

CPA Counsellor

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

Spring 2011

Message from the Chair: Identity/Identities



It's an exciting time to be a counselling psychologist in Canada. We are approaching 25 years of the profession establishing itself as a distinct section of CPA and over a decade since the first Canadian doctoral programs in counselling psychology obtained CPA/APA accreditation. More recently, we have had a distinctly Canadian definition of counselling psychology adopted by CPA. We have also established a greater presence on the landscape of Canadian psychology, with active involvement in CPA's annual convention (see my other article in this newsletter for highlights of counselling psychology programming at the upcoming 2011 convention in Toronto), and forthcoming articles about the discipline in CPA's flagship journal, Canadian Psychology.

As we mature as a discipline and become clearer in establishing the identity of the profession, I have come to understand that it is also necessary for us as academics and practitioners to reflect upon who we are as professionals. Through discussions with colleagues at two recent Canadian counselling psychology conferences (the Inaugural Canadian Counselling Psychology conference that is described in greater detail elsewhere in this newsletter, and a regional conference on counselling psychology research in British Columbia), I have realized that, as a group, we hold multiple professional identities: At both these venues, some participants identified primarily as counselling psychologists, others as counsellor educators, and others as counselling practitioners. Some even held multiple identities, being involved in teaching counselling psychology and counselling students, and/or thinking of themselves as practicing both applied psychology and professional counselling. Finally, some of our colleagues hadn't given the issue much thought at all. As counselling psychology matures in its identity as a profession in Canada, and as other counselling professions also become more firmly established in their identities, I believe that we, as individuals who are members of one or more of these professions, also need to grapple with questions of identity. Lending urgency to the issue of identity are the movement towards the regulation of professional counselling in more and more provinces, and the increasing separation between counselling psychology and professional mental health counselling in the United States.

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In contrast to the American model, is the concept of being able to hold multiple identities at once and accepting the overlap among counselling-related professions a better reflection of the history and values of counselling psychology in Canada? Or is clear delineation and separation between counselling psychology and counselling/counsellor education the best way forward to nurture and protect our profession? Are there, in fact, other ways to engage with professional identity/identities that would be an even better approach? I welcome your thoughts and perspective on the question of our identity as practitioners, scholars, and educators in this field. Who knows, with enough feedback, we might even be able to add a "Letters to the Chair" section to the next issue

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of this newsletter.

Let me end by paraphrasing a colleague's comment at one of the recent conferences: even if we have no interest in the broader landscape of the profession, each of us should at least know what our answer is, when we are asked about your professional identity. Each of us may have a slightly different response to that question, but I would urge us all to have an answer, and know why we have chosen our particular answer.

Respectfully,

José Domene, Section Chair

jdomene@unb.ca

A RESOUNDING SUCCESS! THE INAUGURAL CANADIAN COUNSELLING PSYCHOLOGY CONFERENCE

McGill Faculty Club: November 19-21, 2010

<http://www.mcgill.ca/inauguralccpc/>

Conference Chair: Ada Sinacore, PhD, McGill University

Conference Coordinator: Freda Ginsberg, PhD, MBA

The reviews are in and conference attendees agree that the Inaugural Canadian Counselling Psychology Conference (ICCP) was a resounding success! Conference participants overwhelmingly reported that this landmark gathering fully engaged, empowered and re-energized them as counselling psychologists. It truly was a remarkable event, where 95 colleagues, professionals and students alike, representing 25 universities, 10 professional practice settings and 7 provinces all came to Montreal to discuss, debate and celebrate Canadian counselling psychology. In essence, The ICCP successfully launched the first-ever Pan-Canadian dialogue for counselling psychologists to take stock of their discipline, identity and future.



Opening Address (Photo by Gena Davies)

So how did this event come to be? In June 2009, following the acceptance of the official Canadian Counselling Psychology Definition, Ada Sinacore, decided that it was clearly time to solidify Counselling Psychology's unique contribution to applied psychology in Canada. Thus, the idea for the ICCP was born, marking a new era in the discipline. First, she needed to gather the support of the leading counselling psychologists across Canada and so one by one Ada recruited the conference leadership team. Next, we sent out a call for papers and fortunately many counselling psychology professionals and students enthusiastically joined the initiative lending their expertise and time to what resulted in a top-notch conference program.

After months of planning, the day of the conference arrived and Ada opened the event with a humorous and vivid account of how the conference came to be. This address was followed by an elegant wine and cheese, held by the fireplace in the McGill Faculty Club, giving attendees time to reconnect with old friends and network with new colleagues. The next day (Saturday) the conference program was officially launched with an illuminating Keynote address given by Drs. George Hurley and Richard Young, *Recollections of Our Past: The Future is Yours*. This talk set the tone for the day by offering conference attendees a comprehensive account of the history of Canadian Counselling psychology, the current state of the discipline and possible future directions.



Conference Leadership (Photo by Shoreh Rezazadeh).

Another key facet of the conference program was the simultaneous symposia held on both Saturday and Sunday. These engaging sessions offered participants both theoretical papers and innovative research findings on the 6 key conference topic areas and were chaired by leading experts in the field. Symposia included: Professional Issues and Identity, Chair, Dr. Anne Marshall; Research and Scientific Issues, Chair, Dr. Bryan Hiebert; Career Development, Chair, Dr. William Borgen; Multicultural

Counselling, Social Justice and Advocacy, Chair, Dr. Nancy Arthur; Counselling, Training and Supervision, Chair, Dr. Sharon Robertson; and, Health, Wellness and Prevention, Chair, Dr. Judith Daniluk.



Symposium (Photo by Shoreh Rezazadeh).

To compliment the symposia, each afternoon, discussion group leaders (see: <http://www.mcgill.ca/inauguralccpc/people/discussion/>), representing a wide range of counselling psychologists from research and practice settings, skillfully engaged participants to explore the 6 conference topic areas. Discussion group dialogues were all provocative and productive and each group had a note taker to allow for future use of discussion proceedings. At the end of the day, conference delegates attended a consolidation session, wherein discussion leaders reported on their group's main themes and shared recommendations for future directions in the discipline. Among the salient issues reported were professional identity, accreditation, licensure, gate keeping, evidence-based practice, funding and publication outlets, health based research and the role of advocacy in the training and practice of counselling psychologists.

The weekend, however, was not all work and no play! The Saturday night event was a real crowd pleaser and also served as the Student Poster Session, called *Posters, Pool and Pinot Noir*. This lively social/academic gathering was held in the historic McGill Faculty Club Billiard Room and offered conference participants the opportunity to interact with a high caliber of student posters while enjoying wine, light snacks and a friendly game of billiards. Another enjoyable networking opportunity was the student lunch wherein student delegates had the opportunity to process their views and offer a student perspective at the day-end consolidation session. Overall, conference delegates resoundingly reported that the conference helped them to build new alliances, develop a nationwide network and rekindle old friendships.



Posters, Pool, and Pinot Noir (Photo by Caitlin Blennerhassett)



Student Discussion Group (Photo by Caitlin Blennerhassett)

In her speech, Dr. Sinacore told delegates, *"This conference came about as an idea, which grew into a possibility, which now exists because you believed it was important and it mattered. In a time, when we are told over and over again that funding drives our agenda and our future success, this conference provides evidence that it is still possible to build something from the ground up with creativity, tenacity, determination and a spirit of volunteerism.* Feedback from ICCPC delegates echoes these sentiments:

"A fantastic inauguration."

"Congratulations on the success of the CCPC Inaugural Conference, the topics, speakers, organizational planning and discussion sessions to be of the highest caliber. It was quite a momentous and inspirational gathering of professionals and students."

"Congratulations on a fabulously successful conference!"

"Thank you for the opportunity to be part of what was certainly a landmark event and an endeavour born from your remarkable commitment to the

counselling psychology profession.

"This is one of the first conferences where I felt thoroughly engaged and walked away with so much. I particularly enjoyed the opportunity to partake in intimate discussions with leaders and experts in the field on pressing issues and topics."

"I walked away from this conference not only feeling empowered as a student but also with an affirmed feeling that counselling psychology espouses my values and beliefs in the field of psychology."

"Best conference ever."

"A great success just occurred for all of us."

The conference was meant to inaugurate a new era in Canadian Counselling Psychology and that is exactly what happened. Moving forward, we are organizing discussions at the annual CPA Convention in Toronto to continue this important dialogue. Additionally, the CPA Counselling Section Keynote entitled, *Looking Toward the Future: The outcomes and next steps resulting from the Inaugural Canadian Counselling Psychology Conference* will present future directions for the discipline. Further, we have secured a Special Section of the journal, *Canadian Psychology*, which will be devoted to counselling psychology and, finally, we are in the process of developing a handbook for the discipline.

With all that being said, Ada would like to thank everyone who contributed to the conference, with special thanks to all the keynotes, symposia chairs, discussion group leaders, presenters, program reviewers and the conference committee, without your assistance this conference would not have been possible.

Counselling Psychology Programming at the 2011 Convention

The time for CPA's annual convention is rapidly approaching, and this year's conference in Toronto, from June 2-4, promises to be one of the largest the association has ever had. There will be nine symposia, five conversation sessions, four workshops and one theory review session offered through the Section, to be held throughout conference. Among the many exciting sessions being offered through the Counselling Psychology Section at the conference, there are several events that are worth highlighting:

1. Pre-convention Workshop: *Navigating therapeutic routes: One client, three evidence-based approaches to recovery.*

Time: 9 AM – 4:30 PM, Wednesday June 1.

This workshop will give participants the opportunity to compare and contrast three evidence-based psychotherapies: Cognitive behavioural therapy, emotion-focused therapy, and interpersonal therapy, using video-recorded sessions of expert clinicians working with an actor-client presenting with comorbid depression and anxiety. Participants will have extensive opportunity for questions and discussion with the experts. This workshop, worth 6 Continuing Education Credits, is co-sponsored by the Counselling and Clinical sections.

2. Invited Speaker: *Exercise for mood and anxiety disorders*

Time: 11:00 AM – 12:00 PM, Thursday June 2.

This public lecture will be presented by Jasper Smits, an American psychologist and author of the book *Exercise for mood and anxiety disorders: Therapist Guide*. In his presentation, Dr Smits will discuss the connections between mental health and exercise, with a particular focus on application to practice. This speaker is co-sponsored by the Counselling, Sport and Exercise, Health, and Clinical sections.

3. *Counselling Psychology Section Poster Session*

Time: 12:30 – 2:30 PM, Friday June 3.

This year, we have over 40 posters being presented in the section, covering a wide range of topics of interest to counselling psychologists. Take the opportunity to talk with fellow practitioners, researchers, and students about their work, in a format that is well suited for 1-on-1 dialogue.

4. *Counselling Psychology Section Business Meeting*
Time: 3:00 – 3:55 PM, Friday June 3.

Come discuss developments within the section over the past year, and propose new business to the Section Executive. Section members may vote in the election for the Chair Elect and two Members at Large positions on Section Executive. (Also see notice at the end of this newsletter for information about nominating section members for these positions).

5. Section keynote address: *Looking toward the future: The outcomes and next steps resulting from the Inaugural Canadian Counselling Psychology Conference*

Time: 4 – 4:55 PM, Friday June 3.

The Inaugural Canadian Counselling Psychology Conference opened a pan-Canadian dialogue for professionals and students with regard to the discipline, its identity and future. This keynote will present the outcomes from the conference and present directions for the future with special attention given to professional issues salient to the discipline of counselling psychology.

6. *Counselling Psychology Section Reception*

Join us in a celebration of counselling psychology in Canada, at the section reception. This year's student

awards will be presented, and this is an opportunity to network and reconnect with colleagues. Snacks and beverages will be provided.

Counselling Psychology Schedule at a Glance

Wednesday June 1

Preconvention Workshop: *Navigating Therapeutic Routes: One Client, Three Evidence-based Approaches to Recovery*. Randi McCabe, Jeanne Watson, Paula Ravitz. (9 AM – 4:30 PM)

Thursday June 2

Invited Speaker: *Exercise for Mood and Anxiety Disorders*. Jasper Smits. (11:00 AM - 11:55 AM)

Symposium: *Ethics From an International Perspective*. Sharon Cairns, Lucy Amadala, Gloria Crowe, E. Aiofe Freeman. (11:00 AM - 12:25 PM)

Theory Review Session. Nina Josefowitz. (1:30 PM - 2:55 PM)

Friday June 3

Section Poster Session (12:30 – 2:30 PM)

Section Round-table Conversation Sessions (2:00 PM - 2:55 PM)

Workshop: *Reading Between the Lines: Using the Psychology of Handwriting in Counselling and Psychotherapy*. Annette Poizner. (2:00 PM - 2:55 PM)

Symposium: *Using Attachment Theory to Inform Research and Counselling Practice with Post-Secondary Students*. Helen Massfeller, Sharon Cairns, Carolyn Claire, Sander Deeth. (2:30 PM - 3:55 PM)

Section Business Meeting (3:00 PM - 3:55 PM)

Section Keynote Address: *Looking Toward the Future: The Outcomes and Next Steps Resulting from the Inaugural Canadian Counselling Psychology Conference*. Ada Sinacore. (4:00 PM - 4:55 PM)

Section Reception (5:00 PM - 5:55 PM)

Saturday June 4

Symposium: *Training Psychotherapists: The Mechanics of Process* (Gabriela Ionita, Louise Overington, Calli Armstrong, Clare Foa, Eric Morris. (10:00 AM - 11:25 AM)

Symposium: *Trauma and Learning: Examining the Educational Needs, Experiences and Achievements of Trauma Survivors*. Lana Stermac, Susan Rodger, Nina Josefowitz, Allyson Clarke, Rebecca Machado. (11:30 AM - 12:55 PM)

Workshop: *The Ethic of Social Responsibility*. Michael Mandrusiak, Larry Axelrod. (11:30 AM -12:55 PM)

Workshop: *Group Therapy for Post-Crisis Suicidal Adolescent Clients*. Melissa Seaborg. (12:00 PM - 1:55 PM)

Workshop: *Anti-Oppression Psychotherapy: A model for addressing diversity and intersectionality*. Roberta Timothy, Mercedes Umana. (2:00 PM - 3:55 PM)

Symposium: *Engaging Men in Counselling and Psychotherapy*. Robinder Bedi, Marvin Westwood, Megan Cook, Stuart Hoover, Curtis Shelton. (2:30 PM - 3:55 PM)

Symposium: *Expanding the Boundaries of Career Counselling and Development*. José Domene, Richard Young, Charles Chen, Lyndsay Woitowicz, Laura Klubben. (3:00 PM - 4:25 PM)

Symposium: *Working Together: Conducting Program Evaluations at a University Student Wellness Center* Jo-Anne Willment, David Nordstokke, Sander Deeth, Barbara Kennedy, Tara Dawn Crumpler, Gloria Crowe. (3:00 PM - 4:25 PM)

Symposium: *Relating Clients' In-Session Process to Outcome in the Treatment of Depression using CBT or EFT*. Jeanne Watson, Aline Rodrigues, Beth Bernholtz, Evelyn McMullen. (4:00 PM - 5:25 PM)

Symposium: *Utilizing Feminist and Multicultural Epistemologies to Inform Pluralistic Methods*. Ada Sinacore, Sasha Lerner, Jennifer Titus, Beheshta Jaghori (4:00 PM - 5:25 PM)

To register for the convention, please visit: <http://www.cpa.ca/convention/registration/>

Introducing the Counselling Psychology Section Student Representative

Hello CPA members!

My name is Lara Cross; I am the student representative for Section 24 (Counselling Psychology) for the 2010/2011 year. I have just completed my first year of the PhD in counselling psychology at the University of Alberta. This is my third province in Canada I have lived in. Originally from Windsor, Ontario, I completed my Bachelor of Science in psychology at the University of Western Ontario (London, ON), and I completed my Masters of Education in counselling psychology at the University of New Brunswick (Fredericton, NB). My master's research focused on positive psychology approaches in case management and residential programming with incarcerated youth, and my

doctoral research will focus on incarcerated women and compassion-based approaches for processing shameful experiences.

My role as student representative requires me to act as a liaison between the student members of the Section and the Executive, post emails to the counselling psychology list-serve, and carry out any other miscellaneous duties to help out the Chair of the Section. It has been a rewarding experience, which has allowed me to contribute towards Canadian counselling psychology, and I encourage any student to contact me if they are interested in becoming involved. If you have any questions, either student related or general questions you may have for the Section Executive members, please feel more than welcome to email me at lara1@ualberta.ca. That's what I'm here for!

Please be sure to check out on the June 2011 convention schedule for the date and time of the counselling psychology section annual business meeting. This is an exciting opportunity to meet the Section Executive, learn about what is happening in counselling psychology in Canada, and become more involved. All members are welcome to attend!

It has been a wonderful opportunity to represent student concerns on this year's Section Executive and thank you everyone for your support. Hope to meet you at the convention in Toronto!

Lara Cross MEd, CCC
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Edmonton, AB T6G 2G5

Section 24 Announcements

Call for Nominations: Section 24 Distinguished Member Award

The Counselling Psychology Distinguished Member Award is intended to recognize someone who has made significant contributions to the field as a practitioner or as a researcher. We are looking forward to receiving nominations and presenting the 2011 award in Toronto. Nominees must be a member of the CPA Counselling Psychology Section and will preferably 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 service.
2. Scholarly research, which has moved the profession of counselling forward.
3. Development of counselling materials which

has contributed to the provision of service by others.

4. Outstanding service to professional associations, in particular to the CPA Counselling Psychology Section.

Other factors that will be considered are:

1. Influence of the work on the profession of counseling (e.g., is the work moving the profession forward?).
2. Breadth of influence (e.g., how many people have been touched/affected by the work?).

Nominators should provide a statement providing a rationale for nominating this individual for the award and additional supporting information, such as an up to date curriculum vitae of the nominee; detailed descriptions of work; samples of work; independent evaluations of work; letters of support from colleagues, students and/or clients; and description of positions held, and/or service contributions.

Please send completed nominations by May 15, 2011 to: José Domene (jfdomene@unb.ca).

Call for Nominations: Section 24 Section Executive

Nominations are now being accepted for the following Section Executive positions:

1. Chair Elect
2. Member at Large: Student Awards
3. Member at Large: Review Coordinator

The duties of these positions are described in the section by-laws, which can be downloaded from the Section page of the CPA web-site: <http://www.cpa.ca/aboutcpa/cpasections/counsellingpsychology/counsellingsectionbusiness/>

The term of office for the Member at Large positions is two years. The Chair Elect will serve for one year in that position, before taking on the duties of the Chair of the section. These positions will commence following election at the Section's Annual Business Meeting, June 2011 in Toronto. Nominations will be open up to the meeting itself.

If you or someone you know would be interested in serving the section in any of the above roles, please send nominations to José Domene, Chair, at jfdomene@unb.ca

Call for Nominations: Section 24 Student Awards Nominations

The Counselling Psychology Section of CPA offers annual awards for:

1. Best PhD Dissertation
2. Best Masters Thesis
3. Best Doctoral Conference Poster
4. Best Masters Conference Poster

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

Best Poster Awards

Posters are evaluated for quality and relevance of content, and the student's engagement with the audience. All student-authored posters presented in the Counselling Psychology Section poster session at the CPA annual convention are evaluated for this award. Students do not need to be a member of the Counselling Psychology Section to be eligible.

Best Dissertation/Thesis Awards

The Best PhD Dissertation and Best Masters Thesis prizes are awarded based on a 30-page (maximum) summary of the dissertation or thesis, to be written by the student. The student's work 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. The person who nominates the student's work must be a member of the Counselling Psychology Section; the student does not need to be a member.

The nominator should submit 2 hard-copies of the 30 page summary to:

Dr Colleen Haney
Scarfe Library 287
University of British Columbia
2125 Main Mall
Vancouver, BC, V6T 1Z4
colleen.haney@ubc.ca.

The Best Thesis/Dissertation award submission deadline is May 15, 2011.

Section 24 Executive

Chair—José Domene
E-mail: jfdomene@unb.ca

Past Chair—Sharon Cairns
E-mail: scairns@ucalgary.ca

Secretary-Treasurer—Helen Massfeller
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