



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION
L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

COGNICA

The Canadian Counselling and Psychotherapy Association

VOL. 42 NO. 4 | FALL 2010



Bridging the Gap

Pre-conference – May 17, 2011 /
Conference May 18 – 20, 2011
Ottawa Marriott Hotel, Ottawa, Ontario

KEYNOTE SPEAKERS:

Scott D. Miller, Ph.D.

*“What Works: Nurturing Professional Diversity with Outcome-Informed Measures”
Founder of the International Center for Clinical Excellence, an international consortium of
clinicians, researchers, and educators dedicated to promoting excellence in behavioural health
services and co-author of The Heart and Soul of Change.*

Danie Beaulieu, Ph.D.

*“Impact Therapy: Coming to Our Senses”
Psychologist, co-creator of Impact Therapy and Eye Movement Integration Therapy and
author of 17 books.*

Isaac Prilleltensky, Ph.D.

*“Psychology and Social Justice: Linking Personal and Community Well Being”
Dean of the School of Education at the University of Miami and the Erwin and Barbara
Mautner Chair in Community Well-Being.*

REGISTRATION: Registration is now available at www.ccpa-accp.ca/conference2011.

ACCOMMODATIONS: The conference hotel is the Ottawa Marriott Hotel. Complete hotel and conference registration in one easy step. All reservations for the hotel must be made through the registration site. Contact **Alene Holmes** at conference2011@rogers.com for more information.

This Issue

President’s Message	3
President-Elect’s Message	5
Ethics Corner: e-therapy: A Discussion	6
I Don’t Care and I Don’t Want To: An Intervention for Apathetic Youth	8
School Counsellors Strategic Planning Session.....	11



Solution-Focused Counselling Workshops

Go to www.solutiontalk.ab.ca for our workshop schedule. Order our **NEW Demonstration DVDs**

WORKSHOPS: 2010-2011

- Level 1: SF Strategies
- Level 2: SF with "Unmotivated" Clients
- Level 3: SF with Serious Problems
- Level 4: Consultation and Skill Development
- Vision Boards: Powerful Tools for Goal-Setting

Summer Intensive: Okanagan Lakeside Resort
July 4-8, 2011

Continuing Education Hours: Earn 11 hours

CALL FOR CUSTOMIZED ON-SITE TRAINING

Phone: 403-216-8266

Toll-Free: 1-866-304-8255

E-Mail: soltalk@telusplanet.net



2

Publications Guidelines

Cognica's mandate is to "reflect the current status of counselling across Canada".

Cognica is published 4 times per year. The submission deadlines for articles and advertising are: December 1, March 1, June 1, and September 1.

Canadian Counselling and Psychotherapy Association
114-223 Colonnade Rd S,
Ottawa, ON, K2E 7K3
Publication mail agreement no. 40012209
Tel: 613-237-1099
Toll free: 1-877-765-5565
Fax: 613-237-9786
Email: cognica@ccpa-accp.ca

Cognica Ad Rates

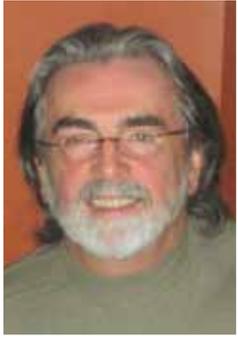
	1 TIME	4 TIMES	SIZE
1 page	\$510	\$430 ea	6" x 9"
1/2 page	\$325	\$270 ea	3" x 9"
1/4 page	\$215	\$165 ea	3" x 4"
Business Card	\$85	\$55 ea	2" x 3"

Editorial Committee:

Maxine MacMillan, Sharon Cameron, Julie Ouellette, Nicole Maurice

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

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



President's Message

The lotus is a flower that grows in mud. The thicker and deeper the mud, the more beautiful the bloom!

Welcome back everyone. I know this is an interesting beginning to a fall message to you but our lives in Canada seem to be dictated by the seasons. For most of us the year begins in September. Like spring, the fall of the year holds promise and the blossoming of possibilities. It is also a time to plant bulbs whose beauty will unfold at another time. When I reflect on this theme, the planting of seeds (bulbs) it is quite easy to make comparisons to my personal life and to the work of CCPA. At the moment, I am in the process of re-engaging with my work here at Acadia University and with CCPA. You see, like bulbs in winter, I was in a state of dormancy over the summer feeling like I wasn't doing anything; not accomplishing anything; and generally wondering if I could ever get back up to the level I was operating at last year! But when I reflect on things that have been planted, and which need to rest and to be left to gather nutrients in order to bloom, I feel better about my summer, that it's okay to rest and have some down time. Like the lotus, I have beautiful blooms in my life.

This was certainly evident at my family reunion in Gambo, NL. There I am called Ronnie by family and by friends that I grew up with. Like you, family and community contribute significantly to my

sense of self; our identity—who we are! Summer is a time to reconnect; reflect and revitalise. My hope and wish for all members of CCPA and all those dear to you, is that you too have had a rejuvenating summer; have given yourself some downtime to relax and be with family and friends; and are again prepared to engage with the persons who come to you, so that you can help them find their beauty in the sometimes thickness and depths of their lives.

I am ready for the fall, refreshed on many fronts and looking forward to seeing how CCPA, our lotus, is growing. As president, I completed my first year in May. I cannot say that it was a relaxing year but I can say that it was an exciting and intensely full year with incredible things happening in the profession of counselling and psychotherapy. As a professional body, I believe we are much closer to realizing our vision of being recognised as *the* leading counselling and psychotherapy association in Canada. This has happened because of you and your contributions to CCPA and the counselling profession, and because CCPA has an incredibly dedicated and hard working National Office staff, Board of Directors and Executive. Let me give you some updates on what is happening at the national level as CCPA continues to work for the profession and for you.

We are now more than 3,500 members and growing! As a member you now share common

experiences with a large number of professionals.

Regulation of the profession continues with three provinces legislated and others in high gear trying to make it happen. This takes time and patience. Ten years is a short time to achieve legislation (as many of you are aware), yet, in some instances it can happen almost overnight. CCPA's Legislative Support Fund continues to support provincial associations in the pursuit of provincial legislation. In June, I experienced firsthand what was happening in Prince Edward Island and the Prince Edward Island Counselling Association (PEICA) members' efforts to achieve legislation. Having been provided promises of optimistic outcomes they continue the pursuit of legislation, while they continue to have to rally through the thickness of discouragement and setbacks. As many of us in other provinces know, this is part of the process and it is important to keep moving forward. CCPA members and other associations in British Columbia are well aware of this as they again gear up for their fall initiative to be included in the BC health professions' legislation. It's been a long haul for them and we wish them well. The legislative pursuit requires commitment and hard work, which in turn requires renewed energy from all members.

Associated with the regulatory process is the CCPA's involvement in the *Inter-Provincial Mobility Initiative*. This national dialogue

on the mobility of the counselling profession in Canada has been sponsored by Human Resources and Skills Development Canada (HRSDC) and hosted by CCPA since 2007. Having received funding from HRSDC to continue work on this project, CCPA has joined with stakeholders from all provincial and territorial jurisdictions, and have as a major focus the validation of a generic definition, set of recommended titles, and scope of practice, that capture the breadth and depth of the counselling profession. To ensure that national interests are represented, the Project Working Group, co-chaired by Drs. Glenn Sheppard and Blythe Shepard, has a wide variety of expertise, varying backgrounds and jurisdictional diversity. Updates from this initiative will be forthcoming throughout the year. To get current updates and what this initiative means for you and for our profession, go to the CCPA website: <http://www.ccpa-accp.ca/en/theprofession/interprovincialmobility>

In the past year, your Board has been discussing CCPA visibility and our public image. The Board has acknowledged that we need to promote ourselves even more to the public, to counselling professionals who are not currently associated with us, and to other related professionals who know very little about CCPA and what our members do. We also need to keep you, our members, more in touch with what we are doing. Stay tuned! A Board Committee will be bringing forth recommendations soon.

In the past year, we informed you about CCPA's pursuit of a national competency assessment for the profession. Under the coordination of Lorna Martin and support from our national office, this process continues. We are hoping to make a major announcement to you soon regarding this initiative.

Last year, members voted to change our membership categories to reflect a broader and more inclusive entry into CCPA. We now have Full membership categories for everyone. All members are now Full members and some become *Certified* members. Requirements for membership have not changed, but categorising members into Category A and Category B, Student and Retired (who continue to have reduced rates but are still *Professional* members) has been eliminated. As a result of this change, we hope members, current and potential, will recognise CCPA as an Association that continues to increase its inclusivity. Good examples of who would be included as full professional members are Ontario School Counsellors and many others who were previously eligible for Category B but are now eligible for *Professional Membership* status. Our hope for increased inclusion is that we find a bigger, stronger and more inclusive voice for the diversity represented

in the profession of counselling and psychotherapy across Canada!

K'naan sings "when I get older I will be stronger..." CCPA is 45 years old and getting older and we are definitely stronger. Moving towards a more inclusive membership, changing our name to include psychotherapists and those who identify themselves as practicing psychotherapy have made us stronger. I also believe that CCPA is stronger because we have members who really want to belong to CCPA. We are stronger nationally if we are stronger provincially and regionally. CCPA has some strong interest chapters and we have strong regional chapters—such as BC Chapter and National Capital Region Chapter. A movement began last year to increase regional visibility. In Alberta, Blythe Shepard, CCPA Alberta Director moved to create a provincial Alberta chapter of CCPA. The same is happening in Newfoundland and Labrador under the leadership of CCPA Director Heather White who wants to form a NL Chapter of CCPA. In Nova Scotia, following talks initiated by NS Director Linda Wheelton with members from the Nova Scotia Association of Counselling Therapists, which will soon become a regulatory college, CCPA members are now in the process of creating a provincial chapter called CCPA-NS.

And of course there are more services! We've begun our webinar series, which is very successful. More to come on that front! Our Ambassador Program has started. Please refer to our website for more information (www.ccpa-accp.ca). Our Past President Maria De Cicco requested that I ask you to go to our website and recommend people you know to become ambassadors for CCPA! National Office staff are working to increase our visibility by supporting Directors in the Student Representative Program; *COGNICA* and the *Canadian Journal of Counselling and Psychotherapy* (new name) have both gone on-line and are more now accessible and include much more than we could publish in print versions; it is now easier than ever to renew using the new online renewal system; and of course our CEU program and liability insurance program continue to be strong services.

Though the coming year will be full, much of what needs to happen is to allow much of what we are doing now to grow and bloom. The thickness is there and so is the depth. With your membership and your commitment to CCPA, there is no limit to the beauty of our bloom!

Best wishes for a great year.

Ron Lehr
President, CCPA



Message from the President-Elect

Autumn – a Measure of Time, a Time for Vision

In early morning light, the mist rises from the Crystal Lake in shrouds of mystery. As my paddle dips into the shimmering water, the canoe glides forward, propelled by the echoing calls of loons to discover what is within the mist. It will be a warm day for autumn. My ruddy cheeks remind me that this crispness in the air will dissipate with the mist within the hour as the sun stretches skyward. In the silence of the canoe, there is a flavour to autumn air like none other. It's the earthy taste of life—as though the falling red and golden leaves are exhaling.

There are moments in the canoe when time seems to stand still, like the autumn moment on the cusp of the winter season. In my part of Canada, autumn is both stealthy and fleeting. The long summer nights and Northern Lights suddenly become hoar frost mornings if one isn't vigilant. Edwin Way Teale has written, "Change is a measure of time and, in the autumn, time seems speeded up. What was is not and never again will be; what is is change." My moment of autumn in the canoe reminds me that time is not standing still. Change is in the air.

And so it is with CCPA. As I settle into my sixth year of service, the winds of change appear like guides in the mist to propel the Association forward. The regulation of the profession has emerged with strength and gained momentum this season. In an effort to be both proactive and responsive, CCPA, through the Mobility Working Group, continues to conduct research and to provide information and resources that are pan-Canadian and multi-modal.

To assist the public in discerning competent practitioners, CCPA has also launched a project that aims to provide a single, national standard competency assessment that may be used to evaluate the preparedness of individuals to provide safe, caring, ethical, and professional counselling and counselling-related services to the public. The call for development team members in the spring resulted in a wonderfully robust response from the membership. It is our hope that the results of this project will raise public awareness, increase the profile of the

Canadian counselling and psychotherapy profession, promote ease of Canadian mobility and support the migration of foreign-trained and alternatively trained counselling professionals.

Simultaneously, the Association must also focus on our broader membership, many of whom are not affected directly by regulation today. Increased outreach to, and support for, our members in provinces and territories not currently seeking regulation, school counsellors, career counsellors, student members, and other counsellors and psychotherapists is vital. For these members, certification (CCC) is a key indicator of competence. CCPA is committed to working together with members on initiatives that promote and secure their place in the Canadian counselling and psychotherapy landscape. In 2010-2011, my hope is that increased activity and visibility of our members also occurs in this arena.

As I breathe in the autumn air, dip my paddle once again into the quiet waters, and the morning mist begins to lift, the brilliant palette of autumn colours onshore greets me. A wonderful array of reds, umbers, golds, and greens reflect on the water's surface. Like our CCPA membership, it is the individual colours that create the spectrum of autumn splendour. And, as I recall Teale's words, "What was is not and never again will be; what is is change", I am reminded to celebrate the uniqueness of each of our members, their differing modalities and geographies, and to look forward to working with and supporting each one in this time of change.

Lorna Martin
President-Elect, CCPA

Ethics Corner

e-therapy: A Discussion

Lynda Younghusband, PhD. CCC
Chair, CCPA Ethics Committee

e-therapy: Move the Couch Aside and Pull Up a Computer Chair, appeared as an article by Nancy White, columnist for the Toronto Sun, on December 04, 2007. The practice of providing e-services to clients has been evolving and increasing for some time now. Both the CCPA office staff and the Ethics Committee are fielding more and more questions related to on-line counselling, tele-counselling etc.

e-therapy is a term coined by John Grohol, PsyD., to describe the on-going relationship between a psychotherapist or counsellor and a client that takes place solely via internet communication. Considering the low cost of computers and/or telephones, the fact that almost everyone today is familiar with and uses distance technology on a daily basis, and that e-mail has become a large part of the manner in which society communicates, it is little wonder that the practice of counselling on-line has become so popular. Clients can access assistance anytime, anywhere, and in the privacy of their own home.

According to the Surgeon General's Report on Mental Health (1999), nearly two-thirds of people with a diagnosable psychological problem cited stigma as a primary reason for not seeking treatment. The anonymity that e-therapy offers is very attractive to many clients. For those clients who feel comfortable expressing themselves in writing, e-mail offers the opportunity to organize their thoughts and get to the problem quickly.

Rochlen, Zack & Speyer (2004) found few differences between the outcomes of on-line or in-person therapies. Reger & Gahm (2009) completed a meta-analysis of the

effects of internet based CBT treatments for anxiety and found that internet or computer-based CBT was superior to a waiting list or placebo and equal to therapist-delivered treatment.

However, concerns continue to be raised. They include:

- appropriate use of technology
- legal and ethical requirements
- informed consent and disclosure
- secure communications and transfer of information
- access to and storage of communications
- fees and financial arrangements

In response to concerns about licensing, issues of computer privacy and the possibility of missed nuances without in-person contact, the Canadian Psychological Association (CPA) developed guidelines for psychologists providing psychological services using electronic media (e.g. telephone, video-conferencing, e-mail, chat rooms). The draft of these guidelines was approved by the CPA board in June, 2006 and is currently under revision.

Our own **CCPA Standards of Practice** (2008) addresses technology on page 23, **Section B16, Computer Use**.

"When computer applications are used as a component of counselling services, counsellors ensure that: (a) client and counsellor identities are verified; (b) the client is capable of using the computer application; (c) the computer application is appropriate to the needs of the client; (d) the client understands the purpose and operation of client-assisted and/or self-help computer applications; and (e) a follow-up of client use of a computer application is provided to assist subsequent needs. In all cases, computer applications do not diminish the counsellor's responsibility to act in accordance with the CCPA Code of Ethics, and in particular, to ensure adherence to the principles of confidentiality, informed consent, and safeguarding against harmful effects (See also **D5**)" Further information is included in point form on this same page.

As well, the **CCPA Code of Ethics** highlights computer use on page 10, **B16** and page 14, **D5. B16 Delivery of Services by Telephone, Teleconferencing and Internet**

"Counsellors follow all additional ethical guidelines for services delivered by telephone, teleconferencing, and the Internet, including appropriate precautions regarding confidentiality, security, informed consent, records, and counselling plans, as well as determining

the right to provide such services in regulatory jurisdictions." Again, there follows a number of guidelines for the delivery of these services.

e-therapy is not suitable for clients experiencing severe mental health problems, or who are expressing suicidal thoughts. Prior to engaging in this type of counselling, counsellors should carefully assess their competence to offer the particular services and consider the limitations of efficacy and effectiveness. Consultation with their liability insurance carrier is also recommended to ensure that such services will be covered. Koocher & Morray (2000) advise counsellors to provide clients with clear written guidelines regarding planned emergency practices (e.g suicidal risk situations). Maintaining confidentiality of computerized client records and telephone counselling, video-conferencing etc. continues to be of concern due to the ease with which unauthorized access can be gained. This will be a discussion point for the next Ethics Corner.

Responses and discussion from members is welcomed and encouraged and can be sent to lyndajanemorris@hotmail.com.

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 Rivérin-Simard (2004), Dr. Armelle Spain (2005), Dr. Kris Magnusson (2006), Kristine McGhee (2007), Michel Turcotte (2008), Margie Layden-Oreto (2009), Sharon Graham (2010), Dr. Charles Bujold (2010).

The nomination deadline for the Stu Conger award is **November 30, 2010**. For more information about the award, go to www.ccdf.ca.

ATTENTION ALL CCPA MEMBERS



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION
L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHERAPIE

CCPA AWARDS – 2011

The CCPA Awards for 2011 will be presented at the annual conference in Ottawa in May 2011. Nominations for awards must be received by CCPA no later than December 15th, 2010.

The awards to be presented are:

- The CCPA Doctoral Dissertation Award
- The CCPA Counselling Resources and Training Materials Award
- The Counsellor Practitioner Award
- The Robert Langlois Award for Bilingualism
- **NEW!** – The CCPA Practice-Based Counselling and Psychotherapy Research Award

Please visit us online at www.ccpa-accp.ca/en/memberbenefits/awards for nomination forms.

INTRODUCING THE NEW

CCPA Practice-Based Counselling and Psychotherapy Research Award

CCPA is now proud to offer a biennial Practice-Based Research Award in the amount of \$2,000. This new grant will be awarded to a member who demonstrates a cutting edge research project designed to enhance or advance counselling-related practices and/or provide leadership to the profession.

For more information, visit www.ccpa-accp.ca/en/awardspolicy#practice

I Don't Care and I Don't Want To: An Intervention for Apathetic Youth

By: Chris Dasch



8

I want to share with you one brilliant, yet perplexing interaction I recently had with a student. While working on trying to foster a relationship with one of my particularly unmotivated and disengaged students, we had shared many conversations together, and had come to the point where we could openly and honestly look at his behaviour and comment on the apathetic nature of much of it. I had tried in many ways to engage and motivate this student, both from an academic standpoint, and an emotional one. Towards the end of one of our conversations, he very eloquently stated the following paraphrased idea:

"I know that you are trying to help me Mr. D., but have you ever thought that maybe you are the one that needs the help? I look around and I see a lot of people stressed and upset. They're always working or fighting or tired, and I don't really want to be like that... at all. Even you seem pretty burnt out sometimes. The way I do things, there is no stress. I don't worry and I enjoy myself a lot more than a lot of the people around me, especially my family. Maybe you guys got it all wrong. Maybe you need to be more like me."

In an effort to better serve all of my students I have done much research in the area of apathy and motivation to try and find systems and ideas that would help, especially in regard to counselling interventions or programs. Much to my surprise, my efforts have been relatively fruitless. There seems to be much research in relating apathy to early stages of depression or even schizophrenia, treatable with medications, and counselling support (Fallon Jr., 2003); conversely, research also suggests various methods of classroom instruction and set up, to aid engaging students who present as apathetic or unengaged (Dunleavy & Milton, 2008; Klem & Connell, 2004; Lipps et al., 2003). Lastly, there is much research explaining how making connections and staying engaged will help increase "education" and "success" rates later in life (Hagan & Parker, 1999; Luthar & Ansary, 2005). Yet, when it comes to counselling interventions, or program ideas, there seems to have been little work done. Even the greatest teachers among us, using the latest research and technology in classroom practice, instruction and assessment, still face students who are neither engaged nor motivated.

I have tried to put together a counselling intervention looking at helping and supporting these types of students (and their teachers).

Theoretical Underpinning

The work of Adler is used, in particular with his ideas around family of origins, and social strivings (Erford, 2009). As well, Carl Rogers has a part, as I have found that relationships and self motivation are key when

We can benefit them by “promoting present and future decision making that will impact the client’s direction in life” – Erford, 2009.

dealing with these types of students (Rogers, 1995). Further, I have looked at some of the existential pieces from Yalom as well (Yalom, 2000). I have also supplemented all of these ideas with some of my own work, in both conversations I have had with some of my students who struggle with apathy, and some of the work I have done with a group we call MPH or Making Poverty History. There has been some research that indicates there can be an increase in engagement if students find issues that they can become passionate about, in particular in relation to the natural world (Bragg, 1996). MPH has played this role for some. The ideas generated with my work through MPH have been used to help make connections with these students. An overwhelming amount of information is now readily available to us. This is a mark of the information age. I have found through many conversations with my students, that they often feel overwhelmed with all of the problems facing our species. They have suggested that their behaviours may stem from the idea that they feel helpless against the flood of “horribleness” they read and hear about every day, from violent crime to global crisis, from famine to war etc. The internet and our culture of immediate access to information are certainly not without their issues for our youth.

Adler has some very strong ideas about needing to find engaging goals as well as finding self worth in social connections. He acknowledges that determined patterns can be changed if we can identify them and have the courage to work through the struggles of changing them. He holds these patterns are often formed during early childhood, and can be readily influenced by birth order and sibling relationships (Erford, 2009). I have tried to tie in Adlerian theories in several aspects. The concepts of family of origin work helps students to make sense of the idea that some of their behaviours may be coming from pre-existing patterns.

Much importance has been placed on building strong relationships, and fostering their growth during these sessions. Ultimately, the strongest connections made

to Carl Rogers’ theories are found in this regard. These students will not be able to identify their behaviours or look past them to making changes, without the support from a truly empathetic relationship. Rogers mentions repeatedly the need for three key factors when trying to do any counselling work: congruence, or the ability to act openly and honestly in tandem, an unconditional positive regard and genuine empathy for another (Rogers, 1995). The idea in these sessions would be to emulate as close as possible this type of relationship, while maintaining the required professional standard that must exist between a teacher/counsellor and a student. I might also describe the intent of these sessions to be relentless. Rogers claims repeatedly that, “it is my experience, that persons have a basically positive direction” (Rogers, 1995). The counsellor must believe that their clients or students can succeed in this endeavour. The positive direction growth will occur; we just have to be consistent and persistent.

At the heart of truly changing the behaviours and patterns of this client group, is the belief that they can find more meaning in their lives than what their current behaviour is providing for them. We can benefit them by “promoting present and future decision making that will impact the client’s direction in life” (Erford, 2009). Once we try to show them how they may be making choices that create anxiety for themselves, we can begin to work through attempting to change these behaviours or patterns, the goal of this intervention. During this time, it becomes very important to provide them with alternatives to the patterns or behaviours they have been using to this point. Without providing options and other possible directions, trying to change a pattern or defence mechanism will be incredibly difficult, for the client and the counsellor (Yalom, 2000). One of the strengths of the alternate behaviours provided during this intervention lies in their context. Students are allowed to reconnect to their natural world, in an authentic and positive way. There is a body of research that shows connection to ecology and nature, be it in a physical sense or a more spiritual



form, and may benefit an individual's self construct (Bragg, 1996). As well, the Biophilia Hypothesis put forth by Kellert and Wilson in 1984 has come to show that there are many health benefits from reconnecting to our natural environment as well. (Nisbet, Zelenski & Murphy, 2009). As one last option, there is an opportunity provided to engage these individuals with various social justice groups, of which MPH is but one example. In my own experiences as a teacher, I have found that this type of positive social justice work has been very stimulating and fulfilling for some of my most apathetic students.

Developed Interventions

In the first phase, the students are engaged in some activities that identify the characteristics of apathy and some of the struggles and issues that are associated with it. The second phase looks closely at

the origins of the behaviours of these individuals. We discuss where they have the power to change and how they might act and feel differently if they are demonstrating different patterns, instead of repeating negative ones. The final set of counselling sessions looks at re-engaging the students in activities in an effort to help them find the courage to look at their motivation and role in life in a different way.

The above article is a summarized version. The full text version details the entire intervention, including the phases, issues, challenges and theoretical connections. As well, some questions are posed for further exploration and investigation. The article in its entirety can be obtained by emailing Chris Dasch at cdasch@retsd.mb.ca.

**A MUST HAVE BOOK FOR EVERY
PRACTITIONER
CONSIDERATIONS WHEN
COUNSELLING DEAF CLIENTS
(Includes DVD)**

*To order or learn more, visit our website at:
counsellinginterpretingmediation.com
or call 403 605 9536*

H.O.P.E. INC
Healing Opportunities
and Personal Empowerment

**Hypnosis for Mind-Body
Healing and Pain Management;
Psychoneuroimmunology, Neurobiology,
and The Power of the Healer's Beliefs**

With Dr. Mark B. Weisberg, Ph.D., ABPP

Please join us for this experiential learning opportunity
on November 27th at Vancouver General Hospital.
For a detailed BROCHURE and REGISTRATION FORM
visit: www.hypnosis.bc.ca



School Counsellors Strategic Planning Session

On May 11, a Strategic Planning Session was held in Charlottetown with representatives from the School Counsellors Chapter. The session concentrated on the following two goals: Goal #1: to raise the profile of school counsellors in Canada and Goal #2: to ascertain the qualifications and standards of practice for school counsellors in Canada. Lawrence Ryan was hired as facilitator for the day and he guided the working group through a process that helped to clarify the goals, as well as work on strategies that could be employed to help achieve the goals.

Ron Lehr, CCPA President, provided greetings on behalf of the Board and commended the School Counsellors Chapter for their work.

The following people participated in the Strategic Planning Session:

Facilitator: Lawrence Ryan

Recording Secretary:
Heather Ackles

Participants:

Janice Graham-Migel – *President, School Counsellors Chapter*

Margaret Cain – *Vice President, School Counsellors Chapter*

Ardele Gorman – *CCPA Board Liaison (Saskatchewan)*

Lorna Martin – *CCPA President-Elect (Manitoba)*

Amanda O'Regan-Marchand – *School Counsellor, Nova Scotia*

Karen Mozdzen – *Member-At-Large/Treasurer, School Counsellors Chapter*

Arthur Adams – *President, PEI School Counsellors Association*

Rick Kraychuk – *School Counsellor, Manitoba*

Michel LeFebvre – *CCPA Board Member (Ontario Francophone)*

Madeleine Lelievre – *CCPA Board Member (New Brunswick, Anglophone)*

Lorraine Beaton – *President, Quebec Counselling Association*

Anne Peters – *School Counsellor, Prince Edward Island*

Andrea Garland – *School Counsellor, Prince Edward Island*

Alana Hogg – *School Counsellor, Nova Scotia*

Glenn Sheppard – *Past-President CCA and Counsellor Educator (Newfoundland)*

At the end of the day, the following goals and strategies were defined:

Goal 1: To create a national framework for School Counselling in Canada by June, 2013.

Strategy 1: Research existing frameworks for school counselling in Great Britain, Australia and the USA as well as provincial frameworks within Canada.

Strategy 2: Form a review committee to analyze similarities and differences, as well as omissions, among the frameworks and develop a draft framework.

Strategy 3: Identify and form linkages with potential partners who would be willing to support a national framework and who would have a vested interest in its development and implementation.

Goal 1 Responsibility: The School Counselling National Framework Committee

Janice Graham-Migel (Chair)
Madeleine Lelievre
Lorraine Beaton
Michel Lefebvre
Lorna Martin
Karen Mozdzen
Amanda O'Regan-Marchand

Goal 2: To raise the profile of School Counsellors in Canada by June, 2013.

Strategy 1: Actively communicate the school counsellor's role.

Strategy 2: Create a national network of school counsellors.

Strategy 3: Create a partnership with the national and provincial school counselling associations and teacher organizations to lobby on behalf of school counsellors.

Goal 2 Responsibility: The School Counselling National Network Committee

Margaret Cain (Chair)
Ardele Gorman
Andrea Garland
Rick Kraychuk



On May 12, the 10th AGM of the School Counsellors Chapter was held in Charlottetown. At this meeting a motion was carried to proceed with the goals and strategies identified at the Strategic Planning Session that was held on May 11. The following executive positions were filled: President, Treasurer, Secretary, and two additional Member-At-Large positions. There were no nominations for the Vice President position so it remains vacant. Pictured left to right is the new 2010-2011 Executive for the School Counsellors Chapter.

Heather Ackles (Secretary), Belinda Josephson (Member-At-Large), Ardele Gorman (CCPA Board Liaison), Margaret Cain (President), Heather von Kintzel (Treasurer), Amanda O'Regan-Marchand (Member-At-Large), Janice Graham-Migel (Past President). Missing from picture is Michelle Hamilton (Member-At-Large)

jack hirose

& ASSOCIATES INC.

Quality workshops in mental health,
education and personal growth

www.jackhirose.com

MENTAL HEALTH & EDUCATION WORKSHOPS

Fall 2010
Across Canada

British Columbia

focus on children & youth

FROM CHILDHOOD AGGRESSION TO YOUTH VIOLENCE IN BOYS & GIRLS

with **DR. JAMES GARBARINO, PH.D.**, author
of *Lost Boys* and *See Jane Hit*

November 8, 2010 (Monday) |
VANCOUVER, BC

Norman Rothstein Theatre, Jewish
Community Centre | 950 West 41st Avenue

focus on clinical therapy

HEALING AND TREATING ADDICTIONS, TRAUMA & RELATED DISORDERS CONFERENCE

Co-Sponsored by Edgewood Treatment
Centre

November 16, 17, 18 & 19, 2010 (Tuesday to
Friday) | **RICHMOND, BC**

Sheraton Richmond Hotel & Conference
Centre | 7551 Westminster Highway

with **PENNY ALLPORT**; **DR. MARTIN
ANTHONY, PH.D.**; **MARILYN BUCHANAN**;
DR. DAVID BURNS, MD.; **DR. PATRICK
CARNES, PH.D.**; **DR. CAROLYN COKER
ROSS, MD.**; **DR. RAY DIGIUSEPPE, PH.D.**;
JIM EDWARDS; **DR. PAT LOVE, ED.D.**; **DALE
MACINTYRE, M.DIV.**; **DR. GABOR MATE,
MD.**; **NANCY MCCONKEY, MSW**; **DR. LAUREL
PARNELL, PH.D.**; **DR. GARY RICHARDSON,
MD.**; **DR. COLIN ROSS, MD.**; **DR. ROBERT
SCAER, MD.**

RAPID RECOVERY TECHNIQUES FOR DEPRESSION AND LOW SELF-ESTEEM

Co-Sponsored by Edgewood Treatment
Centre

with **DR. DAVID BURNS, MD.**, best selling
author of *Feeling Good Now* and *When Panic
Attacks*

February 24 & 25, 2011 (Thursday & Friday)
DUNCAN, BC

Travelodge Duncan, Silver Bridge Inn | 140
Trans Canada Highway

FOUR DAY INTENSIVE TRAINING PROGRAM IN COGNITIVE BEHAVIOURAL THERAPY (CBT)

with **DR. DAVID BURNS, MD.**, best-selling
author of *Feeling Good Now* & *When Panic
Attacks*

July 5, 6, 7 & 8, 2011 (Tuesday to Friday) |
RICHMOND, BC

Kwantlen University College | Main
Auditorium | 8771 Lansdowne Road

Alberta

focus on clinical therapy

THE POWER OF MINDFULNESS: MINDFULNESS INSIDE AND OUTSIDE THE THERAPY HOUR

Co-Sponsored by Edgewood Treatment
Centre

with **DR. RONALD D. SIEGEL, PSY.D.**,
author of *The Power of Mindfulness: Inside and
Outside the Therapy Hour*

October 28 & 29, 2010 (Thursday & Friday) |
EDMONTON, AB

Ziedler Hall, Citadel Theatre | 1828 - 101A
Avenue (Shoctor Alley)

EMERGING TRENDS IN ADDICTION TREATMENT

*The Hungry Ghost: Combining Science
and Compassion in Working with
Addictions*

with **DR. GABOR MATÉ, MD.**, author of *In
the Realm of Hungry Ghosts: Close Encounters
with Addiction*

From *Discovery to Recovery:
Neuroscience, Spirituality and 12-Step
Facilitated Recovery*

with **DR. CARDWELL C. NUCKOLS,
MA, PH.D.**, author of *The Ego-Less Self:
Achieving Peace and Tranquility Beyond All
Understanding*

November 3, 4 & 5, 2010 (Wednesday to
Friday) | **CALGARY, AB**

Polish Cultural Centre | 3015 - 15th Street NE

FOUR DAY INTENSIVE TRAINING PROGRAM IN COGNITIVE BEHAVIOURAL THERAPY (CBT)

with **DR. DAVID BURNS, MD.**, best-selling
author of *Feeling Good Now* & *When Panic
Attacks*

July 12, 13, 14 & 15, 2011 (Tuesday to
Friday) | **EDMONTON, AB**

Grant MacEwan University | Multi-Purpose
Room | 10600 - 104 Avenue NW (at 106
Street)

Saskatchewan

focus on children & youth

CHILDHOOD AGGRESSION TO YOUTH VIOLENCE IN BOYS & GIRLS

with **DR. JAMES GARBARINO, PH.D.**,
author of *Lost Boys* and *See Jane Hit*

April 11, 2011 (Monday) | **SASKATOON, SK**
Travelodge Hotel Saskatoon | 106 Circle Drive

focus on clinical therapy

RAPID RECOVERY TECHNIQUES FOR DEPRESSION AND LOW SELF-ESTEEM

with **DR. DAVID BURNS, MD.**, best selling
author of *Feeling Good Now* and *When Panic
Attacks*

April 18 & 19, 2011 (Monday & Tuesday) |
SASKATOON, SK

Travelodge Hotel Saskatoon | 106 Circle Drive

Manitoba

focus on children & youth

ANXIETY DISORDERS IN CHILDREN AND ADOLESCENTS: RECOGNIZING AND TREATING THE EMERGING EPIDEMIC

with **DR. PAUL FOXMAN, PH.D.**, author of
Dancing With Fear and *The Worried Child*

December 1 & 2, 2010 (Wednesday &
Thursday) | **WINNIPEG, MB**

Berney Theatre, Asper Jewish Community
Campus | 123 Doncaster Street

focus on clinical therapy

THE HUNGRY GHOST: COMBINING SCIENCE AND COMPASSION IN WORKING WITH ADDICTIONS

with **DR. GABOR MATÉ, MD.**, author of *In
the Realm of Hungry Ghosts: Close Encounters
with Addiction*

November 29 & 30, 2010 (Monday &
Tuesday) | **WINNIPEG, MB**

Caboto Centre | 1055 Wilkes Avenue

Ontario

focus on children & youth

THE EXPLOSIVE CHILD

with **DR. ROSS GREENE, PH.D.**, author of
the *Explosive Child* & his new book *Lost At
School*

December 8, 2010 (Wednesday) |
LONDON, ON

London Convention Centre | 300 York Street

Nova Scotia

focus on clinical therapy

FOUR DAY INTENSIVE TRAINING PROGRAM IN COGNITIVE BEHAVIOURAL THERAPY (CBT)

with **DR. DAVID BURNS, MD.**, best-selling
author of *Feeling Good Now* & *When Panic
Attacks*

October 18, 19, 20 & 21, 2010 (Monday to
Thursday) | **HALIFAX, NS**

Mount Saint Vincent University, Rosario
Student Centre, Multi-purpose Room, #302 |
166 Bedford Highway

For complete descriptions and agendas of all our upcoming workshops visit our
website at: www.jackhirose.com

Canadian Certified Counsellors:

The following CCPA members have been recently certified.

Alberta

Mary Cole
James Cornock
Nadine Duckworth
Tracey Emmel
Donna Gage
Kristin LeCoure
Sherri LePage
Judi Malone
Rita Martino
Michael Mertz
Carolyn Reid
Ashley Rimbey
Andrea Smith
Nicole Thomas
Lori Walls
Adenike Yesufu

British Columbia

Anjana Aggarwal
Susan Arnold
Lisa Barnes
Rosalinda Bose
Emily Chen
Terry Collis
Barbara Dares-Godley
Marlene Haley
Jennifer Hollinshead
Ali Hooman
Holly Hops
Viktoria Ivanova
Anne Mary Kearns
Susan Maquignaz
Lorraine Michelle McAtee
Robyn Meagher
Georgia O'Dowd-Brown
Kerrie Palmer
Laurel Phillips
Douglas Sandwell
Mary Smyth
Carolyn Triscott

Manitoba

Charmaine Abey
Lindsay Agnew

Tara Johnson
Charlene Richard
Ketan Tailor

New Brunswick

Amos Adeniyi
Charles Lakin
Nicole Richard
Andrew Stewart
Rosemary Whitlock
Dan Wilton
Robert Freeman Woolnough

Newfoundland

Sonya Abbott
Michelle Snow

Nova Scotia

Denise Marie Bourque
Barbara Buchanan
Cheryl Joyce
Rhonda McLean
Nancy Morrell-Lamey

Ontario

Caroline Groulx
Kendra Afelskie
Diane Bourdages
Monica DeVries
Carmen Hall
Michael Hart
Alisha Henson
Sharon Hobbs
Hilary Innes

Kathleen Kevany
Erin King-Brown
Amanda Lynn Krygsman
France Lavigne
Rachelle Leblanc-St.Denis
Madeleine Lerch
Keith Leung
Nisha Mehta
David Moulton
Anna Nyiri
Adriana-Daniela Oatu
Katia Pershin
Gerardo Quintero
Olga Racine
Roshané Shamsi
Faye Shedletzky
Cassandra Shirley
Kimberly Thomas
Shea Wood

Quebec

Vicki Lambrou
Cynthia Bilodeau
Lucie Dumoulin
Michel Lefebvre
Howard Modlin
Robyn Schreter

Saskatchewan

Amber Bellows
José Pruden-Nyathi

International

Catherine Gomez

NOTICE OF BOARD ELECTIONS

The Board of Directors for the Canadian Counselling and Psychotherapy Association is elected every two years. Elections will be held in January 2011. The new Board assumes its responsibilities in May 2011.

Please visit the Member's Only Area of the CCPA at www.ccpa-accp.ca to download the Nomination Form for the 2011–2013 Board.



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION
L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

CCPA National Office

114-223 Colonnade Rd. S., Ottawa, Ontario, K2E 7K3
Tel: (613) 237-1099 | Toll Free: 1-877-765-5565
Fax: (613) 237-9786 | E-mail: info@ccpa-accp.ca
Website: www.ccpa-accp.ca

CCPA Board Directors 2009–2011

Executive Committee

President:

Ron Lehr (president@ccpa-accp.ca)

President-Elect:

Lorna Martin (president-elect@ccpa-accp.ca)

Past-President:

Maria De Cicco (pastpresident@ccpa-accp.ca)

Treasurer:

Blythe Shepard (blythe.shepard@uleth.ca)

Secretary:

Staff

Executive Director:

Barbara MacCallum (bmacallum@ccpa-accp.ca)

Provincial Directors

Newfoundland-Labrador:

Heather White (heatherwhite@gov.nl.ca)

Prince Edward Island:

Deborah Wood Salter (jcsalter@eastlink.ca)

New Brunswick Anglophone:

Madeleine Lelievre (madeleine.lelievre@nbed.nb.ca)

New Brunswick Francophone:

Serge Hall (sergehall@yahoo.ca)

Nova Scotia:

Linda Wheeldon (linda.wheeldon@acadias.ca)

Quebec Anglophone:

Lilli Janzen (janzenl@sympatico.ca)

Quebec Francophone:

Louis Cournoyer (cournoyer.louis@uqam.ca)

Ontario Anglophone:

Robin Cameron (robin@lifeinspired.ca)

Ontario Francophone:

Michel Lefebvre (mlefeb@lacitec.on.ca)

Manitoba-Nunavut:

Miriam Duff (mimgeo@shaw.ca)

Saskatchewan:

Ardele Gorman (ardele.gorman@sasktel.net)

Alberta-Northwest Territories:

Blythe Shepard (blythe.shepard@uleth.ca)

British Columbia-Yukon:

Kathy Mueller (kathymueller@shaw.ca)

CCDF President:

Barbara MacCallum (bmacallum@ccpa-accp.ca)

Standing Committees 2009-2011

Governance Committee – Maria De Cicco (Chair)

Risk Management Committee – Lorna Martin (Chair)

Quality Assurance Committee – Louis Cournoyer (Chair)

Education or Policy Advocacy Committee –
Heather White (Co-Chair) and Ardele Gorman (Co-Chair)

Appeals Committee – Ron Lehr (Chair)

Ethics Committee – Lynda Younghusband (Chair)

Certification Committee – Blythe Shepard (Chair)

Awards Committee – Ardele Gorman (Chair)

CACEP – Dr. Bill Borgen (Co-Chair)

Chapter Presidents

National Capital Region:

Wes Moore (wesmoore78@gmail.com)

British Columbia:

Wendy Woloshyn (wendywoloshyn@gmail.com)

Career Development:

Kim Hollihan (kim.hollihan@gnb.ca)

Counsellor Educator:

Olga Sutherland (osutherl@uoguelph.ca)

Creative Arts in Counselling:

Lucy Lu (lucylu8@gmail.com)

Private Practitioners:

Lorne Flavelle (lorneflavelle@hotmail.com)

School Counsellors:

Margaret Cain (mtcain@edu.pe.ca)

Aboriginal Circle:

Hilda Green (shuswapwoman@yahoo.ca)

Pastoral and Spiritual Care in Counselling:

Jim Robertson (counselh@telus.net)

Social Justice:

Sandra Collins (sandrac@athabascau.ca)

Alberta:

Blythe Sheppard (acting) (blythe.shepard@uleth.ca)

CCPA Staff

Chief Executive Officer:

Barbara MacCallum (bmacallum@ccpa-accp.ca)

Membership and Certification:

Sylvia Ramjee (sylvia@ccpa-accp.ca)

Registrar:

Josée Taillefer (registrar@ccpa-accp.ca)

CEUs:

Marisabelle Terriault-Elibani (ceu-uep@ccpa-accp.ca)

CJCP Editor:

Dr Kevin Alderson (cjc.rcc@ucalgary.ca)

Office Manager:

Nicole Maurice (nicole@ccpa-accp.ca)

Member Services Coordinator:

Kristine MacNaughton (kristine@ccpa-accp.ca)

CEU/Insurance Administrator:

Kimberly Goyette (reception@ccpa-accp.ca)

Office Administrator:

Judy Murphy (judy@ccpa-accp.ca)