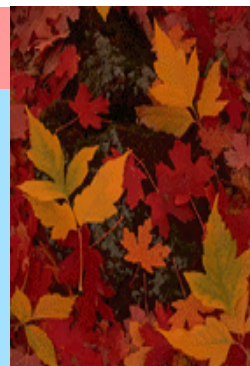




# SPECIAL STUDENT EDITION



Volume 1, Issue 1  
Fall, 2005

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## Welcome Counselling Education Students

### In this issue:

<b>Ask Not ...</b>	2
<b>Come Be Part of Your Future!</b>	2
<b>CCA Chapters</b>	2
<b>The Three Pillars of Professional Development cont'd</b>	3
<b>What Students are Saying about CCA</b>	3
<b>5 Reasons to Attend &amp; Present at CCA</b>	3
<b>Happy Birthday CCA</b>	4
<b>Websites</b>	4

We at the Canadian Counselling Association (CCA) want to welcome you and extend our hand in friendship and collegiality as your journey takes you into the wonderful world of the counselling profession.

We are thrilled that you have decided to begin, or continue, your training in one of the most honourable professions - that of helping others.

We would like you to become a part of the vibrant and growing CCA family.

The Canadian Counselling Association is a national and bilingual organization dedicated to the enhancement of the counselling profession in Canada.

In striving to fulfill this mandate CCA promotes policies and practices which support the provision of accessible, competent, and accountable counselling services throughout the human lifespan, and in a manner sensitive to the pluralistic nature of society.

CCA also strives to understand the needs of the diverse community of counsellors in Canada. We aspire to being inclusive in our membership. In addition, CCA provides a strong voice for the promotion of counselling.

We hope that you enjoy this special issue dedicated to you, the students of today and the professionals of tomorrow!

We encourage you to visit CCA's website for further information at [www.ccacc.ca](http://www.ccacc.ca).

We look forward to hearing from you and hope to see you at one of our events. **Welcome!**

**Maria De Cicco is a career development counsellor in Montreal. She is currently CCA's President Elect and the Chair for the Membership Services Committee.**



## The Three Pillars of Professional Development

By Dr. Kris Magnusson

Let me give a hearty welcome to all new and returning graduate students in counselling! You are embarking on a challenging but very rewarding path – that of professional counselling.

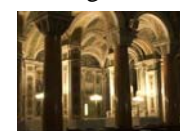
In the context of your personal growth as a counsellor, I would like to offer a few thoughts on the notion of professional development, and some of the obligations and opportunities that that entails. The good people of the Life-Role Development Group can be thanked for the model I am

about to share.

There are three pillars of professional development; each is defined by somewhat different outcomes, and each requires different core activities.

First, effective professional development results in personal growth and development, and is known as “enhancing with resources”. Typically, individuals engage in developing or honing specific skills, and in keeping up with new developments in the field. The main goal is to

become better at what one does, through increased levels of competence (i.e., increased knowledge, skills or attitudes). For the most part, your graduate training is all about providing the resources you will need to become competent counsellors. However, enhancing competence does not end with your formal training – it is an on-going facet of professional life. **Cont'd on page 3**



### Membership Services Committee:

Mona Chevalier  
Maria De Cicco  
Maxine MacMillan  
Barbara MacCallum  
Janice Tester  
Hope Wojcik  
Lynda Younghusband

## Ask Not ... By Dr. David Paterson, CCA President

### Counsellors are great people.

I think the best thing about CCA is the opportunity to network and become part of the Canadian community of professional counsellors.

Beyond face-to-face conference meetings, I enjoy reading leading edge scholarly research in the Canadian Journal of Counselling as well as keeping up with events from across the country in Cognica. It was a pleasure for me to become actively involved in my regional (British Columbia) CCA Chapter, and to explore the many interest chapters that we have to offer.



Like counselling - CCA is all about the relationship.

Why join CCA? The most compelling reason I can think of is because of the people, the opportunity to celebrate together and contribute to our profession.

Today's graduate students represent the next generation of bold leaders for CCA. Welcome to the custodial responsibility of nurturing a fine association made up of a fine community of people. Many of you will venture to experience what I am talking about. **Welcome.**

**Dr. Paterson is CCA's President. He is also the Director of Undergraduate Programs and teaches in the Faculty of Education at Simon Fraser University.**

**To become a member simply fill out the application form available on our website at <http://www.ccacc.ca>**

## Come Be Part of Your Future! By Barbara MacCallum

As a national association, CCA plays a leadership role in many arenas. I cannot echo strongly enough, David Paterson's advice to "get involved" and to start honing your skills to be the leaders of the future.

The environment of your chosen profession is rapidly changing. During the past three months CCA has been involved in or planning four major initiatives that will raise the public profile of counselling and thus change and transform your profession.

The 2006 Conference in Montreal with the American Counseling Association will be a landmark, high profile event with over 3,500 attendees and a tremendous variety of high quality presentations.

**Did you know that here are eleven specific Chapters within CCA, representing various regional or interest groups?**

**Many of our members belong to one or more chapters depending on their field of work, their location or their interests. One is right for you! Consult our website to learn more.**

The Board of Directors has supported the creation of a Third Party Billing Project which if successful will greatly enhance the livelihood of those of you who may be considering private practice.

The National Symposium on Counsellor Regulation will take place in November 2005 in Vancouver. This promises to be another landmark event.

And in Ontario, CCA has been involved in meetings with the Ontario Coalition which is advancing the position of the regulation of psychotherapy and potentially counselling in Ontario.

All of these initiatives will require the time, energy and resources of our current and future members.

Come be part of your future!

**Barbara MacCallum, is the Executive Director of CCA.**



### Regionally based Chapters

British Columbia  
National Capital Region  
Atlantic

### Interest based Chapters

Feminist Network  
School Counsellors  
Career Development  
Counsellor Educators  
Private Practitioners  
Creative Arts in Counselling  
Aboriginal Circle  
Pastoral Chapter

## The 3 Pillars Of Professional Development, cont'd from page 1

The second pillar of professional development results in the development of effective relationships, and is known as “entrenching with allies”. Professionals seek ways to integrate training into actual practice. To do this, they typically seek professional allies, with whom they may consult, explore issues, and even engage in reciprocal coaching. Allies provide a powerful source of feedback, professional support and new information.

The third pillar of professional development is making contributions back to the field. This is known as “elaborating by contributing”.

True professionals do not hoard new knowledge. Rather, they realize their professional obligations to share new insights with others in their field. They facilitate the skill development of others ( through activities like mentoring, coaching or presenting workshops) and are innovators in new practice.

The Canadian Counselling Association provides excellent opportunities for professional growth and activity in each of these three areas. In the midst of developing your professional skills, I would strongly encourage you to consider student membership in CCA as a way of

setting an excellent foundation for on-going professional development, now and into the future.

**Dr. Magnusson is the Acting Dean at the University of Lethbridge and teaches in the counselling faculty.**



*“People who enjoy what they are doing invariably do it well.”*

*-- Joe Gibbs*

## What Students are Saying About CCA!

*I would encourage all students to take advantage of the great resources and services CCA can provide early on in your studies. The professional contacts you make, and the professional development activities offered through CCA will not only encourage you, but enhance your education wonderfully.*

*Earlier this year, I presented my thesis at the annual CCA Conference, which was held in St. John's Newfoundland and Labrador.*

*The experience was invaluable!*

**Christie Archer,  
University of Lethbridge,  
Alberta**

*As a student at the University of Ottawa, my professional experience with CCA was very worthwhile. Through them, I became involved with the National Capital Region Chapter (NCR).*

*As a result of my CCA membership, I benefited from discounted prices for seminars, participated in lots of professional development activities and met a welcoming group of members. It's great when you can talk to someone in your network!*

**Michelle Richling is now a Certified Canadian Counsellor (CCC) and the treasurer for the NCR Chapter.**

## 5 Reasons to Attend and Present at CCA Conferences!

**By Maria De Cicco, President Elect**

Each year CCA provides all of its members with an opportunity to participate in a variety of professional development activities. What makes this opportunity even more unique is that its annual conference changes province each year.

Thus, CCA members get to visit a different city, meet and network with colleagues, present to others what they are passionate about, obtain continuing education units and of course participate in their lifelong learning!

Here are my 5 personal reasons to present at a CCA conference:

1. **Take the opportunity** to share your best practice experiences with colleagues.
2. **Challenge others** to improve their professional skills.
3. **Network** with local, provincial, national and, next year, international leaders.
4. **Participate** in other sessions conducted by experts, peers and colleagues.
5. **Visit** a different city in this beautiful country and get a taste of the people's

cultural richness and gifts – their joie de vivre !!

**Next year's conference will be held in Montreal from March 30th-April 3rd. See you there!**





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Visit us at  
[www.ccacc.ca](http://www.ccacc.ca)

## Celebrating 40 Years of Service!



*2005 is the 40th anniversary of the Canadian Counselling Association. From its small but hopeful beginnings in 1965, CCA has grown into a vibrant national professional association with 2,700 members across Canada. Its members are engaged in counselling in education, business and industry, public service agencies, government and private practice.*

**HAPPY BIRTHDAY CCA !**

## Useful Websites For Students By Mona Chevalier, Ontario Francophone Director

We hope that you have enjoyed this special student edition and we welcome your feedback. We also hope to count you among our growing membership.

We thought that we would leave you with some useful resources while you pursue your studies.

We wish you all the best in your academic program and in your career as a counsellor.

By far the most useful website we have to suggest to you is the Canadian Counselling Association website at [www.ccacc.ca](http://www.ccacc.ca). There you will find valuable information about:

- How to become a member of CCA
- Requirements for CCC certification
- Our annual conference
- Opportunities for professional development



- Awards, grants and bursaries for you as a student
- A network of colleagues across Canada
- Job opportunities
- Our student corner where you can access the counselling students links that include:
  - 29 links to both national and international associations
  - over 70 links of useful sources for counsellors
  - 9 links regarding tools for private Practitioners
  - 21 links to psychometric and specific therapy site
  - 29 links to on-line journals
  - 22 more sites listed under Tools for Students:
    - these include information on loans and bursaries programs
    - 19 grant opportunities sites and more.

### Here are a few other websites you might find useful:

The National Consultation on Career Development (NATCON)  
<http://www.natcon.org/>

**Contact point** (career resources, learning and networking)

<http://www.contactpoint.ca/>

**Disability information for students and professionals**

<http://www.abilityinfo.com/>

The Canadian Career Development Foundation (CCDF) <http://ccdf.ca/>

**APA Resources for students**

<http://www.apa.org/students/>

**APA Research Style Crib Sheet**

<http://www.wooster.edu/psychology/apa-crib.html>

**Canada Career Consortium**

<http://www.careerccc.org/>

**Eric** (Education Resources Information Center) Database

<http://www.eric.ed.gov/>