

May 2020

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# Kaleidoscope

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**Newsletter of the Counselling Psychology Section**

Canadian Psychological Association



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Kaleidoscope focuses on teaching, scholarship and practice for Counselling Psychologists and graduate students in training. We're proud to offer newsletters throughout the year and a blog site for our membership. We hope you will feel inspired to give us your feedback and become even more involved with our vibrant community.

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

# CHAIR EDITORIAL



## MARVIN McDonald

As our communities and institutions struggle through repercussions from the pandemic, some of us have a privilege in bearing witness to professional colleagues, neighbours, students, and clients who stand in compassion and care. One of our students in a local field placement thrives through an opportunity to offer free counselling to people impacted by local consequences of our pandemic. Even while many of us scramble in our families and communities, some of us can join in efforts to reach those most in need in our communities. The pressing immediacy of some needs calls many of us to solidarity in action. And while addressing many urgent needs, we also step forward in sustaining one another and our communities in challenges and opportunities that are medium and long term.

### Stepping forward in a good way

In our professional worlds and community lives, we've long known and stood in solidarity with those among us who live with heavy impacts of suffering. There are long lists. People living on our streets, remote indigenous communities, elderly living in institutional settings, our neighbors with limited employment, and all

### In the midst

Many challenges are emerging around us these days, along with refreshing light from acts of solidarity and allyship. I am grateful for this section of the CPA and for opportunities to engage with and to be inspired by one another.

## Chair Editorial, continued

of our community members who face health limitations, oppression, and challenges of many kinds. In counselling psychology we stand with one another in a privileged way to serve some of these needs in a partial way, encountering courage, hope, and strength through suffering.

At a national level we now stand in a legacy informed by the Canadian Counselling Psychology Conference of 2018, with proceedings having become available online just a few months ago (<https://prism.ucalgary.ca/handle/1880/111438>). These documents offer milestones marking and helping to sustain some ways to step forward together. These events and resources join in journeys marked by the 2018 CPA document *Psychology's Response to the Truth and Reconciliation Commission of Canada's Report*. Documents do not act, but they can help guide our much needed actions to move forward through and past the colonial legacies of psychology in Canada. As noted below, together we can challenge our inertias as a national organization while heeding informed voices in our midst addressing the CPA national summit on the future of professional psychology training.

### Anticipating a virtual convention this year through CPA

Our colleagues in the CPA head office have been working hard to shift some convention activities to online form in viable ways (please see a current summary below from the CPA office - pages 18-20). I am grateful for their hard work amidst these major shifts. While many details are still taking shape, we'll be receiving additional clarification over the coming days and weeks. Our convention time in Halifax last year was marked to great effect by some effec-

tive collaboration events between sections as well as ongoing sharing from the lives and work of our section members and from the communities in which we serve. Rich tapestries continue to emerge from our professional service, research, community action, and professional development activities. While our media of sharing and of work is strongly impacted by pandemic restrictions, many of us are finding that some of these unplanned shifts are also opening up opportunities that we will be seeking to maintain. For the next weeks, in the section we will be using our listserv and email contacts more than usual for connection and coordinating section activities. The concentrated pacing of convention activities are now being distributed over time, in part to coordinate with CPA strategy for virtual convention activities. Our special general meeting on May 29th will engage formal organizational activities as well as launch a phase of on-line section activities over the coming weeks. I invite section members to initiate opportunities to connect and share resources with one another. And we specifically invite section members to consider joining the section executive. More details on these invitations are in this newsletter are below.

In gratitude,

Marvin McDonald, PhD, R.Psych.

[mcdonald@twu.ca](mailto:mcdonald@twu.ca)

Pronouns: he/ him/ his

I join with colleagues and neighbours in respectfully acknowledging that Trinity Western University is located on the traditional ancestral unceded territory of the Stó:lô Peoples.



# ANUSHA KASSAN

## PAST-CHAIR

NOTE: I wrote this update below before our lives got turned upside down by a global pandemic. While all of its content remains central to my last newsletter entry as past-chair of the section, I probably would have framed some of the information differently in the current context. I hope that you, your families, and communities are staying safe. I have many friends who have lost loved ones in the past months and it has been extremely difficult. My thoughts are with you... Also, on a lighter pandemic-related topic, I have put together some of my thoughts on COVID-19, in particular related to working from home and home schooling, in a subsequent article in this issue.

With warmth, Anusha



I believe this will be my last newsletter entry as past-chair..! And I will keep it short and sweet ;-)

I have been involved with the Section on Counselling Psychology, in some capacity, for the past ten years. In that time, I have taken on various roles - all of which prepared me to work with multiple, wonderful executive committees as Chair.

A definite highlight for me while chairing the Section was hosting the 2018 CCPC. While this event represented an enormous amount of work, it was extremely fulfilling! As such, this conference - which took place at the University of Calgary where I spent five formative years of my career - will always have a special place in my heart. I still vividly remember the feeling I experienced when I saw attendees come together and express how great it was to have a

space to share among counselling psychology stakeholders. That energy was electrifying!

I continue to believe that we need such spaces, dedicated to counselling psychology, as our discipline seems to be shrinking with every passing year. I love bringing people together and exchanging ideas, and I trust that such efforts will continue among our section as new members join the executive in the spring.

With that, I would like to encourage you to consider joining the executive committee for a 2020-2022 term. Such a service opportunity will be stimulating and fulfilling, and it will allow you to take part in shaping the next decade of counselling psychology in Canada.

\* Relatedly, I would like to invite you to join Rob and myself for a conversation hour at the upcoming CPA Convention in May 2020, entitled: Continuing the Momentum of the 2018 Canadian Counselling Psychology Conference.

## Past-Chair ... continued

Also, Marv will be hosting a workshop on restorative justice during the Convention, and we have two great opportunities for you to connect with Dr. Natasha Maynard-Pemba. She will be hosting a half day pre-convention workshop and giving the Section's keynote address.

All of these efforts centred on social justice have been (and will continue to be) strategically developed to help us attend to the needs of underrepresented groups both in the field of psychology and within our broader society. It's exciting to see so many of our members support these initiatives!

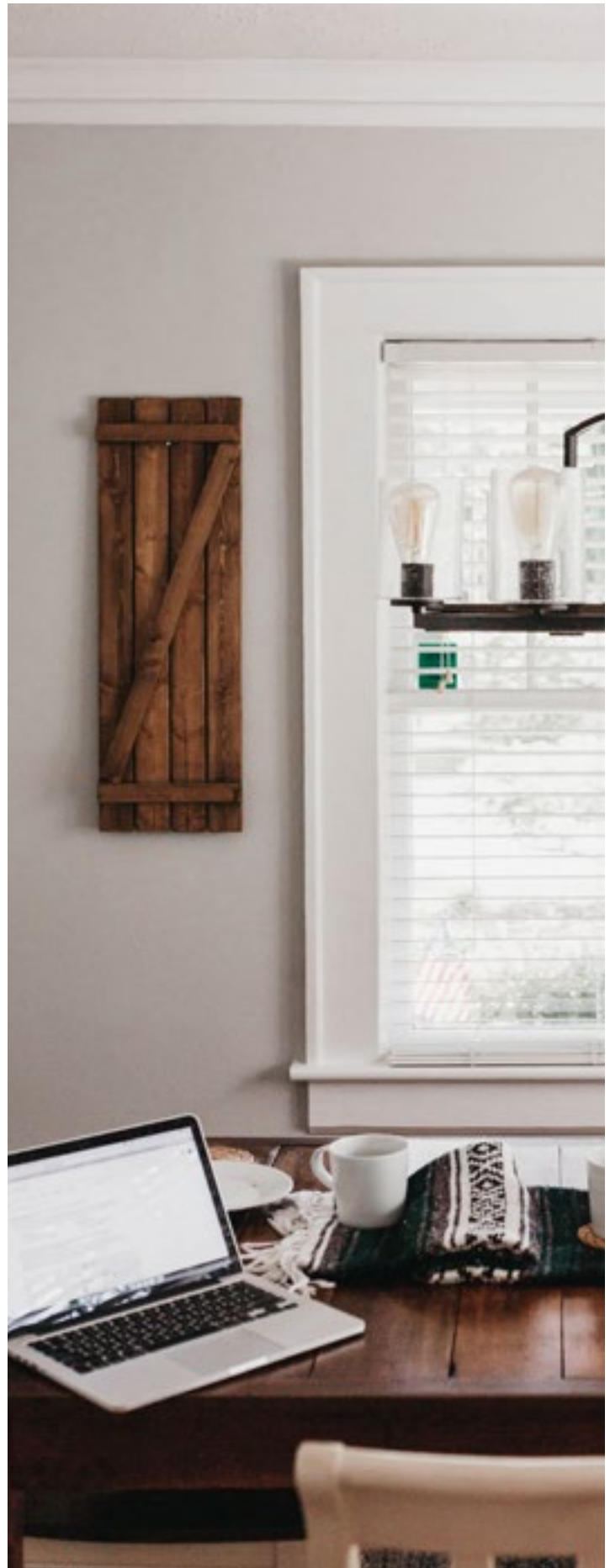
Over the last ten years, there are many mentors, collaborators, and friends who have supported me in my efforts on the Section executive - too many to thank! It is this counselling psychology community that has invigorated me and led to great accomplishments within the Section. Here's to many more to come! I look forward to seeing you soon...

Warmly,  
Anusha

\* Please check the schedule for the CPA's 81st Annual Convention, as some of these presentations may have been modified or postponed until next year. <https://convention.cpa.ca>

Anusha Kassan, Ph.D., R. Psych.  
Past-Chair,  
CPA Section on Counselling Psychology  
Associate Professor, University of Calgary  
Pronoun: she / her.

I respectfully acknowledge that the University of Calgary is located on the traditional, unceded, territories of the people of the Treaty 7 region in Southern Alberta, which includes the Blackfoot Confederacy (comprising the Siksika, Piikani, and Kainai First Nations), the Tsuut'ina First Nation, and the Stoney Nakoda (including the Chiniki, Bearspaw, and Wesley First Nations). I also respectfully recognize that the City of Calgary is also home to the Métis Nation of Alberta, Region III.



# Executive Updates



**DANIELLE  
BROSSEAU**

**Secretary  
Treasurer**

First and foremost, I would like to extend my best wishes to each and every one of you as you negotiate the impacts of the coronavirus pandemic in your workplace, homes and communities. I would also like to express a heartfelt thank you to those of you who are currently seeing clients and are thus holding an extra burden of care for so many that are struggling to tolerate the uncertainties of recent events worldwide. In keeping with the phrase being expressed across my alma mater province of Québec, ça va bien aller!

We, as your section executive, are sorting out the implications of the necessary cancellation of the annual convention on section business and finances. Speaking with my secretary-treasurer hat on, I am particularly keeping an eye on membership numbers. I suspect that we will see some reduction in membership numbers and associated dues. Despite this anticipated reduction in revenue, the majority (78%) of section expenses are associated with the annual convention and will not be incurred this year. Among the expenses that will not be incurred are the costs associated with hosting our section featured speaker, Dr. Natasha Maynard-Pemba. Dr. Maynard-Pemba is unable to facilitate a virtual keynote or section-sponsored workshop but is committed to joining us next year. The only convention expense that we are enthusiastically planning to incur is that of student awards. Please see the awards advertisement in this newsletter for more details. Given the anticipated changes to our expenses and revenues, we anticipate that our section finances will remain relatively stable.

Best,  
Danielle

Danielle Brosseau, PhD  
Assistant Professor of Psychology  
The King's University, Edmonton, AB  
[danielle.brosseau@kingsu.ca](mailto:danielle.brosseau@kingsu.ca)



# Executive Updates

## Payden Spowart STUDENT REPRESENTATIVE



Dear Student Affiliates,

Congratulations on finishing another semester! This was undoubtedly a time of many changes and challenges across the board, both personally and professionally. I know that classes, practica, and internships were impacted, and I am sure that many of you are awaiting to hear how plans for September will shape up. In these moments of uncertainty and daily changes, I hope you are able to take stock, find support, and stay healthy. I have been reflecting on how the added “unknowns” that we and our clients face add to the demands of our work, despite it being an immense privilege to support others during this time. All the more reason to be seeking support from one another and adding in a good dose of self-care.

Some more updates will be coming to our Counselling Psychology Student Page tab on the Counselling Psychology section of the CPA website. Amongst other things, we are still hoping to provide 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. Please note that there are several awards that will be available through the section. These include the Best Doctoral Dissertation Award, the Best Master’s Thesis Awards, the Best Master’s Conference Poster Award, and the Best Doctoral Conference Poster Award. These should be detailed further in this issue, as well as online at <https://cpa.ca/sections/counsellingpsychology/>.

All the best and stay healthy!  
Payden Spowart  
pspowart@ucalgary.ca

[Students' Facebook Page - click here](#)

# Executive Updates

Hi everyone and happy spring!

I hope everyone is healthy and managing okay during these strange times. Amid the uncertainty, losses, grief, and changes in travel (cancelling the trip to Montréal), I have been trying to enjoy time at home, patio gardening, and spending time with Neeko the Wonder dog (in the picture). I hope y'all have been able to do the same.

Over the past few months, the section has been adjusting to ongoing changes with COVID-19, which has led to some changes in our award timelines and guidelines. I am happy to announce we are back in action! Now is the time to send in your applications and nominations for our section awards: Distinguished Member Award, Best Doctoral Dissertation, and Best Master's Thesis Award. We also have poster awards for graduate students participating in the virtual convention. The following pages provide information for these applications. For all of these awards, we are looking for adjudicators. Please contact me if you can participate.

All these awards will be announced in the fall newsletter. Good luck to all our nominees!

Finally, we are looking for reflections and responses on summit recommendations.

In light of changing societal landscapes, and a need to respond as a profession, a summit was held focused on the future of professional psychology training and we need your feedback and reflections to guide our next steps. See pages 16 and 17 for details.



**Tanya  
Mudry**  
Awards Coordinator

Please send your reflections on the Summit materials, your award nominations, and all of your volunteer adjudication promises to [mudryt@ucalgary.ca](mailto:mudryt@ucalgary.ca)

Enjoy the sunshine,  
Tanya

Tanya Mudry, PhD, R. Psych  
Assistant Professor, Werklund School of Education,  
University of Calgary  
[mudryt@ucalgary.ca](mailto:mudryt@ucalgary.ca)



# Executive Updates

## Kirby Huminuik Conference Coordinator

Dear Members,

As you all know by now, CPA has had to cancel the annual convention that was to be held at the end of May in Montréal. I don't know about you, but I remember that very brief period of time when it wasn't clear what was happening and whether we'd be able to travel or not seems like so very long ago. We've all had to scramble to make new plans for our practice, training programs and research, but now that the dust has settled, we can look back and see how much we have accomplished and how well we have adapted to the new normal. For myself, as I worked to support interns and a whole counselling staff team to transition to remote work, I have really appreciated professional associations. The guidance provided by CPA and APA was timely and essential during these turbulent times.

That said, the submission process for the CPA convention seems like a lifetime ago! Nevertheless, there was a rich and

diverse selection of contributions from our section on topics related to therapeutic interventions, special populations, social justice issues, and research methods, and we were pleased to accept the majority of submissions. Thank you very much to all of the members who reviewed submissions for this year:

- Ann Marie Dewhurst
- Rebecca Woolf
- José F Domene
- Birdie Bezanson
- Megan Jones
- Lara Schultz
- Jessica Van Vliet
- Lauren Currie
- Houyuan Luo
- Marvin McDonald
- Tanya Mudry
- Anusha Kassin
- Danielle Brosseau
- Payden Spowart
- Heather Gower
- Matthew McDaniel
- Jann Tomaro
- Chelsea Hobbs
- Sean Heaslip
- Liliana Cortes
- Jasmine Nathoo

Since the CPA's decision to cancel its 2020 annual national convention scheduled for May 28-30, 2020 in Montréal, CPA has been working to create a virtual event for the summer.

Anyone who was accepted to deliver a presentation at the CPA's 2020 National Convention is welcome to participate in the virtual event (further details on pages 18-20). CPA has sent an email survey to all presenters and request you to respond by May 15, 2020. We hope you'll take this opportunity to showcase your work and take in some of the sessions that were accepted for inclusion in this year's scientific program.

All my best wishes

Kirby  
Dr. Kirby Huminuik  
Pronouns: she/her/hers

Registered Psychologist  
Director, Pre-Doctoral Internship  
Health & Counselling Services  
Simon Fraser University  
kirbyhuminuik@gmail.com



# CPA Counselling Section Special General Meeting

Greetings to members of our section for Counselling Psychology! We want to remind everyone of our special general meeting (SGM) that is being held for our section membership. In addition to business items and discussions from the past two years, the COVID-19 pandemic has impacted the CPA convention as well as the ways most of us conduct our work, our home lives, and our community involvements. We are offering an online SGM meeting for the section to come together briefly and to help one another chart our way forward. So this SGM helps to set the stage for our 2020 Annual General Meeting for the section, also being held over zoom. The AGM date will be announced soon over the section listserv.

## Agenda

1. Call to order & Approval of agenda
  - 1.1. Items to add as received by the executive prior to the SGM
  - 1.2. Items raised “from the floor” at the beginning of the meeting
2. Discussion: Review of the 2019 AGM in Halifax
  - 2.1. Reference: the powerpoint from Halifax was distributed for review on May 16th via the section listserv
  - 2.2. Comments or questions from the floor
3. Minutes of the 2018 AGM – review and approval
  - 3.1. Reference: the minutes of the 2018 AGM were distributed for review on May 16th via the section listserv
  - 3.2. Reference: minutes of the 2017 AGM are to be distributed for review on May 22nd via the section listserv
  - 3.3. Comments or questions from the floor; Approval of the 2017 and the 2018 AGM minutes
4. Discussion: implications of COVID-19 for priorities of counselling psychologists, clients, students, and other stakeholders
  - 4.1. For professional groups (counselling psych section, CPA, etc.)
  - 4.2. For professional function (online counselling & assessment; research; teaching; community action)
  - 4.3. For CPA virtual convention and section activities as recently announced
  - 4.3. Comments or questions from the floor
5. Discussion arising from items in the section newsletter, KALEIDOSCOPE
  - 5.1. Comments or questions from the floor, from the section executive
6. Additional questions or comments from the membership
7. Adjournment

**Friday, May 29, 2020 at 12 noon (Mountain Standard Time)**  
a Zoom link will be sent to section membership via email

Please feel free to contact executive members with comments or questions before the meeting.

Your section executive and newsletter editor:  
Anusha Kassan <anusha.kassan@ucalgary.ca>  
Tanya Mudry <mudryt@ucalgary.ca>  
Payden Spowart <pspowart@ucalgary.ca>

Marvin McDonald <mcdonald@twu.ca>  
Danielle Brosseau <Danielle.Brosseau@kingsu.ca>  
Kirby Huminuik <kirbyhuminuik@gmail.com>  
Janet Miller <jbmiller@mtroyal.ca>

## Join Our Executive! 2020-2021 Call for Nominations

We are currently inviting nominations for positions on the Executive of the Counselling Psychology Section:

- 1) Chair Elect
- 2) Member-At-Large (Convention Coordinator)
- 3) Student Representative

Nominations (including self-nominations) are open!

A brief description of the available positions can be found at this link: <https://cpa.ca/sections/counsellingpsychology/counsellingsectionexecutive/>

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 (marvin.mcdonald@twu.ca). All inquiries can be directed to the Chair.

Sincerely,

The Executive Committee of the  
CPA Counselling Psychology Section



# ONLINE COUNSELLING

## How is it going? In what forms will it stay?

The “hallway buzz” in some of our worlds includes many discussions around the topic of online counselling, often discussed in the context of pandemic restrictions. For some of us these moves are an intrusive requirement amidst a health crisis, soon to be abandoned and forgotten. For others, online counselling is an already familiar feature of professional work, with years of experience in our repertoire. Our regulatory bodies and professional associations have been providing resources for training and guidance through the challenges, risks, and opportunities arising in these forms of professional practice. In my own supervision practice, online mediation for counselling, psychotherapy, and supervision practice have emerged as increasingly important. And, as I noted elsewhere, I’m inspired by students who actively participate in opportunities to offer free counselling services in online form during the pandemic.

**In this note I would like to invite section members to share their experiences, good and bad and in-between, with this form of delivery for professional services, especially in the current contexts of pandemic-framed professional practice.**

If there is enough interest and material submitted, we can consider the possibility of offering a special issue of Kaleidoscope. Since telehealth research has been receiving sustained attention for years, we have some helpful empirical resources upon which we can draw. The online delivery of counselling, psychotherapy, and supervision is receiving

research attention as well, and I suspect that the post-pandemic literature will be picking up significant echoes of our current experiences for a while to come. As a person with family background and professional connections to rural communities, I am also personally invested in promoting quality online services. Let me close with a few springboard questions that may invite the sharing of resources, insights, and/or anecdotes.

1. How might we distinguish between clients who fair well with online counselling and those for whom the medium is inadequate? What counselling goals can be most adequately addressed in this medium?
2. Does online counselling offer challenges or opportunities specific to modality – individual, couples work, group work, family work, etc.?
3. How might online counselling protocols be adapted for various therapeutic orientations: experiential-process approaches, cognitive-behavioural models, psychodynamic models, existential approaches, etc.?
4. In what ways do the priorities of social justice converge with or contraindicate the practices of online counselling? How might online counselling be adapted in the service of various people groups, client backgrounds, and advocacy targets?

I look forward to hearing from you!

Marvin McDonald  
CPA Counselling Psychology Section Chair

# UPCOMING AWARDS

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

## 2020 Counselling Psychology Distinguished Member Award

The award is intended to recognize individuals who have made significant contributions to the field as a practitioner or as a researcher. Nominees must be a member of CPA Section 24 and, preferably, will have been active in the profession for at least 10 years. Nominees should have made a distinguished contribution in one or more of the following ways:

1. Outstanding counselling psychology service,
2. Scholarly research that has moved the profession of counselling psychology forward,
3. Development of practice materials that have contributed to the provision of counselling psychology service by others,
4. Outstanding service to professional associations, in particular to the CPA Counselling Psychology Section.

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

**Please send nominations to [mudryt@ucalgary.ca](mailto:mudryt@ucalgary.ca) by June 30, 2020.**

# STUDENT AWARDS

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

## Best Doctoral Dissertation 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 of the summary)
  - b. Implications and Contributions to the field of Counselling Psychology (1/3 of the summary)  
Summary should be double spaced, 12-point font, 1-inch margins. In addition to the two-page summary, the student should include a title page and references. Tables and figures may also be included as appendices.
4. A student's research can only be nominated once for each award.

Evaluation rubric:

- a) Contribution to knowledge and understanding in counselling psychology
- b) Originality
- c) Quality of the research, as evidenced by: (i) clear and compelling statement of research problem/question, (ii) appropriate methodology and methods, (iii) findings/results that are clear and show evidence of rigor, (iv) compelling and well-grounded conclusions and implications, and (v) discussion of limitations
- d) Quality of the writing

**Nominators are invited to submit the student's 2-page summary and nomination letter to [mudryt@ucalgary.ca](mailto:mudryt@ucalgary.ca) by June 30, 2020.**

Award winners will be announced in our Fall newsletter. Good luck to all our nominees!



# STUDENT AWARDS

## 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

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 participate in the virtual CPA convention.
3. There will be 3 or 4 reviewers who will do a preliminary review of the posters. Each reviewer will review a specific number of posters in order to allow more time to engage with the candidates on their list. No two reviewers will adjudicate the same poster.
4. After the convention, reviewers will submit their top selections to the Executive Committee, leading to a short list of candidates.
5. The short-listed candidates will be asked to submit an electronic copy of their poster for final review by the Awards Coordinator, in consultation with the rest of the Executive Committee.

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

**\*\*PLEASE NOTE THAT WE ARE LOOKING FOR ADJUDICATORS TO REVIEW ALL OF THESE AWARDS, INCLUDING POSTER AWARD.**

If you are interested in helping out, or if you are in need of more information, please contact [mudryt@ucalgary.ca](mailto:mudryt@ucalgary.ca)

## Special Call

Our Fall 2020 edition of *Kaleidoscope* will focus on stories related to the COVID-19 Pandemic. How did it impact your studies and/or your practice?

**Student stories welcomed!**

# Summit Reflections & Call for Feedback

## Reflections and Responses – We want to hear from you

In light of changing societal landscapes and a need to respond as a profession, a Summit was held focused on **the future of professional psychology training**. The Summit took place in May 2019, in Montréal, QC.

Canadian delegates represented all areas of professional psychology. Mikail and Nicholson (2019) described the process, Summit themes, and an overview of Summit recommendations. The delegates provided two ratings for each recommendation. On the first, they chose one of three options: agree, disagree, or abstain. The second was a rating of the degree of urgency with which the recommendation should be addressed with 1 indicating “not urgent,” 2 indicating “urgent,” and 3 indicating “very urgent”.

In their article, Mikail and Nicholson (2019) included a complete list of Summit recommendations with the hope of encouraging continued discussion, particularly with respect to implementation of the various recommendations. We are grateful to have permission to reprint portions of those results in this issue of *Kaleidoscope*. Please see page 17 for Table 4A from the article..

**The Counselling Psychology Section would like to invite members to respond to and reflect on the recommendations of Breakout Group #3:**

### **Responding to the Needs of First Nations and Underrepresented Groups (Mikail & Nicholson, 2019).\***

In your reflections you might want to consider the recommendations, support/agreement for the recommendations, urgency ratings, and implementation.

**Please send your reflections to [mudryt@ucalgary.ca](mailto:mudryt@ucalgary.ca)**

For more information - please see:

Mikail, S. F., & Nicholson, I. R. (2019). The national summit on the future of professional psychology training: Overview and recommendations. *Canadian Psychology/Psychologie canadienne*, 60(4), 228–241. <https://doi.org/10.1037/cap0000192>

## Table excerpt - reprinted with permission from CPA

FUTURE OF PROFESSIONAL PSYCHOLOGY TRAINING

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Table A4

*Breakout Group #3: Responding to the Needs of First Nations and Underrepresented Groups Recommendations*

Number	Recommendation	For	Against	Abstain	Urgency
1	CPA needs to sponsor a summit on Equity, Diversity, and Inclusion in the profession of psychology, and all of those in positions of power in leadership and the profession must participate, pay attention, and respond appropriately a. The summit must be used to elicit actual recommendations that address the future of professional psychology with consideration of Equity, Diversity, and Inclusion (EDI) as well as Indigenous psychology in all areas. Community leaders will be a part of those conversations. Until this time, CPA will acknowledge that the current conference is unfinished.	44	6	2	2.63
2	At all decision-making tables, including boards, taskforces and committees, there must be substantive representation of community-based persons of both Indigenous and broader Equity, Diversity, and Inclusion perspectives. In addition, standing committees that addresses both Equity, Diversity, and Inclusion and Indigenous peoples need to be developed. a. Leadership committees and boards must also include community leaders (e.g., Elders, activists, knowledge holders). Community leaders are compensated for their participation. b. Community leaders need to be fully respected and attended to and are co-decision makers on the content and process of the work.	43	3	5	2.48
3	CPA and the profession of psychology must recognize and acknowledge community members as experts of what is needed by communities and how the profession meets those needs. CPA and the profession of psychology need to declare a commitment to being accountable to the needs expressed by those communities, and therefore respond to and implement changes to address those desires.	50	0	1	2.29
4	CPA needs to acknowledge that Equity, Diversity, and Inclusion and Indigenous peoples' psychology was not appropriately represented in any of the working groups at this conference, and therefore that all recommendations need to be revised and reconsidered with considerations to Equity, Diversity and Inclusion and Indigenous peoples, through listening to those peoples.	32	16	5	2.52
5	CPA needs to acknowledge that Equity, Diversity, and Inclusion and Indigenous experts have been making recommendations for over 30 years and acknowledge that these recommendations have not been listened to or responded to. The organization needs to take responsibility for this privilege of silence and take on the work of deconstructing this violence that ensues from that silence.	37	8	7	2.37
6	People of privilege in CPA and the profession as a whole need to take responsibility to deconstruct and decolonize their privilege and approaches to case conceptualization, assessment, intervention, education, research, supervision, and service-related activities. There needs to be a commitment to learn the skills and knowledge needed to work with Equity, Diversity, and Inclusion and Indigenous people—this knowledge will be gleaned from community-based experts. Psychologists need to learn about critical theories of power, perspective and privilege and how these affect their practice and the profession.	48	2	1	2.32
7	CPA and regulatory bodies need to acknowledge and call for epistemological and methodological pluralism in research, education, and practice (e.g., Indigenous evidence-base work has been available for thousands of years).	48	2	2	2.23
8	In partnership with other relevant leadership bodies, the CPA needs to fund a special working group that includes substantive representation of community-based Equity, Diversity, and Inclusion and Indigenous experts, to explore redefining the definition of psychology such that it does not conflict with the ethics of the discipline.	41	6	4	2.27
9	In partnership with other relevant leadership bodies the CPA needs to acknowledge the current and ongoing violence being perpetuated in the field of psychology at all levels (professional organizations, universities, research, clinical practice, etc.) and that community-based experts in the field are themselves violated by these systems and are tasked with harm reduction and damage control with their students, clients, community organizations, etc.	36	13	3	2.35
10	All regulatory bodies and the CPA need to acknowledge that ethics requires social justice.	49	2	0	2.55

*(Appendix continues)*

Canadian Psychology, Issue 60 Volume 4; page 239. "Table A4 Breakout Group #3: Responding to the Needs of First Nations and Underrepresented Groups Recommendations". The National Summit on the Future of Professional Psychology Training: Overview and recommendations. Mikail, S. F., & Nicholson, I. R. Copyright © 2019 by the Canadian Psychological Association Inc. Permission from the Canadian Psychological Association Inc.



# CPA's Virtual Convention

**In light of COVID-19, CPA is pivoting our annual in-person convention to a virtual series. Since logistics are continually being finalized, please check the CPA website for updates.**

## HOW WILL IT WORK?

Anyone who was accepted to deliver a presentation, of any type, at the CPA's 2020 National Convention is welcome to participate in the virtual series to showcase their work. All individuals with an accepted presentation must submit their material to the CPA by June 12th. Information on uploading, file-naming procedures, and recording instructions will be provided at a later date.

- Posters can be submitted as a PDF or as a PDF slide deck
- Gimme 5s must be submitted as a 5-minute voice-over recording of 3 PPT slides
- All other spoken presentations (i.e., 12-minute talk, 25-minute conversation session, discussion forum, 25-minute review session, 55-minute symposium) must be pre-recorded.

Convention staff will follow up with presenters to discuss their availability to participate in a live chat on a date to be determined and/or to monitor posted questions by viewers. For accepted symposia, at least two of the presenters of the accepted symposium must agree to participate in the virtual event. Live chats, group discussions, and delegate to delegate messaging/chat will be available via the virtual platform. Individuals must present their material in the format in which it was accepted; changes to presentation type will not be permitted.

## WHEN WILL THE VIRTUAL SERIES TAKE PLACE?

The exact dates for the live chats and interactive components are to be determined, but the recordings and digitized formats of the sessions will be available from July 6th through August 28th, 2020.

## WILL THERE BE A REGISTRATION FEE TO PARTICIPATE?

The CPA recognizes the unprecedented restrictions and impacts facing professional associations, particularly as pertains to organizing/hosting conventions. It also recognizes the unprecedented challenges facing members of our profession, students, faculty, researchers, and/or practitioners – to name just a few – as pertains to financial impacts, job security, academic interruptions, practice disruption, tele-work, impacts on school, children and families, travel restrictions, and the impacts of social isolation and physical distancing requirements.

The CPA values its members and affiliates and out of recognition of these unprecedented times, and challenges facing our members/affiliates this year – registration for, and presentation in, the CPA's 2020 virtual event will be complimentary for current CPA members and affiliates whose membership is in good standing there will be a nominal registration fee for non-members and student non-affiliates who wish to present and/or participate in the virtual event following from the recommendations of the CPA's 2018 Response to the Truth and Reconciliation Commission (TRC) of Canada's Final Report, the CPA will also offer members and student affiliates of the CPA, who self-identify as Indigenous, a complimentary registration to participate in the CPA's 2020 Virtual Event. - - - continued on page 19.

# CPA's Virtual Convention

## **DO I HAVE TO REGISTER TO PARTICIPATE IN THE VIRTUAL EVENT?**

Yes, all individuals (complimentary and paying, presenters and non-presenters) will be required to register. Access to the virtual series will be restricted to registered individuals. Registration will allow access to all pre-recorded and PDF-ed sessions/documents (e.g., Posters, Gimme 5s). Additional registration charges may apply to specific sessions offered during the virtual series; these will be noted on the convention website and during the registration process. Registration will open in mid-June. Check the CPA's convention website regularly for more information related to all aspects of the virtual event.

## **HOW WILL SECTION PROGRAMMING BE SCHEDULED?**

Content will be posted in a staggered fashion, by thematic area, to the virtual platform beginning July 6th, such that new content is released every week. Sections that have indicated they will be proceeding with elements of their regular section programming (e.g., section featured speaker, section awards, etc.) will be contacted by convention department staff to establish their release week and solidify their programming logistics. Section-featured speakers must register to present in the virtual series; consistent with CPA convention practices, section-featured speakers will receive a complimentary registration.

## **WILL WORKSHOPS BE INCLUDED IN THE VIRTUAL OFFERING?**

All individuals accepted to deliver a half/full-day pre-convention professional development workshop or 90-minute in-convention professional development workshop will be contacted by CPA Staff to ascertain interest in transitioning their workshop to a virtual event offered as part of the CPA's online professional development platform, for which the date may or may not coincide with the dates of the CPA's Virtual Series. Individuals choosing not to transition their workshop to a virtual event, may choose to have their submission considered for inclusion in the CPA's 2021 scientific program. Note that acceptance in this year's program does not guarantee acceptance in next year's program.

## **IS PARTICIPATION IN THE VIRTUAL EVENT MANDATORY?**

Participation in the virtual event is optional. However, please note the following:

- Individuals **OPTING TO PARTICIPATE** in the virtual event may not submit to present the identical work again for the CPA's 2021 convention (scheduled to take place in Ottawa from Friday June 4th to Sunday June 6th).
- Individuals **OPTING NOT TO PARTICIPATE** in the virtual event may choose instead to have their work considered for presentation in the CPA's 2021 Scientific Program; please note that acceptance for CPA2020 does not guarantee acceptance for CPA2021. Individuals choosing this option need not re-submit their work.

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# CPA's Virtual Convention

## **CAN I CITE THIS YEAR'S ACCEPTANCE ON MY CV?**

Yes, you can cite this year's acceptance on your CV, regardless of whether you DO or DO NOT participate in the virtual event. Please see below for formatting instructions.

### **If you OPT TO PARTICIPATE in the virtual event, please use the following format:**

Surname, Initial. & Surname, Initial. (2020, insert dates of virtual event). Title of accepted submission. [specify type of presentation – poster, Gimme-5, 12-minute talk, etc.]. 81st Canadian Psychological Association Annual National Convention, Montréal, Quebec, Canada. (insert link to virtual event when available)

### **If you OPT NOT TO PARTICIPATE in the virtual event, please use the following format:**

Surname, Initial. & Surname, Initial. (2020, May 27-30). Title of accepted submission. [specify type of presentation – poster, Gimme-5, 12-minute talk, etc.]. 81st Canadian Psychological Association Annual National Convention, Montréal, Quebec, Canada. (insert link to Abstract Book PDF when available – see note below) (Conference cancelled due to COVID-19)

The CPA is currently putting together an abstract book of all accepted submissions. When the abstract book is finalized, the link to the PDF will be communicated so that the link can be included in the citation; in the interim, the citation can be used without the abstract book link.

Individuals who do not wish to have their accepted submission included in the abstract book, are asked to let us know by email at [convention@cpa.ca](mailto:convention@cpa.ca).

Any questions?

Please contact our CPA Convention Committee at [convention@cpa.ca](mailto:convention@cpa.ca).

# Working from Home and Home Schooling

A recipe for disaster or an opportunity for connection?

Anusha Kassin, PhD, RPsych

Let me preface this article by saying that this is not your typical Kaleidoscope entry. In fact, it is quite the opposite... But in this time of great uncertainty, I feel compelled to share some of my personal experiences and learnings throughout the pandemic. As I mentioned in the note attached to my update, I have many friends who have lost loved ones recently. I have witnessed how hard these losses have been for them, as they grieve under the confines of COVID-19. To date, my immediate family and I have been spared such hardships. We are eternally grateful and offer our deepest condolences to those who have lost loved ones.

As I take the plunge and share some of my experiences, I would like to begin by making it very clear that I am well aware that I am far from perfect on a good day, so never mind during a global crisis! At the same time, I think that sharing human stories is important during this time. While we have all been affected by this unprecedented event, some of us have benefitted from the multiple privileges afforded by the type of employment we hold, the schools our children attend, the collective support we have around us, etc. I recognize that our family has ben-

efitted from more privileges than challenges; yet, the past couple of months have been quite difficult socially and emotionally.

Personally, I am not the one who is doing yoga online or taking my kids on nature walks during every "recess". Heck, it feels like a win when I have time to take a shower in morning and make sure everyone in the house gets their daily dose of vegetables. In some ways, I feel like I am on maternity leave all over again; when my partner got to freely go to work, hang out with people, drink a hot coffee, while I am at home making meals, cleaning the house, helping my kids with their homework - oh and trying to answer work emails, teach online, and maybe write a few paragraphs of the manuscript that has been sitting on my desktop for weeks on end.

Of course, the situation is much different now, because my partner going to work is no longer safe, and at 6 and 9 years of age, my children are much more independent. Yet, the feeling of having so many responsibilities and being restricted in my capacity are quite similar. Please do not get me wrong, I love my kids and I love the privilege I have to be able to continue to work and receive a steady paycheque;

but at the same time, the 12-hour days and random surges of loneliness (despite having an animated home) have been difficult to digest. What has kept me going during this difficult time is my work ethic, that is, my passion for my own work and my value for my kids' education. Those are my values, and they have been driving me during this very difficult time. For others, it will be a different set of values.

I have been turned off by the multiplicity of prescriptive articles that have been published recently, outlining the best steps for anything and everything we could be doing during this difficult time. Personally, I take a slightly different approach in both my personal and professional life. Working from a strength-based perspective, I say, identify your strongest values and build on them in any way that you can. Make more space for what comes naturally to you, and that will slowly overshadow what you might not be doing as well. So, as I said, for me, that is working from home and home schooling. This article represents some of the trials and tribulations that I have encountered in the last eight weeks, since they have announced indefinite school closures in Alberta. After learning this week that schools would not be re-opening during the current academic year, I had to face the reality that these trials and tribulations would surely continue in the months ahead. Maybe some of my experiences will resonate with you, or maybe they will push you to do more of what you love and value (where possible), while quieting the voice nagging at you to do more of what has been challenging. So here goes nothing.

The first thing I did, before school closures were officially announced, was make a rough mental schedule of what our days could look like under quarantine.

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## Working from Home and Home Schooling ...continued

When I discussed this with a friend who is a child psychologist, she teased me and stated that my children were not in university (yet) and so probably could not handle 90-minute sessions of French or Math. Point well taken, I adjusted...

In the spirit of full disclosure, my children attend a French private school in Calgary. As a family, we work very hard to be able to afford this education. When we moved to Western Canada ten years ago, it quickly became clear to me that if I wanted my children to remain anchored in their Francophone roots, I would have to be purposeful about many factors, including their education. So, we invested in this area by selecting an international school, which centers of French language learning, but also provides opportunities for identity exploration and cross-cultural exchanges. Growing up, my parents certainly could not afford this type of schooling for three children. Seeing the struggles they experienced as an immigrant family helped me make the conscious decision early on to use the upward mobility that their sacrifices afforded me to enhance my children's education.



Teacher said,  
“don't come to school in your pjs”  
but we tricked him a little ;)

Anyhow, I digress... It is true that the private education that we are offering our children make our job as parents a lot easier, and I want to be very transparent about that fact. The gross disparities that exist between the public and private education system have only been exacerbated in the past few months. For example, many public schools across the country, especially those in lower income neighbourhoods who are overcrowded and have limited resources, have been struggling to provide adequate remote learning for their students. Further, many families have had their own challenges with remote learning (e.g., multiple children, lack of electronic devices, small living quarters, language barriers, etc.).

Despite the privilege we hold in this area, the demands of our work (me in academia and my partner in essential services) have made it difficult to juggle our own responsibilities and our children's schooling. Thus, when I made this initial schedule, on March 13th 2020, I had to consciously set aside all of my non-imminent work demands. This often translated to Zoom meetings on mute, without video. This was very difficult and felt quite unsettling. I constantly believed that I was not performing as well as I should be and that I would be judged for “slacking off”. However, I knew that this was the only way that I could take good care of my children, emotionally and

educationally. Again, I recognize that this is not a privilege afforded to everyone.

The next thing I did, when it became clear that my little rascals were going to be learning from home for the foreseeable future, was re-arrange our home so that everyone could have a decent space to concentrate. This was a process of trial and error, while we figured out where the WiFi was reliable and where the echoes of conference calls could be minimized. While everyone now had their own spaces, somehow, we often end up all sitting around the dining room table. I think the little ones like being close! For those situations, we set some soft rules about how to work besides one another and speak quietly to avoid interfering with one another's work. There are times when the kids need to record a short video for their teachers, or I am on a conference call and cannot remain muted without video. So, we ask each other for silence and patience, time and time again. Once these individual and collective spaces were carved out, it became important for me to keep them organized and clutter free; so that when one of the kids asked for their blue binder, I could direct them to look for it themselves, as opposed to having to look all over the place myself. Reducing the many potential disruptions, even a little, has been helpful.

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## Working from Home and Home Schooling

...continued

As the kids became progressively more settled with their new reality, both emotionally and behaviourally, they gained more independence. They did not need as much reassurance and took agency over their own learning.

At that time, I was able to increase my own workload – from imminent tasks to more interesting tasks like writing. In order to keep up with due dates, which have already pushed back at least twice, I continue to have to work on weekends, when my partner is home and can entertain the kids. However, generally speaking, I can rely on their evolving independence to get a little more work done during the week.

Finally, it has been important for us to stay connected with friends and family members, especially since we do not have any immediate family in Calgary. This too took some adjusting, because there were days when I was simply too tired to get on yet another Zoom meeting, even if it was with my mom and sisters. I certainly felt some pressures during these times, but I had to accept my own reality and capacity; and trust that my loved one would be understanding. At the same time, when we were able to connect to chat or have dance parties, it was so good for the soul! Zoom also came in handy when I asked my mom to walk my kids through an art project, so that I can have some quiet time to attend a meeting. Chatting with neighbours, from the sidewalk, has also been refreshing; because like I said, I love my children, but do need some diversification as well.

To address the areas that were more challenging for me, I set some ground rules that made the kids cringe a little. For example, generally speaking, I have not allowed screen time for entertainment until schoolwork has been completed and the kids have spent at least an hour outside – when the weather permits of course. That hour of fresh air usually falls under my partner's purview when he returns home from work; yet another brief moment in the day when I scramble to catch up on dishes or emails. Of course, the kids' charm sometimes leads me to bend the homework-outdoor-screen time rule, but apparently, it's good to be flexible! It was particularly hard not to give in to this charm when we hit temperatures of -15 temperatures in March and April, but luckily we are out of that stage now.

Regular fresh air and loosening restrictions have been good for all of us, but it is clear that we will all continue to face challenging times. More importantly, there are many people and communities who are struggling with more pressing social, financial, physical, and psychological difficulties at this time. It is my hope that we can all help those in need in any way we can. For me, that is through my scholarship, but also involvement in local initiatives



to help vulnerable communities. While this too requires more juggling of our very limited time, our family takes pride in helping others in this way. I hope that you too can contribute in any way that you can in a manner that aligns with your own values.

I hope that you and your families are able to stay safe and healthy during these clearly challenging times. Hopefully this is a time for increased connection in your circles – despite the extra roles that you may be juggling. It certainly is an odd time to be transitioning out of the my role as past-chair of the Section on Counselling Psychology of the Canadian Psychological Association, but at the same time, I find strength and comfort in the many relationships I have formed with our members and hope that we can continue to support one another.

- Anusha Kassan,  
anusha.kassan@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 .



## Think-Ups

This one comes with a cost (about \$3) and includes some in-app purchases... but still, it's a fun distraction with psychological games and exercises to reduce stress. It claims to "boost your mental health fitness" too. If you test it out, let us know!



## Bunch

There is a push right now to find ways to socialize while also respecting physical distancing recommendations. Bunch is an app that provides a virtual option for a games night with your family or friends. Shoot some pool or play Uno together.

## Shine

An app that promotes self-care and meditation, voted one of Apple's favs in 2018. Daily affirmations are complimented by "research-based programs" designed to promote self-awareness, acceptance, and compassion.

## Calm

Many have raved about the nighttime stories posted in the CALM app, especially ones read by celebrities. CALM features both a free version and a paid option, and includes breathing exercises paired with visual images, gifs, and short video-loops.





## FROM THE EDITOR

Like you, my life was turned on its end by the pandemic. Overnight I found myself home-schooling two children, creating remote-practice consent forms, managing news-overload, and scurrying to book flights to get family members back to Canada. I wasn't prepared to work from home, but that's what was happening. Or was it? In the words of Dr. Yasmin Dean,

**We haven't been "working from home".  
We have been at home,  
during a crisis,  
trying to work.**

**The distinction is vital.**

Context brings perspective. I've not been at my best. I have not been well-organized. I have missed meetings, skipped emails, and endured my own mood swings. I've also been trying to give my children structure, trying to not worry about what we are all missing, and trying to carve out practices and processes that will serve my clients well. I've improved with all of these over the past two months, but I am tired! I find myself worrying about end-to-end encryption in a way I've never wondered before. I have acclimatized to hearing "flatten the curve" and have become adept at "social distancing".

I am grateful to our professional associations, licensing colleges, and to my university colleagues for providing professional development in the areas of tele-psychology, the ethics of remote practice, and disaster response practices.

While I was resistant about going remote, I have found myself amazed by the community we've built using daily webinars through MRU, and pleased by the depth of counselling that can be done through a video link. I've been thankful to be invited into the homes of my clients, to meet their pets (and sometimes their children), and to continue (or begin) meaningful conversations about these lives we are experiencing. What a privilege to be a counselling psychologist! To be part of the experience of others in his way - to help process feelings, to bolster coping skills, to support grief, and to foster resilience. Certainly in the past few months there has been so much to be resilient to - in addition to the pandemic we've helped clients cope with suicidal feelings, domestic abuse, anxieties, massive acts of violence, and relationship strains. Through the past few months we've also seen (and supported) powerful acts of compassion, promoted connection and have supported individuals to be with themselves, to relax, to express love, and to acknowledge their strengths.

However this pandemic has been experienced by you, I hope you are safe and healthy and feel supported and acknowledged.



I also hope you are making your self-care a priority as you work to support your family, friends, students, and clients.

I've been journaling about neglected objects (swimsuits, suitcases, lunch boxes and travel mugs). I look forward to dinner parties and long hugs; shaking hands with strangers and going to my office.

I am reflecting on what I've learned, lost and gained and I'm sure you are too. Please send me your stories to be included in our next edition of *Kaleidoscope*.

Until then, please take care,  
Janet Miller, PhD, R.Psych.  
Editor - Kaleidoscope

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2020 - May  
CPA Counselling Psychology Section  
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# KALEIDOSCOPE

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



**Questions, Comments, Suggestions or Feedback?**

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