



CCA Student Newsletter

Volume 4 Issue 1 October 2008



Inside this issue:

CCA Student Travel Grant	1
You want me to attend another conference?	2-3
Involvement in a professional association—a worthwhile investment!	3-4
EAP Programmes in Canada and the US	4

Special points of interest:

* Don't forget to check out the details for our 2009 CCA Conference to be held in Saskatoon Saskatchewan!

Andrea Johnson, MA Winner- CCA Student Travel Grant 2008

Andrea Johnson was awarded the Student Travel Grant at CCA's conference in Moncton, New Brunswick

As the Masters in Creative Art Therapies Program Concordia University Student Rep for both CCA and local Affiliate, Quebec Counselling Association (QCA) in 2007-2008,

Andrea also took on the daunting task of editing QCA's e-newsletter. This speaks highly for this student member who got directly involved in the operation of professional associations while pursuing her studies, helping her to build a collegiality with people who are leaders in their profession. This experience also created an impressive addition to her resume that prepared her for a position upon conclusion of her studies. Andrea's research interest was centered on the role of art therapy in supporting the creative and emotional integrity of children living with end stage renal failure receiving hemodialysis. She was particularly interested in the idea of therapeutic space and how the essential qualities of art therapy, creating a tangible product

and working in visual metaphor, can help to create therapeutic space in this type of open unit medical setting. A model of art therapy generally used in hospital settings, medical art therapy (Malchiodi, 1999), greatly informed her work and research. Andrea's research highlights the unique role that art therapy plays in promoting autonomy, activity, mastery, control, creative expression, and the exploration of body image in children living with end stage renal failure. Andrea's research was generated from her second year internship experiences at a Montreal area hospital where she worked with children and adolescents in art therapy as they received



Recipient Andrea Johnson and Janice Tester, Quebec Anglophone Director

hemodialysis. The CCA Student Travel Grant allowed her to attend the 2008 Conference in Moncton, New Brunswick. Set to graduate with an MA in Art Therapy from Concordia University in the fall, she is currently living in Fredericton, New Brunswick where she hopes to find employment in art therapy and counselling.

CCA and QCA wish Andrea great success in her new home in the Maritimes.

Andrea Johnson, MA

Wayne Clifford, MEd. C.C.C. (Past-President of QCA).

Edited by Janice Tester, M.Psych. (Quebec Anglophone Director)

CCA Conference 2009 Saskatoon, Saskatchewan



changing landscapes



Pre-Conference -
May 19
Conference - May
20-22, 2009
Saskatoon, Sk

Check out more details @ ccacc.ca

You want me to attend another conference?

—John Howe,
Guidance Counsellor, Kennebecasis Valley High School, Quispamsis, NB

When I was asked to attend the three day National Canadian Counselling Association conference in Moncton, I was less than enthusiastic. Never mind that it has been twenty-five years since CCA has held its annual national conference in New Brunswick, what I really wondered was if the time away from school and my wife would be worth the effort? Those of us in our latter years of our teaching careers have all attended professional development sessions that have been less than helpful, professionally, socially, and spiritually. Well, Exploring Ourselves: Discovering Identity, was not one of those conferences where you wondered why you bothered attending.

Along with the 155 of us NB guidance counsellors who gathered at Delta Beausejour from May 14 to the 16, there were 588 attendees in all, interested in how identity impacts the counseling profession. What struck me as one of the unique aspects of this conference were the divergent professional backgrounds of all of the participants. I talked to a construction worker who had a private counseling practice.

I also met several university profes-

Was | glad that | attended this national conference? You bet.

sors who taught psychology in Calgary, Vancouver and St. John's. As well there was the social worker from PEI who wanted to learn how

to improve his therapeutic techniques. This conference truly reflected a wide cross-section of professionals gathered from all areas of Canada, but who all shared an interest in exploring the theme of identity, and how it impacts every aspect of our lives.

As you would expect this national conference was organized in the usual professional development format: keynote speakers and individual concurrent sessions which participants got to choose. Like the participants, the keynote speakers were drawn from all across North America. Dr. Gerald Corey from the California State University at Fullerton discussed how each of us is both a person and a professional. Norm Amundson from the University of BC kept us entertained with his ideas on how a counsellor transitions through the various stages of their careers. Our own Margie Leyden-Oreto talked about how many high school students are not able to access post secondary training and how Canada's Millennium Foundation project is trying to rectify this inequality.

While there were a variety of concurrent sessions available, all offerings related to the theme of exploring ourselves and understanding identity. Among the many individual session offerings, I chose to attend a thought provoking discussion on the importance of maintaining a relevant career development practice in the face of dramatic social and occupational changes. Knowing very lit-



Student Tara Lubiak (Storie) from the University of Saskatchewan with keynote speaker Gerald Corey at CCA's conference in Moncton.

tle about eating disorders, I was glad that I attended the session on body and identity. In this session Eileen Adams from Arizona talked about how a well-defined body image is linked to a well-defined identity. For the budding writer who wanted to publish an article in a professional journal, Vivian Lalande, editor of the Canadian Journal of Counselling, discussed what it takes to become published. One interesting session was the one led by Gary Simpson from the Alberta Distance Learning Centre. Mr. Simpson discussed how those with both a queer and Christian identity can co-exist in a mutually positive way.

One of my favourite sessions was led by Christopher Simon, an MA candidate from the University of Ottawa. His interactive talk solidified this whole notion of identity. Mr. Simon reported on how concept of self (feel) can affect performance. His study identified how we feel at any given time consists of how we are emotionally, what our

thoughts/cognitions are, our physical selves and the society we find ourselves in. All of these identities profoundly affect our performance in life.

The organizers of this national conference knew how to cater to the many aspects of our lives. Our physical sides were catered to with great meals and snacks, courtesy of the Delta Beausejour. Our cognitive side was stimulated by thought provoking ideas which we can use in our counselling practices. Our emotional side was satisfied because we came away feeling energized. And our social needs were fulfilled with all the networking that naturally occurred before and after conference sessions. I had a former teacher friend who I hadn't seen in twenty years ago tell me I looked the same, always a nice thing to hear even if it might be a slight exaggeration.

Was I glad that I attended this national conference? You bet. Not only did I witness first hand New Brunswick's linguistic culture working in harmony, (Bilingual participants and organizers switched easily from French to English and back again depending on the situation.) but I also got reconnected with friends and colleagues interested in understanding what it means to be human in the 21st Century .



Involvement in a professional association – a worthwhile investment!



Jan Narelle Botto, B.Sc., M.A.

Music and Arts Career Advisor, McGill University

It's that time of year again; the air is cool and crisp, the leaves are changing, fall is in full swing and for students it's crunch time already! Assignments, research and readings are piling up, and classes, practicum sessions and internships are becoming more intense as the days go by. You have a fair bit on your plate right now in your role as a student so it's likely a little challenging to consider including "career development" on your agenda for the week/term/year. I would, however, encourage you to do just that, and one accessible and interesting way to go about it is to think about joining a professional association as a student member.

Last year, as a final year M.A. Counselling student, I and another classmate volunteered to be McGill student representatives for the Canadian Counselling Association (CCA) and the Quebec Counselling Association (QCA). The commitment involved acting as a liaison between the association and our classmates, organizing the yearly information visit to McGill, and attending monthly local QCA Board meetings, usually held over breakfast in a local restaurant and lasting between 1.5-2 hours. And what did I get out of this?

Was it worth giving up the occasional Saturday morning sleep-in? Absolutely.

First and foremost, my involvement with QCA, which continues this year as I tackle the role of e-bulletin editor and coordinator, has enabled me to meet and connect with experienced professionals in the counselling field. The value of these relationships cannot be overstated, especially when one is just starting out in the profession. I have had the chance to speak with many caring and experienced counsellors working in a wide variety of settings, thus gaining valuable insider information on many different facets of the field. These individuals have taken an active interest in my career, shared information on job openings and volunteer opportunities, introduced me to professionals practicing in Montreal and other Canadian regions, and provided tips, advice and encouragement along the way. Most successful careers are built upon a strong foundation of positive, mutually beneficial relationships – the more effort you put into nurturing and developing these connections, the greater your career opportunities and success. This was brought home to me earlier this spring when I attended a professional development seminar on Coaching organized by McGill's Career Service, and sponsored in part

by QCA. I was a newly minted graduate at that point, and had been a resident of Montreal for less than two years, yet between my internship experience and my involvement with QCA, I could look around a room full of local professionals and find it full of friendly, familiar faces. A confidence boost to be sure!

While relationship building is definitely one of the primary benefits of becoming involved in a professional association, there are many additional positives. From a career development perspective, your membership and active involvement is an indication to potential employers of your professionalism and commitment to your field.

Depending on your role, it can also be a great way to learn new skills and expand existing ones, for example, by contributing to association publications, organizing events, running meetings or a workshop. Through such activities, you will be well placed to find out about evolving issues in the field, and hear of interesting and affordable professional development opportunities.

I encourage you all to consider getting involved, be it in CCA, and your provincial association, or another organization of interest – it's a worthwhile investment in both your professional community and your future counseling career!

Check on CCA's website for great information for student members

www.ccacc.ca

www.ccacc.ca/students.html

Interested in obtaining information on EAP programmes in Canada and the US?

Check out these websites:

[Employee Assistance Programs](http://www.eapquotes.com/)

(<http://www.eapquotes.com/>)

Get quotes from the nation's leading employee assistance programs.

[EAP Bridge](http://www.eapbridge.com/) (<http://www.eapbridge.com/>)

The leader in connecting counselors with Employee Assistance Programs

[EAP List](http://www.eaplist.com/) (<http://www.eaplist.com/>)

Provides a comprehensive and active list of nationwide, reputable, fully licensed employee assistance programs.

[EAP-SAP.com](http://www.eap-sap.com/) (<http://www.eap-sap.com/>)

Nationwide directory of Employee Assistance Program providers and consultants in the United States from DataLink.

[Employee Assistance Page](http://www.eapage.com/) (<http://www.eapage.com/>)

EAP resource Site.

[Employee Assistance Professionals Association](http://www.eapassn.org/public/pages/index.cfm?pageid=1) (<http://www.eapassn.org/public/pages/index.cfm?pageid=1>)

The EAPA is the world's oldest and largest membership organization for employee assistance professionals, with approximately 5,000 members in the United States and more than 30 other countries. EAPA hosts an annual conference, publishes the Journal of Employee Assistance, and offers training and other resources to enhance the

skills and success of its members and the stature of the employee assistance profession.

[Employee Assistance Society of North America](http://www.easna.org/home.asp) (<http://www.easna.org/home.asp>)

The EASNA is an association focused on advancing knowledge, research and best practices toward achieving healthy and productive workplaces. Comprised of thought leaders and change agents, EASNA is focused on ensuring that the EA field continues to grow and flourish by broadening its based of engaged and committed stakeholders.

[Office of Personnel Management](http://www.opm.gov/Employment_and_Benefits/WorkLife/HealthWellness/EAP/index.asp)

(http://www.opm.gov/Employment_and_Benefits/WorkLife/HealthWellness/EAP/index.asp)
Information on Federal US EAP Programs.

Best of luck in your studies!

CCA Membership Services Committee

Maxine MacMillan (NB-Anglophone) Janice Tester (QC-Anglophone) Lynda Younghusband (NL), Hope Wojcik (ON-Anglophone) Barbara MacCallum (CCA-Executive Director)

