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PSYCHOTHERAPY ASSOCIATION
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CCPA Student Newsletter

PRESIDENTS WELCOME MESSAGE

By Ron Lehr

CCPA President

On behalf of the Canadian Counselling and Psychotherapy Association (CCPA), I would like to welcome you to this fifth volume of the CCPA Student Newsletter. CCPA has grown thanks to the support of many student members such as yourselves. 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. Thank you for everyone's contributions to the Newsletter and to the Association! I encourage you to consider becoming involved with your association and putting your mark on the ever-changing counselling landscape in Canada!

BONDING WITH OTHER STUDENTS IN COUNSELLING

By Nancy Tavares-Jones

CCPA Student Representative

Athabasca University

I purchased my plane ticket to Calgary and nervously awaited my departure date. The online portion of the summer classes started, and many students echoed my same sentiments about the institute. A fellow student offered to pick me up at the airport, which helped to alleviate some of my fears. Many of us were not from the Calgary area, and many of my fellow classmates also expressed their worries as well! Concerns about getting around within the city and about getting along with each other all started to come out as well. I eased up on my fear the night before departure and decided to embrace this experience as a new adventure.

I am currently a second year Masters Student at Athabasca University specializing in Counselling Psychology. Our university is set up very uniquely—a good portion of our learning is completed online. We converse with our professors, administrators and our fellow students in an online environment. Our professors also have toll-free phone numbers which we can call to get clarifications for assignments, or when we need that extra boost to keep us going. Regardless of how and where you are completing your program, I am sure you will agree that having all the support you can is paramount to your academic success. In the spring of 2010, our student cohort was notified that our attendance to the summer institute was fast approaching. The summer institute was a 3-week, in-person, intensive summer program. *Continued on page 3...*



Nancy & Mountie in Calgary



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SPOTLIGHT ON STUDENT SPECIALIZATIONS

In this section, read about the research and specific counselling issues of interest to students across the country! Dawn Rabey writes about how she decided on her research topic on The Divine Feminine and Sara-Lynne Jones encourages us to consider the therapeutic advantages of using art in counselling.

RESEARCHING THE SACRED AND COMING TO NARRATIVE AS A METHOD

By Dawn Rabey
CCPA Student Representative
University of Victoria

Specializing in adult individual psychotherapy with theoretical orientations in depth, integrative, and transpersonal psychology; thirteen years of being a yoga practitioner; and a transpersonal experiences with Kundalini Shakti (the Sanskrit word to describe the feminine life-force energy common to the Vedic-tantric worldview) all supported the arrival to my primary research question “*What are contemporary women’s experiences with the Divine Feminine?*”. Intuiting that popular North

trained western mind) to ask friendly people: What is the Divine Feminine? How does She influence your life? How has She transformed your life? – only to be met with blank stares and looks that searingly portray the irrelevance of my questions. Here, in India, the Divine Feminine is such a natural part of life, that to bring her to the intellectual level and “ask about” Her is disorienting. Embodied presence is the essence of the Divine Feminine, and the immanent nature of the transpersonal. Here in India She is staying true to Her essence: The penetrating eyes of the crone that reveal deep calm, assured

review on the Divine Feminine as I prepare for my candidacy exams. I search for and find a few sparse “academic” articles that write of the Divine Feminine. There are some revealing and inspiring stories that speak about how dream images of La Morenita of Guadalupe helped a woman integrate her mother archetype and positively transformed her sexuality, about how re-claiming and performing rituals surrounding women’s blood mysteries relates to less painful and more positive birth experiences, and about how re-imagining the Divine in a feminine form can expand women’s identity in a growth-enhancing way. Though the

“Story can never capture the whole experience, but it is one modality we have to bridge the realms, expand our consciousness, and inspire us to know and grow into more parts of our whole Self.”

American conceptualizations of the “Divine Feminine” would be quite different than the embodied understanding of the Divine Feminine in India, I felt it would be an enriching experience to travel to India. Thus I embarked on a three and a half month trip to India to study *Hindu and Indian Perspectives of the Divine Feminine* as a directed studies course.

Once in India, I was steeped in image, metaphor, and embodied presence. Every so often I attempt (from my ever-so-engrained and ever-so-

ness, and strength; the graceful undulating movement of the maiden who is fully in her body and completely unto her Self; the multiple images of snakes, entwined, two, three, four....seven heads depicting polarity, elements, realms...; the undeniable connection to earth, matter, dirt, and blood as pigs, monkeys, cows, babies, adults, beggars, foreigners, all share the rivers of water running by our drenched feet as the monsoon rains pour down on All.

Now I am back in Canada, back to my desk, writing up the literature

academic articles are sparse, the experiences that women (and men) have with the Divine Feminine are there, lived, consciously or not, inside every one of us. Story can never capture the whole experience, but it is one modality we have to bridge the realms, expand our consciousness, and inspire us to know and grow into more parts of our whole Self. And so I continue on this journey with the intention to share contemporary women’s narratives of their experiences with the Divine Feminine.



“Art washes from the soul the dust of everyday life.” ~ Pablo Picasso

USING ART THERAPY

*By Sara-Lynne Jones
CCPA Student Representative
Acadia University*

The use of art in a therapeutic setting is a tremendously beneficial experience for both client and counsellor (Malchiodi, Cathy, 2003). Art allows for a safe way for clients to express their feelings and impressions of their environment, their interactions, and their experiences in a manner that does not wholly rely on verbal communication. This reliance on artistic expression of emotions, (through drawings, collages, paintings, sculptures and other representations) rather than the use and understanding of words and language provides a way for counsellors to assess client need, and thus implement more effective and supportive therapeutic interventions and techniques. This art serves not only as a starting point for discussion, but also for a cathartic expression of emotion.

As a result, it is beneficial for counsellors to familiarize themselves with the use of art in their therapeutic practice. Art therapy is for anyone in search of personal growth or change. Clients do not have to be talented artists, nor do they need any artistic skills. Additionally, the counsellor does not need to be an art therapist to use art therapy in their practice. When implementing art into therapy it is important to remember that, as counsellors, we are not interpreting the client's art; only a trained Art

Therapist can do so. The purpose of art therapy is to allow the art to open up a dialogue and aid the client to express their emotions. We are following the client's journey without interruption and assumption.

Within the framework of art therapy, there are activities you can easily do with your clients, including visual journaling and collages. The key is to provide the client with the opportunity to try a variety of expressive art activities and to have fun with it! One of the most helpful resources for counsellors who wish to start using art therapy is Marian Liebmann's book, *Art Therapy for Groups: A Handbook* (1986). This book has numerous activities that range from individual quick introductory activities to large group projects.

References:

Malchiodi, Cathy (2003). *Handbook of Art Therapy*. 2003. The Guilford Press: New York.

Liebmann, Marian (1986). *Art Therapy for Groups: A Handbook of Themes, Games & Exercises*. Croom Helm. London.

Further information:

- Canadian Art Therapy Association
www.catainfo.ca/

- Art Therapy in Canada
www.arttherapist.ca/

Tavares-Jones article continued...

I will admit that I was extremely apprehensive about going to meet my fellow classmates in person. What if I cannot do the strenuous 8 hour days in a classroom environment again? After all, discussing schoolwork behind the facade of a computer provides a safety and comfort that an in-person discussion does not. The feelings of insecurity and inferiority that were reminiscent of my high school days suddenly came flooding back. Will anyone like me? Will I get along with everyone?

The three weeks in July 2010 were some of the best of my life. I was surrounded by individuals who were like-minded and wanted to contribute their own efforts to the wonderful world of counselling psychology. We discussed our theoretical viewpoints, our favourite parts of the program and the classes which all made us a little crazy! We got to conduct presentations, record our counselling sessions for future viewing and were able to connect with each other in a way that online learning could not do. Dr. Éamonn Gill was instrumental in helping our class learn our micro-counselling skills, and we were all so appreciative of his attentiveness, encouragement and knowledge base in a variety of different theories. I was able to meet my staff faculty mentor, Dr. Simon Nuttgens, in-person, and were able to discuss my personal goals in the program. After our strenuous 8-hour days, we were able to let loose, visit the Calgary Stampede, visit Banff and meet real Mounties!

We all still remain in close contact with each other—as many of us have one or two years remaining in the program. We have each other's MSN IDs, Facebook friendship accounts and Skype IDs to stay connected. However, when we now converse and communicate online with each other, it is done with a different appreciation and with a personal understanding of our student cohort and with a respect and appreciation that would have been difficult to attain had this 3-week institute not occurred! Thank you all so much AU 2010 Cohort! I'll never forget you!

CCPA & THE CHAPTERS

The Canadian Counselling and Psychotherapy Association (CCPA) is a national association of approximately 3,800 professionally-trained counsellors engaged in the helping professions. CCPA members work in many diverse fields and often belong to one or more CCPA Chapters, which represent specialized interest or regional groups of counsellors from across Canada. In this edition of the CCPA Student Newsletter, the BC Chapter and the Social Justice Chapter tell you a little more about their work. Miriam Duff also interviews Lorna Martin, CCPA President-Elect and a current student. Lorna shares great insight into her personal development as a counsellor and about her work with CCPA! From The National Office, Monika Gal and Nicole Maurice discuss the benefits of attending the upcoming CCPA Annual Conference, and Sylvia Ramjee (CCPA Membership and Certification Co-Ordinator) gives an overview of the process of becoming a Canadian Certified Counsellor (CCC) with CCPA!



THE BC CHAPTER

With contributions from Paul Yeung (BC Chapter Director & Ph.D Candidate, SFU) and Wendy Woloshyn (BC Chapter Past President).

Greetings Students! The Board of the BC Chapter was honoured to contribute to this year's CCPA Student Newsletter. We appreciate this opportunity to share with you just a little bit about our Chapter.

Background. The BC Chapter was founded in 1976 and is one of CCPA's three regional Chapters. As of January 2011, our membership numbered nearly 500, making us the second largest CCPA Chapter.

One of the BC Chapter's primary missions has been to create a strong community of counselling professionals. Through the counselling list-serv available to all Chapter members, members share with each other information about research, educational, career and other counselling-related activities and opportunities. Other community-building efforts by the Chapter have included professional development workshops and the student representative program it established in 2000

(and which was later adopted at the CCPA national level in 2002).

CCPA student representatives have been instrumental in maintaining a strong connection between the Chapter / CCPA and the next generation of counsellors. CCPA Student Representatives in BC have traditionally been quite involved in Chapter activities through attendance at Board meetings, dialoguing with their peers about the BC Chapter and CCPA and working collaboratively on various Board committees. We value our CCPA Student Representatives' energy and enthusiasm enormously and believe they play a fundamental role in continuing to strengthen BC's counselling community!

Current Projects and Activities. A major recent focus has been communication; We have created a comprehensive "Welcome Package" for new Board members and a similar resource is being developed for new Chapter members. The Board's Communications Committee also established a Moodle-based online communication forum used by all Board members and BC student Representatives. We have found

this forum extremely effective for staying connected and we continue to reflect on how we might expand this forum.

Other ongoing initiatives include the regular CCPA information sessions that Board members present to counselling graduate students, as well as the Bev Abbey Service Award which is presented annually to a graduate student attending a counselling program in BC. The Chapter has also been involved with the Task Force for Counsellor Regulation in BC, a group of various BC counselling organizations that has been working towards establishing a College of counsellors.

If you are interested in learning more about the BC Chapter, we invite you to visit our website, <http://www.ccpa-accp.ca/en/chapters/details/?ID=6>. We welcome your questions and feedback, and encourage you to contact members of the Chapter Board directly. On behalf of the Board, we wish you all the best in your areas of study, and extend you a warm welcome to the strong, vibrant community that is CCPA.

THE SOCIAL JUSTICE CHAPTER

*By Melissa Seaborg
Athabasca University Master of
Counselling Student and Director-at-
large of the Social Justice Chapter.*

Life as a graduate student can be busy to say the least. Currently, I am finding that my time is often filled with readings, assignments, practicum, work, and time with family and friends. That said, I find it so energizing to also have the opportunity to become involved with various associations as a student. It is an excellent way to engage in conferences, begin networking and learn about various resources.

I have been involved with the Social Justice Chapter of CCPA for three years, and, in that time, I have been delighted to meet and work with many wonderful people who are eagerly advocating for social justice locally, nationally, and globally. While each member is involved with various social justice initiatives, the Chapter provides a place where we can bring it all together.

The mission of our Chapter is:

“to advocate for social justice and social change through the role of the professional counselor. The Chapter promotes equity and human rights for individuals and societies through action, education, training, con-

sciousness-raising, advocacy, and conscientious objection. The Social Justice Chapter is dedicated to working across borders, boundaries, professional disciplines, and differences in the pursuit of peace and wellness for all.”

My involvement in the Chapter has been an essential piece of my learning as I have been motivated to critically analyze and apply what I am learning in the courses that I have been taking. For me, it is apparent that social justice is of the utmost importance when it comes to becoming culturally aware in counselling.

Networking: I really believe that networking is a huge benefit of becoming involved with CCPA. For me, attending the annual conferences is an excellent way to engage with other counsellors, therapists, and practitioners alike.

Conference: Looking ahead to the 2011 CCPA conference, members of the Social Justice Chapter are eagerly preparing for an interactive workshop titled: “Bloom Where You Are Planted: Micro Social Justice.” For the past few years, the Chapter has hosted a raffle to raise money for a program or agency related to social justice in the local community where the conference is hosted. This year,

in Ottawa, we have chosen to advocate for “Ottawa Community Immigrant Services Organization (OCISO)”. OCISO supports new Canadian immigrants by offering various programs aimed at easing their transition to Canada. Programs are catered to various cultural and linguistic needs of their clients. We will be hosting a silent auction throughout the conference to raise money to support this important local organization.

Resources: I also had the opportunity to learn about great resources that are available throughout Canada. Within the Social Justice Chapter, we have worked hard at creating and maintaining both our website as well as our Wiki site. The Wiki site is an excellent place to find Canadian resources related to social justice.

Please check them out:

<http://counsellorsforsocialjustice.ca>

<http://sj-cca.wikidot.com>

If you are a student who is considering becoming involved with a Chapter within CCPA, I highly recommend it and encourage you to contact a member of the Chapter directly. It will be a worthwhile experience full of opportunities, I promise!



Members of the Social Justice Chapter volunteered for Habitat For Humanity as an initiative at the 2009 CCPA National Conference in Saskatoon



Social Justice Chapter members present CCPA Past-President Maria De Cicco (second-right) her prize as winner of the Chapter's fundraising raffle, held at the 2010 National Conference in Charlottetown.

INTERVIEW WITH LORNA MARTIN, CCPA PRESIDENT-ELECT AND GRADUATE STUDENT

By Miriam Duff, M.Ed.
Student Representative,
University of Manitoba

A few years ago, when I was at the beginning of my counselling student days, I had the good fortune to meet Lorna Martin who, at the time, was the provincial consultant for school counsellors with the Manitoba Department of Education and the Manitoba Director for CCPA. Not long after we met, Lorna encouraged me to become involved with CCPA, and I have never looked back!

Now it is my privilege to offer this interview with Lorna, so that my fellow students across the country can get to know our soon-to-be president – currently a student herself, making her one of our own!

What inspired you to enter the world of counselling?

At one point in my life I was a high school English teacher. I became a teacher to share my love of literature with young people – to let them step into the worlds of others and see the value in clear communication with others and with oneself. I primarily taught students in Grades 11 and 12. It was they who prompted me to consider counselling as a career pathway. Together, we would spend hours talking about literature, philosophy, and life. Ultimately, as teacher and students we unwittingly developed a working alliance that led to students sharing their personal stories with me in a trusting way. It was the students who told me that they wished I were their counsellor or their psychologist. I began to search myself to gain insight on whether I actually taught literature or whether I was using literature as a vehicle to raise

self-awareness in young people. The rest is history. I knew I was not competent to provide the kind of support the students were seeking. I re-entered the university world and began my training to practice counselling in Canada. To this day, whenever I reconnect with those students, I give thanks.

How long have you been with CCPA, and in what roles?

I've been on the National Board of CCPA for six years in the roles of Provincial Director for Manitoba/Nunavut, and President-Elect. During those years, I chaired several committees related to governance, risk management, advocacy, sustainability and liaison work. The commitment I made is for ten years of direct service at the national level. The landscape of counselling and psychotherapy has shifted in those six years, and I anticipate continued change in the next four years while I serve as President and Past-President.

You are doing your PhD at the moment and your focus is certainly of relevance to counsellors in Canada. Would you be willing to talk a little bit about it?

I've always been very interested in two questions: how and why. I suppose I must still have the residue of two-year old Lorna very much alive in me. I've had these questions in my head for as long as I can remember. When I returned to do doctoral work, I was interested in why the counselling profession was heading towards regulation across the country *at this particular moment in history* and how that process would unfold. One "why" turned into another "why" and within a few breaths I was recognizing that I was really most interested in issues related to how counselling competencies are



Lorna Martin

created, standardized, and assessed in Canada, in the US and in the UK and where the areas of convergence are. That is my focus. My hope is that the questions I answer in my dissertation will provide hope, help, and direction to those who seek to ensure that any person in Canada seeking counselling services will receive competent, caring, and ethical care.

There was a recent press release regarding a grant made by the Government of Canada to fund CCPA in an important new initiative. Could you please describe what is being undertaken and comment on what this means for professional counsellors in Canada?

The National Assessment Project is one component of a cluster of nationally-based initiatives hosted by CCPA and designed to advocate for and support ethical, competent counselling and psychotherapy in Canada. To address diverse perspectives across Canada, the National Assessment Project uses a pan-Canadian team focused on developing a single, national standard of competency assessment

that may be used to evaluate the preparedness of individuals to provide safe, caring, ethical and professional counselling and counselling-related services to the public. It is designed to align with the tenets of the *Agreement on Internal Trade* (the political agreement by all provinces and territories to assist in the mobility of labour), the regulation of professions, and to promote ease of migration for

improved access to competent, professional counselling services with a commensurate decrease in unlicensed, non-credentialed counsellors posing risk for harm to vulnerable persons.

What's it like for you, balancing school, the project you're heading up, and your current elected role with CCPA-ACCP?

self too seriously.

Have you made any new discoveries about being a student in this field since your return to school?

I never really stopped being a student. I hope I never do. I stopped going to class for less than a year. I had the sense that the education provided to me was given to me to be paid forward. I returned as an

"I never really stopped being a student. I hope I never do."

foreign-trained and alternatively trained counselling professionals.

For professional counsellors in Canada this means that there will exist an entry-to-practice, competency-based, bilingual, national assessment for the counselling profession that may be used by regulatory colleges and other associations in Canada. The assessment, in part, harmonizes credentials and competencies by seeking evidence of entry-level skills, knowledge, and attributes through competency evaluation. This process honours the knowledge and abilities of counselling professionals regardless of their pathway to the profession. It also raises awareness of what constitutes evidence of professional competence in the counselling profession. This increases the likelihood that our clients will have

I find that people are incredible gracious and helpful. I'm a happier, healthier person. The more of my time and energy I give, the more energy and time is returned to me. I'm also a very busy person. And I don't really believe in multitasking. I give my complete and undivided attention to each task before moving to the next. The volume of work that comes my way and the multiple deadlines that each ensures that I never procrastinate, that I stay level-headed, and that I never take my-

instructor within a year of my most recent graduation. So, it feels as though I never really left. Midway through the doctoral program though, I discovered that students are still burdened by heavy student debt loads, part-time jobs, lengthy travel times, and weighty responsibilities in their personal lives.

You've been in the counselling field in various roles for a long time, what pearls of wisdom would you be willing to share with those of us who are starting out?

Every pearl begins as an irritating grain of sand in the life of an oyster. It is sometimes the adversity in your life that provides the greatest gifts. You must know yourself, and you must have the courage to be your authentic self.

Thank you for taking the time to let us get to know you better, Lorna!



Lorna Martin (far left), CCPA President Ron Lehr (second-right) and Dr. David Smith (far right) as the Federal Government announced funding for CCPA's National Assessment Project on December 13, 2010.

CCPA NATIONAL CONFERENCE — A GREAT EVENT FOR STUDENTS!

By Monika Gal, Masters in Educational Counselling student at the University of Ottawa, with contribution from Nicole Maurice, CCPA Office Manager.

At the end my first year of studies in counselling, I attended the CCPA National Conference in Charlottetown through support from the CCPA Student Travel Grant. I admit that I was apprehensive about the benefits of attending a conference as a student because I believed that the conference was geared mostly toward working professionals. However, the opportunity proved to be more valuable and informative than I could have imagined!

At the keynote presentation, I met some other counselling students and chatted about our educational interests, experiences, challenges, apprehensions and both personal and professional development. During the workshops, I learned about the process of professional regulation and counsellor mobility in Canada, and became better informed about the tangible aspects of the profession I was entering. I then attended the School Counsellors Chapter meeting and heard about the initiatives they

are undertaking to address the specific needs of their members. This helped me to orient myself professionally and consider further training that would be useful for my preferred specialization. At lunch, I met a delegate who worked as a school counsellor for many years; she gave me helpful professional advice and let me pick her brain about her career and professional experiences (thank you!). I also ran into a couple of my professors and students from my program, and had a great time chatting with them outside of the campus environment.

Do you believe me when I tell you that I experienced all of this in just one day at the conference? I came home with increased excitement for my developing career and future work with clients. I not only felt better informed about where I was headed, but also felt professionally supported by other counsellors, by chapter members, and by the association.

I'm thrilled that this year the CCPA National Conference will be held at the Marriott Hotel in my hometown of Ottawa from May 17 to 20, 2011. This year's theme - "*Bridging the Gap*" - encompasses a 'bringing to-

gether' of ideology, theory and practice and can also extend to the relationship that we as counsellors have with other professionals, with ourselves, and with our clients. The theme will be explored through keynote presentations, workshops, sessions and exhibits. The chief objective of the conference is to provide a professional development opportunity for attendees that will enhance their ability to help their clients. The conference strives to further the field of counselling in Canada, facilitate the professional development of its practitioners, promote the exchange of theory and research, and encourage the exchange of ideas and information between delegates and the CCPA Board of Directors. Finally, the event also allows opportunity for networking and sharing of information and best practices among attendees.

I'm looking forward to the opportunity to attend the conference again this year. I know that I will gain valuable professional knowledge from the sessions, and I hope to once again get the chance to meet other delegates and hear their stories. I hope to see you in Ottawa in May!

<http://www.ccpa-accp.ca/conference2011>



A snapshot of delegates at the CCPA National Conference held in Saskatoon, 2009

CERTIFICATION: THE CCC DESIGNATION



By *Sylvia Ramjee*
CCPA Membership and Certification
Co-ordinator

The Canadian counselling and psychotherapy regulatory landscape is rapidly changing. In Quebec, Ontario and Nova Scotia, counselling and psychotherapy are in various stages of regulation. CCPA is actively engaged in the regulatory process, as well as being involved in developing a national mobility framework for counselling professionals. The goal is to establish a national definition, scope of practice and a set of preferred titles for the profession.

At present, our professional field is not regulated in the remaining eight provinces and territories. This means that specific qualifications are not required to be able to practice in these provinces. However, employers and the public alike often look for professional designations that indicate a counsellor's level of education and training.

CCPA has established a national certification process and maintains a registry of certified counsellors in an effort to identify to the public and to professional peers those counsellors who have met specific professional standards and are judge qualified to practice. Only counsellors who are certified by CCPA are permitted to use the protected title "Canadian Certified Counsellor" and/or the acronym 'CCC'. Whereas CCPA members cannot advertise their membership with the

association, certified members are able to add the 'CCC' designation following their name as an indication of both their membership and their voluntary certification at the national level. Certified members also receive a certificate which their clients should expect to see displayed at the place of work. In addition, CCPA members who hold the designation CCC are eligible to obtain liability insurance.

Besides setting standards of professional preparation, this program also mandates the continuing educational growth and development of counsellors. Canadian Certified Counsellors are required to submit 24 Continuing Education Credits at each three-year period of their certification renewal. This requirement ensures that certified counsellors maintain and develop their counselling skills through continued education.

As a student looking to begin your professional career as a counsellor, certification with CCPA allows you to demonstrate to employers your professional competence and dedication to continued professional development. In order to apply for certification, you must submit documentation of specific qualifications (see column to the right for more information) for review by our Certification Registrar. Application for certification by students is often initiated following their internship placements, when they begin to submit their coursework and practicum documentation in advance of their conferred transcript.

If you are currently a student member of CCPA and have held that membership for at least one year, you may qualify for a free membership when you apply for certification. Please visit the CCPA website for more details and do not hesitate to contact our Head Office for guidance through the certification process.

DOCUMENTS REQUIRED FOR CERTIFICATION

Applicants must first be a CCPA member in order to apply for certification. Required documents:

1- CCC APPLICATION FORM

2- OFFICIAL TRANSCRIPT, from an AUCC-recognized institution, showing conferred degree and completion of coursework in:

- i- Counselling Theory
- ii- Supervised Practicum, with at least 120 hours of direct client contact

iii- Graduate Course work in SIX of the following areas:

- Counselling & Communication Skills
- Group Counselling
- Theory of Career Development
- Assessment and Testing
- Research and Evaluation
- Consultation Methods
- Learning & Human Development
- Psychological Education
- Counselling Intervention Strategies
- Gender Issues
- Multicultural Counselling
- Counselling in Specialized Settings
- Professional Ethics

3- COURSE DESCRIPTIONS

4- PRACTICUM DESCRIPTION, using CCPA's Description of Practicum Report Form completed by your practicum supervisor

5- TWO PROFESSIONAL REFERENCES, using CCPA's Professional Reference Form.

6- CRIMINAL POLICE RECORD CHECK, completed within the past 12 months.

7- ADMINISTRATION FEES: \$80 Evaluation fee + \$65 Annual certification fee (+ membership fee, which is waived if you've been a student member for one year)

You can check your application status online! Log in to the member's only section on the website, click *View Profile* and *CCPA Certification*.

TIPS AND RESOURCES

For students - from students! Need some advice about navigating your studies while balancing your personal life? In this section, Christina Lafiti shares some advice about how to secure an internship, and Joe Ramirez writes about some approaches that have helped him to develop into a counsellor!



SECURING AN INTERNSHIP FOR YOUR STUDIES

*By Christina Latifi
CCPA Student Representative
St. Paul University*

Finding a placement to complete your training is like finding a job - it is time-consuming and requires research and dedication. The following are some of the factors that helped me to secure my internship; I thought it would perhaps help some of you who are embarking on your own search.

You will be spending a good portion of your time and training at your placement(s). Thus it is of paramount importance to research where you would like to do your internship. This research will provide you with the knowledge to make an informed decision, which will in turn provide a more enjoyable and educational experience.

When you begin your search, you have to remember to act quickly. Begin considering where you would like to do your placement about a semester in advance. There are many other schools and students who are possibly looking into the same organization in which you may be interested; there will be ample competition - keep in mind that you are not the only applicant for the internship. Furthermore, acting quickly indicates your interest and eagerness for joining an organization / institution, which could possibly separate you from other applicants.

One of the first things you must do before beginning your application is to talk to the placement coordinator or academic advisor at your school. This individual can offer much of the advice you need. He/she is probably very experienced, and can provide you with a wealth of information and resources, and could direct you to the organizations available for internships.

Research the organization and learn as much as you can about them. The research provides you with the information necessary to make the decision of whether or not you would be willing to spend your training time with this organization, and it will also help in terms of personalizing your resume and cover letter for them.

When preparing for applications, have an updated resume that includes all of your educational, vocational, and volunteering information. Personalize the resume and match it to the organization to which you are applying. Organizations differ in the services and clientele they serve. There should be an objective section in your resume; write a line or two about your objectives, but match it to those of the agency.

The next step is the cover letter. Cover letters are of great importance. Like your resume, you should personalize the cover letter to the organization. Personalization indicates your interest and dedication to work for

them. Your cover letter is the first representation of yourself; spending a little time may distinguish you from the other applicants.

Once you have written your resume and the cover letter, it is time to send them out to your chosen agencies. There are different views on how to get the application to the prospective organization. I believe that the most effective way is to personally deliver the application. It may take a little more time and effort, but it is well worth it. This gives you the chance to make a good first impression on the deciding individual or the secretary. It is also the perfect opportunity to study the agency a little closer, and decide if it is the location in which would be willing to do your training. However, if you decide to mail your resume and cover letter, you will not reduce your chances of you being selected.

Finally, if you are selected for an interview, make sure to have a few questions of your own prepared. As much as the agency is trying to make a selection, you are there for the same reason. You have to decide whether or not the agency is a good match for what you have to offer and what you would like to acquire in terms of knowledge and experience. Never sell yourself short on your experiences and skills. Like a successful marriage, the organization and its objectives have to be compatible with your needs and objectives.

AN OPEN LETTER TO MY FELLOW GRADUATE STUDENTS IN COUNSELLING

*By Joe Ramirez,
CCPA Student Representative
Adler School of Professional Psychology*

Getting involved as a student representative with the association has helped me join a mutually supportive circle of professional counsellors that have been empathic, enlightening, guiding, caring, and approachable. They have shared much and supported my progress, and in the same spirit I share these suggestions with everyone going through the personal metamorphic process called graduate school:

Learn to be your maker and prepare yourself to answer questions in your field. Consider yourself as a diamond counsellor in the rough, and sharpen yourself accordingly. For example, I entered graduate school knowing that the primary population that I want to work with is men and, more precisely, their sexual health and identity issues. Graduate school has a number of requirements to round the future counsellor, therefore, I've:

- Tailored this requirement to view men's issues from Adlerian therapeutic techniques and other theoretical perspectives; couples and family counselling, biopsychosocial issues, systemic barriers, ethical issues, addictions, etc.
- Chosen volunteer and practicum sites that were not always on the originally suggested sites, but found ones and received permission for sites that were more relevant for my professional development, such as my work with Options for Sexual Health.
- Approached internship sites earlier than others because I already had in mind my area of interest; so I was able to collaborate with sites, workout educational requirements and preparations ahead of time, and also recognize ahead of time sites to avoid before committing.
- Used research from community sites to give relevance to my assignment topics, my overall knowledge, and also to

understand systemic barriers that would be relevant for my thesis (mine, being, the Impact of Erectile Dysfunction on Sexual Identity for Gay Men from a psychological and social perspective).

Learn self-care, as you will suggest to clients. While graduate school can appear all consuming, one must approach it with love for one's population, craft, and love for self. Self includes:

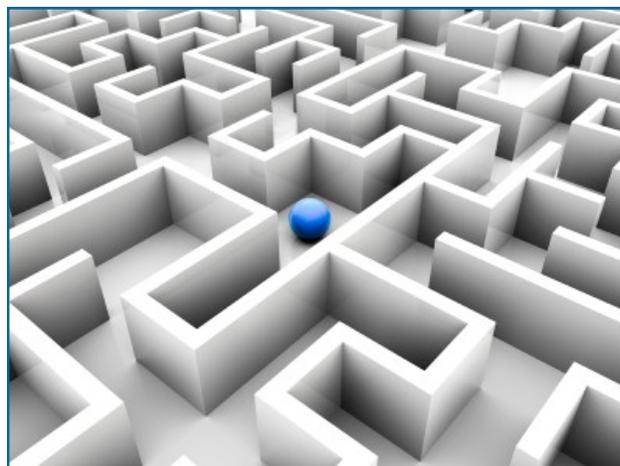
- Exercise. Delicious reading with my magazines is one crazy practice I've enjoyed while keeping a steady speedy incline walk on the treadmill. It's funny to do, but I've exercised and end up feeling mentally clear, uplifted, and light-hearted.
- Keeping a daily work schedule. Clock in and out of work. Break down your weekly goals to daily goals in order to keep motivated, moving and avoid feeling overwhelmed.
- Nourish your soul weekly. Spend an hour or two blogging for a neglected interest, taking pictures for a program, gardening, or anything that can be a single accomplishing event on a weekly basis. It's spiritually uplifting, purposeful, and a breather from work, work, work.
- Finally, nurture your home and family. It is especially important in relationships that you stay connected and nurture the home flame. Holiday's are important in order to feel connected with life's events so schedule your work in order to be available for home and life.

I hope this helps and provides insight and encouragement. Remember that each day is one day closer to becoming that diamond counsellor.

Cheers,

Joe

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CCPA CHAPTERS

The Chapters within CCPA represent various regional or special interest groups. Many members belong to one or more chapters depending on their field of work, their location or their interests:

- Aboriginal Circle Chapter
- Alberta Chapter
- British Columbia Chapter
- Career Development Chapter
- Counsellor Educators Chapter
- Creative Arts in Counselling Chapter
- National Capital Region Chapter
- Pastoral and Spiritual Care in Counselling Chapter
- Private Practitioners Chapter
- School Counsellors Chapter
- Social Justice Chapter

CANADIAN COUNSELLING AND PSYCHOTHERAPY ASSOCIATION

The Canadian Counselling and Psychotherapy Association is a national bilingual association of professionally trained counsellors engaged in the helping professions. CCPA's approximately 3800 members work in many diverse fields of education, employment and career development, social work, business, industry, mental health, public service agencies, government and private practice.

Since 1965, the Association has been providing leadership and promotion to the counselling profession. CCPA has several Chapters (see left). The Association also develops and cultivates formal and informal relationships with similar health and mental health organizations in Canada and internationally.

The Association also offers the opportunity for its members to network with other counsellors from across the globe, in order to exchange ideas and best practices, provide mutual support and promote professional development.

The Canadian Counselling and Psychotherapy Association is continually upgrading its services for its counsellor members, through exclusive educational programs, certification, and professional development and networking opportunities. The CCPA welcomes all qualified counsellors and psychotherapists in the profession to join our growing membership as we uphold our mandate to remain the leading association for counselling and psychotherapy in Canada.

The Canadian Counselling and Psychotherapy Association would like to dedicate this edition of the Student Newsletter to Kathy Mueller on behalf of her support and dedication to the CCPA Student Representatives program.



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