



CCPA Ambassador Program



Member: Dr. Beth Robinson

A little word about me and what I do:

For a little over two decades I worked in the public school systems in Ontario and Nova Scotia as an educational assistant, classroom teacher, special education teacher, resource teacher, school counsellor, and psychologist. After pursuing a PhD in Counselling Psychology, I joined Acadia University's School of Education in 2010 and since then have been teaching in the Master of Education in Counselling program. I find it very fulfilling to accompany aspiring counsellors on their academic journeys to becoming mental health professionals who will work in a wide range of settings with a diversity of clientele and counselling foci. From the time of MEd Counselling program commencement to completion, my counsellor educator colleagues and I have the honour of bearing witness to significant personal and professional growth in our students, and I confess to feeling like a proud parent as I watch these 'becoming' counsellors approach the finish line of the program and the starting gate for their professional careers in the counselling and psychotherapy field. In addition to teaching, I engage in a variety of supervision, scholarship, and service activities. My primary areas of interest related to research, writing, and service are ethics in counselling and clinical supervision of counselling and psychotherapy.

In my personal life, I derive great enjoyment from spending time with our five adult children, four infant and toddler grandchildren, and our dogs and cats. I love to read and engage in photography at our old farmhouse in Nova Scotia's rural Annapolis Valley and at our cottage on the Bay of Fundy (where the seals, seagulls, and cormorants are my wildlife pets!).



What does CCPA mean to me?

Membership in CCPA truly embodies for me the CCPA mantra of connection, communication, and collaboration. Being part of the national association for counselling and psychotherapy confers a ready-made network of 5300-plus colleagues across the country, with whom I can consult and/or collaborate on professional issues, service, and scholarship projects (e.g., advocacy, public education, committee work, webinars, workshops, conference presentations, and professional writing). My respect for the dedication of our membership, Board of Directors, Executive, and National Office staff grows each year as I witness the ever-expanding range of initiatives undertaken to ensure that the counselling and psychotherapy profession remains in step with and responds effectively to societal needs. I am extremely proud to be part of such a vibrant, forward-looking, and active group of helping professionals whose collective efforts contribute to the continued growth and development of the counselling and psychotherapy profession and, by extension, to the mental health and wellbeing of the public at the provincial/territorial, national, and international levels. Receiving the CCPA Professional Contribution Award in 2015 represented a “peak” professional experience for me; the sense of honour was heightened by my professional affection for my CCPA colleagues, many of whom I am honoured to also call my friends.

My previous involvement with CCPA:

I submitted my first article to the CCPA student newsletter in 2007 and that same year became a member of the CCPA Ethics Committee. I served as the Nova Scotia Director for CCPA from 2011-2015 and really enjoyed the opportunity to see up close the manner in which CCPA identifies and responds to the needs of counsellors and psychotherapists working in various capacities across the country. I have enjoyed myriad opportunities that have arisen out of my CCPA connections, including participation on a number of CCPA committees, developing and delivering CCPA clinical supervision workshops, co-authoring chapters for the 2015 edition of the CCPA ethics text, contributing to the CCPA clinical supervision text as an author and co-editor, and engaging in CCPA-sponsored clinical supervision research. I valued the opportunity to contribute to the launch of the Nova Scotia chapter of CCPA (CCPA-NS) and to be part of the planning committee for CCPA’s Conference 2013 that was held in Halifax. I continue to be a member of the Ethics Committee, COMPASS, Canadian Certified Counsellor – Supervisor committee, and National



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

Program Selection committee and hope to remain actively involved with CCPA for many years to come.

Favorite author or musical artist: I very much enjoy the writings of Lisa Genova, Jodi Picoult, and Victor Yalom. My musical tastes are fairly eclectic, spanning a variety of genres from 1950s through to the present. However, I try to restrict my singing along to the lyrics to times when I am alone in the car!