

Issue no-3

OCTOBER 2017

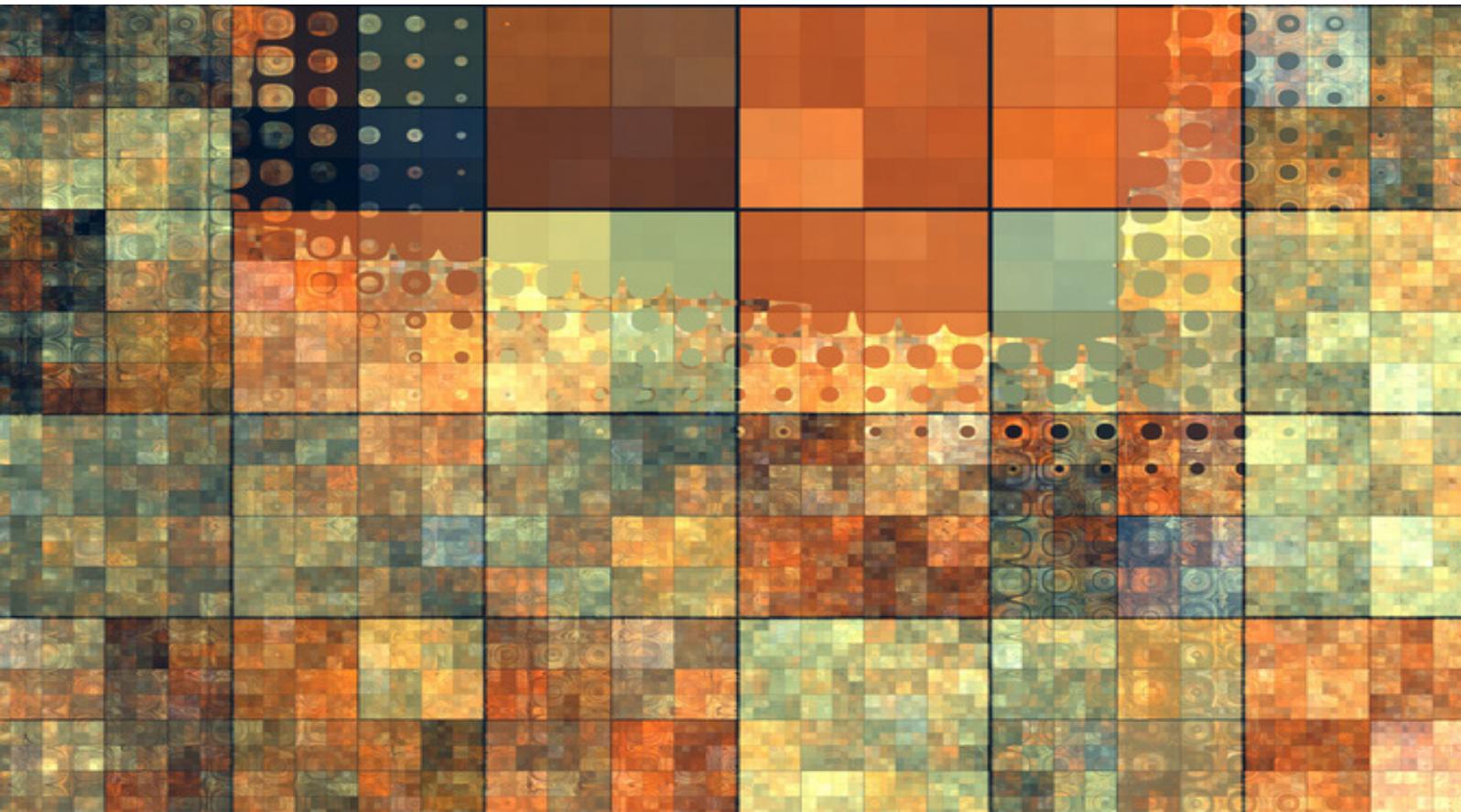
---

# Kaleidoscope

---

Newsletter of the Counselling Psychology Section

Canadian Psychological Association



## WHAT YOU'LL FIND IN THIS ISSUE

---

- 2 - Chair's Editorial - Anusha Kassan
- 4 - Student Representative Update - Theresa Jubenville
- 5 - Secretary/Treasurer Update - José Domene
- 6 - Review Coordinator Update - Colleen Haney
- 7 - Award Coordinator Update - Martha Chamodraka
- 10 - Japanese women's reentry to Japan after studying in North America:  
A narrative inquiry
- 11 - Life After Sport: The Relationship Between Athletic Identity and Mental  
Health Outcomes After Sport Retirement
- 13 - Narrating Intimate Partner Violence: Reclaiming Indigenous Women's Voices
- 14 - Canadian Counselling Psychology Conference Update
- 16 - Apps for That

---

### 16 - Message from the Editor

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](http://www.cpacounselling.wordpress.com)

# ANNUSHA KASSAN

## CHAIR EDITORIAL

Hello everyone,

I hope that your semester is off to a good start! The weather in Calgary is definitely starting to turn toward the fall... I am happy to be writing this update as I begin my second year as Chair of the Section on Counselling Psychology. In this issue, I reflect on the last Convention in Toronto, discuss concerns with our Section's membership, congratulate our latest award winners, welcome our new members to the Executive Committee, touch on a few administrative updates, and provide a quick update on the planning for the 2018 Canadian Counselling Psychology Conference.

Those of you who were at the Convention in Toronto last June will know that it was an energetic and well attended event. The weather was beautiful, the sessions interesting, the gimme-5 presentations were out in full force, and everyone generally seemed to be in a pleasant mood :) On my end, multiple networking conversations were had along with numerous delicious meals among colleagues. At the Convention, our Section had ten hours of programming in addition to numerous posters and round table conversations. We also saw a very well attended presentation given by our Section's Featured Speaker, Dr. Suzanne Stewart, the Director of the Waakebiness-Bryce Institute for Indigenous Health; followed by a not so well attended [insert laugh] Business Meeting and Reception.

Jokes aside, I want to personally thank all of you who attended the Business Meeting and contributed lots of very good ideas about the current state of our membership. The truth is, in the past five years, we have lost approximately 150 members, which is quite disheartening. The Executive has been attempting to address this issue head on over the past year by



reaching out to Counselling Psychology training programs, service centres, potential students, etc. We will continue to do so this year; in fact, we have a special meeting scheduled to address this topic this semester. However, we also need your help – spreading the word about the Section and its benefits among your students, colleagues, community partners, etc.

I hope that our current membership challenges are not reflective of a larger issue facing Counselling Psychology in Canada. While I would love to remain optimistic, I am afraid that such a challenge could be on the horizon. We have seen similar difficulties arise in other countries, with our Section recently being asked to provide support for the role and definition of counselling psychology in Australia, to the Australian Psychology Accreditation Council and the Psychology Board of Australia. As we tackle this topic at the Executive

## Chair Editorial, continued

level as well as through the 2018 Canadian Counselling Psychology Conference (more details about that event to follow), we hope that you too can jump into the conversation, to ensure a strong and prosperous future for our discipline.

On a more pleasant note, I would like to congratulate our latest Section award winners: Kaori Wada, PhD (Supervisor: Ada L. Sinacore, PhD; McGill University) and Zarina Giannone, MA (Supervisor: Robinder Bedi, PhD; University of British Columbia), for best dissertation and thesis respectively. A big congratulation to Chen Vu, MA (Supervisor: Alanaise Goodwill, PhD; University of British Columbia) as well who was received the “best conference poster award.” Please see their abstracts, articles, and pictures below. A noteworthy nod to their supervisors, who no doubt spent countless hours mentoring them to develop these great research projects.

In looking at the year ahead, I would like to thank the outgoing members of our Executive: Lara Hiseler, PhD and Carlton Duff, PhD who generously volunteered their time to fill the roles of Award Coordinator and Conference Coordinator, respectively. Further, I would like to extend a warm welcome to Martha Chamodraka, PhD and Colleen Haney, PhD who will be stepping into these positions. We are very grateful to have them on board! We should also be welcoming a Chair-Elect to the Executive this year, but unfortunately, we did not have any nominations this past year. (Perhaps this lack of interest and/or availability is also related to the Section concerns I raised above.) In any case, I have agreed to remain the Chair of the Section for an additional year in order to ensure a smooth transition when a Chair-Elect is identified. Should you any interest in this role beginning next year, please do get in touch with me!

Other brief updates include the revisions we have made to the terms of reference. Members of the executive worked collaborative to reshape this document so as to reflect each person’s role and contribution

to the Section. The terms of reference were voted on and accepted at the last Convention’s Business Meeting, and they have now been sent to the CPA Board for final approval. Also, we have finalized and published a presentation and article geared at increasing student engagement. This PowerPoint presentation is designed to inform prospective students about the discipline of Counselling Psychology. The article was recently published in *Psynopsis*. Please see Theresa Jubenvilles’ update below for more details on where you can access this presentation and how it has been disseminated thus far.

Finally, the 2018 CCPC is a little over a year away! And our website is now live! Please visit it regularly for updates on the event (<https://werkklund.ucalgary.ca/ccpc>). More information is provided below in Dr. Robinder Bedi’s update on the conference planning, but as a teaser, I can tell you that we have made incredible strides in organizing this event. For example, we have obtained funding, booked a venue, secured a keynote speaker, invited working group facilitators, etc. I am so please that will have an opportunity to reunite again, old and new, around our shared counselling psychology interests and passions. I really hope to see you in Calgary next year!

Wishing you a great fall semester!

Warmly, Anusha

Anusha Kassan, Ph.D., R. Psych.  
 Chair, CPA Section on Counselling Psychology  
 Assistant Professor  
 Educational Studies in Counselling Psychology  
 Werklund School of Education, University of Calgary  
 EDT 638, 2500 University Drive NW  
 Calgary, Alberta T2N 1N4 Canada  
 1.403.220.6506 / [anusha.kassan@ucalgary.ca](mailto:anusha.kassan@ucalgary.ca)  
[http://werkklund.ucalgary.ca/educ\\_info/profiles/anusha-kassan](http://werkklund.ucalgary.ca/educ_info/profiles/anusha-kassan)

# Executive Update



Hello Student Members!

This marks my second year in the role of Student Representative for the Counselling Psychology Section of the CPA. I would like to extend a warm welcome to new student members of the Section, and welcome back those who are returning members! It was such a pleasure to meet fellow counselling psychology students at the CPA Convention during our Section's Annual Meeting and Reception. The company was also exquisite at the Counselling Psychology Student Social following the Annual Meeting. A big thank you to Art Assoiants and Michelle McCowan for helping to organize this event.

For us academics, September tends to be a time of new beginnings and goal setting. Accordingly, I am beginning to think about the year ahead. Those following the newsletter and Facebook updates last year know that the Executive has been working on a PowerPoint presentation that informs prospective students about the field and training one receives in counselling psychology. To disseminate this information broadly, Lara Hiseler and I facilitated a roundtable discussion at the past CPA Convention. Additionally, I wrote an article describing the presentation and how to get access to the presentation in Psynopsis, which spawned interest from some undergraduate programs within Canada. We are continuing to work on the best ways to disseminate this information and make it easily accessible for students and post-secondary institutions.

The past couple months have been a bit of a whirlwind as my husband and I moved across the country so that I could begin my pre-doctoral internship with the London Clinical Psychology Residency Consortium in the Counselling Track. In addition to orienting myself to this new role as a psychology resident, I have been tasting my way through London's gluten-free scene and splashing in the great lakes! Speaking as a student who has been through the APPIC internship application process, I can relate to the multitude of feelings that come along with the process. Last year the Executive initiated a new series in the newsletter that profiles internship sites from across Canada. These articles can be a great way for students to familiarize themselves with prospective sites through the first-hand experiences of counselling psychology students. Stay tuned for more counselling psychology internship sites being featured this year.

To keep informed with news and events of the Executive, follow us on the [CPA Counselling Psychology Section Student Facebook Page](#).

Here's to wishing everyone a great start to their academic year!

Warmly,  
Theresa

Theresa Jubenville  
tmjubenv@ucalgary.ca

Theresa  
Jubenville

STUDENT  
REPRESENTATIVE

# Executive Update



José Domene  
Secretary-  
Treasurer

Hi folks.

Well, another CPA annual convention has come and gone, with an excellent Section Keynote speaker, and a productive annual meeting. Among other things, at the annual meeting we approved the 2017 budget and the latest revisions to the Section Terms of Reference (thrilling stuff, eh?). Despite a decline in membership, the Section remains in a sound financial position, due to decreases in expenditures in compare to previous years. The Section Executive is also continuing to discuss ways to provide the best value for the membership fees that our members pay each year.

I also wanted to take a moment to note that plans are well under way for the 2018 Canadian Counselling Psychology Conference. See Rob Bedi's article in this issue for more information about all that has been happening. Behind the scenes, the planning committee has been very active in applying for funding to support the conference, in order to make the event memorable and affordable for counselling psychology professionals and students alike. I, for one, am getting very excited about the conference and am looking forward to seeing many of you in Calgary next October.

José Domene, PhD., LPsych, RCT  
Faculty of Education, University of New  
Brunswick  
jfdomene@unb.ca

# Executive Update



photo credit - UBC

Dr. Colleen Haney, Faculty member in Education and Senior Instructor in the Counselling Psychology program at the University of British Columbia. She is also the Director of the Counselling Psychology cohort program as well as the Director of Counselling Psychology clinics and practica.

Dr. Haney is a graduate of UBC and a Registered Psychologist in BC. Her scholarly interests in the area of Coping, Ethics, Stress, and Trauma. Dr. Haney is a long standing member of Section on Counselling Psychology, and has interest in contributing to the ongoing development of the Counselling Psychology programming at the convention. She has joined the Counselling Section's 2017-18 Executive as our Review Co-Ordinator, and we are very pleased to have her!

Colleen Haney, PhD  
Senior Instructor, Registered Psychologist  
Director of CNPS Clinics and Practica

Department of Education and Counselling  
University of British Columbia

[colleen.haney@ubc.ca](mailto:colleen.haney@ubc.ca)

## Colleen Haney

MEMBER AT LARGE - REVIEW CO-ORDINATOR

Please join us on our

## Students' Facebook Page

<https://www.facebook.com/pages/CPA-Counselling-Psychology-Section-Student-Page/177731629100144?fref=nf>

# Executive Updates

Dear Colleagues,

I am very excited to join the executive committee of the Counselling Psychology section and serve as the CPA Awards Coordinator! Here are a few things about me:

I completed my graduate studies in Counselling Psychology at McGill University in 2009, having arrived in Canada as an international student from Greece back in 2000, and I worked for over 10 years at the McGill University Counselling Services prior to joining the McGill Faculty of Medicine's WELL Office team a few weeks ago. I was a CPA student member of the Section on Counselling Psychology and my interest in the Awards Coordinator position stems from my strong belief in rewarding hard work and exemplary scholarly contributions to the field of Counselling Psychology. Recognizing and encouraging ambitious graduate students, in particular, who will be the ones representing our profession in the years to come, is paramount to helping keep the heartbeat of the field of Counselling Psychology alive and strong! Here is a list of all the 2018 CPA awards:

- CPA Gold Medal Award for Distinguished Lifetime Contributions to Canadian Psychology
- CPA John C. Service Member the Year Award
- CPA Donald O. Hebb Award for Distinguished Contributions to Psychology as a Science
- CPA Award for Distinguished Contributions to Education and Training in Psychology
- CPA Award for Distinguished Contributions to Psychology as a Profession
- CPA Award for Distinguished Contributions to the International Advancement of Psychology
- CPA Award for Distinguished Contributions to Public or Community Service
- CPA Distinguished Practitioner Award
- CPA Award for Distinguished Lifetime Service to the Canadian Psychological Association
- CPA Humanitarian Award

If you wish to give the gift of recognition to someone whose work you consider outstanding or inspirational, nominating this individual for one of the above CPA awards is a wonderful opportunity to do so!

For specific descriptions of the awards, please check this link:

<http://cpa.ca/aboutcpa/cpaawards/awarddescriptions>

**Nominations DEADLINE: October 15, 2017**

Finally, please consider nominating one of our members for a Fellow Award. As described by CPA, Fellows shall be Members of the Association who have made a distinguished contribution to the advancement of the science or profession of psychology, or who have given exceptional service to their national or provincial associations.

**Fellow nominations DEADLINE: November 30, 2017**

For information on the nomination procedures for both a general CPA award and the Fellow award:

<http://cpa.ca/aboutcpa/cpaawards/nominationprocedures/>

Thank you for taking the time to nominate a recognition-deserving colleague! Hope to see you all at the 2018 ICAP in beautiful Montreal!

Martha

Martha Chamodraka, PhD. OPQ (Psychologist)  
Wellness Consultant - Academic Associate  
the WELL Office, Faculty of Medicine  
McGill University  
[martha.chamodraka@mcgill.ca](mailto:martha.chamodraka@mcgill.ca)



## Martha Chamodraka - Awards Coordinator

# From the 2017 CONVENTION



**Counselling Section Executive @ CPA - Toronto, 2017**



# CONGRATULATIONS!



## BEST DOCTORAL DISSERTATION AWARD, 2017 Winner - KAORI WADE

**Kaori Wade** is an Assistant Professor at the Werklund School of Education, University of Calgary. She received her PhD from McGill University, under Dr. Ada Sinacore's supervision. Kaori is a multicultural, feminist, social justice researcher. She has a particular passion in research that is international and interdisciplinary in nature. Specifically, she has two streams of research interests—cross-cultural adjustment and thanatology (i.e., the study of death, dying, and bereavement) with culture as an overarching theme. While working on this award-winning dissertation, Kaori gave birth to her two sons.

## BEST MASTERS THESIS AWARD, 2017 Winner - ZARINA GIANNONE

**Zarina Giannone** is a PhD student (Counselling Psychology) and Public Scholar at the University of British Columbia. Her research focuses on athletic identity, athlete mental health, and sport career transition. Zarina is training to be a psychologist who specializes in the assessment and treatment of psychological issues among elite sport performers. Her competitive athletic history has inspired her research and clinical work with athletes. Zarina has been the recipient of several prestigious academic awards (e.g., SSHRC, Sport Canada) and is currently employed as a researcher in the UBC Department of Psychiatry. She is passionate about student leadership and recently completed a three-year term as a Board Member on the CPA Board of Directors. In her spare time, Zarina enjoys exercising and playing with her miniature dachshund, Piccolo.

# Japanese women's reentry to Japan after studying in North America: A narrative inquiry

Kaori Wada - Best Doctoral Dissertation Award, 2017

## ABSTRACT

In the age of globalization of higher education, there have been calls for research that investigates international students' cross-cultural transitioning experiences and their career counselling needs. Compared to initial adjustment to the host country, little is known about reentry transition to the home country, and the available literature suggests that female international students experience more reentry difficulties than male students. Yet, gender and social contexts have largely been overlooked in the reentry literature, and no research to this date has specifically investigated how a North American degree impacts the lives of women upon reentry to their home countries. Therefore, a narrative inquiry was conducted to answer the overarching question: How do Japanese women, who have completed a university degree in North America, construct their stories of the process of pursuing a degree and returning to Japan? Informed by feminist standpoint theory as an epistemological framework, specific attention was paid to the role of gender and sociocultural factors that influence these women's reentry experiences. The participants were 14 Japanese women (age: 25-49) who returned to Japan following the completion of a university degree in North America. The results elucidated how gender-based hierarchical structures in Japanese society impacted women's motivation for an international education and the challenges they faced after returning to Japan. In addition, their new identity as internationally educated women resulted in a host of career and interpersonal challenges. Consequently, they positioned themselves along the continuum of conformity to non-conformity, which accompanies a range of psychological responses such as self-silencing, withdrawal, and acceptance. Overall, the standpoint of North American educated Japanese women provided fresh perspectives on issues such as Japanese employment practices and internationalization of higher education, as well as future directions for research. Responding to the call for providing pre-reentry programs that accommodate the needs of returning students, this study also offered recommendations for service providers working with international student populations.

## **Life After Sport: The Relationship Between Athletic Identity and Mental Health Outcomes After Sport Retirement**

*Zarina Giannone - Best Masters Thesis Award, 2017*

### ABSTRACT

Background: Despite evidence identifying adjustment difficulties among retiring athletes, research investigating factors that contribute to post-retirement complications is limited. Athletic identity may be an important determinant of adverse adaptation to sport retirement, with important implications for counselling psychologists. Aims: The purpose of this study was to address the influence of athletic identity on post-retirement depression and anxiety symptoms among varsity athletes. Method: An anonymous, online survey regarding athletic identity and psychiatric symptoms was completed by 72 self-identified varsity athletes during their final season of competition and three months following their retirement from sport. Results: After controlling for the effects of pre-retirement anxiety symptoms, endorsement of an athletic identity significantly predicted anxiety symptoms in the post-retirement period. A similar, but non-significant pattern was observed for depressive symptoms. Conclusion: The findings of this study suggest that athletes' degree of athletic identity may be a risk factor for the emergence of psychiatric distress in the months following their retirement from sport. Identity-focused screening or intervention during athletes' sport careers could potentially mitigate some of the psychological difficulties associated with sport retirement.

### NEXT STEPS

Elite sport participation influences a variety of developmental processes including identity formation and feelings of competence across the lifespan. Due to their rigorous involvement in sport, and often without sufficient exploration of alternate self-roles, elite athletes may develop a constricted identity that can significantly limit the emergence of a more comprehensive sense of self outside of the sport setting. Indeed, high rates of psychological and social problems, including anxiety, substance abuse, depression, and suicide have been documented among elite athletes following retirement from sport. Given the gravity of these outcomes, there is a fundamental need to better support athletes' adjustment to life after sport.

Findings from my Master's thesis project indicated that athletes' degree of athletic identity may be a risk factor for the emergence of psychological distress in sport retirement. It is hypothesized that identity-focused interventions during athletes' sport careers could potentially offset some of the challenges associated with sport career termination. To extend this work, my doctoral research aims to optimize athletes' adaptation to sport retirement through the development and evaluation of a novel group psychotherapy intervention targeting athletes' identity development and transition - the first documented contribution of its kind. Results are expected to provide an innovative and practical solution for retiring athletes, contributing to increased athlete resilience. With an expanded understanding of the factors that contribute to post-retirement complications, counselling psychologists can better conceptualize the issues faced by this group and work towards incorporating evidence-based treatments that are validated with elite athlete populations.

For more information on Zarina's program of research, please contact her at: [zarina.giannone@gmail.com](mailto:zarina.giannone@gmail.com)



# Narrating Intimate Partner Violence: Reclaiming Indigenous Women's Voices

*Chen Vu - Best Poster Award, 2017*

## ABSTRACT

Statistics Canada (2009) indicates Indigenous women are at the highest risk of intimate partner violence (IPV) as they experience it at rates three times higher than others. Research on this topic is typically detached from the community, thereby, limiting women's ability to assert their voices. There also remains crucial gaps in knowledge on factors that attribute to Indigenous women escaping violence. Thus, this research aims to create space for Indigenous women to share their stories and voice their own reflections on the process of how they ended IPV in their lives, in a way that is more empowering and meaningful. Recruitment was conducted through snowball sampling, partaking in community events, and by sending out posters and letters of invitation to organizations. Using a traditional Indigenous practice within a collaborative focus group narrative design, a sharing circle was facilitated with a group of five Indigenous women over the age of 18. In the sharing circle women shared their stories, engaged in discussion, and participated in an oral analysis of the themes in their individual stories, as well as the collective narratives. The identifying of themes by the participants themselves allowed for the participants' voices to be expressed within the results of the research itself. Following this, a secondary six-step thematic analysis was conducted by the researcher in order to situate the data within the themes as described by the participants. All findings were reported back to participants for validity checks to ensure collaboration in all stages of the research. Results of this research will ultimately inform counselling and other professional practices as it will add to the foundation of knowledge needed in order for the resolution of IPV against Indigenous women.

The themes that emerged from this narrative study replicated previous findings within the scarce amount of research on IPV and Indigenous women. Additionally, they were found to be well situated in the research on IPV in general. Nonetheless, to date this is the only study in the literature that has used this unique method of combining both traditional and modern research approaches in order to utilize the strengths of both, while honoring Indigenous ways and maximizing participant collaboration. Of the limited literature on IPV against Indigenous women, the majority of studies use research methods that provide the researcher complete control and voice over the analysis of the data and final reports of the findings, if not the entire research process. The benefit of this research design is that it upholds and honours traditional Indigenous traditions, shifts the power imbalances between the researcher and participant, and it provides space for the participants' voices and wisdom to be expressed within the results of the research itself. This approach can respectfully facilitate greater knowledge on Indigenous women's experiences of ending IPV for the participants, research literature, and future practice.

The information gleaned from this research would serve to advance knowledge concerning the ways in which Indigenous women end violent relationships, and their ability to hone their agency in their lives. Through this, researchers can begin to address the gap in community programs or psychological interventions that need to focus on the survivors. Research results are intended to shape professional practices including treatments and program evaluations in human service settings such as social work, counselling, community health, and justice. In order to assist Indigenous people in way that is meaningful in dealing with IPV, non-Indigenous counsellors need to understand or integrate traditional Indigenous practice and beliefs (Jones, 2008), as feeling culturally understood in a safe environment was key to healing for the women in this study. Having a sense of community, shared identity, culture, and a sense of belonging helped the women rebuild their sense of self. When women felt more secure in themselves and/or were empowered by other Indigenous women, they were able to utilize their agency and strength. Thus, as the findings of this research suggest, culturally specific and/or sensitive interventions, practice and competence, are essential when working with Indigenous people.

# Canadian Counselling Psychology conference

On behalf of the organization committee, we wish to invite you to the next Canadian Counselling Psychology Conference –

## Advocating for Ourselves, Advocating for our Community: Canadian Counselling Psychology into the Next Decade and Beyond

University of Calgary - - - October 26th to 28th, 2018.

This conference will expand upon the Inaugural Canadian Counselling Psychology Conference that was held in 2010 at McGill University. This event will include a strong focus on community engagement and advocacy.

We anticipate having working groups in several areas in order to gain some nation-wide momentum on issues of importance to the profession. These planned working groups include

1. Student advocacy in Canadian Counselling Psychology
2. The future of Counselling Psychology education and training in Canada
3. Foregrounding clinical practice and clinical supervision within Canadian Counselling Psychology
4. The responsibility of Canadian Counselling Psychology to reach systems, organizations, and policy makers
5. The role of Canadian Counselling Psychology in advocating for the needs of underrepresented groups
6. Responding to the Truth and Reconciliation Commission's recommendations report in Canadian Counselling Psychology

If you only go to one conference in 2018, this will be the place to be. Make sure you join us and become a part of history and help create the future you want – at the second Canadian Counselling Psychology Conference.

Please visit our newly created conference website:

<http://www.werklund.ucalgary.ca/ccpc> .

It will be updated with additional information shortly including a call for proposals. For further information, you may contact Dr. Domene or Dr. Kassan, organization committee co-chairs at: [jfdomene@unb.ca](mailto:jfdomene@unb.ca) or [anusha.kassan@ucalgary.ca](mailto:anusha.kassan@ucalgary.ca).



Dr. Robinder (Rob) P. Bedi  
(member of the conference organization committee)  
Dept. of Educational & Counselling Psychology, and Special  
Education, University of BC

# Canadian Counselling Psychology conference planning team

## ORGANIZATION COMMITTEE

### Co-Chairs

Anusha Kassan

[anusha.kassan@ucalgary.ca](mailto:anusha.kassan@ucalgary.ca)

José F. Domene

[jfdomene@unb.ca](mailto:jfdomene@unb.ca)

### Members

Robinder P. Bedi

[robinder.bedi@ubc.ca](mailto:robinder.bedi@ubc.ca)

Amy Christine Di Palma

[dipalma07@hotmail.com](mailto:dipalma07@hotmail.com)

Janet Miller

[jbmiller@mtroyal.ca](mailto:jbmiller@mtroyal.ca)

Maria Regina Schmid

[mariarschmid@gmail.com](mailto:mariarschmid@gmail.com)

Kaori Wada

[kaori.wada@ucalgary.ca](mailto:kaori.wada@ucalgary.ca)

### Student Members:

Theresa M Jubenville

[tmjubenv@ucalgary.ca](mailto:tmjubenv@ucalgary.ca)

Danae Amelia Laut

[danae.laut2@ucalgary.ca](mailto:danae.laut2@ucalgary.ca)

Taylor M Schembri

[taylor.schembri@ucalgary.ca](mailto:taylor.schembri@ucalgary.ca)

Hello all!

I hope that everyone's semester is off to a great start. My name is Taylor Schembri and I am a first-year Doctoral Student at the University of Calgary. I am currently the student representative for the 2018 Canadian Counselling Psychology Conference (2018 CCPC). As many of you may have read in previous emails and/or blog postings, we are currently looking for student members to join the planning committee for this much anticipated event!

We are looking for student members to join some of our conference sub-committees to help with the various aspects of planning a conference (e.g., assistance with the creation of advertisement materials, liaison with potential attendees, on-site conference assistance, etc.). This is an excellent opportunity for students who wish to develop leadership skills, who want to learn about conference/event planning, and who are looking to expand their CV's! If you are interested, please contact me!

Taylor Schembri [taylor.schembri@ucalgary.ca](mailto:taylor.schembri@ucalgary.ca)

## APPS FOR THAT



Whether we see it as a supplement to therapy, or as a light form of entertainment, self-help apps are certainly being well used among today's clientele. Here are some recently used by our members .

### Gratitude Journal

This digital journal aims to keep us focused on what we're thankful for. Journalers can list what they feel grateful about, and also can add photos, geo-tags and daily ratings. An online twist to a traditional intervention.

### Mindfulness

This app comes at a price, but includes guided meditations and various breathing exercises. It has a feature that promotes sitting in silence and slowing down, and may be useful in encouraging mindfulness.



### Water your Body

This app might be useful as an adjunct to Cognitive Behavioural Therapy as it helps you to log thoughts and emotional responses to various situations. It uses prompts to identify "distorted thoughts" and "better thoughts" and encourages reflections on how thoughts impact mood.

### Happy Habits

This free app aims to guide the user to incorporate behaviours that are linked with the promotion of happiness. Activities include audio guides for relaxation, journalling of affirmations, creating a to-do list of priorities that may lead to greater well being, and the opportunity to track happiness levels over time.



## Call for Proposals - Now OPEN

### 2018 ICAP

The 29th international congress of Applied Psychology.

Conference Theme:

Psychology: Connecting Science to Solutions

**JUNE 26 – 30, 2018**

**MONTREAL, QUEBEC**

**[www.ICAP2018.com](http://www.ICAP2018.com)**

## CONTACT THE EDITOR

Feedback, comments and content ideas are always welcome from CPA Counselling Section members.

If you have an idea, a short paper, suggestions or critical comments to share that will help to make Kaleidoscope even more impactful for our readers,

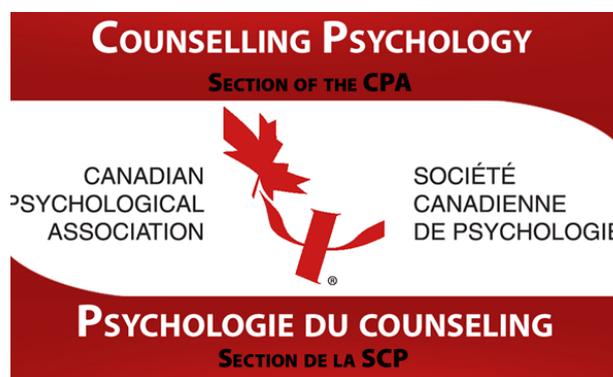
please contact our

Editor, Dr. Janet Miller at [jbmiller@mtroyal.ca](mailto:jbmiller@mtroyal.ca)  
Counsellor & Professor, Mount Royal University



[REMEMBER TO VISIT OUR BLOG](#)

[www.cpacounselling.wordpress.com](http://www.cpacounselling.wordpress.com)



### 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.

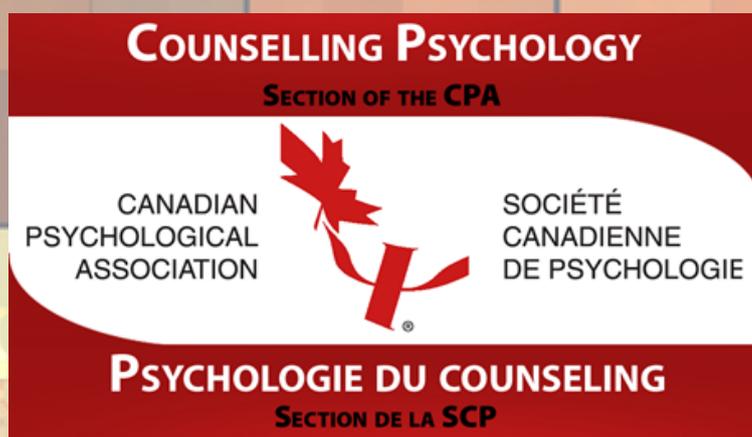
2017 - Issue 3

CPA Counselling Psychology Section  
Newsletter submissions: [jbmiller@mtroyal.ca](mailto:jbmiller@mtroyal.ca)

OCTOBER 2017

# 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](mailto:anusha.kassan@ucalgary.ca)**

**NEWSLETTER EDITOR - Dr. Janet Miller - [jbmiller@mtroyal.ca](mailto:jbmiller@mtroyal.ca)**