



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

# COGNICA

The Canadian Counselling and Psychotherapy Association

VOL. 44 NO. 2 | SPRING 2012



## REFLECTING ON SELF AND PRACTICE

Pre-conference – May 24, 2012 | Conference May 25 – 27, 2012 | Westin Calgary Hotel, Alberta

### KEYNOTE SPEAKERS:

**Marc Gervais** - "Realizing Your True Potential, Communicating Clearly"

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 humour. Marc 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 A. Kottler, Ph.D.** - "On Being a Master Counsellor: Practicing What You Preach"

One of the most prolific authors in the fields of psychology, counselling, and education, having written over 80 books about a wide range of subjects during the past 30 years.

**Judith Jordan, Ph.D.** - "The Power of Connection: Healing and Growing"

Director of the Jean Baker Miller Institute at Wellesley College and teaches at the Harvard Medical School in Boston. She and her colleagues have developed Relational-Cultural Theory which emphasizes the relational nature of human development and underscores the importance of taking culture into account.

### TO VIEW THE PROGRAM ONLINE, VISIT:

<http://www.ccpa-accp.ca/conference2012/program.php>

### TO REGISTER, VISIT:

[www.ccpa-accp.ca/conference2012/registration.php](http://www.ccpa-accp.ca/conference2012/registration.php)

### 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.

For more information, contact Alene Holmes at :

[conference2012@ccpa-accp.ca](mailto:conference2012@ccpa-accp.ca)

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# 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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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

# Spring Migration 2012

**S**kins of geese drift across the prairie sky, knitting patterns on the cotton candy clouds. It's their annual spring migration and as they arc landward in nearby fields, their congregation is voluminous and robust. And so it is with the CCPA membership and its annual migration to the National Conference in May. We have so much to share about our yearly journey.

### **CCPA Partners with the Mental Health Academy**

The life of a counsellor can be hectic, and squeezing in time for everything you want to do is sometimes difficult. To assist our members in work-life balance, the Board of Directors has been searching for additional opportunities for cost-effective, accessible continuing education credits that fit into your busy schedules. Each year National Office receives your continuing education credits (CECs) and tabulates the mandatory CECs for certification renewal (36 credit hours per 3-year cycle commencing in September 2012). We've noticed that, in addition to our annual Conference and webinars, many of our members were seeking local professional learning events and online learning to address their continuing education needs.

To assist you, CCPA has recently partnered with Mental Health Academy (MHA) to help you access high quality, affordable pre-approved learning opportunities for continuing education credit. The Mental Health Academy is a global provider of professional development education for the counselling and psychotherapy profession. Housed in Australia, the Academy makes available professional development opportunities worldwide through internet technology.

Our partnership agreement with the Mental Health Academy includes an ongoing increase in available online sessions focused on current issues in the profession. Made-in-Canada presentations will be added to the professional learning opportunities through a commitment by the Academy to record

presenters from CCPA, with special attention to supporting an increase in the number of French-language sessions.

### **Supervision Handbook**

As the profession of counselling and psychotherapy grows, the need for qualified supervisors increases. To begin to address this need, CCPA has created a Supervision Handbook for supervisors and supervisees. Written by Blythe Shepard and Lorna Martin, the Handbook is designed as a support document, not a textbook. Available in both official languages, the Handbook provides basic information related to the most common supervision requirements in Canada; models and methods of supervision and competency-based evaluation; and the legal, ethical, and moral challenges in supervisory relationships. Forms and templates are provided to assist in making visible an often misunderstood and invisible process of immense ethical importance.

Development of coursework in supervision and a CCPA-sponsored supervision textbook are currently in the planning stages.

### **Counselling and Psychotherapy Research Conference**

To increase the sharing of knowledge, challenges, practices, and findings through practice-based, theoretical, or applied research into our profession, CCPA is hosting a research conference. The purpose of the conference is to provide a space for academics and the counselling and psychotherapy community to meet together to discuss works in progress, locate potential research partners, and share relevant new findings. We're hoping that students will be encouraged to engage in the conference as well as faculty, scholars, practitioners, and clinical supervisors.

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## Membership Growth

CCPA continues to grow its membership. Now more than 4300 strong, CCPA continues to engage in activities that give a national voice to counselling and psychotherapy. As an important part of the continuum of care, we are now a member of the Canadian Primary Health Care Network, a pan-Canadian research network group devoted to partnering on research projects designed to enhance the health and well-being of Canadians. We have also joined the Canadian Alliance on Mental Illness and Mental Health in advancing federal policy, programs, legislation and regulations related to mental illness and mental health. Most recently, work on the Mental Health Strategy included a conversation on approaches mental health and

mental illness and delivery of mental health programs, treatments, services and supports.

With more than 4300 members, the migration of members to the National Conference in Calgary, like that of our Canada Geese, promises to be robust. And while the Board of Directors has been working very hard on your behalf, we have so much more that we wish to accomplish on our journey. I look forward to connecting with as many of you as possible at the upcoming Conference. If you are unable to attend, please send an email to me or any of the Executive or Directors. We'd love to hear from you. As we get closer to May 24, look to the sky for an aircraft; check how many of us are leaving vapour trails in the sky as we arc landward for Calgary.

# Enhancing Aboriginal Members Representation to CCPA

By Ron Lehr  
CCPA Past President

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In November 2011 the CCPA Board unanimously passed a motion: *To seek support and to explore in a culturally appropriate way the means by which aboriginal representation to CCPA may be enhanced. The term aboriginal is meant to encompass groups such as First Nations, Inuit, and Métis.*

Over the past few months, we, the Governance Committee of CCPA, have been engaged in identifying a process that will enable us to fulfill the mandate of this motion. At this time, we are providing this information to all members of CCPA to give each of you an opportunity to submit your thoughts and recommendations regarding the motion. In doing this, we recognise that many of our CCPA members who are First Nations, Inuit, or Métis might not be members of the Aboriginal Circle and that there are other non-aboriginal CCPA members who might like to offer suggestions. In addition to putting this notice in COGNICA, we are also reaching out to all current members of the Aboriginal Circle in a separate correspondence.

**"CCPA is looking for your suggestions!"**

If you have suggestions and recommendations to offer regarding this motion, please forward them to [ron.lehr@acadiu.ca](mailto:ron.lehr@acadiu.ca).



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## ATTENTION ALL CCPA MEMBERS

The Canadian Counselling and Psychotherapy Association will hold its Annual General Meeting on May 26th, 2012, from 12:00 to 13:00, at the Calgary Westin Hotel at 320 4th Avenue Southwest, Calgary, AB, T2P 2S6. Every member is invited.

### AGENDA

#### Welcome

1. Acceptance of Agenda  
**Motion Required:** To accept the agenda.
2. Minutes of May 2011 AGM  
**Motion Required:** To accept the minutes of the May 2011 AGM as presented (as amended).
3. President's Report.
4. Presentation of the Board of Directors.
5. Financial Report 2011-2012.  
**Motion Required:** To receive the 2011-2012 audited financial statement as presented.
6. Approval of 2012-2013 Auditors.  
**Motion Required:** That van Berkom & Ritz LLP be selected as the Financial Auditors for 2012-2013.
7. Other Business.
8. Good Faith Motion
9. Adjournment  
**Motion Required:** To adjourn the meeting.

# Supporting Clients and Supporting Ourselves Within the Healthcare System

by Melissa Seaborg,  
M.C., Registered Provisional Psychologist

Stigmatizing concerns related to mental health has become a recurring theme in my work with clients. The more I work with individuals struggling with mental health concerns, the more I hear how difficult it can be for them to find appropriate support. That said, in my work with Alberta Health Services (AHS), I have come to understand that as counsellors, we are truly the client's advocate. I had the pleasure of completing my practicum with AHS and now have become a permanent employee. It is a joy to learn from and advocate for clients on a day to day basis. There are a couple of clients whom I can recall disclosing that

they had been feeling unsure of how to access mental health services, professionals and support and then feeling uncomfortable to discuss personal struggles with a stranger.

“Becoming vulnerable is not for the faint of heart and thus, clients who seek mental health support should be commended on their ability to reach out and seek support.”

When we break a bone or require medication, we access the health care system without a second thought. The difference is that mental health concerns can go unseen forever, unless individuals are comfortable in admitting a concern. Becoming vulnerable is not for the faint of heart and thus, clients who seek mental health support should be commended on their ability to reach out and seek support

I read an article by Sprague who highlighted the importance of professionals accessing support when working with high risk clientele such as suicidal adolescents, a client concern I work with regularly. It is unrealistic to believe that alone, we are capable of ensuring safety for those who are presenting with suicidal ideation.

One thing that I believe we can do as mental health professionals is to walk the talk. I have come to believe that through my role as advocate, I also have a responsibility in accessing mental health supports if and when necessary. I believe in counselling and thus, I want to engage in an activity that can benefit me. I am growing mentally and spiritually and really want to be aware of my personal needs. I want to be able to explore things that I am curious about. I admire my clients so much. Whether they recognize it or not, my clients have sought counselling support because they are giving themselves the permission to become vulnerable.



# Chapter Support Fund

## Background

At the May 2011 Board of Directors Meeting the creation of a Chapter Support Fund was discussed. This discussion resulted from a Chapter Presidents' meetings, where some Chapter Presidents requested increased support from CCPA for Chapter initiatives.

## Structure of the Chapter Support Fund

The Chapter Support Fund will provide for supportive funding opportunities from CCPA to Chapters to a maximum of \$6,000 per annum for all requests from all chapters. Support will be based on individual merit, and will be pro-rated based on availability of support funds and funds raised directly from the Chapter for its project. These funds will be clearly identified in the CCPA accounting system as Chapter Support Funds. The start date for the supportive funding will be February 2012.

Supportive funding is not intended to jeopardize CCPA's ability to operate other projects. CCPA will in each fiscal year cap the amount of available funds. This decision to cap funds will be made by the Board of Directors and communicated to affected parties in a timely fashion. The decision of the CCPA Board of Directors is final. When deemed appropriate to do so, CCPA shall reserve the right to not fund any projects in any given year.

## Administration of the Fund

The Fund will be administered through the National Office of CCPA.

All uses of the Chapter Support Fund will be at the discretion of the CCPA Board of Directors.

Application to the fund for use of the monies will be made by the President of the Chapter through the Chief Executive Officer of CCPA. Each application will be considered on its individual merit by the Board of Directors as to its applicability for funding.

The application for the funding should include the following information:

- Name of the Chapter requesting the funding, including signatures/names of any partner associations, organizations and/or supportive individuals
- Evidence of an organized, cohesive group of individuals committed to the Chapter project that is in the best interests of clients and counsellors and psychotherapists
- History of activities undertaken prior to application for funding
- Evidence of an existing plan for Chapter funding, fundraising, and dissemination of information that aligns with the ethics, mission, and services of CCPA
- Evidence of research and/or preparation of background information
- A description of the use of the funds, clearly indicating how the funds will advance the cause of the CCPA Chapter
- Detailed budget of the funds required
- Time frame of expenditures
- Specific names of individuals or organizations to which the money will be transferred
- Deadline for funding

## Report

A report on the outcome of the project for which the funds were allocated will be submitted to the CEO of CCPA by the recipient Chapter president within three months of the completion of the project.

## Advertising of the Fund

When funds are approved for expenditure, an article will be placed in Cognica notifying members of the use of the funds.

Within three months of the completion of the project, the recipient Chapter President will submit a brief article for Cognica, describing the project and its results.

# Defining Adolescence: Civilizational Epistles

By Amin Kanji

There is a wealth of information on how to engage individuals from a cultural perspective. Culture is usually defined as a number of individuals' ethnicity, language, idiomatic expressions, intellectual thoughts and sexual preferences. This means that human beings at any age are systematically influenced by a field of thought, boundaries and even well-defined mannerisms and meanings they form through language and perception. Counsellors are often caught in the simple idea of cultural models of interventions which are usually defined through the use of a universal language and are sensitive to existing implicit mainstream "rules". They put this knowledge to use in order to help them assess their client's condition and undertake transformations. This is not a new phenomenon. Such pressures can be observed on the streets, in institutions, in schools and elsewhere. These pressures usually take the form of bullying, prejudicial remarks and discrimination based on opinions formed around preferences of smell, taste, clothing and even color. However, culture can offer a whole different set of rules based on the understanding of spirituality.

Counsellors might not fully understand the meanings which are generated during sessions because they are either caught by the normative methods of interpreting culture or fail to understand the clients' views on histology and/or other reasons. This is where counsellors lose the opportunity to form an intimate connection with, in this case, their adolescent client. The occidental values are sensitive and its communication methods are very deliberate in allowing the forming of a counselling relationship. However, the ideas formed through oriental thought can often be very different not just because of idiomatic reasons but also because the oriental epistles of knowledge are profoundly different. When we think of the value of openness, it is a two-sided coin. The client's ability to open up during a session can be stifled because of a counselor's inability or unwillingness to accept the client's values.

Adolescence is a sensitive period, particularly when it comes to one's culture because this is a time when adolescents undergo significant physiological changes influencing their mental, emotional and sexual being. This last element is a predominant part of the adoles-

cent's growth. Adolescence is a period of sexual aggressiveness and with it comes the formation of desires which influence carnal pulls and sexual attraction, which then involve fear and anxiety. Cultural rules are put in place to introduce boundaries into the adolescent's life. Occident (Western) cultures place value on sex and sexuality and permit consensual conjugal relations as an experience and, in secular areas, consider it growth promoting. Orient (Eastern) cultures deny such freedom because the exploitation of sex and sexuality are viewed as indulgence which frees the "Ape-like" carnal soul in the human's spirituality which is also developing in parallel with the physiological changes. The Orient consider the control and management of carnal feelings as the polishing of the soul and as part of the lifelong moral struggle to develop personal purification and to reach a certain spiritual connection or enlightenment. These changes, together like a musical symphony, not only begin the program of your spiritual and intellectual life but also engage the youth psychologically.

When you take into consideration each of the physical, mental, emotional and sexual areas of human development which are significantly transformed during adolescence and look at them as a unit, you recognize that adolescents experience a revolution of personal significance that will determine the adult that they will become. Adolescence is not only a period of psychological conditioning which will influence the individual's behavior on a personal and interpersonal level, but is also a time of spiritual and existential crisis. This is not only a search for identity, but also of the desire to succeed and to be able to function productively without fear. The search for one's spirit is dominated by the desire to manage one's personal life. The adolescent's crisis is the active condition of the adolescent personality struggle to cope with moral and immoral models that may be tied to his or her family, friendships, recreational activities, sports and other areas of interest. It may be caused by personal choices in life directions in regards to sexuality, principles, and even the search for ideal values. This search impacts the mood, ideas and strength of the adolescent. This is why adolescence is a period where one's personal emotional strength is very vulnerable and therefore makes adolescents prone to

bio-chemical reactions that lead to a low frustration threshold which leads to volatility and outbursts. It also influences selfish and ego centric tendencies, not because adolescents wish to remain self-normative, but because they are actually frightened of being left alone in their journey into the future.

### Occidental model:

- 1.Consider sensitive communication (openly communicating about every issue confronted during adolescence whether it's psychological, sexual or emotional) as the key to engaging adolescent relationships.
- 2.Propose that psychobiology and identity formation are products of the adolescent gene, family tie and cultural pool.
- 3.View adolescents as emotionally vulnerable and need to explore all aspects of their being without fear.
- 4.Propose knowledge and problem-solving as a source of reducing conflict.
- 5.Insist that adolescents have to undertake well thought-out decisions and therefore need to learn to problem-solve instead of reacting impulsively in problematic situations. They call this a learning and behavioral change model.
- 6.Engage into exploring prayer, contemplation and even meditation and visualization as alternate holistic models for helping adolescents undertake preferred change and transformations.

### Oriental model:

- 1.Accepts all the practical models of the Occident except the idea of sexual exploration with consent.
- 2.Defines the adolescent on a cultural, genetic and relational basis like the occidental model. However, it adds another variable. This variable includes the spiritual link between the individual and the spirit of God.
- 3.Unlike the occidental model, the oriental model proposes that the adolescent is not just a creature of matter - and therefore just a mechanical being - but that he or she is also composed of a spirit. The spirit is literally woven into the adolescent's being and carries the meaning of the relationship and family gene pool but also a natural instinct to move towards the "origin" and to the living light of God. Therefore, the fear that they face is natural and how they react to it is not egocentric or self serving. Their actions result of the battle raging inside of them between different components which are not yet fully cultivated as a whole. These components need to become synchronous with the movement and feelings of the adolescent to allow an increase in spiritual strength.

### Proposed counselling interventions:

- 1.Help the adolescent inform you of their present problems.
- 2.Help the client build trust and a good rapport by keeping an open objective mentality.
- 3.Begin to explore the client's values and with it observe and check client's strengths and areas where he or she needs to build strength.
- 4.Assess the way the family may have attempted to help the adolescent build strength and begin to form a cultural understanding. Here, the counselor needs to remain absolutely open, unconditional and unwilling to fall back on any personal values linked to their own culture. The client must see the counsellor as an open mirror that is willing to connect with their level of knowledge and understanding.
- 5.Begin to seek out the adolescent's cultural and spiritual values to understand how paradoxes or confusion may have formed, resulting in a counterproductive condition.
- 6.Counsellors should seek consultation in order to ensure that their practices will have a positive impact in order to help the client using the best methods possible.
- 7.Counsellors should withdraw from counselling an oriental client if they feel incompetent or value-bound.

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# Megatrain Inc.

## Executive Coaching : A client's Perspective on the Coaching Process

Written by Sean Townsend from Psychometrics Canada  
([www.psychometrics.com](http://www.psychometrics.com))

"High-performance coaching" is how executive coach Laurie Hillis describes her recent experience with Patricia,\* a senior analyst focusing on operational excellence in a Calgary-based pipeline company. Patricia was looking for ways to improve her communication skills to meet the challenges of her unique position.

"I'm an 'individual contributor,' neither a leader nor a member of a team," says Patricia, "but in a sense, the entire organization is my team because I need to collaborate across most of the company at multiple levels. And my work requires change from people—change that is not always comfortable. There's potential for significant resistance."



"Patricia's position demands exceptional communication skills to deliver messages in a way that will ensure commitment," says Hillis, who worked with Patricia from September 2010 to February 2011. "When you're coaching someone as skilled as Patricia, you're really just helping them hone their skills to bring their best self."

To do that, the coach has to "have a beginner's mind," she says. "Stay on the edge of new learning, and be willing to experiment together." But she notes that experimenting demands mutual trust between coach and client. "The way we built our coaching relationship established a framework that Patricia was able to replicate in order to gain the trust and influence she needed in her role," she says. "It takes a willingness to be vulnerable. That opens up the doors to play and to experiment."

"By the time we started, I was ready to jump in with both feet," agrees Patricia, "but I wanted to make sure Laurie had me."

To put Patricia on the path to safe ground, Hillis used assessment tools including the Myers-Briggs Type Indicator® (MBTI®) Step I and II. "The MBTI is a non-negotiable for me as a coach," she says. "It helps with building the solid foundational relationship before the coaching relationship, and the trust you need to enable speed of progress. The Step II tool validates growth that has already happened, and allows me to coach to [the client's] style."

Patricia was impressed with how deeply her experience with the MBTI tool reflected what she knew about herself: "It was far more detailed than I expected, down to a fine level. I've never had my style described more clearly or succinctly. Laurie's credibility was reinforced by the MBTI tool."

Working in a safe space with a coach helped Patricia find the personal strengths she could apply to the less safe challenges at work. "It was like rocks in a river," she explains. "I could feel them, I knew they were there. But Laurie helped me see through the water and pick them up. Her interpretation provided me with so much confidence, I took a giant step forward in trust. Once we had that, I felt courageous."

Patricia says that coaching has had far-reaching effects on her work—and her life. "My ability to collaborate, to listen and to be patient has improved," she says. "I have more room for people who need to take more time. And all these improvements enmesh, so the quality of the output also improves. Better solutions, better process."

"And here's the most important thing: I'm happier.

More calm, more content, more confident, every single day. I trust my own experience and instincts, and that has changed my life. It's like sailing. After all the instruction, there comes a moment to take the wheel. I stopped looking at all the flags and indicators, and I trusted my instincts on what to do. I could respond in a way that would move us to where we all wanted to go."

\*Note: The client's name has been changed to protect confidentiality.

### Laurie Hillis

President of Megatrain Inc., has been an executive coach for over 15 years. She is a senior faculty member at the Executive Education Department of the University of Alberta's School of Business, and was a founding member of the Southern Alberta Association of Psychological Type.

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## Courses & Workshops by the MHA

### Introducing easy, cost-effective access to Continuing Education Credits

Are you looking for cost-effective continuing education credits that fit into your busy schedule?

We've noticed that, in addition to our annual Conference and webinars, many of our members are seeking local professional learning events and online learning to address their continuing education needs.

To assist you, CCPA has recently partnered with Mental Health Academy (MHA) to help you access high quality, affordable pre-approved learning opportunities for continuing education credits. MHA is a well-regarded professional learning provider that specializes in affordable online courses and video workshops.

In a landmark offer, CCPA and MHA are offering you an exclusive and limited opportunity that provides you with access to a large range of quality CCPA pre-approved programs.

Interested? It's easy, cost-effective, and available in your office or home based on your schedule. To see if this introductory offer is a good fit for you, and to register now, go to: [www.mentalhealthacademy.net/ccpa](http://www.mentalhealthacademy.net/ccpa).

# Canadian Certified Counsellors:

The following CCPA members have been recently certified.

## Alberta

Jessica McDonald  
Tanya Hansen  
John Hoedl  
Kimberly Young  
Danalee Mochoruk  
Angela Parsons  
Caroline Andersen  
Ayan Ali  
Kimberly Stauffer  
Jill Delarue  
Amanda Marleau

## British Columbia

Danielle Lambrecht  
Serena George  
Carol Heyworth  
Tait MacFarlane  
Nancy McFarland  
Sunny Myles  
Rosemary Rukavina  
Amanda Byrne Jungen  
Piers Samson  
Brenda Blaschuk  
Pauline Low  
Stephanie Capyk  
Alisa Charach  
Alison McWalter  
Johanna Wickie  
Joanne Darrell Herbert  
Meagan VanDiermen  
Patricia Garner  
Kar-Yue (Ben) Ho  
Kelly Richardson  
Jessica Willis  
Pardeep Atwal  
Emily Reskovich  
Loray Daws  
Hardeep Johal  
Helen Dunn  
Lucia Eitzen  
Amy Glazema  
Joey Worthington  
Devinder Gill

Barry Salaberry  
Jamie Dovedoff  
Edward Chen  
William McMechan  
Christopher Kelly  
LorrieAnn Riedel

## Manitoba

Rita Peters  
Dana Corr  
Krysti Dedi  
Julie Southam

## New Brunswick

Patrick Barbour  
Danielle Whalen  
Roger LeBlanc  
Stacey Killam  
Bruce Van Stone  
Rachel Way  
Patricia Slipp  
Mark Saulnier

## Newfoundland

Megan Freake

## Nova Scotia

Michael Simon  
Daniel Vanderlans  
Amy Mackenzie  
Heather Doyle  
Kathryn Marie Kennedy  
Molly DeShong  
Jennifer Morrison

## Quebec

Athena Scotese  
Joanna Gil

## Ontario

Jeremy Jacob  
Chantal Blackshaw  
Victoria Cop  
Karen Running-Selby  
Elke Schaetgen  
Terry Noble  
Erin O'Keefe  
Lucie Brandt  
Samaneh Salari  
Wendy Lee  
Sarah Saeed  
Marc-André Gougeon  
Lana Bryanton  
Sophie Hwang  
Mélanie Rishwain  
Sheila Norquay  
Andrea Auer  
Timothy Rieck  
Amanda Adams  
Daria Bednarowski  
Tayo Olupona  
Ilicia Simmons  
Jessie Godin

## Prince Edward Island

Barbara MacNutt  
Paulette Anne Vienneau

## Saskatchewan

Lillian Nakrayko  
Susan McKay  
Cristina Dumitrescu  
Janelle Jackiw  
Angela Wiebe  
Michelle Thibault

## International

Kerri Pack  
Jennifer Poland  
Nicole Phillips

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## CCPA Board Directors 2011–2013

### Executive Committee

**President:** Lorna Martin ( president@ccpa-accp.ca )

**President-Elect:** Blythe Shepard  
( president-elect@ccpa-accp.ca )

**Past-President:** Ron Lehr  
( pastpresident@ccpa-accp.ca )

**Treasurer:** Miriam Duff ( mimgeo@shaw.ca )

**Secretary:** Staff

**Executive Director:** Barbara MacCallum  
( bmaccallum@ccpa-accp.ca )

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#### British Columbia/Yukon:

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### Standing Committees 2011–2013

**Governance Committee** – Ron Lehr ( Chair )

**Risk Management Committee** – Blythe Shepard ( Chair )

**Quality Assurance Committee** – Pending

**Education or Policy (Advocacy) Committee** –

Michel Lefebvre (Co-Chair) and

Trish McCracken (Co-Chair)

**Appeals Committee** – Ron Lehr ( Chair )

**Ethics Committee** – Cristelle Audet ( Chair )

**Certification Committee** – Blythe Shepard ( Chair )

**Awards Committee** – Sarah Holland (Co-chair) and

Erin Crossland (Co-chair)

**CACEP** – Dr. Bill Borgen (Co-Chair) and

Dr. Sharon Robertson (Co-Chair)

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### Chapter Presidents

#### National Capital Region:

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#### Creative Arts in Counselling:

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#### Aboriginal Circle:

Vacant

#### Pastoral and Spiritual Care in Counselling:

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#### Alberta & NWT:

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#### Nova Scotia :

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#### Animal Assisted Therapy

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### CCPA Staff

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