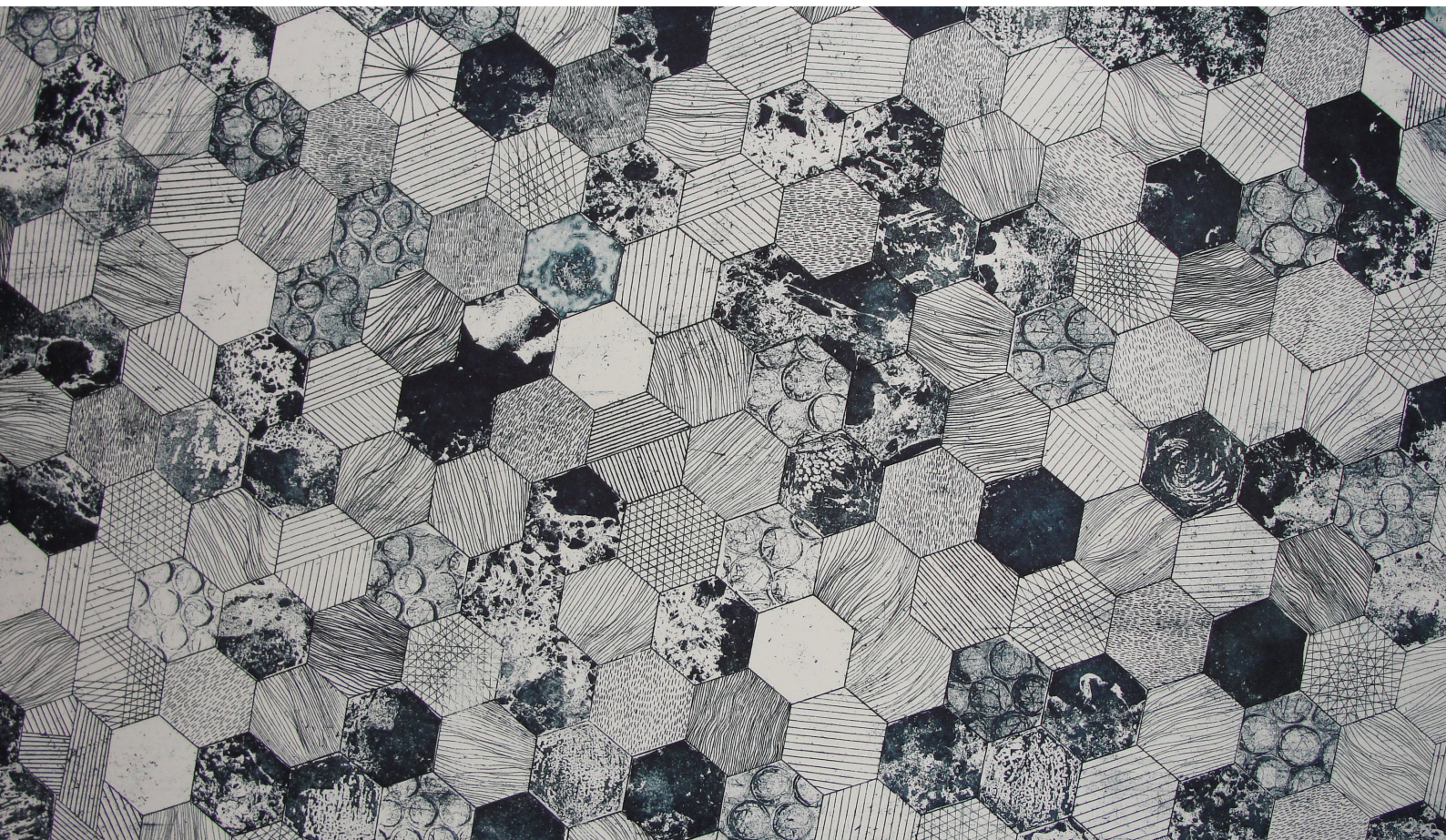


Issue no-2
May 2019

Kaleidoscope

Newsletter of the Counselling Psychology Section

Canadian Psychological Association



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

www.cpacounselling.wordpress.com

ANUSHA KASSAN

CHAIR EDITORIAL



Hello everyone!

It is with mixed emotions that I write my last update as Chair of the Section on Counselling Psychology of the Canadian Psychological Association... The years have been busy and productive, and I will retain nothing but positive memories about my time on the Section's Executive Committee. As I wrap up my time as Chair, I would like to reflect on the many people and events that touched me while I fulfilled this role.

The People I Have Encountered

First and foremost, my time as Chair of the Section has provided me with multiple opportunity to collaborate with students, professionals, and stakeholders from across the country and the globe. This has definitely been a highlight for me! I would like to thank all of the executive committee members that I have had the pleasure of working with over the past four years since becoming the Chair-Elect: Dr. Robinder Bedi, Dr. Carlton Duff, Dr. Laura Hiseler, Julie Cohen, Dr. José Domene, Theresa

Jubenville, Dr. Martha Chamodra-ka, Dr. Danielle Brosseau, Dr. Kirby Huminuik, Dr. Marvin McDonald, and Payden Spowart. I would also like to thank all of the individuals who have lent additional support to the Executive Committee – most recently Dr. Janet Millet, our newsletter editor, and Andrea Rivera, our webmaster.

Since being involved with the Section in my role as Chair-Elect and Chair, we have had excellent keynote speakers at the annual CPA convention, all of whom volunteered their time and energy to present to our members. These precious individu-

Executive Update

als include Dr. Roy Moodle, Dr. Suzanne Stewart, and Dr. Nancy Arthur. These keynote addresses have increasingly been directed toward social justice topics, which is a great indication of where we have been focusing our energies as a Section.

I have also enjoyed collaborating with other Sections over the past four years, including their Executive Committees and broader membership. Most recently, four Sections have come together to create a broader, more inclusive dialogue centering on shifting paradigms and decolonizing psychology. I do hope that this collaborative effort is a sign of things to come where we, as counselling psychologists, can increase our partnerships with other psychologists who hold similar values. To learn more about the workshop, please visit the following webpage: <http://www.sogii.ca>

2018

Canadian Counselling Psychology Conference

The biggest labor of love that I have contributed to in my time as Chair has certainly been the 2018 Canadian Counselling Psychology Conference! While this event took place only months ago (in October 2018 at the University of Calgary), in some ways, it feels like a distant memory...

I am so thrilled with the success of the 2018 CCPC! From attendance, to dialogue, to dissemination, and everything in between, it seems that folks truly relished in the opportunity to come together and address issues of great importance in Canadian counselling psychology. The organizational committee that I had the pleasure to work with over the year and a half leading up to the event was simply spectacular! Dr. José Domene and myself (Co-Chairs), along with Dr. Robinder Bedi, Dr. Kaori Wada, and Taylor Schembri worked tirelessly on the conference, and we are now continuing our efforts in order to disseminate its outcomes widely. For example, there will be a conference proceedings published shortly through the University of Calgary as well as a Special Issue that will be published in the Canadian Journal of Counselling and

Psychotherapy. Also, we have an invited symposium that will take place at the upcoming CPA convention. Please peruse the program for more specific details: https://cpa.ca/docs/File/Convention/2019/CPA_2019_Convention_Schedule_Day2.pdf

I would like to extend my deepest appreciation to all of the students, practitioners, scholars, and stakeholders who participated in the 2018 CCPC and ensured its success. I urge all of you to continue to multiple dialogues that were started at the conference to make sure we are honoring the hard work we were all involved in. As Dr. Ada L. Sinacore mentioned in her opening keynote address: "In tribute to the legacy of counselling psychologists, I hope at this conference, you/we start the next social movement in counselling psychology." Like her, I encourage us all to be part on this ongoing social movement!

An overview of the CCPC has recently been published in *Psynopsis* in order to share our work with the broader psychology community. To see the article, you can click on the following link: https://cpa.ca/docs/File/Psynopsis/2019/Psynopsis_Vol41-1.pdf

Kaleidoscope and Section Website

The Section newsletter has been vibrant and active for many years now... Since I became Chair of the Section, we introduced two new series focused on Pre-Doctoral Internships in Professional Psychology as well as various clinical practice settings. It has been great to include authors and perspectives from all over the country to showcase the training and practice diversity that exist within our discipline. I would like to thank each doctoral student, Director of Training, and practitioner whom has contributed to these series – Sharing your experiences has helped future counselling psychology students, educators, and practitioners! To read more on the internship and practitioner series, please click on the following link:

<https://cpa.ca/sections/counsellingpsychology/internships/>

Executive Update

Relatedly, our Section has won the Award for Best Newsletter for several years. This success would not have been possible without our newsletter extraordinaire – Janet Miller! Please keep an eye out for upcoming announcement for some more exciting news: <https://cpa.ca/sections/award/>

The Section's website has also been updated regularly thanks to our webmaster – Andrea Rivera.

We have recently added a bilingual welcome message to our home page, started by our Chair-Elect, Marvin McDonald, and finessed collaboratively by our Executive Committee as a whole. Please check it out and give us your thoughts:

<https://cpa.ca/sections/counsellingpsychology/>

Social Justice Corner and Next Steps

In recent months, we have introduced the Social Justice Corner into Kaleidoscope. For those of you who attended ICAP in Montreal last June, you may recall that Dr. Nancy Arthur gave our Section's keynote address. At the end of her talk, she challenged us to take one action – big or small – to advance social justice. From that encouragement, the Section's Social Justice Corner emerged. We are kicking it off in this issue of Kaleidoscope by asking our executive members – How are you contributing to social justice in your life? Some of us on the Executive Committee have begun to answer this question and I hope that you will actively participate in this column with every new issue of the newsletter that is published. If you would like to contribute, please contact Dr. Janet Miller (jbmiller@mtroyal.ca).

Taking this topic forward, Dr. Marvin McDonald will be working with the new Executive Committee to address how counselling psychology can be part of restorative justice. So, please stay tuned for updates on that front! Similarly, please make sure to check out Dr. Kirby Huminuik's update in this issue of Kaleidoscope, as she is planting the seed for more exciting information to come...

Transitioning out of the Chair Role

As I get ready to transition out of the Section Chair role, I am excited that a new Executive Committee is coming together. This shift will make space for new, innovative ideas, which I know will continue to energize the Section and make an important impact in the broader field of psychology. I am also happy to create space in my own schedule for more service and leadership roles, so that I can be a position to bring my critical counselling psychology lens to other spaces in need of a shake up!

I want to thank our entire membership for the positive encouragement and support I have received over the few years. It has been a great experience to step into the Chair-Elect and subsequently the Chair role, and the work that was accomplished in the Section in that time would not have been possible without the collaborative efforts of multiple people. So, thank you all very much!

I look forward to seeing many of you in Halifax!
With warmth, Anusha

Anusha Kassan, PhD. R.Psych.
Chair, CPA Section on Counselling Psychology
Assistant Professor, Educational Studies in
Counselling Psychology, University of Calgary

Anusha Kassan

anusha.kassan@ucalgary.ca

Executive Update



MARVIN
McDONALD

CHAIR ELECT

mcdonald@twu.ca

One of the shared commitments we made at the Canadian Counselling Psychology Conference last fall was to read and internalize a very important CPA report last year, entitled Psychology's Response to the Truth and Reconciliation Commission of Canada's Report. Many of us have, in recent years, been pursuing continuing education in cultural safety, continuing to work our way through the TRC report, and reminding ourselves and one another of the Calls to Action. The CPA task force report of 2018 offers us another milestone in the long journeys of moving forward together. I am encouraged – and challenged – by this gift from colleagues and from a wide range of partners. One simple but powerful gift is offered to us by refining our insights into what it means to stand in solidarity with Indigenous peoples as psychologists. As we all stand in our respective positions of settler legacies, newcomer backgrounds, and Indigenous heritages, it is a beautiful offering to help one another to act with courage and humility. Ongoing discussions remind us of profound weaknesses in many settler efforts to move beyond colonial systems and habits. I cannot say it any better than our colleagues did in the report.

Allyship: Psychologists are called upon to openly identify themselves as allies and to stand as advocates for those that have been oppressed by colonial systems. It is insufficient to have awareness and sympathies for the plight of the Indigenous Peoples in Canada. Members of the profession are called upon to work with and for Indigenous Peoples. This will involve prioritizing the use of time to learn about and understand how Indigenous people conceptualize themselves and their families, communities, health, and the impacts of colonial systems on their histories and current lives. Psychology is called upon to support the healing journey needed to provide relief and build prosperity, in all of its forms, among Indigenous Peoples in Canada. (p. 6)

May we in counselling psychology take inspiration and guidance from one another, from our local partners in collaboration, and – yes – even from official documents like the TRC report and the CPA task force report. And let us help one another to move forward together, in serving today's and future generations.

Executive Update

DANIELLE BROSSEAU

Treasurer Update

The fact that I am watching snow fall in Edmonton right now is making it difficult to believe that it is spring. Despite the weather, May is here and the CPA convention is just around the corner. I am looking forward to connecting and re-connecting with many of you in Halifax.

Turning to news related to my role as the Secretary-Treasurer, despite declining membership trends over the past number of years, we were able to approve a budget last quarter that allowed us to maintain our existing honoraria and award opportunities. Our financial status is closely linked to membership as membership dues are the main source of funding for our section. We, as your executive, have been discussing the previous and continued decline in membership and plan to prioritize these discussions and a response in our upcoming work. We invite you to join us in these discussions at the upcoming annual general meeting at CPA later this month.

Best,
Danielle

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



Executive Update



**KIRBY
HUMINUIK**

I would like to begin by saying what most of you already know, which is that Dr. Anusha Kassan has been a creative force at the helm of the section for the past few years, enlivening the membership and holding a strong vision for the future of counselling psychology in Canada. All of the members of “the exec” benefit from her leadership but I’m sorry to admit, some of us (ok, it’s me) might have tested her patience a little bit this year. I guess I lead with all of this because I am afraid I’m doing it again. For this newsletter, Anusha asked me for an update of what I’ve been doing in my role as the Member at Large for the executive committee, and also to write a short piece for the “Social Justice Corner.” With apologies to Anusha, I decided to kill two birds with one stone with this one...

For the past 17 years, I’ve been working in various capacities in the field of refugee mental health. The work and the relationships I’ve developed along the way have taught me the value and the urgency of a human rights informed approach to psychology.

While serving as a member of the American Psychological Association Task Force on Human Rights, my colleagues and I have articulated five connections between psychology and human rights (O’Connor, et al. 2017). These are:

1. Psychologists have human rights;
2. Psychologists have knowledge and methods that can be applied to the greater realization of human rights;
3. Psychologists can respect the implications of their work for human rights and recognize the potential for misuse of psychological science and practice;

executive update, continued

4. Psychologists can strive to ensure equal access to the benefits of psychological science and practice; and,
5. Psychologists can advocate for human rights.

It is important and deeply gratifying for me to work in roles and settings in which these connections can be embodied as values. Currently, I am a psychologist at the Student Health and Counselling Centre at Simon Fraser University. In my role as the director of the pre-doctoral internship, I introduce trainees to these connections and encourage their deepening commitment to human rights as part of the process of professional identity development. As a clinician, I also appreciate the opportunity to provide free services for a diverse student body - many of whom would not otherwise have access to the benefits of psychological science and practice – but I am concerned about the increasing demand for our services and feel the strain of under-funding that affects my colleagues in public mental health services throughout the country.

In addition to my work at SFU, I am also the research lead on a pilot project to evaluate the effectiveness of an ecologically valid model of model of counselling for newly arrived refugees, in collaboration with the Immigrant Services Society of BC. This study investigates the impact of clinical counselling in the client's first language, with refugees during the settlement period. The project has provided access to mental health care for people with complex presenting concerns who speak languages other than English or French, which is not currently funded in BC. I look forward to presenting results from this study at the CPA convention in June.

As Member-at-Large for the Section of Counselling Psychology, I aim to find ways to engage with our section on issues of social justice and human rights.

To that end, Ada L. Sinacore and I have begun working together on a proposal to the CPA Board of Directors, to establish a Canadian Institute for Human Rights and Social Justice in Psychology.

The Institute would be housed within CPA, and would take a leadership role in developing a human rights and social justice framework for mental health professions in Canada. We also envision that it could be a platform for its members to participate in and learn from the international human rights movement. The idea for this new initiative emerged from the conversations held within the International Workgroup at Canadian Counselling Psychology Conference at The University of Calgary in October 2018. The members of the workgroup felt strongly that Canadian Counselling Psychology has done foundational work in social justice, international psychology, and human rights and could spearhead an initiative of this kind. We look forward to connecting with interested members. I will update you on these on-going efforts at the AGM and invite your participation.

Kirby

Dr. Kirby Huminuik, Registered Psychologist
Vancouver | British Columbia
kirbyhuminuik@gmail.com

O'Connor, M; Dockett, K; Huminuik, K; Kallivayalil, D; McFarland, S; Wyndham, J. (2017, August). APA Task Force on Human Rights--Implications for Psychology. Anderson, C. W. & Huminuik, K. (Co-chairs). Symposium conducted at the meeting of the American Psychological Association, Washington DC.

CPA Convention

For more information please visit the CPA website:

<http://www.cpa.ca/Convention>
<https://convention.cpa.ca/attend/registration-fees/>

Awards Update

MARTHA CHAMODRAKA

Dear members,

I am still here! I said my good-byes prematurely in our previous newsletter but I cannot leave before sharing some great news AND before reminding you for one last time of our sections' awards (roughly one week left before the deadlines, so please keep reading!).

CPA Fellow Award

We are pleased to announce that Dr. Denise Larsen, Professor in the Department of Educational Psychology at the University of Alberta, has been awarded the CPA Fellow Award!

Dr. Larsen has made exceptional contributions to professional psychology nationally and internationally. She has played an active role in shaping research in the area of mental health, Canadian ethics, as well as teaching and mentoring. In making these advancements, she has taken on multiple leadership roles. Dr. Larsen has been a CPA member for several years, regularly attending annual conventions and presenting her work. A number of her scholarly presentations and referred publications address the role of hope in psychology.

For Dr. Larsen's bio, please [click here](#).

We wish to extend our whole-hearted congratulations to Dr. Larsen and send our best for continued success in her research and clinical endeavors!

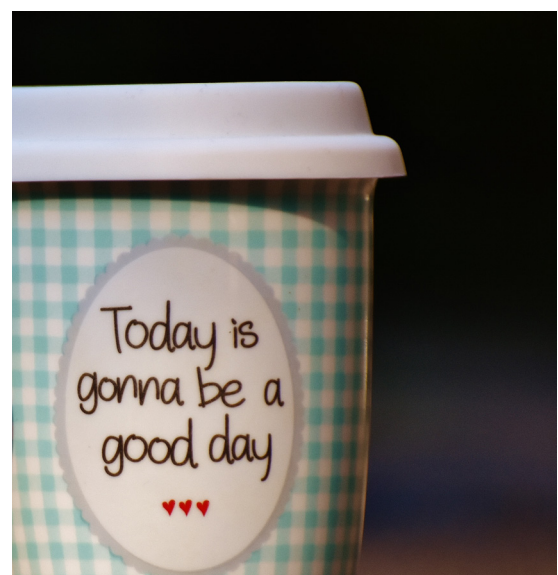
Upcoming Awards

This is the FINAL CALL to nominate a colleague for our Section's Distinguished Member Award and/or a graduate student for the Best Doctoral Dissertation or the Best Master's Thesis Award. We are pleased to provide these details for your consideration.

2019 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.



FINAL CALL FOR NOMINATIONS

AWARDS, continued

Other factors that will be considered are the depth and breadth of the influence of the nominee's work on the profession of counselling psychology (i.e., is it moving the profession forward; how many people have been affected by the work etc.). Nominators should provide a rationale for nominating the individual for the award, as well as supporting information (e.g., a current CV, detailed descriptions of the nominee's work, samples of the work, independent evaluations of the work, letters of support from colleagues, students and/or clients; description of positions held and / or service contributions).

Please send nominations to martha.chamodraka@mcgill.ca by **May 22, 2019**.

2019 Student Awards

i. Best Doctoral Dissertation and Best Master's Thesis Awards

The Best Doctoral Dissertation and Best Master's Thesis Awards are given annually to one doctoral and one Master's 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 within 2 years prior to the annual award submission date.
3. Two (2) page summary of the thesis/dissertation, written by the student, which should include the following:
 - a. Background/rationale; Research question(s); Methodology; Results (2/3 or 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 kindly invited to submit the student's 2-page summary and nomination letter to martha.chamodraka@mcgill.ca by **May 22, 2019**.

All these awards will be announced at the Section Annual Meeting at the 2019 CPA National Convention in Halifax. Winners of these awards not attending will be emailed after the convention. Good luck to all our nominees!

ii. Best Conference Poster Awards

The Best Master's Conference Poster Award and the Best Doctoral Conference Poster Award are given for outstanding research projects completed by graduate students. 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
5. The student's engagement in questions and comments about the poster

The student needs to be first author on the poster. 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 be next to their posters during the scheduled poster session of the convention.

AWARDS, continued

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 Member at Large: Awards, 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 newsletter, Kaleidoscope.

****KINDLY NOTE THAT WE ARE STILL LOOKING FOR 3 ADJUDICATORS TO REVIEW STUDENT POSTERS AT THE ANNUAL CPA CONVENTION IN HALIFAX FOR THE BEST CONFERENCE POSTER AWARD.**

The poster session will take place on Friday May 31st, 2019 from 3:30pm to 5:00pm.

If you are interested in helping out and/or for more information, please contact martha.chamodraka@mcgill.ca



iii. Student Travel Awards

At the 2019 annual convention in Halifax, there will be a draw for three (3) \$200 Section student travel awards, to help students attend the Counselling Psychology Section Annual Meeting at ICAP. Eligibility:

1. Be a Student Affiliate of the Section on Counselling Psychology (note that this is different from being a student member of CPA).
2. Attend the Section Annual Meeting at the 2019 CPA National Convention.

Seeing that this is -officially- my last entry as the Section's Awards Coordinator, please consider joining the Executive Committee of the Section on Counselling Psychology by applying for the position Member-at-Large (awards coordinator) coming up for election in the spring of 2019.

* Nominations (including self-nominations) are preferred ASAP, but are welcome up until the start of Section's Annual Meeting at the CPA Convention: Saturday June 1st, 2019 @ 5:00pm. Elections will take place at the Annual Meeting, but attendance is not required for nominees.

Nominees are asked to e-mail a brief biography and statement of interest (including what position they are running for and why they wish to serve in this capacity) to the Chair (anusha.kassan@ucalgary.ca). All inquiries can be directed to the Chair.

Farewell and kind regards,

MARTHA CHAMODRAKA

Awards Coordinator

Wellness Consultant - Academic Associate
Faculty of Medicine, McGill University
martha.chamodraka@mcgill.ca

PAYDEN SPOWART

Student Representative



Dear Student Affiliates,

Congratulations on finishing another semester! I hope that practicums and courses went well, and that ongoing projects, research, and internships are exciting and fulfilling through the summer. At the same time, may a little fun in the sun might be in order?

We have some updates coming to the Counselling Psychology Student Page tab on the Counselling Psychology section of the CPA website. This tab offers some information about awards and has a great powerpoint about Graduate Studies in Counselling Psychology. Amongst other things we are hoping to add, we are planning on providing some information and resources related to early career planning and support. I wanted to extend an invitation to students to contact me with any ideas, recommendations, or resources, that you, as students in Counselling Psychology, think others would appreciate or you wish you had known earlier in your studies. In this way, we can support those coming into and moving through student life with our collective knowledge.

With the 2019 Convention in Halifax right around the corner, I wanted to remind student affiliates of some exciting opportunities. There are three, \$200 travel awards for students attending the conference this year. All you have to do is ensure that you are registered as a Student Affiliate with the CPA Counselling Psychology Section and attend our Annual General Meeting at the convention (see the program for details). For those who were not able to attend the 2018 CCPC conference, there will be a symposium highlighting some of the conference outcomes as well. Looking forward to connecting with you throughout the conference!

All the best

Payden Spowart, M.A.
Doctoral Student, Counselling Psychology, U of Calgary
Registered Psychologist pspowart@ucalgary.ca

Remember to check out our students' [Facebook page](#)

CPA STANDING COMMITTEE ON RECONCILIATION

BY
DR. DAVID DANTO

The Truth and Reconciliation Commission of Canada (TRC) held its closing event in Ottawa from May 31 to June 3, 2015. During this time, the Canadian Psychological Association's (CPA) annual convention was also in session only a short distance away. I was the Chair of the Aboriginal Psychology Section at the time, now known as the Indigenous Peoples' Psychology Section. In response to the TRC event, we gathered support from the members of this section which included former Associate Chair, Dr. Suzanne Stewart, and from our allies within other sections such as Judi Malone from the Northern and Rural Section of the CPA. We aimed to highlight the importance of the TRC to the CPA Board of Directors and the Accreditation Committee in hopes of addressing the quality, accessibility, and appropriateness of the psychological services available to Indigenous Peoples' in Canada.

In March of 2017 I was invited by Dr. Fern Stockdale, on behalf of the CPA Board of Directors, to chair a Task Force that would address Psychology's response to the Truth and Reconciliation Commission report. **We assembled the Task Force in consultation with our section members and Indigenous Knowledge Keepers.** Membership consisted of 17 participants—10 self-identified as Indigenous and 7 who were registered psychologists. Four members were Trustees for the Psychology Foundation of Canada, as well as CPA members.

The University of Guelph-Humber (UofGH) generously covered the costs of bringing all 17 members together in Toronto for 3 days at the Native Canadian Centre. During this event, six UofGH undergraduate psychology students also volunteered and supported the process. In the end, we developed a 35-page report that was published jointly by CPA and PFC in May 2018. The members of the Task Force reported an exceptionally good experience of honest and authentic sharing, which I hope is reflected in the final document.

The scope of the report includes a statement regarding Psychology's own Code of Ethics as a starting point that identifies four main principles:

1. Respect for rights of dignity of persons and people
2. Responsible caring
3. Integrity in relationships
4. Responsibility to society

The Task Force created a statement of accountability, and responsibility, to Indigenous Peoples on behalf of the profession of psychology in Canada. **The Task Force discussed in detail the ways in which Psychology's own Code of Ethics has been violated with respect to Indigenous Peoples.** The Task Force also developed guiding principles for psychologi-

cal practice with Indigenous Peoples that included respect for Indigenous concepts of personhood, health and well-being, family and Ways of Knowing.

The Six Guiding Principles that intend to provide practical direction to all psychologists are:

1. Cultural Allyship— Understanding Indigenous culture, the impacts of colonization and training in deconstructing the cultural assumptions of mainstream psychology

2. Humility— Psychologists should address Elders and Indigenous approaches with respect. To do this, psychologists must come to understand how the profession of Psychology developed in the same settler colonial context that gave rise to the residential school system. An institutional system that contributed to the marginalization and oppression of Indigenous Peoples in Canada

3. Collaboration— Services should be the product of community collaboration, not post hoc consultation. Communities should have the opportunity to provide feedback to psychologists regarding the helpfulness of services provided.

4. Critical Reflection — Psychologists need to understand their own background and how it may influence their attitudes and work. Psychologists must have a commitment to unlearn some of their training and become comfortable 'not knowing'. This can be achieved by having an open mind to Indigenous approaches.

5. Respect— Psychologists must have respect for individual people and groups but also for Indigenous culture. Psychologists need to realize the risk involved when they do not take the time to understand Indigenous clients.

6. Social Justice— Psychologists need to be mindful of who will benefit from services. Communities need to have ownership, control and access of data.

Six Guiding Principles that intend to provide practical direction to all psychologists

In addition to the above points, the full report also addressed best practices in: assessment, treatment, research, education, clinical training at the graduate level, continuing education for practicing psychologists, program development, evaluation, and advocacy. For a copy of the full report: https://cpa.ca/docs/File/Task_Forces/TRC%20Task%20Force%20Report_FINAL.pdf

David Danto, Ph.D., C. Psych.
Program Head, Psychology
University of Guelph-Humber
Trustee, Psychology Foundation of Canada

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<https://cpa.ca/sections/indigenous/>

APPS FOR THAT

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

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

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



Mood Kit

This app was developed by psychologists and might inspire you to develop one of your own! It provides ideas of what you can do to improve your mood, and includes a journaling feature to help track successful interventions and self-care activities.

What's Up?

Use this app to track habits and see how they are related to your productivity, mood and attention. The app provides self-reflective questions to help identify thoughts and feelings, and gives some direction to improve your self-talk.

Twenty Four Hours a Day

Based on a book by the same name, this app provides meditations tailored to support people facing addiction and seeking sobriety. It's meant to be a resource to draw on, any where, any time.

Breathe2Relax

Just as it seems, this app is a free self-guided relaxation tool that encourages mindful breathing. It serves as a reminder to slow down, and teaches basic diaphragmatic breathing practices.

CANADIAN
PSYCHOLOGICAL
ASSOCIATIONSOCIÉTÉ
CANADIENNE
DE PSYCHOLOGIE80th Annual National Convention
Congrès national annuel

Halifax, NS 2019

INVITATION to our AGM in Halifax June 1, 2019 @ 5pm

Taking Action Together in the Section on Counselling Psychology

Marvin McDonald, chair-elect

This year marks the first decade of the official acceptance of our Canadian definition of Counselling Psychology. Our public commitments are to action through scholarship, teaching, and professional practice in ways that promote human well-being and social change. While documents and public commitments can be helpful, I am hopeful that for this coming year we can focus on actions that embody these insights and visions. The Truth and Reconciliation Commission rightly focused their contributions to Canada through Calls to Action. We can mark our positions and move forward together in a similar manner. Current and emerging examples for us include: A Pre-Convention Workshop was collaboratively organized by four sections for this summer: Sexual Orientation & Gender Identity Issues, Women and Psychology, Indigenous People's Psychology, and Counselling Psychology. Many of our section members participate in multiple sections, and reflecting those connections will continue to strengthen all of us and our work.

The Canadian Counselling Psychology Conference (CCPC) last October provided many opportunities for connecting and nurturing shared actions. One theme that emerged was an identified need for concrete resources guiding professional practices that successfully transform these practices in alignment with visions for social change. In the short term, we invite section members to contribute to a Practice Corner in our newsletter that can provide resources for students and practitioners. Over time, we foster an ongoing, evolving archive of resources promoting transformative practices.

Similarly, at the AGM in Halifax we are discussing another joint action emerging from the CCPA, a move to establish an Institute for Human Rights and Social Justice in Psychology. You are all invited join in the discussions and opportunities for moving forward together, including sharing what you are already doing that can inspire and guide the rest of us!

Please feel to connect with me and anyone on the executive in sharing accounts from your current work, questions about ways to do more, or a passion that you may be ready to share through work with the executive or other section activities.

Peace, Marvin

Marvin McDonald, Chair Elect
CPA Section on Counselling Psychology
mcdonald@twu.ca

NACCJPC/CPA PRE-CONVENTION WORKSHOPS

As you may be aware, the CPA's 80th Annual National Convention is being held in conjunction with the 4th North American Correctional and Criminal Justice Psychology Conference (NACCJPC) in Halifax, NS this May 31-June 2. In addition to our regular programming, the NACCJPC/CPA Convention will include several pre-convention professional development workshops on May 30th.

All workshops range from 3-6 hours in length and are approved for continuing education (CE) credit by both the Canadian and American Psychological Associations. Below you will find a list of workshops that may be of particular interest to individuals whose studies, research, and/or clinical work involve sexual orientation and gender identity:

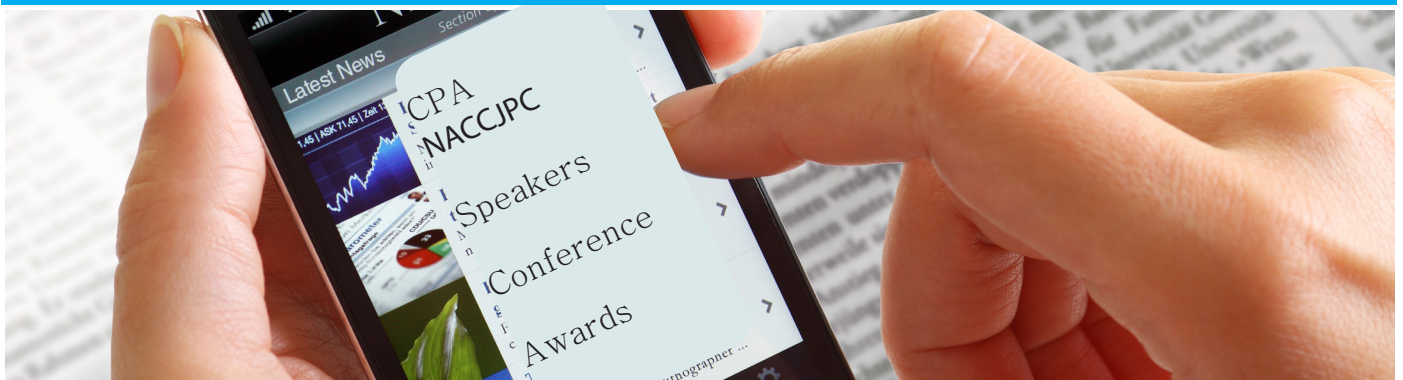
- "It Takes a Village": Supporting Transgender and Gender Diverse Children, Youth & their Families
- Psychology: The Profession of Leaders
- Shifting Directions/Paradigms: Psychology in Action as a De-colonizing and Empowering Force

For more details and a complete list of this year's workshops, please visit the CPA Pre-Convention Professional Development Workshops webpage. Regarded as the premier psychology conference in Canada, the CPA Annual National Convention attracts over 1,200 of nation's best and brightest psychology practitioners, researchers, scientist-practitioners, and students. With over 900 presentations to choose from, there will be ample opportunities for you to learn, grow, and connect with peers at the event.

For the full schedule and registration information,
please visit <https://convention.cpa.ca/>

Please note that discounted rates are available to students, CPA members, and NACCJPC delegates. As an added benefit, those who register for both the regular NACCJPC/CPA Convention program and a pre-convention workshop will receive a 10% rebate on their Convention registration. For more information on these professional development opportunities, please feel welcome to contact us at education@cpa.ca. Please feel welcome to forward this email to others you believe may be interested.

We look forward to seeing you at Convention this spring!



Section Annual Meeting Counselling Psychology

Saturday June 1, 2019

5:00 PM – 6:00 PM

Nova Scotia Ballroom B

- Lend your voice to help shape the current and future direction of our Ssection
 - Learn about a new initiative to establish the Canadian Institute for Human Rights and Social Justice in Psychology, proposed by Ada L. Sinacore and Kirby Huminuik
 - Celebrate our Section's award recipients

ATTENTION STUDENT MEMBERS

All student members of the section who attend the AGM will be entered into a draw for 1 of 3

\$200 prizes.

COUNSELLING GIMME 5

**Session 8 from 10:30am to 12:00pm
Sunday, June 2**

COUNSELLING POSTER SESSION

3:30pm to 5:00pm - Friday May 31st, 2019

COUNSELLING - SYMPOSIUM

Outcomes of the Working Group at the 2018 Canadian Counselling Psychology Conference

The 2018 Canadian Counselling Psychology Conference (CCPC), which took place at the University of Calgary from October 26th to 28th, 2018, included a set of seven working groups. These groups included: (a) student advocacy in Canadian counselling psychology; (b) the future of counselling psychology education and training in Canada; (c) foregrounding clinical practice and clinical supervision within Canadian Counselling Psychology; (d) the responsibility of Canadian counselling psychology to reach systems, organizations, and policy makers; (e) the role of Canadian counselling psychology in advocating for the needs of under-represented groups; (f) responding to the TRC in Canadian counselling psychology; and (g) internationalization of counselling psychology. The aim of these working groups were to (a) facilitate discussion on topics of critical importance in Canadian counselling psychology; (b) identify the current and future needs in each topic area; (c) begin creating an action plan for the future of the discipline in relation to each area; (d) understand all of these aspects from an intersectional perspective (e.g. how they related to other working group topics as well as the needs of various stakeholders within the discipline and broader society). In this invited symposium, working group facilitators who were present at the 2018 CCPC will share some of the outcomes of their sessions. Moreover, they will discuss steps for knowledge mobilization and community engagement.



Anusha Kassin
José Domene
Kaori Wada
Rob Bedi

Saturday, June 01
4:00 pm
Nova Scotia Ball Room B

SELF CARE CHECK

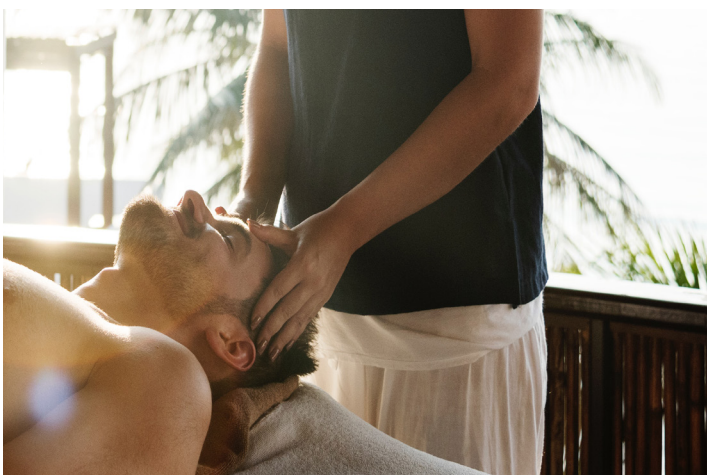
When you think about self-care, what kinds of behaviours and activities come to your mind? What do you do to take care of yourself?

For many of us (and our clients), self-care refers to activities we do to replenish our energy and recover from the stress of daily living. These are mindful, intentional behaviours that relax, restore, or rejuvenate. Emotional, mental and physical strains wear on us and it's important to take time away from these pressures. In workshops, I often talk about self care as any enjoyable activity that takes at least 20 minutes, doesn't hurt you (or anyone else), and can be done



guilt-free. If you love eating ice cream, but find yourself feeling guilty while you do, or if meditating is painfully hard, then choose something different as your self-care. What works for one, will not work for all. Sometimes thinking in opposites can lead to some great self-care ideas. If you spend most of your days sitting, then consider walking or running. Work indoors? Get outside. If you spend your days listening, then look for ways to express yourself in your down time - singing, acting, playing an instrument, drawing, etc. These self-care guidelines still ring true for me, but my definition of self-care has expanded so that I'm thinking about self-care as a way of living all the time, not just something I do when I'm taking a break. Consider taking care of yourself through all that you do. Practice self-compassion, acceptance, having voice, sustainable pacing, honest appraisal, advocacy,

meaningful work, positive challenges, and enjoying the journey. Don't get me wrong, I still want the massages... I just don't want to arrive at the table feeling utterly depleted. Consider making a shift from self-care breaks to a self-caring way of life. Food for thought.



Janet Miller, PhD, R. Psych
jbmiller@mtroyal.ca

INTERNSHIP

feature article

EDMONTON CLINICAL CONSORTIUM RESIDENCY

INTERN'S PERSPECTIVE

Hi there! My name is Kirsten Klinge and I am one of six psychology residents with the Edmonton Clinical Consortium here in Edmonton, Alberta, Canada. I am delighted to have been asked to tell you a bit about our program and hope this information will be useful to prospective residents.

OVERVIEW OF THE INTERNSHIP

As we are over half-way through the residency year, I feel confident in saying that the Edmonton Clinical Consortium is an excellent choice for residency. If you review the consortium brochure alone, you will note there are a plethora of opportunities to choose from - perhaps this conjures up an image of a kid in a candy store, eyes wide in anticipation of the sugary delights to come, which would be an apropos impression of the experience overall.

Within the Generalist stream, for instance, there are rotations available in areas such as Adult Mental Health, Forensics, Health, Eating Disorders, Brain Injury, Pediatrics, and Young Adult Mental Health. Within the Neuropsychology stream there are rotations available across the lifespan. Further, residents have the opportunity to work at various sites across the city of Edmonton including Alberta Hospital Edmonton (AHE), Glenrose Rehabilitation Hospital (GRH), the University of Alberta Hospital (UAH) as well as community programs. Amidst the rich diversity in rotation and learning experiences, there is constancy in terms of the high-caliber quality of training that residents are exposed to including assessment, treatment, and consultation. All of this is to say that we residents are offered a myriad of in-depth learning experiences throughout the residency year.

However, I would be remiss if I did not mention the importance of work-life balance as espoused by the Edmonton Clinical Consortium. This was a particular draw for me as I, like most graduate students, spent many years working long hours with the hope of eventually getting ahead. In making my APPIC ranking decision, I remembered some-



thing a resident at a different site said to me during the interview process - "the way you work during residency tends to be the way you work after residency" and that really stood out to me. Knowing the value I place on travel, spending time with friends and family, and engaging in a rigorous self-care practice, I knew Edmonton was going to offer me what I needed. As a resident, I am routinely invited to reflect on life and balance and make personal wellness a priority, rather than simply give it lip-service. This focused attention on wellness and dedication to being a whole person, rather than purely a clinician or researcher, has allowed me to explore other passion projects outside of work, such as improv lessons, spin and yoga classes, and investing time and energy in relationships with friends and loved ones.

A TYPICAL DAY

The average day of a resident varies depending on site and rotation, but a typical day for me includes a combination of individual therapy, group therapy, supervision, and case conference/psychology rounds. For example, I completed my first major rotation (September to the end of February) with the Eating Disorders Program, located at the University of Alberta Hospital where I worked three days a week at the blended inpatient/day hospital unit with outpatient programming/services. More specifically, I worked with individual clients, as well as families and spouses, co-facilitated and helped develop psycho-educational and experiential-based therapy groups, took part in a weekly case-conference, as well as weekly psychology rounds where the psychology team would liaise with unit psychiatrists. As part of this major I also had the chance to work with an incredible interdisciplinary team comprised of psychologists, psychiatrists, nurses, dietitians, recreational therapists, and teachers. It was during this rotation that I developed a deep reverence and appreciation for a team-based approach to treatment.

In addition to my major rotation, I also balanced my time with a minor rotation where one day a week I did treatment at an outpatient clinic for adolescents who had sexually offended. Within this rotation I was fortunate to work with a supervisor who had specialized training in narrative therapy. This provided me with a rich learning opportunity in terms of working with a forensics population, but also allowed me to deepen my own experience with narrative therapy. In terms of my next major and minor rotation (March to August), I will be conducting outpatient forensic assessment as my major (3 days per week) and developing and co-facilitating therapy groups for young adults (1 day per week) in an inpatient and outpatient setting for my minor.

As described above, we typically allot 4 days per week for clinical work, whereas the 5th day is a protected non-clinical day. This falls on a Friday, where we residents meet for a half-day weekly seminar that covers a variety of topics such as preparing for the EPPP, advances in assessment and treatment, as well as special topics, such as cultural competence, working with shame in treatment, and therapeutic assessment. Friday afternoons are often spent focusing on the residency research project but there is almost always

some time to squeeze in a lunch with my fellow residents. This affords us a chance to try new restaurants, catch up about our experiences, and plan future get-togethers.

THE ROLE OF A RESIDENT

As a resident with the consortium, I find that we are all treated with immense respect. Rather than label us as students, supervisors instead refer to us as “residents” as well as “future colleagues” and this helps neutralize the power imbalance that inevitably exists between a student and supervisor. That said, as someone who is still sorting out what it means to be a psychologist, there is also great support along the way. Although the resident experience differs from site to site, I feel confident in saying that we are given a high degree of autonomy in terms of maintaining our own case load, scheduling appointments, and independently engaging in treatment planning and delivery. Supervision, although regular, has come to feel more consultative in nature and has provided me with a space and place to process my experiences, bounce off treatment ideas with others, and have interesting and engaging discussions about the nature of our work. Further, as a member of an interdisciplinary team, I find that I am respected and called upon to engage in case conferences – my voice always feels heard and my ideas always feel respected.

WHAT IS IT LIKE TO LIVE IN EDMONTON?

Firstly, I should say that I am originally from Edmonton and so my perspective will be biased as a result. However I, like so many graduate students, moved away for school and so returning to Edmonton was a transition. Prior to moving back to Edmonton I had lived in Calgary and more recently Houston for a year. That said, I was delighted to return to my home, my network, and my tribe of long-standing friends and family. If you have never been to Edmonton, it is a wonderful city. Although the winters are cold (I surmise this makes us a more cooperative and friendly group of people), the spring, summer, and fall are beautiful and very livable. The city has an expansive river valley network, an eclectic food scene, great entertainment such as Edmonton Folk Fest and the annual Fringe, a new sports arena, and everything in between. In my experience, the cost of living is very reasonable, even on a resident’s salary. Finally, Edmonton is easy to navigate and central enough that it is very doable to fly to most other major cities within Canada.

LOOKING TO THE FUTURE

Prior to commencing the residency I was able to defend my dissertation, thus I am slated to convocate this November. Looking ahead, my plan is to start studying for the EPPP exam and complete the oral ethics exam this summer. In terms of next steps, I hope to find employment upon graduation and would ideally like to work with young adults in a role that spans both an inpatient and outpatient setting. I would also love the opportunity to supervise incoming residents, teach, and conduct applied qualitative research as part of my role moving forward. I plan to stay in Edmonton as it is my home and will always have my heart.

Director's Perspective

Who are you and what is your role in training residents in the Edmonton Consortium Clinical Psychology Program?

I am Robin Adkins and I am the Director of Training for the Edmonton Consortium. I have been in the role for about 10 years and before that I was one of the Associate Directors of Training. I also coordinate the Paediatric rotation and supervise residents in their clinical work.

As the Director of Training, I am responsible for the overall residency including operational issues such as fielding questions from potential applicants, accepting applications, setting up the interview process, interviewing, liaising with our Manager and HR to make sure the residents are on-boarded correctly (so they get paid!), overseeing holidays and sick time, and so on. I also am the lead for accreditation activities such as the annual and self-study reports, updating CPA about changes, staying current of changes in accreditation standards, and arranging site visits. I prepare materials for residents as well as update and draft our standards and guidelines that are the policies and procedures that guide our program. I meet with residents regularly, at once a month.

I also coordinate the Paediatric rotation. In this role, my primary responsibilities are to meet with a new resident and determine their learning goals, help them find the experiences and supervisors that would help them reach these goals, develop the learning contract, and ensure that there are formal, regular evaluations completed by supervisors. I often am also involved in supervising directly a resident's work in Paediatrics. That is the most fun of all!

Personally, I received my Ph.D. from the Clinical Psychology Program at the University of Manitoba. I completed my internship (as it was called back then) at the Health Sciences Centre in Winnipeg. I was in the Child and Family stream so I had concentrated training in assessment and treatment of children and then in treatment with families. I also had minor experiences in adult anxiety disorders and geriatrics. After internship, I relocated to Edmonton with my family when my husband was accepted into a Ph.D. program in History. I was very fortunate to secure a position at the Glenrose Rehabilitation Hospital which is where I still work. I love the variability in the work at the Glenrose. Although I mainly work with children, I am still able to see some adult clients for treatment.

When I became Director of Training, I found the Canadian Council of Professional Psychology Programs (CCPPP) at CPA that year. It was a wonderful experience as I found a place where all training directors (academic and residency programs) came together and shared information. It has really helped our program grow. I sat on the Executive for 3 years and became much more aware of issues facing our training community. I learned a lot about different programs across Canada.

I completed the Site Visitor Training offered by CPA Accreditation Panel soon into my role as Director of Training which was to help me learn more about the accreditation standards and what the accreditation panel is looking to evaluate. I actually have done the training twice now as it helps me stay abreast of new information in

accreditation. I also have had the opportunity to be a site visitor on two occasions and I learn much from each visit.

History of the Program:

In 1978, the Department of Psychology at AHE established the Predoctoral Internship in Clinical Psychology and began providing a formalized training experience to doctoral level psychologists. With the support of the hospital and a commitment to excellence, the department continued developing the program until it received accreditation from the Canadian Psychological Association in 1987. Continued development led to accreditation by the American Psychological Association, as well as the Canadian Psychological Association in 1993.

From my perspective, the Glenrose Rehabilitation Hospital had an internship position starting in 1980. I was actively involved with the internship and supervising. In a slightly enmeshed story, my sister-in-law (Laurel Lee Mayo) was the Director of Training for the Alberta Hospital Edmonton internship which at that time was accredited by CPA and APA and had 3 intern positions. She had a vision of developing a consortium across different sites in Edmonton. She approached the Glenrose Psychology Department and there was a lot of support and we joined the Consortium in 1997. We added one position to the Consortium.

The Division of Clinical Psychology at UAH developed a formalized internship program in 1988. The UAH was added as a third consortium partner in 2005. The

UAH brought a further position to the Consortium so we were now offering 5 positions.

A few years later, after a lot of difficulty recruiting to Neuropsychology positions, the Glenrose and UAH pooled some monies to fund a sixth position that would be for neuropsychology training across the lifespan. Our program continues to be accredited by CPA. We moved to calling our program a residency and our students as residents as this is most reflective of their level of training in a medical setting.

It is our belief that this partnership provides a broader array of clinical experiences than those that are available to residents at any single site. The client population now covers the entire age spectrum from infants to elderly people and focuses on health as well as psychiatric disorders. Clinical experiences are available in programs which provide services for psychiatric issues, developmental disorders, forensic psychology, cognitive rehabilitation, neuropsychology, health psychology, eating disorders, and family centred practice.

One of the interesting things about our Consortium is that it developed from the psychologists up. The administration was supportive but it was the psychologists who put forward the idea at each point. All of our resources are equally shared by the Consortium with a focus on resident training and not on our needs as different programs.

As I am nearing retirement, I am pleased that we have graduates from our program who are interested in continuing to run the Consortium. I think there will be more and exciting changes as the program grows under their supervision.

What is unique?

When I ask past residents what they see as unique, one thing that is mentioned is our true commitment to work-life balance. Although supervisors may not always follow that advice, we do want our residents to learn to find the balance as we think it is important for the long-term survival and to avoid burn-out or compassion fatigue. I think we are more effective as clinicians when we live what we tell our clients to do.

I feel that the opportunity to work on some truly interdisciplinary teams is a great experience as well. It may not be available in every rotation but in most you will get that team work opportunity. I can honestly say that my learning has been enhanced by the other disciplines with whom I work (Occupational Therapists, Physical Therapists, Speech Language Pathologists, Audiologists, Nurses, Physicians, Dietitians, Recreational Therapists, and Social Workers). In our current health care environment, understanding the skills and knowledge of other disciplines and being able to work effectively on a team are really important skills.



Photo by Alex Pugliese on Unsplash

We have a lot of supervisors and training opportunities and we work very hard to tailor the residency experience to meet the learning goals of each resident. We try to be creative in finding ways to offer training opportunities, sometime reaching out to our colleagues outside of the Consortium partners to secure a specific training experience.

We continue to support a generalist model of training across the residency, even for the Neuropsychology stream. For the Generalist stream, that means that residents can work in entirely new areas or focus on deepening skills in an area in which they already have strong training. We think that residency is the last opportunity to try on different roles and experiment with new populations or presenting issues. For the Neuropsychology stream, the resident will gain experience in different areas of neuropsychology (varying age or presenting issues) as well as a treatment focus of a minor experience.

Counselling students

The Edmonton Consortium accepts applications from students in clinical or counselling psychology primarily. We do not differentiate between the programs. We describe our requirements in our brochure (<https://www.albertahealthservices.ca/info/Page4310.aspx>) and we will consider any applicant who meets those requirements. What is very important is the match between the resident and the site. This is in terms of training goals and also the fit in terms of philosophy. We always try to be very transparent about our program so that applicants can make informed decisions about whether they feel our style and training model fits with them. Although I believe we have a great program, we will not be the best match for all applicants. At the Edmonton Consortium, a resident will gain experience in assessment, treatment, and consultation in whatever proportion meets their training goals. There is opportunity to work with diverse populations with complex presenting issues. One of our weaknesses is that there are generally not opportunities to supervise a junior psychology student.

We are committed to offering high quality supervision. We generally use a developmental model, allowing residents to move from a senior student role into the psychologist role across the year. We work closely together, despite being spread out across different sites, to ensure that the residents are receiving good training experiences and meeting their training goals.

What happens after residency?:

We have had the fortune of being able to keep many of our graduates within positions in AHS. When a resident is not planning to stay in Edmonton, our faculty may be able to offer support by helping them connect with colleagues in other jurisdictions. Most of our residents tend to work within the public sector initially – except in BC where the lure of private seems to draw many of our residents. Many will go on to be involved in some teaching, supervision, and private practice.

WHY CPA site

The benefit of coming to a CPA site are:

- (1) There are accreditation guidelines that we must try to meet and so there is some quality control around the types of experiences you will receive
- (2) To be accredited, a site must have stable funding and administrative support so that there is security that the site will exist after you match (and not disappear into the night)
- (3) CPA requires that an accredited program has a Director of Training who is not also the Head of a department or PPL to ensure that the decision around the operation of the residency are based on training goals and not organizational needs
- (4) May help with registration as the accreditation communicates to the registration body that there is a certain level of experience and supervision
- (5) Protection if a site is misusing or abusing a resident through a complaint to CPA

For more information on the Edmonton Consortium - please take a look at the 2019/2020 consortium brochure:

<https://www.albertahealthservices.ca/assets/info/hp/phys/if-hp-phys-psych-residency-brochure.pdf>

Website: www.albertahealthservices.ca/info/Page4310.aspx

Or directly to Dr. Robin Adkins, R.Psych.
Director of Training Edmonton Consortium Clinical Psychology

robinanne.adkins@ahs.c

JOIN THE 2019-2020

CPA COUNSELLING SECTION EXECUTIVE COMMITTEE

The Executive Committee of the Section on Counselling Psychology will have one position - Member-at-Large (awards coordinator) - coming up for election in the spring of 2019.

* Nominations (including self-nominations) are preferred ASAP, but are welcome up until the start of Section's Annual Meeting at the CPA Convention: Saturday June 1st, 2019 @ 5:00pm.

* Elections will take place at the Annual Meeting, but attendance is not required for nominees.

Nominees are asked to e-mail a brief biography and statement of interest (including what position they are running for and why they wish to serve in this capacity) to the Chair (anusha.kassan@ucalgary.ca). All inquiries can be directed to the Chair.

CPA's Social Media Disclaimer:

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



An Examination of Preliminary Findings and its Implications for Culturally Sensitive Counselling Practices
Julie Cohen, B.A., Negin M. Naraghi, B.A., & Anusha Kassar, Ph.D.
Department of Educational & Counselling Psychology, and Special Education – The University of British Columbia

Theoretical Framework

Tripartite Model of Multicultural Counseling Competencies → AWARENESS KNOWLEDGE SKILLS → RELATIONSHIP

Methodology

- Phenomenological Research Design: Psychological approach
- Phenomenon of Interest: MCC (inclusive definition of multiculturalism)
- Criterion Sampling: Work with immigrant youth in counselling capacity
- Recruitment: Advertisement via community agencies, \$30 honorarium
- Data Collection: Informed consent form, demographics questionnaire, semi-structured qualitative interview
- Data Analysis: Transcript review, horizontalization of the data (core & additional MCC), structural & textual descriptions, narrative
- Credibility & Trustworthiness: Reflexivity, bracketing, peer debriefing, accuracy, verification, dependability, transferability, catalytic validity

Demographic Information

- Age: 28-48 y.o. mean 36 y.o.
- Sex & S.O.: 5 females, identified as heterosexual
- Ethnicity: 2 Iranian, 2 Caucasian, 1 Indian
- Status: 5 Canadian Citizens, 3 immigrated to Canada themselves
- Current Position: 1 Clinical Counsellor, 1 Employment Counsellor, 1 Case Manager, 1 Manager of Youth Services, 1 PhD Student
- Field of Study: 1 Counselling Psychology, 1 Cultural Anthropology, 1 Clinical Psychology
- Age of Clients (seen in current position): 13-30 y.o.
- Years in Current Position: 3 mths – 11 yrs, mean of 9 yrs

Preliminary Results

Knowledge

Participants acknowledged a difference between actively learning about a culture, and coming into a session already "knowing." Claiming that you "know" another's culture was something the participants were hesitant to endorse. Therefore in terms of knowledge most of our data centered around knowledge derived from personal experiences such as:

1. Knowledge from personal experience of immigration:
 - i. When I see my clients, I see myself really... I've been through all this, its... and different issues in the... they really want to."
2. Knowledge derived from personal seeking counsellor as a youth.
3. Knowledge of what it's like to be a... myself and working with the... understand from the parents'... that they might be using.

Skills

1. Empathy:
 - i. Using active listening skills.
 - ii. Validating Emotions.
 - iii. Being attuned to client: "You know, people can experience sadness and you don't have to like know the culture or my journey...I can just see if you're sad."
2. Connecting newcomer youth to community:
 - i. Connecting clients to field of study.
 - ii. Having clients step outside of their comfort circles.
 - iii. Walking with newcomer youth to resources.
3. Creating a space for newcomer youth to be themselves:
 - i. Getting on same level as youth.
 - ii. Making client feel comfortable inside and outside the office (e.g., humor).
 - iii. Allowing newcomer youth to make their own experience.
 - iv. Using creative activities (e.g., theatre projects, drawing, art, non-verbal activities).
 - v. Letting youth know they matter and are being seen.

Multicultural Counselling Relationship

1. Newcomer youth needs come first:
 - i. Being youth centered.
 - ii. Following newcomer youths' lead.
 - iii. Giving newcomer youth choice and agency.
 - iv. Supporting youth initiative.
 - v. Being relatable and acting as a role model.
2. Putting the client-counsellor relationship above all else
3. Role of personal cultural identity in building alliance:
 - i. Importance of shared culture and language.
 - ii. Having a diverse background allows for connection.
 - iii. Being a visible minority creates safety for youth to share: "So the issue of racism I found came up over and over again with the youth of color without me having to ask for it."

Additional Categories

1. What's helpful:
 - i. Giving information to newcomers directly upon arrival.
 - ii. Using interpreters when appropriate.
 - iii. Focusing on the individual while still drawing family in and talking about family.
 - iv. Giving space to experience feelings.
 - v. Group work.
2. What's not helpful:
 - i. Being too formal or inflexible.

Implications for Counselling

The term "culture" does not necessarily capture/do justice to newcomer youths' identities and experiences.

Knowledge should be a learning experience and drawn from personal experience.

Creating a safe space where newcomer youth can express themselves is essential – using humour, meeting them at their level, and being flexible are key.

Putting the client's needs and the counselling relationship first is essential to the Multicultural Counselling Relationship.

Adjudicators Needed

Best Poster Award

We are looking for 3 adjudicators to review submissions for Best Poster Award.

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

Friday, May 31, 2019
POSTER SESSION - Counselling Psychology
 3:30 PM – 5:00 PM

If you are interested in helping out, please contact Martha Chamodraka at:
martha.chamodraka@mcgill.ca

ANNOUNCEMENTS

SOCIAL JUSTICE CORNER

This past year, I led a research project that focused on identifying barriers to campus mental health services experienced by students who identified with a minority group. We chose to use qualitative methods in order to elicit and highlight the voices of students representing marginalized and commonly underserved groups. The preliminary results from our study were presented to student service administrators and support staff at our university in an effort to educate and ultimately advocate for the specific and unique needs of these students.

- Danielle Brosseau

When I think about Social Justice, the actions we take do not always have to be large or grandiose. Recently, I was able to offer a bit of support to a family I had been working with on and off for a couple of years. They had moved to a new city about six months ago and were needing to find counselling services in their new location. The family experiences multiple barriers, which impacts their ability to consistently access services or explain their needs in a way that is heard. They contacted me and asked me to help advocate for their son, which I was both honoured and eager to do. One short letter later and things are moving forward.

- Payden Spowart



FROM THE EDITOR

The CPA Counselling Psychology Section Executive members and the Kaleidoscope Editor are very pleased to announce that our Section has again been named the recipient of this year's CPA "best newsletter award"!

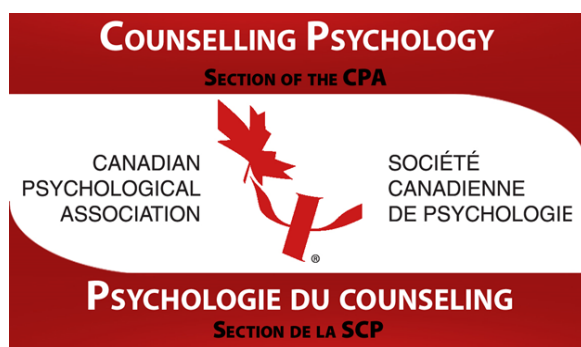
Thank you so much to all of our members who have contributed to making this publication useful, fun and a source of community connection. Please continue to share your favourite apps, your current reading list, your accomplishments, your research questions and your reflections!

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

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



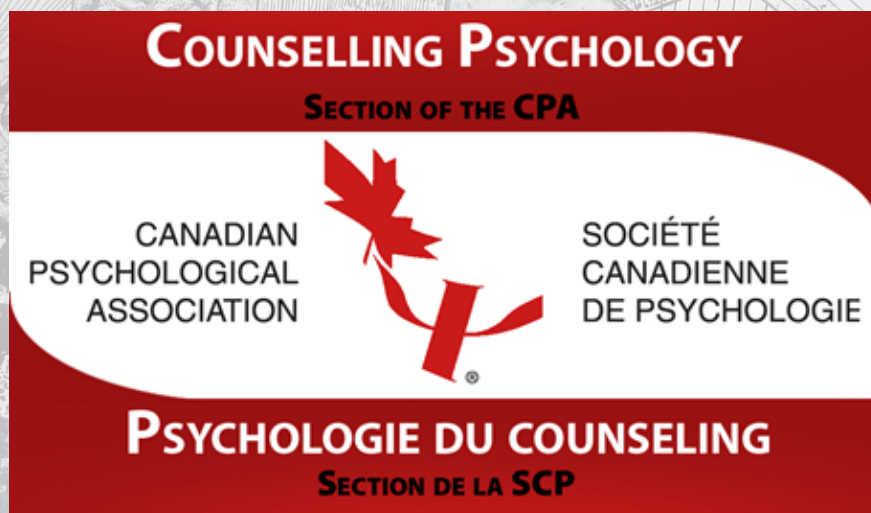
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KALEIDOSCOPE

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



Questions, Comments, Suggestions or Feedback?

Please contact us:

SECTION CHAIR - Dr. Anusha Kassan anusha.kassan@ucalgary.ca

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