

Issue no-2
May 2017

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 dynamic and diverse community.

www.cpacounselling.wordpress.com

REFLECTIONS from the CHAIR

Anusha Kassan

It is hard to believe that it has been close to a year since I began my role as Chair of the Section. It has been a busy and exciting year, with lots of projects on the go. With the upcoming CPA Convention taking place next month in Toronto, I would like to highlight some of the parallel efforts taken up by the Executive Committee.

The Executive has worked collaborative to update the Section's terms of reference in order to bring them in-line with our current work and purpose. These terms of reference have been shared with you through the list serve last month and will be brought forward to our Annual Meeting at the Convention. If you would like a copy of the proposed changes and/or have any feedback to share, please make sure to attend the meeting or to get in touch with me directly (anusha.kassan@ucalgary.ca). The Executive has also established a process for research recruitment through the Section newsletter and blog. Any member (including students) can advertise their study through these forums. Anyone interested can contact our lovely editor Dr. Janet Miller (jbmillier@mtroyal.ca).



CHAIR UPDATE, continued

Dr. Hiseler has taken the lead on updating our awards format, particularly for the adjudication of the posters presented at the Convention. A big thank you for her leadership on this effort as well as reviewers for the poster awards. I look forward to seeing all of the submissions! This year, our poster session will take place on Saturday morning. Make sure to see below for all of the details pertaining to Counselling Psychology programming at the Convention. Relatedly, this year, there will be a great deal of opportunity for members of the Section (and others) to interact and engage in conversation with one another. In addition to the Annual Meeting, there are four Counselling Psychology round table conversations facilitated by some of our members. Please come chat us up!

One of the round table conversations will center on the development of the "2018 Canadian Counselling Psychology Conference" which will take place in Calgary, Alberta in October of next year. The Organizational Committee has been meeting regularly over this past academic year to work on this important event. Thank you to Drs. Kaori Wada, José Domene, and Rob Bedi who have been part of the core team as well as Taylor Schembri, our student liaison extraordinaire! We have narrowed down a theme for this event, entitled, *Advocating for ourselves, advocating for our communities: Canadian counselling psychology into the next decade and beyond*. We look forward to updating you on our planning thus far and hearing your ideas. Also, please look out for our advertisement at the Convention.

I would like to bring a few exciting news items to your attention. Please join me in congratulating Dr. Nancy Arthur on being elected a Fellow of the CPA. Information about the awards ceremony is available below. Moreover, once

again this year, site visitor training will be offered at the Convention. Please see the schedule for details and consider participating. We need more counselling psychologists as site visitors! Lastly, several pre-convention workshops are being offered at the Convention this year, including one pertaining to the development of cultural and social justice competencies in supervision, which I will be co-presenting.

In closing, I would like to extend a warm thank you to the members of our Executive who will be ending their term after the Convention, including Drs. Rob Bedi, Lara Hiseler, and Carlton Duff. Their work and dedication has been invaluable to the evolution of the Section. A special note of gratitude goes out to Rob for his mentorship over the past two years, as I transitioned into the Chair role. This movement means that we will have three vacancies on the Executive Committee, so please consider joining our dynamic team! For more information, see the advertisement below, and get in touch with me :)

I hope you have been enjoying some spring weather in your part of the country! A special thought goes out to everyone affected by the recent flooding in Quebec as well as all of those helping out on the ground. I look forward to seeing most of you at the Convention in a few weeks!

Warmly, Anusha

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 Educational Studies in Counselling Psychology
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Executive Updates

Rob Bedi PAST CHAIR

I cannot quite believe that it has already been almost 4 years since I joined the Executive Committee (1 year as Chair-elect, two years as Chair, and now one year as Past-Chair)! I have enjoyed serving the discipline of counselling psychology in Canada and have borne witness to many great achievements by the field as a whole as well as Canadian counselling psychologists and counselling psychology students. Since the time of my last report, I have been focusing my attention on the next Canadian counselling psychology summit and serving on its organizing committee. It looks to be a pivotal event and one that will undoubtedly be important to the present and future of the field. In addition to this, I've kept myself busy with many small executive duties but my clear attention has been on the upcoming summit and I encourage everyone to attend. In a future issue, please expect me to share some important data that we have on the field based on research conducted over the last few years.

This will be my last entry as a member of the Executive as my term ends in June. I really enjoyed the very important work of serving on the Executive Committee and I have full trust in Dr. Kassan's hands in continuing the development of the field. Her dedication to the field is apparent and her energy infectious!

Hope to see you all in Toronto at the next CPA conference,

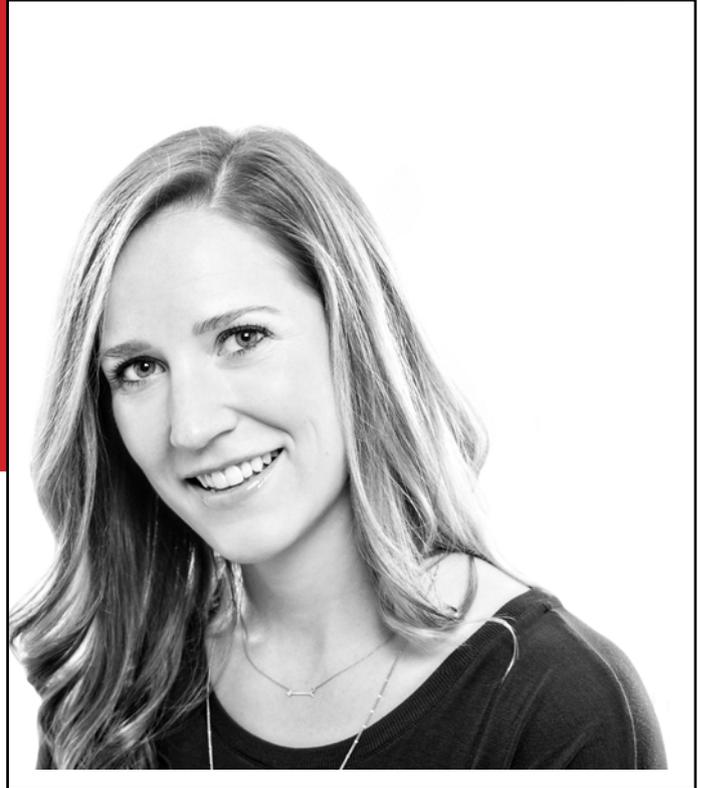
Robinder (Rob) P. Bedi, Ph.D., R. Psych
Assistant Professor
Scarfe Building, Library Block 272A
Dept. of Educational & Counselling Psychology and Special Education
Faculty of Education
University of British Columbia
2125 Main Mall
Vancouver, BC Canada V6T 1Z4



Executive Updates

Theresa Jubenville

STUDENT REPRESENTATIVE



Hello Students,

As another academic year comes to a close, I have found myself reflecting on this past year's accomplishments. As many of you have read in previous issues, the Executive has been diligently working to create an accessible document that can be used by undergraduate programs to inform prospective graduate students about the field of Counselling Psychology. I am pleased to say that we have accomplished this task and we look forward to sharing this document with college and university programs across the country. I am excited to share that Lara Hiseler and myself will be presenting this document in the format of a roundtable session at the upcoming CPA Convention (see CPA program for details). This will be an opportunity for us to disseminate content from this presentation and dialogue with students who may be interested in pursuing a career in Counselling Psychology. We look forward to receiving feedback and questions that will only enhance the quality of this document.

I am encouraged by the student affiliates who have reached out to me over the past year, offering assistance with various initiatives or just to say hi. For most of the year, Counselling Psychology students are spread out across the country, separated by hundreds of miles. The CPA Convention represents a time when many of us likeminded

students are located within the same vicinity; so, what a better time to connect as a community of students?

I would like to informally mention that plans are in place to gather as a group of Counselling Psychology Student Affiliates following the Counselling Psychology Reception. We will be using our student Facebook page and the Listserv to notify students of these plans closer to the convention date. You can also email me directly for details. As your student representative, I look forward to meeting many of you in person, hearing your brilliant ideas and passions for enhancing our psychological community, and getting to know my fellow Counselling Psychology comrades.

Warmly,

Theresa

Theresa Jubenville-Wood
tmjubenv@ucalgary.ca

Executive Updates

Hi, folks. Well Spring has finally come to Fredericton and the CPA convention is right around the corner. I hope to see many of you at the convention, and perhaps even at the Annual Meeting of the Section. We have an excellent speaker lined up and, as always, there will be a social event following the formal parts of the Section programming on Thursday.

One of the things that we will be voting on at the Annual Meeting is to accept a number of proposed changes to our Section's Terms of Reference document. We have made these changes to (a) correct numerous wording and copy-editing problems, (b) change the names and stated duties of the executive committee members to align more with what we are currently doing, and (c) make several updates to the procedures for running the Section, again to make the document align more with current practice. We will be sending out the revised Terms of Reference document to the membership to review prior to the meeting, so that you can read it prior to voting.

In other news, I am also excited to be involved in the planning committee for the 2018 Counselling Psychology Summit, but you can read more about that in the Summit Update portion of the Newsletter.



**JOSÉ
DOMENE**

jfdomene@unb.ca
**TREASURER
& SECRETARY**

Executive Updates



Conference planning and reviewing is always a challenge, and this year was no exception. This year there were a few changes to both the submission and review processes, which led to some bumps along the way. However, I am humbly grateful to those loyal reviewers who generously volunteered their time and patience to reviewing the nearly 70 submissions we received this year.

New to the submission process was the introduction of the GIMME-5 presentation format, which is intended to showcase a presenter's work in only 5 minutes. This creates a new venue where a submitter can present directly to a (somewhat) captive audience, but is limited in the information they can present. Of course, many submissions were made to our section as more traditional poster presentations, which allow more flexibility in presenting data as well as the potential for engaging viewers in more questions and discussion. Clearly the GIMME-5 presentation format was enticing for some of you, and we received (and accepted) 6 quality submissions this year covering a range of topics pertinent to the practice of counselling psychology.

Despite this, the poster format remains the most popular among submissions we receive for the

section, making up approximately 65% of our submissions. This year's poster topics cover the groundbreaking and cutting edge work of students and counselling psychologists cross Canada, with counselling psychology's emphasis on diversity, social justice, and quality clinical practice being well-represented.

I am also excited with our accepted workshops, round-table conversations, and symposia this year, with topics including the needs of early-career psychologists, planning for a Canadian Counselling Psychology conference, help-seeking among youth, bereavement, newcomers to Canada, and information for prospective counselling psychology students (to name a few). There will be much to engage with for counselling psychologists and students at the convention!

This is also my last year as Conference Coordinator for the section. I am grateful for the trust bestowed on me by the section members and the executive, and I hope that others will step up to take on this rewarding role. Please don't hesitate to contact me at carltonduff@gmail.com if you are interested in knowing more about the position and how I can help support you in taking on this rewarding challenge!

**CARLTON
DUFF**

carltonduff@gmail.com

**Conference
Coordinator**

Executive Updates



Happy Spring!

We are finally enjoying warm weather here in Ontario! This year's convention will mark my last as the Awards Coordinator on the executive committee. As I reflect on my two year term, it has been a great experience to serve on the executive and work with wonderful colleagues. I've met with and adjudicated student written work and posters and have enjoyed the energy of the students engaging with their work. I helped facilitate two successful nominations for CPA fellowship status: Dr. José Domene (2016; University of New Brunswick) and Dr. Nancy Arthur (2017; University of Calgary), two very deserving psychologists and academics in the field of counselling psychology who have served CPA for many years. It has been a privilege to serve the needs of students, practitioners, and academics on the counselling psychology committee.

The section is looking for someone to fill the Awards Coordinator two year position effective after the convention June 2017. If you are interested in standing for this position, or finding out more about the duties, please email me (larahiseler@gmail.com).

If you are attending the convention in Toronto, I hope you will enjoy all the exciting material the section has to offer this year.

Our call for nominations has now closed, and we will announce the winners at our upcoming Counselling Section Annual General Meeting, held within the framework of the CPA Convention.

Please note that this year, 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. Each award includes a certificate and \$100 monetary prize.

In the years ahead we encourage you to consider nominating a student or colleague for one of the prestigious awards. If you have any questions about the process, please let me know.

THANK YOU and BEST WISHES!

**LARA
HISELER**

larahiseler@gmail.com

**Awards
Coordinator**

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 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.

AWARDS COORDINATOR:

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.

Section Annual Meeting Counselling Psychology

Thursday June 8, 2017 4:15 PM – 5:15 PM

**@CPA Convention, Toronto, ON
Royal York Hotel - Manitoba Room (Main Mezzanine)**

CONVENTION



CPA CONVENTION

ROYAL YORK HOTEL
TORONTO, ON

@

June 2017

PRE-CONVENTION Workshops

To register - please visit -
<http://convention.cpa.ca/learn-grow/pre-convention-program/>

Enhancing Supervision and Treatment Delivery Through Cultural and Social Justice Competence

Brent Hayman-Abello, Rozen Alex,
Anusha Kassan, Marta Young

Cultural Competency for Developing Indigenous and Non-Indigenous Collaboration

Elizabeth Hartney, Asma-na-hi Antoine

Counselling LGBTQ+ Individuals

Kevin G. Alderson, Ashleigh Yule

The Assessment of Malingering in Psychology

Andrew Haag

Maximizing PTSD Assessment and Treatment by Incorporating Significant Others

Candice M. Monson

Cognitive Behavioural Therapy for Psychosis

Noah L. Lazar, Eilenna Denisoff

CPA Convention

THURSDAY - JUNE 8

Symposium

– Counselling Psychology

Migration in the 21st century: What are the implications for newcomer youth in Canada?

Anusha Kassan, WSE, U of C

Jasmine Nathoo, University of Calgary

Shakib Nasrullah, McGill University

Shaofan Bu, McGill University

10:45 am - 11:45 am

Manitoba Room (main mezzanine)

Round Table Discussion

– Counselling Psychology

Graduate Studies in Counselling Psychology: Information for Prospective Students

Theresa Jubenville, University of Calgary

Lara Hiseler, Private Practice and Corrections

10:45 am - 11:45 am

Salon A - Main Mezzanine

Round Table Discussion

– Counselling Psychology

Confronting Barriers to Bereavement: Facilitating Active Grieving in Clinical and Community Contexts

Derrick Klaassen, Trinity Western University

10:45 am - 11:45 am

Salon A - Main Mezzanine

Round Table Discussion

– Counselling Psychology

Planning for the Next Canadian Counselling Psychology Conference

Robinder Bedi, University of British Columbia

10:45 am - 11:45 am

Salon A - Main Mezzanine

Round Table Discussion

– Counselling Psychology

Identifying and Responding to the Needs of Early Career Psychologists in Counselling Psychology

Kaori Wada, University of Calgary

10:45 am - 11:45 am

Salon A - Main Mezzanine

Symposium

– Counselling Psychology

Exploring the Edges of (Multi) Cultural Awareness

Nancy Arthur, University of Calgary

Amy Yi-Jung Lee, National Taichung University of Education

Anusha Kassan, University of Calgary

Judy Dang, University of Calgary

11:15 am - 12:15 pm

British Columbia Room - Main Mezz.

Workshop

– Counselling Psychology

Indigenous clinical and counselling practices: Reconciling harm and identifying best practices

Suzanne Stewart, University of Toronto

1:45 pm - 2:45 pm

Nova Scotia Room - Main Mezz.

FEATURED SPEAKER

Reconciliation with Indigenous peoples: Implications for the practice of psychology

Suzanne Stewart, OISE, U of T

3:00 pm - 4:00 pm

Manitoba Room (main mezzanine)

Section Annual Meeting – Counselling Psychology

4:15 pm - 5:15 pm

Manitoba Room (main mezzanine)

Section Invited Speaker – Counselling Psychology

Reception – Counselling Psychology

This hour will be dedicated to the Canadian Psychological Association's Section on Counselling Psychology reception. Come network and connect with colleagues. Light refreshments will be provided.

5:30 pm - 6:30 pm

Manitoba Room (main mezzanine)

CPA Convention

FRIDAY - JUNE 9

Symposium – Counselling Psychology

Help seeking among youth: Individual and contextual factors and applied implications

Rosanne Menna, University of Windsor
 Annamaria McAndrew, University of Windsor
 Emily Johnson, University of Windsor
 Emily Romanson, University of Windsor
 Heather Sears, University of New Brunswick
10:00 am - 11:00 am
 Nova Scotia Room - Main Mezz.

Workshop – Counselling Psychology

Case Conceptualization in Existential Analysis: An Approach with Trans-theoretical Applications

Janelle Kwee, Trinity Western University
10:00 am - 12:00 pm
 Manitoba - Main Mezzanine

Workshop – Counselling Psychology

Exploring the Edges of (Multi)Cultural Awareness

Nancy Arthur, University of Calgary
11:15 am - 12:15 pm
 British Columbia - Main Mezzanine

GIMME-5 – Counselling Psychology

Speaking Out: Toronto Two Spirit Youth on Identity, Traditional Knowledges and Mental Health Counselling

Max Carney, Columbia University
10:05 am - 10:10 am Foyer 2 - Main Mezz.

The Merits of Extending University Counselling Services to Accompanying Partners of international Students

Jose Domene, University of New Brunswick
2:15 pm - 2:20 pm Foyer 2 - Main Mezz.

On my own: Leaving foster care of adulthood.

Danae Laut, University of Calgary
2:20 pm - 2:25 pm Foyer 2 - Main Mezz.

Bridging the Gap Between Multicultural Knowledge and Practice: Experience of Counsellors

Priya Mani, University of Manitoba
2:25 pm - 2:30 pm Foyer 2 - Main Mezz.

Conducting Love Marriage Research in India: Learnings from a Pilot Study in Northern India

Robinder Bedi, University of British Columbia
2:30 pm - 2:35 pm Foyer 2 - Main Mezz.

Campus Mental Health Policies Across Canadian Regions: Need for a National Comprehensive Strategy

Elisea De Somma, York University
2:35 pm - 2:40 pm Foyer 2 - Main Mezz.

New Single-Session Counselling Program Improves Mental Health and Functioning Among Adults Seeking Outpatient Mental Health Services

Victoria Ewen, Lakehead University
2:40 pm - 2:45 pm Foyer 2 - Main Mezz.

**Reminder - - - This is an
 UNOFFICIAL PROGRAM**

**PLEASE REMEMBER TO
 CHECK TIMES AND DATES
 ONCE YOU ARE ON SITE**



CPA Convention

SATURDAY - JUNE 10

Workshop

- Counselling Psychology

Experiam: Integrating a peer-led experiential component into group counselling/psychotherapy training.

Robinder Bedi, University of British Columbia

1:30 pm - 2:30 pm

Confederation 3 - Main Mezzanine

Workshop

- Counselling Psychology

Outside the Binary: Assessing and Treating Youth with Non-Binary Sexual and Gender Identities

Kevin Alderson, University of Calgary

130 pm - 2:30 pm

York - Main Mezzanine

Workshop

- Counselling Psychology

Essential characteristics of therapists working with the Military and First Responders

Paul Erickson, W Paul Erickson Counselling and Consulting

1:30 pm - 3:30 pm

Tudor 8 - Main Mezzanine

Symposium

- Counselling Psychology

Addressing Weight Bias: Tensions, Debates, and Gaps in Weight Bias Research

Shelly Russell-Mayhew, University of Calgary

Sarah Nutter, University of Calgary

Shelly Russell-Mayhew, University of Calgary

Anusha Kassan, University of Calgary

4:00 pm - 5:00 pm

British Columbia Room - Main Mezz.

POSTER SESSION

11:45 am - Salon B and Ballroom Convention Floor

We have dozens of Counselling posters this year Please see the CPA program for details.

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:

PRE-DOCTORAL INTERNSHIP PROGRAMME IN PROFESSIONAL PSYCHOLOGY

STUDENT
COUNSELLING
@
UNIVERSITY OF
MANITOBA

INTERN'S PERSPECTIVE

Provided by: **Deepak Matthew**

**Psychology Intern,
Student Counselling Centre,
University of Manitoba**

**Doctoral Candidate,
The University of British Columbia**



PREPARATION FOR THE INTERNSHIP

After several months of preparation, planning and waiting, I was excited to hear that I was matched at the University of Manitoba Student Counselling Centre (U of M SCC). Since I was keen on doing my internship at a CPA accredited internship site in a university counselling centre, I was thrilled at being matched here. Many months of hard work put in through the APPIC application process had finally paid off.

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INTERNSHIP

... continued

Months before the internship started, our Training Director, Dr. Timothy Osachuk, emailed me and provided relevant information that was important for my transition to becoming an intern at the U of M SCC. Dr. Osachuk informed me about the university, the city of Winnipeg, weather in Manitoba, and housing – all of which was helpful in preparing for a yearlong stay in a new city.

My co-intern and I were also invited to express our interest in some of the special training opportunities available at U of M SCC. One of them included training in couples therapy based on the Gottman approach. At that time, I was not aware of this approach to couples counselling; yet I gladly jumped at the opportunity. Looking back now, I am glad to have made that decision. The other training opportunity, which we could choose was to gain experience working at the Indigenous Student Centre. This training, very much, opened me to the different models of helping and healing that extends beyond the conventional Western counselling models. I also had to practice some of the assessment instruments, so that I was ready to start assessment activities early in the internship.

RELOCATING TO WINNIPEG

While I was excited about my training, I was not sure what to expect with regards adapting to the weather in Winnipeg. This was my second relocation in the last four years. When I decided to move to BC from India, when I started my PhD program at UBC, I was bracing for acclimatizing to a difference in temperature of about 30 degrees – from the average 30 degree Celsius in Mumbai to single digit temperature in Vancouver. However, at that time I was not remotely aware that I would get bolder and decide for another change with another 30-degree drop. However, Winnipeg proved to be a friendly city, as I prepared myself to face my first real Canadian Winter. I was sufficiently oriented with tips for surviving the Winnipeg winter, especially with regards to the right winter gear, which made a big difference for me. One aspect of the city that has impressed me was that irrespective of the weather, business runs as usual. Though I am glad that winter is over, I can look

back and say that it was not as bad as I thought it would be. Overall, the relocation was smoother than I thought, and I am thankful to my wife who joined with me in moving to Winnipeg for my internship year.

THE TRAINING EXPERIENCE

My ongoing internship experience at U of M SCC has some specific highlights. I greatly value the developmental emphasis of the internship training program. We, as interns, started seeing clients within about two weeks into the internship. Since, we already had been seeing clients before, this was an easy transition. We were encouraged to decide our own pace with regards to client caseloads, nature of presenting concerns, and the intervention strategies we used. This was personally helpful for me since it helped me overcome my initial anxiety and increase my confidence as I took on increasingly larger caseloads and worked with presenting concerns that were more complex. Within a month, we as interns were doing almost everything that the staff at the Centre was doing. Our daily schedule as interns greatly matched that of a staff psychologist.

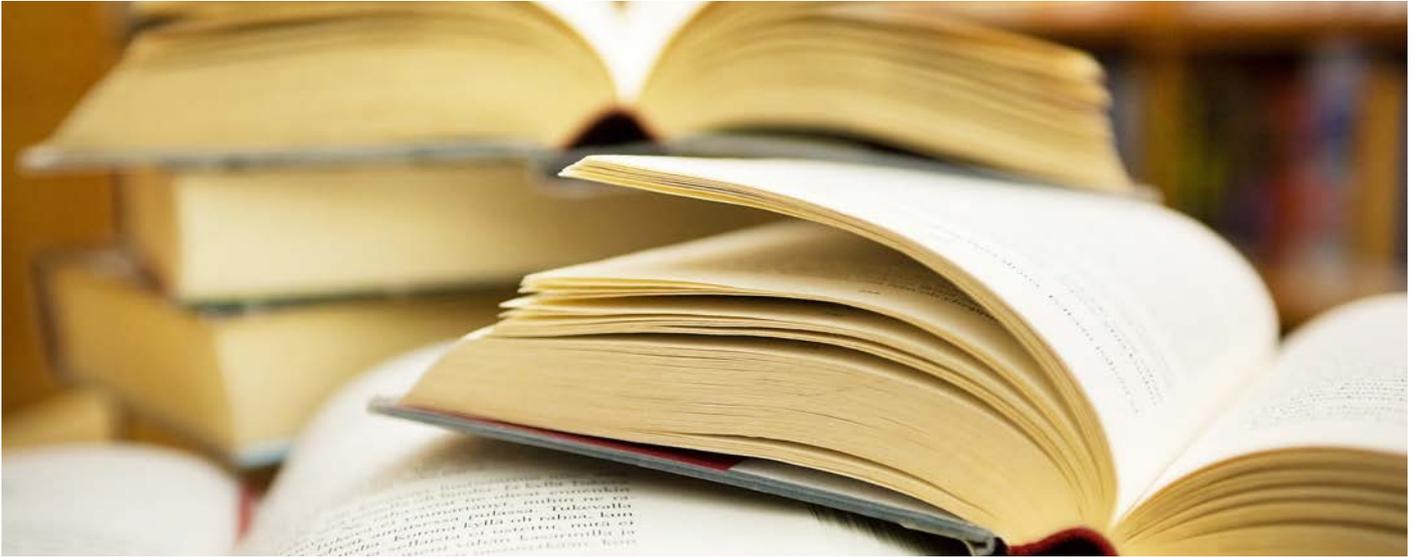
The generalist training emphasized at U of M SCC has been particularly attractive to me, and I am becoming more appreciative of it as I spend more time here. As an intern, training to be a generalist, U of M SCC is helping me become more open to exploring different and newer approaches to mental health interventions, and I am learning to integrate assessment, clinical intervention, case management, consultation, and referrals in my regular client-care as would be required of a psychologist in most work settings.

For me a significant attraction at U of M SCC was the emphasis on career counselling, which has been one of my key interest areas. It was a great learning to integrate personal counselling with career decision-making concerns of university students. It is satisfying to gain proficiency in using career counselling models to help students struggling with finding a passion in life and/or who are unable to make career decisions.

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INTERNSHIP

... continued



Also, the experience working with international students has been rewarding. Though I am myself internationally trained, it took me a while to appreciate the transitional challenges faced by students who are far from home and face unique challenges that are often overlooked by many professionals. Issues related to diversity and social justice now became a part of my practice, beyond mere rhetoric.

TRAINING ACTIVITIES

With regards to the how a typical week at U of M SCC looks, two mornings of the week are scheduled for supervision. We do have ample opportunity in supervision to discuss our cases and other professionally relevant topics appropriate to our training needs. On Wednesday mornings, we have our professional practice meeting, where the entire staff and practicum students/interns meet to consult priority cases and other matters relevant to the functioning of the U of M SCC. On most Wednesdays, there is a professional development training seminar organized at the Centre. Some of the sessions we attended included topics such as Advocacy for Psychology, Program Evaluation Training, and Critical Incident Stress Debriefing.

On a predetermined day of the week, we have intake duty scheduled for half a day, which is also the time when we are on duty for a triage/crisis intervention. Afternoons are typically for seeing

clients and documentation. On some weeks, we would have the afternoons scheduled for group programming.

There are also training seminar series organized specifically for interns. The training seminars we attended this year were on diversity training, supervision training, couples counselling, and hypnosis. Each of these seminars is several sessions long and some of them last over the entire year. We also engage in outreach, which typically involve conducting workshops or engaging with communities on or off campus related to mental health awareness and/or teaching psychological strategies to deal with one or many challenges of life and work. Another training activity that keeps us busy throughout the year and enhances our learning is the assessment for LD/ADHD.

LOOKING FORWARD

The opportunity to see many clients with diverse challenges and the training support provided at U of M SCC has increased my confidence in becoming more independent in doing clinical work. While my first love is teaching and research, I have become more open to the possibility of enhancing my experience working directly with clients. I am looking forward to applying for teaching positions in counselling psychology. I also want to continue seeing clients, and down the road, would love to supervise trainees in counselling psychology.

...continued on next page.

INTERNSHIP

... continued



Picture Source: <http://umanitoba.ca/about/>

SITE PERSPECTIVE

Provided by: DR. TIM OSACHUK, C.Psych. University of Manitoba

1. Who are you and what is your role in training interns in the Pre-Doctoral Internship Program in Professional Psychology at the Student Counselling Centre, University of Manitoba?

Who are you... ?

My name is Dr. Tim Osachuk, C.Psych.. – a Registered Clinical Psychologist in the Province of Manitoba, and Tenured Associate Professor and Director of Internship Training within our Pre-Doctoral Internship Program in Professional Psychology, Student Counselling Centre, University of Manitoba. I am a proud Manitoban, from Friendly-Manitoba, of rural Ukrainian-Canadian heritage. I have been privileged to have had a variety of experiences, which have provided me a very broad view of the importance of training of Professional Psychologists, and informed my role as the Director of Training of our Internship Program. I completed my Ph.D. in Clinical Psychology from the University of Manitoba in 1996, and have completed 2 CPA/APA Pre-Doctoral Internships: 1) In Counselling within the Student Counselling Centre, University of Manitoba and 2) In hospital inpatient/outpatient and rural-based practice within what is now called the Department of Clinical Health Psychology, University of Manitoba. I have past practice-based experience from Child and Adolescent through Geriatric ages, in assessment, consultation, individual, couple, family and group therapy, and have been employed in hospital inpatient/outpatient settings, community-based agencies, and private-practice. My initial training in clinical supervision begin as a graduate student, is developmental, and I have been supervising interns and various other allied health professionals since 1991. I have past training as a site-visitor for the Canadian and American Psychological Associations, have been a site visitor for 2 APA accredited Counselling Services in the U.S.A., and continue to be on the site-visitor roster for the Canadian Psychological Association. I have served in the Presidency of the Manitoba Psychological Society, and have been involved in advocacy for Psychology, in Manitoba and more broadly in initial proposals for advocacy training for Psychologists in Canada through the CPA - including development of Psychology Month.

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INTERNSHIP

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...what is your role in training interns in the CPA Accredited Pre-Doctoral Internship Program in Professional Psychology at the Student Counselling Centre, University of Manitoba? My role in our internship program is broadly twofold: 1) As the Director of Internship Training since July of 2003, it is my responsibility to oversee the myriad of administrative tasks of our CPA Accredited Pre-Doctoral Internship Program in Professional Psychology, including compliance with the CPA Accreditation Standards, Fifth Edition 2011, for smooth operation of our internship program. My contact with interns begins long prior to their arrival to our internship, assisting them with transitions to Winnipeg, to promote a successful internship year. 2) My second role is as a Primary Clinical Supervisor of both our Psychology Interns. This includes scheduled individual clinical supervision of Interns' individual and group therapy training experiences, and scheduled group supervision of interns' transitions to internship, and guiding and mentoring them in their ongoing professional development and socialization into the role of a Practicing Doctoral-Level Professional Psychologist.

2. What is the history of your internship program? The origin of our internship dates to the late 1980's, with our first Psychology Intern being in 1987. Our internship became more formalized and received initial accreditation from the CPA and APA in 1991-1992. At this point in time we were the only dual accredited Psychology Pre-Doctoral Internship within a Student Counselling Service within North America. We were jointly accredited by both the CPA and APA from 1991-1992 through September 1, 2015, until the APA ceased accrediting graduate programs and internships in Canada. We have been continuously accredited by the CPA since 1991-1992, with our next site visit scheduled to occur during the 2018-2019 year.

3. What is unique about your internship program?

- **Diversity Associated with Its Location**

According to 2011 Canadian Census data (summarized here https://en.wikipedia.org/wiki/Demographics_of_Winnipeg), Winnipeg, Manitoba is the most racially diverse large city in Canada, has the highest percentage of Indigenous peoples of any major Canadian city, has the highest number of Indigenous people living off reserves in one city, and has the highest population and percentage of Métis peoples. Winnipeg, has historically been a transportation hub for both of Canada's national railways, has been a union city, is well known for its festivals celebrating multiculturalism, has a vibrant arts scene, and is also the home of the Canadian Museum of Human Rights <https://humanrights.ca/>.

The University of Manitoba (UofM) <http://umanitoba.ca/about/> (in which the Student Counselling Centre and our internship are embedded) is a microcosm of the diversity of Winnipeg and Manitoba. UofM is: Western Canada's first university, the province's largest university, the province's research intensive and Doctoral Level University, located on Anishinabe and Métis traditional land, home of the National Centre of Truth and Reconciliation and the archive of information gathered from the Truth and Reconciliation Commission of Canada. Of UofM's close to 30,000 students, over 16 percent are international, representing 115 countries. Over 2,000 of UofM's students are comprised of First Nations, Métis and Inuit students – one of the largest bodies of Indigenous students in the country. During the daytime hours, UofM's population of almost 30,000 students makes it the third largest city in Manitoba. By population demographics of 30,000 people, the broad diversity of students from Winnipeg, Manitoba, and internationally, interns can expect exposure to a broad range of presenting concerns and problems in living, of various levels of complexity, and a very rich training experience.

- **Developmental, Capstone and Concurrent Training Model**

In addition to its early distinctiveness as the only counselling service internship in North America jointly accredited by the CPA and APA, and its longevity, our

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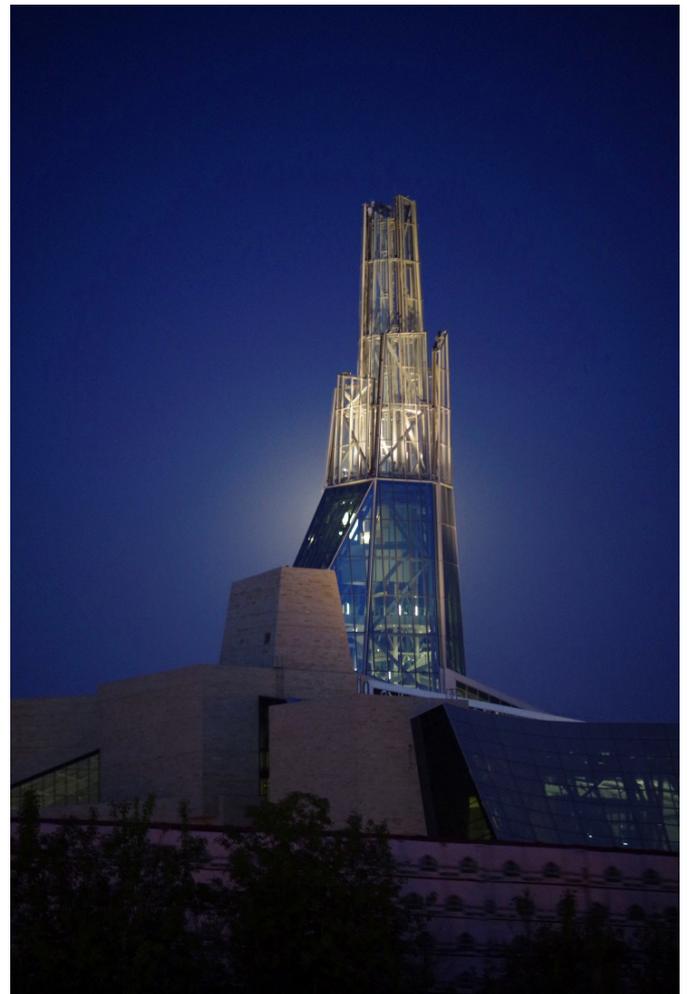
INTERNSHIP

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internship has a unique Philosophy, Mission and Training model (<http://umanitoba.ca/student/counselling/intern/>). Our internship has a developmental orientation that constitutes a core philosophy of our internship training program. We see our training program as the capstone to a doctoral psychology student's professional training, building on the foundation of knowledge gathered from diverse experiences in practica and other applied settings, graduate coursework, and research. As a capstone program, a primary value is placed on the integration of knowledge and skills as a means to facilitate the development and consolidation of the intern's identity as a professional psychologist. To enhance the professional development of our interns, our training program is structured around an integrative developmental model grounded in a scientist-practitioner framework. This means that attention is paid both to the individual developmental needs of our interns as well as to the need for evidence-based psychological practice. Thus, a structured, sequential training approach, tailored to the individual needs of our interns, is employed throughout the training year. To guide interns along this developmental path, activities are paced according to the interns' background preparation and readiness to assume various roles and responsibilities. The developmental structure of our internship is greatly facilitated by its eschewal of the traditional "rotation" model of internship training. Our program believes that an intern's professional identity can be most effectively developed through exposure to an environment that closely approximates the actual settings in which professional psychologists practice. For this reason, concurrent experiences are the hallmark of our program. With this structure, interns are able to experience the same range of activities and responsibilities as staff psychologists, see clients based on clinical need rather than rotation length, and develop more substantial relationships with supervisors. By the end of the training year, interns have a clear sense of what it is like to function as a professional psychologist in a fast-paced and diverse service delivery environment.

• Every Intern's Experience Is Unique

Consistent with our developmental philosophy, after initial orientation to internship, interns develop contracts with clinical supervisors integrating competencies of the overall internship program, which are individualized and tailored to their interests and training needs. As such, all interns receive training in the core competencies of our internship and an individualized unique internship experience.



Canadian Museum of Human Rights at Night
Photo © Tim Osachuk, May 21, 2016, 9:57 pm

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INTERNSHIP

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

Broadly, interns can expect to be treated as members of the Professional Psychology Staff. Interns are members of the Internship Training Committee, and participate in meetings and activities similar to staff. All interns receive training in the competencies of our internship program:

- Intervention (individual and group therapy, Career Counselling, intake duty, triage duty, crisis intervention)
- Formal Psychological Assessment (primarily Cognitive/Psychoeducational/Learning Disability/ADHD assessments through our Learning Disability Clinic)
- Consultation (outreach and program evaluation)
- Diversity (seminars on diversity, and broad diversity of clients in one's caseload)
- Training in Clinical Supervision (didactic and experiential training in providing supervision to practicum students)
- Professional Conduct

In addition, interns have historically had choices for exposures to an array of other activities, most recently including:

- Couples counselling training from the Gottman approach
- Opportunities to work with Indigenous students through a partnership with the Indigenous Student Centre

Interns can also expect to regularly attend: training seminars, other specific training, and clinical supervision and mentorship over their internship. All experiences are developmentally and sequentially planned to promote experiential transitions from their role as a student and intern to that of a Doctoral-Level Psychologist - preparing themselves for next steps of employment, licensure and independent practice as a Professional Psychologist.

5. What are the benefits of applicants completing your internship program?

Over its 25 year accreditation history, our program has hosted scores of interns from Clinical and Counselling Psychology programs, Psy.D. and Ph.D degrees, various training models (e.g., Scientist-Practitioner, Practitioner-Scholar, Practitioner-Scientist) with citizenships from Canada, the U.S. and international locations (El Salvador, Slovakia, India). Diversity of intern cohorts has historically enriched the experiences of interns and opportunities to learn from each other. Our past history of joint accreditation by the CPA and APA, has required adherence to the highest standards of training for our interns. Our internship program and model is well established, and also evolves in response to changes in practice and accreditation standards, to ensure our interns are prepared for contemporary practice. Our internship program has historically enjoyed systemic and administrative support, with historical valuing of training, and training integrated into the activities of Student Counselling Staff. Our internship program offers diverse and unique training experiences within a dynamic and challenging clinical environment. Given our capstone generalist training philosophy, and concurrent training model, interns acquire broad skills, working with diverse young adults through the adult lifespan in the full range of presenting concerns/problems in living. Interns also directly experience managing the multiple roles of practicing professional psychologists, further preparing them for eventual independent practice as a Doctoral-Level Registered/Licensed Psychologist. Our model and internship program has deepened and broadened the skills of Counselling and Clinical Psychology students. We strongly believe training within our internship provides exposure to dense multi-level systems, affording generalizability of skills for employment and practice with adults in many different domains.

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INTERNSHIP

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6. Where have past interns secured employment and in what type of positions?

Our interns have gone on to successful careers in a variety of settings in Canada, the U.S. and internationally (e.g., Singapore). They have also become Registered/Licensed/Certified Psychologists in many jurisdictions throughout Canada and the U.S.. Past interns have secured employment in university and college counselling services, hospital, medical and forensic settings, academic and clinical faculty positions, community agencies, and private practice. Positions have included counsellors, therapists, Counselling Psychologists, Clinical Psychologists, School Psychologists, Lecturers, Instructors, Professors, Directors or Assistant Directors of Clinical or Counselling Psychology graduate programs, Assistant Directors or Directors of Internship Programs, Directors of Services within University Counselling and Community Agencies and Directors of University Counselling Services. One of our past interns has even worked for the Los Angeles Police Department!

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

Our overall experience, is that applicants' qualities, education, past training and experiences and requests for training on internship, must **FIT** with the training offered by our internship program.

We establish **FIT** by:

1. Qualifications:

- i. Citizenship: Given requirements of the Canadian Temporary Foreign Workers Act, candidates must be Canadian citizens, have dual Canadian and another citizenship, or be Canadian Permanent Residents
- ii. Completed by November 15th:
 - i. Required coursework
 - ii. Successful Passing of comprehensive examinations
 - iii. Dissertation proposed for the doctorate in Clinical or Counselling Psychology.
- iii. Candidates meeting these criteria can proceed to making application to our internship programme.

2. Application – APPIC “AAPI Online” submitted by November 15th, 4:30 pm, Central Standard Time – with specific requirements detailed on our website <http://umanitoba.ca/student/counselling/intern/>

3. Application Review

- i. Incomplete Applications are not reviewed.
- ii. Complete AAPI's are further reviewed for **OVERALL FIT**.
 - i. Preferred Qualifications
 1. Degree Type: Ph.D. or Psy.D.
 2. Program Type: Counselling or Clinical
 3. Accreditation: CPA or APA Accredited Doctoral Program
 4. AAPI
 - a. Cover Letter - Rationale for Application to Our internship is a Reasonably Good Fit with What Our Internship Offers
 - b. Essays and Referee Letters
 - i. also Consistent with Type of Training Applicant is Wanting and Consistent with What Our Internship Offers
 - ii. Open to Learning and non-defensive to Supervisory Feedback

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INTERNSHIP

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- c. Experience
 - i. Individual Therapy with Adults
 - ii. Group Therapy with Adults
 - iii. Career Counselling with Adults
 - iv. Psychological Assessment Experience with Adults
 - v. Counselling Service Practicum or Employment
- d. Future Career Interest of Work With Adults

ii. While all Preferred Qualifications are Not Required, Higher Numbers of Preferred Qualifications Increases Probability of being Invited for Interview

4. Interview – Stronger Interviews further Corroborates **FIT** with our internship program

5. Overall review of Qualifications, Application/AAPI, Number of Preferred Qualifications, and Interview Performance are used to establish **FIT** between an Applicant and what is offered in our Internship Program.

6. OVERALL, OPENNESS TO LEARNING, AND BEING NON-DEFENSIVE ABOUT RECEIVING SUPERVISED FEEDBACK ARE THE MOST IMPORTANT DETERMINANTS OF FIT WITH OUR INTERNSHIP PROGRAM.

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

As a Director of Internship Training, a past site visitor for the APA, and a current site visitor for the CPA, I strongly recommend students complete their pre-doctoral internship/residency at a CPA-accredited site. Accredited internships sites are required to meet many criteria and standards to ensure the highest quality and consistency

of training. Accredited sites require stable fiscal, systemic and administrative support to ensure resources for interns and time for staff to consistently provide training and supervision. Ongoing feedback from interns, review of programs, annual reports to the CPA, and periodic accreditation site visits, also ensure internship/residency programs continue to reflect on their process of training, are accountable, and provide training that is current and relevant to contemporary practice of Doctoral-Level Professional Psychologists. Accredited Pre-Doctoral Internships or Residencies are also more “known commodities” by Licencing/Regulatory bodies for Psychologists, generally making it easier to become registered/licenced, and allowing greater mobility of practice, if one should move to practice in another jurisdiction. The onus is on the applicant to demonstrate equivalency of a non-accredited internship when one is applying for licensure or registration. For all the reasons above, whenever possible, I always encourage students to apply to, and attempt to obtain, an accredited internship/residency program.

For more information, please contact:

Timothy A. G. Osachuk, Ph.D. C.Psych.

Registered Psychologist (MB)

Associate Professor and

Director of Internship Training

Student Counselling Centre

University of Manitoba

(204)474-8614

tim.osachuk@umanitoba.ca

Internship Website:

<http://umanitoba.ca/student/counselling/intern/>

CCPPP Listing: <http://ccppp.ca/directory>

APPIC Member Number 1810: <https://membership.appic.org/directory/display/381>

CONGRATULATIONS!

The CPA Counselling Section is pleased to announce that **Dr. Nancy Arthur** has been selected to receive a **2017 CPA Fellow Award**. Please join us in celebration of this wonderful accomplishment at the CPA Convention, Friday June 9, 2017 @ 8:00 am



Dr. Nancy Arthur is a Professor in the Counselling Psychology program and the Associate Dean Research, Werklund School of Education, University of Calgary. Dr. Arthur's teaching and research interests focus on professional education for diversity and social justice, career development, and international learning

2018 Canadian Counselling PSYCHOLOGY SUMMIT UPDATE

By José F. Domene

Hi everyone! I am José Domene, a member of the organizing committee for the 2018 Canadian Counselling Psychology Summit. I am also a Professor and Canada Research Chair in School to Work Transition in the Faculty of Education at the University of New Brunswick (UNB) and, in my spare time, I am a licensed psychologist who coordinates the pre-doctoral internship program at UNB Counselling Services. Oh, and also the Secretary-Treasurer of the Section, as you may have noticed from my other contribution to this issue of Kaleidoscope. I'm very excited for the opportunity to be working on the organizing committee. I remember the Inaugural Canadian Counselling Psychology Conference in Montreal in 2010 as one of the most relevant and inspiring conferences that I have attended in my career, and I am pleased to be helping to build on that legacy for the 2018 Summit.

Planning for the 2018 Canadian Counselling Psychology Summit has really begun to move forward over the last couple of months. Based on feedback from Section members and complications with scheduling, we have decided against trying to arrange the Summit to correspond with the 2018 meeting of the International Congress of Applied Psychology in Montreal. Instead, we are now plan on holding the Summit in October 2018, at the University of Calgary.

Things are also starting to take shape with planning for the content of the event. We are currently looking at two days of events for practitioners, scholars, and students of counselling psychology, built around a series of working groups. In addition to the event itself, we are planning to have both a conference proceedings and a special issue of a journal, devoted to material and collaborations generated out of the conference working groups. Oh, and we have developed a tentative theme for the Summit as well, "Advocating for ourselves, advocating for our communities: Canadian counselling psychology into the next decade and beyond."

A next major step for the planning committee is to secure sufficient funding for the Summit so that we can accomplish all that we have planned. To that end, we are working to prepare funding applications at both the institutional and national levels. Stay tuned for more news about the Summit in future updates!

SAVE THIS DATE



COUNSELLING PSYCHOLOGY

SUMMIT 2018

OCTOBER @ CALGARY, AB

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Details are available here on the [CPA website](#).

PRACTITIONER SERIES



The view from Carlton's office, May 2017

This article is the second in our 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. If you (or someone you know) would like to contribute to this series, please contact our Editor at jbmiller@mtroyal.ca.

And now, on to our featured practitioner... the outstanding...

Dr. Carlton Duff

1) In which settings do you work?

As a registered psychologist in both Alberta and British Columbia, I have been transitioning my practice between provinces after moving from Edmonton to Victoria. In Alberta, I worked entirely in private practice for the past 4 years, primarily working under contract in schools with children, youth, families, and teachers. I now work part-time in private practice with a large, established

group practice, and the rest of the time I work as part of the multidisciplinary outpatient Neurodevelopmental Psychiatry Service team at the Queen Alexandra Centre for Children's Health.

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

Both settings give me great flexibility in determining what my clinical focus will be. The busy nature of the private practice I've joined gives all the clinicians in the practice ample referrals so we can focus our practice on providing service to clients that coincide with our personal interests and expertise. Each of us tends to focus on different things, so we can (as a practice) meet the needs of our referral sources but also (as clinicians) maintain a narrow scope of practice. Therefore, I primarily work with adults and youth struggling with depressive, anxiety, and stressor-related disorders. This lets me hone my skill set down to several evidence-based approaches for each kind of presenting problem, and since most of my private practice clients are

military veterans, police, or their families, it also allows me to focus my continuing education on special populations. This makes my day-to-day work simpler and more streamlined, but it also allows me to continue building my competence and confidence with special populations.

At my hospital job, the population is also highly specialized, but the work that I do is based on the needs of the team and the specific expertise that I can provide. The clients we serve are children, youth, and their families who have complex mental health needs in addition to neurodevelopmental disorders. In addition to my own role, my team includes social work, clinical counselling, psychiatry, and occupational therapy, and I am also supported with a psychometrist for assessments. The team and I work together very closely to provide tailored treatment and services to our clients, and we often follow clients from childhood into late adolescence. I provide the pieces to my part of the puzzle that is our clients' mental health needs.

FEATURE ARTICLE - PRACTITIONER SERIES - CONTINUED

That means that for many cases I am conducting psychological assessments that inform diagnosis and treatment. In other cases, I may provide behavioural consultation to a school that is struggling with meeting a child's needs in that setting. I may also provide individual or family counselling as needed. But in every case, I provide expertise that is circumscribed to psychology and my own personal professional competence, so much of my clinical work is dependent on both what I know how to do and what is needed.

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

I perceive my identity as a counselling psychologist to be most heavily influenced by the eclectic, strengths-based philosophy that is common in counsellor training. That is, my training (both at the Universities of Victoria and Alberta) emphasized the strengths of clients rather than their problems.

While I primarily employ a cognitive-behavioural and diagnostic approach to counselling and assessment, the spirit of acknowledging common factors and focussing on the strengths of clients continues to influence how I conceptualize and implement my work.

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

In my experience, the most significant tension for counselling psychologists in private practice is balancing the need for running a successful business with the need for ethical, competent practice. When your pay depends on the number of clients you see, the lure of seeing clients that are outside of your area of competence can create ethical issues. Maintaining work in another job can permit you to maintain a secure source of income to allow you to focus your private work on areas that you have competence and expertise.

For me, working in a hospital-based team also gives me a sense of being part of a greater professional mental health community, which is something that I've experienced to a lesser degree in private practice. The independence of private practice balances my preferred way of working well with the connectedness and comradery of hospital-based work.

My experience has been that my colleagues typically begin their careers in a hospital- or agency-based job and then move to part-time private work. However, my own experience starting my career in private practice allowed me to learn how to run a business and a practice all while learning to be independent as a clinician. Moving to a hospital job, I think I've been well-prepared to work independently when needed, but also to meet the needs of the team and the clients. In other words, I think that private practice builds a wider range of non-clinical skills that can be translated to multiple work environments, and students should seriously consider the possibility of starting a career in private practice rather than moving to a job right out of school.

For those considering this type of career, contact me Carlton at carltonduff@gmail.com

How To Find Us On

FACEBOOK

**CPA COUNSELLING PSYCHOLOGY
SECTION STUDENT PAGE**

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

RESEARCH ANNOUNCEMENT



WERKLUND SCHOOL OF EDUCATION

2500 University Drive NW
Calgary, AB, Canada T2N 1N4
werklund.ucalgary.ca**Recruitment Letter****RE: Participant Recruitment – Teaching and Learning about Social Justice**

Dear Colleague,

We are professors in Educational Studies in Counselling Psychology program in the Werklund School of Education at the University of Calgary. We are presently conducting a study entitled: *How are we making a difference out there? Teaching and learning about social justice through practicum education*. This study has been approved by the University of Calgary, Conjoint Faculties Research Ethics Board [REB15-1788].

The goal of this study is to investigate the experiences of counselling psychology students and their supervisors in the development of multicultural counselling and social justice competencies. In order to achieve this goal, graduate students in counselling psychology completing a practicum as well as their on-site supervisors will be asked to share their perspectives.

Accordingly, we would like to invite you to take part in this study. Participation includes filling out a consent form, a demographics questionnaire, and a one-hour one-on-one interview. The qualitative interview will be digitally recorded for the purpose of transcription and data analysis. Individuals who partake in this study will be offered a \$25 honorarium (in the form of a gift card).

Participation in this study is completely voluntary, and has no bearing on your relationship with the Werklund School of Education, the University of Calgary, or the researchers conducting this research. Moreover, participation has no bearing on the supervisor-supervisee relationship. Your decision to participate (or not) will be kept strictly confidential.

We hope that this study will make a significant contribution to the field of education, ultimately helping counselling students and their supervisors in the development of culture-infused and socially-just counselling. If you have any questions about this study, please do not hesitate to contact either one of us, using the contact information below.

Sincerely,

Dr. Anusha Kassan, Assistant Professor
403.220.6506 / anusha.kassan@ucalgary.caDr. Nancy Arthur, Professor
403.220.6756 / narthur@ucalgary.ca

FROM THE EDITOR

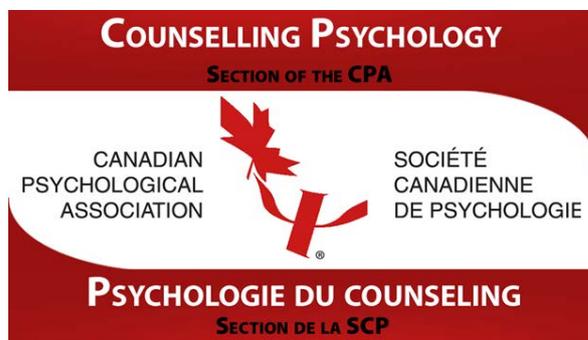
It's the season of conventions, conferences, summer planning and hopefully rest and relaxation. As you peruse this edition of Kaleidoscope, we hope that you reflect on the next steps in your career development and personal success. Our field continues to be dynamic, diverse and expansive. If you are going to the Convention, set your intention on meeting inspiring colleagues, and if you can't make it this year, then please save the date for the upcoming Counselling Psychology Summit scheduled for October 2018 here in Calgary, Alberta. Lastly - when you get the chance, check out CPA's newest Code of Ethics - the 4th edition released this past January. The Code can be accessed here:

http://www.cpa.ca/docs/File/Ethics/CPA_Code_2017_4thEd.pdf

Enjoy the sunshine, and best wishes for wherever the season may take you.

janet miller, PhD,
Registered Psychologist
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www.cpacounselling.wordpress.com



2017 - Issue 2
CPA Counselling Psychology Section
Newsletter submissions: jbmiller@mtroyal.ca
May 2017

KALEIDOSCOPE

Newsletter of the Counselling Psychology Section
Canadian Psychological Association



Questions, Comments, Suggestions or Feedback?

Please contact us:

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