



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

# COGNICA

The Canadian Counselling and Psychotherapy Association

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## CCPA 2013 AWARD RECIPIENTS

At the CCPA Awards Banquet held during the 2013 CCPA Annual Conference in Halifax, NS, Blythe Shepard, President of CCPA, took the opportunity to acknowledge all of the unsung heroes and persons worthy of recognition in our profession. She commended all members far and wide who daily make a positive difference in the lives of people and the advancement of our profession. The awards ceremony recognises and honours some outstanding individuals in the counselling and psychotherapy profession. From students emerging into our profession to those who have been practitioners, supervisors, and mentors, CCPA offers its appreciation for their work in growing a strong foundation of caring and action.

A number of awards were presented to recognize the professional contributions of Canadians in the field of counselling, including the CCPA Practice-Based Counselling and Psychotherapy Research Award, the CCPA Counsellor Practitioner Award, the CCPA Counselling Resources and Training Materials Award, the Robert Langlois Award for Bilingualism and many more.

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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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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

## Branching Out

I am so honoured to take on the role of President of the Canadian Counselling and Psychotherapy Association and to acknowledge recent past presidents (Lorna Martin, Ron Lehr, and Maria De Cicco) from whom I have learned so much. My thanks go to Ron Lehr who nudged me to consider putting my name forward for President-Elect; to Lorna Martin for sharing her enthusiasm and commitment to the association; and to Maria whose grace and determination is something I strive for.

As President, I will put my energies into continuing to build the Association and its outreach to current and future counsellors/ psychotherapists; developing the supervision certificate program; increasing the visibility of research undertaken by our members; increasing research-based and applied CCPA publications; reaching out to our northern members; and continuing to support activities that ensure and sustain counsellor competency that include professional learning opportunities and collaboration with national and international counselling associations.

### Welcome to our New Provincial Directors

As President, it is my pleasure to introduce you to the new Board of Directors of CCPA for 2013-2015. Let me encourage you to learn more about our provincial/territorial directors by reading their biographies at <http://www.ccpa-accp.ca/en/governance/boardofdirectors/>. Just as our membership includes specialists in numerous mental health areas ranging from ADHD and learning disabilities; marriage counselling; eating disorders; stress, depression, and anger; grief and infertility; weight management and

body image; addiction; Indigenous issues; family counselling; career development and management, and more, your Board of Directors also reflects that diversity. Our Board members include private practitioners; a child life specialist; counsellor educators and students; a marriage and family therapist; a career counsellor; school counsellors; a mental health counsellor; a specialist in organizational behavior and multicultural counselling; an addiction counsellor, and a specialist in the area of separation and divorce. The Board also reflects more cultural diversity than in the past. Please become acquainted with your new Directors and welcome them to their new appointments. They are an energetic group full of creative ideas. Stay posted for more to come!

*Good timber does not grow with ease. The stronger the wind the stronger the trees.*  
J. Willard Marriott

The evolutionary "tree of life" is a well-known metaphor for the broad scope and branching pattern of evolution over time. This metaphor was first developed by Charles Darwin in *On the Origin of Species*, as a way to help shape his ideas about evolution by natural selection. From trees we learn metaphorical lessons, like the idea that if we stay flexible, we're more likely to bend than break when life's winds blow through. Trees are nature's gladiator, who despite great imbalance in odds, fight to keep a foothold in the most extreme conditions. I liken CCPA to a tree.

CCPA's roots lie deep in the ground drawing up nutrients and providing a solid base for the profession. Nearly fifty years of growth have spread our roots far and wide, nation-

ally and internationally.

The trunk stands above ground providing material strength for the whole tree. Our code of ethics, standards of practice, ethics committee, and casebook identify the basic ethical and moral commitments and values of the profession. The Canadian Certified Counsellor designation gives strength to the profession. The tree with its firm base symbolises that concept of rootedness and of ongoing relationships with our surroundings gained through our annual National

*My commitment to you as president is to continue to nurture our roots, strengthen our trunk, and develop our canopy.*

Conference, our Chapters, Cognica, and the Canadian Journal of Counselling and Psychotherapy.

Over the past 48 years, we have nurtured the CCPA tree, watering, mulching, staking when necessary to provide adequate anchoring, and monitoring and taking action when something needs doing. The leafy green foliage symbolizes a time of projects coming to fruition and of maturation. We have grown strong, branched out, and developed a thick canopy of leaves that draw energy from their surroundings. Our branches represent our many new initiatives that serve our members in these new times. We now have a variety of ways to share and disseminate knowledge – through webinars, social media, and the Mental Health Academy, for example. We are reaching out to the public through the public-facing website ([www.talkingcanhelp.ca](http://www.talkingcanhelp.ca)) to provide Canadians with information about mental health issues; we are in touch with other health related associations as an important part of advocacy and outreach for the continuum of care. Our certification now has three branches – Canadian Certified Counsellor (C.C.C.), Canadian Certified Counsellor - Qualifying (C.C.C.-Q) and the Canadian Certified Coun-

sellor-Supervisor (C.C.C.-S). The Ethics Committee also has two branches – a Complaints Division with Simon Nuttgens as Chair and a Queries Division with Cristelle Audet as Chair. CCPA is branching out in other ways – with an annual Research Conference, a Master's level supervision course with university credit, and a number of textbooks in development including a revised Ethics Casebook, a Supervision textbook, and a textbook on Counselling across Canada. The canopy drawing in energy from its environment is symbolic of our need to absorb our professional heritage in order to feel in tune with our evolution from times past. The drive to find a historic link with our present lives is almost instinctive and propels us forward to attain status as a recognized and valued profession.

The fruit of the tree – harvested and consumed by others – represent the impact CCPA has on the lives of our members, other professions, and the public; it embodies our ability to plant a seed in our members and to see it sprout, grow, and bear fruit. My commitment to you as president is to continue to nurture our roots, strengthen our trunk, and develop our canopy.

In closing, I would like once again to thank you for the warm welcome I received from CCPA members who were present at the Halifax conference when Lorna Martin handed over the Presidency to me. I know I have much to learn and that the two years will fly by! I have a strong Executive and Board to guide me and fantastic National Office staff to support me.

Blythe Shepard  
CCPA President

*Success is not final,  
failure is not fatal:  
it is the courage to  
continue that counts.*

**- Winston Churchill**



## President-Elect's Message

I am very pleased to join the CCPA Board of Directors as President-Elect. I am genuinely excited about joining the leadership of this dynamic and growing organization at a time when there are many changes impacting the counselling profession in Canada. I believe that the knowledge and skills I gained through my previous clinical, teaching, and administrative work will support my efforts to contribute to the development of CCPA during this time of change.

Some background about me: I was raised in Nova Scotia and moved to Montreal to pursue my graduate studies. The kind advice of a social work professor at McGill led me to the counselling psychology program (she thought I was better suited to counselling), where I completed an MEd and a PhD. I've lived in Quebec for 25 years with my bilingual family. I've taught counselling at the University of Ottawa for 15 years; my research is centered around bullying prevention and school climate. I was involved in university administration for 10 years, and honed my skills in policy and management. I have practiced counselling and psychotherapy for more than 20 years in post-secondary, medical, community, and private practice settings.

I have served CCPA in a variety of ways, including several CCPA committees (e.g., Ethics, Certification, and others) and as President of the Counsellor Educators' Chapter. I have assisted CCPA informally on many initiatives, most recently starting a graduate-level course on clinical supervision. I've also been involved (as a stakeholder and as a consultant) with the new regulatory college governing psychotherapy in Ontario.

Below are some key ideas, preoccupations, and values that I bring to the CCPA Board of Directors as an executive member:

- Counselling must be practiced with competence and utmost care. Consequently, I will continue CCPA's efforts to support provincial counterparts to gain regulation of counselling where it is not yet regulated in Canada.
- I will promote the competencies of our certified (C.C.C.) members to external stakeholders (e.g., other health organizations, insurance companies, etc.) so these members are fully recognized for the quality professional services that they offer.
- Counselling and psychotherapy are practices informed and supported fundamentally by evidence. I will promote knowledge-building opportunities (conferences, professional development) that strengthen links among research, theory, and counselling practice.
- As a Canadian Certified Counsellor and a registered psychologist, I feel at home in the diverse community of mental health professionals. I will use this footing to build strong connections between CCPA and other mental health organizations in Canada.
- I believe that Francophone and Anglophone counsellors should feel equally at home within CCPA. I will promote bilingualism throughout the organization and in interactions with external stakeholders.
- With provincial regulation on the rise, there will be increasing competition for

membership dollars. I will work hard with the CCPA Board and management team to ensure that Canadian counsellors continue to see the relevance and value of CCPA to their individual work and continue to choose CCPA as their professional home.

While I feel genuinely daunted by the challenges of this new journey, I take great reassurance from the fact that I am accompanied by such knowledgeable and astute colleagues on the Board Executive: Blythe Shepard, Lorna Martin, and Miriam Duff. I expect

to lean heavily on them in the months ahead as I begin to find my way in this new role.

It is an honour for me to work with all of you to continue building and promoting the counselling profession in Canada. I look forward to meeting and speaking with you in the years to come as we make this journey together.

David Smith  
President-Elect



## IAC Conference 2014: Communicating, Connecting and Collaborating on a Global Stage

May 3 - 7, 2014, Victoria, British Columbia, Canada

The International Association for Counselling (IAC), in partnership with the Canadian Counselling and Psychotherapy Association (CCPA), would like to invite you to the IAC Conference 2014 from May 3 to 7, 2014.

We invite you to submit a presentation proposal for the 2014 IAC Conference by visiting their website at <http://ccpa-accp.ca/iacconference/presenters.php>.

The deadline to submit a proposal is October 21, 2013.

For more information regarding IAC's 2014 Annual Conference, visit:

<http://ccpa-accp.ca/iacconference/index.php>



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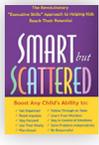
Edmonton, AB | Oct. 25, 2013  
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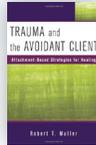
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# 2013 CCPA Award Recipients

*Continued from front page*

## **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 Robert Allan for his research involving the enhancement of relationships between gay men.



## **CCPA Counsellor Practitioner Award**

The CCPA Counsellor Practitioner Award is awarded to recognize exceptional CCPA counsellor practitioners. This year's recipient of the Counsellor Practitioner Award is Andrea Garland. Working as a consultant for the Western School Board of PEI, Andrea was instrumental in the development of a peer collaboration model for counsellors. She also undertook a major initiative to provide training to all of the School Board's counsellors on the facilitation and development of the functional behavior plans. Andrea has tremendous passion for the counselling profession and incredible creative energy.



## **CCPA Student Travel Award**

Each year, the Canadian Counselling and Psychotherapy Association provides four \$500 awards in support of student members who wish to attend the CCPA annual conference. This year's recipients are Barbara Smith, a PhD student in Counselling Psychology department at the University of British Columbia, Gemma Armstrong, a masters student in the Counselling Psychology program at the University of Victoria, Gail Bailey, a masters student in the Counselling Psychology program at the University of Lethbridge, and Jessica Isenor, a PhD student in the Education Counselling program at the University of Ottawa.



## CCPA/Marsh Student Bursary

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. This year's recipients for the Marsh Student Award are Kate Gignac, a PhD student at the University of Ottawa, and Andy Dimitri Veilleux, a student in sciences de l'orientation at l'Université de Laval.



## CCPA Conference Travel Grant

Each year, CCPA provides six (6) \$500 awards in support of members who wish to attend the CCPA Annual conference. This year's recipients are Gina Ko, Eunice Lavell, Cassandra Cairo, SShelley Skelton, Verlie Wile and Tara Wood.



## 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 Serge Hall. He has a wonderful character and is at ease with working in the two official languages in Canada. He is an exemplary and well deserved winner of the Robert Langlois Bilingualism Award. His main goal has always been to promote counselling and the statutory regulation of the profession in New Brunswick, to develop and exchange counselling resources, and to gather the counselling community in the two languages! He accomplishes these feats with grace, humour, and panache.



## CCPA Counselling Resources and Training Materials Award

The CCPA Counselling Resources and Training materials Award is awarded to a CCPa member to recognize their work in the development of counselling resources and training materials in Canada. This year's recipient is Liette Goyer for Mon GPS de carrière.



*Continued on next page...*

### Counsellor Educators Chapter Doctoral Student Dissemination 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 Kate Gignac.

### Career Counsellors Chapter : Dr. R. Vance Peavy Travel Award

Every year the Career Counselling 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 Deidre Pickerell.

Congratulations to all our Award winners!

## Fleming College Helps Baby Boomers Find Careers

By Sean Townsend  
Psychometrics Canada ([www.psychometrics.com](http://www.psychometrics.com))

A career program at Ontario's Fleming College is helping people in the communities of Peterborough and Haliburton gain new insights into their career interests and values—but the participants aren't your average college crowd.

"Our main audience is older workers aged 50 to 64," explains Tammy Jinkerson, operations and training co-ordinator with the college's department of Community Resources for Employers and Workers. "These are highly skilled people, many with higher education. We've had teachers, six-figure earners, people with master's degrees."

The program, part of a joint federal/provincial project called Targeted Initiative for Older Workers, helps unemployed and underemployed community members find information, services and opportunities to make job searching, career planning and retraining simpler and more effective.

"Our clients are baby boomers; they expect high quality from the program and the facilitators," says program facilitator Sarah Haase. "They're a diverse group, they will challenge ideas, and they have a lot of wisdom."

To capitalize on that wisdom and help participants benefit from each other's experience, the eight-week program includes both one-on-one and group elements.

Knowing the high expectations of their clientele, Jinkerson and her colleagues did some careful research, including satisfaction surveys of older workers and consultations with Psychometrics Canada, to look at what participants wanted and to find the best available assessment tools for their clients. "We wanted to know about older workers' opinions of existing programs," says Jinkerson. "Many of them talked about previous experiences with assessments. They're looking for tangible, objective results."

For the program staff, that meant finding reliable, valid and standardized tools that would fit within the program's time frame and could be used in group settings. The right tools turned out to be the Career Interest Profiler and Career Values Scale.

"We use both tools in every session," says Haase. "They give people a comprehensive picture of their interests, strengths and values, with tangible results. And they ask powerful, valuable questions."

Donna Arnold, program facilitator at the Haliburton campus, adds that the written take-away report from the Career Values Scale “allows people to read, assimilate and apply their results at their own speed.”

Jinkerson notes that the tools help people “develop a portfolio—a show-and-tell piece they can use to point to strengths with future employers.”

Working with more than 60 people since the program began in July 2010, the facilitators have developed their own portfolio: testimonials from happy clients. Jinkerson mentions one client who was new to the community, but landed a job after networking with a new Canadian through the program—a connection who tipped him off to a hidden job market he would otherwise never have investigated. “He told us, ‘If it weren’t for that one day, in that one conversation, I wouldn’t have found my dream job,’” she says. Arnold quotes an insightful statement from one of her participants: “It made me realize I should not take just any job. That’s not good for me or for the employer.”

Along with individual success stories, the program has yielded some pleasant surprises: more demand than originally anticipated,

an unusually high retention rate—only one or two participants in each community did not complete the program—and a 100% satisfaction rate in participant surveys.

“It’s a balancing act to get the personal touch,” says Jinkerson. “One thing we didn’t expect was how to wrap up participation. People didn’t want to leave the group! Our challenge was providing a continuing link.”

To help all participants stay in touch, the program includes a followup session called “In the Loop.” The half-day session includes a workshop or guest speaker, and gives people time to share experiences and talk about their progress—time that few participants have had in their previous careers to address self-knowledge and self-discovery.

For Jinkerson and her colleagues, the satisfaction comes from seeing participants explore and express their career interests and values in new ways, such as finding hobbies, volunteering or starting a small business. As Haase points out, the program’s greatest gift to its graduates may be opening them up to the possibilities their career interests offer: “They’re thinking of new ways to find work or create work.”



# CCPA Certification

By Monika Gal  
CCPA Registrar

In my last article I mentioned an update coming to CCPA certification. On September 1st, 2013, CCPA will be launching a revised certification application procedure intended to simplify and bring clarity to the application process. These updates are intended to make the certification requirements clearer and do not change the standard required to obtain C.C.C. designation.

After months of discussion and review, I'm looking forward to presenting the updated version to CCPA's membership and potential certification applicants. From an e-blast to membership, free webinars and contact with CCPA's Student Representatives, there are a number of initiatives over the next few months that are intended to present these new updates to CCPA's membership and potential applicants.

The review of CCPA's Certification procedures has been referred to as the "Pathways to Certification" because it re-organizes the requirements and application process into two pathways that distinguish the application process for new graduates versus experienced practitioners. *Pathway One* for new graduates is designed for applicants who graduated within the last five years and will evaluate their education and practicum training. *Pathway Two* is intended for practitioners who graduated over five years ago and will evaluate their education and work experience. CCPA's Guide to Membership and Certification outlines specific details about the pathways. The Guide is available for you to review on CCPA's website ([www.ccpa-accp.ca](http://www.ccpa-accp.ca)) in advance of the September 1st, 2013 implementation. I find that the new summary table in the guide is an excellent tool for a quick glance and comparison of the two pathways and how each aligns

with the various certification requirements.

While the large majority of the requirements for certification will remain unchanged, the document also introduces three new policies. First, an elective coursework area is being added in "Couples and Family Counseling". Second, applicants who are applying five years or more after their date of graduation must apply based on *Pathway Two: Work Experience* in order to ensure the currency of the applicant's skills. Third, applicants who do not satisfy the direct practice (practicum or work experience) requirement may obtain the temporary title "Canadian Certified Counsellor- Qualifying" or "C.C.C-Q" title and qualify for liability insurance while they complete additional hours of direct practice.

I invite you to review the certification application requirements and procedures in the updated Membership and Certification Guide on CCPA's website. I will also be holding free webinar presentations on CCPA's certification requirements; the webinar dates and times will be posted on the CCPA website. If you have any feedback, questions or concerns, please direct them to me at [registrar@ccpa-accp.ca](mailto:registrar@ccpa-accp.ca).

\*NOTE: Certification with CCPA is different from membership with CCPA. This distinction between membership and certification is for the benefit of the public. Certification represents a successful evaluation of a member's qualification to practice. Membership does not. Should you wish to use a qualification designation from CCPA, you must seek certification, which will permit the use of the letters C.C.C. as the appropriate statement about qualifications to practice counselling.



## CCPA invites you to join us in Victoria, BC from May 7- 9, 2014

CCPA's 2014 Conference will be held in beautiful Victoria, British Columbia at the Victoria Convention Centre from May 7-9, 2014.

CCPA invites you to submit a presentation proposal for the 2014 Conference by visiting our website at [www.ccpa-accp.ca/conference/presenters.php](http://www.ccpa-accp.ca/conference/presenters.php).

The deadline to submit a proposal is October 21, 2013.

For more information regarding CCPA's 2014 Annual Conference, visit:

<http://www.ccpa-accp.ca/conference/index.php>

## 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 31st.

For full details, please download the PDF version of the application form at <http://www.ccdf.ca/ccdf/index.php/awards-and-funding/building-for-the-future-endowment-fund>

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

## 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), Bill Borgen (2011), Gray Poehnell (2012), Norm Amundson (2013).

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

For more information about the award, go to [www.ccdf.ca](http://www.ccdf.ca).

# Determining Members' Interests in a New Special Interest Chapter for CCPA: Sex Therapy Chapter

By Trish Loraine McCracken, CCC

## What is the current status of sex therapy as a counselling/psychotherapy specialization in Canada?

There are a few organizations that certify sex therapists and sex addiction therapists. These organizations have a "find a therapist" section so that referrals can be made and credentials checked. Some have client/counsellor information sheets and offer training opportunities. All incorporate supervision and certify supervisors. They also have list-serve programs wherein members discuss approaches to briefly described cases.

You can find out about the following certifying bodies by visiting their websites:

- BESTCO (Board of Examiners in Sex Therapy and Counselling in Ontario) at <http://www.bestco.info/>
- AASECT (American Association of Sexuality Educators, Counselors and Therapists) at <http://www.aasect.org/default.aspx> and see the AASECT Code of Ethics at <http://www.aasect.org/codeofethics.asp>.
- IITAP (The International Institute for Trauma and Addiction Professionals) at <http://www.iitap.com/>

## What are the current practice realities of CCPA members when it comes to sexual issues?

A search of the CCPA website reveals that 437 out of 3064 Canadian Certified Counselors (14%) list sex within the description of their specializations. 549 list men's issues and 427 list women's issues. To further refine the search, it was found that:

- 233 list sexual assault counselling
- 158 list sexual orientation counselling
- 145 list sexuality counselling
- 132 list gender identity counselling
- 58 list sexual desire disorders
- 57 list sexual dysfunction
- 47 list sexual arousal
- 31 list sexual aversion disorder
- 30 list erectile dysfunction
- 30 list paraphilia
- 24 list voyeurism
- 16 list vaginismus
- 0 list pedophilia

*\*numbers valid as of May 23, 2013.*

## Is it time to form a CCPA Sex Therapy Chapter?

Based on these statistics, it would appear that there might be interest in forming and joining a special interest Chapter called the Sex Therapy Chapter. In order to develop a special interest Chapter in CCPA, there needs to be 50 supporters. Once 50 supporters are confirmed and have paid their \$10 fee, the Chapter will submit its name for approval by the Association Board and in all instances identify itself as a Chapter of the Association. The granting of Chapter status shall be in the absolute discretion of the CCPA Board (by-law 8.2). If granted approval, a volunteer Executive can be formed and then the next step would be to establish a temporary committee to design the constitution and by-laws.

## What might be the purposes of the new chapter on sex therapy?

To promote educational and training opportunities related to sex therapy; to net-

work with CCPA members who provide sex therapy, research sex therapy, and develop resources for sex therapists, and to engage others simply interested in the topic of sex therapy; and to share information on sex therapy training, to provide opportunities for consultation, and to promote excellent resources for individual clients and couples.

### **What might be the objectives of the new Chapter on sex therapy?**

To raise awareness of the issues that affect sex therapy; to promote educational opportunities related to sex therapy; to create a network for counsellors/psychotherapists working with clients who have sexual issues; to organize forums for discussion on critical issues in sex therapy; to promote competency for counsellors/psychotherapists providing sex therapy; to highlight effective resources for sex therapy; and to welcome partner organizations in sex therapy to present sessions for Chapter events such as webinars and within the program at

the annual conferences.

### **Are you interested in this new Chapter and willing to support the idea?**

At the 2013 conference, 12 current members signed the list and 38 more are needed for the next steps to be taken. To establish the Sex Therapy Chapter we need 50 members to contact the CCPA office where they can pay the fee of \$10 using cash, cheque or credit card. If we are successful in this project, we could have our first AGM in Victoria at the 2014 conference. If you need more information or wish to talk further about this contact me at [McCracken@bellnet.ca](mailto:McCracken@bellnet.ca) or call me at 705-323-5402. If you wish to serve on the temporary committee which will take the next step once we have 50 members, please let me know.

If you would like to join the Chapter please e-mail your name to [nicole@ccpa-accp.ca](mailto:nicole@ccpa-accp.ca). Once we have 50 people we will be in touch with members to pay their Chapter fee.



# Four Legged Therapists

By Sue McIntosh

'Sam' is small for his eight years. His parents describe him as a good student, outgoing with lots of friends; that was, until he changed schools last year. Since then his grades have plummeted, no friends come 'round for supper anymore, and Sam rarely says a word; except to beg his Mom not to make him go to school each morning. Sam refuses to talk with the school counsellor, his teacher, or with the play therapist his parents took him to see. Sam's parents are at their wit's end. They desperately want their son back, but Sam won't tell them what is wrong, and the only living being he seems to trust is Benji, his pet guinea pig. Seeing this connection, Sam's parents take him to a place they'd heard about through their church; a place where they help kids through animals.

This is where I meet Sam. I'm working at a therapeutic ranch in Arizona, and Sam is my newest client. Sam stands slightly behind his Dad, looking at the ground. He looks scared. I gently explain that there are lots of animals here who would really like to meet Sam, if he wants to. Sam nods tentatively. As we explore the ranch and meet first with the smaller animals, Sam starts to talk. First with the dogs and the goats and then, very quietly, he tells me that he has a guinea pig at home called Benji, and that Benji is his best friend. Next session, Sam asks to see the horses. He notices Rosie, standing by herself. 'She looks lonely,' whispers Sam, 'can we bring her in?' Once in the corral, Sam spends time talking with Rosie, grooming her, rubbing her gently on the shoulder; and after a few more sessions leading her and picking up her feet. Through this process Rosie decides that Sam is someone to be trusted, so when Sam unclips the lead rope and walks around the corral, Rosie follows. When Sam, with a gentle hand on

her nose, asks Rosie to back away, she takes a few steps back. As he runs a circle in the corral with Rosie by his side, Sam starts to laugh, and for the first time I see a glimmer of the boy his parents described: confident, relaxed, and full of joy. Looking me directly in the eye for the first time, Sam exclaims excitedly, "Rosie is so big and I'm so small, but she is doing what I asked!" Later in the same session, when Sam loses some of his rediscovered confidence for a moment, Rosie gently brings her head around Sam in what can only be described as a reassuring horsey hug. It is then that Sam starts to tell me about the kids at school, situations when he felt very small and afraid: the bullying. With Rosie's help, Sam's confidence gradually returns, he talks to his parents and teacher, and together they find ways to address the bullying at their school.

Thousands of miles away in South Carolina, I meet 'Angie', court mandated to a high management residential facility, as her 'last chance' before jail. By the age of 14, Angie has been thrown out of three schools and four foster homes for a variety of behaviours, including selling drugs in the schoolyard and recruiting her friends into prostitution. At this group home they count and lock away knives and forks after dinner, and night checks are every 15 minutes. But what makes this place really different is that it is also a farm. And the girls, who like Angie are all survivors of sexual abuse and exploitation, spend time with the resident dogs, cats, chickens, horses, and a donkey called Fluffanella. In this safe haven, Angie is able to learn to trust again; first she trusts the animals and then, with time, she starts to trust me and the other counsellors. She no longer believes that she is 'too much to handle', or that nobody cares. With the help of animals like Fluffanella, Angie and the



other girls here are gradually able to talk about the abuse they have experienced, find healthy ways to express their feelings, build relationship skills and prepare for a future with hope.

That was fourteen years ago. Sam is now in university, Angie is doing well in the community, and I'm back in Alberta with my own private practice, Healing Hooves. Similar to the programs described above, we draw upon the special bond that exists between animals and people, to help individuals like Sam and Angie heal. This goal is grounded in a growing body of research exploring the benefits of the human-animal bond; research which indicates many ways in which animals are good for our physical and emotional health, well-being and development. For example, having positive contact with animals can mean we have fewer trips to the doctor and lower blood pressure. Children who have attachments to animals tend to have higher self-esteem, and be more involved in activities such as sports, hobbies, or chores; they also tend to be more empathetic and nurturing towards both animals and people.

This bond can be particularly powerful when we face challenge, loss or change, and for those with special needs. At such times we may seek the support of the helping professions. It's not hard to see that incorporating interactions and relationships with animals into these professions can enhance their success. *The Delta Society*, an organization committed to exploring and enhancing human animal interactions, calls this Animal Assisted Therapy (AAT), defined as: "goal directed intervention in which an animal ... is an integral part of the treatment process... to promote improvement in human physical, social, emotional, and/or cognitive functioning". Sam and Angie were helped through a special form of AAT called 'Equine Facilitated Wellness' (EFW). A growing number of programs and professionals are finding that AAT and EFW can be effective with a wide range of clients, particularly when 'more traditional therapies' seem ineffective. Nationally recognized industry standards for EFW are provided in Canada by NAEFW (National Association for Equine Facilitated Wellness). Under NAEFW principles, EFW is delivered by certified professionals in the fields of mental health, education and equines. A compre-

ensive certification program has been developed with independent training programs approved across Canada. The Canadian Counselling and Psychotherapy Association has recently formed an AAT in Counselling Chapter which recognizes and promotes an understanding and appreciation of AAT and EFW in Canada.

Equally important members of the AAT and EFW team are the specially selected and trained therapy animals. Healing Hooves' four legged 'co-counsellors' currently include six equines, five cats, two bunnies, eleven chickens and our wonderful dog, Jack. Each has something very different to offer. Disa, our Icelandic mare, is wonderful with younger children, and always walks a bit steadier when she knows she has a small child on her back or by her side. Skye is very much like Rosie in Arizona and once he feels safe with a client, he loves to walk alongside them, both physically and emotionally. Donkeys can be wonderful teachers of how we impact others in our lives. At first, 'Mark', a young adult diagnosed with Asperger's, could not get near our donkeys. Naturally wary of people, they ran away as he marched towards the gate purposefully with his hand held out in front, gripping the halter. But with guidance, support and patience Mark learned to approach the donkeys slowly and gently. He became aware of both their and his feelings, and of how his actions impacted these gentle creatures; he built a relationship with them based upon mutual trust and respect. In time he was greeted each week by Ceilidh running up to him to have her face

rubbed. This was a wonderful new experience for Mark that we worked on transferring to his human relationships.

AAT and EFW are not for everybody. Industry standards require careful screening to ensure physical and emotional safety for all involved. Clients and caregivers need to know that the people and animals delivering the program are appropriately trained and credentialed. I firmly believe that these services are often best delivered in consultation with existing approaches and supports, including support work with caregivers when working with a child or youth. But the research and my experience all indicate that there are many individuals for whom doors could be opened, trust gained, and relationships built through carefully designed and supervised interactions and relationships with the right therapy animal. It is my hope that more people like Mark, Sam and Angie can experience healing, hope and unconditional love through the gentle touch of a four-legged counsellor.

© Sue McIntosh, MA, CCC, originally written 2001 and updated 2013

*Sue is the founder of Healing Hooves, an AAT and EFW program which has been providing counselling, personal growth, and professional training in Alberta since 2000. More info on [www.healinghooves.ca](http://www.healinghooves.ca) or contact Sue at [sue@healinghooves.ca](mailto:sue@healinghooves.ca). Sue is an executive member of the AAT in Counselling Chapter of the CCPA.*

*The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone.*

**- Orison Swett Marden**



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# Reflections of an Emerging Supervisor

By Sandra Dixon

As a requirement of my doctoral program, I expanded my competency as an emerging supervisor. What I feared would be a daunting journey, turned out to be invaluable to my professional development. In reflecting on this process, I would like to share four key points that I have taken away from this critical aspect of my supervisory journey. They include: (1) becoming grounded in a theoretical orientation, (2) situating myself in a model of supervision that fits my worldview, (3) accepting ambiguities and, (4) developing personal agency.

Prior to enrolling in a preparatory supervision course, I was oblivious to the importance of my role as a supervisor. After all, I was being supervised as a practicum student myself. Nevertheless, it was at this phase of my professional development that I was *required* to reflect on the theoretical underpinnings of my supervisory practice. I became grounded in a postmodern social constructionist theoretical framework of supervisory practice, with the aid of in-depth readings, practicum supervisory training, and interacting with other veteran supervisors. Social constructionism places emphasis on multiple truths and the power of language in social interactions. Adopting this framework allowed me to view my interaction with supervisees as a dialogic and collaborative language process. In other words, the supervisees and I are conversational partners; we work collaboratively to co-construct multiple realities. Social constructionism stresses addressing issues of power and privilege within the dominant cultural discourse, and acknowledging multiple realities in people's lives. As an emerging supervisor, I attended to issues of power and privilege and how these variables affect meaning-making in the supervisory relationship. I privilege this way of working with supervisees because it challenged their accounts of themselves and

of their relationships with clients, so that they might re-author their problem-saturated stories around certain cultural discourses, including gender and race. Viewing supervision through the lens of social constructionism, I saw my relationship with supervisees within an interpersonal system, where there were possibilities of change.

Another vital aspect of my learning as an emerging supervisor was situating myself in a model of supervision that fits with my worldview. From a professional perspective, supervision characterizes a process of learning in which the supervisor aids the supervisee to gain appropriate knowledge, and skills through mentoring the supervisee's activities in a professional context. A narrative model was my preferred supervisory practice because it reflected my life experiences as a therapist, student, professional, and human being. It offered me the flexibility to challenge my own biases and assumptions. Through life narratives, I was exposed to new ways of thinking and learning, which increased my awareness of multiple truths in various social contexts. Utilizing a narrative supervisory model made me more attentive to contextual factors, constructionist conceptualizations, power dynamics, and dominant discourses in supervision.

Thirdly, my willingness to accept ambiguity in the supervisory relationship built my resourcefulness as a supervisor. In essence, the integration of a strength-based perspective in narrative supervision helped me to emphasize a collaborative relationship building with supervisees. I worked *with* them rather than worked *for* them. In this collaborative relationship, I challenged supervisees to identify strengths and apply newly discovered personal resources to problem-solving. I also strived to re-author supervisees' stories with clients, to frame



supervisees as competent counselling professionals. I encouraged conversations that focused on the supervisees' abilities, values, and resiliencies. I invited them to reflect on their assumptions and biases in the supervisory relationship.

Lastly, I learned to develop my own personal agency by not accepting an expertise stance. Unlike other traditional supervisory approaches, a narrative approach avoids the claim of expertise. In the context of supervision, I positioned myself as an "accountability ally" while working with supervisees. This positioning requires me to embrace a stance of "not knowing". Adopting this stance contributed to my sense of personal agency. I attended to how socio-cultural discourses shape supervisees' understanding of their experiences: attending to these relational dynamics created a narrative map, in which to situate problems as they manifest in supervision. This allowed me to work collaboratively with supervisees, and to create space for them to deconstruct the effects of problem-saturated stories in their lives. By creating space for collaborative learning with supervisees, I joined with them in identifying their therapeutic skills and competencies. This process helped them develop their sense of personal agency, fostering the experience of being an authority on their

own lives' narratives.

In addressing some of my key learning experiences as an emerging supervisor, I have displayed transparency and vulnerability in my professional development. I value supervision as an integral component of counsellor education. As a gatekeeper for the counselling profession, it is important for me to model best practices. This experience has enhanced my competency, as I now understand the needs of both supervisees and clients from diverse cultural settings. Engagement in this experiential process of learning has heightened my consciousness of multicultural issues (e.g., gender and cultural discourses) in supervisory practice. This process has also expanded my understanding of the intricacies and complexities of engaging with supervisees with unique and multiple identities.

In closing, I believe that continuous reflections on my supervisory practice help to develop my professional identity as a counselling psychologist. This supervisory journey grounded me in my competency as an emerging supervisor. I am now able to learn through my supervisees' learning, and understand my professional identity as they discover their identity.

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