

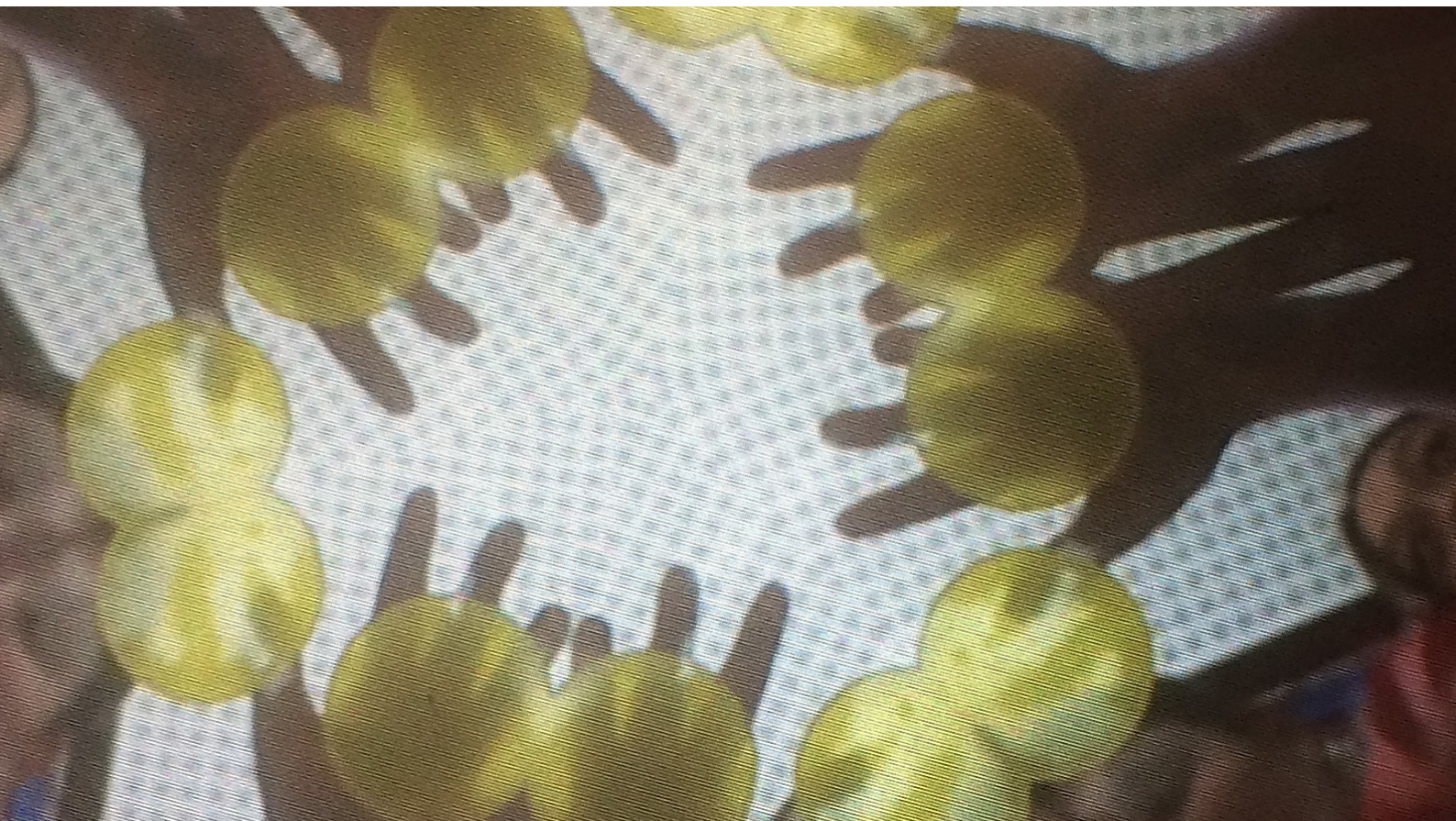
Issue no-1

February 2017

Kaleidoscope

Newsletter of the Counselling Psychology Section

Canadian Psychological Association



WHAT YOU'LL FIND IN THIS ISSUE

- 2 - Reflections from the Chair
Anusha Kassan
- 4 - Executive Update, Past Chair
Rob Bedi
- 5 - Executive Update, Student Rep
Theresa Jubenville
- 6 - Executive Update, Secretary-
Treasurer, José Domene
- 7 - Executive Update, Conference
Coordinator, Carlton Duff
- 8 - Executive Update, Awards
Coordinator, Lara Hiseler
- 10 - Internship Profile
Student Counselling & Wellness
Centre, Residency,
MUN - Memorial
University of Newfoundland
- 15 - Update - Summit Planning
- 18 - FEATURE - Practitioner Settings
Dr. Lara Hiseler
- 20 - Webmaster Update
Melanie Fuller
- 21 - Join the Executive - Positions Open
- 22 - Message from the Editor

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 dynamic and diverse community.

www.cpacounselling.wordpress.com

REFLECTIONS from the CHAIR

Anusha Kassan

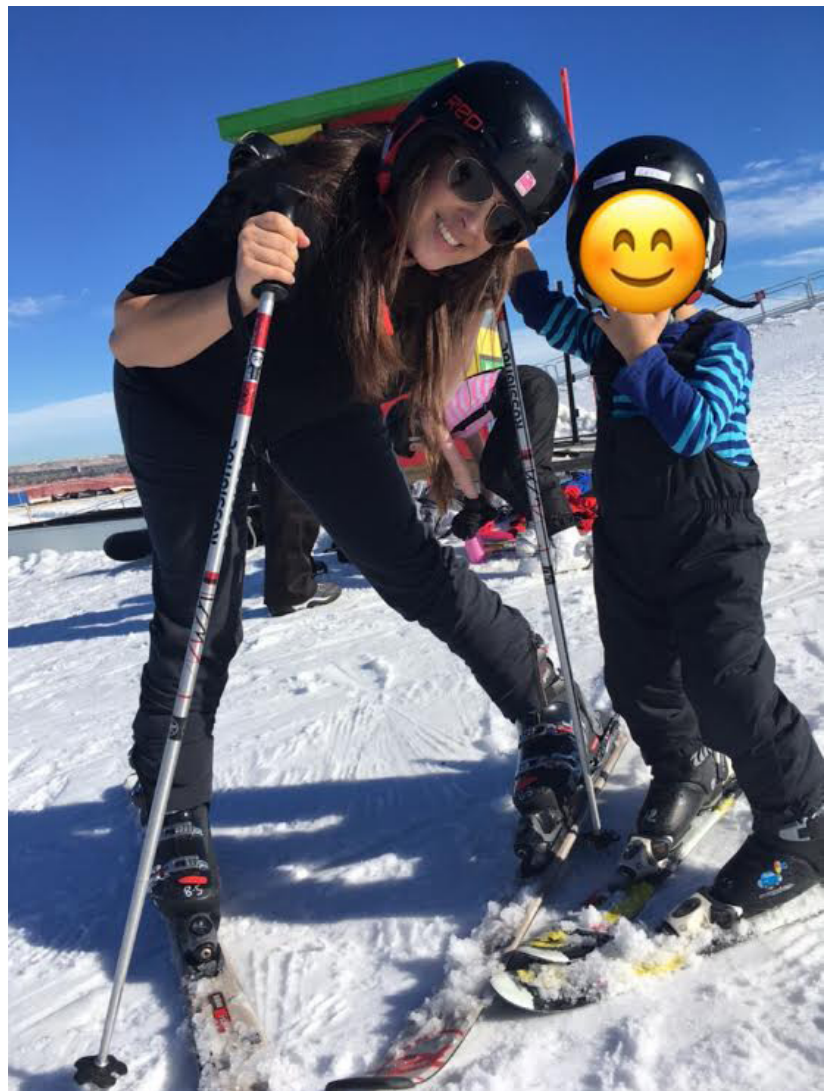
Hello everyone! I hope you are finding respite from the (unusual or usual) winter weather in your part of the country... In Calgary, there were record-breaking cold fronts in December and January, but then last week there was a Chinook and I went skiing in my t-shirt! Putting my recreational life aside, the Section has been pretty busy, working on many tasks – old and new. As a group, Rob (Past-Chair), José (Secretary-Treasurer), Lara (Awards Coordinator), Carlton (Convention Coordinator), Theresa (Student Representative), and I (Chair), have been discussing a number of matters, including membership, the upcoming CPA (Canadian Counselling Psychology) Convention in Toronto, changes on the Executive, our Section newsletter, some student initiatives, the Counselling Psychology Summit, and more!

I hope that you have the time to peruse this issue of Kaleidoscope, as it has updates on many of our efforts.

In summary, we have been working diligently to spread the word about our Section and increase our membership. To that end, **we need your help**, talking about your membership in the Section and forwarding along the newsletter to friends and colleagues who may be interested in Counselling Psychology. Relatedly, in this issue we are kicking off an internship series, where we will feature current interns, training directors, supervisors – focusing on their roles and experiences throughout the internship process. I am grateful to Tyla Charbonneau for starting us off! She is currently a resident at the Student Wellness and

Counselling Centre at Memorial University of Newfoundland. A warm thanks also to Dr. Michael Doyle who has added additional detail about what this site has to offer.

We have also been planning the next Convention, adjudicating proposal submitted through the Section and revamping our awards criteria. This year, we will have 10 hours of programming for the Section, which will include workshops and symposia. In addition, we will have many round-tables conversations and posters presentations.



CHAIR UPDATE, continued

And, we have an amazing CPA Section Featured Speaker lined up – **Dr. Suzanne Stewart**. I do hope that you will be attending! A big thank you to Carlton and Lara for their hard work preparing the Convention. Please check out each of their newsletter entries for more details.

Similarly, José and Theresa have been working on tasks related to their positions on the Executive. José has created another balanced budget for the Section for the upcoming fiscal year. Theresa has been working on a number of student initiatives, including the dissemination of a workshop on Canadian Counselling Psychology as well as a social event to occur at the CPA Convention in June. A warm thank you to them as well for all of their positive energy and new ideas. Again, more information can be found in their respective newsletter entries.

In June, we will be electing three new Executive Committee members, including a Chair-Elect and two Members-at-Large (Awards and Review Coordinator).

Any chance you or someone you know may be interested?

Involvement with the Section in this capacity certainly represents a time commitment, but by the same token, it is a great way to connect with energetic Counselling Psychology peers across the country. It is also an opportunity to be part of creating and developing the future of the field – both in Canada and internationally. With the International Congress of Applied Psychology (ICAP) coming to Montreal next year, participation in the Section is sure to be exciting. Any inquiry or interest can be pass along to me...

Probably the most excited effort that we have been working on is the upcoming Counselling Psychology Summit! We are working hard to host this event in Montreal in June 2018, right before ICAP. In our newsletter column dedicated to the Summit, two of the members of the Organizing Committee (Kaori Wada and Taylor Schembri) have introduced themselves and provided you with brief updates on our plans. We would love to hear your input! So, please feel free to send along your thoughts and ideas directly to José or myself. As Co-Chairs of the Summit, we will certainly share any information we receive with the larger Organizing Committee. Also, Rob (who is also part of the Organizing Committee), José, and myself will be hosting a round-table conversation on the planning of the Summit at the CPA Convention in June. We do hope to chat with you then or at any other point during the Convention.

We will have another issue of Kaleidoscope for you in the spring at which point we will highlight the upcoming CPA Convention in more depth and continue with our internship series. If you have any ideas for the newsletter or would like to write-up a brief article yourself, please do not hesitate to get in touch with me.

Until then, I wish you a great second half of your semester!

Warmly, Anusha

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Executive Updates

Rob Bedi PAST CHAIR

As past Chair, I've been busy guiding and assisting Dr. Anusha Kassan at her request, as well taking some leadership on a new membership drive.

In response to a notable decrease in Section membership, we have decided to approach all master's programs in counselling psychology or related fields and send them a copy of our latest newsletter to distribute to their students.

Approximately, 30 program were contacted. In addition to educating them about our Section and what it can offer them, the issue contained information about membership.

We now plan to contact counselling centres across Canada and do the same as well as get in particular touch with programs located near the next CPA convention in Toronto inviting them to attend.

Please make sure to renew your membership this year and opt-in to communications from the Section (on your membership page).

Best wishes and thanks,
Rob

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Executive Updates

Theresa Jubenville

STUDENT REPRESENTATIVE



Hello Everyone!

It is hard to believe that we are well into the new year. Over the past couple months, I have been working with the Executive to finalize a presentation designed to bring awareness to the field of counselling psychology. This presentation is intended to inform prospective graduate students about the training received and possible career paths available in the discipline of counselling psychology. (A detailed description of this presentation can be found in the December 2016 issue of Kaleidoscope). As an Executive, we are eager to share this presentation with prospective graduate students across the country. Currently, we are considering possible venues to disseminate this work, and welcome student input on how we might do this.

Additionally, I have been working with the Executive to promote the Counselling Psychology Section of the CPA. As the student representative, I have been in contact with CPA student and campus representatives from across the country, sharing information about our section and the advantages of becoming a member. If you would like to help us in promoting our section, please connect with me.

Before we know it, spring will be here and so will the annual CPA convention in Toronto. I look forward to seeing many of you there and learning about the various projects and research initiatives that our student members are engaged in. Additionally, I am excited to connect with student members on issues that are important to students studying in the field of counselling psychology. With the convention on my mind, perhaps now is a good time to think about organizing a counselling psychology student social gathering at the convention. If you would like to share your ideas or help in the planning of a student social gathering, please connect with me via email. As always, stay tuned to our Student Facebook page for important updates.

Stay warm this winter!

Best wishes,
Theresa Jubenville

Executive Updates

Well, after the blizzard-filled winter here in Fredericton, NB, this year, I am definitely looking forward to Spring and the return of warm weather. And also looking forward to meeting up with friends and colleagues at this year's CPA conference in Toronto

In terms of the work of the Secretary-Treasurer, as Anusha mentioned in her report from the Chair, we have experienced a declining membership in the section this year, which is a concern because our primary source of revenue for the Section is membership fees.

Nonetheless, we continue to be in decent financial shape. Last month we submitted to CPA Head Office a proposed balanced budget for 2017. This will be presented for approval at the Section's Annual Meeting in June. This budget includes \$5000 set aside for a Section special event that we hope to arrange for 2018 or 2019.

On a separate issue, the Section Executive is in the middle of revising the content of the Section's Terms of Reference to reflect the current activities that we are engaged in, and to clean up some inconsistencies in language and formatting. This somewhat tedious but nonetheless important work is progressing well. We hope to send the proposed revisions out for the membership to review sometime in the Spring, and then to present the revised Terms of Reference for approval at the Section's Annual Meeting.



**JOSÉ
DOMENE**

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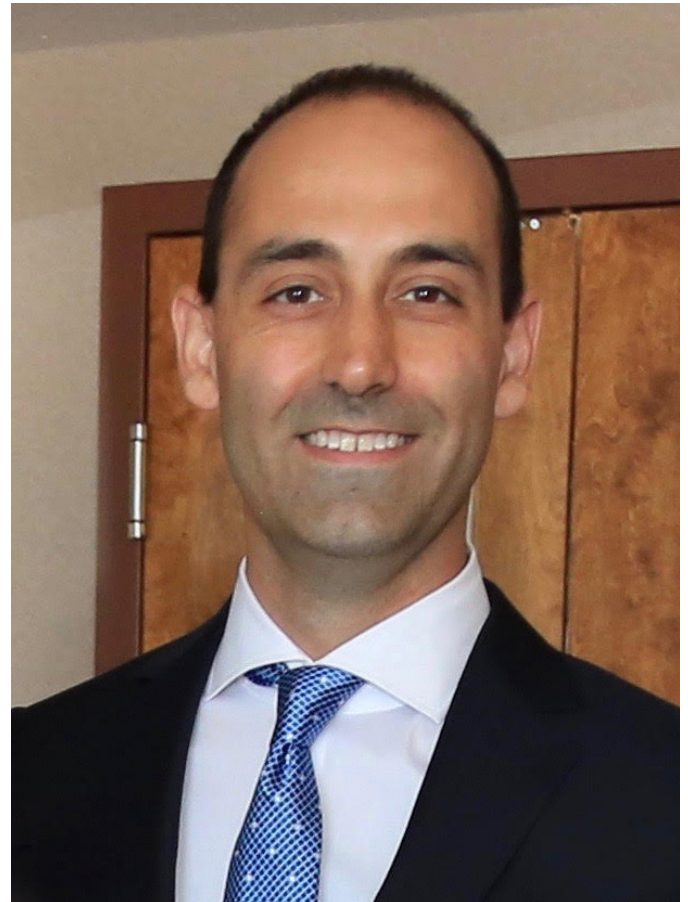
**SECRETARY-
TREASURER**

Executive Updates

Hello everyone,

It's been a busy few months coordinating submissions and reviews for the 2017 Convention in Toronto. This year we received approximately 70 submissions to our Section, with over 85% of them accepted for presentation at the Convention. This speaks to the general high quality of posters, workshops, symposia, and discussions that our section received. As with prior years, most declined submissions were short on specifics or were about research that had not yet been completed. However, accepted submissions reflect the diversity and distinctiveness of work counselling psychologists undertake, including submissions on LGBTQ issues, social justice, career counselling, refugee and cultural awareness, and counselling theory, process, and outcome. I'd like to personally thank each of the following reviewers for volunteering their time and expertise to convention submission reviews this year: Dr. Sharon Cairns, Dr. Mary-Ann Saltstone, Dr. José Domene, Dr. Derrick Klaassen, Dr. Frances Owen, Mr. Antoine Quenneville, Dr. K. Jessica Van Vliet, Dr. Tom Strong, Dr. Lisa Moores, Dr. Janet Clewes, Dr. Lara Hiseler, Dr. Colleen Haney, and Dr. Jennifer Nicol. My work with the Executive would not be possible without their contribution.

Carlton



**CARLTON
DUFF**

carltonduff@gmail.com

**Convention
Coordinator**

Executive Updates

LARA HISELER

larahiseler@gmail.com

Awards Coordinator



Happy Winter members!

As Awards Coordinator, my update this newsletter is that we are now unveiling the changes to the poster award criteria. Please also see the other awards criteria and consider applying or nominating someone for one of these awards. Hope to see members out at the convention in Toronto!

Counselling Psychology Distinguished Member Award 2017

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).

Student Awards Best Master's Thesis & Best Doctoral Dissertation

The Best Master's Thesis and Doctoral Dissertation awards are given annually for one master's 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. A 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.

The nominator should submit the student's 10 page summary and nomination letter to the Awards Coordinator, Dr. Lara Hiseler (larahiseler@gmail.com) by May 15, 2017.

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Evaluation rubric:

1. Contribution to knowledge and understanding in counselling psychology
2. Originality
3. 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.
4. Quality of the writing

Both of these written 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.

Please Note: A student's research can only be nominated once for each award.

CPA Convention Poster Awards

Due to the growing number of high quality student posters we have each year, we have made changes to the poster adjudication process. Two poster awards are given for high quality research projects, conducted by students, that have been accepted to the counselling psychology poster session at the annual CPA convention. Normally these awards are given to one masters and one doctoral student; however, the primary criteria is a poster demonstrated exceptional work and intellectual involvement by a student, so undergraduate work will also be considered.

The following are the new criteria for eligibility for the poster awards:

1. Student is first author of the poster.
2. The research is the student's undergraduate thesis, master's thesis, doctoral dissertation, or other research project that has been completed. This research can be empirical or conceptual in nature.
3. Student written expression of interest, including what their role was in conducting the research.
4. Nomination letter, from a supervisor or professor who is familiar with the research being presented.

5. The student expression of interest and nomination letter are to be emailed to the Awards Coordinator, larahiseler@gmail.com by April 1, 2017.

6. By May 15, 2017, applicants are required to email a pdf copy of their poster to larahiseler@gmail.com, for adjudication prior to the convention on the written component of the poster. If the pdf is not received by this deadline, it is an indication the student has decided to withdraw from the poster evaluation competition. Two separate reviewers will then review the poster on the following criteria: (a) Contribution to knowledge and understanding in counselling psychology, (b) Quality of the research, (c) Quality of the writing, (d) Visual appeal and organization of the poster

7. The top five posters, with the highest averaged ratings, for each award will be emailed to inform they have been shortlisted.

8. Shortlisted applicants are to be next to their posters during the scheduled poster session of the convention. Two different reviewers will then visit the student and adjudicate for the oral presentation component of the award. Reviewers will be looking for the student's ability to engage on their poster content and answer questions about the work. If the person explaining the poster is not the first author or is away from the poster when a reviewer visits, it is an indication the student has decided to withdraw from the poster evaluation competition.

9. Oral presentation scores will then be added to the written presentation scores for a final score determination. Those with the highest scores will be given the awards. The awards will be presented during the counselling psychology reception of the convention, so students are encouraged to attend. The winners will be given the opportunity to have an abstract of their work included in the next issue of the counselling psychology newsletter, Kaleidoscope.

For details on the awards and the nomination process, please visit: www.cpa.ca/aboutcpa/cpasections/counsellingpsychology/Awards

Please send all nominations to

larahiseler@gmail.com

DEADLINE
May 15, 2017

THANK YOU and BEST WISHES!

INTERNSHIP PROFILE

Welcome to our new series profiling Counselling Psychology pre-doctoral internship sites from across Canada. We hope to provide interesting perspectives and information about these internship opportunities from the perspective of interns and also supervisors, faculty or staff working at those sites. This edition of Kaleidoscope is pleased to feature:

STUDENT COUNSELLING & WELLNESS CENTRE CPA-Accredited Doctoral Professional Psychology Residency Programme @ MEMORIAL UNIVERSITY OF NEWFOUNDLAND

INTERN'S PERSPECTIVE

Provided by: **TYLA CHARBONNEAU**
University of Calgary



1) What do you think makes this internship program unique or special?

There are two aspects of the residency at Memorial that make it unique: Working within a stepped care model moving towards primary care psychology and my minor rotation within the Faculty of Medicine's Centre for Collaborative Health Professional Education. Firstly, Dr. Peter Cornish, one of my primary supervisors and the director of the centre, created a model to address the growing needs of students accessing the counselling and wellness centre. In this model all faculty and residents provide coverage for walk in hours once a week. Students are seen as soon as possible for cri-

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INTERNSHIP

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sis intervention or intake sessions. During a walk in appointment the student and I work together to develop a plan to meet his/her current needs. This plan may involve self-help resources, other resources within the university community (such as reaching out to peer support or residence support), interactive online resources, group therapy, individual therapy, specialized services (such as assessment, or medical), and hospitalization in crisis situations. The stepped care model has greatly expanded my thinking about the logistics of therapy and how to meet the needs of clients in creative ways.

Secondly, Memorial offers interprofessional education workshops to all students in healthcare professions including psychology students. Several times a year students in psychology, medicine, nursing, social work, human kinetics, and pharmacy work together in teams in order to learn the importance of teamwork and interprofessional education through workshops and projects. I facilitate these workshops with students, as well as workshops within the regional health authority for current teams looking to expand their current interprofessional knowledge. I also co-facilitate the supervision of family practice medical residents as they learn interpersonal and counselling skills.

2) What does a typical day look like for you?

My day usually starts with our assistant training director Dr. Michael Doyle stopping by my office to say good morning, chat about the weather (an integral aspect of Newfoundland culture), and to ask how I am doing. There are two other residents at my site and we are also in the habit of checking-in with each other daily. This morning routine is then followed by a variety of activities. For example, I may have counselling sessions with individuals, couples, or groups. In the fall I conducted a career seminar and currently we are conducting cognitive assessments for learning disabilities and ADHD.

In addition to individual supervision we attend seminars, group supervision, and supervision of supervision weekly as well. Two days a week I supervise a doctoral student as she completes a

first year practicum at the centre. Intermixed into these activities are interprofessional education activities previously mentioned, and opportunities to develop and conduct outreach activities on campus and in the community.

Finally, Fridays begin with 'treats' a time set aside for all staff at the centre to socialize and connect as a team. This is followed by staff meetings, case conferences, and research in the afternoon.

3) How have you found the role of the intern at your site?

Busy!!!! The same aspects that make Memorial unique also make our schedules fairly busy. I enjoy having full days so it works well for me. The faculty at the centre work hard to create an environment where I feel supported and autonomous at the same time. I am aware of the competencies I need to meet and given the freedom to make my schedule fit within these requirements. My role here is greatly impacted by my relationship with the other residents. We are there for each other in a way that allows us to talk freely about how we are doing, provide laughter and support as needed, and create social experiences outside of the centre as well.

4) What type of training/experience do you receive in the area of multicultural counselling, diversity, and social justice?

Memorial University welcomes over 2300 students from over 100 countries to its campus each year. Fourteen percent of this population access the counselling centre, which means that not only do we have direct contact with individuals from around the world through our walk-in services and individual sessions, we also have seminars dedicated to multiculturalism and diversity. Furthermore, we consult regularly as a team to discuss the ongoing needs for advocacy and understanding on campus for not only multicultural students but also for the LGBTQ community. In supervising the doctoral students, I also have discussed social justice through the exploration of postmodern therapies.

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INTERNSHIP

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5) What has it been like to relocate to pursue your training?

This residency is 6500km from my home. When I applied to APPIC I knew I wanted an adventure! I figured if I had to move away from my home then I wanted to go somewhere that I would not otherwise live. Living in Newfoundland has certainly met that goal! I am really enjoying exploring the East Coast Trail, watching the ocean waves and meeting the people of St. John's. I look forward to whale watching and chasing icebergs this summer as I explore as much of this province as I can. I have joked with others in my cohort from home that I am going to write a book called, "There is life outside the clinic: Go see it!" as a guide for future interns.

I am also lucky that my husband arranged a leave of absence from his job to accompany me. It is my understanding that this is not the norm and I am grateful to have him with me here. There are days when I miss home, a lot. Facetime and my favourite radio station from home playing on the internet helps on these days.

6) What has been the highlight of your training thus far?

Exposure to interprofessional education within health care has impacted me greatly. Prior to this residency I was not aware of interprofessional education in health care despite my ongoing awareness that it was needed, especially within mental health. This year the university medical clinic and counselling centre will be merging. As part of my minor rotation I am developing a needs assessment focused on teamwork and client-centred care from a primary care position. This opportunity will allow me to continue to explore how health care professionals can work together to meet the needs of our clients. This is especially important at this centre as I have noticed a high need for mental health resources and limited access to services. Individuals can wait up to two years to receive therapy from the regional health authority. This means that students can access help from us much quicker than the community. It also means that I see people with complex issues on a regular basis.

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INTERNSHIP

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7) What are your intended next steps for your career following internship?

I am looking forward to my ten-year academic adventure as a student drawing to a close in September. I am exploring my options in terms of teaching, working within a health authority in Alberta or British Columbia, and setting up my dream of a private property to create outdoor walking trails for clients to integrate nature, exercise, and therapy into safe and private spaces. I would also be interested in continuing to explore interprofessional education by advocating for psychology to be included in programs currently offered by health care programs at universities that do not currently do so.

SITE PERSPECTIVE

Provided by:
DR. MICHAEL DOYLE

1. Who are you and what is your role in training residents in the Doctoral Professional Psychology Residency Program at Memorial University?

My name is Michael Doyle and I am a proud Newfoundlander. After returning home in 1983 following the completion of my EdD in Counselling Psychology from the Ontario Institute for Studies in Education (OISE), University of Toronto, I worked in the mental health system before starting at the Memorial Counselling Centre (now the Student Wellness



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and Counselling Centre (SWCC) in 1988. I am an Associate Professor and Associate Training Director of our Doctoral Professional Psychology Residency Programme. My main responsibility involves maintaining the vast array of administrative functions contained within the Residency to ensure a smooth residency for our residents and to maintain compliance with the CPA Accreditation Standards and Procedures for Doctoral Programmes and Internships in Professional Psychology (5th revision, 2011). This includes everything from:

- the preparation of public relations documents for the APPIC Membership Directory and Programme Webpage in anticipation of receiving applicants for residency;
- coordinating the National Match process, interview preparations and booking schedules, and maintaining contact with applicants;

- coordinating with the successful applicants as needed to aim for stress-free arrival and Memorial University processing in St. John's;
- serving as Master of Ceremonies for Resident Orientation;
- the preparation and filing of annual reports for CPA, including all Tables, Public Disclosure Table, and conduct "SurveyMonkey" to survey former residents;
- Maintain regular contact with the CPA Accreditation Office;
- coordinating the Self-Study for Re-accreditation applications;
- coordinating the maintenance of the training seminar schedule, Training Manual, Training Brochure, Exit and Supervision evaluation documents;
- facilitating the Training Committee meetings, recording and circulating proceedings of those meetings;
- Prepare and offer Training Seminars on Outreach and Consultation, Academic Skills Counselling, and Professional Regulation.

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INTERNSHIP

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2. What kinds of experiences can counselling psychology doctoral students expect to obtain, if they were to take part in your residency program?

Doctoral students can expect a comprehensive residency experience and an opportunity to gain competencies in a variety of areas relevant to professional psychology. These include, individual Personal and Career counselling, Group counselling, Clinical supervision, Research supervision, Outreach consultation, and Psychological assessment. Residents are considered as junior colleagues engaged in a transition year between being a student and an emerging professional. Residents take part in all aspects of the SWCC functions including weekly Walk-In Clinic coverage and an opportunity to represent other residents on the Residency Training Committee.



3. What qualities, education, and/or experiences are you looking for when you are evaluating applicants to your residency program?

Here are the selection criteria for doctoral residency applicants that we consider when processing applicant credentials:

A. Values

1. Independent thinker
2. Self-directed and can articulate their own needs
3. Spirit of adventure
4. Comfort with multidisciplinary approach
5. Mature, have world experience and breadth of perspective
6. Bright, engaged, critical thinkers
7. Sense of vocation and passion for professional work
8. Curious about the practice and theory of counselling
9. Interest in university-age population

B. Academic criteria

10. Solid foundation in counselling and psychotherapy (individual and group), career, assessment
11. CPA/APA approved doctoral programme preferred
12. Course work completed
13. Comprehensive exams passed
14. Dissertation proposal approved and data collected
15. Practica hours (minimum 600 practicum hours – most have +1000 before residency)
16. Experience in doing assessments

C. Exclusion criteria

17. Lack of direction and/ engagement with work

4. Your program is accredited by the CPA. From your perspective someone who is involved in the training of psychologists, why should students complete their pre-doctoral internship/residency at a CPA-accredited site?

Compliance with CPA re/accreditation standards guarantees continuing adherence to the highest standards of professional training. The submission of annual reports plus the self-reflection contained within the reaccreditation process enshrines the opportunity to reflect upon current practices to regularly inform the training experience. This includes regular evaluations of the programme from past and current residents, an integral component of our self-examination. The act of engaging in structured self-reflection affords the opportunity for training faculty to ask, “how do we do what we say we do?” Residents benefit from this process of ensuring that training is based on the highest standards of our profession and remains contemporary.

For more information, please contact:

Michael Doyle, EdD
Registered Psychologist (NL)
Associate Professor and
Associate Training Director
Student Wellness & Counselling Centre
Memorial University of Newfoundland
709.864.3488
msdoyle@mun.ca

SUMMIT PLANNING - UPDATE

My name is Taylor Schembri and I am a third-year Master's of Science student at the University of Calgary. I am also the student representative for the CPA counselling psychology section summit. I am pleased to announce that the summit planning is underway and that we are currently figuring out ways in which students can participate. We are looking for student members to join some of our summit subcommittees (e.g., entertainment, funding). If you are interested, please contact our Chair, Dr. Anusha Kassan (anusha.kassan@ucalgary.ca). Once all of the subcommittees are filled, we will be well on our way to planning the summit! We look forward to seeing you all in 2018 =D



SUMMIT PLANNING - UPDATE

Hello! My name is Kaori Wada, and I was a senior doctoral student at McGill when my supervisor, Dr. Ada Sinacore, chaired the Inaugural Canadian Counselling Psychology Conference in 2010. It was an exciting moment, one of the highlights of my doctoral training indeed, that cemented and celebrated my identity as a counselling psychologist. Fast-forward. I am now Assistant Professor at the University of Calgary, and am delighted to be part of the team to plan and organize the second Canadian Counselling Psychology event. I hope that this event will be a pivotal moment that further advance our profession in Canada.

Kaori Wada, Ph.D.
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an event you won't want to miss



COUNSELLING PSYCHOLOGY
SUMMIT 2018
JUNE @MONTREAL, QC

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PRACTITIONER SETTINGS



This article is the first in a series of pieces which feature the work of Canadian Counselling Psychologists. We know that our activities are diverse, our spaces are unique and so much of our practice happens behind closed doors. We hope that this series will spark both curiosity and inspiration, and we would like to thank Dr. Lara Hiseler for starting us off! If you (or someone you know) would like to contribute to this series, please contact our Editor at jbmiller@mtroyal.ca

Dr. Lara Hiseler

1) In which settings do you work?

I am a licensed psychologist in Ontario. I work part-time in private practice in Peterborough, and part-time for the Ministry of Community Safety and Correctional Services, in a provincial medium/maximum correctional setting located in the town of Lindsay.

2) Tell us about what a typical day is like for you in each setting?

My two practice settings vary widely in the scope of practice of my activities as a psychologist. This is the main reason I work in both the public and private sectors; I like a diversity of activities in my practice. Keeps a broad range of clinical skills sharp and me on my toes! In private practice, I see folks for psychotherapy and psychological assessment. For psychotherapy, I see adults for a wide variety of presenting concerns, such as mood and anxiety disorders, substance use, anger, trauma, relationship/interpersonal difficulties, psychosis, stress management, adjustment related disorders, and loss/grief. I conduct diagnostic, psychoeducational, cognitive, and personalty assessments. I also see forensic clients in my practice practice, but they are in a different stage of the legal system than incarceration. I see adults on probation/

parole, for both court-mandated and voluntary treatment, as well as I am hired by lawyers for expert testimony reports during the pre-sentencing process. I'm typically helping the court better understand the intersection of the person's mental health and offending behavior(s).

In the institutional setting, my work is typically crisis intervention and risk assessment. I help with the care planning and treatment of individuals demonstrating suicidal and self-harm behaviors and answer referrals to the psychology department. I take part in daily rounds of the segregation population and ensure their mental health needs are being properly looked after. I provide education and support to correctional officers on how best to work with offenders with mental health concerns. I also conduct risk assessments for the Ontario Parole Board, for non-violent, violent, and sexual offenders.

FEATURE ARTICLE - PRACTITIONER SERIES - CONTINUED

3) How do you see your professional identity intersecting with your work?

I completed my doctorate in counselling psychology at the University of Alberta and did my pre-doctoral and post-doctoral training in clinical and forensic psychology working with adults found Not Criminally Responsible Due to Mental Disorder. I find these training experiences have given me good breadth and depth in counselling, clinical, and forensic psychology and have shaped how I see myself as a psychologist. I spend a lot of my time, in both sectors, educating clients and colleagues about what a psychologist is and what the scope our scope of practice includes and does not include. This includes understanding differences among psychotherapists, psychologists, psychiatrists, as well as more finite differences among counselling, clinical, and forensic psychology competencies. I have always felt that my professional identity is similar to my personal identity, particularly in my desire to advocate for justice and fight systemic oppres-



sion in its many forms. I advocate for the mental health needs of my clients not only at the level of the person, but also on systemic and policy levels.

4) What advice do you have for counselling psychology practitioners and students who are interested in combining private practice with working in a government setting?

Working in both sectors is very helpful to understanding the nuances of the many factors involved in the delivery of psychological care. You become informed of the challenges each system faces regarding access and affordability of psychologists and for clients involved in the criminal justice system, the need for psychologists is wholly necessary and paramount. On a practical level, combining work in both sectors involves clear boundaries

between the settings, and if you work in a small town doing specialized work, this would also include ethically navigating for potential dual relationships.

For students, I recommend completing practica in a wide variety of practice areas; don't judge it up front until you've tried it.

The more you learn about how to practice as a psychologist in multiple settings, the more comprehensive your skillset and expertise becomes.

For more information, you can contact me at

<http://www.telkasmith.com/practitioners/dr-lara-hiseler/>
or follow my professional account on Twitter
@DrLaraHiseler



Telka • Smith
Practice in Psychology

WEBMASTER UPDATE

Melanie Fuller

melanie.fuller@gcap.ca



As the webmaster, Melanie works with the executive committee and edits the sites' pages on a monthly basis to provide access to relevant, up-to-date information including articles, business minutes, and section newsletters. In addition to her duties as webmaster, for the CPA Counselling Psychology section, Melanie will also be working with the CPA as a student/ campus representative for Athabasca University (AU), while taking a seat on the student planning committee for the Counselling Psychology summit in 2018.

She is also a freelance writer for her AU University Newspaper, The Voice and incorporates material from her studies in Counselling Psychology to critique elements of pop-culture. Melanie is currently a second-year master's student in Counselling Psychology at AU pursuing a thesis evaluating a program called New Ways for Families, tailored for families with children experiencing high-conflict divorce.

If you have any ideas for our website, or if you'd like to give feedback, please contact Melanie at melanie.fuller@gcap.ca

How To Find Us On **FACEBOOK**

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JOIN THE EXECUTIVE 2017/18

Our CPA Counselling Section has several Executive positions coming up for elections. Nominations (including self-nominations, which are the norm) are preferred by May 15, 2017 but are welcome up until the start of Section's Annual Business Meeting at the CPA conference.

Elections will take place at the annual business meeting but attendance at the meeting is not required for nominees.

Nominees are requested to e-mail a brief biography and nominee statement (what position they are running for and why they wish to serve in this position) to the Chair (anusha.kassan@ucalgary.ca).

Please direct all questions about these positions to the Chair as well.

CHAIR ELECT:

The Chair-Elect is available to carry out duties assigned by the Chair or requested by the Executive Committee or the general membership. In the absence of the Chair will preside at meetings.

In the event that the Chair is vacated, the Chair-Elect shall assume the full functions of the Chair.

REVIEW COORDINATOR:

The Member-At-Large (Review Coordinator) shall coordinate the review process for proposals submitted to CPA for the Section. This will include maintaining a list of proposal reviewers, instructing reviewers on the review process, and communicating the results of the review process to CPA within the required time frame. In addition, this individual shall perform such other duties as may be assigned by the Chair and the Executive Committee. It is a 2 year term.

STUDENT AWARDS:

The Member-At-Large (Student Awards) shall coordinate the review process for all student awards. This will include maintaining a list of thesis and dissertation reviewers, instructing reviewers on the review process, and coordinating adjudication of the poster awards. In addition, this individual shall perform such other duties as may be assigned by the Chair and the Executive Committee. It is a two year term.

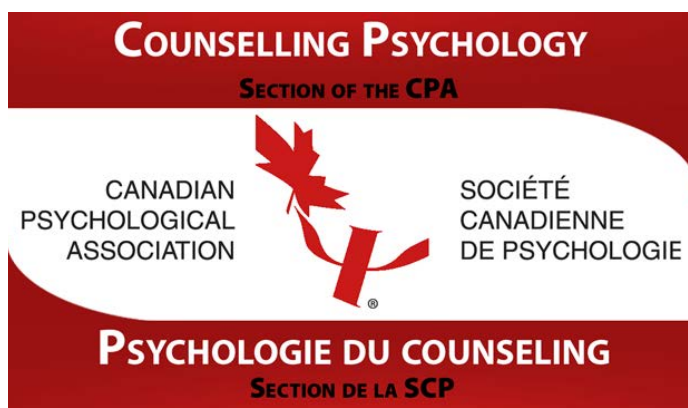


FROM THE EDITOR

Throughout this issue there is a theme of community. You'll see it in our work around hosting another Summit on Canadian Counselling Psychology, in our call for nominations for awards and executive positions, in the discussion of our collective membership and in our reflections about internships. We need more expression, more connection and more sharing of who we are, what we stand for, what we're building and where we'd like to share our collective influence. We invite you to reflect on your career, and your communities, as you pursue this issue of Kaleidoscope. Please share it with a colleague and let us know what else we can do to draw you further in to your professional neighbours.

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Editor - Kaleidoscope
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www.cpacounselling.wordpress.com



2017 - Issue 1
CPA Counselling Psychology Section
Newsletter submissions: jbmiller@mtroyal.ca
February 2017

KALEIDOSCOPE

Newsletter of the Counselling Psychology Section
Canadian Psychological Association



Questions, Comments, Suggestions or Feedback?

Please contact us:

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