems that exist within Canadian society.

It is critical that counselling professionals take heed of this information and attend to these inequities and oppression, both in our present and post-pandemic work.

Social justice and multicultural approaches to counselling offer a viable avenue for bringing our attention to the myriad of ways in which vulnerable individuals and communities are suffering as a result of the pandemic (Fortuna et al., 2020; Pandey, Kukreja, & Priya, 2020). Socially just and multicultural counselling models situate professionals to attend to and address the diverse ways in which individuals, couples, families, and communities are experiencing and affected by inequities and discrimination (Fortuna et al., 2020; Pandey et al., 2020). In addition, these models provide an avenue for under-

standing and recovering from the collective trauma we have endured throughout the pandemic (Fortuna et al., 2020; Pandey et al., 2020). Principles of multicultural and social justice counselling, in their emphasis on cultural responsiveness, recovery, trauma-informed care, and ameliorating sociopolitical disparities, offers counselling professionals an opportune compass for navigating and responding effectively to the present and future challenges brought on by the COVID-19 pandemic and its aftermath (Fortuna et al., 2020; Pandey et al., 2020).

During the past two years managing COVID-19, we've had to adjust and navigate an ever-shifting landscape of mental health service provision, which has also provided us with an opportunity to reflect. We invite you to reflect on your experiences as well: How has COVID-19 impacted your clients? How have your clients faced or experienced increased vulnerabilities or inequities? How has your work had to change? Have you had to offer sessions differently (online, different timing, changing spaces)? How have your own experiences during COVID-19 impacted your work with clients? How have you cared for yourself differently, in order to serve your clients? What practices might you continue to bring forward in your work?

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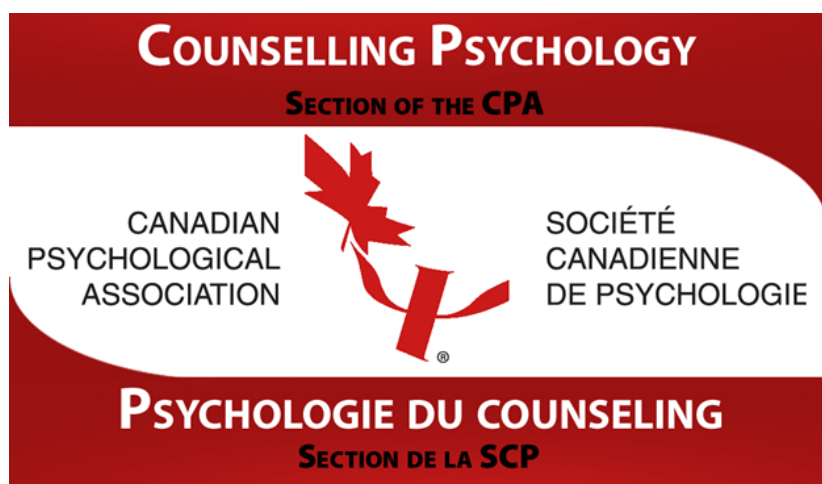
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FROM THE EDITOR

I am feeling grateful to be part of this newsletter team and want to thank our Section Executive members and our other contributors for making this edition so thoughtprovoking. After reading through the articles I find myself focused on several Calls to Action - to address racism, foster peace, and reflect further and deeper into my way of being in the world. If you hear similar calls, let me know how you're responding! We are accepting submissions for our May edition of Kaleidoscope now, and it would be a pleasure to receive your correspondence.

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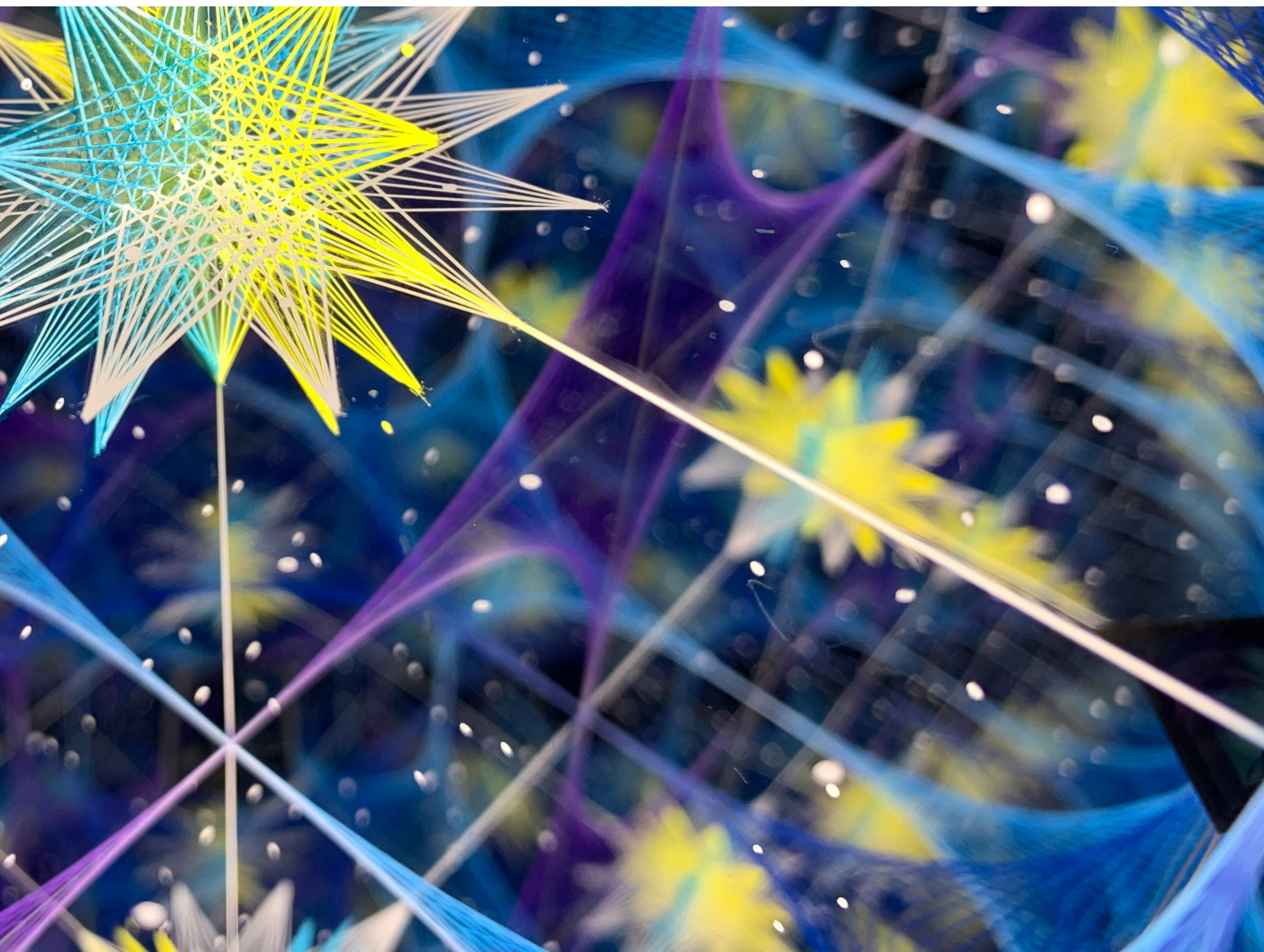
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