



Cognica

CCA - The Canadian Counselling Association's Newsletter

SUMMER

Vol. 41 No. 3 July 2009



CCA CELEBRATES EXCELLENCE Awards Recipients 2009

At the CCA National Conference in Saskatoon, in May 2009, Dr. David Paterson was awarded a CCA Honourary Life Membership. The **CCA Honorary Life Membership** is awarded to individuals who have made a considerable contribution to the aims and objectives of CCA.

Dr. David Paterson has been an outstanding contributor to CCA for over 15 years. In addition to serving as the first CCA webmaster (1995), he has held positions as Conference Treasurer (1996), BC/Yukon Director (1999-2003) as well as CCA Treasurer (2004-2005). He also served as President Elect, President and Past-President from 2003 to 2009. During his tenure as Past President, David chaired the Policy Committee which developed a comprehensive, new set of board governance policies.

When David vacated his role as President he made reference to the scouting movement saying that one should always leave the campsite in better condition than it was found. David did

indeed do this providing steady, wise, and intelligent counsel during his tenure.

Dr. David Paterson has been a school teacher and school counsellor in Alberta and British Columbia. In 1997 he joined the Faculty of Education at Simon Fraser University and has been a Counsellor Educator since that time. He currently is the Associate Dean for the Faculty of Education Administration.



DR. DAVID PATERSON

At the Awards Banquet in Saskatoon a number of other awards were presented to recognize the professional contributions of Canadians in the field of counselling.

This year's award recipients were:

CCA Doctoral Dissertation Award

This year's recipient was Linda O'Neill for her 'Experience of Northern Helping Practitioners' dissertation. Linda's dissertation focused on the personal and professional costs to practitioners working in isolated settings.

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Counselling: What's on the Horizon?

Pre-conference
May 11, 2010

Conference
May 12 – 14, 2010

Delta Prince Edward Hotel, Charlottetown, Prince Edward Island

KEYNOTE SPEAKERS:

Hetty van Gorp is the founder of Peaceful Schools International, an organization that provides international support to schools committed to creating a culture of peace.

Benet Davetian is the director of the Civility Institute and Chair and Associate Professor of Sociology and Anthropology at the University of Prince Edward Island.

Kevin Cameron is the Executive Director of the Canadian Centre for Threat Assessment and Trauma Response.

REGISTRATION: Starts early September!

ACCOMMODATIONS:

Hotel booking will become available once conference registration is open.

Hotel and conference registration will all be done in one easy step.

Delta Prince Edward Hotel

18 Queen Street, Charlottetown

Prince Edward Island, Tel: 1-888-890-3222

Contact Alene Holmes at ccacc2010@rogers.com

PUBLICATION GUIDELINES

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Except where specifically indicated, the opinions expressed in *Cognica* are strictly those of the authors and do not necessarily reflect the opinions of CCA, its officers, directors or employees.

All submissions are welcome for consideration. Those accepted will be subject to editorial review prior to publication.

Changing Landscapes: What's on the Horizon?

I consider it an honour to step into the role of President of the Canadian Counselling Association and to acknowledge all presidents and board members before me for their contributions to making CCA the association we have today. We recently held our annual conference in beautiful Saskatoon, the theme of which was *Changing Landscapes*. I would like to thank the organisers and volunteers who have planned and prepared for the last two years to give us this spectacular conference. The hospitality and warmth of our hosts were exceptional; the key note speakers Tom Jackson, Gabor Maté and our own Kris Magnusson received acclaim and ovations; and the breakout sessions were professionally first class! The conference in Saskatoon was the last annual conference organised solely by volunteers. Responding to the need from organisers, the CCA national office will organise future conferences in tandem with local committees. These local committees will still be quite actively involved in the planning and will ensure that our conferences continue to reflect the local flavour of our various regions. Next May, PEI will hold the first of these jointly organised conferences. The theme of this conference is *What's on the Horizon?* I hope I will see many of you there, so start planning now!

Welcome New Provincial Directors

As president, it is my pleasure to introduce to you the new Board of Directors of CCA for 2009-2011. I encourage you to get to know your representative more by reading their bios—follow the links at www.ccacc.ca. Our new Directors are: Kathy Mueller, British Columbia/Yukon; Blythe Shepard, Alberta/North West Territories. Blythe is also CCA Treasurer and a member of the Executive Committee; Ardele Gorman, Saskatoon; Jeri Booth, Manitoba and Nunavut; Robin Cameron, Anglophone Director, Ontario and Michel Lefebvre, Francophone Director, Ontario; Louis Cournoyer, Francophone Director, Quebec and Lilli Janzen, Anglophone Director, Quebec; Marcel Gougen, Francophone Director, New Brunswick and Madeleine Lelievre, Anglophone Director, New Brunswick; Deborah Wood Salter, PEI; Linda Wheeldon, Nova Scotia; and, Heather White, Newfoundland and Labrador. I'd also like to welcome back Lorna Martin from Manitoba as President-Elect and Maria De Cicco as Past President. I believe we are truly blessed with an exceptional new Board. Please email your new Director and along with me, welcome them to their new appointments.

CCA Goals for the Next Three Years

My message obviously embraces the two themes of the current and next year's conferences. It is an appropriate theme given the changing landscape of counselling in Canada. Where we now have regulatory and non-regulatory environments in which our members are working, CCA has to consider how this affects our members and our national association. What is on the horizon? How do we, as a national bilingual association, respond to meet the needs of our members and the needs of the profession? This was the idea behind the planning meetings our new Board recently held in Saskatoon. During that time, along with a facilitator, the Board engaged in a two-day process out of which emerged three goals we will commit to over the next three years so that we are prepared for the change that is occurring.



RON LEHR

The **first goal** focuses on *Professional Development Quality*. The Board decided that by 2012, CCA will create a professional development model that will provide high quality learning opportunities for you, CCA members, connected directly to core

competencies in counselling and psychotherapy. A committee of Board members has created strategies and activities they will engage in over the next year as we take steps to achieving this goal. Later in the fall, this committee will poll you for your ideas. What would you like CCA to do with respect to professional development? This is also the conversation we are having at our ad hoc committee on Communications. This is a big task, but once achieved I believe you will see CCA more involved in the delivery of professional development.

The **second goal** is *Certification*. By 2012, CCA will work to be recognized by upcoming colleges as the first and leading association to certify counsellors and psychotherapists through its certification program, which aligns with provincial regulatory bodies. Aligning requirements for CCC allows greater national recognition of this qualification. We believe that for CCC to be recognized by provincial regulatory bodies, we need to begin work now to make sure that we align CCC to the evolving requirements of these new colleges. This should allow CCC members to be recognised as equivalent to registered counsellors in regulated provinces and we hope will facilitate mobility of our counsellors across the country.

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PRESIDENT'S MESSAGE cont'd

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The **third goal** is *Sustainability*. As we move towards the horizon, we know a regulatory situation is unfolding across the country. To provide the kinds of services CCA will deliver to you as these changes take place, we need to create new revenue sources as well as increase membership. So, by 2012, CCA will work to increase its general membership by 800, increase francophone membership by a minimum of 10%, and develop a new revenue stream where annual revenues will exceed expenses by \$10,000. This is an achievable goal and is a first step towards making CCA even more sustainable, and will contribute even more to our mandate as a national bilingual association.

At this point, I hope you see the relationship between the three goals we have set for ourselves. High quality professional development, certification standards recognised by provincial regulatory colleges and sustainability will, we believe, contribute to making CCA recognized as *the* leading association for counselling in Canada. I believe over the years we have done a great deal that has contributed to that vision. I believe the work of our new Board will move it along even further. I am looking forward to working with the Board as we move in this bold new direction.

Name Change. At the AGM in Saskatoon, members voted to change the Association's name to the Canadian Counselling and Psychotherapy Association (CCPA). As you know CCA engaged in a year-long consultation process with members. A non-binding plebiscite was held. The results indicated 93% favoured the name change. By adding psychotherapy, we believe we will embrace those members who recognise themselves as psychotherapists, while also maintaining our identity as a national bilingual association who represents a diverse group of counselling professionals, from those who will be a part of the regulatory process and those who will continue to work in a non-regulatory environment. Prior to officially changing our name, our national office is currently engaged in all of the preparatory work needed to proceed. Until that happens, we still operate as CCA. Thanks to Maria De Cicco and her commitment to communicating and consulting with members for bringing this name change forward.

Special Mention. In this COGNICA you will see a report from Nunavut. We were honoured this year in Saskatoon when a group from Nunavut raised enough money for eight of them to attend our conference. That's a very large sum of money and a lot of work! This I believe is the first time we have had such a large attendance from Nunavut. We learned a lot from our colleagues from the north, and I believe they learned a lot from members who attended our conference. Read their report in this issue. It was heart warming to have

all of them at our conference. Their presence highlighted the fact that our vast country stretches a considerable distance to the north of where most of us live, and that they share concerns that are similar to ones that we share in other parts of Canada.

In closing, I will say that I was very appreciative of the welcome I received from all those CCA members who were present in Saskatoon when the Presidential "baton" was passed from Maria to me. I thank all of you for giving me the privilege of serving you. I will work hard and do all I can to represent you and your needs as counsellors. I hope to hear from you when you read this message and at any time you might like to raise concerns or issues with me (president@ccacc.ca). The next two years will fly by as they inevitably do. I have the enviable job of working in an area that I love and am passionate about, with an exceptional National Office staff and a dedicated and hard working Board. It doesn't get much better than that.



Cheers
Ron Lehr
CCA President

IMPORTANT NOTICE

Marsh Canada Limited is the newly appointed broker for the Canadian Counselling Association (CCA) Liability Insurance Program.

CCA and Marsh Canada are pleased to offer new and improved insurance coverage for CCA members.

The new insurance program presents the following changes:

- Decreased premiums
- Higher limits for Criminal Defense coverage
- Defense costs are in addition to the limits
- Limited Abuse coverage
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MESSAGE FROM THE PRESIDENT-ELECT

Taking Flight

So, I'm in the airport departures lounge, gazing out at the brilliant Saskatoon sunshine. Two Canadian Counselling Association colleagues are deep in conversation, once again proving that the global "six degrees of separation" is more like two degrees of separation in the counselling world.

A quick glance at the departures schedule on the overhead television screen confirms that as an Association, we are indeed criss-crossing this magnificent country. Familiar faces bob and weave amongst the travellers this day; the day after the 2009 National Conference. The crowd is dotted with Saskatoon's "Changing Landscapes" bags; the air tinkles with laughter and camaraderie.

So...the departures lounge. I'm leaving Saskatoon like so many others here, but I will return. I have CCA family here now. And while part of that family is leaving with me to all compass points of Canada, a part is remaining to tend our home here. My mind wanders to the diverse geographies of our land, the richness of our cultures, and the plurality of professionals who call CCA home. Many gathered for a CCA family reunion and national conference here in Saskatoon; many others were here in spirit, but unable to attend. As I reminisce about all the members whose hands I clasped, their hugs, their well-wishes, and their deep conversations on all things counselling, I think of those absent and how I might clasp their hands and offer them stronger family ties.



LORNA MARTIN

Soon I'll be in the air, on fledgling wings, secure in the knowledge that I am supported by a vast, associated network of counsellors and psychotherapists. I know these wings are not mine to keep and that they require great care. They have been crafted by you, my colleagues. I am leaving Saskatoon and leaving my four-year commitment as CCA Director for Manitoba/Nunavut. Because of your support and trust, I am now taking flight on these wings as President-Elect of CCA. My flight plan will take me to the many places our professional family calls home, and to the many hopes and dreams we have for ourselves, the people we serve, and the association to which we belong.

As the boarding process begins, I take one last look behind me. Thank you for the privilege of serving you. I hope that my continued service as your President-Elect reflects the changes that we all wish to see; changes that continue to strengthen our abilities to assist others. I offer an open heart, an open mind, and open arms to all our members, and to those who are aspiring to the rewarding profession of counselling and psychotherapy as part of their career path.

As we rumble down the runway, gaining speed, slipping the bounds of gravity and taking flight, you are on my mind, my Canadian family of counsellors and psychotherapists, an association of professionals connected by the single vision of assisting those in need.



Lorna Martin
CCA President-Elect

MESSAGE FROM THE PAST PRESIDENT

Saskatoon Shines! Together We Stood under Changing Landscapes!

The annual CCA conference is a time for celebration. A time to celebrate our members, our profession; a time to reap the benefits of the many years of planning and hard work that is involved in organizing an event of this nature; a time to share our expertise and passion for our profession with others through workshops and presentations, as well as a time to celebrate excellence through our biannual awards. But most importantly it is a time to celebrate "US" as an association!

I wanted to take this opportunity to say that a wonderful time was had by all in beautiful Saskatoon!



MARIA DE CICCO

Although the sun was not as evident as the local folks would have liked, Saskatoon shone just the same because of the people of Saskatoon. All around me I heard nothing but good words about the warm welcome, gracious hospitality and excellent workshops.

Congratulations to the team from Saskatchewan for putting on a great conference and being great hosts to people from across Canada. Special thanks to our wonderful friends and colleagues of the organizing committee. In particular, I would

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MESSAGE FROM THE PAST PRESIDENT cont'd

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like to thank our two co-chairs, Lorraine Engel (President of the Saskatchewan School Counsellors Association) and Connie Gerwing (CCA director for Saskatchewan 2005-9 and CCA Treasurer from 2007-9); our charming MCs, Dr. Karen Wright and Rhonda Gough; and a big thank you to all the members of the organizing committee, and the many volunteers who worked tirelessly to bring those present a quality conference with a perfect blend of professional development and social events. With a larger-than-anticipated crowd on hand, the organizing committee members were elated with the response to the conference. Anyone who has ever planned an event of this grandeur knows of the countless hours that are involved in ensuring that things go well and that people have a good time. Thus, on behalf of everyone present, I would like to extend a BIG THANK YOU to the organizing committee. Thank you also to all of our presenters, exhibitors, sponsors and members in attendance. For without you there would be no one for whom to organize a conference.

The choice of keynote speakers was inspired, and for me, each represented a changing landscape. On Wednesday, Dr. Gabor Maté with his warm and gentle demeanour engaged the conference delegates by addressing the wellness landscape; on Thursday Tom Jackson, whose own life and career have been changing landscapes, addressed the social /cultural landscape and provided a welcome period of rest and relaxation. On Friday, Dr. Kris Magnusson was the perfect choice as the final keynote. In his stylish, humourous and engaging way, Dr. Magnusson not only regaled and energized conference delegates with stories about Saskatchewan then and now, he ended the conference by touching on all of the changing landscapes including an inspired look at our changing career development landscapes.

Congratulations to our CCA 2009 Award recipients (see elsewhere in this issue for a list of all recipients) and special thanks to Ms. Hope Burke and Dr. Blythe Shepard who chaired the Awards Committee. The award ceremony was extra special for me this year because in addition to honouring our biannual awards, this year, our dear friend and colleague – Dr. David Paterson, whom I have had the pleasure of working closely with for the last six years, received the CCA Honorary Life Membership Award.

Conferences are always such busy times for delegates and even more so for members of the CCA Board, the Executive and the planning committee. Nonetheless, it is always such a treat to visit a new city in Canada and learn so much from each experience. It was heart warming to see so many of you there! I was delighted to be able to welcome first time conference attendees, including a group

of colleagues from Nunavut, as well as seasoned conference participants.

As I welcomed delegates, I was humbled when I realized that many present had also been longtime CCA members; some had served on past boards or committees; some were currently serving and perhaps others were thinking about doing so in the future. At one point we counted 10 past-presidents in one room. To me, that speaks volumes about our sense of pride, loyalty, commitment to our profession regardless of where we live or work, and to our growing and evolving association.

The conference in Saskatoon represented my last days in my role as President of CCA, and it was truly wonderful to once again meet so many of you and renew old friendships. Your smiles were infectious; your enthusiasm and kind words were both reassuring and heart-warming. Please know that I have and will continue to appreciate our conversations. I would like to take this opportunity to “Thank you” for the trust you have placed in my leadership as your president, after all, I would not be here if it weren’t for the support and encouragement of friends and colleagues like you. A special “Thank You” to my family and to my close circle of precious friends who have been with me on this journey since before my days with CCA.

In closing dear friends and colleagues, I would like you to know that each and every one of you has been and continues to be a vital part of this association’s history and future. Thus, as we journey through the Changing Landscapes together, let us continue to embrace changes and challenges in the CCA spirit of collaboration, collegiality, creativity and celebration!

United we stood and will continue to stand as our association prepares to celebrate its 45th anniversary next year in Charlottetown PEI, where together, we will see and experience, “What is on the Horizon”! Until then, I will enjoy my new role as past president. I will have the pleasure to work with Ron Lehr as President and the dynamic new members of the BOD for 2009-11. An issue that has always been close to my heart has been membership services, so expect to hear from me, because it is only if we work together that we can make things happen!

As you know I am not from the Prairie and thus, according to David Bouchard’s book with the same title, there were many things that “I don’t know”. So while at the conference, I took some pictures to appreciate Saskatoon’s Changing Landscapes and to help me treasure my memories. Enjoy!

Maria De Cicco, M.Ed., c.o., CCC
Past President



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Awards Recipients 2009

CCA Counselling Resources and Training Materials Award

The CCA Counselling Resources and Training Materials Award is presented to a counsellor who has developed and disseminated resources in Canada. This year's recipients developed a tool that will contribute to advancements in career development, particularly for adolescents and adults who possess low levels of qualification. This year's recipients were Marcelle Gingras, Pierrette Dupont and Bernard Tétreau.



Ron Lehr, Marcelle Gingras and Maria De Cicco



Ron Lehr and Maria De Cicco

Counselling Practitioner Award

The Counselling Practitioner Award is given out to someone who represents the optimal model of a caring person and professional. They are involved in professional and program development and they are also involved both within and outside the work community to promote counselling. This person also demonstrates excellence in leadership as a practicing counsellor. This year's recipient was Sandi Duffield-King. Sandi has been characterized by her peers as a caring and skilled counsellor, committed to the growth and development of students and the counselling profession. She has worked tirelessly for counselling regulation in PEI and has an endless energy for her work in counselling. Her passion for dealing with challenging issues is an inspiration.



Ron Lehr, Sandi Duffield-King and Maria De Cicco

The Robert Langlois Award for Bilingualism

The Robert Langlois Award for Bilingualism is given to a member who has made the most significant contribution to the promotion of bilingualism in or through counselling. This year's recipient was Maria De Cicco. Maria has made considerable effort to ensure that all CCA communications and documents are translated in both official languages and that Francophone members can always address themselves in French to someone from the Executive. The quality of her work and the sincere manner in which it is done has helped to assure Francophone members that CCA promotes its bilingualism policy.

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Professional Contribution Award

The Professional Contribution Award is given to a member in recognition of outstanding professional contribution to counselling in Canada. The recipients for 2009 were Marian McDonald and Madeleine Lelievre. Together, they were successful in bringing Nova Scotia on board as the third province in Canada to regulate counselling therapists. Marian showed exceptional leadership and determination when confronted with opposition to the bill and did not waiver in her dedication to the protection of the public. Madeleine showed strong commitment to the regulatory process in Canada and helped lay the groundwork for Marian to build upon.



Ron Lehr, Madeleine Lelievre, Maria De Cicco and Marian McDonald

Career Development Chapter — Dr. R. Vance Peavy Travel Award

Every year the Career Development Chapter offers a bursary of \$300 toward attending the CCA conference to a graduate student in counselling, career counselling, or career development who has research interests in career development. This year's recipient was Melissa Gray.



Sareena Hopkins and Melissa Gray

Lorne Flavelle Award

The Lorne Flavelle Award is given for outstanding service to CCA. This award was named after our good friend and colleague Lorne Flavelle who epitomizes voluntary leadership at the heart of all CCA activity. True to Lorne, this award has been designed to recognize a CCA member for his/her special contribution to the counselling community, their cheerful attitude, and their unflinching support of those around him or her. This year's recipient for the Lorne Flavelle Award was Dr. Robert Baudouin.



Ron Lehr, Maria De Cicco, Dr. Robert Baudouin and Lorne Flavelle

CCA Student Travel Award

Each year the Canadian Counselling Association provides two \$500 awards to support student members who wish to attend the CCA conference. This year's recipients were Paul Yeung, a PhD student in Educational Psychology at Simon Fraser University in Burnaby, BC. and Miriam Duff, a Master's in Education student in Counselling at the University of Manitoba.



Maria De Cicco, Miriam Duff, Ron Lehr and Paul Yeung

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CCA Celebrates Excellence cont'd

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Counsellor Educators Chapter Doctoral Student Travel Award

The Counsellor Educators Chapter wishes to encourage a CCA member who is pursuing doctoral studies to consider a career as a counsellor educator. The Counsellor Educators Chapter Award is designed to support a student in attending the pre-conference one-day workshop of the Counsellor Educators Chapter held annually at the CCA national conference. This year's recipient was Judi L. Malone.



Judi L. Malone

Great News! For sale: An Inuksuk just for you!

Here's your chance to give that important person a unique and significant gift, an Inuksuk, which is symbolic of leadership, the importance of friendship and reminds us of our dependence upon one another.

**A special purchase
for only \$23
from CCA!**



Shipping and handling extra.

ATTENTION ALL CCA MEMBERS



CCA AWARDS – 2010

The CCA Awards for 2010 will be presented at the annual conference in Charlottetown in May 2010. Nominations for awards must be received by CCA no later than December 15th, 2009.

The awards to be presented are:

- The CCA Masters Thesis Award
- The CCA Research Article Award
- The CCA Professional Article Award
- The CCA Counselling Book Award

Nomination forms have been included as a Cognica insert.

ENDOWMENT PROGRAM: BUILDING FOR THE FUTURE

The Canadian Career Development Foundation (CCDF) and the Canadian Counselling Association (CCA) are pleased to sponsor an endowment program established to stimulate and support innovation in the field of career development.

This fund is intended to promote imaginative and leading edge initiatives that extend our understanding of critical issues, push the envelope and strengthen our practice, offer new and creative approaches to service delivery and career self-management, and contribute to improved quality of life in Canadian communities.

Each year, CCDF will award up to \$7,500 to a project, or projects that demonstrate potential for the advancement of career development.

Deadline for submissions is October 31, 2009.

For full details, please download the PDF version of the application form at <http://www.ccdf.ca/PDF/endowment.pdf>.

Please use the Word file at <http://www.ccdf.ca/Documents/endowment.doc> to construct your proposal.

There is no provision for completing and submitting your proposal online.

Recipient of the 2009 Stu Conger Award for Leadership in Career Development May, 2009

The Stu Conger Award for Leadership in Career Counselling and Career Development is presented by the Canadian Career Development Foundation to honour the outstanding leadership provided by Stu Conger in promoting and advancing career development as well as career and employment counselling in Canada. The award is comprised of a small gift to the recipient as well as the opportunity to grant a \$1,000 scholarship to a Canadian Graduate student studying career development.

The essence of this award is to recognize and honour those in the career development community who have demonstrated the same commitment, tenacity and vision as Stu Conger did throughout his long career. It is to recognize those who have put their beliefs into action and directed their considerable energies to ensure that everyone has the opportunity to develop their individual talents and personal resources in the fullest way possible.

In May 2009, at the annual CCA Conference in Saskatoon, Saskatchewan, the 2009 Stu Conger Award was presented to Margie Layden-Oreto.



Margie Layden-Oreto

To review Margie Layden-Oreto's resume is to review a straight trajectory of leadership in action. Early in her career as a school guidance counsellor, she initiated the first Parents' Talk Career Day - ninety parents presenting at round tables for students who had signed up according to their curiosity and interest - never done before, and not only successful in itself but a prototype which was duplicated by schools across the province of New Brunswick.

Nurturing the important role that family plays in the career development of youth and young adults while engaging parents with their children in exploring their possible futures, has been one of many issues which Margie has championed throughout her career.

Not to be satisfied with a school, Margie took on the whole province of New Brunswick and revolutionized the guidance and career development program in anglophone schools. Under her leadership New Brunswick became the first province in Canada to implement a comprehensive and developmental guidance and counselling program as a part of regular curriculum.

With each career move, she took on more and more provincial and national leadership roles - Chair of women's issues for the New Brunswick Teacher's Federation; Children and Poverty Committee member of the Canadian Teacher's

Federation, New Brunswick Provincial Director for CCA, and a number of national steering committees.

Not to be satisfied with a province, Margie took on the role of Project Manager for the Future to Discover pilot project sponsored by the Canada Millennium Scholarship Foundation, the largest social demonstration project in education in Canada ever. She was responsible for all phases of the project in the province of New Brunswick and

championed and supported the project in the province of Manitoba. Imagine if you will, the challenge of getting grade 10, 11 and 12 students to participate in career development programs AFTER school, and further to come to the Grade 11 after school program with their parents in tow! Not many would have the temerity to undertake such a challenge. And she succeeded through team building, passionate vision, a prodigious work ethic, and determination and belief in the capacity for success of the province's youth. The Future to Discover project is the first large-scale, field-tested effort to determine the impact of enhanced career opportunities at the high school level. If the impact analysis is positive, (and the results will be released soon) Margie's leadership

in this project could serve as the evidence for considerable improvements to career education within Departments of Education across Canada and beyond.

And not to be satisfied with two provinces, she has recently accepted the challenge of sharing the Future to Discover experience, research, programs and impacts with Departments of Education in all Canadian provinces and territories. She has now taken on the country!

These are remarkable examples of results-based leadership in action.

Margie's leadership goes deeper. It is evident in the team of educators who worked with her on the Future to Discover project and who speak of her unique ability to make everyone feel valued. They cite her insistence that they, not she, attend conferences to present the project and to benefit from professional development. They speak glowingly of the quality and helpfulness of her observations and feedback to them on their own delivery skills. They describe her as a mentor.

Her leadership is further evident in the respect and esteem in which she is held by now and earlier bosses. To quote from one of their letters of support for Margie's nomination:

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Stu Conger Award cont'd

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"Having worked closely with some of the great pioneers in career counselling and guidance in Canada, including Stu Conger and Dr. Vance Peavy, I would like to use Dr. Peavy's words to illustrate Margie's dedication and commitment as a candidate supremely worthy of the Stu Conger Award for leadership;"

"Every worry and trouble, big and small, that a person can experience has an ethical-moral dimension. To ask "What kind of career is best and possible for me is to ask: "How should I live my life?" We helpers should assist people to find answers to this fundamental moral and existential question."

Margie Layden-Oreto has lived her life helping youth and young adults answer this profound question and she is one of these "helpers" par excellence!

The Stu Conger Award for Leadership in Career Counselling and Career Development

CCDF awards The Stu Conger Award for Leadership to individuals nominated by peers as leaders in the field.

In addition to the award, a scholarship is granted to a student, chosen by the recipient, who demonstrates leadership potential.

Recipients of the award to date include: Dr. Dave Redekopp (1997), Judy Lynn Archer (1998), Phillip Jarvis (1999), John McCormick (2000), Dr. Vance Peavy (2001), Dr. Roberta Neault (2002), Dr. Jacques Limoges (2003), Dr. Danielle Riverin-Simard (2004), Dr. Armelle Spain (2005), Dr. Kris Magnusson (2006), Kristine McGhee (2007), Michel Turcotte (2008), Margie Layden-Oreto (2009).

The nomination deadline for the Stu Conger award is **November 30, 2009.**

For more information about the award, go to www.ccdf.ca

Building Momentum and Taking Action: Inter-Provincial Mobility Initiative

The Canadian Counselling Association (CCA) is in a unique position to clarify and support the counselling profession as it addresses the opportunities and challenges associated with the statutory regulation of its members throughout the country. Counselling professionals across Canada have taken on the responsibility and the costs of voluntary self-regulation, including CCA's nationally recognized Canadian Certified Counsellor (CCC) designation. Right now counsellors¹ are regulated by statute in Quebec, Nova Scotia and Ontario. Meanwhile, there are developments that are quickly propelling the profession towards statutory regulation in many other provinces. Legislative initiatives, regulatory advocacy and/or the review of mental health acts are underway in several provinces including New Brunswick, Prince Edward Island, and British Columbia.

Since the regulation of professions is a provincial responsibility, a diversity of terminology and levels of specificity related to each province's overall legislative framework should be expected. But unless a national dialogue informs each jurisdiction's planning stage, the cohesion, and the mobility of our profession could easily be lost. Furthermore, these new provincially-based professional colleges will be facing the labour mobility requirement of the Agreement on Internal Trade. This means that they must make provision for counsellors to move freely between the provinces. This, in turn, means that the time for national leadership is now.

Without such a national collaboration and inter-provincial consultations, we can anticipate some significant differences with respect to such core features as professional titles,

scopes of practice, controlled or restricted acts, entry requirements, codes of ethics, and professional standards of practice for the counselling profession. These differences will, in turn, negatively affect the inter-provincial mobility of counselling professionals, potentially fragment the profession, and result in confusion for the public.

As the only national body representing counsellors in all provinces and territories, CCA is in a strong position to provide leadership and expertise toward minimizing barriers to occupational mobility with key stakeholders involved in the regulation of counselling in Canada. With the movement towards increased regulation within the profession, there is an urgent need to discuss ways to eliminate potential barriers to labour mobility for counsellors through the adoption of seamless, uniform standards and requirements in every provincial jurisdiction. Not only would nationally consistent and recognized standards of qualification and regulation for counsellors enhance the profession and further protect the public, but they would also ensure ease of counsellor mobility across the provinces and territories.

In November 2008, CCA hosted a National Symposium on Inter-Provincial Mobility within the Counselling Profession. This Symposium was funded by Human Resources and Social Development Canada (HRSDC). The key objectives of the 2008 Symposium were to:

- follow-up and continue the dialogue that began in November 2005 in Vancouver when the first symposium was held, and

■ Continued on page 12

■ Continued from page 11

- convene a two-day meeting of key stakeholders involved in the regulation of counselling with the purpose of updating all participants on the current status in each jurisdiction and establishing a national collaboration on national standards as well as impediments to *occupational mobility*.

The timing of the November 2008 National Symposium proved fortuitous. The provincial premiers and territorial leaders met at the Council of the Federation in Quebec City in July, 2008 to further secure occupational mobility within the Canadian Federation. At this meeting it was announced that significant amendments were planned for Chapter 7 of the Agreement on Internal Trade (AIT). These changes were implemented on April 1, 2009 and tightened the responsibilities of each province and territory to promote ease of mobility for regulated occupations.

One of the key outcomes of the November 2008 Symposium was the identification of a core group of stakeholders who would act as stewards of the profession and develop an action plan to address inter-provincial mobility impediments. Members for this group, known as the Project Working Group, were identified and subsequently a proposal was submitted to HRSDC to fund the next stage in the process of ensuring full mobility for the Canadian counselling profession.

Human Resources and Social Development Canada (HRSDC) recognized the importance of CCA's work towards the mobility of the counselling profession on April 27, 2009 by funding this next phase.

The stated objectives of this newly funded project are designed to align the counselling profession with the requirements of the Agreement on Internal Trade. More precisely, the objectives focus on Article 707 of Chapter 7, which states that "provinces and territories will, to the extent possible and where practical, adopt occupational standards based on common interprovincial standards". The Working Group will seek to:

- achieve common consensus and support by stakeholders across all jurisdictions for a common code of ethics, scope of practice, standard of practice, client Bill of Rights, entry-to-practice requirements, and professional titles, and
- develop a communications strategy that enables ongoing collaboration across regulated and non-regulated jurisdictions. This strategy will ensure that as each jurisdiction becomes regulated the standards adopted will be conducive to labour mobility.

This new phase of the project will culminate in a two-day Symposium in late 2009. At the two-day meeting, it is anticipated that participants will develop a mechanism that allows general support by stakeholders across all jurisdictions for a common code of ethics, scope of practice, standard of practice, client Bill of Rights, entry-to-practice requirements and professional titles. There will also be the development of a communication strategy among all Canadian jurisdictions on labour mobility.

To ensure that national interests are represented, the Project Working Group has a wide variety of expertise, varying backgrounds and jurisdictional diversity.

The current members of the Project Working Group are:

- Dr. Glenn Sheppard (Co-Chair) – Newfoundland and Labrador
- Dr. Blythe Shepard (Co-Chair) – Alberta and the Northwest Territories
- Naseema Siddiqui – Ontario
- Dr. Glen Grigg – British Columbia
- Kevin VanDerZwet Stafford – Ontario
- Deborah Wood Salter – Prince Edward Island
- Connie Gerwing – Saskatchewan
- Lorna Martin – Manitoba and Nunavut
- Roger John – President, CCA Aboriginal Circle
- Verlie Wile – Nova Scotia
- Dr. Louis Cournoyer – Quebec
- Shelagh Fowler – New Brunswick
- Barbara MacCallum – CCA National Office

Please watch for updates about this project on the CCA website and in Cognica. CCA will also be distributing this information as widely as possible to its reciprocal and affiliate members and other interested organizations.

Please feel free to contact the CCA National Office at 613-237-1099 or dg@ccacc.ca for further information about this project.

¹ In this article, the general term "counsellors" is used to describe a variety of counselling-related titles including, but not restricted to: counsellor, psychotherapist, mental health therapist, clinical counsellor, career counsellor, pastoral counsellor, and guidance counsellor.

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Report from Nunavut

Some people believe that mental health is about embracing life and living it to the fullest. If this is true, then that is exactly what was experienced in Saskatoon by the nine members of the Mental Health Diploma program of Nunavut Arctic College. The Field trip to Saskatoon involved attending The Canadian Counselling Association's National Conference which was attended by approximately 400 counselling professionals from all over Canada. The conference boasted a rich array of workshops, educational sessions, professional resources, demonstrations and Tom Jackson!



Maria DeCicco, Ron Lehr, Lorna Martin and Sunday Thomas with students of the Mental Health Diploma program of Nunavut Arctic College

Attendance at the conference was an historic event for everyone, students and professionals alike, as there has never been a notable Nunavummiut presence at a CCA National Conference. The field trip to Saskatoon gave the students an opportunity to gain real life experience and knowledge about the vast field they are about to enter. The mental health students were afforded the opportunity to interact with and learn from other counsellors in Canada while at the same time provide their Canadian counterparts a glimpse into the important and unique presence of mental health professionals in Nunavut Territory. Part of the vision of taking the mental health students to the CCA National Conference was to encourage them to continue to actively participate in personal improvement, with professional associations, and to advocate for Inuit mental health needs. The students were able to realize that many of the same internal struggles faced here in Nunavut are shared in many similar communities across Canada. It was hoped that the students would return home with sentiments of the universality of the helping profession in which they are about to embark.

Conversely, it was hoped that Nunavummiut attendance on a national stage would prove to be a significant step for the CCA in responding to the concerns of rural Canadians and a closer step toward establishing a relationship with rural communities. Engaging in partnerships and dialogue is critical to the future of Nunavut counsellors and mental health workers. This is exactly the kind of environment we hoped to establish with our presence at the national conference. "Changing Landscapes" the conference theme, spoke to the goal of working toward a common vision shared between Nunavummiut, all Canadians and

organizations involved in mental health promotion. As a leading institution in the field of mental health, CCA has the opportunity to lead in advocating for a more collaborative and more inclusive approach to service provision for Canadian consumers.

Today, within Nunavut, we have in our classrooms those whom we expect to send out tomorrow to carry on the legacy of our values and beliefs. The mental health students are a testament to the Inuit willpower and determination to persevere, preserve their cultural way of life and to strive toward healthier communities. Social change can result when approached in a spirit of inclusion and collaboration. By advocating for rural Canadians, and by promoting inclusive professional standards of practice, the Canadian Counselling Association will be affirming its belief in the possibility of a healthier tomorrow for all Canadians.

Sunday Thomas

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Members' Corner

CCA wishes to support its members by providing a section for them to highlight their opinions, ideas and accomplishments. The views expressed here are solely those of the authors and do not necessarily represent the views or policies of CCA.

The following article is a review from the *Globe and Mail* of "A Private Affair", a card game for couples that was created by CCA member Todd Sellick and his wife, Jan Sellick.

Boggle this ain't - a game to spice up your monogamous romps

reprinted with permission from the *Globe and Mail*

ZOSIA BIELSKI

From Thursday's *Globe and Mail*, Friday, Apr. 10, 2009 09:47AM EDT

Strange pins have started appearing on the lapels of some Winnipeggers' shirts. Black and red, they feature a curtain billowing through an open window.

Not the calling cards of a secret society, the pins are part of "A Private Affair: The Erotic Game of Secrets, Plans & Promises for Couples." In the game, couples don the pins to send their partner "an agreed-upon code message," or signify they want to get it on.

Essentially a set of conversation-starting cue cards for married couples stuck in a sexual rut, *A Private Affair* is the brainchild of Todd Sellick, a Winnipeg-based marriage and family therapist, and Jan Sellick, his wife of 24 years. The two released the game in January.

"We challenge folks to have higher expectations for what their love can be, to be a bit more extravagant with each

other. Our feeling is that expectations are just often very low. If we're getting along fairly well, we think that's a pretty good marriage compared to others out there," Dr. Sellick says.

The game consists of 500 cards inviting players to discuss quotes ("Take away leisure and Cupid's bow is broken," reads one by Ovid), make plans and disclose secrets. "On balance, would you prefer to seduce, or to be seduced?" asks another. "Is there a sexual behaviour that you wish your partner might do less? Or differently?" reads one more, before proposing a gentle call to cease and desist. Dr. Sellick suggests couples take a handful of the cards along for a dinner out or on drives and walks.

"I think folks really have lost their way in terms of spending time together. Our lives are so gridlocked and full," Dr. Sellick says. He describes a loin-deadening marital ritual he calls memo communication: "We'll say, 'Did you pay the Visa bill, did you put gas in the car, I need 10 bucks in the morning.' Then at 10 o'clock at night we might say, 'Hey, you want to fool around?'"

Dr. Sellick claims the game has the ability to spark the kinds of stirring conversations couples usually enjoy during the prized honeymoon phase of relationships, when they are still completely intrigued by their partner.

Good intentions aside, there is something disheartening about married couples whipping out conversational cue cards over dinner. Dr. Sellick says longer life spans mean husbands and wives are together longer than ever before, but he denies that monogamy is destined to fail: he says people must face "the creeping separateness," and fight it.

Canadian Certified Counsellors

The following CCA members have been recently certified.

Alberta

Margaret Blair
Rhea Margaret Clarke
Carmen Dodsworth
Bridge Fraser
Sharon Gordon
Samantha Kirouac
Beth MacEachern
Jennifer Mitchell
Samantha Moldan
Aimee Muchortow
Stephanie Salamon

Uresha De Alwis
Susan Greenlees
Karen Gustafson
Delea Hennenfent
Lucas Hille
April Lies
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Jason McCarty
Lorna Jean Nelson
Tamara Pride
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Taunya Shaw

British Columbia

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Louisa Beaufort-Balik
Jodie Bryand
Dalyn Campbell
Louise Cournoyer

Manitoba

Maribela Arruda
Judith Baskerville-Skinner
Tanis Dick
Janet Frolek
Ryan Sturgeon

Newfoundland and Labrador

Ashley Pardy
Katrina Vanta

Nova Scotia

Deborah Day
Davina Melanson
Jane Melong
James Parsons

Ontario

Humaira Amir
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Nathalie Boucher
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Nancy Cudmore Dube

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Diana Norton
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Hanna Redpath
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CANADIAN COUNSELLING ASSOCIATION

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*A look back at the / Un retour au
Canadian Counselling Association Annual Conference / congrès annuel de l'Association canadienne de counseling
Saskatoon, Saskatchewan, May 20-22 mai, 2009*



Changing Landscapes / paysages changeants



The CCA Conference was a spectacular event celebrating our members and our profession. We had the wonderful opportunity to share our expertise and our passion for our profession with others through workshops and presentations.

Le congrès de l'ACC fut un événement spectaculaire célébrant nos membres et notre profession. Nous avons eu l'occasion merveilleuse de partager notre expertise et notre passion pour notre profession avec d'autres par des ateliers et des présentations.

