

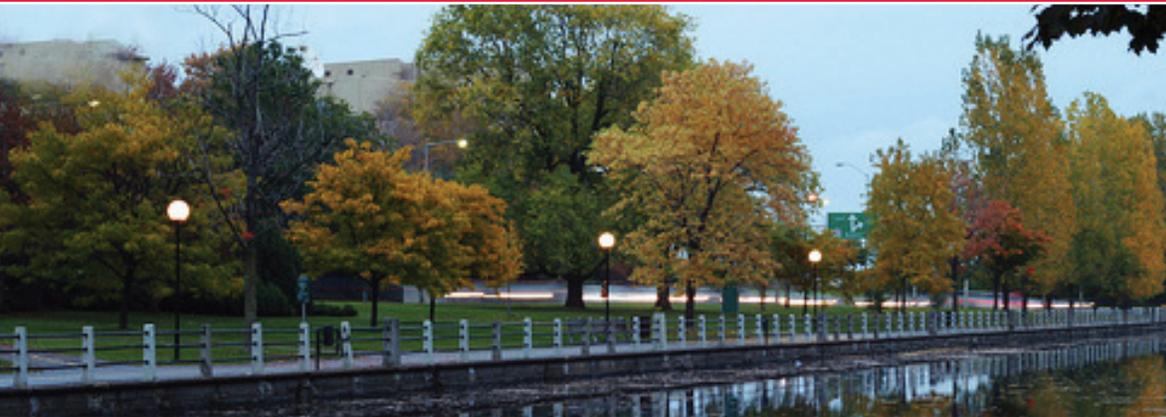


CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION
L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

COGNICA

The Canadian Counselling and Psychotherapy Association

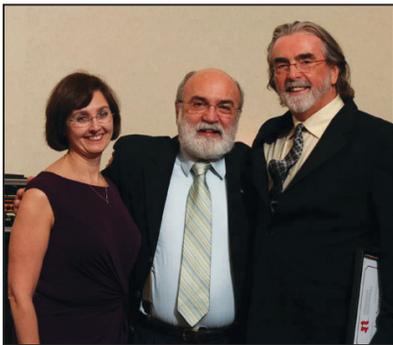
VOL. 43 NO. 3 | SUMMER 2011



CCPA Award Recipients 2011

At the Awards Banquet in Ottawa, during the CCPA 2001 Annual conference, a number of awards were presented to recognize the professional contributions of Canadians in the field of counselling.

This year's award recipients were:



Counselling Practitioner Award

This year's recipient of the Counsellor Practitioner Award is **John Sumarah**. John has contributed to the lives of many with whom he has worked. John is a person of immense integrity and generosity. He offers a depth of ability and commitment to those with whom he is witness to their journey through mental health. He is a practitioner who has offered his services without remuneration, asking that clients instead donate to a charity of their choice.

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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), Sharon Graham (2010), Dr. Charles Bujold (2010), Dr. William Borgen (2011).

The nomination deadline for the Stu Conger award is **November 30, 2011**. For more information about the award, go to www.ccdf.ca.

ENDOWMENT PROGRAM: BUILDING FOR THE FUTURE

The Canadian Career Development Foundation (CCDF) and the Canadian Counselling and Psychotherapy Association (CCPA) 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, 2011.

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.

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.

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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, Karina Albert

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

What I See from Here

There are places I remember
All my life though some have changed...
All these places have their moments...
In my life I've loved them all.
Though I know I'll never lose affection
For people and things that went before
I know I'll often stop and think about them...

(excerpted from Lennon and
McCartney, 1965)

It is in quiet moments that I see your faces. Your kind words and gentle encouragement echo in my mind and I know I am not alone. "There are places I remember" and in those places are remembrances of a sea of support as I began my term as President of CCPA in Ottawa. And I am humbled by your embrace. You raise me up so that I may see.

John of Salisbury eloquently described this phenomenon in 1159, and it still resonates more than 850 years later: "We are like dwarfs sitting on the shoulders of giants. We see more, and things that are more distant, than they did, not because our sight is superior or because we are taller than they, but because they raise us up, and by their great stature add to ours."

We are living in a time of great change for our profession, and your trust in me to listen, reflect, research, represent, advocate for and sustain our Association and our profession is truly humbling. I will consult deeply and often. .

To begin, since information is the first step to vision, I offer to you a quick scan of today's counselling and psychotherapy horizon. It's what I see from here...

What's New in Canada?

Regional Workshops

Beginning in October and November 2011, a series of CCPA regional workshops will be conducted in Gatineau, Toronto, Halifax, Calgary, and Vancouver. I'm hoping to be in attendance at each of these workshops to meet with you, consult, and discuss CCPA-related matters following the keynote presentation.

Regulation of the Profession

Québec remains the sole province in Canada that has statutory regulation fully in place for professions related to counselling. A recent piece of legislation (Bill 21) seeks to regulate the act of psychotherapy. Bill 21 is not yet in force in Québec. There are strongly overlapping scopes of practice in psychotherapy and counselling. CCPA members in Québec are strongly advised to be alert for the enforcement of Bill 21, particularly the regulated "list of actions which relate to psychotherapy" to ensure they are practicing legally in the province.

Ontario has recently conducted regional consultations for the draft regulations pertaining to mental health therapists and psychotherapists. Revised regulations are expected in June 2011.

Nova Scotia is awaiting proclamation of their statutory regulation for the title, mental health therapist. Proclamation is the final step prior to the formation of the College of Mental Health Therapists in the province.

What's New at CCPA?

Interprovincial Mobility Initiative

In 2010, the Project Working Group (PWG) on Labour Mobility developed a bilingual online survey focused on defining counselling and its scope of practice. Details of the survey are located at www.ccpa-accp.ca/en/workingdocuments/.

Results from this survey are now available:

- In Canada, there are 12 titles that have been identified provincially through regulatory processes. More than 70 different preferred professional titles other than those mandated by regulation were provided by respondents. Of these preferred titles, registered psychotherapist, counselling therapist, and clinical counsellor were the most popular.
- The research-based definition of counselling and scope of practice was approved with over 93% agreement across the nation. This is a remarkable expression of near-consensus, demonstrating that while our places of work, job titles, ages, modalities, and client bases show an amazing diversity, we have a rock-solid core identity as a profession.

These findings are a crucial anchor-point for our profession. They allow us to assert that we are not a collection of identities but rather, we are one profession with the capacity to be inclusive and embrace diversity by sharing a singular core belief about the definition of counselling and its scope of professional activities. CCPA has confirmed and adopted for use the nationally validated definition and scope of practice.

National Assessment Project

Beginning in 2010, CCPA embarked on a project to create a single, national standard of competency assessment for the profession. It also includes a self-assessment that can be taken in the privacy of one's own home. The project uses a pan-Canadian team of professionals who are designing the national standard assessment in both official languages with the intention of providing it to provincial Colleges responsible for regulating the profession. The simulation-based assessment may also be used to support professional mobility internationally and to provide evidence to the public and employers that foreign-trained or alternatively trained individuals have met the national standard.

The project is on track for beta-testing within the next 9 months. At the May 2011 National Conference, a presentation on the purpose and structure of the assessment instrument was provided.

CCPA Chapters

A sustainability fund for CCPA Chapters (similar to the Legislative Support Fund) is being instituted in the coming months to support events and other initiatives

that encourage growth and development of our Chapters. The CCPA Executive is currently developing administrative and financial guidelines for the fund.

Meet Your New Board of Directors

Our 2011–2013 Board of Directors not only spans the country from coast to coast to coast, but also spans a diversity of counselling and psychotherapy modalities and service areas. From pastoral care to correctional services and from veterans' affairs to community outreach and support, this group of Canadians truly reflects the breadth and depth of our profession. When not volunteering for CCPA, these professionals include a child life specialist, a clinical counsellor for persons with disabilities, a marriage and family therapist, a clinical supervisor, private practitioners, counsellor-educators and students.



Back Row, left to right: George Dunne, Sarah Holland, Deborah Wood Salter, Erin Crossland, Marie Cardinal-Picard, Beth Robinson, Beatrice St Amand-Doepker, Martin Reid, Lilli Janzen, Miriam Duff, Trish Loraine McCracken, Michel Lefebvre, Serge Hall

Front Row, left to right: Blythe Shepard, Lorna Martin, Ron Lehr, Barbara MacCallum

Lorna Martin
President, CCPA

CSCH Canadian Society of
Clinical Hypnosis BC Div
**Hypnosis and Trauma: Integrating
Hypnosis into the Treatment of
Traumatized Children & Adolescents
With Dr. Julie Linden**
Vancouver, Sat. & Sun. Oct. 29 & 30 2011

This workshop will provide a conceptual framework for understanding why hypnosis is particularly suited to the prevention, assessment and treatment of trauma. Visit: www.hypnosis.bc.ca or call 604 688-1717



Message from the President-Elect

Tulips in Ottawa

During the CCPA conference I took an hour to see the tulips along the Rideau Canal, something I had promised myself when I first arrived for the Executive and Board meetings. As I took a seat on a bench by the Canal, an older woman with a walker turned to me to share her knowledge of tulips. Did you know, she said, that tulips come from Persia and Turkey? The name comes from their resemblance to the turban worn by Turkish men, called tulipan. And did you know that the various colours of tulips have different qualities? In just a few minutes, I had learned something new and had the opportunity to share a few bright moments on a park bench with a friendly soul. As I made my way back to the Marriott Hotel to rejoin the conference, I reflected on what I had learned about the meanings associated with different colours of tulips.

Red tulips are used to express or declare your love. My love for CCPA stems back to my graduate student days when I attended my first conference in Vancouver in 1996. I found companionship with members of the Career Development Chapter and later became Vice-President of the Chapter. There have been many homes within CCPA that have allowed me to declare my love for the profession and the association including: the BC Chapter, CCPA representative on the BC Task Group, Counsellors for Social Justice Chapter, and the Counsellor Educators Chapter. What has always stood out for me has been the professional and social support so readily available within the association. Under such a big umbrella there is place for everyone.

Yellow tulips are associated with friendship and brought to mind the almost 4000 strong CCPA family to which I belong. How rich our family is! Our members reflect a diversity of cultural, ethnic, and linguistic backgrounds. I am eager to reach out to all parts of Canada, in particular the North where the remoteness of communities due to geographic, economic issues, and lack of transportation make the provision of services difficult. Our northern colleagues work in settings that contribute to

personal and professional isolation through the covenant of confidentiality.

Pink tulips have the quality of happiness, showing care, and attachment. The annual CCPA conference was an opportunity to reconnect and to share our passion for the profession through workshops, presentations, chapter meetings, and social gatherings. Care was shown by the new CCPA Board who worked conscientiously and diligently over two days while building supportive relationships so necessary as we tackle issues such as statutory regulation, budgets, and certification requirements. As I returned to the conference, I was met by colleagues mingling between sessions, reconnecting with friends, and engaging in spirited conversations about the future of our profession and the changing professional environment in Canada. Around me, I heard praise for the work of the conference planning committee in putting on such a great conference.

Purple tulips are known for the quality of royalty. I am proud and humbled to accept the privilege of serving as President-Elect. My commitment to you is expressed through **cream-coloured tulips**. Over the past 15 years, I have played many roles in CCPA. Much of my work has been behind the scenes where I am most comfortable: as a co-founder and Board member of the Social Justice Chapter, Board member of the BC Chapter, as Chair of the Certification Committee, as BC/Yukon Director and Alberta/NWT Director, interim president of the Alberta/NWT Chapter, and Treasurer of CCPA. I have also served as a member and co-chair of the Project Working Group for Counsellor Mobility.

I was delighted to meet some of you at the annual CCPA Conference and hope to meet more of you over the next two years at regional workshops and at the annual conference in Calgary next year. As always I hope you will contact me with any comments, questions, or suggestions that you might have.

Blythe Shepard
CCPA President-Elect

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 **Sandra Salesas**. Sandra is an exemplary and well deserved winner of the award. Her main objective has always been to promote counselling and career development, to develop and share resources in counselling and to reunite the counselling community in both languages!

Sandra is an exemplary and well deserved winner of the award. Her main objective has always been to promote counselling and career development, to develop and share resources in counselling and to reunite the counselling community in both languages!

Professional Contribution Award



CCPA's Professional Contribution Award is given to a member in recognition of outstanding professional contribution to Counselling in Canada. The recipient for 2011 is **Blythe Shepard**. Her work with CCPA has involved contributing to multiple committees including the

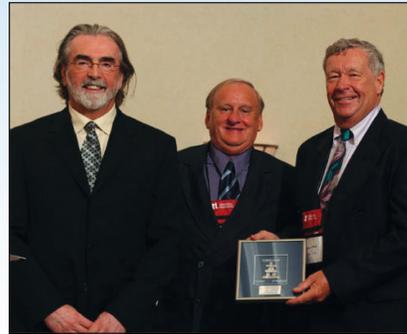
Certification Committee, the Governance Committee and the Risk Management Committee. She also served on the Board of Directors as Director of British Columbia, then as Director of Alberta. She was also the treasurer of CCPA for the past two years. Blythe was also a member of the BC Task Group responsible for the creation of a profile of entry-to-practice competencies for mental health therapists. Additionally, she has performed the duty of co-chair for the National Symposium on Counsellor Mobility for the past three years.

The CCPA Practice-Based Counselling and Psychotherapy Research Award



This award highlights cutting edge research that incorporates an element of practice in the methodology or research output. This year's recipient is **Margaret Cain** for her research involving how to establish a network for school counsellors in Canada in order to improve their practice in schools.

Lorne Flavelle Award



The Lorne Flavelle Award is given for outstanding service to CCPA. True to Lorne, this award has been designed to recognize a CCPA member for his/her special contribu-

tion to the counselling community, their cheerful attitude, and their unflinching support of those around him or her. This year's recipient is **Wayne Clifford**. Wayne has been a volunteer for the profession of counselling for many, many years. The list of activities reflecting his volunteerism does not adequately do justice to the number of hours he worked, the richness of his contributions and the dedication with which he served the counselling profession. However, Wayne is also diverse in his extracurricular volunteer activities. In addition to the quantity and quality of his professional volunteer work, Wayne is a volunteer leader at Y.M.C.A., an organizer of a senior bicycle group in his community and he is active in senior Old Timers hockey. A good example of volunteer life balance!

The CCPA Doctoral Dissertation Award



This year's recipient of the Doctoral Dissertation Award is **Cynthia Bilodeau** for her dissertation entitled "Examining the links between alliance, shame-proneness and impact on the counselling supervisory process".



CCPA Student Travel Award

Each year the Canadian Counselling Association provides two \$500 awards to support student members who wish to attend the CCPA conference. This year's recipients are **Jessica Isenor**, a master's student in Counselling Psychology at the University of Western Ontario and **Autumn Chilcote**, a master's student in Educational Counselling at the University of Northern BC.



Marsh Student Bursary Award



In support of Graduate Student research, Marsh, the CCPA Professional Liability Insurance Broker of choice, has provided two \$500 awards to student members demonstrating academic excellence. Research and quality counselling practice is the foundation of our profession. This award reflects our recognition of the work of beginning researchers in the profession. This year's recipients are **Julie Longard** and **Sarah Pittoello**.

Dr Lynda Younghusband Counselling Award



The Dr. Lynda Younghusband Counselling Award has been established by Dr. Younghusband to promote the counselling profession and to improve access for students to the annual Canadian Counselling and Psychotherapy Association (CCPA) conference. This year's recipient is **Brittan Giovannini**.

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



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

Counsellor Educators Chapter Doctoral Student Travel Award

The Counsellor Educators Chapter wishes to encourage a CCPA 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 CCPA national conference. This year's recipient was **Simon Viviers**.

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Certification Changes

By Monika Gal, Registrar, CCPA

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At the May 2011 CCPA Board Meeting, the CCPA Board of Directors reviewed and accepted a proposal presented by the Certification Committee. Changes to certification requirements and procedures are intended to bring closer alignment to the CCPA Council on Accreditation of Counsellor Education Programs (CACEP) and with developing provincial regulation qualifications.

For students who will be applying for certification, please note that the number of hours of direct client counselling contact will increase from 120 to 150 hours on September 1, 2013. Updated forms used in the certification application can be found on the website; however, applications using the current template will continue to be accepted for those already in the certification process.

Please see below other changes that will be implemented and the accompanying dates.

- Effective immediately, all new applicants for CCC will require that their Criminal Record Check also include an abuse/vulnerable person registry check.
- Pre-evaluation service to prospective applicants who want to have their credentials reviewed moves from the current cost of \$30.00 to \$40.00 effective September 1, 2011.

- Certification application services will increase from \$80.00 to \$95.00 effective September 1, 2011. The annual certification fee of \$65.00 will remain the same.
- Students who have graduated from CACEP Accredited programs and who wish to be fast tracked through the certification process will have five years between graduation and date of application to apply for CCC. This change is in effect immediately for all new applicants.
- With regard to the Practicum and References to become a Canadian Certified Counsellor, in the event that the certification candidate has been without supervision for ten (10) years, at least one reference must be from a counselling-related professional in a non-compliant relationship who can attest to the candidate's abilities within the past two years.

Continuing Education Credits

- Continuing Education Credit fees for non-members will be increased from \$25.00 to \$30.00 effective September 2, 2011.

If you have any questions about the changes or about certification procedures in general, please contact CCPA's registrar by e-mail at registrar@ccpa-accp.ca.

ELDER MEDIATION...

THE WAY OF THE FUTURE IS NOW!

PRESENTED BY ELIZABETH STERRITT, M.ED., GCCR, ACC.FM, CERT.EM (OAFM), OCT

Elizabeth Sterritt is an Accredited Family Mediator and Certified Elder Mediator in private practice in Ottawa, Ontario. Her practice includes a specialization in elder and family mediation and conflict coaching.



Pre-Approved by CCPA for 6 CECs

- Understand the need for Elder Mediation & reflect on its implementation in our communities.
- Explore the skills set of Elder Mediation.
- Engage in Elder Mediation practice through role play.



Gatineau^(French) October 3, 2011

Toronto October 6, 2011

Halifax October 27, 2011

Vancouver November 7, 2011

Calgary November 9, 2011

8:30AM TO 4:30PM

Member: \$150 *

Student member: \$75 *

Non-member: \$185 *

*** Plus applicable taxes**

FOR MORE INFORMATION:

PLEASE CONTACT: MEMBERSERVICES@CCPA-ACCP.CA
OR VISIT OUR WEBSITE: WWW.CCPA-ACCP.CA



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

Light & Sound Neuromodulation: A Complementary Treatment Approach

By Dean Donnan, M.Ed. LPC, NCC, BCB, CCC, CH, CTS

The one thing that we can be certain of, besides death and taxes, is that our lives will change. How we adjust to the vicissitudes of life determines the quality of our lives. Emotionally healthy people are able to weather life changes and repeatedly return to an overall state of balance fairly quickly after challenging events occur. However, when we become stuck in a psycho-physiological state of either over arousal (anxious, overwhelmed, etc.) or under arousal (depressed mood, low energy, etc.) for extended periods of time, sooner or later we may need professional help.

The common denominator underlying all successful psychotherapeutic interventions is the beneficial modulation of a client's arousal levels. By this I mean, helping a client move to a psycho-emotional state where he/she is experiencing a sense of emotional and energetic balance in his/her life. Hence, the bottom line for us as psychotherapists is that we work with the arousal levels of our clients. As I see it, the overriding goal of psychotherapy is to address both the soma and the psyche to help guide our clients to re-establish and maintain a sense of inner balance and well-being. For the past ten years, I have used Light & Sound Neuromodulation (LSN), in conjunction with other, cognitively-based treatments to achieve this overriding goal with many of my clients.

LSN belongs to the family of brain-based treatments know as neurotherapy that has a research history dating back nearly 70 years. In general, neurotherapy seeks to positively help regulate and shape brain wave patterns. LSN utilizes the brain's natural tendency to entrain with or modulate to the gentle, rhythmic patterns produces by light and sound. Through goggles that present soft, pulsating light patterns and headphones that present rhythmic, tonal pulses, the brain is presented with healthy patterns to entrain with. Research has shown LSN effective in treating a wide range of conditions, including addictions, ADHD, anxiety, stress, cognitive decline, peak performance, PTSD and sleep disorders as well as facilitating hypnotic induction.

Early work with LSN began in the 1930s. In 1934, Adrian and Matthews discovered that staring at flickering light changed subjects' brain waves. Toman (1941), followed by Walter & Walter (1949) found that the frequency at which light flickered caused the same brainwave frequency in research subjects to grow stronger. Some years later, Neher (1961) found that a brainwave synchronization effect occurred to rhythmic sound stimulation. In 1989, Shealy & associates found that LSN triggered biochemical changes in the brain. Then in 1997, Kumano & associates supported Shealy's work by discovering that LSN decreased plasma cortisol levels (a marker for stress) in the brain.

In 1999, Budzynski discovered that 30 LSN sessions with struggling college students increased beta brainwave activity. He observed that these changes remained while the students performed mental tasks. The real significance of this research came in the academic quarter following completion of the study. LSN students' GPA improved by an average of .7 points in contrast to the controls' GPA, which dropped by .2 points. These results indicated that the LSN had produced lasting effects. A large study by Joyce and Siever (2000) using LSN with 204 students from seven schools in Minnesota yielded compelling results. Over a three month period of receiving 30 LSN sessions each, students averaged an eight month gain ($P=.001$) in oral reading skills. Students also demonstrated significant improvements ($P=.001$) on measures of anxiety, depression, hyperactivity and inattention.

Brain research has linked different arousal levels to certain brainwave patterns and corresponding emotional states (Siever, 2000). The frequency of brainwave activity (brain electrical frequencies) is measured in cycles per second or hertz (Hz). Note the following examples:

- calm, focused brain activity in the normal, healthy range of cognitive functioning occurs between 12Hz–16Hz (Beta/SMR);

- feeling anxious has been linked to frequent increased brainwave activity in the 20Hz–24Hz range (Beta 3);
- extreme anxiety and panic may occur if brainwave activity continues to increase to 24Hz–28Hz (Beta 4);
- loss of sense of self and robotic-like behavior can be produced through further increases in brainwave intensity to 28Hz–32Hz (Beta 5).

As a counsellor, I have worked with different life challenges, including anxiety, adjustment disorders, ADHD and other learning problems, career changes, marriage and family concerns, athletic peak performance, sleep disorders, stress and trauma issues and smoking cessation and weight loss. I have used LSN in conjunction with other behavioral and cognitive treatment modalities in dealing with many of these conditions. My professional opinion is that LSN promotes releasing stress/ trauma energy anchored in the body, establishing a more balanced nervous system and helping people become more receptive to treatment.

Towards the end of 2009 I treated a man, who I will call John, suffering from a severe sleep disturbance. He was a very successful professional that had worked nights and swing shifts for nearly 30 years. At the time, John was on extended medical leave because he was unable to affectively perform his job. Since he was sleeping at most one to two hours a night, he was on sleep medication, which he had taken for more than ten years. The medication was not working, and John wanted to stop taking it. Under his doctor's supervisions, over a six month period of using LSN, in conjunction with a new exercise program and work with a nutritionist, he was able to wean himself off medication completely and sleep between five and six hours per night. Currently, he uses LSN daily to maintain—and continue to improve—his sleep pattern. In the fall of 2010, John returned to work, although now a day time position with no nights.

LSN is a specific form of brain-based intervention, known collectively as neurotherapy, that utilizes wave patterns generated with light and sound to gently stimulate and shape healthy brain activity. Nearly 70 years of research with hundreds of people supports the use of LSN as a complementary therapeutic intervention for many different conditions. I have personally used LSN for over ten years in my work with children and adults and have witnessed how it can enhance the quality of treatment. For more information on LSN research as well as equipment, please go to www.neuro-advantage.com.

Reflecting on Self and Practice

May 24–27, 2012

Westin Calgary Hotel, Calgary, Alberta

KEYNOTE SPEAKERS:

Marc Gervais

"Realizing Your True Potential, Communicating Clearly"

Marc Gervais is one of Québec's most sought-after professional speakers. A successful author and a police officer by trade, he has a way of talking to his audience that is refreshing, direct and seasoned with his own special brand of humor. Mark has the knack of inspiring people to reflect upon themselves. Sharing his touching and incisive reflections, he holds his audience spellbound, leaving no one indifferent.

Jeffrey Kottler, PhD.

"On Being a Master Counsellor, Practicing What you Preach"

Jeffrey Kottler is one of the foremost authorities and prolific writers in the fields of counseling, psychology, and education. He is the best-selling author of more than 80 nonfiction books dealing with a wide range of subjects. Jeffrey is professor of counseling at California State University, Fullerton and President of Empower Nepali Girls, an organization that provides scholarships for at-risk children in Nepal.

Judith Jordan, PhD.

"The Power of Connection: Healing and Growing"

Judith is the director of the Jean Baker Miller Training Institute and founding scholar at the Stone Center at Wellesley College. Dr. Jordan coauthored the book *Women's Growth in Connection* and edited *Women's Growth in Diversity* and *The Complexity of Connection*. She has published over 40 original reports and 25 chapters, and coauthored three books.

CALL FOR PRESENTERS: To submit a proposal, please visit <http://www.ccpa-accp.ca/en/callforpresenters2012/>

REGISTRATION: Coming soon!

ACCOMMODATIONS:

The conference hotel is the Westin Calgary 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

conference2012@ccpa-accp.ca for more information.

OUR MISSION is to offer effective and stimulating training opportunities that respond to the ever changing needs of counsellors, therapists, psychologists, psychiatrists, social workers, nurses, medical doctors, teachers and mental health professionals.

AUREEN P. WAGNER, Ph.D.



MARIE N. BEAUDOIN, Ph.D.



LEONARD SAX, M.D., Ph.D.



NORMAN DOIDGE, M.D.



REID WILSON, Ph.D.



Full speaker bios, workshop descriptions, learning agendas and more can be found on our website!

www.jackhirose.com

UPCOMING WORKSHOPS & SPEAKERS



ONE DAY WORKSHOPS

Dr. AUREEN PINTO WAGNER, Ph.D.
Worry No More: Early Recognition and Effective Treatment for Anxiety in Children and Adolescents

VANCOUVER, BC | Oct 17, 2011

Dr. NORMAN DOIDGE, M.D.
The Brain that Changes Itself: The Neuroplasticity Revolution for the Helping Professions

CALGARY, AB | Nov 7, 2011

Dr. LEONARD SAX, M.D., Ph.D.
Why Gender Matters in Educating Boys and Girls - Concrete Strategies to Boost Academic Achievement

WINNIPEG, MB | Dec 5, 2011

EVENING SESSION FOR PARENTS

Dr. LEONARD SAX, M.D., Ph.D.
Girls on the Edge, Boys Adrift - Understand-

ing Gender Differences in Today's World: What Parents Can Do

WINNIPEG, MB | Dec 5, 2011 | 6:30PM - 8:30PM

TWO DAY WORKSHOPS

Dr. MARIE NATHALIE BEAUDOIN, Ph.D.
Addressing Children's Socio-Emotional Issues Using the Latest Brain Research: How to Effectively Reduce Bullying, Conflicts, Anger, Anxiety and Depression

RICHMOND, BC | Oct 13 & 14, 2011

Dr. AUREEN PINTO WAGNER, Ph.D.
Up and Down the Worry Hill: User-Friendly CBT for OCD and Adolescents

EDMONTON, AB | Oct 18 & 19, 2011
SASKATOON, SK | Oct 20 & 21, 2011

Dr. REID WILSON, Ph.D.
Brief Strategic Treatment for Anxiety Disorders with Adults and Adolescents

WINNIPEG, MB | Nov 21 & 22, 2011

HEALING AND TREATING

TRAUMA, ADDICTIONS & RELATED DISORDERS

COSNICA FALL 2011

CANADA'S PREMIER PSYCHOTHERAPY AND WORKPLACE MENTAL HEALTH CONFERENCE



November 29, 2011 (Tuesday)
Pre-Conference Workshops

November 30, December 1 & 2, 2011
(Wednesday – Friday)
Three-Day Conference
8:30 am to 5:00 pm

Additional Sessions:

November 29, 2011 | 6:30 pm to 8:30 pm
November 30, 2011 | 6:30 pm to 8:30 pm
December 1, 2011 | 6:30 pm to 8:30 pm

Sheraton Vancouver Airport Hotel
(formerly the Best Western Richmond Inn Hotel)
7551 Westminster Highway, Richmond, B.C.

For more info: conference2011.jackhirose.com

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