

Nova Scotia Director's Report
Beth Robinson
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Abstract

- Nova Scotia CCPA membership is holding steady at the 400 mark
- Professional development opportunities are both plentiful and broad in scope in Nova Scotia, thanks in large part to CCPA-NS, the Nova Scotia School Counsellors Association (NSSCA), and the Nova Scotia College of Counselling Therapists (NSCCT)
- Recognition of clinical supervision as an emerging area of specialty practice is being fostered by CCPA initiatives including research, writing, workshops, and webinars
- The second annual Canadian School Counselling Week was held February 2-6, 2015
- There is work yet to do in the province related to professional advocacy and education around counsellor/psychotherapist competencies (vis-à-vis those of other helping professions)
- CCPA Conference 2015 is just around the corner as are CCPA's 50th anniversary celebrations
- It's time to submit presentation proposals for the partnered ACA/CCPA conference to be held in Montreal in March 2016

Connections and Communications

- My liaison role with the Nova Scotia College of Counselling Therapists (NSCCT), Nova Scotia chapter of CCPA (CCPA-NS), and Nova Scotia Association of School Counsellors (NSSCA) has kept me apprised of professional activity and developments at the provincial level
- I seek to keep Nova Scotia current and potential CCPA members apprised of CCPA initiatives, other developments on the professional front, and opportunities for continuing education, through oral and written correspondence (e.g., newsletter submissions to NSCCT and the Nova Scotia School Counsellors Association, CCPA Director's messages, discussions with graduate students)
- Connections with NSCCT have been and will be promoted through collaborations on:
 - October 2014 introductory clinical supervision workshop to assist in the preparation of supervisors of Registered Counselling Therapist Candidates (RCT-Cs)
 - May 2015 intermediate level clinical supervision workshop
 - NSCCT supervision reporting processes
- Connections with NSSCA have been and will be promoted via:
 - Newsletter submissions on behalf of CCPA
 - Article submission on comprehensive school counselling programs and services
 - Plans for a presentation at the NSCCA annual conference in October 2015

Contributions and Celebrations

- My CCPA-related engagement has encompassed a variety of foci and activities:
 - In my eighth year on the CCPA Ethics Committee
 - Chair of the CCPA Quality Assurance Committee
 - Member of CCPA Program Selection Committee for annual conferences

- Nova Scotia Director for the COMPASS Centre for Examination Development
- Consultation on CCC and CCC-S inquiries
- Submission of articles to *Cognica* and the *CCPA Student Newsletter*
- Collaboration with Jeff Landine, UNB, on the preparation of a chapter on ethical and legal issues in clinical supervision for a forthcoming CCPA text that led to:
 - Co-facilitated webinar on this topic in January 2015
 - Upcoming keynote presentation at the Counsellor Educators AGM in May 2015
- Preparation of a chapter on clinical supervision models and methods for the CCPA clinical supervision text
- Co-editing of the CCPA clinical supervision text
- Facilitation of an intermediate level workshop on clinical supervision in March 2015 in Calgary
- Pre-conference intermediate clinical supervision workshop in Niagara Falls in May 2015
- Discussions underway about potential clinical supervision workshops in St. John's, Winnipeg, and Charlottetown
- Collaboration with Co-Chair Blythe Shepard and project team on CCPA-supported research that will establish a nationally validated clinical supervision competency profile
- Causes for celebration include:
 - CCPA-NS transition from nascent to solidly-established chapter status
 - Success of second annual Canadian School Counselling Week held February 2-6, 2015
 - Emerging recognition, at provincial and national levels, of clinical supervision as a specialty area of practice in the helping professions
 - Publication of *Canadian Counselling and Psychotherapy Experience: Ethics-Based Issues and Cases* (CCPA, 2015)
 - Welcoming of Andrea Currie as incoming CCPA Director for Nova Scotia

Concerns and Challenges

- I'd like to see our CCPA provincial membership and CCPA-NS member numbers increase such that each would exceed 400
- Also, as Nova Scotia counsellors and psychotherapists seek to enhance professional credibility and employability, I believe that it will be to their benefit to seek both the national and provincial professional designations of Canadian Certified Counsellor (CCC) through CCPA, and Registered Counselling Therapist (RCT) through NSCCT
 - An increase in the number of Nova Scotia practitioners with both CCPA and CCPA-NS membership, along with the pursuit of both the CCC and RCT designations, would support and strengthen efforts in the areas of professional advocacy and public relations
 - The challenge associated with promoting this level of professional membership is to clearly and convincingly communicate the potential individual and collective benefits
- Although considerable progress has been made over the past few years in a number of health districts in having counsellors/psychotherapists recognized as competent

candidates for health system positions (particularly those counsellors/ psychotherapists who have pursued registration with the provincial regulatory body NSCCT), significant change is under way in the provincial medical system

- With the former nine district health authorities amalgamated into a single provincial authority, it will be important that Nova Scotia counsellors/psychotherapists not lose ground with respect to eligibility to apply for health system positions
- At every opportunity CCPA and NSCCT should continue to educate other medical and mental health professionals, and the public at large, about the qualifications and competencies of Canadian Certified Counsellors (CCCs) and Registered Counselling Therapists (RCTs)
- This will be a focus of ongoing discussions with NSCCT
- Challenges continue with respect to finding qualified clinical supervisors for the practicum component of graduate programs in counselling as well as for graduates of these programs who need to secure a supervisor for the minimum two-year period of their Registered Counselling Therapist candidacy with NSCCT
 - My hope is that we will be able to develop effective and efficient pre-service and post-degree systems to support the matching of supervisors and supervisees
 - I also encourage supervisors to consider pursuing CCPA's Canadian Certified Counsellor-Supervisor (CCC-S) designation both from a competency and credibility standpoint

Coming Attractions

- The April 25, 2015 CCPA-NS AGM will be accompanied by a workshop titled "Exploring Mindfulness"
- CCPA's May 2015 conference in Niagara Falls will be a grand celebration marking the 50th anniversary of our national association of 5300-plus members!!
 - I'm also looking forward to the conference launch of *Canadian Counselling and Psychotherapy Experience: Ethics-Based Issues and Cases* (CCPA, 2015)
- CCPA members are invited to submit a presentation proposal for the partnered ACA/CCPA conference to be held in Montreal in March 2016 – the proposal deadline is May 30, 2015
- On October 23, 2015 the Nova Scotia School Counsellors Association will host its annual conference in Halifax
- School counsellors are urged to become involved in planning for the third annual Canadian School Counselling Week in February 2016 – great ideas never arrive too early!
- Stay tuned for CCPA's publication of *Supervision of the Canadian Counselling and Psychotherapy Profession*

Resources

- CCPA is a rich source of current and relevant resources including *Cognica* and the *Canadian Journal of Counselling and Psychotherapy*
- CCPA also offers a forum (www.ccpa-accp.ca/phpbb3), Counselling Connect blog (<http://www.ccpa-accp.ca/en/counsellingconnect/>), Electronic Bulletin (

accp.ca/en/newsevents/electronicbulletin/), and public-facing website Talking Helps (<http://talkingcanhelp.ca/>)

- As a member of the Canadian Association of School Psychologists (CASP), I find that the articles forwarded via e-mail cover current and important issues for a range of helping professionals
- I also find articles of interest in the *Cognoscenti*, from Clinical Psychiatry News
- The Canadian Psychological Association offers online study courses including “A Psychologist’s Guide to Psychopharmacology” (10 modules and 12 sessions) and “DSM-5: Changes and Implications for Professional Practice” (four sessions)
- I really enjoyed and recommend each of the following reads:
 - *Voices from the Field: Defining Moments in Counselor and Therapist Development* (edited by Michelle Trotter-Mathison, Julie M. Koch, Sandra Sanger and Thomas M. Skovholt)
 - *Brain on Fire: My Month of Madness* by Susannah Cahalan
 - *Still Alice*, *Love Anthony*, and *Left Neglected* by Lisa Genova (for intriguing explorations of Alzheimer’s, autism spectrum disorder, and right hemisphere brain trauma)
- I recommend to graduate counselling students that they regularly check out the resources that Guilford (especially with their bi-annual student sales) and Source Re Source have to offer
- I also invite students and colleagues to borrow books from my office library; what better way to invite professional discussion and discourse!

Acknowledgements and Appreciation

There are many individuals and groups whose dedicated energy and efforts keep our profession growing and contributing in ways that I truly believe are to the betterment of society, with benefits reaped at the individual, community, provincial/territorial, national, and global levels.

Those deserving of recognition and gratitude include:

- CCPA National Office staff
- CCPA Executive and Board of Directors
- CCPA Chapter Executives and Boards
- CCPA Committee members
- CCPA members who work collaboratively with clients toward attainment of identified goals, advocate for needed services and changes, engage in professional development, support novice practitioners via supervision and mentoring, and offer consultation and collegial support
- CCPA Student Representatives for Acadia: Sybil Power and Barrette Plett
- Students in the helping professions who aspire to help others lead full and fulfilling lives
- Clients whose engagement in the counselling/psychotherapy process keeps us attuned to the human condition, reminds us to be mindful of the similarities and differences in our lived experiences, calls for our empathy and compassion, fosters admiration and respect for resilience in the face of sometimes seemingly insurmountable obstacles, and promotes our intellectual curiosity and keenness to explore possibilities on the aspirational path of enhancing the life experiences of all

It has been an honour and a pleasure to serve as the Nova Scotia Director the past four years. I am proud to be part of such vibrant communities of counselling and psychotherapy professionals at both the provincial and national levels.