

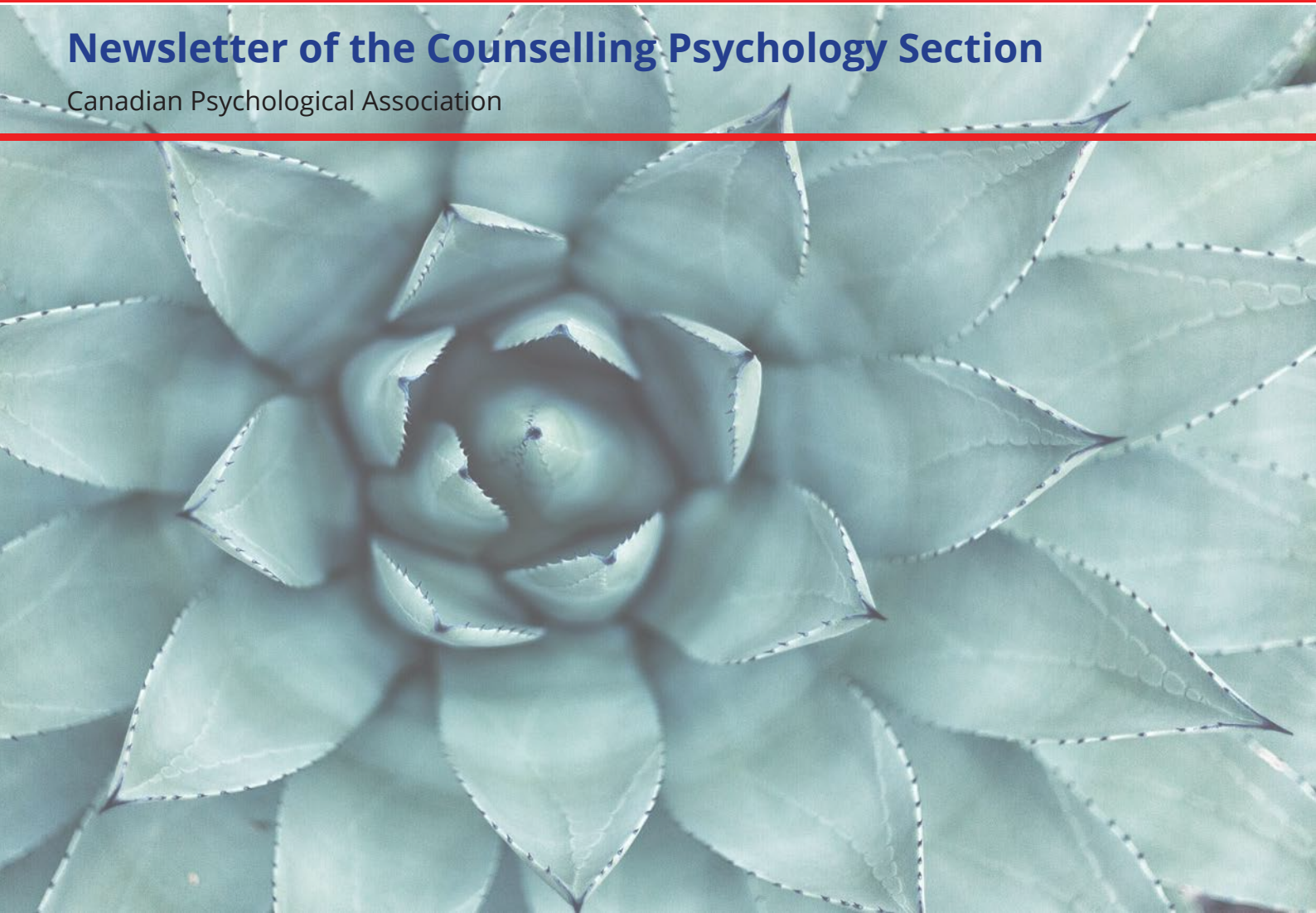
October 2016

Issue no-3

Kaleidoscope

Newsletter of the Counselling Psychology Section

Canadian Psychological Association



WHAT YOU'LL FIND IN THIS ISSUE

- 2 - Chair's Editorial, Anusha Kassar
- 4 - Past Chair update, Rob Bedi
- 5 - Student Representative Update, Theresa Jubenville
- 6 - Awards Update - Lara Hiseler
- 7 - Treasurer/Secretary Update José Domene
- 8 - Reimagining Canadian Counselling Psychology - Roy Moodley
- 11 - Apps for That
- 12 - Award Winner: Masters Thesis
- 13 - Award Winner: Masters Poster
- 14 - Award Winner: Doctoral Poster
- 15 - What are you reading?
- 16 - Webmaster Melanie Fuller
- 17 - Conference Coordinator Carlton Duff
- 18 - The Benefits of Membership
- 19 - 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 growing community.

Anusha Kassan



CHAIR'S EDITORIAL

I would like to take a moment to thank everyone who is (or has recently been) part of our Executive. First, a big thank you to our current Executive members – Dr. Rob Bedi, who will continue to mentor me in his role as Past-Chair, and Drs. Lara Hiseler and Carlton Duff, who will maintain a strong overview of award nominations as well as convention programming, respectively, as Members-at-Large.

I would also like to extend a warm welcome to our incoming Executive members – Dr. José Domene, who has a great deal of experience of the Executive already (particularly as a Past-Chair) and will now be taking on the role of Secretary-Treasurer, and Theresa Jubenville, who will bring new ideas to the Student Representative role. I would like to thank our outgoing Executive members – Dr. Sharon Cairns, who diligently organized our finances (among other things) as Secretary-Treasurer, as well as Julie Cohen, who did an incredible amount of work with our members as the Student Representative. It was lovely working with you both, and I really appreciate all the time and energy that you put into creating a dynamic and passionate Executive. Last but not least, I would like to thank Dr. Janet Miller for so fervently working on our newsletters and blog, and Melanie Fuller for taking over duties related to our website – it's nice to have so much creativity among the Executive!

While I am extending gratitude, I would like to say how nice it was to see many of you at the CPA Convention in Victoria, BC. It was great to connect with colleagues, students, practitioners, and develop new relationships as well. The convention was quaint, but energizing! I know that many of us were moved by

Hello everyone!

I am thrilled to be writing my first newsletter entry as the Chair of the Section on Counselling Psychology :) Thinking on what we can accomplish within the next two years is very exciting, both in terms of allowing the Section to continue to grown and evolve as well as the possibility of building bridges with various communities within the field of psychology and beyond. In this newsletter entry, I would like to extend some gratitude to our Executive; share some reflections on the last CPA Convention in Victoria; discuss the issue of membership within the Section on Counselling Psychology; provide some updates on the work that the Executive is currently doing and will be undertaking over the next couple of years; and share some of the special initiatives that I would like to lead in collaboration with the Executive and Section members.

the wonderful and thoughtful keynote address that Dr. Roy Moodley presented. If you missed it, you can access the PowerPoint presentation on the Section's website: <http://www.cpa.ca/aboutcpa/cpasections/counsellingpsychology/conferencekeynoteaddresses>.

While the presentation slides certainly cannot replicate Dr. Moodley's smooth and mesmerizing keynote address, they may lead you to "Reimagine Canadian Counselling Psychology" by reflecting on the some of the factors that are often ignored or forgotten within our profession.

As we discussed at the AMG in Victoria, the membership of our Section has gone down significantly over the past year or so. While clearly unfortunate, the Executive is addressing the issue head-on! We are implementing a few different strategies to attempts to increase our membership, including, a membership drive across Counselling Psychology programs, increased communication and liaison with training sites, and community outreach to practitioners. We are also hoping that the new projects that we will take on in the next couple of years and the connections that we will continue to form with students and colleagues across Canada will help increase our membership. Please feel free to spread the word within your own circles about the Section on Counselling Psychology and the reasons you have joined. Also, if you have any thoughts or ideas for us about how to better address this issue and increase our membership, we would love to hear from you!

In my two-year tenure as Chair, it is very important to me that I respond to the needs and ideas of our members. As you may know, the Section has been carrying a small surplus in its budget. We conducted a survey of our membership last year, and the large majority of respondents indicated that they would like the additional funds to be used towards another Counselling Psychology Conference or Summit. We are currently discussing this possibility very enthusiastically and hope to have a clearer plan shortly. Please stay tuned!

Simultaneously, there are many additional projects (small and big) that are being developed and carried out among the Executive. Please see everyone's personal updates to learn more about CPA awards, our newsletter, blog, and website, as well as outreach among the student body to promote Canadian Counselling Psychology.

In addition to representing the needs and interests of our members, I remain strongly committed to topics of diversity and social justice in Counselling Psychology. As such, I will continue to work with CPA on the topic of culturally competent care, and collaborate with Section members whenever possible. Moreover, I am dedicated to moving the efforts of our Past-Chairs forward, as they have put a great deal of time and energy into issues of internationalization as well as inviting invigorating keynote speakers to the Conventions.

In closing, I would like to share my appreciation once again for being entrusted with the role of Chair of the Section on Counselling Psychology. It is a responsibility that I take very seriously, and I believe that my vision and passion will allow me to serve the needs of our members, contribute to the ongoing development of the discipline in Canada and abroad, and bring our diverse Counselling Psychology community together. With that said, I wish you all a very nice fall!

- Anusha

anusha.kassan@ucalgary.ca



Past Chair Editorial

Rob Bedi

I am pleased to continue my service on the counselling psychology Executive committee for my 4th year. This year, I am serving at the Past-Chair and will be playing a role mentoring and serving our new Chair (Dr. Anusha Kassan). I will also make sure I tie up any projects and initiatives that I have taken on while Chair. For example, the surveys the Section conducted on its members and student members are now finished and I will be providing a summary in a future newsletter. Parts of the full member survey have been recently published in the *Counselling Psychology Quarterly* earlier in 2016.

I look forward to a wonderful year working with our continuing and new Executive members.
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 Members!

I am honoured to have received the nomination for the position of Student Representative for the Counselling Psychology Section of CPA. I am looking forward to working with the executive and members of the executive over the next two years, continuing to build upon the work of my predecessors and initiating new projects that help advance the profession of counselling psychology.

For those who don't know me, I am a third year PhD student in the Counselling Psychology Program at the University of Calgary. With my course work and candidacy exams behind me, I am currently focusing on my program of research. My research focuses on understanding the unique needs of adults with autism spectrum disorder in psychotherapy. With a social justice lens woven into my research, I hope to promote understanding, knowledge, and access to equitable mental health services for adults with developmental disabilities. I have been involved with CPA for the past few years as a Student Affiliate, presenting at numerous annual conferences, and volunteering as a peer student mentor for the Student Section. Most recently, I served as the CPA Campus Representative for Educational Psychology at the University of Calgary campus. When I'm not busy with my academic responsibilities, I enjoy teaching fitness classes at my local gym, exploring in the Rocky Mountains, and traveling the world with my husband.

This upcoming year is an exciting one with many projects on the horizon. Working in collaboration with the former student representative, Julie Cohen, we created a document that serves to inform undergraduate students about the field of counselling psychology, the specific training one receives in this field, and how counselling overlaps with, and differs from, other psychology streams. This coming year, I will continue to build on this document with the help of the executive, and work to disseminate this knowledge to academic institutions across the country. Additionally, given that I am well immersed in applying for the Pre-Doctoral Internship, the reality of the limited number of placements for psychology students, but especially counselling psychology students, is becoming evident. Over the course of my tenure as the student representative, it is my aim to help advocate for an increased presence of counselling psychology students at accredited internship sites.

I look forward to contributing to the section over the next couple years and invite members, especially student members, to reach out and connect with me about issues that are important to you or questions you might have about the counselling section. You can reach me via email at tmjubenv@ucalgary.ca.

--- Theresa Jubenville

Awards Update

Lara Hiseler, Awards Coordinator

Do you know someone who is deserving of a CPA Award? Someone who's work is outstanding, perhaps someone who is not usually recognized for their fantastic contributions?

It feels wonderful to appreciate excellence, and CPA gives us several opportunities to do just that. Check out the Canadian Psychology Association General Awards!

**DEADLINE:
October 15, 2016.**

Here's what's required for the nomination process - <http://cpa.ca/aboutcpa/cpaawards/nominationprocedures>

Awards available include:

- CPA Gold Medal Award for Distinguished Lifetime Contributions to Canadian Psychology
- CPA John C. Service Member the Year Award
- CPA Donald O. Hebb Award for Distinguished Contributions to Psychology as a Science
- CPA Award for Distinguished Contributions to Education and Training in Psychology
- CPA Award for Distinguished Contributions to Psychology as a Profession
- CPA Award for Distinguished Contributions to the International Advancement of Psychology
- CPA Award for Distinguished Contributions to Public or Community Service
- CPA Distinguished Practitioner Award
- CPA Award for Distinguished Lifetime Service to the Canadian Psychological Association
- CPA Humanitarian Award

And specific descriptions of the awards are available here - <http://cpa.ca/aboutcpa/cpaawards/awardedescriptions>



And last, but certainly not least, please consider nominating one of our members for a **Fellow Award.**

As described by CPA, Fellows shall be Members of the Association who have made a distinguished contribution to the advancement of the science or profession of psychology or who have given exceptional service to their national or provincial associations.

**Fellow nominations
DEADLINE:
November 30, 2016.**

<http://cpa.ca/aboutcpa/cpaawards/nominationprocedures/>

Thanks for taking the time to makes these nominations! Your recognition makes a difference.

DEADLINE FOR NOMINATIONS -- CPA AWARDS

Executive Update



**José
Domene**
jfdomene@unb.ca

Hi everybody!

I just wanted to introduce myself to the membership of the Section. I joined the Counselling Psychology Section Executive in June as the Secretary-Treasurer for the section. Some of you might recognize me from my previous stint on the Exec (I was the Chair of the Section a few years ago), but I know that many of you don't know me that well. I am a Professor and Canada Research Chair in School to Work Transition in the Faculty of Education at the University of New Brunswick, where I teach courses in our Counselling program area. My primary areas of research interest are the social/relational contexts of career development, and the intersection of career development and mental health, with a particular focus on adolescents and emerging adults (i.e., people making the transition from school to work). I am also a licensed psychologist in the Province of New Brunswick and spend one day per week providing pro bono psychological services to students at UNB Counselling Services and supervision for our pre-doctoral interns.

I look forward to working with my colleagues on the Section Exec to advance Counselling Psychology within CPA and beyond, as well as to serve the needs of our members. Although my primary responsibility is to fulfill the duties of Secretary-Treasurer, as with all members of the Exec, I am ready to pitch in and help as needed. I also hope to meet some of you, our members, in person at CPA's next conference, which will be held in Toronto, from June 8-10, 2017.

José

- Students' Facebook Page -

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

Re-imagining Canadian Counselling Psychology: Back to the future of traditional healing practices

My presentation at the Canadian Psychological Association Conference in Victoria, BC explored ways in which Canadian Counselling Psychology could become more relevant to the changing mental health and wellness needs, cultural demographics and the future wellbeing aspirations of Canadian society. We began by asking:

Is Canadian Counselling Psychology made in the USA?

No; Not really, say: Romeo Beatch, Rob Bedi and others in their 2009 report on Counselling Psychology in a Canadian Context. They discussed the various ways in which Canadian counselling psychology is similar to and different from the US model. Canadian Counselling Psychology, they argue maintains, protects and embraces a variety of cultural positions through a strong commitment to social justice, thereby mirroring the broad social fabric of Canadian society.

While Social Justice has now become the corner stone of the Canadian Psychology Programs little however has been discussed as to how this panacea of an idea is actually implemented in the theory, research and practice of counselling psychology.

Indeed, any reimagining could well start by acknowledging the narrow, dominant, Eurocentric,

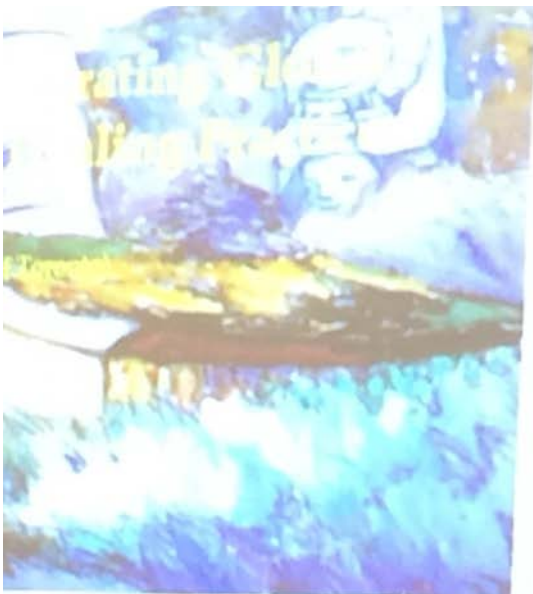
individualistic, and patriarchal discourse of our psychological sciences. And recognise the “Whitening of Knowledge”, and the Whitening of Psychology”.

While attempts have been made through multicultural and diversity counselling and psychotherapy to critique the essentially Eurocentric foundations of counselling psychology programs and practices it nevertheless has largely failed to transform the curriculum and practice of counselling psychology.

Indeed, the multiculturalization of psychology or the psychology of cultural infusion has certainly been a critical moment and movement in the history of psychology. But the flip side of this is that both multiculturalism and diversity are problematic concepts. Multiculturalism has in the popular imagination excludes Aboriginal people from its discourse, in the same way as it excluded white people from its definition. By colouring-in-the-white multiculturalism has become more inclusiveness of European ethnicities.

With its new formulation of Diversity a new turn has occurred to include LGBTQ and People with Disabilities. The Diversity movement has to a large extent been successful in figuring out a positive strategy against discrimination and prejudice, in and out of the clinic room; but at the same time it created a discourse within which humans who

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DR. ROY MOODLEY - KEYNOTE ADDRESS - CPA 2016 VICTORIA BC

identified as members of these groups could themselves be positioned as principle players of their own psychopathology; it created a paradox. It offered the possibility of human rights and freedoms within a group context, while at the same time, it separated, essentialized and minoritized the very subject positions it argued to liberate. In essence a multicultural and diversity counselling psychology too seems to be failing in addressing key social justice issues.

In attempting to reimagine a new Canadian Counselling Psychology it may be critical to connect the social, political, economic and cultural history of the clients of counselling psychology with that of the schema of the deeper recesses of the mind, the unconscious, or the psyche of an individual which is grounded in the history, land, memory, pain of its peoples, indigenous, white, black and other minoritized and racialised communities; since the templating or blue printing of psychic registers and psychological schemas are evolutionary and deeply embedded in that (history, memory and pain) collective memory. Could a reimagined Canadian Counselling Psychology for instance, conceptualise new models of the mind through a different psychic system, that takes into account the images, metaphors, registers of this land, this place and with its own history, memory and pain. Can a reimagined Counselling Psychology build a schematic structure of the mind; a psychic structure that reflects the psychopathology and resilience potential that is uniquely Canadian.

Some of the ways in which we can get to this place is to integrate indigenous and traditional

healing practices. (see: www.sagepub.in/books/Book226254?seriesId=Series434) . The place to start is the Medicine Wheel with its four sacred medicines: sweet grass, tobacco, cedar and sage, represents an interconnection of the circular and continuous journey of life; and the health and wellness of the sweat lodges, the story telling circles, and other traditional healing practices of indigenous communities. (see: <https://www.routledge.com/Indigenous-Cultures-and-Mental-Health>).

Considering the traditional healing practices of other Canadian racialised communities, such as African, Asian, Caribbean (see <https://www.routledge.com/Caribbean-Healing-Traditions>); and South Asian will also provide clinicians with an alternative knowledge system of the mind, body and spirit. Based on Buddhist principles and informed by Taoism the constellations are symbolised through a non-dualistic (or a monistic) register within which the body, mind and spirit are seen as a single whole, and the experience of suffering is to be accommodated as part of one's lived experience –guided by the principal of holism, balance and harmony.

In Asian healing traditions balance and harmony can be understood as a dialectical and interdependent worldview where opposing forces reciprocally influence and transform each other, for example: the Yin and Yang, TCM, Acupuncture, acupressure, Morita Therapy, Naikan therapy, Chinese Taoist Cognitive therapy; the AYUSH (Ayurveda, Yoga, Unani, Siddha, Homeopathy) traditions of India; the African and Caribbean

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DR. ROY MOODLEY - KEYNOTE ADDRESS - CPA 2016 VICTORIA BC

spiritual healing: Voodoo, Shango, and Orisha and the Latin American healing traditions: Santeria, and Curanderismo.

These cultural healing practices have always responded to the changing needs of the people who live in it. For example, to deal with Colonial racism and brutality of slavery, the African slaves in the Caribbean developed Voodoo religion and healing which is still practiced today.

And if the personal is political (to borrow a phrase from second wave feminism), could it be possible if not desirable that as counselling psychologists we engage actively in advocacy practices concerning freedoms and rights, human rights and many more... the bench marks of social justice... After all,

this is what we have said that makes Canadian Counselling Psychology unique.

The feminization of psychology offered us a critical vocabulary for interrogating the Law of the Father – the dominant structures that underpin the relations of power. The feminization of psychology was not just a critique of masculinity and patriarchy, but the creation and evolution of new epistemologies of what it is to be human. Through the feminization of psychology we now know more about trauma, pain and suffering and its potential for debilitating and devastating our clients that goes well beyond gender discrimination. Also, we now know more about resilience, coping, empathy, compassion, and love. The feminist revolution, wave upon wave, has brought us to this point, and now it time for another intervention into Counselling Psychology, and I would like to invite you to colour it in through integrating traditional healing practices.

The Counselling Psychology Section Executive would like to extend our warmest thanks to Dr. Moodley for his contributions and inspiration at the CPA 2016 Convention, and for all of his ongoing work devoted to counselling psychology in Canada.



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 .



Calm

From the moment this app opens it exudes a sense of calm. Take a breathe, and use this app for guided relaxation exercises. It provides options for visual cues and provides some basic training for relaxation.

Head Space

This is another app for relaxation and self-help for stress management. It’s available for androids and iPhones, and aims to help “train the mind” for better relaxation.



Lift

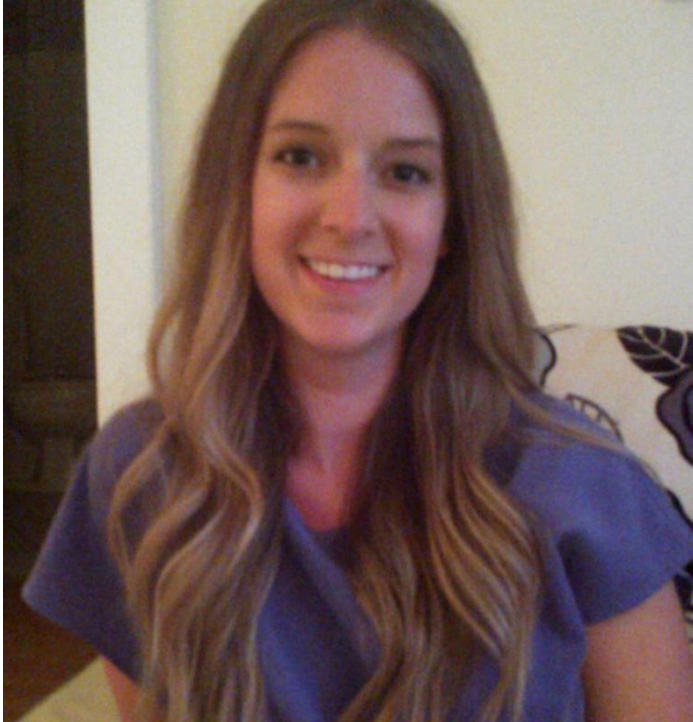
This app aims to increase motivation for specific goals. It supports change by tracking progress, providing checkmarks for accomplishments & celebrating days-on-task.

Habit Streak

Aimed to support the development of good habits, this app aims to support streaks as it records progress towards goals or on-track days as you build in a new behaviour.



Best Masters Thesis Award



Congratulations!

**Chelsea
Arsenault**

**University of
New Brunswick**

Promoting Mental Health: The Experiences of Youth in Residential Care

ABSTRACT

This qualitative study explored the experiences of youth who are living in residential child-care facilities and key influences on their mental health during the transition into adult life. Previous research has shown that youth in care face a particularly high prevalence of mental health related issues, which can impede their transitional success and lead to various poor outcomes. The present research builds on these findings to explore factors that promote and impede the mental health of youth in residential care. Using the Enhanced Critical Incident Technique (ECIT), this study addressed the question: What do youth living in residential child-care centres perceive as helping, hindering, or missing in promoting their mental health as they transition into adult life? Results revealed that factors in the areas of internal processes, interpersonal relationships, and impact of social contexts have the potential to influence the mental health of youth who are living in residential care in unique ways. The implications of these findings for practice are discussed.

SAVE THE DATE !

9th Critical Multicultural & Diversity Counselling and Psychotherapy Conference

OISE <http://cdcp.oise.utoronto.ca>

June 6-7, 2017 OISE, University of Toronto

Best Poster Award - Masters

Occupational Stress and Coping in Community Mental Health Workers

ABSTRACT

Vancouver's (BC) downtown east side features a unique concentration of housing, healthcare, harm reduction, and addictions services for people facing mental health, marginalization, and addictions related challenges. Community Mental Health Workers (CMHWs) provide services and support for the people facing challenges of these type from within their communities. The high stress nature of this occupation combined with the concentration of services present within Vancouver mark it as an area in need of research and support. The aim of this study was to investigate how CMHWs are responding to occupational stress. One hundred and one CMHW's were recruited from three housing, public health, and community service organizations within Vancouver. Measures of self-efficacy, perceived stress, coping style, and burnout were administered. Differences in stress levels across age/experience, and in the pattern of coping between males and females were found. The findings of this study provide an important step towards better support for CMHWs. Future research by the author will of focus on motivations behind and sources of resilience in difficult helping professions. Please send questions/comments to M.Moses.McDaniel@gmail.com.

Congratulations Matthew McDaniel ! University of British Columbia

Occupational Stress and Coping in Community Mental Health Workers
Matthew M. McDaniel, M.A., Colleen Haney, Pd.D.

Abstract
Community Mental Health Workers (CMHWs) support clients facing mental health challenges through work within client communities. This work may be considered a high stress occupation. The aim of the present study is to investigate how CMHWs are responding to occupational stress. One hundred and one CMHWs were recruited from three housing, public health, and community service organizations within Vancouver. Measures of self-efficacy, perceived stress, coping style, and burnout were administered. Both descriptive (i.e., means, standard deviations) and inferential statistics (i.e., ANOVAs) were obtained. Differences in stress levels across age, and in the pattern of coping between males and females were found. The information gathered in this study provides an important step towards providing better support for CMHWs.

Introduction
• Researchers have suggested that attention to those doing community focused mental health work is needed (Sayers et al., 2013; Acker, 2011). Vancouver contains a high concentration of CMHWs, marking the city as an ideal place to study CMHWs.
• CMHW distress is termed **Burnout** and is manifested in three areas: **emotional exhaustion**, cynicism towards interpersonal relationships (**depersonalization**), and a lack of the feeling of **personal accomplishment**.
• Early research on burnout found that as age and experience increase levels of burnout decrease (Maslach & Jackson, 1981). Recent research specific to CMHWs have found a similar relationship between age and burnout (Ray et al., 2013), in the interest of identifying workers that are responding well to stress, this study sought to repeat this finding.
• Gender related findings in CMHWs are limited by a lack of reporting regarding gender differences. Perhaps reflecting a parity between the number of females versus males working in the field, the population sampled in previous studies has often been above 80% female (Travis, Lisano, & Lee, 2015).

Method
• Participants were sent to three target organizations containing information on the purpose and goal of the study, and asking permission to proceed. The researchers visited each worker's work site (27 sites) with survey packets and drop off materials to facilitate survey collection. Completed survey packages were collected weekly for four weeks.

Results
• Mean age = 37.08, SD = 11.60, Minimum = 23, Maximum = 70
• 61.4% Female, 38.6% Male

Age vs. Burnout
• Emotional Exhaustion (EE) decreases with age.
• Depersonalization (DP) increases with age.
• Personal Accomplishment (PA) increases with age.

Conclusion
• Burnout levels decrease with age (as with similar populations). This relationship suggests several suggestions for practice:
• Pairing of younger workers with older in a peer modeling relationship.
• Creation of Masters level counsellor led debriefing groups that mix age/experience levels.
• Training of older workers to lead these groups over time would empower workers to support themselves.
• Results suggest that males may not be using engagement coping strategies in a way that correlates with any other variables.
• Are males less comfortable engaging with and talking about stress at work?
• Research a qualitative study focusing on male use of engagement coping strategies is suggested.
• Practice: framing counselling strategies in language that males are comfortable with in talking about stress may increase engagement.

Differences in Correlations Between Females and Males

	Females	Males
Engagement Coping	-0.36	Non-significant
Perceived Stress	0.47	Non-significant
Engagement	-0.39	Non-significant
Emotional Exhaustion	0.39	Non-significant
Self-Efficacy	-0.45	Non-significant

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Sayers, M. P., Nelson, H. L., Adams, T. F., Coulter, P. A., & Williams, J. B. (2010). Job satisfaction and burnout among fire and emergency medical health workers. *International Archives of Occupational and Environmental Health, 83*(1), 1-10. doi:10.1007/s00420-009-1247-0
Travis, J. L., Lisano, L. A., & Lee, L. M. (2015). The "burnout" epidemic: A qualitative study of stress, burnout and coping strategies among mental health workers. *Journal of Social Work, 15*(2), 101-110. doi:10.1007/s11267-014-0910-0

Best Poster Award - Doctoral



Congratulations!

**Maggie
Brennan**

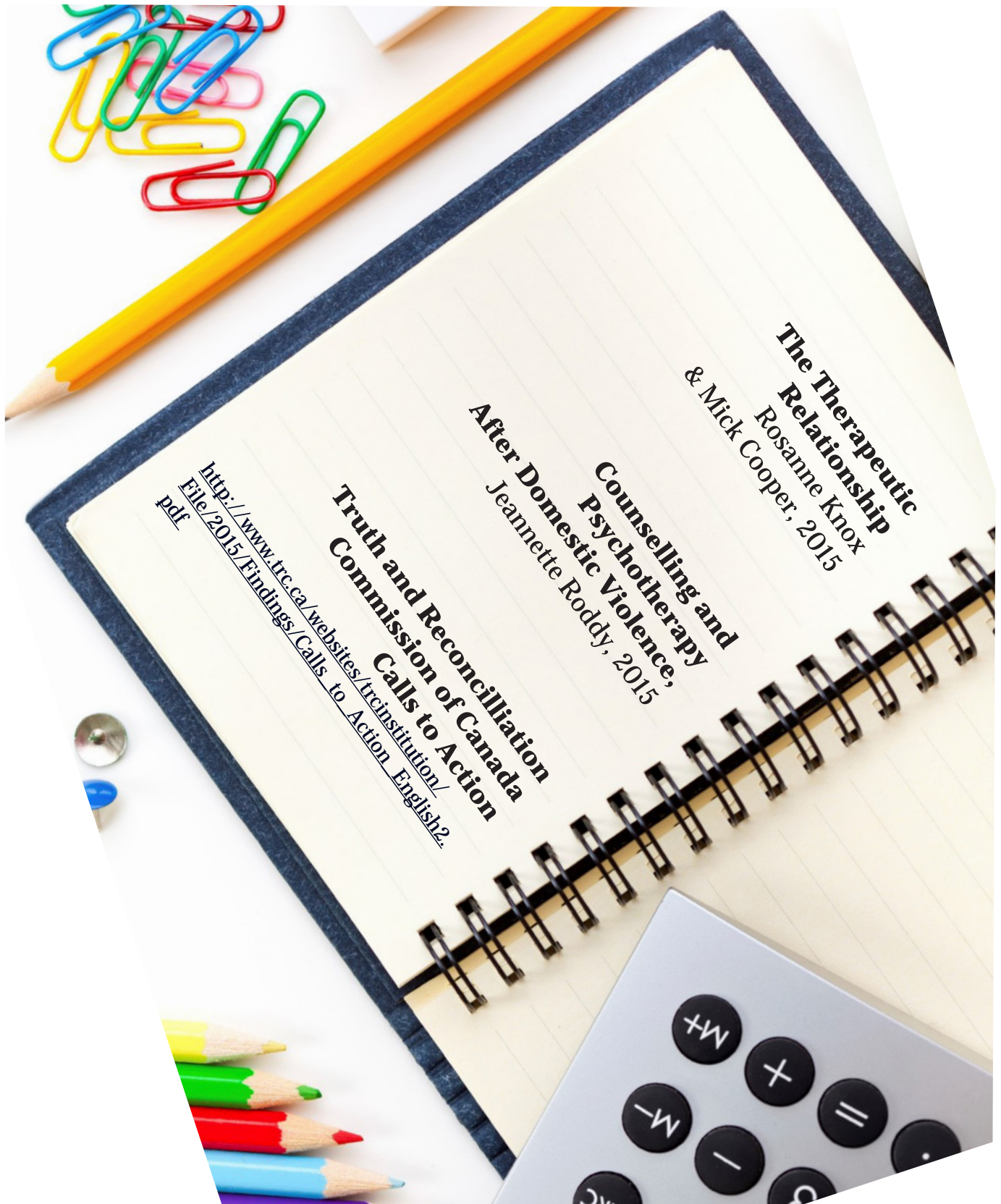
**University of
Alberta**

Benefits of Yoga in the Treatment of Eating Disorders: Results from a Randomized Controlled Trial

ABSTRACT

Yoga is increasingly being incorporated in the treatment of eating disorders despite a lack of empirical support for this practice. This randomized controlled trial investigated the effects of an eight-week Kripalu Yoga program on women with bulimia nervosa and binge eating disorder. Participants in the Yoga and waitlist groups completed pre, post and one-month follow-up measures of binge eating frequency, self-compassion, self-criticism and emotion regulation. Participants in the Yoga group also completed post-class measures of mindfulness and kept a log of their home Yoga practice. Mixed model ANOVAs demonstrated that the Yoga participants experienced larger decreases in binge eating frequency, self-criticism and emotion regulation difficulties, and larger increases in self-compassion across time than controls. The Yoga participants also improved in their ability to invoke a mindfulness state across time. Correlational analyses demonstrated that amount of home practice only predicted improvements in emotion regulation, self-compassion and self-criticism. These results provide empirical support for the continued use of Yoga in eating disorder treatment and enhance our understanding of how Yoga is beneficial for this population

WHAT ARE YOU READING?

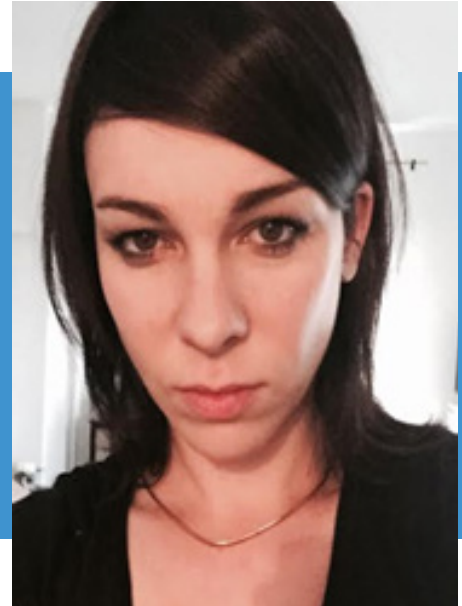


Let us know what you're reading! Email our newsletter Editor: jbmiller@mtroyal.ca or start the conversation on our blogsite --- www.cpacounselling.wordpress.com

Ideas, suggestions & comments welcome!

**Webmaster
MELANIE
FULLER
-BRUDERSAS**

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.

Melanie comes from an eclectic background in psychology with distinctive interests in psychotherapy, art therapy and dialectical behavioural therapy with adolescents, couples, divorced parents and families. She is currently a second-year master's student in Counselling Psychology at Athabasca University and plans to pursue a research project involving high-conflict divorce and co-parenting interventions.

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

CPA's Counselling Section Website - Featured Pages

Home Page

<http://www.cpa.ca/aboutcpa/cpasections/counsellingpsychology/>

Student Page

<http://www.cpa.ca/aboutcpa/cpasections/counsellingpsychology/meetings>

Section News

<http://www.cpa.ca/aboutcpa/cpasections/counsellingpsychology/counsellingsectionnews>

Readings on Canadian Counselling

<http://www.cpa.ca/aboutcpa/cpasections/counsellingpsychology/readingsoncanadiancounselling>

SAVE THIS DATE!
2017 CPA CONVENTION --- TORONTO, ONTARIO
June 8 – 10, 2017 <http://www.cpa.ca/Convention>



Conference Coordinator
CARLTON
DUFF
carltonduff@gmail.com

Did you know that CPA offers a wide variety of online learning opportunities? While we are waiting to hear more from CPA about the convention plans, please consider taking advantage of these professional development courses and events. More information is available online through these sites:

[http://www.cpa.ca/professional development](http://www.cpa.ca/professional%20development)
<http://www.cpa.ca/professionaldevelopment/webcourses>

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the benefits of MEMBERSHIP

Connection with the Canadian Psychology Association (CPA) has many benefits and we'd like to encourage you to encourage others to become more actively involved. We understand that professional development funds are a limited resource, but membership with the CPA generally, and with our Counselling Section specifically, has many rewards! Psychologists and students studying in the field are welcome to join. Here are some of the benefits that membership can bring you!

Access to various CPA publications:

- CPA journals
- CPA news
- Psynopsis
- Mindpad
- Discounts on CPA publications

Access to insurance and other professional products, including:

- BMS liability insurance
- The Personal home and auto insurance

Opportunities for Professional Development:

- Continuing education workshops
- Web-based seminars
- Advocacy
- Reduced conference fees for the annual CPA Convention
- Student Section Awards
(when a student section member)

Save money with various vendors across Canada, including:

Lenovo computers
 Canadiana Flowers
 Delta Hotels
 Via Rail
 Flight Centre
 Budget Car Rentals
 Good Life Fitness

Plus 50% off restaurants, attraction tickets, golf courses and so much more!

Within our own Counselling Section, members have several added benefits, including the following.

- Access and ability to contribute to our Section Newsletter - *Kaleidoscope* - which has grown to be a quarterly publication
 - Opportunity to network with both researchers and practice professionals in the discipline of counselling psychology
 - Eligible for nomination for Counselling Psychology Section awards, including Poster Awards, Award for Best Thesis and Award for Best Doctoral Dissertation
 - Eligible to nominate other members in reward for their excellence in service, research and practice
 - Opportunity to be involved at an administrative level with our Section to further develop our profession (e.g., taking on an Executive position serving as a student representative within a section, or acting as a campus representative for your institution)
 - Acquire a sense of community and identification within the discipline by engaging with this vibrant community of practitioners, researchers, educators and students
 - Access to national and international speakers at our Annual General Meeting
 - Inclusion in our online community blog <https://cpacounselling.wordpress.com/>
 - Opportunity to become a part of the conversations that will help shape the future of Counselling Psychology in Canada!

How to Join - CPA has listed these and other great benefits on their website, along with information on how create or renew your membership. Please visit: <http://www.cpa.ca/membership/membershipbenefitsandservices/>

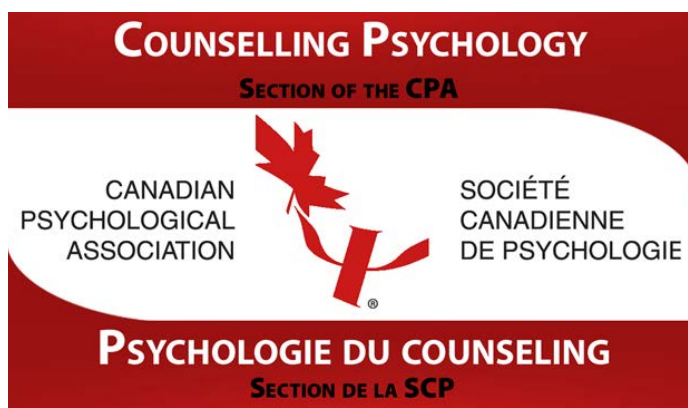
Thanks so much for all you do to make this profession thrive!

FROM THE EDITOR

To all those who work in post-secondary or who are returning to their studies this season - Happy New Year and best wishes for all that lies ahead!! While Fall is a time of transition, I find myself thinking back on the summer, and I must say, one of my absolute highlights was the opportunity to go to Victoria for the CPA Convention. I had the opportunity to present with colleagues I admire, I was able to attend presentations that expanded on my areas of practice, and I felt that I learned more about the Indigenous heritage of Victoria. I had the pleasure of seeing old friends and loved the opportunity to see students I knew as undergrads presenting on a national forum! I even made an acquaintance on the bus and am grateful to now be writing an article together on an area of shared interest. Planned happenstance in action :)

I hope that what ever changes you're facing now that you have the support and resources you need to make the transition meaningful and to thrive. Please consider taking time to review the awards nominations and note their upcoming deadline - it feels wonderful to celebrate the beauty and accomplishment in this profession! Best wishes for the season ahead and thanks so much for all of your contributions.

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Questions, Comments, Suggestions or Feedback?

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