

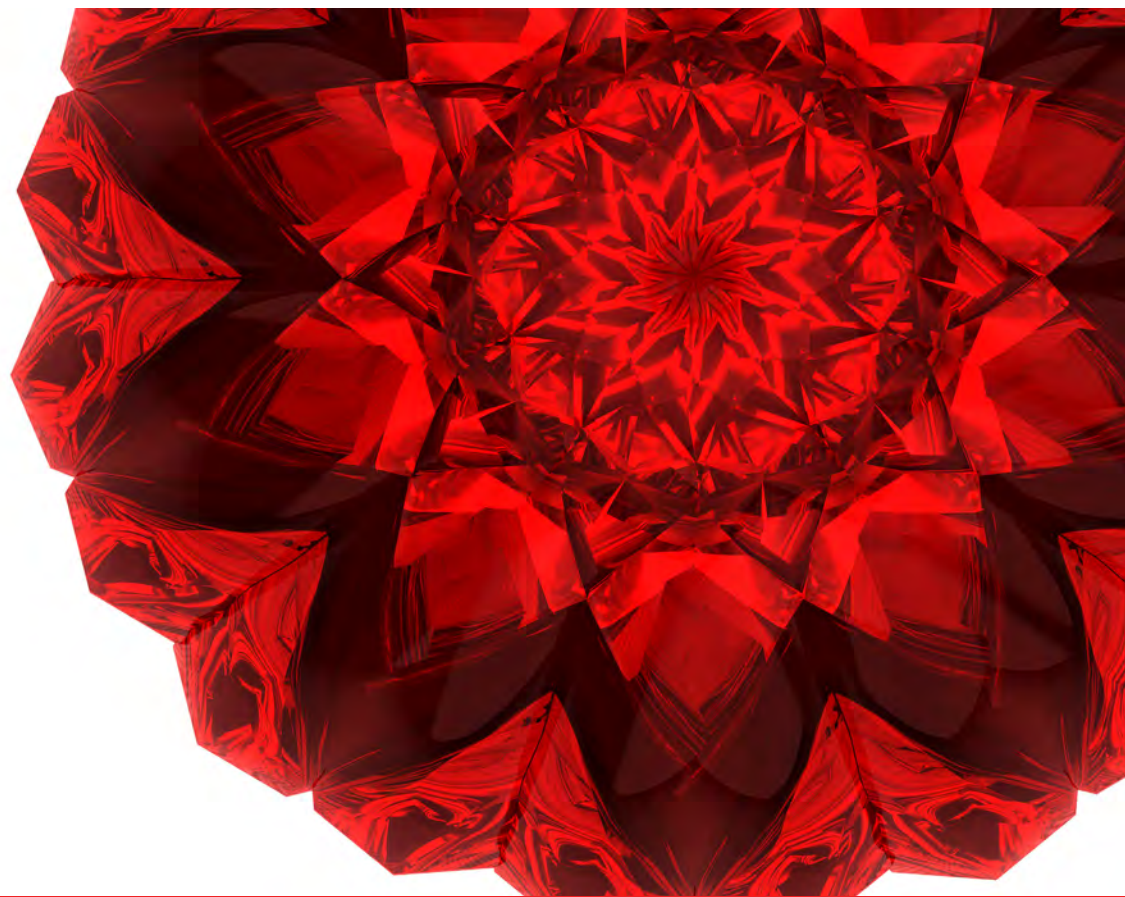
Issue no-4

November 2015

Kaleidoscope

Newsletter of the **Counselling Psychology Section**

Canadian Psychological Association



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

www.cpacounselling.wordpress.com

Robinder (Rob) P. Bedi

SECTION CHAIR

I hope everyone is having a nice Autumn. I would like to first welcome our new Executive Committee members (Anusha Kassan, Lara Hiseler, Carlton Duff). I have already worked closely with all of them related to their specific Chair-Elect or Member-at-Large duties and am confident that they will serve the Section very well in their roles.

It has been almost 18 months since I became the Chair of CPA's Counselling Psychology Section and my energy for this position and dedication to serving all of you and the profession of counselling psychology in Canada has only increased. Although we should all take a moment to celebrate the many accomplishments and achievements for the Section over the last year (e.g., initiating a Section logo, winning the best Section newsletter award from CPA, having an international Section keynote speaker at the conference, welcoming two psychologists who are primarily practitioners to the Executive Committee), I am already eagerly looking forward to another productive year. This academic year, we (Ada Sinacore, Julie Cohen, Kayla Christiana and I) plan on presenting the results of our surveys on Full Members of the Section, Student Members of the Section, and doctoral students in Canadian counselling psychology programs. We hope the insights

we gained and the conclusions we draw edify you and increase your understanding of our field, its strengths, and the challenges we are currently facing. Julie (our current student representative) will also be leading an initiative this coming academic year to educate undergraduates (particularly psychology majors) about graduate school opportunities in counselling psychology. One of our Executive members (Sharon Cairns) is also dually serving on CPA's Internship Committee and will keep us all updated on the state of counselling psychology internships in Canada.

Looking ahead, our annual conference will be in beautiful Victoria, BC from June 9th to 11th, 2016. Please make all efforts to attend. Please also be sure to check out our revamped [Section website](#), our [blog](#) and our [student Facebook](#) page. In addition, due to Canada's recent anti-spam legislation, you will need to specifically click a checkbox to opt into receiving Section e-mails each year when you renew your Section membership for 2016. If you forget, you can always log back into your membership portal and make this change later.

As I close off my newsletter entry, I wish to alert everyone about the upcoming openings in June 2016 for some Section



Executive positions: Treasurer and Student Member. Please consider nominating someone or self-nominating. This will be a great opportunity to make valuable contacts and help lead Canadian counselling psychology into greater growth, political influence, and prosperity. The Section is only as strong as its membership's commitment and interest. The recent milestones and other accomplishments achieved by the Section rested on the laurels of the hard-working and dedicated members who stepped forward to join the Executive. I hope that you will consider doing the same.

Feel free to contact me or any of the Executive Committee members if you have any questions about these positions.

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Julie Cohen

Student Representative

What an exciting time it is going into my second year as the student executive member for the Canadian Psychology Association's (CPA) Counselling Psychology Section! Over the summer, myself, our Chair Dr. Rob Bedi, and his student research assistant Kayla Christiani were busy gathering the data from surveys filled out by our doctoral and student affiliate members across Canada in regards to their experiences, understandings, and assessment of the field of counselling psychology. I am enthusiastic to let you know that we are rounding in close to the phase where we can begin examining the data and start piecing together meaningful results on our students' perspectives. Thank you to everyone that participated, your contribution will help our field better meet the diverse needs of all of those who are and will go on to make up our professional community.

In addition to the counselling psychology doctoral and student affiliate survey, this year as the student executive member for our section, my aim is to foster awareness around the field of counselling psychology and the process of successful admission into our graduate programs across Canada. If you were like me after your undergraduate degree, perhaps you were not aware that such a program as counselling psychology even existed, let alone the difference between counselling and clinical psychology. As such, I see this upcoming year as an opportunity to put our

heads together as students to create a presentation on the different counselling psychology programs across Canada, how counselling psychology differs from the clinical route, why research is a benefit to our field and to our practice, and how to be successful when applying to a counselling psychology program. The aim of this project will be to have a product that is disseminated at all the universities across Canada that have a counselling psychology program so that we can help inform graduating students about our wonderful field and the advantages of pursuing a degree in counselling psychology.

Having now finished my counselling master's degree from the University of British Columbia, I have begun my journey as a doctoral student at the University of Calgary. Apart from settling into a new city, figuring out where to buy snow tires, and where to shop for groceries, I am in the process of refining how I can build on my thesis research. Specifically, findings from my master's thesis, which focused on the cultural identity development of Canadian emerging adult newcomers, demonstrated that participants' Connections Specific to Canada were central to their cultural integration in the country. That is, they highlighted the importance of their relationships with people from diverse cultures, education systems, and work and careers in Canada. According to this data and other scholarly research, the experiences of newcomers in educational settings are critical to their cultural integration in Canada.

However, despite this scholarly knowledge, newcomer graduate students are often inexperienced when it comes to navigating Canadian higher education systems, contributing to the climbing academic attrition rates for this population. Moreover, when newcomers are the first in their families to attend graduate school, the challenges multiply. Thus, understanding the experiences of first-generation newcomer graduate students enrolled in higher education settings is critical to supporting them in their academic and overall integration in Canada. Although still in its early phase, I hope that by taking a macro-level approach to addressing the element of higher education within these adjustment processes for newcomer graduate students, we will gain insight into the knowledge and skills necessary for researchers, school administrators, and service providers to aid newcomer students in becoming more productive and successful members of Canadian society. With research in mind and looking back on the past year as your student executive member, it has been a pleasure to communicate with wonderful sources of inspiration across Canada. The 2015 CPA Conference in Ottawa was a huge success, and it was fantastic to see how engaged students were in all areas of research and dissemination! Congratulations to everyone who attended, volunteered, presented, and shared knowledge. I truly look forward to our upcoming conference in Victoria! Please keep your eyes open for our Facebook page for conference deadlines, and ways to communicate with your fellow student colleagues. If you have any questions, want to get connected, or find out more information about the CPA's Counselling Psychology Section and how you can get involved please contact me at: jcohen153@gmail.com

All the best and looking forward to another rewarding year!

- - Julie Cohen

CPA Convention

Call for Submissions



The CPA Convention Committee invites submissions for the 2016 CPA Convention. The call for proposals will remain open

until December 01, 2015.

For more information or to submit a proposal - please visit the CPA website:
<http://www.cpa.ca/Convention/callforsubmissions/>

Interested in becoming a peer reviewer?

Please respond to our Review Coordinator
Carlton Duff - - - carltonduff@gmail.com

Meet Your New Executive

**LARA
HISELER**

larahiseler@gmail.com

MEMBER AT LARGE
Student Awards



Hello members! I'm Dr. Hiseler, a psychologist in supervised practice practicing in clinical, counseling, and forensic psychology. I am currently employed at Ontario Shores Center for Mental Health Sciences and in December I will be joining a private practice.

2015 marks my 8th year of involvement with the CPA. Looking back, it has been an enriching journey that has prepared me for serving this great section. I started as a student member and sought leadership roles to better represent psychology's interests on a national level. I served as campus representative for University of New Brunswick's counselling psychology masters program 2008-2010; student representative for the counselling psychology section executive from 2010-2012; Graduate Student Affairs Coordinator for the Section for Students 2012-2014; student representative for the psychologists in hospital and health care centers section executive 2014-2015. I feel fortunate to have been involved with the section for many years, and it brings me pride to see how

much the section has grown. I am energized and excited to help this year's executive work towards another successful year in promoting counselling psychology across Canada.

In the effort to continue to serve counselling psychology's interests, I am serving in the position of Awards Coordinator; I assist with coordinating nominations for the CPA general awards as well as specific awards for the section. This includes nomination for Distinguished Member Award as well as student specific awards, including Best Thesis and Dissertation awards and Best master's and doctoral convention poster awards. Students, please head over to the section's Student Page to learn more about the specific awards you may be eligible for, which have deadlines in May 2016. <http://cpa.ca/aboutcpa/cpasections/counsellingpsychology/meetings>

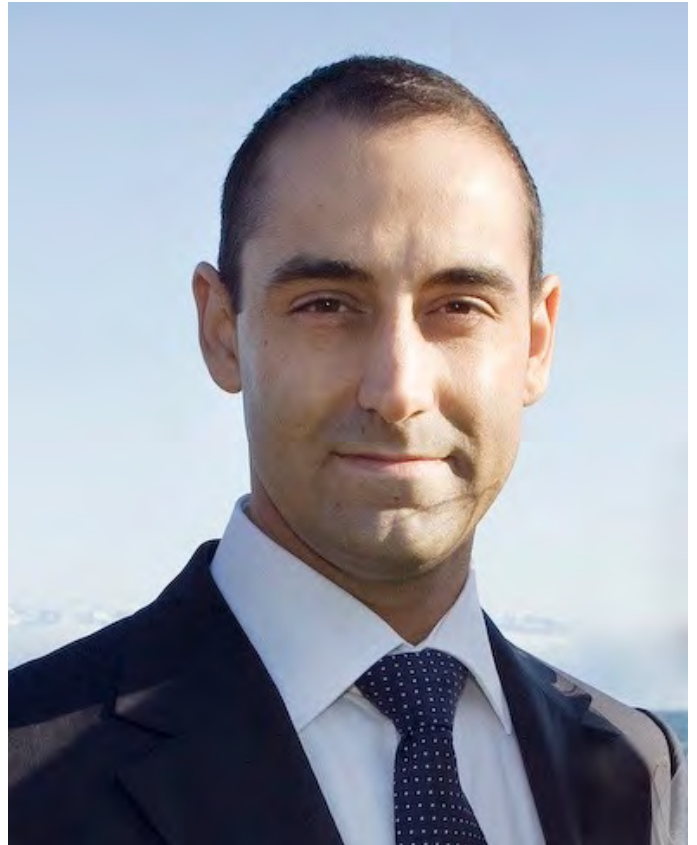
I look forward to contributing to the section. Members, feel free to contact me anytime with any questions you may have (larahiseler@gmail.com)

Meet Your New Executive

Carlton Duff

carltonduff@gmail.com

MEMBER AT LARGE
Review Coordinator



Although one of the newest members of the Counselling Section Executive, I've been a member of the section for nearly 10 years. My primary role as Member at Large is to manage conference submissions and reviews. Prior to my current position, I participated in conference submission reviews nearly every year, giving me a good perspective on the process. I've attended and presented at many CPA conferences, both as a researcher and practitioner, and I'm really looking forward to working with (and meeting) section members over the next two years.

Outside of the Executive, I work in private practice mostly with children and adolescents. Beside my clinical work, I teach courses at the university level and supervise the clinical work of graduate students. I'm also passionate about research, with a keen interest in research that is applied in nature or which has clear applications to practice. As your Member at Large, I'm excited to bring my unique perspective to the stewardship of our section.

*For more information on becoming a reviewer for this year's CPA Convention
please see our call for adjudicators on page 19.
We look forward to hearing from you!*

Meet Your New Executive

Anusha Kassan

anusha.kassan@ucalgary.ca

CHAIR ELECT



It was a great privilege to be nominated as Chair-Elect of the Section on Counselling Psychology of the Canadian Psychological Association. Since the start of the academic year, the Executive Committee has actively begun working on a number of interesting projects. Through our dynamic meetings, it has started sinking in, just how exciting this position is going to be for me! I see so much potential to help support counselling psychology in Canada and beyond, and I am excited to represent our members in addressing our priorities over the next few years.

For those of you who do not know me, here is a little bit of my background. I completed my graduate studies in Counselling Psychology at McGill University as well as my Pre-Doctoral Internship in Professional Psychology at the University of California, Irvine Counselling Center. Throughout my graduate education, I was a student member of the Section on Counselling Psychology and often presented at CPA Conventions. Upon graduating, I accepted a Visiting Assistant Professor position in Counselling Psychology at the University of British Columbia. During that time, I took on the role of Secretary-Treasurer for the Section, and had the opportunity to learn about the manner in which

the Executive Committee functions and serves the needs of counselling psychologists across Canada. Subsequently, I transitioned to an Assistant Professor position in Counselling Psychology at the University of Calgary and remained involved with the Section by becoming the chair of the Ad-Hoc Committee for Counselling Psychology Pre-Doctoral Internships.

Now, as Chair-Elect, I am committed to honouring the efforts of my predecessors and continue to move the Section in a positive, innovative direction. I am very excited to be able to fulfill this role in the upcoming years! In completing this important work, I aspire to keep my personal and professional values at the forefront of all of my chair-related duties. My program of study centers on the importance of multicultural counselling and social justice efforts in counselling psychology. These interests have been informed by my own bicultural identity, which tend to keep me thinking outside of the box. I trust that these ideas and beliefs will serve the section well in my time as Chair-Elect, and so, here is to another great year for counselling psychology!

-- Anusha Kassan



Doctoral Program Series

Students' Experiences of Counselling Psychology Programs: **University of Calgary**

An interview with Theresa Jubenville, PhD Student

Last year thanks to Dr. José Domene we started to profile Canadian counselling psychology doctoral programs, and this is the fourth in the series. We are grateful that Theresa Jubenville agreed to support this series by sharing her reflections about the doctoral program at the University of Calgary. Information about the UofC program is available here: www.ucalgary.ca

Please note that previous interviews reflecting programs at the University of British Columbia, the University of Alberta at McGill University are available in our past newsletters archived here: [May, 2015 \(McGill\)](#), [February 2014 \(UofA\)](#) and [May 2014 \(UBC\)](#).

1. Thank you Theresa for joining us to talk about this PhD program! Could you begin by telling us a little bit about yourself?

As an undergraduate student, I had no intention of pursuing a graduate degree. After graduating with a B.A. in Psychology from UBC, I immediately found a job working overseas as an au pair. I was privileged to have a job that afforded me the opportunity to travel across Europe and immerse myself in different cultures. Three months into my overseas adventure, I was offered a spontaneous opportunity to travel to Africa. I unequivocally accepted and off I went. Little did I know that this fortuitous opportunity would help shape my career trajectory. While in Africa, I was invited by a local Christian organization to visit the rural villages in Swaziland. I assumed that we would be providing food and daily living supplies to those less fortunate. Much to my surprise, we spent the majority of our time with women who were suffering from AIDS (many of whom were women), and openly listened to their stories of loss, poverty, and pain. Yet their stories did not end there. I was captivated as I watched these



"One of the most enjoyable experiences I have had in the PhD program has been the opportunity to supervise master's students."

en, who had endured unspeakable challenges, dry their tears, roll up their sleeves and begin mixing large vats of maize to feed the orphan children in the village. Their strength, perseverance, and benevolence forever changed me and ignited a passion for wanting to help and journey with people through the challenges of life.

When I returned home a few weeks later, I completed my application to the counselling psychology program at UofC and haven't looked back since. I am now in the second year of my PhD in the program. Although my research and clinical interests have shifted to that of focusing on the autism spectrum disorder population, the strength of the human spirit that originally drew me to this profession continues to inspire and energize me to perform this work.

2. Based on your experiences in the program, what would you say are the distinctive aspects and strengths of Calgary's Counselling Psychology PhD program?

In addition to being accredited by the Canadian Psychological Association, the PhD counselling psychology program at the UofC espouses the scientist-practitioner model of training, providing students with abundant research and clinical preparation. Both faculty and students have diverse research and clinical interests that make the UofC counselling program unique. In my experience, faculty have supported students' ingenuity in devising research that reflects his/her unique passions and interests.

Another distinctive aspect of the UofC counselling program is the variety of practica opportunities available to students. In the past, students have worked in health care settings, community counselling settings, and

post-secondary settings. This breadth of experience provides diverse learning opportunities for students who learn from one another during the practicum seminar course.

3. What have you enjoyed the most about your time there?

UofC provides students with abundant opportunities to diversify one's skills and enhance learning beyond that of the core curriculum. For example, students have the opportunity to gain additional research experience as a research assistant, take on teaching assistant or sessional teaching positions, and foster leadership skills through various student representative positions. At various points throughout my graduate training I have been involved in these different roles, each of which contributes to my development as a counselling professional.

One of the most enjoyable experiences I have had in the PhD program has been the opportunity to supervise master's students. During the first year of the PhD program students take a clinical supervision course, which provided me with foundational supervision skills. The subsequent semester students had the opportunity to supervise master's students at their respective practicum sites. This hands-on learning was extremely valuable as I envision integrating clinical supervision into my professional portfolio. Moreover, it was very enjoyable getting to know and

work with the students who are just starting out in the counselling program.

4. What advice would you give to students who are thinking about applying to your program?

The counselling program at UofC is very intense, combining research, coursework, practicum, and the additional opportunities students choose to take on. It is important that students learn to strike a balance between the necessary tasks of graduate school and self-care in order to be successful in the program.

It probably goes without saying, but interested students should review the UofC counselling program webpage to learn more about this program. Additionally, I recommend that interested students connect with both faculty and current students to discuss not only research interests, but also the overall program to see if it aligns with prospective students' professional goals.

Finally, Calgary is a great city to live in. It's only a short drive to the Rocky Mountains, which offer reprieve from the busyness of graduate school. Although you will get no shortage of snow and cold weather during the winters, the Chinook winds – unique to southern Alberta – offer a glimpse of sun and warm weather that's sure to get you through till spring.

Theresa Jubenville
tmjubenv@ucalgary.ca



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!

Luminosity or Peak



These apps claim to be "brain tools", and they've received attention because they claim to strengthen verbal and non-verbal cognitive processing skills. Can they improve your memory or increase your problem solving abilities? Or are they creative forms of entertainment that might make a minute of procrastination somewhat useful?

TheIceBreak



Many apps are meant to be used by individuals, or to connect you to groups, but some apps are designed for couples. This is one example - an app that can be used to coordinate schedules, share to-do lists, post photos or create shared calendars.

Day One

Many of us use journaling as a form of reflection - to meditate, or to work through problems. This app has received strong reviews as an electronic medium for a traditional self-help strategy.

THINGS TO WATCH

Is Binge Drinking Really That Bad?

BBC Documentary, Published on May 22, 2015.
https://www.youtube.com/watch?v=FS_HIEQVupl



The Memory

BBC Documentary, Published on October 4, 2013.
<https://www.youtube.com/watch?v=JLdHIN5lckw>

Sigmund Freud - The Father of Psychoanalysis

History Psychology, Documentary, Published on June 18, 2014
<https://www.youtube.com/watch?v=3ySsLRwE3Lk>

Kids secretly control an exercise class

Miniwheats - we believe video (advertisement, but sweet message)
<https://www.youtube.com/watch?v=ZqYeCY6dLRA>

CONTEST winner

NAME OUR NEWSLETTER

Congratulations **Konstantinos Chondros!**

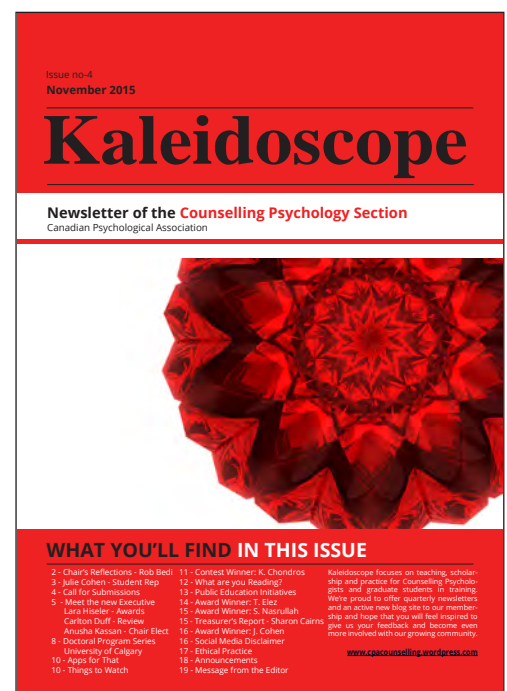
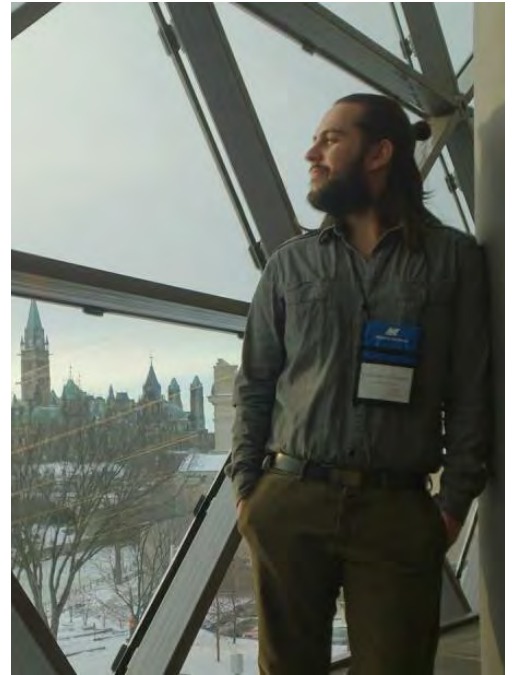
Konstantinos' entry in our "name our newsletter" contest was selected by our executive team, and the Counselling Newsletter now bears the name Kaleidoscope. We asked Konstantinos to share a little bit about himself, and to describe the meaning behind this new name.

Originally from Greece, I moved to Canada in 2011 to pursue graduate studies in counselling psychology at the University of Calgary. I am currently a second-year doctoral student working under the supervision of Dr. Strong. My research and practice interests lie in the areas of discursive and hermeneutic research methods, postmodern approaches to counselling and psychotherapy, queer theory, and community psychology. When I'm not working on research projects or reading articles for my dissertation, I like exploring Calgary's amazing food scene, learning about the art of zine-making, and enjoying vigorous work-out sessions at the gym.

What helped me come up with "Counselling Kaleidoscope" as the proposed title for the counselling section newsletter was actually having reviewed the definition of counselling psychology on the [CPA website](#). In sync with my own experience as a counselling psychology student and practitioner, I felt that the way our profession was described placed a huge emphasis on diversity – diversity in regards to the therapeutic practices that counselling psychologists employ to conceptualize as well as alleviate their clients' concerns; the various settings in which they seek employment; or the research methods they may utilize to complement and inform their practices.

In other words, like a kaleidoscope allows us to perceive the world around us using a different lens that reveals new colourful patterns, counselling psychology uses a similar lens with respect to considering culture and diversity as the primary means to inform our practice, research, and teaching. In addition, as a guiding framework in our academic training and everyday professional practice, the notion of kaleidoscope also allows us to transcend the boundaries of our discipline to engage in inter-professional collaboration with a wide gamut of practitioners from diverse backgrounds. Finally, although purely coincidental, but how many words starting with "K" (same as my first name) can you come up with in English that can adequately capture the essence of our profession?

--- Konstantinos Chondros - kchondro@ucalgary.ca



WHAT ARE YOU READING?

Person Centred Counselling in Action

Dave Mearns & Brian Thorne, 2013

Foundations of Ethical Practice, Research, and Teaching in Psychology and Counseling

Karen Strohm Kitchener, 2015

Ethical Practice of Social Media in Public Relations

Marcia Distaso, 2014

Short-term Counselling in Higher Education

David Mair, 2015

Promoting Aboriginal Health: The Family Wellbeing Empowerment Approach

Mary Whiteside, 2014

Healing Traditions: The Mental Health of Aboriginal Peoples in Canada

Editors: Laurence Kirmayer & Gail Valaskakis, 2009



Let us know what you're reading! Email our newsletter Editor: jbmiller@mtroyal.ca or start the conversation on our blogsite --- www.cpacounselling.wordpress.com

Public Education Initiatives: demystifying psychology

Michael Stolte, Psychologist
Centre for Autism Services Alberta
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As a member of the Psychologists' Association of Alberta, Michael Stolte helped to author a public education document called "The Value of Choosing a Psychologist". They focused on five key messages that speak to all of us in the field. First, they cite research that shows that **psychologists are trusted by the public**, and seen as competent professionals capable of dealing with mental health problems.

In the face of many paraprofessional services and mental health support being provided by those with certificates or undergraduate degrees, they highlight the **unique training** that psychologists complete regarding cognition, emotion and behaviour. It's important for the public to remember that **psychologists are accountable** to the public, that we are a regulated professionals who practice within specific areas of competency. Our Code of Ethics and practice guidelines set us apart from other service

providers, and highlight our commitment to the dignity of the individual, and to the fair treatment of our clients.

Psychologists are experts, and yet many of us downplay our knowledge, our expertise and talents to promote meaningful change, perhaps because by nature we are a humble bunch doing most of our best work behind closed doors. Yet it's important that the public recognize that psychologists have expertise in psychological assessment and therapeutic modalities, as well as extensive knowledge about human development, motivation, personality, trauma recovery, learning, neuroscience, dysfunction and flourishing. They conclude with the message that

psychologists are accessible to the public. We work in public and private settings, in a multitude of health care, non-profit, rehabilitation and educational settings. Our work is well recognized, and well integrated into our commu-

nities, and yet so much of what we do remains quiet, undisclosed and of course, confidential. Michael speaks often to the media in his role with the Centre for Autism Services Alberta, and while he doesn't crave the limelight, he does recognize the need to bring more awareness to Canadians about the value of psychological services. We've all had that awkward moment when we are asked to explain what a psychologist is or to describe exactly what we do. It's fluid and sometimes difficult to describe, but this work by Michael and his colleagues at the PAA provide some guidance about how to make our work easier to understand. To learn more, please visit the PAA website: http://www.psychologistsassociation.ab.ca/site/paa_brochures_materials_7

or contact

Dr. Judi Malone, Director,
 Education & Communications,
 Psychologists' Association of Alberta
 judim@paa-ab.ca

"A psychologist studies how we think, feel and behave from a scientific viewpoint and applies this knowledge to help people to understand, explain and change their behaviour." - CPA

CPA COUNSELLING SECTION AWARDS 2015

The Role of Social Ties in the Process of Settlement of Migrant Survivors of Political Violence: A Critical Ethnographic Study



**Tatjana
(Tanya)
Elez**

**Best PhD
Dissertation
2015**

Congratulations!

ABSTRACT

In spite of the growing numbers of civilians who are fleeing their homes for the reasons of political violence, migrant survivors of political violence are significantly overlooked in psychological theory and research. In addition, clinical and social practices and policies involving this population are seldom based on empirical findings. Even though established psychological literature identifies the significant positive role of social factors in coping with stress, trauma, and life transitions, the role of social relationships in the successful settlement of migrant survivors has seldom been explored. Due to a lack of attention to the needs of migrant survivors, and psychology's narrow research focus on individual "pathology", little is known about factors, such as social ties, that may contribute to successful settlement outcomes of this population.

This critical ethnographic study explored the diverse experiences and roles of social ties in the process of settlement for 8 migrant survivors of political violence residing in Vancouver and Winnipeg. The research design of this study involved three distinct, yet tightly interwoven, stages: reflexivity, dialogical stage, and system's analysis, based on information collected in the interviews, participant observation, and conversations with 8 providers of clinical services.

The results of the current study contribute to Counselling Psychology's theoretical literature on transition and multiculturalism by identifying and describing various types of migrant survivors' social ties and their diverse roles in the participants' settlement process. In contrast to linear, universalizing, and apolitical psychological theories of acculturation, these results suggest a conceptualization of settlement as a continuous, dynamic, interactive, and social process rooted in its larger socio-political and economic contexts. In addition to their theoretical value, these results will serve to inform clinical and social practices designed to aid settlement of migrant survivors of political violence.

- Students' Facebook Page -

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

CPA COUNSELLING SECTION AWARDS 2015

THE ROLE OF RELATIONSHIPS IN THE CULTURAL TRANSITIONING OF ARGENTINEAN IMMIGRANTS

ABSTRACT

Cultural transitioning, the process through which immigrants move from their culture of origin to a new culture, can be very complex and challenging (Jafari et al., 2008). During this process, immigrants must negotiate several challenges, including changes in both their family structure and social networks (Berry, 2001). A growing body of research has identified factors, such as support from extended family, friends, and community, which may help ease difficulties associated with the transition process (Lam, 2005). As such, this study sought to explore the role of relationships in the cultural transitioning of 14 Argentinean immigrants. To this end, it integrated feminist social constructionist and relational cultural epistemologies, and employed a phenomenological methodology. The participants were recruited through a variety of methods, including word-of-mouth and advertisements. Data was collected using a demographic questionnaire as well as an in-depth, semi-structured interview, which was analyzed using the lens of the two epistemologies. A conceptual analysis with a relational focus was conducted. Discourse analysis was then applied to each of the relational contexts, to identify dualistic constructs and allow for multiple meanings and identities to emerge. This work reviews the results of these analyses and implications for research and practice are discussed.



**Shakib
Nasrullah**

**Best Doctoral
Conference Poster
2015**

Congratulations!

TREASURER'S REPORT

SHARON CAIRNS

scairns@ucalgary.ca



As a non-profit organisation, CPA has to meet certain financial guidelines. In order to accomplish this, they have established a policy whereby no section may have more than \$5,000.00 in their account at year end unless they have received prior approval to retain the funds for a special project. Sections must be in compliance with this policy by December 31, 2017. Presently, your section is in a strong financial position with a current bank balance of \$7,700.00. If we continue to plan for balanced operating budgets we will need to spend down approximately \$2,700 in the next two years. Based on section surveys and executive member brainstorming, we have identified a number of meaningful ways this might be accomplished. Once we have refined our list, we will be sending out a very brief survey to the membership to gather your input on priorities for moving forward.

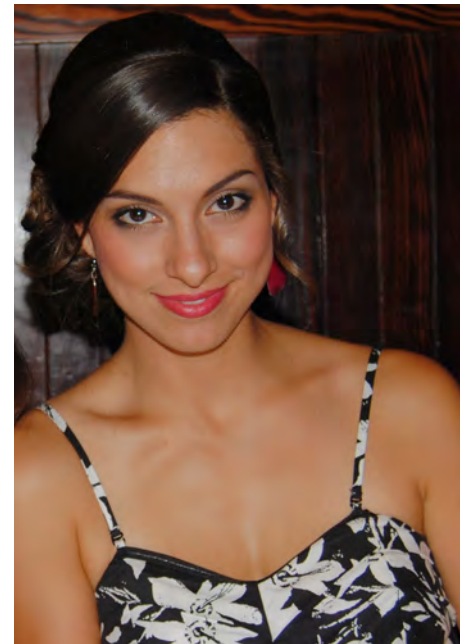
CPA COUNSELLING SECTION AWARDS 2015

Being in Between, Discovering the Identities of Emerging Adult Immigrants: An Examination of Findings and the Clinical Implications for Counselling Psychology.

ABSTRACT

Identity has been at the forefront of much of the acculturation literature exploring the impact of migration on the mental health and behavioural patterns of immigrants (Salehi, 2009). With 46% of Canadians being predicted by 2031 to be foreign-born or have one foreign-born parent (Statistics Canada, 2011), cultural transition and identity exploration will play a prevalent psychosocial role in the lives of many. This search for building a meaningful identity is now said to be most salient for young adults who fall into the developmental stage of emerging adulthood (Arnett, 2004). Currently, there are no identity models in the surrounding literature that investigate how emerging adult immigrants explore and create their identity throughout their cultural and developmental transition. Additionally, it is estimated that 50% of ethnic minority clients who enter counselling terminate after one session (Zane et al., 2004). One explanation for this trend is the counsellor's lack of cultural awareness, understanding of their client's cultural perspectives and values, and a lack of culturally responsive intervention skills (Sue, 2001).

Given the challenges faced in the literature, an understanding of how emerging adult immigrants navigate their identities is needed to strengthen the capacity of host communities to provide support. Consequently, a grounded theory study was conducted with 10 emerging adult immigrants from a variety of cultures and age ranges with the aim of learning how they create their identities in Canada. Results from the study will be highlighted and implications for the clinical practice of Counselling Psychology will be explored.



Julie Cohen

**Best Masters' Poster
2015**

Congratulations!

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ETHICAL PRACTICE

ONLINE COURSE

Being an Ethical Psychologist

Carole Sinclair, PhD

This 15 Continuing Education credit course, contains thirty-one case studies, reflecting a variety of contexts and roles, which are used to demonstrate ethical principles, ethical values, and ethical decision making. Developed and sponsored by the Canadian Psychological Association.

<http://www.cpa.ca/aboutcpa/committees/ethics/onlineethicscourse>

Canadian Code of Ethics Key Principles

Principle I: Respect for the Dignity of Persons.

This principle, with its emphasis on moral rights, generally should be given the highest weight, except in circumstances in which there is a clear and imminent danger to the physical safety of any person.

Principle II: Responsible Caring.

This principle generally should be given the second highest weight. Responsible caring requires competence and should be carried out only in ways that respect the dignity of persons.

Principle III: Integrity in Relationships.

This principle generally should be given the third highest weight. Psychologists are expected to demonstrate the highest integrity in all of their relationships. However, in rare circumstances, values such as openness and straightforwardness might need to be subordinated to the values contained in the Principles of Respect for the Dignity of Persons and Responsible Caring.

Principle IV: Responsibility to Society.

This principle generally should be given the lowest weight of the four principles when it conflicts with one or more of them. Although it is necessary and important to consider responsibility to society in every ethical decision, adherence to this principle must be subject to and guided by Respect for the Dignity of Persons, Responsible Caring, and Integrity in Relationships. When a person's welfare appears to conflict with benefits to society, it is often possible to find ways of working for the benefit of society that do not violate respect and responsible caring for the person. However, if this is not possible, the dignity and well-being of a person should not be sacrificed to a vision of the greater good of society, and greater weight must be given to respect and responsible caring for the person.

Dr. Ada Sinacore

2015 Section 24 (Counselling Psychology)
Distinguished Member Award Winner



It is with great pleasure that I introduce to you and profile our Distinguished Member Award Winner, Dr. Ada Sinacore from the Department of Educational and Counselling Psychology at McGill University. The Distinguished Member Award is intended to recognize individuals who have made a significant contribution to the field of Canadian counselling psychology. Dr. Sinacore was nominated by a collective of national and international academic colleagues, former students, and current students. Dr. Sinacore has produced notable research that has helped move the field of counselling psychology forward and has provided outstanding service to Canadian counselling psychology. Her work as a researcher, teacher, supervisor, and service leader has touched many Canadian counselling psychology students and professionals, directly or indirectly. Her commitment to the field and requisite achievements have solidified her as a key historical (and contemporary) figure in Canadian counselling psychology.

Energized by the greater prominence afforded to Canadian counselling psychology upon an official consensual definition of the field being adopted by the Canadian Psychological Association (CPA), Dr. Sinacore set out to advance the field further and almost single-handedly organized the first ever and landmark Canadian counselling psychology conference in 2010 to help facilitate dialogues sorely needed to propel the field further and forward. Her determination continued as she edited both a special issue in the flagship CPA journal *Canadian Psychology* and the first-ever book devoted solely to the disciplines of Canadian counselling and counselling psychology together: *Canadian Counselling and Counselling Psychology in the 21st Century*. In addition, Dr. Sinacore has long advocated for counselling psychology in her various professional roles, including as a member of CPA's Professional Affairs Committee and Accreditation Panel.

In addition to her remarkable service to the profession (including service as Chair, Chair-elect, and Past Chair of the Section) and her research on Canadian immigrants and international students (two under-researched topics), Dr. Sinacore has had an enduring involvement and impact outside of North America, particularly in Taiwan, where she has been working in various areas including gender equity.

I am confident that Dr. Sinacore's past and present work will continue to shape the field of Canadian counselling psychology for many generations to come. Her collective work clearly manifest the values of Canadian counselling psychology including but definitely not limited to multiculturalism and social justice. I applaud and celebrate her achievements and invite you to learn more about her by visiting her university home page at: <https://www.mcgill.ca/edu-ecp/sinacore>

CONGRATULATIONS ADA !!

Respectfully yours,
Robinder (Rob) P. Bedi, Ph.D., R. Psych.
Chair, Counselling Psychology Section



LINDSEY THOMSON - WEBMASTER

Lindsey Thomson, our section webmaster, is currently completing her Master of Education in Educational counselling at the University of Ottawa. Her area of focus for her studies is to counsel in a work setting with employees and their families to help them address their concerns in and out of the work setting. Once she completes her degree this year, she hopes to join the Canadian Armed Forces to work with personnel and their families in a military setting. Lindsey spends her time volunteering and working in a variety of settings and she is always looking to network. If you have any questions about the section website or would simply like to chat with Lindsey, please email her at: lthom044@uottawa.ca.

ANNOUNCEMENTS

REVIEWERS NEEDED

Every year our Section receives submissions for posters, presentations, and symposia for the annual CPA conference. As an Executive Committee member of the Counselling Psychology Section, I am warmly requesting your help with the adjudication process for this year's conference, taking place June 9-11 2016 in Victoria, BC. The period of review is from **Friday, December 4th to Monday December 21st 2015**.

Depending on the number of submissions and the number of reviewers, each person will likely have 8 to 10 abstracts to review. The process is fairly quick and should only take between 1 to 2 hours to complete. Please note that all abstract reviewers MUST have already completed their Ph.D. and have graduated from their program. Students who are interested in being involved in other responsibilities can contact Julie Cohen at jcohen153@gmail.com

We want to especially encourage psychologists in private practice, industry, and university appointments to participate as reviewers. If you can lend a hand with the process this year, I would greatly appreciate your time and effort. Since I won't know everyone who writes, please include your professional affiliation in the body of the email to carltonduff@gmail.com Thank you in advance for your support! Warmly,

Carlton

ICAP 2018

International Congress of Applied Psychology
Montreal, Quebec
June 26-30, 2018

In 2018, the familiar CPA convention will not be held. However, all of the activities (keynotes, invited addresses, symposia, paper & poster presentations, section business meetings, etc) that make up the normal CPA convention will be incorporated into and offered as part of the ICAP Congress. The next International Congress of Applied Psychology (ICAP) is scheduled for Montreal, QE, for June 26 to 30, 2018.

Although this event is still in the distant future, its organization is well under way.

Check it out on <http://www.cpa.ca/icap2018>

The 2018 ICAP is a major event, organized by the CPA, MITACS Conference Services and the Palais des congrès de Montréal, but delivered under the auspices of the International Association of Applied Psychology (IAAP). According to its website, IAAP is the oldest international association of psychologists. Its official languages are English and French. Founded in 1920, it now has more than 1,500 members from more than 80 countries.

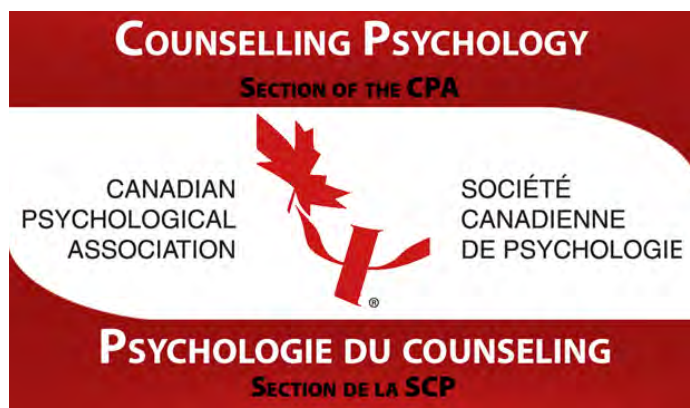
To learn more please visit: <http://www.iaapsy.org/>

FROM THE EDITOR

Change is in the air. Snow is beginning to fall, rivers are icing over, and exams are looming. Everywhere you go it seems that people are talking about elections and world events, with debate about details, discussion of the issues and a desire to get involved to support growth, change and peace. Through our counselling practices we are likely supporting clients as they manage these uncertainties, cope with sorrow and fear, strive towards hope and find avenues to express their compassion. I've felt pulled on a local level to be more engaged with my city and to be more active on my campus. I'm pleased to have been reunited with my provincial psychological association, and feel excited about the work they are doing to advocate for a healthier population and promote the good work of our profession. This edition of *Kaleidoscope* showcases a number of professionals who choose to get involved on a national level to celebrate psychological work, and a number of outstanding students who are already making a difference in the lives of others. I'm grateful to be a psychologist, thankful to have a career that is so rewarding, and excited to see so many colleagues investing their time and energy to make our profession thrive. I invite you to send in your story ideas, make recommendations for member profiles, and please let me know what you're interested in hearing about!

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KALEIDOSCOPE

Newsletter of the Counselling Psychology Section
Canadian Psychological Association



Questions, Comments, Suggestions or Feedback?

Please contact us:

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