

December 2016

Issue no-4

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 vibrant community.

www.cpacounselling.wordpress.com

CHAIR'S EDITORIAL

Anusha Kassan
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Greetings! It is hard to believe that the month of December is upon us! Hopefully, that means some down time for all of you very soon... In the meantime, the Section is pleased to introduce its second newsletter of the academic year. This issue is new, so to speak, as we are trying out a move to a quarterly system, to reach out to and chat with our members more. We hope you enjoy! We would also love to hear your ideas and/or feedback about the newsletter. We are thrilled that Kaleidoscope has won the CPA award for best newsletter for two consecutive years, and we are always brainstorming new and creative ideas to engage our membership.

My first few months as Chair of the Section have been very enjoyable, with many developing projects and upcoming events! At this time, I would like to share some of these exciting events with you, including details on our invited speaker for the next CPA Annual Convention and our emerging Counselling Psychology Summit. First, I am thrilled to inform you that Dr. Suzanne Stewart will be the Section's invited speaker (formerly referred to as the keynote speaker) for the next convention. Dr. Stewart is an Associate Professor in the Department of Applied Psychology and Human Development at the Ontario Institute for Studies in Education. Her talk will be entitled "Reconciliation with Indigenous Peoples: Implications for the Practice of Psychology". I hope you can make the convention and talk! Dr. Stewart will undoubtedly inspire and touch us with her knowledge and experience.

Second, as you may know, for the past few years, the Section has been discussing the idea of hosting a Counselling Psychology event, as a follow-up to the Inaugural Canadian Counselling Psychology Conference, initiated by Dr. Ada L. Sinacore in Montreal, Quebec in the fall of 2010. I am very excited to say that we have made some great strides in that direction recently. Specifically, some Section funds have been set aside for this effort and an organiza-

tion committee has recently been struck. We had a first meeting, where we began discussing the focus and structure of this follow-up effort. Developments in this area will be shared with our membership on a regular basis. At this point, I can tell you that we are aiming for a one-day Summit in Montreal, Quebec prior to the International Congress of Applied Psychology. Please make sure to check our column dedicated to the development of this Summit in our newsletter!

As I get oriented to this role, I have been lucky to enjoy continued mentorship from Dr. Rob Bedi (Past-Chair). I have also been inspired by the new energy and ideas that Dr. José Domene (Secretary-Treasurer) and Theresa Jubenville (Student Representative) have brought forward as they have joined the Section. Please check out their newsletter entries, to find out about the projects they are leading and working on. Relatedly, I continue to appreciate the hard work and dedication of Drs. Lara Hiseler and Carlton Duff, whom are clinicians working full time and volunteering their time with our Section. It is so nice to have this type of diversity on the Section's Executive Committee! Lastly, our Section could not thrive without the commitment and creativity of Janet Miller (designer and editor of our blog and newsletter) and Melanie Fuller (webmaster), who keep our newsletter, blog, and website looking fresh!

In closing, I wish you all a very happy and restful holiday season! I look forward to sharing more of the Section's efforts and initiatives with you in the future, and do hope that we cross paths in some capacity soon...

- Anusha - anusha.kassan@ucalgary.ca



Reflections from the Past Chair

Rob Bedi

I've had the opportunity to sit back a little bit, in my role as past-chair, and focus on mentoring the new Chair (Anusha Kassan) as well as reflect upon the impact of being a Chair. I still think back fondly to my time as Chair. It helped me get a better and broader understanding of the issues of counselling psychology across Canada and not just related to my own province or my own university program. In learning such information, I became further inspired to take on an advocacy role, much more so that I would have had I not been chair. We, as counselling psychologists, often have little hesitation to advocate for our clients, our students, and the like; but I think we sometimes forget to advocate for ourselves and our profession. My time as Chair has included various advocacy efforts by the Section Executive, including having one of our Executive attend a workshop on lobbying, creating a powerpoint presentation for undergraduates about graduate school in counselling psychology, among others. Now, as past-chair, I am continuing my efforts for advocacy and broader education. Currently, I am focused on increasing student affiliate membership by way of educating and attracting master's level students in counselling or counselling psychology programs who do not have doctoral programs in their university to the Section. This includes providing a copy of the newsletter to them so they can get up to speed on the discipline as our membership numbers show that many of our master's student members come from programs that also house doctoral programs in counselling psychology. Anyways, please enjoy the current newsletter and please do not hesitate to contact me if I can be of assistance to you or your program: Robinder.Bedi@ubc.ca

Rob Bedi
Past Chair

Robinder (Rob) P. Bedi, Ph.D., R. Psych.
Assistant Professor



ICAP 2018

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

Save the date for this exciting event! www.icap2018.com

Executive Updates

Theresa Jubenville

STUDENT REPRESENTATIVE



Hello Student Affiliates of the Counselling Psychology Section of CPA,

It has been an exciting and engaging past few months serving as the student representative for the Counselling Section. I am enjoying the opportunity to get to know and work alongside the skilled members of the Executive on projects that help to advance the discipline of Counselling Psychology. Additionally, I am motivated and inspired by the student affiliates who have reached out to me, eager to contribute to our Section and the upcoming convention. Continue to check our Facebook page for updates on opportunities for participation at the 2017 CPA convention in Toronto.

Over the past few months I have been busy finalizing the work that my predecessor, Julie Cohen, initiated on a presentation that promotes the field of Counselling Psychology. This presentation is intended to inform prospective graduate students about the training received and work performed by Counselling Psychologists. More specifically, in the presentation we cover a number of key issues including a definition of Counselling Psychology within the Canadian context; an overview of how our field is similar to, and different from, other streams of psychology and mental health professions; a description of common misconceptions about Counselling Psychology; a summary of the professional duties performed by Counselling Psychologists; and information on Counseling Psychology training programs in Canada and potential career options available to students who receive training in this field.

We anticipate this presentation being a helpful tool for both Canadian Counselling Psychology programs, as well as for prospective graduate students who are contemplating the next steps in their educational career. As an Executive, we plan to disseminate this presentation across a variety of contexts, including the distribution of this presentation to post-secondary institutions across Canada.

I want to take this opportunity to wish you all a safe and warm holiday season. I look forward to the start of a new year, with new projects on the horizon.

Cheers!

Theresa Jubenville
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Please join us
on our

Students' Facebook Page

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

Executive Updates

Lara Hiseler

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Student Awards - Best Masters Thesis and Best Doctoral Dissertation

Happy December members! It has been a relatively busy fall for awards deadlines. Nominations for CPA General Awards and CPA Fellow were made. Next year, I will be gearing up for convention related awards. At this year's convention, there will be some changes made to the conference poster awards criteria, which are still in progress at this time. Stay tuned for our next newsletter where I'll detail those specific changes. I want to bring to your attention the next upcoming section awards. We do not receive many applications for these awards, so consider nominating a full or student member for their distinguished work!

2017 Counselling Psychology Distinguished Member Award

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

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

Other factors that will be considered are the depth and breadth of the influence of the nominee's work on the profession of counselling psychology (i.e., is it moving the profession forward; how many people have been affected by the work etc). Nominators should provide a rationale for nominating the individual for the award, as well as supporting information (e.g., a current CV, detailed descriptions of the nominee's work, samples of the work, independent evaluations of the work, letters of support from colleagues, students and/or clients; description of positions held and /or service contributions). Please send nominations to larahiseler@gmail.com by May 15, 2017.

The Best Master's Thesis and Doctoral Dissertation awards are given annually for one masters student and one doctoral student for their outstanding research conducted in a Canadian counselling psychology program.

Inclusion Criteria:

1. A nomination letter, written by a section member, must accompany the application.
2. The research must have been successfully defended within 2 years prior to the annual award submission date.
3. 10 page summary of the thesis/dissertation, written by the student.
 - a. Double spaced, 12 point font, 1 inch margins.
 - b. Tables and figures must be integrated into the document, not attached as appendices.
 - c. Title page and references do not count against the page limit.
4. A student's research can only be nominated once for each award.

Evaluation rubric:

a) Contribution to knowledge and understanding in counselling psychology; b) Originality; c) Quality of the research, as evidenced by (i) clear and compelling statement of research problem/question, (ii) appropriate methodology and methods, (iii) findings/results that are clear and show evidence of rigor, (iv) compelling and well-grounded conclusions and implications, and (v) discussion of limitations; d) Quality of the writing The nominator should submit the student's 10 page summary and nomination letter to Dr. Lara Hiseler (larahiseler@gmail.com) by May 15, 2017.

Both of these awards will be announced at the convention in Toronto during the Section Reception. If you are not attending the convention, winners will be emailed after the convention. Congratulations to all our nominees!

Executive Update



José Domene
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Our section remains in an interesting financial situation. As Sharon Cairns has mentioned in previous issues of Kaleidoscope, CPA as an organization has established a cap of \$5000 on the amount that sections are allowed to have in their accounts. Our current fiscal balance exceeds that cap. We are developing plans to reach compliance with CPA's policy by using our excess funds (along with other sources of funding) to host a counselling psychology event in 2018, ahead of the International Congress of Applied Psychology conference that is scheduled to take place in Montreal in June 2018.

José

- Students' Facebook Page -

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

CPA's Social Media Disclaimer:

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CPA Section on Counselling Psychology SUMMIT

We are thrilled with the overwhelming response we received regarding the formation of an organizing committee for the upcoming Section on Counselling Psychology Summit! We would like to extend a big thank you and a warm welcome to all of those who have volunteered to be part of this initiative.

More details about the Summit will be shared with our membership very soon! In fact, this column will make a regular appearance in the newsletter in order to provide you with updates about our evolving efforts.

But for now, allow us to introduce our enthusiastic volunteers...

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& MENTAL WELLNESS SUICIDE PREVENTION



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Protective factors - which we gain as we grow - act as defenses against the stresses of living and allow us to live full and enjoyable lives.

Most suicide prevention research, as well as clinical practice, focuses on the vulnerabilities of suicidal individuals. This approach includes both identifying common features and assessing if someone may be at risk.

There is a growing emphasis on the flipside, however, that consists of naming, isolating, and studying the protective factors that help insulate us from suicidality (Ames, Rawana, Gentile & Morgan, 2015).

When people experience stressful life episodes, it can negatively affect their mental health. In addition, irregularities in brain chemistry and genetic predispositions to mental illness can also place an individual's mental well-being at risk. At times these factors can create enormous hurdles that no amount of protective insulation can overcome. However, more and more research has shown that developing a healthy inventory of protective factors can do a great deal to prevent - or at least offset - potential and actual adverse experiences (O'Connor, 2007). These protective factors also help those of us who have been either exposed to traumatic events or have had experiences which may make us vulnerable to mental illness or suicide.

Here, we will look at various protective factors: those that we acquire through our lived experiences and

through social supports, which can help prevent both mental illness and thoughts of suicide from developing in the first place. We will also look at how our healthy actions and positive thoughts, and the choices we make, can be protective factors, too. This can lead to a lifetime of self-discovery, which becomes a healthy model for living.

Social Supports

Social supports that make someone feel loved, respected, esteemed, and strongly connected to others are very important protective factors (Kleiman & Liu, 2013). Social supports can stem from one's family, schoolmates, romantic relationships, work colleagues, religious or community organizations: whomever someone interacts with in meaningful ways.

The importance that having a supportive family has on a person's mental health development cannot be overstated. All too often we hear about the opposite effects - mainly the dire consequences that befall people who were brought up in a dysfunctional family environment. Ideally, a loving, nurturing, and supportive family is the bedrock of future stability. This domestic support prepares us for our introduction to the school environment and for the greater world beyond that.

As we grow, most of us develop an essential quality called resiliency. Resiliency results from the interplay and overlap of all the other protective factors working in our lives.

Schools are where many of our first strong friendships are formed. The satisfaction of academic achievements, the formation of significant relationships with adults (apart from our parents), and the pursuit of extracurricular activities are some of the areas where we develop our social skills and sense of individuality (DeMaso, 2006).

Religion and spirituality are also often cited as strong protective factors. There is substantial literature that connects religion and spirituality to positive physical and mental health (Kyle, 2013).

Healthy Actions

How we think and act and the lifestyle choices that we make can also affect the development of protective fac-

Mental Wellness & Suicide Prevention - continued...

tors in our lives. We can play an active role in determining our own mental wellness by becoming informed and empowered. We can also choose activities and practices that both improve our lives and help direct the course of our lived experiences.

Physical activity is one such choice as there is a documented, positive relationship between exercise and psychological health. Exercise promotes positive emotional well-being, a reduction in anxiety and stress, a positive self-image and increased self-esteem (Taliaferro, Rienzo, Pigg, Miller & Dodd, 2009). Increased production of the hormone serotonin, as a result of exercise, has been shown to reduce moderate depression (Babiss & Gangwisch, 2009). Eating a sensible diet, refraining from smoking, and using alcohol in moderation are always good lifestyle choices to make. Regular consultation with your physician regarding your health - whether mental or physical - is also recommended practice.

Positive Thoughts

How we think about life can have a huge impact on how we feel as well. Some theorists believe that optimistic thinking is a hugely important protective factor. Optimists generally attribute their negative life experiences to external forces that they can both face and overcome. Adopting healthy routines and engaging in positive thinking can also help individuals feel like they are in control of their lives. These positive patterns of thought can act as an effective barrier against moderate levels of trauma. Nurturing self-confidence, setting and achieving personal goals, and thinking positively about the future are also characteristics of optimistic thinking (O'Connor & Cassidy, 2007).

The role of protective factors in strong mental health cannot be emphasized enough.

Developing strong protective factors over the course of our lives not only helps shield us from negative life experiences, but can also help us realize the substantial effect that our environments and our thought patterns can have on our mental well-being. We understand that suicide is a multi-faceted and complex phenomenon. No single approach, such as mentioned above, will eradicate suicide entirely. The promotion of healthy living is but one way that can be used to help prevent its occurrence. If this saves even one life, it is worth the effort!

Although the voyage to sustain mental wellness may be fraught with unexplained detours and unplanned mishaps, having an abundance of protective factors can allow us to face every challenging twist turn and hurdle.

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Link to full article:

www.suicideinfo.ca/resource/mentalwellness/

Centre for Suicide Prevention, Calgary, Alberta
www.suicideinfo.ca





Doctoral Program Series

Students' Experiences of Counselling Psychology Programs

University of Toronto Interview with PhD student, Dawn Cowling

Thanks to Dr. José Domene, over the past few years our Counselling Section has been showcasing each of our five Canadian Counselling Psychology doctoral programs. Previous articles in this series are available through our website and blog, profiling doctoral programs at the University of British Columbia, the University of Alberta, McGill University, and the University of Calgary. In this edition we are pleased to profile the University of Toronto's doctoral program, and we are grateful that Dawn Cowling agreed to support this endeavour by sharing her reflections. Information about the UofT program is available here:

http://www.oise.utoronto.ca/aphd/Prospective_Students/Programs/Counselling_Clinical_Psychology

1. Thanks so much Dawn for agreeing to talk to us about this PhD program! Could you begin by telling us a bit about yourself?

I am a third year PhD student in Counselling and Clinical Psychology at the University of Toronto's Ontario Institute for Studies in Education. I completed my first undergraduate degree in Political Science, Criminal Justice and Public Policy. I studied a year abroad at Moscow State University with an interest in human resource practices. Yes, human resources can be exciting! I returned home and worked in training and leadership in the financial sector before pursuing graduate studies in Psychology. I completed a Psychology Specialist B.Sc. degree at the University of Toronto before completing my MA in Counselling and Clinical Psychology.

My primary research interest is in the human-animal bond and measuring how we value and experience the relationships we share with animals. My MA thesis explored bereavement and companion animal loss and my Doctoral dissertation involves an evaluation of occupational stress in North American animal shelter employees.

I have held a variety of different positions at the University of Toronto while completing my studies. I have assisted in the Medical Assessment Program for Schizophrenia at the Centre for Addiction and Mental Health, and filled program coordinator positions for Hart House, the Graduate Room, and Woodsworth College. I also spent a summer at Oxford University leading the University of Toronto's Study Abroad program. In the second

University of Toronto - Interview with Dawn Cowling

year of my Master's Degree I moved to Kingston Ontario to complete my practicum placement at the Providence Care Mental Health Hospital Personality Disorder Clinic. This practicum provided training in the care of non-psychotic adults diagnosed with a personality disorder.

My PhD practicum placement was at North York General Hospital in the Adult Day Hospital. This placement offered comprehensive outpatient care to a very diverse patient population. This was an excellent placement opportunity - practicum and internship students are offered superb supervision and work as a part of a multi-disciplinary team. The practicum provided very strong generalist training in clinical assessment and Cognitive Behavioural Therapy for individuals and groups across a wide range of psychiatric illness.

2. Based on your experiences in the program, what would you say are the distinctions and strengths of the U of Toronto's Counselling and Clinical Psychology PhD program?

The Counselling and Clinical Psychology Program (CCP) provides training in assessment, psychotherapy, consultation, and supervision. PhD CCP students complete an additional supervision practicum in the 3rd year of studies. The program really offers a firm foundation in both research and clinical skills. Students graduate from the program with an understanding and appreciation for the dialectical relationship between the scientific and the professional practice of clinical and counselling psychology.

The most distinctive feature of the program is that the educational model reflects hybrid training in clinical and counselling psychology. A second defining feature of the program is the mentorship model, in which students are assigned a supervisor who acts as an academic and professional advisor and works with the student on developing a program of research. Thirdly, training is sequential from the MA to the PhD. The MA degree builds on foundational knowledge acquired during the undergraduate degree in psychology



and the PhD degree builds on the core knowledge acquired in the MA. Lastly, the Applied Psychology and Human Development program at U of T embraces a reflexive practitioner philosophy. Meaning that students are encouraged to consider the many ways in which privilege and power and the lack thereof contribute to an individual's psychological well-being. This understanding is central to our program's approach to diversity.

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

First and foremost, the people! We are small program and privileged with an impressive and diverse faculty, knowledgeable and supportive staff, and a warm and welcoming student body.

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

When choosing a graduate program think about the culture of the program that you seek to become a part of in addition to your short and long term academic and career goals. Consider how you want to contribute to the field of psychology. Also consider your interests, capacities, and the training model and supervisor(s) best suited to help you reach your goals.

Dawn Cowling
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“...students are encouraged to consider the many ways in which privilege and power and the lack thereof contribute to an individual's psychological well-being. This understanding is central to our program's approach to diversity”

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 .

Way of Life

This app aims to be a habit "maker" and "breaker". A free version is available, but itune reviews seem to suggest that it's worth a \$3.99 purchase. It captures and tracks your habits and graphs them in a way that promotes mindfulness, self-understanding and accountability.

Notability

This app is an easy-to-use digital note taking app that allows users to also sketch ideas, attach photos or incorporate videos. It also allows the user to add notes to a PDF files. A neat feature is that it allows the user to record audio synced with the notes which could serve as a memory aid.



iCouch CBT

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

Moody Me

This is a way of tracking your mood to look for trends, changes and triggers. One neat feature about this app (according to <http://blogs.mtroyal.ca/sflessati/category/stress/>), is that you can create your own slideshow of pictures that remind you of positive feelings.



SAVE THE DATES !

9th Critical Multicultural & Diversity
Counselling and Psychotherapy Conference
OISE <http://cdcp.oise.utoronto.ca>
June 6-7, 2017 OISE, University of Toronto

2017 CPA CONVENTION

TORONTO, ONTARIO
June 8 – 10, 2017 <http://www.cpa.ca/Convention>

FROM THE EDITOR

It's hard to take the rush out of December when you're facing exams, prepping for company, aiming to get your kids to their performances and making time to bake, cook, stay warm, manage shopping, see your peeps, and attend to whatever other demands the holidays may bring. Whether they are celebrating or not, our clients are likely managing all kinds of pressures during this time of year, and stress is likely a frequent part of that discussion. Take care of yourselves as you strive to support the care of others, and set your intention for a relaxing break full of peace and meaningful connections!

If you're looking for something to do over the December break, please send me your articles, ideas and suggestions for our next Kaleidoscope edition. We are expanding the newsletter into a quarterly publication, all thanks to your support and encouragement.

Thank you and warm wishes,
janet

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COUNSELLING PSYCHOLOGY

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CPA Counselling Psychology Section

Newsletter submissions: jbmiller@mtroyal.ca

December 2016

KALEIDOSCOPE

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



Questions, Comments, Suggestions or Feedback?

Please contact us:

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