

November 2019

Issue no-3

Kaleidoscope

Newsletter of the Counselling Psychology Section

Canadian Psychological Association



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

www.cpacounselling.wordpress.com

CHAIR EDITORIAL



MARVIN McDonald

Hello everyone!

I am grateful for this opportunity to work with talented colleagues on our executive and our section this year. I have been juggling some personal and institutional challenges over the last few months, and that helps make others' gifts even more visible.

We in the section are in a wonderful position of being able to draw on the fruits and legacy of the 2018 Canadian Counselling Psychology Conference (CCPC) from last fall. As this year unfolds, we can realistically hope to build on this heritage in moving forward together in good ways. Please allow me to suggest we can nurture fresh aspirations and transform legacies of complicities in psychology, in research, and in our professional work. For instance, our official CPA response to the Truth and Reconciliation Commission (TRC) acknowl-

edges that, as psychologists, we have not lived up to our own ethics codes. In our section, the buzz from CCPC conversations suggests we have places to go in strengthening our own journeys. Some of our colleagues are pointing out that our official definition of counselling psychology from 2009 can be developed further in the light of the TRC. As we seek ways this year to strengthen our effective connections among us in section, I am profoundly hopeful fruit will be born in professional practice, professional advocacy, and research projects. So in addition to planning together for activities in Montréal next May during November, I invite everyone to drop us a note on your activities and challenges over the course of the year.

In gratitude,

Marvin McDonald
mcdonald@twu.ca

ANUSHA KASSAN

PAST-CHAIR

Fall greetings dear members!

J'espère que vous allez bien!

I am very excited because the Section on Counselling Psychology is infused with lots of changes and new energy this year! I'm thrilled to be working with our evolving executive committee, as its members are committed to the discipline of counselling psychology in Canada and abroad. Our diverse group brings together individuals with interest and expertise in various areas. In this issue of Kaleidoscope, I will give you a brief overview of who we are as an executive this year. I will also discuss our efforts at the last CPA Convention in Halifax and outline our plans for the next one in Montreal. Also, later in this issue, I will provide a retrospective on the 2018 Canadian Counselling Psychology Conference (CCPC) – one year later.

Our Executive Committee

As of June 2019, our executive committee includes the following members: Dr. Marvin McDonald (chair), Dr. Kirby Huminuik (convention coordinator), Dr. Danielle Brosseau (secretary/treasurer), Dr. Tanya Mudry (awards coordinator), and Payden Spowart (student representative). This year, we are privileged that Dr. McDonald is officially stepping into the chair role and Dr. Mudry is joining us on the executive. This means that Dr. Chamodraka is transitioning out of her role as awards coordinator. Also noteworthy, Dr. Janet Miller and Andrea Rivera continue their great service with the Section in their roles as newsletter editor and webmaster, respectively. I would like to extend a strong sentiment of appreciation to everyone on our executive committee, past and present, for the time and energy dedicated to ensuring that our Section continues to thrive.



CPA Conventions

The CPA in Halifax in May 2019 was small, yet quaint. Of interest, we collaborated on a multi-disciplinary effort with other CPA Sections. Specially, we hosted a pre-convention workshop entitled *Shifting directions and paradigms: Psychology in action as a decolonizing and empowering force*. This training initiative brought together an intimate group of attendees who represented dedicated advocates and shared a common interest in seeing important changes occur in the field of professional psychology. The day was very exciting! It began with a Q&A panel with four Section chairs (Counselling, Indigenous, SOGII, and Women). This was followed by an excellent keynote presentation by Dr. Sharalyn Jordan. Later, a number of

Past-Chair Editorial, continued

attendees presented short talks on their research efforts in the area of social justice. Finally, the day wrapped up with an interactive theatre exercise. The entire process was quite exciting! I hope that we can continue such meaningful collaborations in the years to come.

Another exciting highlight from the Convention was our symposium on the outcomes of the 2018 CCPC. We were lucky enough to have presentations from most working groups from the conference. Presenters provided us with a brief summary of the topics discussed during their respective groups as well as the efforts that have ensued since the conference. It was great to hear about the progress of each group since the event and partake in associated discussion about each of these efforts afterwards.

Looking forward to the next convention, in Montreal between May 28th to 30th, 2020, I hope that we will have a strong counselling psychology presence! With Dr. MacDonald as chair, we are sure to see some new and exciting initiatives throughout our Section's programming. If you have any thoughts or ideas about what you would like to see at the Convention, please do not hesitate to get in touch with a member of our executive. Also, please remember to nominate your students for Section awards! These are often undersubscribed.

2018 Canadian Counselling Psychology Conference

It is hard to believe that we are celebrating the one-year anniversary of the CCPC! A lot has happened in the last year... To commemorate this special event, I have put together a brief summary of the event and highlighted some of its ongoing outputs. Make sure to check out that piece below!

A Quick Personal Note

As some of you may recall, I put my name forward for a position on the CPA Board last spring. While I was not successful in that endeavor, the results were very close, with two of us women (presumably) splitting the vote. With his years of experiences, I trust that Dr. Peter Graff will do an excellent job of representing the training and education portfolio. Also noteworthy, our previous chair, Dr. Ada L. Sinacore, joined the Board; thus we do have counselling psychology representation! I would like to thank all of you who took the time to vote, and an even bigger thank you if you voted for me ;) I would also like to share my appreciation to those who took the time to provide letters of support for my nomination. Your trust means a lot to me!

I look forward to seeing many of you in Montreal.

À bientôt!

Anusha

Anusha Kassan, Ph.D., R. Psych.
Past-Chair, CPA Section on Counselling Psychology
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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 Métis Nation of Alberta, Region III.

Executive Updates

DANIELLE BROSSEAU

Secretary Treasurer

Thanks to each and every one of you who participated in the activities of our section at CPA in Halifax.

A few items of business relating to my role as secretary-treasurer arose from our 2019 AGM. I presented the reconciled budget from 2018 and the current 2019 budget. Although we continue to carry forward a surplus, without an upward trend in membership we will begin to dip into this surplus. We have been discussing several options for ensuring the section maintains a solid financial footing, including the consideration of cutting some expenses, increasing section advertising and offering more to entice additional members (i.e., webinars).

During the AGM, we proposed that standard section business such as the approval of minutes be completed online via the email listserv in order to maximize time for other priorities during our face-to-face meetings. This idea appeared welcomed by those in attendance so please watch your emails for further details about these procedures.

Best,
Danielle

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



Executive Updates

Payden Spowart

STUDENT REPRESENTATIVE

Hello everyone and welcome back to another year!

I hope that the first month and a bit of the new semester have gone well and that you are all settling. I want to extend a special welcome to the first-year students who have begun a new chapter in your lives. This is an exciting time. There are ups and downs and many hard-won lessons. I hope that you are able to both celebrate with and lean on each other through the semester and coming year.

I myself am entering my second and last year as the Student Representative and am hoping to continue to support our student body. There is a bit of behind the scenes work going on to try to update the student section page of our CPA website (<https://cpa.ca/sections/counselingpsychology/studentpage/>). I'm wondering if you would be able to help out. Specifically, I'm hoping that you would be able to take some time to provide some ideas on, what you as a student, would want to see, or would have wanted to see, on the CPA Counselling Psychology student page? This could include information about various programs, scholarship opportunities, tips to succeed (or survive) as a student, life after grad school, and so forth. We are wanting to ensure that counselling psychology students, and those interested in counselling psychology, are well resourced and informed. If you would be able to provide some feedback on our Facebook page (<https://www.facebook.com/CPA-Counselling-Psychology-Section-Student-Page-177731629100144/>), or email me directly (pspowart@ucalgary.ca), I would appreciate it immensely! Thank you in advance for your help!

I hope that the semester goes well for everyone. Please feel free to reach out to me at any time, and stay warm out there!

Payden Spowart
pspowart@ucalgary.ca



[Students' Facebook Page](https://www.facebook.com/CPA-Counselling-Psychology-Section-Student-Page-177731629100144/)

Executive Updates

Tanya Mudry Awards Coordinator



Happy Fall Everyone! I am pleased to join the Executive Committee as the new Awards Coordinator! I look forward to supporting and celebrating the successes of students, academics, and professionals in Counselling Psychology in Canada.

I am a Registered Psychologist and Assistant Professor in Counselling Psychology at Werklund School of Education, University of Calgary. I am excited to enter my second year back in Calgary. After completing my PhD in Calgary, I spent several years practicing and teaching bi-coastally in Canada and the United States. I completed my Internship in Victoria, BC in Child and Adolescent Mental Health, and drove across the continent to the East Coast, where I taught in the Counselling Program at Acadia University. Prior to returning to Calgary, I spend year in sunny San Antonio teaching at APA-accredited Our Lady of the Lake University, where I taught Family Therapy and strengths based, postmodern approaches to therapy in a Counselling Psychology PsyD program and Master's of Family Therapy program. I practice from a contextual, social-justice oriented, strengths based, systemic orientation to counselling, and enjoy running groups and engaging families. I am interested in dialogic, collaborative approaches to teaching and supervision, and enjoy engaging with students at various stages in their training.

My current research is focused on three streams of inquiry: 1) Examining and intervening in practices associated with addiction and recovery from addiction and excessive behaviours, 2) Health promotion and harm reduction in youth cannabis use, and 3) Recovery interventions and practices associated with physical, emotional, and social recovery of critical care survivors. Within these areas, I focus on the practices/contexts/relationships in which individuals engage that invite/sustain unhelpful behaviours, create mental health difficulties, or delay recovery, as well as those that invite healthy behaviours, preferred mental wellness, and success in their lives. My overall interest is in understanding and supporting holistic and contextual wellness practices for individuals who are experiencing physical, social, emotional, psychological difficulties.

I look forward to an exciting and productive year with y'all in the Counselling Psychology Section! I am inspired to learn about our previous award winners and their important, innovative research. I would like to congratulate the following award winners from last year: Danielle Smith and Zachary Cornfield (Best MA Poster), Mathew McDaniel (Best PhD Poster), Franziska Kintzel (Best Master's thesis) and Danielle Brosseau (Best Doctoral Dissertation). Congrats everyone!!

Upcoming Awards: CPA Fellow nominations DEADLINE: **November 30, 2019**. Please consider nominating one of our members for a CPA Fellow Award. As described by CPA, Fellows shall be Members of the Association who have made a distinguished contribution to the advancement of the science or profession of psychology, or who have given exceptional service to their national or provincial associations.

For information on the nomination procedures for both a general CPA award and the Fellow award: <https://cpa.ca/aboutcpa/cpaawards/nominationprocedures/> Thank you for taking the time to nominate a recognition-deserving colleague! I am here to coordinate the nomination. You can email me at: mudryt@ucalgary.ca

Tanya Mudry, PhD, R. Psych.
mudryt@ucalgary.ca

Executive Updates

Kirby Huminuik

Conference Coordinator



My goal for my time as Member-at-Large for the Section of Counselling Psychology at CPA is to find different ways to engage our section on issues of diversity, cultural psychology, and human rights.

I came to counselling through human rights work. Immediately after the attacks on September 11, 2001 with war on the horizon, I joined Amnesty International and received initial training in human rights and refugee case work. This led me to a position at the Vancouver Association for Survivors of Torture (VAST), where I worked while pursuing my graduate training in counselling psychology. As a clinical counsellor and later as a psychologist, I've maintained a clinical and research focus on refugee mental health, working locally and internationally using a human rights and trauma-informed approach. In my current role as the Internship Director at the Student Health and Counselling Centre at Simon Fraser University, I am honored to support the mental health and wellness of our diverse student population and am working with our interns to more deeply integrate a focus on diversity, social justice and hu-

man rights and develop advocacy skills. I continue to support refugees in partnership with community organizations. I am also serving on the American Psychological Association's Task Force on Human Rights, which is charged to review APA's engagement with human rights and recommend a way forward for the organization. Through these various modes of engagement, I work to promote the idea that mental health and access to the benefits of psychological knowledge and practice are fundamental human rights, and to advocate for appropriate resourcing of public mental health services.

My role on the CPA Section on Counselling Psychology executive committee is to coordinate our section's convention involvement. Our next convention will take place in Montreal from May 28-30, 2020. We hope that you plan to attend the convention and we invite you to submit a proposal through the Section on Counselling Psychology. As a whole, our section contributions reflect the commitment to diversity and social justice that is a defining characteristic of counselling psychology as a discipline and a profession. We hope our section's contri-

butions will continue to showcase socially conscious research and be a platform for dialogue about the role of counselling psychology in promoting dignity and equality for all.

The submission portal is now open for the next CPA Annual Convention. For more information and to submit your abstract, visit <https://events.decporate.ca/CPA2020/abstract/login.php>

**Submissions are due by
December 2, 2018.**

We need your help to adjudicate proposals! Whether you are a doctoral student, a researcher or a clinician, if you are interested review proposals and are available for a few hours (no more than 5) in December/January, please contact me at kirbyhuminuik@gmail.com

Thank you very much!
I hope to see you in Montreal.

Kirby Huminuik, PhD, R.Psych.
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CANADIAN COUNSELLING PSYCHOLOGY CONFERENCE

one year later

It has been one year since the 2018 Canadian Counselling Psychology took place at the University of Calgary, and nine years since the inaugural conference at McGill University. When we came together as an organizational committee (Dr. José Domene, Dr. Robinder Bedi, Dr. Kaori Wada, Taylor Schembri, and myself), we felt like it was an opportune time to host another national conference dedicated to counselling psychology in the country.

The theme for the event (Advocating for ourselves, advocating for our communities: Canadian counselling psychology into the next decade and beyond) highlighted one of our core intentions, which was bringing social justice to the forefront of multiple critical conversations. This focus was derived from the emerging needs of Canadians, which had been delineated in numerous key policy documents. For example, the 2017 report by Mental Health Commission of Canada (2017) outlined the scope and disparity of mental health issues among Canadians, with their pervasive negative impacts on individuals and community. Additionally, the Truth and Reconciliation Commission of Canada (2015) released a unique report that put forth multiple calls to action to redress the colonial history of Indigenous peoples across the country.

With these critical ideas in mind, the main goals of the 2018 CCPC were to: (a) connect multiple stakeholders of Canadian counselling



psychology; (b) assess the current state of the discipline; (c) create concrete plans for the future of the discipline; (d) increase the presence and influence of the discipline on a national and international level; and (e) continue to archive the development of our specialization within Canada.

The event began with a territorial acknowledgement and welcome reception, which featured a video honoring vital counselling psychology contributors (produced by a group of creative volunteers: Jane Fix, Chelsea Hobbs, and Danea Laut). Dr. Karlee Fellner then conducted Indigenous opening and closing ceremonies to promote fruitful work among attendees over the weekend. Dr. Ada L. Sinacore gave an inspiring opening keynote address, entitled *Counselling Psychology at the Crossroads: Discipline or Social Movement*.

Canadian Counselling Psychology Conference continued

Over the course of the event, we saw the delivery of 50 poster and 75 paper presentations as well as seven working groups.

These groups included:

1. Student advocacy in Canadian counselling psychology (Group facilitators: Jeff Landine and Jessica Van Vliet)

2. The future of counselling psychology education and training in Canada (Group facilitators: Dan Cox and Blythe Shepard)

3. Foregrounding clinical practice and clinical supervision within Canadian counselling psychology (Group facilitators: Jeff Chan and Lara Hiseler)

4. The responsibility of Canadian counselling psychology to reach systems, organizations, and policy makers (Group facilitators: Sharalyn Jordan and Shelly Russell-Mayhew)

5. The role of Canadian counselling psychology in advocating for the needs of underrepresented groups (Group facilitators: Janelle Kwee and Roy Moodley)

6. Responding to the TRC in Canadian counselling psychology (Group facilitators: Karlee Fellner and Jenny Rowett)

7. International advocacy: Canadian counselling psychology in an international context (Group facilitators: Ada L. Sinacore and Deepak Mathew)

In relation to each topic, the group facilitators led discussions around (a) general experiences of attendees, (b) major issues and concerns that attendees had about the topic, (c) social justice and Indigenous perspectives, (c) priorities for counselling psychology, and (d) steps forward to achieve such priorities.

By actively participating in one of these groups, conference participants contributed in shaping the future of counselling psychology in Canada. On the last day of the conference, the facilitators presented the outcomes of their working groups to attendees. Last but certainly not least, Dr. Richard A. Young delivered the closing keynote address.

Over the course of the past year, there have been multiple means of knowledge mobilization surrounding the 2018 CCPC. Among the deliverables were (not an exhaustive list) a symposium given by many of the working group facilitators at the CPA Convention in Halifax last spring, two overview articles published in CPA's Psynopsis and APA's Division 17 newsletter last summer, the conference's proceedings which just launched, and a special issue to come out shortly in the Canadian Journal of Counselling and Psychotherapy.

The 2018 CCPC created a much-needed space for counselling psychology stakeholders to come together and increase the spotlight on social justice training, professional practice, and research. Beyond these concrete, much needed efforts to disseminate some of our counselling psychology scholarship; the most meaningful outcome to emerge from the 2018 CCPC (in my opinion) was increased collegiality and collaboration among many of us at the event. I will remember my time with the conference's organizational committee, groups facilitators, and attendees very fondly!

As we celebrate the event's one-year anniversary, I hope that we continue to come together to promote Canadian counselling psychology – advocating for ourselves and advocating for our communities.

Sincerely,
Anusha

Anusha Kassan, Ph.D., R. Psych.
Past-Chair,
CPA Section on Counselling Psychology

CONGRATULATIONS!



How do Community Mental Health Workers Maintain Wellness While Responding to the Fentanyl Overdose Crisis?

BEST PhD POSTER AWARD, 2019
MATTHEW McDANIEL

ABSTRACT: The fentanyl overdose crisis has resulted in the addition related deaths of over 1000 British Columbia residents in the last year, putting strain on the Community Mental Health Workers (CMHWs) that are working to save their lives. Working from within client communities, CMHWs have become first responders in this crisis, needing to administer anti-overdose drugs and perform CPR to keep their clients alive. However, despite the difficulties involved, some CMHWs report functioning well in the long-term. To the author's knowledge, these workers have never been asked to put in their own words what is contributing to their wellness. The discovery of what is helping these workers in their pursuit of wellness has the potential to increase the effectiveness of the supports provided within difficult work environments while adding to our overall understanding of human stress and coping processes, allowing for more effective responses to future crises of this kind.

CONGRATULATIONS!

BEST MASTERS POSTER AWARD, 2019

Zachary Cornfield

Variables Associated with Counsellors' Attitudes Towards Working with Clients with Substance Use Disorders

ABSTRACT. Substance Use Disorders (SUDs) are a significant and growing problem in all walks of life in Canada and the U.S. and counsellors are increasingly likely to have clients with SUDs regardless of their area of expertise. Little is known about counsellors' attitudes towards working with such clients or the factors that contribute to these attitudes. In an online survey of 263 Canadian counsellors, we found attitudes were mostly positive, although slightly but statistically significantly less positive than toward working with clients with major depression. Numerous variables showed significant bivariate relationships with attitudes towards working with clients with SUDs, but only more frequent contact with such clients, fewer workplace situational constraints, and less frequent feelings of anger towards such clients remained as significant predictors of more positive attitudes in a regression analysis. This timely research highlights the importance of providing more supports for counsellors to ensure better service to these clients.

Keywords:

attitudes, counsellors, major depression,
substance use disorder



CONGRATULATIONS!

DANIELLE BROSSAU

BEST DOCTORAL DISSERTATION AWARD, 2019

Furthering Systemic Inquiries into Couples Coping with Cancer through Adaptation and Extension of a Dyadic Efficacy Model

Background: Cancer is a dyadic stressor that exerts substantial effects on patients' and their partners' psychological, social, physical and spiritual well-being (Carlson & Bultz, 2003; Northouse, Williams, Given, & McCorkle, 2012). Patients' and partners' responses to these effects do not occur in isolation but take place within the dynamic, interdependent system of the dyad (Jacobs et al., 2017). Self-efficacy expectations reflect an individual's perception of his or her capability to accomplish a task (Bandura, 1997). Dyadic efficacy shifts the focus of capability from the individual to the couple (Sterba et al., 2007). Cancer-related dyadic efficacy is an individual's judgement of his or her confidence to conjointly manage the effects of cancer and its treatment together with a partner. This dissertation research represents the first empirical efforts to examine cancer-related dyadic efficacy.

Objectives & Methodology: A multi-phase exploratory sequential mixed-methods design was used to (a) conceptualize dyadic efficacy in the cancer context and (b) develop and evaluate a Dyadic Efficacy Scale for Cancer (DESC). The exploratory phase involved the use of focus groups for data collection. Quantitative data collection followed a single-time point survey design. A secondary analysis of qualitative data was then conducted to facilitate the (c) identification of facilitators and obstacles to dyadic efficacy. Three distinct samples of patients and partners were recruited, resulting in the total participation of 296 patients and 240 partners. Eligible patients were currently undergoing or recently completed (within 6 months) treatment for cancer and were involved in a committed relationship of at least one year. Thematic analysis was used to describe cancer-related dyadic efficacy, identify assessment domains and categorize obstacles and facilitators. Confirmatory factor analysis (CFA) was conducted to evaluate the structure of the DESC.



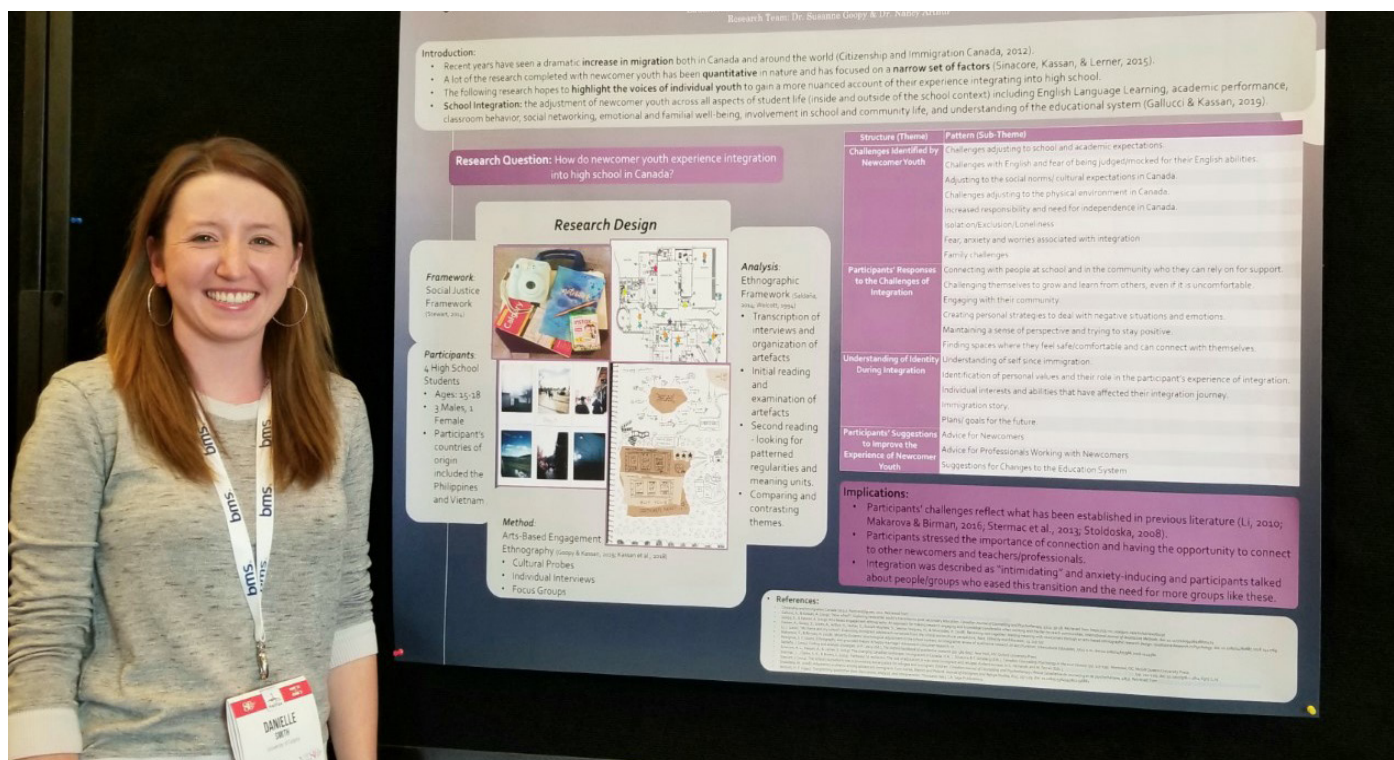
Dissertation Summary continued

Results: Cancer-related dyadic efficacy was described as multidimensional, consistent with established relational functioning and distinct from self-efficacy. Development of the DESC items was informed through the identification of six content themes. CFA supported the presence of a general factor for both patients and partners with divergent findings across groups for three secondary factors. Patterns of association within-dyads as well as evidence of the DESC's validity and reliability were also presented. Four main categories of influence with the potential to facilitate or obstruct cancer-related dyadic efficacy were identified along with their subthemes: appraisals of the couple relationship, communication, coping, and responses to change.

Implications and Contributions to the Field of Counselling Psychology

Research and practice in Canadian health contexts has traditionally been the domain of clinical psychology. However, many of the core values of counselling psychology are both congruent with and important for the study of couples coping with cancer. Professionals in the fields of counselling psychology and psychosocial oncology share a belief that competent care must attend to the whole person, inclusive of their biological, psychological, social and spiritual health. Unfortunately, research and clinical methods in psychosocial oncology commonly fail to uphold this ideal. This deficit is reflected in the limited resources available to assess patients' and partners' ability to cope with cancer at a systemic level and from a strengths-based perspective. The research summarized here represents an important adaptation and extension of Bandura's (1997) work on efficacy expectations and Sterba and colleagues' (2007; 2011) research on dyadic efficacy. In his writings on self-efficacy, Bandura (1986) asserted that enhancing efficacy not only reduces distress but also has the potential to increase capacity to persevere in the face of obstacles. In a setting where uncertainty ranks among the most common psychological stressors of cancer (Lebel, Rosberger, Edgar, & Devins, 2007), this assertion deserves further empirical inquiry. This inquiry is now possible through the use of the DESC. The DESC is thoroughly systemic, facilitates the assessment of a couple-based psychosocial resource and enables the future testing of dyadic-efficacy interventions designed to enhance the interpersonal resources of couples coping with cancer.

CONGRATULATIONS!



Experiencing Integration into High School in Canada: An Art-Based Ethnographic Study with Newcomer Youth

Danielle Smith - Best Master's Poster Award, 2019

ABSTRACT: Due to a dramatic increase in immigration in Canada in recent years, the fabric of our country is shifting, and newcomer youth are now a vital part of our communities (Government of Canada, 2017). While there has been a lot of research completed with newcomer youth (Sinacore, Kassan & Lerner, 2015), much of this research has been quantitative in nature and has focused on a narrow set of factors (Berry, Phinney, Sam & Vedder, 2006). The following research hopes to highlight the individual voices of newcomer youth and create a more nuanced account of their experiences. As such, a social justice framework is used to unearth the inequalities that newcomer youth face with the goal of creating equal engagement of all groups within society (Stewart, 2014).

This study employs an art-based ethnographic research design (Goopy & Kassam, in press) in which students are given a set of cultural probes (e.g., camera, journal, map) and asked to document their experience of integration into a high school in Canada. Data collected from these probes is used to inform individual interviews and focus groups, which are then analyzed using Wolcott's ethnographic procedures (Wolcott, 1994). The themes discovered during this analysis will hopefully illuminate the lived experiences of newcomer youth and their experiences integrating into the school system in Canada. This research will have implications for educational policies, as well as service providers such as teachers, social workers, and psychologists.

Navigating the Invisible: Elite Athletes' Experience of Sports-Related Concussions

Franziska Kintzel

Best Master's Thesis Award, 2019

ABSTRACT. Sports-related concussions (SRCs) are still often considered a mere bump on the head. However, in recent years, SRCs and their impact on elite athletes have been recognized as a pressing concern. Research has shown that the emotional impact on the individual should not be underestimated, therefore decreasing an athlete's psychological well-being and hindering full recovery. Yet, despite an extensive amount of research on the neurological impacts of sports-related concussion, little has been done in terms of understanding the lived experience of an athlete after concussion and throughout recovery; moving from a focus on the type of injury onto the individual. Therefore, the following research questions emerged: How do elite athletes understand and make sense of their lived experiences following an SRC, how do they cope, and what do they find helpful or hindering during their recovery? Semi-structured interviews with five former varsity athletes (four females, one male) were conducted and analyzed by utilizing Interpretative Phenomenological Analysis (IPA). Through the analysis, four overarching themes emerged: (a) The Context of Sports Culture, (b) The Impact of Concussion, (c) Navigating the Injury, and (d) Transitioning. Overall, my results stressed the interrelations between physical and psychosocial impacts, coping, and transitioning post-concussion in elite athletes, as well as the strong influences of sports culture on one's insight into their symptoms, adjustment to their altered reality, and recovery; all of which are novel ideas in the context of understanding elite athletes' experiences post-concussion. With regards to the implications of this study, professionals working with athletes post-concussion should be aware of the associated invisibility of the injury, as well as the reluctance of the individual athlete to seek help due to fears of being removed from play or pure inability to categorize their own experiences. In addition, given the prevalence of mental health concerns after SRCs in combination with the great stigmatization of mental health issues within the sports culture, effective and readily available counselling supports are invaluable to athletes who are suffering from concussions. Particularly for counselling psychologists working with athletes, it is important to understand what it means to be an injured athlete in an environment that puts such great emphasis on strength, performance, and toughness.



CONGRATULATIONS!

DISTINGUISHED MEMBER AWARD

The CPA executive is pleased to announce

Dr. José Domene
as the recipient of the
2019 Distinguished Member Award.

The Distinguished Member Award recognizes a member of our section who has made significant contributions to the field of counselling psychology. Since the early 2000s, Dr. Domene has moved the field of counselling psychology forward through his service to the field and to our section, his scholarship, his contributions to practice, and especially through his deep commitment to mentoring future leaders in counselling psychology in Canada.

Among his many acts of service, Dr. Domene has contributed to the Counselling Psychology Section both formally and informally. He has held roles as chair and secretary-treasurer on the section executive, as well as positions on numerous working groups and committees. Many of these committees have been instrumental to establishing a stronger identity for counselling psychology in Canada. Most recently and notably, Dr. Domene was co-chair of the 2018 Canadian Counselling Psychology Conference planning committee, investing hours of work in order to plan and execute a sold-out conference in Calgary.

A past Canada Research Chair, the recipient of numerous research grants, and prolific author, Dr. Domene's scholarly contributions to the field are clearly evident. It is clear through his body of work that Dr. Domene is a leading voice for our profession and instrumental to the discussion of our discipline's current state and future directions. What cannot be gleaned from his CV is the way in which Dr. Domene conducts his work. Put simply, Dr. Domene is an exceptional colleague. Whether it is a research collaboration, shared committee work, or a supervisory relationship, Dr. Domene is skilled at working with others. His insightfulness, rigour, reliability and generosity of spirit and time make him an excellent collaborator. His successful collaborations further extend the reach of his influence in our field.

Dr. Domene also goes above and beyond to mentor trainees and junior colleagues. Although Dr. Domene embodies many qualities of a great mentor – knowledgeable, collegial, connected, encouraging, truthful – what stands out most is the joy with which he ac-



cepts and fulfills this role. This strength was written about clearly in a supporting letter submitted by Dr. Krista Socholotiuik, "I have observed Dr. Domene's remarkable gift and dedication to mentorship and am convinced he truly considers the success of his students, mentees and colleagues to be a central aspect of his vocation".

Dr. Domene's investment in the next generation of counselling psychologists is another example of how his influence is being multiplied and truly exemplifies distinguished membership in our section.

Join with us in congratulating

Dr. Domene
and thanking him
for his service.

Danielle Brosseau, PhD
Assistant Professor of Psychology
The King's University

INTERNSHIP PROFILE

SIMON FRASER UNIVERSITY

We are pleased to feature another Canadian pre-doctoral internship site as part of our ongoing series. Special thanks to Dr. Huminuik for providing this wonderful overview.



As the Director of Internship at SFU Health and Counselling Services, I would like to take this opportunity to introduce our Doctoral Internship in Professional Psychology.

HCS is a well-established training site for counsellors and Psychologists and our entire team contributes generously to the professional growth and development of our trainees. Every year we have a large cohort of 6 master's level and 2 doctoral level trainees, who become a convivial

and supportive professional community to each other. Our site is an integrated health and counselling centre, which allows interns the opportunity to work collaboratively with psychiatrists, physicians, mental health nurses, clinical social workers, and the health promotion team.

The internship is completed full-time over a 12-month time frame. Interns provide intake assessment, crisis intervention, individual and group counselling, and supervision to Master's level trainees. HCS interns routinely work 40 hours per week with recognized holidays, full benefits, vacation and sick leave. There is time allocated for research and to develop advocacy competencies. We also provide generous support for professional development to supplement that training that we provide on-site.

HCS serves SFU students with the aim of helping them cope with life's challenges so that they are able succeed at university. Our student population is comprised of students from every region of Canada and all over the world. They are diverse in terms of culture, socio-economic background, sexual orientation and gender identity, age and ability. Students present with a broad range of presenting problems, including goal setting, stress, cultural adjustment, grief and loss, identity development, and major mental health concerns. Interns thus gain generalist experience that will prepare them for independent practice and to work in almost any practice setting.



Simon Fraser University Doctoral Internship, *continued*

Our didactic training program is delivered by our psychologist team with a focus on professional practice competencies, ethics, diversity, case conceptualization and assessment, trauma informed care, and supervision training. Throughout the year, interns are invited to consider the human rights and social justice implications for psychological practice and to develop systemic perspective and advocacy skills. Our internship provides training in the core functional skill areas in accordance with CPA accreditation guidelines and we are working to apply for accreditation as soon as possible.

Our training site is located “on the Hill” at the SFU Burnaby campus, giving interns access to all the amenities of Canada’s number 1 ranking Comprehensive University with its stunning mountain views and brand new amenities. It is an excellent choice for anyone wishing to spend a year in the Vancouver area.

I am personally very excited about assuming the leadership of our internship program and would be delighted to have your students consider our program.

For more information on how to apply, please consult our website:

<https://www.sfu.ca/students/health/contact-us/internships1.html>

Sincerely,

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Creating an Inclusive Culture of Youth Activism

Heather Lister

Calgary Board of Education

Counselling psychologists likely know that constructs such as sense of purpose, formation of personal identity, feelings that one matters, finding meaning through work, and role fulfillment (such as volunteering) have been posited as pathways to mental health and wellbeing (Flanagan & Bundick, 2011; Roepke, Jayawickreme, & Riffle, 2014). This article outlines how these elements can be woven in to elementary education to support young people to thrive.

Student agency is increasing in frequency and intensity

Student agency is increasing in frequency and intensity as exemplified by walk-outs over issues like gun laws, LGBTQ policies that inform our school regulations, rising University costs, and most recently, climate change. Students in Calgary, Alberta held a walkout and rally that coincided with the United Nations emergency climate summit which was held on September 23rd. Calgary youth showed their collective views in protest to provincial and federal governments' lack of action on climate change. The parade of youth, which began at the University of Calgary and ended at city hall, called for immediate policy change on emissions and climate action. Websites such as <https://www.fridaysforfuture.org/> log such demonstrations across hundreds of countries fueling a sense of global citizenship and collaborative action. Youth empowerment is growing with trendsetters like 16-year-old Greta Thunberg leading the charge.

Despite what may seem like a lack of action on issues of concern, our government is currently supporting a culture of reconciliation, to right the wrongs of previous generations and public support is leading to constitutional action such as public apologies and education curriculum and policy change. While our federal and provincial governments continue to have discourse over carbon tax and pipelines, the students of Alberta are making their voices heard loud and clear over the issues that matter to them. Orange Shirt Day has been celebrated each year on the 30th day of September since 2013 and is another example of just how influential youth can be in promoting awareness of the Indian residential school system and the impact on Indigenous communities. This year's theme, Every Child Matters, which was promoted on <http://www.orangeshirtday.org/> brought communities together in a spirit of reconciliation and hope.

Not-for-profit organizations for youth to grow their citizenship action in their own communities and support human rights in developing global communities such as <https://www.metowe.com/> are thriving in Canada as a result of homegrown youth leaders like brothers, Craig and Marc Kielburger. This group provides travel opportunities, service work frameworks and learning resource materials to teachers and students in order to unite participants and reach for common goals. Similarly, organizations such as CISV, formerly Children's International School Villages, promote peace through friendship by bringing together like-minded families and facilitating local and international camps that connect diverse children through song, story, and play. In the United States, action networks such as <https://www.magnifyyourvoice.com/> may soon make their way north of the border connecting the next generation of Canadian humanistic activists who wish to promote civic, political and environmental projects in their own communities. A culture of change, beginning with each individual act, is permeating the youth of today and the concept of "influencers" is already embedded in social media realms with some

Youth Activism, continued...



youth having followers into the millions. As educators of the leaders of tomorrow, teachers can capitalize on student passions and appropriate use of technology by sharing the aforementioned pro-social organizations, thus forging a counter-argument to the perceived negative culture of technology disconnect. Positive impacts of technology include democratic access to information, collaborative learning among students separated by geography, and wide varieties of online tools that provide opportunities for generative knowledge building and a collaborative culture of positive action. Teachers of elementary children can embrace a do-it-yourself attitude by providing educational environments where their students are supported to initiate and follow through with their own projects.

As students are welcomed to elementary classrooms for the 2019/2020 school year, teachers may be wondering how to create safe and inclusive communities which cultivate and inspire a spirit of activism. At Killarney School, a Calgary Public Alternative Montessori School of choice, children in grades 4 through 6 are successfully living a practical model that can be easily replicated in traditional learning environments. We view teaching and learning about social justice as a way to make a difference, not just within but also beyond the four walls of our classrooms. Students learn how volunteerism is a form of self-care by advocating for self and others, practicing empathy and growing awareness of diversity and expressing gratitude.

They gain experience through collaborative care for others, and participate as active learners, exploring one of the key tenets of Montessori education, Practical Life.

Students learn how volunteerism is a form of self-care

In our multi-aged upper elementary classrooms, the students gain skills and experience that will serve them in their future learning and work environments. Relational skills, time management, communication, and participatory citizenship are developed along personal learning continuums where the children are self-directed and offered leadership opportunities within the school, building their capacity to serve the community in rewarding and engaging ways.

Within our school community, the students act as AMA School Safety Patrols, participate in the Calgary Reads Reading Mentorship Program, lead whole school assemblies, perform office duty and daily announcements, and lead peaceful peer conflict resolution for others. Successful extensions and community partnerships with the University of Calgary Werklund School of Education Youth Leadership Forum, where our students were the first elementary aged school group to participate alongside youth in junior and senior high schools, Carewest senior's residences, Montessori pre-schools, Dogma canine Kinderpups training program, the City of Calgary's Public Library, and volunteering at a local Thrift Store, all within walking distance. These partnerships provide the structure and repeated opportunities for the children to develop skills and conceptual understanding of active citizenship over time. Successful initiatives include the creation of a Zen Den as a physical space for quiet stu-

Youth Activism, continued...

dent rest and reflection, the installation of an inclusive compound game called "Gaga Ball", Ed-Camp where students presented at a professional development day for teachers, hosting documentary film screenings for families and school-wide anti-bullying campaigns. Our next steps include passing the torch to the new Grade 6 Leadership Team and inviting them to generate new ideas for community partnerships and initiatives that support our safe, caring and inclusive school culture. Our students and teachers have also been invited to contribute as authors to Shirley R. Steinberg's sequel book to *Activists Under 30* (2018) and are currently working on their written submission celebrating global youth, social justice and good work.

When teachers foster a school culture of activism, children develop conceptual understanding of their individual and collective rights, social realities and potential roles they may play in society. Gaining experience and perspective on the realities of these rights and how they can play out as real issues that impact lives in their communities provides opportunity for students to become engaged citizens who advocate for a more peaceful and just society. This experiential learning provides opportunities for students to develop critical thinking, problem solving, managing information, creativity and innovation, communication, collaboration, cultural and global citizenship, and personal growth and well-being. These competencies have been identified as combinations of attitudes, skills, and knowledge that may develop and then be applied in further learning, life and work (Alberta Education, 2013).

Young people are shaping their own developmental pathways by taking a public stand on social issues and participating as advocates and stakeholders in their communities thus preparing them for continued civic participation as adults. These same themes are salient to counselling psychologists who work with individual children, youth, or adults, as well as those who support families and communities.

For more information please contact

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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 and "boost your mental health fitness".

Shine

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



Mood Notes

This is a journal app that costs about \$7. It's used to track emotional states and thoughts through the day with the goal of improving habits. It uses CBT theory to help people identify thinking traps, and promotes positive psychology principles of happiness and well-being.

Clue

This one is only for women who want to investigate how their menstrual cycle impacts their mental well-being. Use it to track symptoms, moods, and lifestyle factors to identify patterns and opportunities for preparation or intervention. It has free features with some in-app purchase options.

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FROM THE EDITOR

As we put this edition of Kaleidoscope out into the world, I find myself feeling grateful to be part of this national collaboration. It seems especially important right now to be aware of issues of diversity, equity, and inclusion, to be able to provide our clients with opportunity to wrestle with discontent, and to hold space for uncertainty.

I'd like to thank our members for their contributions to our Section generally, and to this newsletter specifically. In this edition we honour the work members have done in follow up to the Canadian Conference on Counseling Psychology, we acknowledge exemplars in our masters and doctoral programs, we celebrate a colleague as a distinguished member, and we are reminded that the roots of social justice begin early in life.

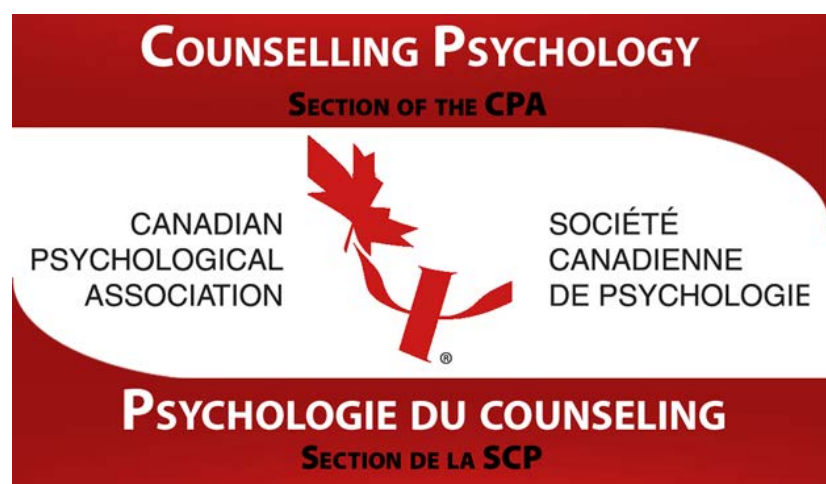
I invite you to acknowledge your amazing accomplishments too, those that occur quietly with students, boldly in your writing, and daily in your counselling practices. The world needs more healing, more celebrating, and more support to work through losses, injustice, barriers, and setbacks. Thank you for all that you do to help people fully engage with their lives.

janet



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