

Issue no-2  
June 2022

---

# Kaleidoscope

---

Newsletter of the Counselling Psychology Section

Canadian Psychological Association



## WHAT YOU'LL FIND IN THIS ISSUE

---

### EXECUTIVE UPDATES

- 2 - Chair Editorial, Tanya Mudry
- 4 - Chair Elect, Houyuan Luo
- 5 - Past Chair, Marv McDonald
- 6 - Treasurer, Danielle Brosseau
- 7 - Conference Update,  
Jessica Van Vliet
- 8 - Awards Update, Janet Miller
- 9 - Student Rep Franzi Kintzel

- 10 - Coping with Fear of Death
- 11 - App for that
- 12 - Convention Information
- 14 - Do we see the True Colours of the  
Culture Mosaic?
- 16 - Student Research Award Winner  
Announcement

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)

# TANYA MUDRY

## CHAIR EDITORIAL

Greetings Counselling Psychology Section Members!

This will be my last Chair report, as I will be transitioning out of this role, and Dr. Houyuan Luo will be stepping in! I want to thank everyone on the executive for their hard work, dedication, expertise, and energy this year. It has been an absolute pleasure to work with all of you!

### We are in Transition – Join Our Executive!!

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

#### Chair-Elect:

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

#### Secretary-Treasurer:

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

#### Student Representative:

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



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

### Articles by Section Members!

Please check out the articles featured in this newsletter issue! This issue has wonderful contributions submitted from our section members. Please continue to submit your articles. We are always seeking articles focused on professional issues, reflections, tricks and tips, and informational pieces. You can send them to

# Executive Update

Dr. Janet Miller, our editor, at any time during the year (summer included) or wait for our call. She can be reached at [jbmillier@mtroyal.ca](mailto:jbmillier@mtroyal.ca)

## Awards

Please take a moment to read the Awards update, as we have some Counselling Psychology Section members to celebrate who have been awarded prestigious CPA awards! Also, come to the yearly Annual General Meeting and Section Reception to celebrate our Section Awards. These will include the following awards: Distinguished Member Award, Student Research Awards, and Poster Awards.

We are also looking for Adjudicators for our student awards, see Awards update for details.

## Conference

The Annual CPA Convention is almost here!! It is scheduled for June 17-19th, 2022 in Calgary. We have a jam-packed schedule with lots of incredible presentations scheduled for Counselling Psychology. <https://convention.cpa.ca/scientific-program/program-schedule-and-themes/>

I wanted to point out a few sessions that might be of particular interest, specifically focused on Counselling Psychology as a discipline.

We have an exciting pre-conference workshop that the Section is sponsoring. Dr. Karlee Fellner will

be conducting a 3-hour workshop titled: Indigenous approaches to complex trauma and clinical practice. Register here: <https://convention.cpa.ca/workshops/pre-convention-program/>

Once the official conference kicks off, you may want to attend one of the following:

On Friday morning (9:45 am), Dr. Stewart Madon will be hosting a session titled "Accreditation Site Visitor Workshop" which will be good opportunity to learn about and possibly become involved in the CPA PhD program accreditation process (Located in "Studio). The Accreditation committee often needs more Counselling Psychology representation.

On Friday afternoon, the Counselling Psychology Poster session will be held from 2:30-3:30 in the Imperial Ballroom 4, 6. There are lots of Counselling Psychology students sharing their research and would love to see you and answer your questions.

On Saturday, the Counselling Psychology Section is hosting our featured speaker, Dr. Karlee Fellner for her presentation "Indigenous Wisdoms for Applied Psychology" (3:00 pm). Our Section Annual General Meeting will follow at 4:00 pm, and our reception at 5:00 pm. Food and drinks are ordered, so please attend, have a snack, and celebrate our award winners! Each of these will be located in the Imperial Ballroom 2.

On Sunday at 1 pm (following the CPA Keynote), Dr. Jessica Van Vliet will be hosting a conversation session titled "Who Are We? Revisiting the Definition of Counselling Psychology." This is a nice opportunity to consider our Counselling Psychology Definition and chat about how it might evolve. Our current Section definition can be found here: <https://cpa.ca/sections/counsellingpsychology/counsellingdefinition/>

Please see the Conference Coordinator update for other highlights!

I look forward to connecting with you in Calgary,

Tanya

Tanya Mudry, PhD, RPsych  
she/her  
[mudryt@ucalgary.ca](mailto:mudryt@ucalgary.ca)

I am grateful to live on the traditional 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). The City of Calgary is also home to Métis Nation of Alberta, Region III.

## Executive Update

Time flies, and we are almost halfway through 2022!

I am very glad to know that the pandemic restrictions keep getting relaxed across the country, and people can finally enjoy spring and summer fuller. Toronto just ended its 777-day state of emergency status; I hope it will be maintained.

Our Section program for the upcoming convention is finally out, and I am very excited to see many of our section members will share their expertise and reflections on various topics. Also, it will be the first in-person CPA convention since the pandemic happened. I do believe colleagues can better connect and communicate in an in-person version. I can't wait to see everyone in Calgary next month.

Our Section will also have an annual general meeting during the convention, and I encourage you to join. It is an excellent opportunity to know how our Section is operated and the future plans of our Section. Also, if you want to get involved more with Section business, this is the time; I sincerely invite you to consider running for the executive position of our Section. Being an executive member is a great way to contribute your wisdom and fulfill the possibilities counselling psychology can be from your vision.

Additionally, our Counselling Psychology Google Group has 137 members now. I encourage you to join this group and recommend that colleagues and students do so. You can join the group in two ways:

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

Best,  
Houyuan



Houyuan  
Luo

CHAIR ELECT

drhouyuan@gmail.com

# Executive Update



## MARVIN McDONALD PAST CHAIR

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

### Cultivating convention in transformation

I am grateful to join with our counselling psychology section executive and all our section members as we transition into a new era for in-person conventions at CPA. Challenges continue to unfold for us in many personal, familial, community, and institutional settings, yielding multiple opportunities to practice collaboration in professional and academic activities. Perhaps those of us who are able to be in Calgary can share some of these opportunities.

We can all appreciate the strong interest shown in Dr. Karlee Fellner's workshop on Indigenous approaches to complex trauma and clinical practice as we come together in Calgary. As a participant in the CPA National Summit on the Future of Professional Psychology Training (Ansloos et al., 2019; Mikail & Nicholson, 2019), Dr. Fellner offers a strong voice as we seek to transform professional training and practice. As a participant in the 2018 Canadian national conference on counselling psychology, she joins in national leadership shaping our futures together (Fellner et al., 2020). Along with our many presenters and colleagues coming together in Calgary, I am inspired to witness emerging fruit of these ongoing efforts to change and strengthen one another and our professional communities.

And as I transition off the section executive, I look forward to witnessing and participating in next steps for our local and national communities of counselling psychologists and our many colleagues in other sections. Thank you all!

Marvin (Mac) McDonald (he/him)  
[marvin.mcdonald@twu.ca](mailto:marvin.mcdonald@twu.ca)

Ansloos, J., Stewart, S., Fellner, K., Goodwill, A., Graham, H., McCormick, R., Harder, H., & Mushquash, C. (2019). Indigenous peoples and professional training in psychology in Canada. *Canadian Psychology/Psychologie canadienne*, 60(4), 265–280. <https://doi.org/10.1037/cap0000189>

Fellner, K., Ansloos, J., Ouellette, N., & Villebrun, G. (2020). Reconciling relations: Shifting counselling psychology to address truth and reconciliation. *Canadian Journal of Counselling and Psychotherapy/Revue canadienne de counseling et de psychothérapie*, 54(4), 638–660. <https://doi.org/10.47634/cjcp.v54i4.70661>

Mikail, S., & Nicholson, I. (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>

# Executive Update

## DANIELLE BROSSEAU

### Treasurer Update

Friends,

It has been a pleasure to serve as your secretary-treasurer for the past four years. Some highlights for me included working with Dr. Maynard Pemba (2021 section featured speaker) as she prepared to deliver a keynote and pre-convention workshop focused on social justice conversations and collaborating with section colleagues and mentors to offer a roundtable discussion on teaching and researching remotely (2020 convention). The final executive project that Franzi (student representative) and I are collaborating on will be completed later this summer and will be an additional resource that can be used to educate prospective students about counselling psychology in Canada.

My two terms on the executive included a lot of transition as we all endured the changes imposed by the COVID-19 pandemic. The impact of the pandemic on our section finances was also substantial and led to our current financial surplus. We, as your executive, have been making plans to use this surplus in ways that serve the membership. Please watch for more information regarding a proposed webinar series later this year. Despite the surplus resulting from fewer conference-related expenses and steady growth in membership over the course of the pandemic, we have approved and will be presenting a conservative section budget at this year's Annual General Meeting. I proposed a conservative budget with respect to ongoing yearly expenses in order to allow time for us to observe whether or not the recent growth in membership will be sustained as the annual convention returns to (largely) in-person participation. Many section members only join when attending or presenting at the CPA convention and a return to in-person participation is less widely accessible than the virtual conventions of recent years. Increasing ongoing expenses too quickly could lead to a challenging financial situation should the section return to pre-pandemic membership levels. It will be important for our future executive to consider how we might continue to engage and retain these new or newly returning members.

Thank you for providing me with this opportunity to serve.

Warmly, Danielle



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

# Executive Update

## CPA 2022 National Convention - Upcoming Section Highlights

We are now just weeks away from our annual convention in Calgary, where for the first time in three years, we will have the pleasure of gathering in person with our colleagues from across the country and beyond. The 2022 Counselling Psychology section conference program has no shortage of opportunities to forge connections, exchange ideas, and learn about new developments in our field. And, of course, we will have many opportunities to relax and enjoy the company of our colleagues, friends, and new acquaintances.

This year, our section has over 20 individual presentations, 10 panel discussions and symposiums, and 30 posters. For folks who like to get in on the conversation, we also have five conversation sessions, where we invite you to share your perspectives on topics ranging from injustices in Canadian psychology training (June 17) to revising the definition of Counselling Psychology in Canada (June 19). In addition, our section features four interactive workshops/pre-conventions workshops to choose from, such as Dr. Janelle Kwee's workshop on "Observing the Ethical Imperative of Self-Care During the COVID-19 Pandemic" (June 17), Dr. Gina Wong's workshop on "Destigmatizing Mental Illness for Asian Canadians" (June 19), and Dr. Karlee Fellner's pre-conference workshop on "Indigenous Approaches to Complex Trauma and Clinical Practice" (June 16).

Speaking of Dr. Fellner, for our section's invited speaker, we are fortunate to have Dr. Fellner from the University of Calgary presenting on "Indigenous Wisdoms for Applied Psychology" (June 18 at 3 p.m.). Dr. Fellner's talk will be followed by our section's Annual Meeting, which will segue nicely into a social occasion not to be missed: our section's reception for our members, featuring fine conversation with fine people and fine food.

That leads me to two other highlights of the convention: First is the CPA Presidential Keynote Address ("Human rights and Social Justice: Leading With Compassion and Courage") by CPA President and Fellow, Dr. Ada Sinacore (June 17 at 8:30 a.m.). It is difficult to understate Dr. Sinacore's impact on counselling psychology in Canada and internationally, most notably in the area of social justice and human rights. She has also served as past Chair of our section and was the driving force behind our inaugural Canadian Counselling Psychology Conference in 2010. Second is the CPA Awards Ceremony (June 17 at 6:00 p.m.), where we will see Dr. Anusha Kassan honoured as CPA Fellow. Dr. Kassan, past section Chair, is widely recognized for her extensive contributions to social justice research, practice, and education, both nationally and internationally. We are so proud of you, Anusha, and we can't wait to raise a toast in your honour!

For the most up-to-date information on these and other highlights, please use the convention app available on the CPA website, <https://convention.cpa.ca>. You can use the app to search by CPA section, day/time, presentation type, name of presentation and presenters, and more.

I look forward to seeing you at the convention in Calgary.

Jessica Van Vliet, PhD, R.Psych. (she/her)  
jvanvliet@ualberta.ca

# JESSICA VAN VLIET



# Awards Update

## JANET MILLER

Dear members,

I am feeling excited about our upcoming Convention and look forward to reconnecting with longtime colleagues and to welcoming new friends to Calgary. The traditional Blackfoot name of this place is "Mohkinstsis", the place where the two rivers meet (the Bow and the Elbow). This has always been a place where people have gathered to share knowledge; a terrific place for our annual convention.

Please remember to join your colleagues at the Annual General Meeting of our Counselling Section, Saturday, June 18th at 4pm. We will be announcing our award winners, and celebrating all of our nominees. It's been a pleasure to see so many terrific nominations come forward and we thank everyone for being involved in this process. Congratulations to all of our award candidates!

### Reviewers Needed - Conference Poster Awards

Kindly note that we are still looking for 3 adjudicators to review student posters at this year's convention. If you are going to be at the convention, please consider joining us on Friday afternoon for our Counselling Section poster display running from 2:30pm until 3:30pm. Adjudicators will be gathering outside the Ballroom at 2:15pm to review our evaluation rubric and process. All posters presented in the Counselling Section where a student is the first author, are eligible.

After the convention, reviewers will submit their top selections to the Executive Committee, leading to a short list of candidates. The short-listed candidates will be asked to submit an electronic copy of their poster for final review by the Member at Large: Awards, in consultation with the rest of the Executive Committee.

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

If you are interested in helping out with our poster-review this Friday, please let me know.  
Sending warm wishes,

Janet

Janet Miller, PhD.  
Registered Psychologist  
Counsellor, Full Professor  
Mount Royal University  
Calgary, AB / Mokinstis

Mount Royal University is located in the traditional territories of the Niitsitapi (Blackfoot) and the people of the Treaty 7 region in southern Alberta, which includes the Siksika, the Piikuni, the Kainai, the Tsuut'ina and the Iyârhe Nakoda. We are situated on land where the Bow River meets the Elbow River. The traditional Blackfoot name of this place is "Mohkinstsis," which we now call the city of Calgary. The city of Calgary is also home to the Métis Nation - Region 3.





# FRANZISKA KINTZEL

## Student Representative



Hello everyone,

Here we are – almost halfway through the year and thereby so close to our annual convention. We hope to see you all there!

With that also comes the end of my term as your student representative. While my time in this role has looked much different than expected (but who would not say that about everything else these past two years), it gave me the opportunity to work on promising projects and connect with amazing professionals in our field of counselling psychology. I am certain that the next student representative will take full advantage of similar opportunities and make sure to emphasize and stand up for our students' needs.

I want to thank you all for your continuing support of our section, including my role, and I am hopeful to stay engaged as a section member and possibly different executive roles in the future.

As my last responsibility, I created a universal student representative email address which can be utilized for students holding this role in the future. Thus, please email [cpa.counsellingpsych.studentrep@gmail.com](mailto:cpa.counsellingpsych.studentrep@gmail.com) for any questions, concerns, or feedback

Thank you all and I wish you a happy and social summer!

Franziska

Please remember to also connect with other student members through our Students' [Facebook page](#)

# Coping with Fear of Death

by  
**Cedric D'Souza**

As the pandemic unfolded, I realized that several around me, myself included, were living out some form of anxiety and fear. This awareness led me to take time out and introspect on the question "What am I afraid of?"

In time I realized that it narrowed down to an inevitable truth, that we seemed to fear death. As I researched, I discovered a word that aptly described this fear - 'Thanatophobia' meaning 'fear of death' or a fear of the process involving dying.

Yes, I and many around me, were afraid of dying and as much afraid of the process leading to death.

As an individual, I have always been profoundly intrigued by the manner in which spirituality and religion relate to each other and impact therapy and treatment methods for clients (Post & Wade, 2009).

Delving deeper into the subject, brought me to my own reality. I began with the practice of spending time each day of sitting silently in reflective prayer to find answers that I sought. Reflecting upon passages from scriptures of varied religious texts or simply sitting in silent meditation led me to a deeper understanding that for me, death is but the leaving behind of one's body - each one of us is connected to a force far more powerful than the individual self.

This deep and powerful understanding has been my beautiful, yet astonishing realization.

It is my belief, that at death, we shed our bodily self and leave the 'flesh & bones' behind but 'core' never dies. The more I delved into this practice of reflective prayer and meditation the deeper I understood about the process of life, love and death. And the more I evolved in my awareness and mindfulness, the stronger I became in coping with the pandemic; less anxious and definitely wiser.

Working through Thanatophobia has enriched my counselling practice especially whilst working with individuals dealing with their own fears towards death or the process of coming to terms with the loss of their loved ones.

In closing, I put forth the question whether discussing Thanatophobia during counselling practice could enable individuals to nurture a respect towards embracing the ebb and flow of life and thereby help them face any adversity that may come their way?



Cedric D'Souza

# APPS FOR THAT

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

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

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



## Morning!

If you are interested in upping your gratitude game, then this app may be useful. Reviews suggest that the design is simple but effective. Daily prompts provide opportunity for reflection, and responses can be recorded like a daily journal. Questions can be customized to suit individual needs.

## What's Up?

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

## Twenty Four Hours a Day

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

## Woebot

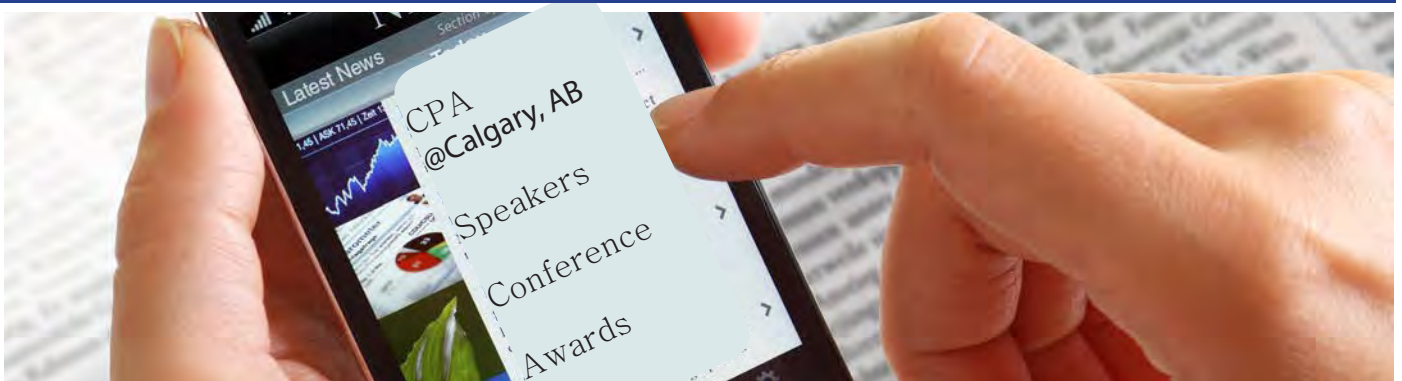
Based on principles of cognitive-behavioural therapy, this app uses an interactive chatbot to promote self-awareness and self-care activities. The app includes a gratitude journal, mood history log, and a tool box that contains strategies, positive distraction "brain games" and relaxation tips.

# CPA Convention 2022



Regarded as the premier psychology conference in Canada, the CPA Annual National Convention attracts over 1,000+ of nation's best and brightest psychology practitioners, researchers, scientist-practitioners, and students. With hundreds of presentations to choose from, there will be ample opportunities for you to learn, grow, and connect with peers at the event.

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



# Section Annual Meeting Counselling Psychology

**Saturday June 18, 2022**

**4:00 PM – 5:00 PM**

(reception to follow)

**Imperial Ballroom 2**

- Lend your voice to help shape the current and future direction of our Section
- Learn about new initiatives and programs
- Celebrate our Section's award recipients

## COUNSELLING SECTION

### POSTER SESSION

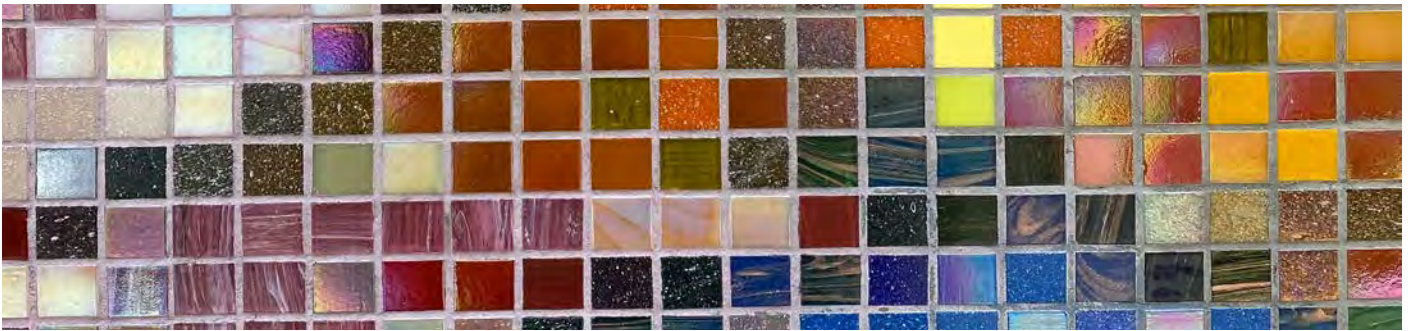
2:30 pm to 3:30 pm

FRIDAY, JUNE 17

\*If you are interested in adjudicating the poster session to help select our student award winners, please email:  
Janet Miller - [jbmiller@mtroyal.ca](mailto:jbmiller@mtroyal.ca)



# Do We See the True Colours of the Culture Mosaic?



As a social scientist deeply interested in cultural studies, education in Canada has been an incredible opportunity to develop my multicultural psychology practice and research. Soon after I arrived in Edmonton, I heard about the term Canadian cultural mosaic, which summarizes the appreciation of multiculturalism in all areas of Canadian social life. In this paper, I want to share my struggle as I tried to find my colour in this cultural mosaic and explain how it informed my psychological practice. I conclude with a brief reflection on my learnings in this process.

Soon as I was accepted to my doctoral program at University of Alberta, I became curious about how my social identity will be shaped in Canadian society. During my previous studies in Turkey, I learned some of the racial identity development models described in the North American context. Now that I was moving to Can-

ada, those models would suddenly become personally relevant to my life. Therefore, even before I looked for the winter clothes I want to bring, I started to search for my racial identity. In my country, it is uncommon to see people defining themselves by their races. The more frequently expressed identities are ethnicities, nationalities, religions, and ideologies, rather than race. Therefore, looking for a racial identity has quickly become a novel and intriguing issue for me.

I started asking questions to my friends, colleagues, and family in Turkey: "What is my race? What is your race?" The answers were accompanied by a lot of confusion and were often inconclusive. Nobody really knew their race. My grandparents are Balkan Turks and Chechens, an ethnic group indigenous to Caucasia. A few of my friends told me that I might be a White person. But

this did not make any sense given the wheat skin color I have – I certainly did not look white. However, later on, I found an old US document defining the White race as people having their origins in Europe, the Middle East, and North Africa (Office of Management and Budget, 1997). This sounded accurate for the geographical location of Turkey. I thought to myself "maybe being White isn't about skin color after all." Therefore, I decided to test this out. I moved to Canada and whenever the race issue was brought up, I said that I am White. I saw a few surprised faces in the process. Not so long after, I heard people saying "he identifies as White" about me. This was surely different from "he is White." Hence, it became obvious that people in daily life did not perceive me as White. In fact, Statistics Canada and a few research surveys I filled educated me that I was a visible minority falling under the category of "West Asian"

as a Turk – a term I’ve never heard of as a social identity before. My country, Turkey, is a bridge that links not only the geographical locations of Europe and Asia but also connects many cultures, identities, and histories.

As a person who calls himself a Turk, choosing a single identity meant that I let go of the richness of my cultural heritage which includes parts of Middle Eastern, Balkan, Asian, European, Caucasian, and Muslim identities each of which I am proud to have.

However, as I spent more time in Canada, I felt that I was being limited to a specific number of identities by the people around me. As time passed, it became clearer and clearer that the community I lived in assigned me a general “Middle Eastern” and Muslim identity. I realized this as more and more people suggested that I check out Persian groceries and Lebanese stores, asked if I eat pork, and benevolently warned me to keep my eyes open for possible racist discrimination because of my skin tone. I was left wondering: “Now that I know that I am not White, that I am a ‘Middle Eastern’, am I even allowed to claim my Caucasian heritage, a term used interchangeably for the White race in North America?”

My struggle to locate my identity in Canada led to bigger and bigger questions as I met more and more people who were unhappy with their race being assumed, such as people from Caribbean countries who were tired of being called Black or even African-American despite not identifying with Black race. But the struggle with race assumptions did not only bother people of colour. In fact, some of my “White” clients were deeply unhappy with how their White racial identity obscured their ethnic identities. Being put in the same basket as all other “White” people, they felt that they were deprived of opportunities to express their unique cultural differences and struggles. Building a therapeutic relationship with these clients required an appreciation of the diversity and richness of their cultural identities beyond the White racial identity. In fact, Moodley (2007) warns us that failure to capture the diversity in White racial identity could lead to overlooking discrimination that clients may face in relation to their ethnic, religious, sexual, gender and other social identities.

To conclude, I believe that it becomes important to ask ourselves how often we assume racial and ethnic identities in our professional practice, research activities, and daily life. Although the term visible minority is used in research about ethnic/racial identities, it is important to keep in mind that assuming one’s race by “visible” characteristics is no different from assuming genders and sexual orientations. At the end of the day, these assumptions would only limit the richness of cultural expressions in social life and deprive us of appreciating the true colours of the cultural mosaic in Canada.



Kutay Saçak, M.Sc.

[pronouns: he, his]

Doctoral Student, Counselling Psychology  
Department of Educational Psychology, UAlberta  
Edmonton, AB / Amiskwacîwâskahikan

#### References

- Moodley, R. (2007). (Re)placing multiculturalism in counselling and psychotherapy. *British Journal of Guidance and Counselling*, 35(1), 1-22. <https://doi.org/10.1080/03069880601106740>
- Office of Management and Budget (1997, October). Revisions to the standards for the classification of federal data on race and ethnicity. [https://obamawhitehouse.archives.gov/omb/fedreg\\_1997standards](https://obamawhitehouse.archives.gov/omb/fedreg_1997standards)

# Congratulations

# Michelle Azzi

## 2021 Winner

## Student Research Grant

### CPA Scientific Affairs



Along with the CPA Board of Directors, and the Scientific Affairs Committee, the Counselling Section Executive is pleased to announce that Michelle Azzi has been awarded a CPA's Scientific Affairs Committee Student Research Grant.

Michelle's project entitled, *How do Psychotherapists Make Clinical Decisions in Real-Time? Assessing Engagement in Evidence-Based Practice*, was recognized as an exemplar of exceptional student research, across all areas of psychology. Please accept our most sincere congratulations!

Michelle completed a B.Sc. in Physiology, a B.Sc. in Honours Psy-

chology (First Class Honours), and an M.A. in Counselling Psychology (Project Stream) at McGill University. She has conducted research in the fields of otolaryngology at the Montreal Children's Hospital, eating disorders at the Douglas Mental Health University Institute, and evidence-based practice at the Science and Practice in Psychology research lab at McGill.

Michelle is now pursuing a PhD in Counselling Psychology at McGill University under the supervision of Dr. Martin Drapeau. Her doctoral research is focused on examining psychotherapists' decision-making processes and application of evidence-based practice in psychotherapy. Michelle is also currently completing a doctoral practicum at the MUHC's Department of Psychology and presides over McGill's Counselling Psychology Student Society.



# JOIN THE 2022-2023

## CPA COUNSELLING SECTION EXECUTIVE COMMITTEE

The Executive Committee of the Section on Counselling Psychology welcomes you to join our Executive. For details, please see our Chair Update on page 2.

\* Nominations (including self-nominations) are preferred ASAP, but are welcome up until the start of Section's Annual Meeting at the CPA Convention: Saturday June 18th, 2022 @ 4:00pm.

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

Nominees are asked to e-mail a brief biography and statement of interest (including what position they are running for and why they wish to serve in this capacity) to the Chair, Tanya Mudry - [mudryt@ucalgary.ca](mailto:mudryt@ucalgary.ca)

### 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. Details are available on the [CPA website](#).

## FROM THE EDITOR



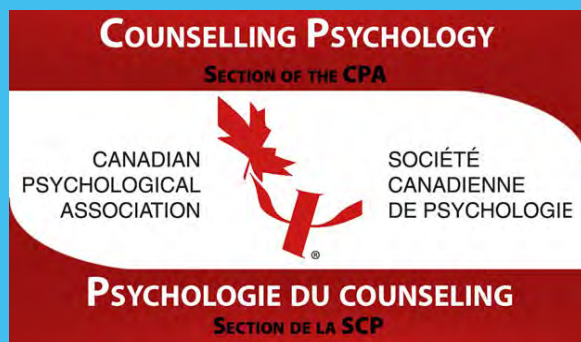
The Counselling Section Executive team is grateful to all who have contributed to Kaleidoscope over the past year. We hope that our featured articles about Indigenization, racism, identity, and intersectionalities have given you even more reasons to be active in your spaces and communities. Please know that we welcome your input, and feel grateful for the activism, wisdom, and energy you bring to our profession.

In a few days we will gather together in Calgary for the CPA Convention. I don't know about you, but this will be my first face-to-face conference in years.

I'm looking forward to hearing laughter in the hallways, to seeing three-dimensional smiles, and to hearing applause and questions in real time. Please come to say hello to me at the AGM!

Janet Miller, PhD, R. Psych.  
Mount Royal University  
jbmiller@mtroyal.ca

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



Please Note: The opinions expressed in this newsletter are strictly those of the authors and do not necessarily reflect the opinions of the Canadian Psychological Association, its officers, directors, or employees.

2022- Issue 2

CPA Counselling Psychology Section

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

June 2022

# KALEIDOSCOPE

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



Questions, Comments, Suggestions or Feedback?  
Please contact us:

SECTION CHAIR - Dr. Tanya Mudry [mudryt@ucalgary.ca](mailto:mudryt@ucalgary.ca)  
NEWSLETTER EDITOR - Dr. Janet Miller - [jbmiller@mtroyal.ca](mailto:jbmiller@mtroyal.ca)