

Issue no-1

February 2016

Kaleidoscope

Newsletter of the Counselling Psychology Section

Canadian Psychological Association



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

www.cpacounselling.wordpress.com

Robinder (Rob) P. Bedi

SECTION CHAIR

I hope everyone has had a nice holiday and got some rest on top of the festivities. I expect continued great things from the Executive in 2016 and for our membership. Soon, I will turn over the headship duties to our very capable Chair-elect (Dr. Anusha Kassan). But in the meantime, I will continue to serve to the best of my abilities.

Please mark your calendars for the next CPA Annual Convention, to be held June 9-11, 2016 in beautiful Victoria B.C. at the Victoria Conference Centre and the Fairmont Empress Hotel. We've secured highly regarded Section keynote speaker, Dr. Roy Moodley from the University of Toronto, who will be speaking on "Reimagining Canadian Counselling Psychology: Colouring-in by integrating Global South Psychologies and Healing Practices."

Data collection on our survey of Section full members, doctoral students in counselling psychology in Canada, and student members of the Section are all complete and are at various stages of analysis and write-up. Summaries of the results will be shared in a future issue of Kaleidoscope.

As noted in our last business meeting, CPA has mandated that Sections are not permitted to keep more than \$5000 in savings each year, so we will be consulting with the membership on how to spend our small surplus. After taking

in various ideas that we brainstormed plus ideas shared with us at the last business meeting, the Executive voted and narrowed down several feasible ideas that will be presented shortly in a survey for feedback and prioritizing.

We are currently accepting nominations for two Executive positions. Please contact me or any member of the Executive committee if you are interested in running for either our Student Representative or our Treasurer. Please also do not hesitate to suggest these positions to others who are interested in making cross-country contacts and serving the profession at the same time. We prefer all nominations be sent to me (Robinder.Bedi@ubc.ca) by May 21st, 2016 so descriptions of the nominees can be presented to the membership in advance; although nominations/self-nominations are accepted right up until the Business meeting at the CPA conference. In addition, we have an informal process in place to secure a new webmaster, which actually does not require advanced technical knowledge. There is a very user-friendly, word-processor-like program that is used to update our website and we have the full assistance of the CPA webmaster. This position is open to graduate students or professionals. Please e-mail me if you have questions or are interested.



Please also do not forget about our upcoming thesis and dissertation awards as well as our Section's Distinguished Member Award and our conference poster awards (see our website for more details).

Be well everyone,

Robinder (Rob) P. Bedi, Ph.D.
Chair,
Counselling Psychology Section;
Department of Educational and
Counselling Psychology,
and Special Education,
University of British Columbia

E-mail: Robinder.Bedi@ubc.ca

Adjudicators Needed

Our Section's Executive is looking for practitioners and faculty members to assist with the adjudication of the masters/dissertation awards and the poster awards, the latter of which takes place at the CPA convention in Victoria.

Assisting with the adjudication process is a great way of investing in the efforts of our counselling psychology graduate students.

Please email our Awards Coordinator, Lara Hiseler regarding your interest
larahiseler@gmail.com

CPA Convention

For more information please visit the CPA website:
<http://www.cpa.ca/Convention>



Executive Update

Hello everyone,

I hope you all had a relaxing holiday season.

I am pleased to let you know that the final review of submissions for the CPA Convention this year has been completed. Of the 83 submissions received, we have accepted 73 (including 3 round-table discussions, 10 symposia, 3 theory reviews, 4 workshops, and 53 posters).

Thank you to all of our members who submitted proposals and who participated in our peer review process.

Among the accepted round-table discussions, symposia, and workshops there is strong representation for work dealing with multicultural, refugee, social justice, LGBTQ, humanistic, and clinical supervision issues.

Posters present a wide range of topics, with many representing work that should be of interest to conference attendees.

I look forward to meeting reviewers, presenters, members, and students at the conference in June!

Warmly,

Carlton Duff, PhD, RPsych

Duff Psychological Services
9690 182 Street Edmonton,
AB T5T 6M1



**CARLTON
DUFF**

carltonduff@gmail.com

Conference
Coordinator

Executive Update

Julie Cohen

STUDENT REPRESENTATIVE



Hello everyone, and welcome to another great beginning to a new school year! Thank you to all of you who put the effort and commitment to sharing your knowledge and projects with us by submitting your proposals for the upcoming CPA convention in Victoria. I am looking forward to seeing you all there, and please stay tuned for updates on our Counselling Section's gatherings and socials.

In addition to the conference, there are a lot of projects under way and we are gaining a lot of traction. Specifically, findings of the counselling psychology doctoral and student affiliate survey are in the process of being written up, and we hope to be able to share the results with you soon! Additionally, meetings in regards to putting together a presentation which aims to foster awareness around the field of counselling psychology has begun. Some of the topics we have discussed and outlined as important are: The definition of counselling psychology, what is it really; the similarities and differences between counselling psychology and clinical psychology; the difference in research and non-research degrees; the difference of completing a Masters degree versus a Doctorate degree; Common misconceptions about counselling psychology; Career prospects and job titles; and application deadlines across the counselling psychology programs in Canada. If there are any other important elements that you think may be helpful to consider, please email at the address below. This project really hopes to help people figuring out what to do next with their careers, and who better to inform them of the potential of counselling psychology than students actively pursuing it? We hope as a

team, that we will be able to give students some concrete knowledge as to what the counselling psychology field looks like, as well as the different types of opportunities pursuing a degree in counselling psychology can create.

On a different note, sadly this will be my last year as student executive, and as such we are putting out a call for anyone who is interested in the position! Being a part of the counselling psychology executive is a wonderful way to stay directly connected to what is happening in our field, and to be amongst professionals in both clinical and academic positions to share ideas, discuss important areas of growth, and to collaborate with to further help students in their process of learning. If you think you might be interested and want more information on the role of student executive, please feel free to contact me.

Again, I want to thank everyone who has been a part of my journey as the student executive and to encourage you all to keep putting yourselves out there to be heard because the student voice can be a powerful one!

If you have any questions, want to get connected, or find out more information about the CPA's Counselling Psychology Section and how you can get involved please contact me at: Jcohen153@gmail.com

All the best
and looking forward to seeing you in Victoria!

Julie Cohen

Executive Update



Anusha
Kassan

akassan@mail.ubc.ca

CHAIR ELECT

As the academic year progresses and the CPA Annual Convention approaches, my role as Chair-Elect of the Section on Counselling Psychology is becoming more and more invigorating! With the clear aim of representing our members, our dynamic executive team has been hard at work on a number of initiatives... From convention planning, to surveying the counselling psychology community, to attending the CPA Summit – everyone has had a critical role to play in advancing the efforts of the executive and the section.

On my end, I have been collaborating with others within CPA on the provision of “culturally competent care” within the field of psychology in Canada. Fitting, since this topic is directly related to my program of study! This initiative was spearheaded by CPA, in response to requests and inquiries from members and practitioners across the country. CPA has compiled a number of resources pertaining to “culturally competent care” (and more specifically, the federal program put in place to assist refugees from Syria). This information can be accessed via the following link: <http://www.cpa.ca/practitioners/Cultural/>

One of the efforts that this group has been discussing is the possibility of offering a pre-convention workshop on culturally competent care at the CPA Annual Convention in June in Victoria. While we are still in the planning stages, it is my hope that this idea will come to fruition. Not only is training in this area being demanded by scholars, students, and clients alike, it is critical to the ethical practice of psychology in Canada and beyond. More information will surface in the months to come, and I will surely keep our members informed.

Relatedly, I strongly believe that we as counselling psychologists have done an incredible amount of work in the area of cultural competence, both in Canada and internationally. As such, I think that we are in a unique position to not only understand cultural diversity, but also embrace it and work with it, in order to fulfill a larger social justice agenda within our discipline. I encourage us all to join together in discussing and sharing our ideas and expertise, to work toward a safe and equitable community for all our people here in Canada.

Here is hoping to seeing many of you in Victoria in June!

Awards Update

Lara Hiseler, Awards Coordinator

Greetings members from your Awards Coordinator!

Hope you are all doing well during this cold and often dreary time of year. At this stage in the year, the executive is gearing up for the convention, which on my plate, means I am preparing the process of adjudication for upcoming section awards. We have one award for full members and two for students with a **deadline of May 15, 2016.**



2016 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 for the award to myself at (larahiseler@gmail.com) by May 15, 2016.

Student Awards

1. Best Doctoral Dissertation Award (one award)
2. Best Master's Thesis Award (one award)
3. Best Conference Poster Award (two awards)

These awards are awarded for outstanding student research in the field of counselling psychology, and include a monetary prize (\$100).

Please send nominations for the award to myself at (larahiseler@gmail.com) by May 15, 2016 - following the process outlined on the following page:



DEADLINE FOR NOMINATIONS - - - MAY 15, 2016

Best Thesis and Best Dissertation Awards

The Best Master's Thesis and Doctoral Dissertation awards are given for outstanding research by students from Canadian counselling psychology programs. The following is required to be considered for these awards:

- 1) 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.
- 2) Nomination letter
Nominating individual must be a member of the counselling psychology section.

A student's research can only be nominated once for each award. The research must have been successfully defended within 2 years prior to the annual award submission date.

Submissions will be evaluated for:

- 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 10 page summary and nomination letter to Dr. Lara Hiseler (larahiseler@gmail.com) by May 15, 2016.

Best Conference Poster Awards

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 student and one doctoral student; however, the primary criteria is a poster demon-

strating exceptional work and intellectual involvement by a student, so undergraduate and graduate student work will be considered. The following are 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.
- 3) Posters will be evaluated for:
 - 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
 - e. the student's engagement in questions and comments about the poster.

All student-authored posters presented in the Counselling Psychology Section poster session at the CPA annual convention are automatically evaluated for this award. Students do not need to be a member of the Counselling Psychology Section to be eligible.

Award Announcements

Awards will be announced at the annual CPA Convention in Victoria during the Counselling Psychology Section Reception, so be sure to attend! If you are not able to attend the reception, winners will be emailed after the convention.

Volunteers Needed to Adjudicate

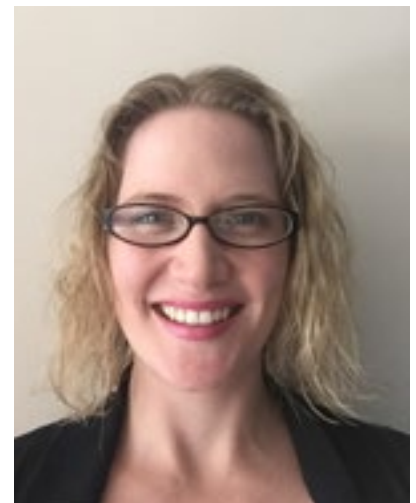
Please note that the executive is looking for psychologists and/or faculty members to assist with the adjudication of the masters/dissertation awards and the poster awards, the latter of which takes place at the CPA convention in Victoria.

Please email me regarding your interest

Hope to see you at the convention in Victoria!

LARA HISELER

Awards
Coordinator
larahiseler@gmail.com



APPS FOR THAT



We continue our feature here of apps suggested by our clients and colleagues. Whether we see it as a supplement to counselling, or as a light form of entertainment, health-related apps are certainly being well used among today's clientele. If you have a candidate for a great app, we'd like to hear about it!

Mind Shift



This app aims to help youth cope with the impact of anxiety. It boasts a tailor-made toolbox where anxiety-producing situations are presented and strategies for managing anxious feelings are discussed. It's a project that resulted from a collaboration between AnxietyBC and BC Mental Health & Addictions Services. More information is available here: www.anxietybc.com/mobile-app

The Bucket List



This Android app aims to help sort out priorities and input your life's "to do list". The app allows sharing of lists between friends, and some say seeing the goals of others is inspiring.

Mindjet

This is a visual mind-mapping application for Android users. Ideas can be inputted, organized, branched and thickened by adding details and showing relationships between ideas.

THINGS TO WATCH

The Truth about Depression

BBC Documentary, Published on May 16, 2013.

<https://www.youtube.com/watch?v=F5YubjEqbZ8>



Philosophy - A Guide to Happiness: Socrates on Self-Confidence

Uploaded on October 18, 2011.

<https://www.youtube.com/watch?v=UVA8jX9KQcE>

What Makes Us Smart? IQ and Intelligence Documentary

Psychology Tomorrow, Published on March 25, 2015

<https://www.youtube.com/watch?v=p4-A3fmmFVA>

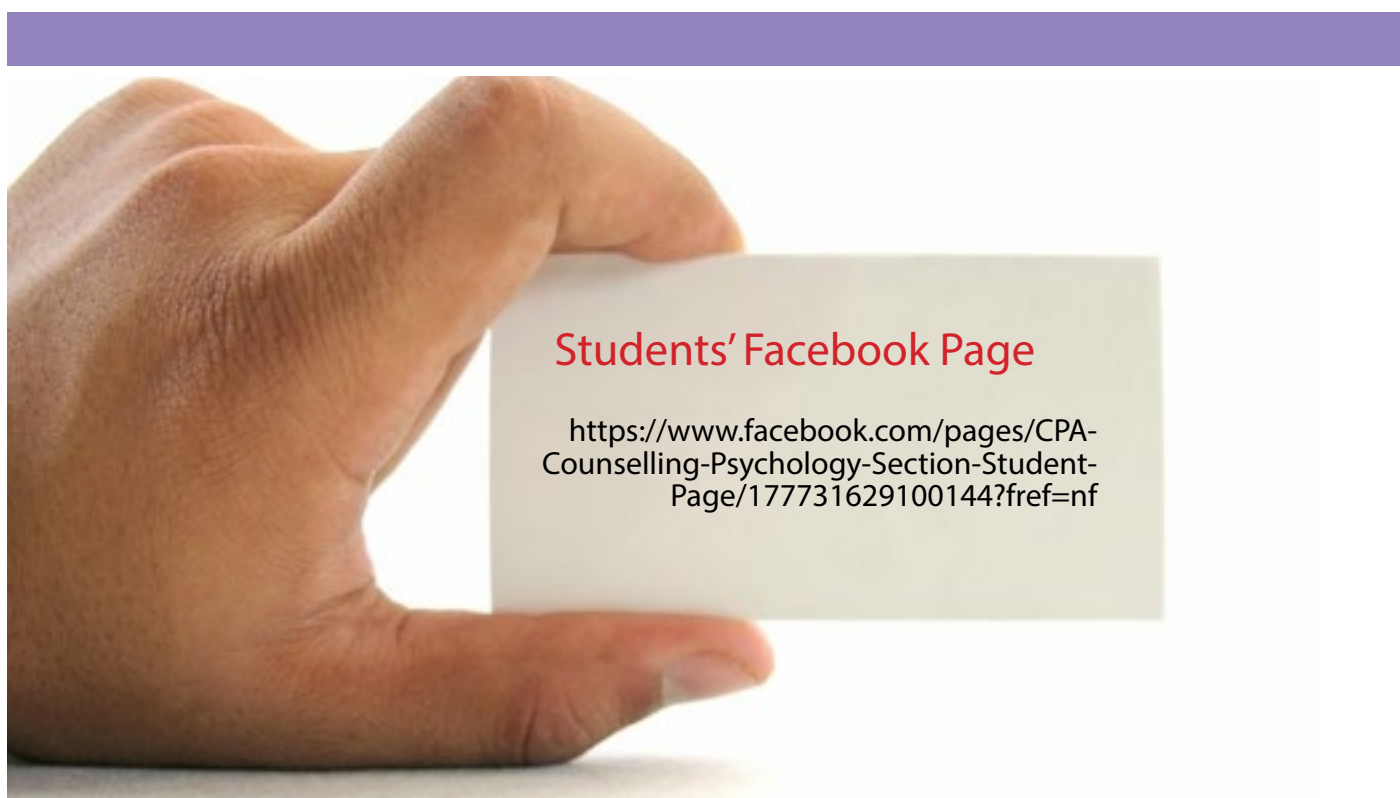
Schizophrenia - Full documentary on how schizophrenia effects individuals and relationships.

Published on June 21, 2015.

<https://www.youtube.com/watch?v=AnoUKWXTcBU>

EXECUTIVE POSITIONS OPEN

Nominations for the Counselling Section Executive are now open. If you are interested in running for either our Student Representative Position or the Treasurer Position, please send your nomination (or self-nomination) to our Section Chair - Rob Bedi at Robinder.Bedi@ubc.ca



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SLEEP CHECK

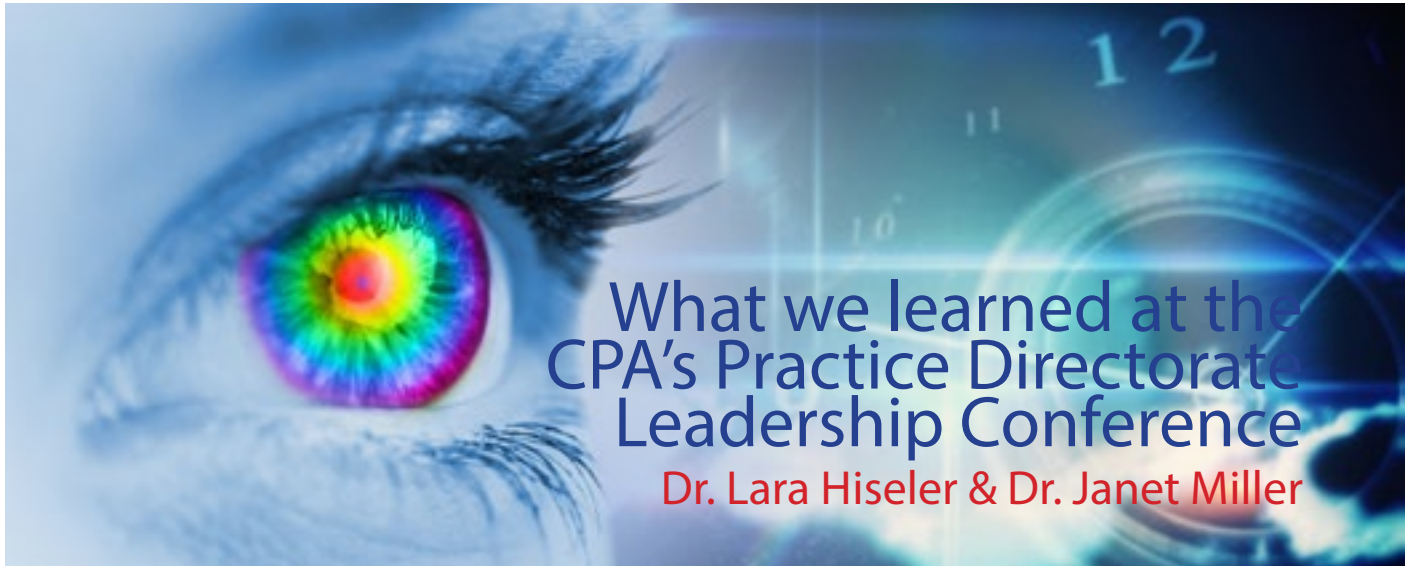
Sleep is one of those fundamental building blocks of a good life, and an issue well worth exploring with our clients. Understanding sleep patterns and identifying good sleep “hygiene” habits can impact energy and mood. Explaining how sleep works, sketching out the sleep cycle patterns and discussing the value of REM sleep can help clients to place more emphasis on acquiring good sleep. Consider these links and ways that you can bring sleep-talk into your practice.

[Dr. Elizabeth Lynch - The Physiology of Sleep 01](https://www.youtube.com/watch?v=9nzKkxSb3p4&ebc=ANyPxKpvPFSjSH0SPtmOFwjuYP_x1Qz--UY3tDQFJg5R6-2hYRrrNK-FwMNS0N-NJKAgRdU3zKHCHuToADy_-n0PD-eeSrlFJFg) - Published on January 3, 2013, Part 1 of 3.
https://www.youtube.com/watch?v=9nzKkxSb3p4&ebc=ANyPxKpvPFSjSH0SPtmOFwjuYP_x1Qz--UY3tDQFJg5R6-2hYRrrNK-FwMNS0N-NJKAgRdU3zKHCHuToADy_-n0PD-eeSrlFJFg

[Russell Foster: Why do we sleep?](https://www.youtube.com/watch?v=LWULB9Aoopc) - Ted Talk by a circadian neuroscientist.
<https://www.youtube.com/watch?v=LWULB9Aoopc>



Leadership & Advocacy



What we learned at the CPA's Practice Directorate Leadership Conference

Dr. Lara Hiseler & Dr. Janet Miller

Psychologists engage in a wide variety of advocacy work on many platforms. While many feel very comfortable advocating on the micro level, on behalf of individual clients, some may feel overwhelmed at the endeavor of advocacy efforts on the macro or mezzo levels, including lobbying within universities, organizations, and government. Perhaps you would like your university to provide more money to its student run training clinic? Maybe you would like the program you work in at the hospital to hire another psychologist? Or perhaps you are a big picture thinker and would like the government to make access to a psychologist more affordable for all Canadians.

Is this even our role? How do we go about lobbying and coordinating advocacy efforts for psychology on a such a large scale?

Turns out, many psychologists are asking these questions. So much so, that on January 15 and 16th, the CPA's Practice Directorate hosted a Leadership Conference in Ottawa for members interested in learning more about how to develop advocacy skills in psychology. The facilitator was Sean Moore, the founder of Advocacy School with 30 years' of

experience in Canada and abroad on public policy, advocacy, policy development and engagement at local, state/provincial and national levels. He was a great choice seeing as he currently advises coaches and trains leaders in all sectors in Canada and abroad on process and management to policy advocacy and engagement. We also learned from other experts including our own Dr. Karen Cohen, CEO of CPA. Discussion groups centred around themes of advocacy in government and public policy, universities and training centers, and health care settings. It was a rich two days of listening and learning. It's a pleasure to share some of the session highlights with our Section members.

KEY TAKE HOME MESSAGES

The policy engagement process takes upfront work

Take time to identify collaborators formal and informal partners. There is strength in numbers.

Create a stakeholder map

Identify the people involved with your issue. A graphic illustration can be helpful here, with connections to understand the complexities.

Engage in a strategic inquiry

Be curious about the political environment that you are working within. This is an essential part before diving into the process. You want to "understand how the sausage is made."

Positioning & Process

What is the language the government is using to talk about your issue? Who are the players? and who informs those players? Often it's not the "top dog" that you want to get to, it's the person on the ground who's drafting the brief that goes to the top dog. Find that person and bend their ear.

Determine a preliminary framing

How are you and your group going to talk about the issue? What is the current angle?

Crafting the right "ask" is essential

It is not smart advocacy work to ask for too much too soon. You should start with a "little ask" first. What can the other party can say "yes" too? Sometimes it just starts with asking the other party to meet with you. A "big ask" is your ultimate endeavor one day, such as a new program, policy, expenditure, or approach.

Do It Yourself Public Policy

Present your ideas in a brief, easy, succinct, readable format that the other party can immediately use and understand. This may include a one page summary, with bullet points and clear headings. Keep it simple!

Reasons People Fail in their Advocacy Efforts

- Ask for the wrong thing (can government actually do what you are asking? Is it in the budget?)
- Having the wrong "narrative" (don't have a compelling story behind the ask. You need to personalize the problem)
- Get active too late/quit too soon (you need to stick with it, months, years, not days)
- Don't help the government think it through (it is not "end child hunger" it is let's have a school breakfast program)
- Ignore the realities of government decision making (hierarchy, not jump right to demanding to a meeting with the minister)
- Don't have a champion/sponsor within government

THINGS THAT SURPRISED US

Pace and Patience

Advocacy is a long process. You don't just start with your big picture "ask" (e.g., psychological services to be affordable for all). You need to start with a smaller ask, and build relationships with the group you are advocating too.

Coalitions and Collaborations

It was interesting to learn that it wasn't just about rubbing shoulders with the "usual suspects" (all groups that agree with your stance) but that you must get to know the "strange bedfellows" as well (parties you wouldn't expect to work with who perhaps do not initially agree with your ask). As far as government is concerned, they like to see diverse sources coming together on an issue.

Emphasis on Persuasion

Understanding business and persuasion principles are helpful, such as Cialdini's Principles of Persuasion. This can be a good use of your time to familiarize.

Meeting with the Minister Might not be the Goal

If you're advocating for a governmental change, then the meeting with the Minister is often the last step. Meet with the folks that advise the Minister first! And don't be afraid to ask for those meetings.

WHERE DO WE GO FROM HERE?

Some things to think about

After reading this, maybe you will reflect on your own advocacy efforts you are involved in, or perhaps want to be involved in, in a different light. We both attended the Government and Public Policy breakout group and collaboratively our group posed many great thought provoking questions, some of which we are posing here:

- 1) What "ask" is the most important? What "ask" is the least important?
- 2) Is our "ask" only relevant to a local context? Or is it shared provincially? Nationally?
- 3) How can psychologists make the most out of our limited time and resources when attempting to do advocacy work?
- 4) What are other allied groups that can join our cause to gain strength in numbers?
- 5) How can we learn from others doing this work?

As psychologists, we tend to pride ourselves on our exceptional interpersonal abilities. These skills are inexorably integral to advocacy work and position us to be great leaders in this area. We should never diminish the importance of making connections with those around us, not just the movers and shakers, but also what Mr. Moore called "making friends in low places." You never know who will be an integral part of advancing your advocacy efforts.

Sometimes delineating too hard of a line in the sand between mental health professions may inadvertently become a roadblock to building strong alliances for the greater good of advancing larger advocacy efforts.

As far as advocacy is concerned, there is nothing bad that can ever come from expanding networks, building coalitions, speaking less, and listening more.

This leadership event was thought provoking and inspiring. It was a great chance to gather together with members from across our community, and we are grateful for that experience.

To learn more about Mr. Moore's Advocacy School, please visit www.advocacyschool.org

And to find out more about upcoming CPA professional development events, please visit: cpa.ca/professionaldevelopment/



WHAT ARE YOU READING?

Neuropsychology - from theory to practice
David Andrewes, 2015

The Biased Mind
Jerome Boutang & Michel De Lara, 2015

Reasons to Stay Alive
Matt Haig, 2015

The Art of Choosing
Sheena Iyengar, 2011

The Marshmallow Test - Mastering Self-Control
Walter Mischel, 2015

You Are the Music
- How Music Reveals What it Means to be Human
Victoria Williamson

Focus
- The Hidden Driver of Excellence
Daniel Goleman, 2015



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

TREASURER'S REPORT

SHARON CAIRNS

scairns@ucalgary.ca

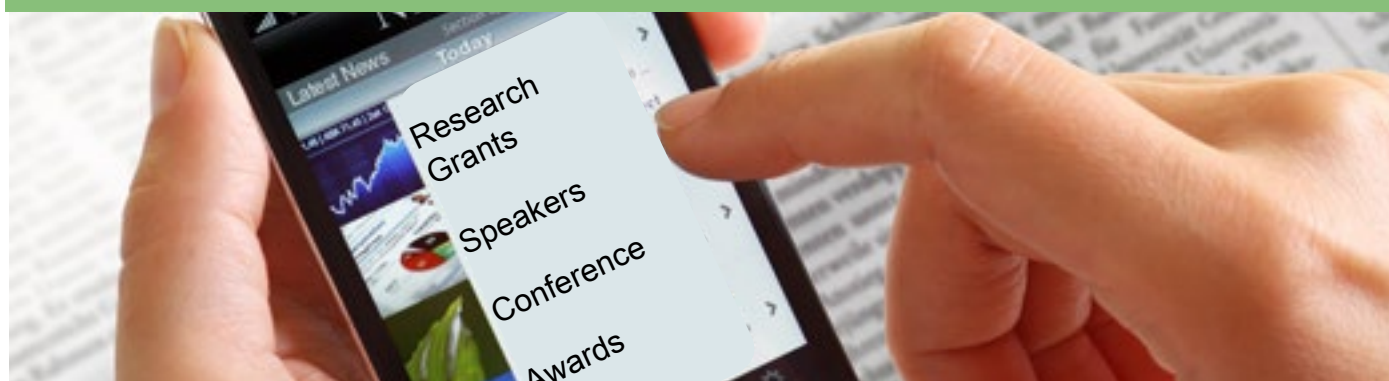
Spring is just around the corner and the grass is green in Victoria. Year end reporting of our financial status has come and gone. For the year ending December 31, 2015 our net income was \$1,721.51 bringing our end of year bank balance to \$8,431.24. This puts us in an interesting financial position as CPA requires that sections have a year end balance of no more than \$5,000 by December 31, 2017 or they will take the money unless we have special approval to retain more funds for a specific purpose. Your executive has been considering potential ways of spending down the surplus in a manner that would provide the most benefit to the membership. To this end, you would have received a survey asking you to rank four options. Please complete this survey as we would like to have significant membership input into our decision-making. I hope to see many of you in Victoria at CPA.

Sharon

—
Sharon Cairns, Ph.D., R.Psych.
Director of Training, Counselling Psychology Program
Associate Professor
Werklund School of Education
University of Calgary

scairns@ucalgary.ca
403-220-3671
640 EDT

The survey is available at :
<https://www.surveymonkey.com/r/HRDWRKM>



FROM THE EDITOR

In this issue you'll see many opportunities to get involved with our Section of the CPA. We encourage you to dialogue with local, provincial and national governments as we strive to shape a more comprehensive mental health strategy for Canadians, and if you feel the call to advocacy - we strongly urge you to get involved. There are two executive positions open now for nominations, and we are seeking a new web master as well. I've found it very rewarding to be involved with this group, and I hope you will join us in making our section even stronger!

janet miller, PhD,
Registered Psychologist
Editor - Kaleidoscope
Chair & Associate Professor
Mount Royal University
Calgary, Alberta
jbmiller@mtroyal.ca



Please Note:

The opinions expressed in this newsletter are strictly those of the authors and do not necessarily reflect the opinions of the Canadian Psychological Association, its officers, directors, or employees.

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2016 - Issue 1

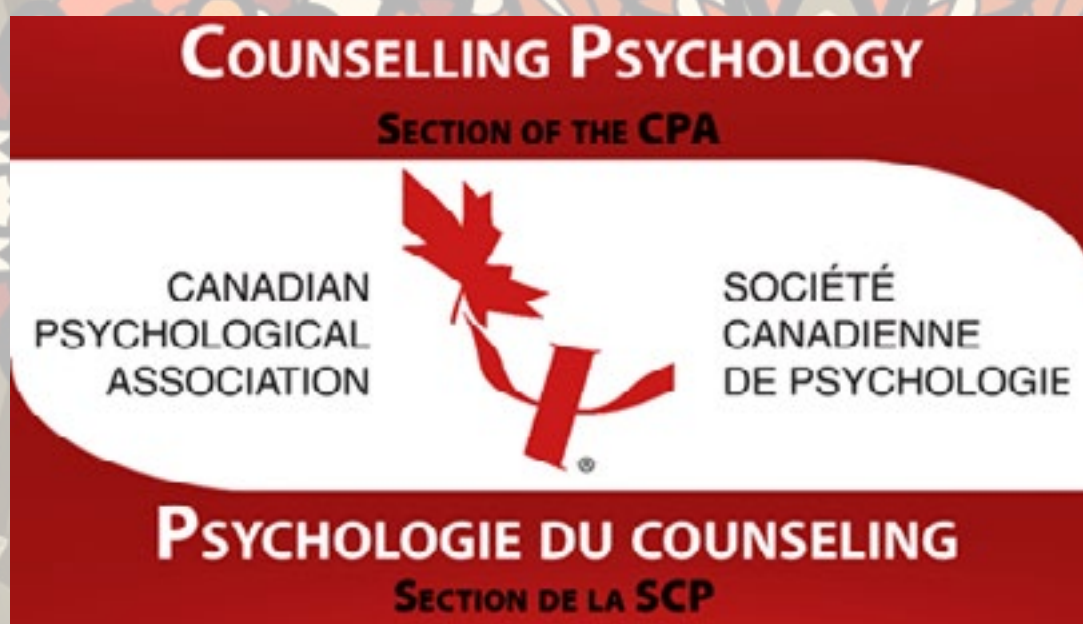
CPA Counselling Psychology Section

Newsletter submissions: jbmiller@mtroyal.ca

February 2016

KALEIDOSCOPE

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



Questions, Comments, Suggestions or Feedback?

Please contact us:

SECTION CHAIR - Dr. Rob Bedi - rob.bedi@wwu.edu

NEWSLETTER EDITOR - Dr. Janet Miller - jbmiller@mtroyal.ca