



The Canadian Counselling and Psychotherapy Association's Student Newsletter



REFLECTING ON SELF AND PRACTICE

Pre-conference – May 24, 2012

Conference May 25 – 27, 2012

Westin Hotel, Calgary, Alberta

The Program is now available!

To view the program online, visit:
<http://www.ccpa-accp.ca/conference2012/program.php>

To register, visit:
www.ccpa-accp.ca/conference2012/registration.php

Accommodations:

The conference hotel is the Calgary Westin Hotel. Complete hotel and conference registration in one easy step. All reservations for the hotel must be made through the registration site.

For more information, contact Alene Holmes at conference2012@ccpa-accp.ca

Keynote Speakers:

Marc Gervais - "Realizing Your True Potential, Communicating Clearly"

Jeffrey A. Kottler, Ph.D. - "On Being a Master Counsellor: Practicing What You Preach"

Judith Jordan, Ph.D. - "The Power of Connection: Healing and Growing"

Additional information on keynotes can be found at:

www.ccpa-accp.ca/conference2012/keynotes.php

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Publications Guidelines

CCPA's Student Newsletter

"Counselling students have dedicated their time to the association and taken on many roles such as: CCPA Student Representative, Provincial Director, Chapter Executive, and even President-Elect! Through their contributions to the CCPA Student Newsletter, these individuals share with you their knowledge and experiences in the hope that they may assist in your development as a student and counsellor."

Ron Lehr,
Past President, CCPA

Are you interested in submitting an article to be published in the student newsletter? Submissions must be received by February 1st of every year.

Guidelines for Contributors

Content: The documents submitted should be about practical topics of interest to students in the counselling field. They may be reports of counselling interventions, case studies, strategies utilized in individual or group work with clients, brief theoretical articles, information about relevant topics, etc.

Form: The manuscripts should be no more than 1 or 2 pages in length, single-spaced. They may be submitted in English or French and must include a short abstract.

References: It is recommended that submissions contain a list of references. These may not be published with the manuscript but will be made available upon request to CCPA's National office.

Please contact Karina at memberservices@ccpa-accp.ca for more information on submitting articles to be published in the student newsletter.

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CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

Except where specifically indicated, the opinions expressed in the Student Newsletter are strictly those of the authors and do not necessarily reflect the opinions of CCPA, its officers, directors or employees.

All submissions are welcome for consideration. Those accepted will be subject to editorial review prior to publication.



President's Welcome Message

by Lorna Martin
CCPA President

“Insist on yourself; never imitate. Your own gift you can present every moment with the cumulative force of a whole life’s cultivation...thou canst not hope too much or dare too much”

(R.W. Emerson, 1909)

Welcome to this sixth volume of the CCPA Student Newsletter. As students of counselling, you are students of life and the living. You are the future of the Canadian Counselling and Psychotherapy Association, and I sense we are in good hands. CCPA has now grown to more than 4200 members across the nation, many of whom are students.

While we are all lifelong learners, you are a special type of learner, treading on the cusp of entry-to-practice and preparing for what I hope you find to be a most rewarding career. The strength of the Canadian Counselling and Psychotherapy Association is sustained by professional research and sharing, camaraderie, and most of all, a commitment to volunteerism.

As counsellors, we offer up ourselves as vehicles to help others regain or sustain a sense of wellbeing and mental health. As members of the Canadian Counselling and Psychotherapy Association, we offer up ourselves as the building blocks of a professional network that provides support, encouragement, knowledge, and understanding to our colleagues. We are gifts to each other. Remember to share, to contribute, to volunteer and most of all, to be yourself.

As Emerson said more than a century ago, it is by being yourself that you bring the “cumulative force” of all your experiences to the fore. In this edition of the Student Newsletter, fellow students of yours have started this process. Nurture this wellspring of volunteerism and sharing. It benefits us all.

A Fine Balance, Juggling the Life of a Working Student

by Lanie Schachtner-Snipper

Balancing work while completing a part-time Masters in Counselling is a challenge, even for an energetic woman such as myself. This article is my “shout out” to my peers who juggle the pressures of a combined professional and academic life.

Maintaining a rewarding personal life is very important to me. I am pleased to say that mine has suffered only slightly while balancing my academic commitments with full-time work. I have the utmost respect for those of you who also manage the demands of spouses and children. The timely gift of a long-distance relationship has allowed me to be a devoted partner while offering half-hearted attempts to socialize with patient friends and family members. Everyone now knows that I am devoted to my new uncharacteristically early call to bed.

More than half-way through what will be a 3+ year program, I’ve begun to notice that the energy with which I started the program has taken on a more subdued tone. Not to say that I don’t enjoy the rigours of my program; in fact, I often find the classroom to be the most rewarding part of my week (which is saying a lot given my disdain for the 6:30am wake-up on Saturday mornings to attend class). My morning crosswords are a thing of the past and what used to be a relaxing Saturday brunch is now a dry piece of toast hanging from my mouth as I rush out the front door.

I have tried a few different approaches to make it all work. Here are a few strategies that help me manage my busy schedule:

•Take Public Transportation: Please don’t take this as a guilt-laden plea to be more environmentally aware. The busy, crowded buses and skytrains present great opportunities to read in peace (assuming you are aggressive enough to find your way to a highly-prized rush-hour seat).

•Seek out the Uber-Busy: You think your life is challenging? What about my colleague, who along with her full-time job and her FULL-TIME Masters program, has two school-aged children and a partner who she flatly describes as “not good at multitasking. Or better put, not good at tasking in general.” Whenever I chat with her in the lunchroom, I always seem to walk away with a revised perspective.

•Momentarily Escape your Commitments: Savour a meal in the company of loved ones (your Blackberry/text books don’t count). Delight in slaughtering a close friend in what was supposed to be a non-competitive game of online Scrabble. Or indulge in at least a few minutes of shamefully trashy TV (think of it as research on personality disorders).

“And there will be nothing more rewarding than at parties, to finally be able to answer *yes* in response to, *so, can you read my mind?*”

Although the past year and a half has at times been exhausting, the knowledge that it will lead to a fulfilling career in the mental health profession keeps me motivated. And there will be nothing more rewarding than at parties, to finally be able to answer “yes” in response to, “so, can you read my mind?”

Lanie Schachter-Snipper is in a Masters in Counselling program at the City University of Seattle in Vancouver and works at The University of British Columbia.

The Advantages of Holding a Student Membership with the Canadian Counselling and Psychotherapy Association

by **Karina Albert**,
CCPA Membership Coordinator

Are you a student currently enrolled in counselling studies? Are you looking forward to graduating and starting your career in the counselling profession? CCPA is a national bilingual counselling association dedicated to providing services to members and to promoting the profession of counselling in Canada. Our vision is: "To be recognized as the leading association for counselling in Canada". Here is what CCPA can offer students who join our Association.

One of the many advantages of holding a student membership is that student members have access to our quarterly newsletter, **COGNICA**, as well as our quarterly journal, the **Canadian Journal of Counseling and Psychotherapy**. These publications are an important point of reference for anybody working in the counselling and psychotherapy field. The articles published in these issues contain information on current debates relevant to the profession and the latest updates in the counselling and psychotherapy world. Students enrolled with CCPA also receive our electronic bulletin which is keeping them up to date on events hosted by CCPA and many other organizations. They are the first to know about important changes in regulations or even new courses being offered at certain institutions.

While we are on the subject of regulations; all student CCPA members are sure to be on the right track from the start with access to our **Code of Ethics** and our **Standard of Practice for Counsellors**. These serve as guides to the professional conduct of all members, sure to come in handy at one point or another in your career.

CCPA understands how hard it is for inexperienced students in the counselling and psychotherapy fields to start a career in their area of expertise. That is why our members have access to the latest **job postings** submitted by employers across Canada. This section of the website is updated daily to ensure that our

members never miss out on a job opportunity.

One of the most important benefits of being a student member is to have access to our **Continuing Education credit (CECs) system**. Free to members, this initiative recognizes professional development activities and promotes continuous education. Even after graduating, you still have access to an extensive list of subjects on which you can continue to study in order to become an expert.

CCPA's partnership with The Personal entitles students to exclusive **benefits on home and auto group insurance** which can be an asset to anyone struggling with university costs and other fees. In addition, CCPA is proud to be able to offer **reduced prices** on hotels and books in partnership with different organizations.

Do you have an interest in a specific counselling topic affecting some regions in particular? Our student membership entitles you to sign up to one or more of our **twelve regional and interest-based chapters** across Canada. This is a great way to learn more about specialty branches forming within the extensive list of subjects on counselling. It is also a perfect occasion to develop a social network with other counsellors and start building your reputation by getting involved in different initiatives.

In its efforts to provide members with as many networking and communication opportunities as possible, CCPA has also developed a **forum** which can be accessed through CCPA's website both by members and non-members of the association. CCPA's blog, **Counselling Connect**, is a great way to find stories, perspectives and ideas about the profession of counselling and psychotherapy in Canada.

Last but not least, CCPA has an **Awards Program** to honour the hard work and dedication you put towards your studies. Our members' outstanding contributions to the profession in the areas of research, writing, training, program development and bilingualism are recognized thanks to this initiative.

What are the benefits available ONLY to

The Advantages of Holding a Student Membership with the Canadian Counselling and Psychotherapy Association



students? For starters, students enrolled in a Masters program in Counselling during their practicum receive a comprehensive **Professional Liability insurance policy** at a competitive cost. Certain Awards are open to students **ONLY** including the CCPA Conference Travel Grant, the CCPA/ Marsh Student Bursary Award and the Dr R. Vance Peavy Travel Bursary.

Finally, there is a **special rate program for graduate students who have been a student member for at least one year**. This means that not only do student members benefit from all of the above, they are even compensated after their graduation! All graduating students currently holding a student membership with the CCPA qualify for our Professional Program. These students must have held the membership for at least a year and apply for and be granted the Canadian Certified Counsellor (C.C.C.) designation

when their renewal is due. Once the certification is granted, the \$150 membership fee is waived for one year. These graduates pay a fee of only 160.00\$, compared to the standard 310.00\$. These graduates come out winners as they have a one year membership and their Canadian Certified Counsellor (C.C.C.) designation for a great price.

Heard enough? **Here are the steps you need to take in order to become a student member with the CCPA** : Complete the online membership application & send along with a payment of 75\$, payable online. Also submit a proof of student status along with your application.

We wish you luck with your studies and hope you will take advantage of our student membership & share our many services with you in the near future.

Group or Individual Work?

by Cassandra Armishaw

I was once asked this statement, “Group work is a key component of many professional practices. Everyone would benefit from group work. Do you agree or disagree?” This statement is relatively narrow as it assumes that group work is the only effective way to help clients. It also assumes that each person is the same in their personalities and situations. Although group work can be an extremely effective method of helping individuals, it is not the “key” component and it will not benefit “everyone”.

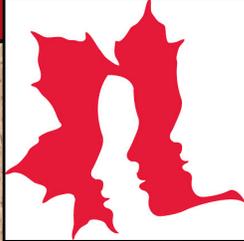
In practice, it is important to understand that each person must be viewed as unique. There are different approaches to helping that will be most effective and successful depending on the individual and the situation they face. Group work aims to assist a group of people through many ways such as therapy, peer or family groups. In my own experience of group work, I was nervous and uncomfortable in the beginning, as I did not know anyone. Eventually I became more comfortable and the group was a very positive experience for me. Group work can be beneficial because it brings people together with similar issues and creates a safe environment for them to relate to each other. It also provides connections and support that can continue even after the group has finished.

Another effective way of assisting people is through individual therapy, which uses counselling and other one-on-one methods. Sometimes clients face problems that cannot be solved in a group work setting such as obtaining work or training. Other issues could be providing protective services for abused children, providing counselling for mental health, providing parole/probation or court services, supplying services to the homeless and poor, coordinating services for people with AIDS and coordinating discharge services for a per-



son being released from a hospital. In addition to this, there are times when a client is assigned to an agency on an involuntary basis, in which they may be unaware or unwilling to accept the fact that there is a problem, not to mention actively participate in such things as group work. Depending on the person, becoming involved with a group may be too difficult as some people have a more reserved personality as well as trust issues. I remember in my experience of group work that there were a few individuals who always kept their head down and looked at the floor. They rarely spoke up and when they did, it was very hard for them. Some of these people attended a few sessions and never came back. It was possible that these people needed a more one on one environment to be beneficial for them.

Both, individual and group work, are effective ways of helping clients. “Neither is necessarily more effective than the other.” The most important thing to remember when you are in any kind of helping profession is that no two people, situations and problems are the same. Each person deserves the right to be viewed as an individual and have his or her needs assessed and addressed accordingly.



CANADIAN COUNSELLING AND
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The Canadian Counselling and Psychotherapy Association (CCPA) is seeking **Student Reps** in your counselling program!

What is CCPA?

- A national association of helping professionals
- Over 4200 members
- Involved in the promotion of counselling since 1965

Benefits for Reps

- FREE membership
- FREE Chapter membership
- Publication in the Student Newsletter
- Networking opportunities

Rep Responsibilities

- Involvement with students on campus
- Assist with CCPA events in your area
- CCPA Student Newsletter



For more information, visit www.ccpa-accp.ca

or contact memberservices@ccpa-accp.ca

1-877-765-5565 X 102

A Call for Help to the Counselling Student

by Lanie Schachtner-Snipper

The life of a student can be very busy and hectic. There are deadlines to meet, jobs to go to and families to take care of, and it is thus very hard to imagine having time for anything else. However, I am hoping that if you have a little time that you get involved with the association you'll be very likely part of, the same association that will provide you with help, support and wealth of information in the near future--CCPA. Joining CCPA and helping out, at different capacities, with any activity concerning the organization has many positive advantages:

Being involved will introduce you to many individuals with a sea of information that could help you with your future careers (i.e., mentorship).

It will also give you a voice in the matters and

events that are important to you (i.e. selection of workshops and seminars).

Participation in different events related to CCPA will provide you with experiences worth mentioning in your resume and with your future endeavors.

As a volunteer/participant you can help out with the events, attend meetings and express your opinions and suggestions. You can also help out with different events held in your region, so that the load is a little lighter on those that have been preparing different events without much help from those of us who enjoy them. Please remember that participation helps you to be actively involved in the matters that will be very likely important to you and your future careers as counselors/therapists.



Tips for Choosing an Internship Site

By Stephanie Miller

Choosing an appropriate internship site can be a daunting task for many graduate students and can generate a tremendous amount of anxiety. Depending on the list of internship sites available to students, choosing a particular setting can be a complicated endeavor. Many universities offer internship sites in hospitals, high schools, colleges, universities and more. As a former masters student in Counselling Psychology at McGill university, I am very familiar with the difficult process of trying to pick an internship site. Consequently, I have decided to put together some useful steps to help other counselling psychology students tackle the internship site selection process.

Step 1: Narrowing down your top choices

A good first step is to formulate a list of your top internship site choices based on your interests and career aspirations. Take a look at internship sites' websites, informational pamphlets, newsletters and more, so that you can obtain a sense of the particular services and atmosphere of the site.

Pertaining to career aspirations, it may be a good idea to choose sites that you feel will give you experience in a setting that you plan to work in upon graduation. For example, depending on the population you aspire to work with, it may be beneficial to choose a site that exposes you to this demographic. Another important factor to consider involves the licensing board that you will be eligible to apply for membership upon graduation. This can be an important consideration for students who do not live in the same city/country as the university they are attending because counsellors have different professional duties and work opportunities across provinces. Thus, it is important to know the requirements for licensing in your home town/country. Further-

more, this information can help you make an informed decision on your internship choice because it can allow you to choose sites that will provide you with hands on experience in a setting in which you are eligible to work.

Step 2: Request an Informational Interview at Selected Sites

Once you have chosen the top sites where you wish to apply, it may be helpful for you to acquire whether the sites allow informational interviews. Basically, this is just a fancy way of saying that you could visit the site and have the opportunity to ask questions about the internship position and what qualities they look for in an intern. Informational interviews allow you to gain a sense of the site, be familiar with the surroundings, and establish whether you feel you would be a good fit for the setting.

Step 3: Ask Previous Interns about their Experience

An excellent way to learn about the different internship sites is to ask previous interns about their experiences. For example, my cohort at McGill set up a group meeting with the second year students that were completing their internships. The meeting allowed us to ask the interns questions about the sites we were interested in and gain first-hand knowledge of these sites.

Step 4: RELAX and Enjoy the Process!

It's important to remember that every student gets an internship site and all sites will provide a unique learning experience. That being said, each site is sure to offer a stimulating learning experience and aid in your professional development as a counsellor.

News from your CCPA Chapters!

The Alberta & Northwest Territories Chapter

by Blythe Shepard, Ph.D., C.C.C.
Interim AB/NWT Chapter President
President-elect of CCPA

The Alberta/NWT Chapter is a community of diverse professionals, identified as counsellors, who facilitate professional development and support as well the advancement of the profession within Alberta and the Northwest Territories. The objectives of the AB/NWT Chapter are to promote an identity of those in the counselling field; connect with practitioners in the counselling field in Alberta and the NWT; and to develop connections with various counselling-related associations in Alberta.

For the professional counsellor/psychotherapist, the substantiation and application of professional identity increases visibility and provides recognition within the larger context of the helping professions. In order to gain broad public recognition, a number of steps need to be taken to educate members of the counselling profession, consumers of mental health services, other mental health professions, the government, and the public at large about the benefits of counselling. This type of effort requires that members of the AB/NWT Chapter take action to comprehensively and systematically inform the public about the professional

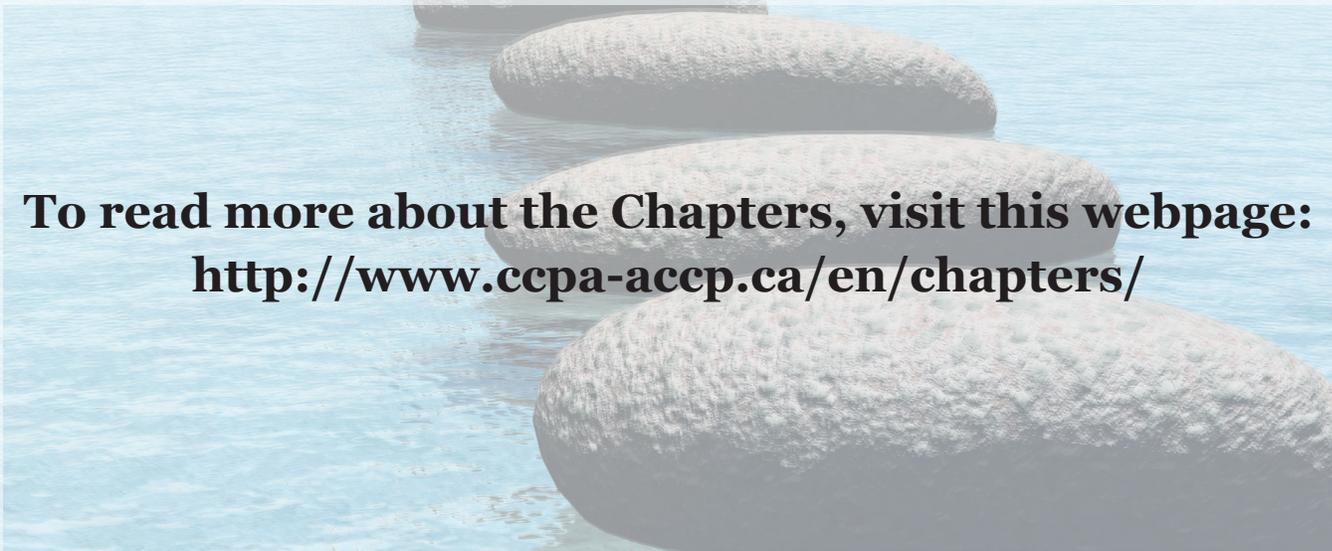
identity of counselling. These steps comprise a multi-pronged strategy to promote recognition of the counselling profession as a distinct field. We are particularly concerned about organizational fragmentation within the same profession that raises significant risks for all; associations expend energy competing for a limited revenue pool, and invest separately in building relationships with similar stakeholders.

As a chapter, we are committed to the following efforts:

- Strengthen the identity of counsellors and psychotherapists in Alberta and NWT
- Improve public perceptions of our profession
- Educate insurance companies about who we are and the type of work we engage in
- Promote professional development activities throughout the province and territory
- Assist members in northern and remote locations to obtain resources and support

At the CCPA Conference in Calgary, we will engage with participants in a networking session and in responding to provocative questions around issues related to working as a counsellor/psychotherapist in Alberta/NWT.

Please join us! You can also connect to your local regional director within the chapter by contacting me by email at:
blythe.shepard@uleth.ca



To read more about the Chapters, visit this webpage:
<http://www.ccpa-accp.ca/en/chapters/>

News from your CCPA Chapters!

The School Counsellors Chapter

by Margie Cain, B.Ed., M.Ed., C.C.C.
President of the School counsellors Chapter

Greetings to all student members of CCPA from the School Counsellors Chapter! Whether you have already joined our Chapter or are considering joining this or any of the other CCPA chapters, it is wonderful to have students in our association.

Students comprise almost 10% of the School Counsellors Chapter membership. We have thirty professional student members; one student representative; one certified student representative and a certified professional student member. Our membership with more years of experience in the field, consider ourselves quite fortunate to have students within our ranks. You are in touch with current developments in the profession and you are the emerging professionals who will shape the course of school counselling in the decades to come.

We warmly welcome you to participate actively in our Chapter. Our recently posted winter newsletter will update you on the on-going work that occupies our volunteer time and energy.

We hope to meet many of you at the Annual Conference in Calgary this May. Be sure to register for our Friday May 25th AGM & luncheon. Stay on for a follow-up session on our strategic efforts to establish a national framework for school counselling and to raise the profile of school counselling through the formation of a national school counsellors' network. Enjoy concurrent sessions scheduled for Saturday afternoon that are most relevant to the field of school counselling. Other keynote, concurrent and poster sessions will offer much of value to emerging counsellors. Student and seasoned professionals will find there are also occasions to relax, have fun and strengthen our bonds as colleagues in counselling.

Visit our Chapter webpage for more information on how the School Counsellors' Chapter can benefit you as you embark on your professional journey. May you experience success and fulfillment in your academic pursuits!

There are several Chapters within CCPA, representing various Regional or Interest groups.

Chapter	Member Price
Aboriginal Circle Chapter	\$10
Alberta & NWT Chapter	\$10
British Columbia Chapter	\$10
Career Development Chapter	\$15
Counsellor Educators Chapter	\$20
Creative Arts in Counselling Chapter	\$11
National Capital Region Chapter	\$10
Nova Scotia Chapter	\$10
Pastoral and Spiritual Care in Counselling Chapter	\$10
Private Practitioners Chapter	\$10
School Counsellors Chapter	\$10
Social Justice Chapter	\$10

Many members belong to one or more chapters depending on their field of work, their location or their interests.

Integrating Psychology and Theology while Dealing with PTSD

By Jim Robertson

CCPA's Pastoral and Spiritual Care in Counselling Chapter President

I have been enriched in the past few years by reading books and attending seminars and therapy sessions related to trauma. I think my renewed interest in the topic began when a former client mailed my wife and I a copy of Gabor Mate's book, *In the Realm of Hungry Ghosts*. Mate says: "Addictions always originate in pain, whether felt openly or hidden in the unconscious."

In my 18 years as a therapist I have observed that often pain residue left in a person is as much emotional as physical. In *The Post-Traumatic Stress Disorder Sourcebook*, Second Edition, Glenn R. Schiraldi states: "Following exposure to traumatic events, millions of people develop PTSD."... "Unless proper treatment is found, many, perhaps most, of these people will secretly and needlessly battle distressing symptoms for life."

I first discovered this to be true when, in my graduate training, I worked as an intern chaplain at a teaching hospital. One of the wards to which I was assigned was Intensive Care. One day I received a request to speak to a woman who had been admitted following a serious heart attack.

When I arrived at the patient's room, she asked if I was the Chaplain and could she tell me anything. I answered: "Yes," that I was the Chaplain and she could tell me whatever she wanted. She then said that she had worried all her life that God was angry with her. When I asked why, she told me that as a very young child, she had experienced the horror of watching her birth mother being assaulted. She wanted to help her mother but did not know how. Although she had been removed from that home and placed with very good adoptive parents, she could not escape the (false) guilt and fear that she had failed to help her mother and therefore God must be angry with her.

As adults, we can recognize the ego-centricity of the child's thinking, but nevertheless, as Albert Ellis would say, the "irrational beliefs" that resulted, led to a life time of anxiety and shame. The cognitive and emotional fusion of the trauma memory left the woman a prisoner of her own mind.

In his fascinating book, *Waking the Tiger, Healing Trauma*, Peter Levine says: "Trauma is a fact of life. It does not, however, have to be a life sentence." He speaks of an "innate capacity to heal." It is this innate drive to be whole that captures and holds me as a "wounded healer" to quote one of my favorite Catholic authors, Henri Nouwen. I am often brought into a state of wonder and awe at the nobility, courage and determination of my clients to be well. I continue to be humbled by the trust they place in me to be their coach and guide. I consider invitation into the sacred place of another person's heart the highest of all privileges.

So, how would I approach the emotional pain of the trauma survivor I spoke of earlier? Knowing that "healing from trauma occurs when traumatic memory is processed or integrated" (Schiraldi), I would seek first to provide a "safe place within which she could be vulnerable" (Nowuen). Facilitating her "confession" (catharsis) would release the undischarged emotional energy frozen (Levine) in her memories, nervous and endocrine body systems for over 80 years! Then I would reach into my therapy "toolbox" to apply any and all appropriate techniques available to me.

Most of all, since she was doing "life review" work after a heart attack, preparing to die and meet her God, I would pray for the opportunity to introduce her to God who is love, and not one who would hold a life time of anger against a traumatized two and a half year old child trapped inside an old woman's soul.



CANADIAN COUNSELLING AND
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ATTENTION: GRADUATING COUNSELLORS!

CCPA recognizes that it's not easy getting your career started. We would like to encourage you to keep connected to counsellors across Canada!

When you become certified with CCPA after graduation, your membership fee will be waived for one year and you will only have to pay for certification. You'll receive both one year of membership *AND* your Canadian Certified Counsellor (CCC) designation, and save \$150!



For more information about this incentive program, please consult our website:

www.ccpa-accp.ca

... or contact our Membership Coordinator at:

membership@ccpa-accp.ca

1-888-765-5565 x.103

A Cohort Comes Together

By Tanzi Hoover,
Student Representative for Gonzaga university
British Columbia Site

Twice a month on a Friday and Saturday, a group of 16 students and one professor come together to work through a Master of Counselling Degree offered by Gonzaga University. Some students travel over five hundred kilometers in less than ideal road conditions, while professors take flights with or without their luggage joining them to uphold their commitment to the cohort. Though Gonzaga University is based out of Spokane, Washington, supporting nearly 8,000 full-time students on campus; the university offers a Canadian accredited Master of Counselling cohort program that meets in a designated location in either British Columbia or Alberta every year. This year, it's Cranbrook, British Columbia.

Cranbrook is an idyllic mountain town that provides the perfect backdrop to the lessons being taught. The program is holistically based and focuses on personal growth. When I was first skeptically considering an American university for a Canadian based Master's Degree I sent a brief inquiry email to the university and was greeted with a warm and personal phone call the next day from the Director of the program. My decision was easy to make.

I've survived the first semester, spent late nights researching that transpired into early mornings feverously typing the theories of Rogers and Ellis while nearly succumbing to exhaustion; only to return to Cranbrook for weekend classes. Coming together with the cohort after two weeks apart always revives me, while kind words from others suffering the same student afflictions lets me know that I am not alone. Our growth happens individually and as a group. As we study group process we are recognizing that we are passing through the forming stage of group development – we are a diverse mix of people yet we are forming strong connections with each other through our desire and passion for counseling. The face-to-face design of the programs allows for learning not only from the variety of American and Canadian professors, but also from the experiences of other students. Our cohort includes: social workers, teachers, stay-at-home parents, a former RCMP constable, and a director of an addiction treatment facility, to name a few. It is becoming evident that Gonzaga was intuitive in its decisions for student acceptance as our cohort continues to come together.

Self Care and Spirituality

By Hailing Huang

Part I: Self care and Spirituality

Self care has been an increasing concern in the social work field, since compassion is the fundamental element in providing this type of human service. Without applying sufficient self care toward themselves, social workers who can include doctors, nurses, teachers, counselors, police officers, clergies etc. can be caught up in stress, burnout, compassion fatigue, or early mortality.

What are the dimensions of self care? According to the World Health Organization (WHO,

1978)'s definition, a person's wellness level is measured by how we feel in physical, mental, social and spiritual aspects at any point in our life time; it is not merely the absence of disease or infirmity (Robinson, 2011). Therefore, besides taking care of our physical, mental and social wellbeing, we also should pay attention to our emotional and spiritual need.

For this short paper, the focus will be on the spiritual dimension of self care. "Spirituality" is a popular word, but its meaning is extremely obscure and vague. Marcus Borg (1991) explains that it is because our modern world view of reality is based on the visionable and mate-

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rial realm, which makes us skeptical about another reality. However, there is increasing interest in and demanding for the spiritual need and many authors have explored the elements of spirituality.

Grafton Eileen, et al. (2010) reviews the literature from the 1970s to -2009, and generates three waves of concepts about resilience-the core of managing stress. The first wave of inquiry defines resilience as a set of characteristics, such as hardiness, coping, self-efficacy, optimism, patience, tolerance, and faith. The second inquiry defines resilience as a dynamic process, which includes disruption and positive reintegration, learning from experience, and the ability to be taught. And the third wave of inquiry defines resilience as an innate energy or motivating life force within an individual. It is an inner strength that combines with the outer support.

David Wulff (1996) notes that the key metaphor employed in spirituality is the journey of quest and growth. Robbins G., et al. (1994) defines the spiritual dimension as involving the development of the inner self and one's soul. Peter Vankatwyk (2003) states that spirituality is a personal quest for the meaning of life and portrayed as a highly individualized search for the sense of connectedness with a transcendent force. Joseph Campbell (1991) notes that the goal of the hero's journey is to reach Buddha or Christ consciousness; it is a spiritual journey of having the privilege of being who you are. Robinson J. & McCormick D. (2011) explained that the spiritual health is characterized as the value that direct our life, also means being able to seek out the meaning of human existence.

Part II: Self Psychology and Spiritual Journey

If inner journey is the fundamental element of the spiritual path, then how do we venture upon the path that can evoke the life force within an individual? I think we may have an answer from self psychology. Heinz Kohut's self-psychology theory is an exploration of self love or self care. The essential concepts of self psychology are empathy, and self object transference. Self object can be further defined as the idealizing transference, mirroring trans-

ference, and alter-ego and twin ship transference (Vankatwyk, 2003).

Idealizing transference describes human being's universal need for merger with a source of idealized strength and calmness in times of crisis and anxiety. There is ongoing human dependence on such parental support and guidance throughout life (2003). It is a continuing need of experiencing the merger with the greatness, the kindness, the strength, the calmness, the power, or the wisdom, and the "idealized self objects" provide the function, and the experience of merger with the idealized figures.

If idealizing transference is the inner experience that merges with the greatness, the life force, or the wisdom, then how do we merge with the greatness? Joseph Campbell (1991) mentions that there are two ways of encountering the greatness: one is finding your guru, the guru will guide you through the path, and another way is through the books. That is the reason the Christian teachings, Buddha's teaching, Muhammad's, and Confucius's teachings, the myths, and philosophy still existed and are sustained. Because the old stories can provide us with life's purpose, energize our actions, shape our emotion, transcend our suffering, and help us through crisis.

Although the world has dramatically changed from what it was fifty years ago, or five hundred years ago, the inward journey of the human being, the path toward maturity remains the same. By studying, and learning from the old wisdom teaching, we can acknowledge what the paths of those heroes were, what kinds of life quests they faced, how they felt when they faced those cross roads. What was their life force that helped them overcome obstacles and achieved their goal? Acknowledging and learning from old stories can provide us a road map for our life journey.

Embracing the greatness is the first step of the spiritual journey; in order for transformation to take place, we also need to take action and to be able to reflect on our deed, base on our learning, and on our experience.

Thank you for your interest in the Canadian Counselling and Psychotherapy Association and the Student Newsletter. If you have any comments or would like to provide your feedback regarding this publication, please contact Karina at memberservices@ccpa-accp.ca.