

CCPA Counselling,  
Psychotherapy  
and Private  
Practice

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Spring 2015

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## REMARKS FROM THE PRESIDENT OF PRIVATE PRACTITIONER'S CHAPTER

**Author:** Corrine Hendricken-Eldershaw



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Greetings,

We have an exciting newsletter for you! In honour of our 50<sup>th</sup> Anniversary we explored and compiled items from our previous newsletters. This newsletter will share our history as CCPA celebrates 50 years and your Private Practitioner Chapter celebrates 13 years (see page 5). In this inaugural issue we have included a snapshot of some previous newsletter articles from our first newsletter in 2004 to the present. In 2005, we had 529 members and today we have 1061 members in our chapter.

We will continue our Newsletter each year. We invite your article or book review, between 500 and 1200 words in length. The deadline for receipt of your submission this year is November 01, 2015.

I would be remiss if I did not share our passion for training opportunities for private practitioners and CCPA members. Our webinars began in 2012 under the leadership of Lucy MacDonald and have continued under the leadership of Roberta Neault. To date we have archived 14 webinars for Private Practitioners which include:

1. Working Anytime, Anywhere: The Joys of Working Virtually – January 20
2. *Scaling Up . . . Scaling Down: “Rightsizing” Your Private Practice – February 17 (No CEU)*
3. Beyond Counselling: Interesting Work That Counsellors Can Do – March 17
4. Practicum Supervision: Extending Your Private Practice – April 21
5. *Staying “Top of Mind” . . . Marketing Through Conference Presentations, Blogging, Continuing Education Workshops, and Social Media Contributions – June 16 (No CEU)*

**Continued from Remarks from the President...**

In our newsletter you will see the sequential journey from regulation to lobbying for third party billing. Today, we support counsellor regulation and we invite you to apply for the CCPA Legislative Support Fund which is a grant opportunity to support your efforts to this end.

Your CCPA PP Chapter financially supports this fund. Please visit our website to learn more: <http://www.ccpa-ccp.ca/en/chapters/details/?ID=11>

I would like to close by expressing my appreciation to our CCPA Private Practitioner Team: Lorne Flavelle, Past President and Treasurer; Jill Noftall, Secretary; Newsletter Team: Wendy Ryan, Phurn Ball, Jill Noftall, Corrine and Maxine MacMillan; Director (s) at Large: Shannon Emery, Adrian Juric, Nicole Richard, Janet Thomson and our Board Liaison Tracy Duffy. Thank you for another great year!

Sincerely,

Corrine Hendricken-Eldershaw, M.Ed, CCC  
President, CCPA Private Practitioners Chapter

**E-Newsletter – Articles and Book Reviews Needed**

**It is that time of year again!**

The Private Practitioners Chapter Board of Directors are inviting counsellors, psychotherapists, and students to send Newsletter items our way! Our next publication is Spring of 2016.

We are inviting your article or book review, between 500 and 1200 words in length. The deadline for receipt of your submission is  
December 01, 2015.

Please send all submissions to Wendy Ryan at  
[wendyryan.ottawa@gmail.com](mailto:wendyryan.ottawa@gmail.com)

## Chapter Executives

<b>Position</b>	<b>Name</b>
President	<u>Corrine Hendricken-Eldershaw</u>
Past President	<u>Lorne Flavelle</u>
Treasurer	<u>Lorne Flavelle</u>
Secretary	<u>Jill Noftall</u>
Director(s)	<u>Phurn Ball; Wendy Ryan, Maxine MacMillan</u>
Director(s) at large	<u>Janet Thomson, Shannon Emery, Nicole Richard, Adrian Juric</u>
Committee(s): Newsletter Editors:	
	<u>Wendy Ryan (Chair), Phurn Ball, Corrine Hendricken-Eldershaw, Maxine MacMillan</u>
Chapter Award	<u>Lorne Flavelle, Jill Noftall, Corrine Hendricken-Eldershaw</u>
Legislative Support	<u>Corrine Hendricken-Eldershaw</u>
Board Liaison	<u>Tracy Duffy</u>

## Legislative Support Fund

We remain passionate about the importance of Counsellor Regulation and third party billing. To this end, we encourage your applications for the CCPA Legislative Support Fund which is a grant opportunity to support work towards counsellor regulation and third party billing in your province

**Please visit our website to learn more:**

<http://www.ccpa-accp.ca/en/theprofession/legislativesupportfund/>

T

his year cCPA's 2016 Annual Conference will be held in partnership with the American Counseling Association in Montreal, QC from March 30 – April 3, 2016.

**Event Venue:**

1001 Place Jean-Paul-Riopelle  
Montréal, Canada  
H2Z 1H5

**For more information regarding the Conference, visit:**

<http://www.ccpa-accp.ca/continuing-education/annual-conference/>

**Planning ahead? Mark your calendars!**

Our 2017 Annual Conference will take place at the Sheraton Hotel in St. John's, NL from May 16 – 19, 2017.

Our 2018 Annual Conference will take place at the Delta Winnipeg in Winnipeg, MB from May 10 – 13, 2018.

Our 2019 Annual Conference will take place at the Delta Beausejour in Moncton, NB from May 13 – 16, 2019

**Join your CCPA Colleagues on Facebook:**

<https://www.facebook.com/CCPA.ACCP>





In Celebration of **CCPA's 50th Anniversary** we have highlighted some of our important milestones of the past few years.

### History

In 2000, with the help of NCR Chapter member Jeanette Rooney-Ozols, Lorne Flavelle (a past president of CCPA) took the idea behind his organized monthly networking meetings and developed the Private Practitioner Chapter. The Chapter was officially recognized in May 2002 at the CCPA annual conference.

The chapter's mission is to support the work of CCPA members who are in, or considering being in, private practice. The Private Practitioners Chapter will endeavour to identify, anticipate, and meet the needs of private practice practitioners.

A few years ago, the Private Practitioner Chapter created a committee that worked on the issue of third party billing. They gathered documentation and provided information concerning third party billing to counsellors. However, until counselling is regulated in Canada, insurance companies have refused to meet with the association to discuss the matter and therefore the committee's work was put on hold.

**2002-2005** - 3rd Party Billing Approval via Co-chair Gerry Goodine & Lucy MacDonald.  
Total Members 529.

**2006-2008** - Membership voted in favor of webinar format for Professional Development.

**2009** - N.S. Association achieves regulation!

**2010** - Rebuilding our executive and networking was our main goals for the year.

**2011** - CCPA - PP Chapter has new life, new executive. Several more provinces will need to adopt regulation before Third Party Billing lobbying & more progress can become a reality.  
Total Members 849.

**2012-2013** - Webinars began with Lucy MacDonald and have continued under the leadership role of Roberta Neault.

**2014** - CCPA Honours Past-President. Total Membership 1064.

**2015** - Celebrating 50 Years at CCPA's 2015 Annual Conference

## A RE YOU MAKING YOURSELF AND YOUR CLIENTS SICK?

Trends in Health and Your Private Practice For the past five years I have been serving water rather than tea or coffee to my clients. It's not that I don't drink tea and coffee myself, but I believe it is important for us as therapists to model healthy choices especially when it is so simple to do. Because I do daily yoga, I recognize the benefits to my overall well-being. Yoga not only keeps our bodies flexible, it is a daily opportunity to slow down and focus, something which is becoming both trendy and necessary. I can recommend with authenticity the practice of yoga. Many of my friends reject yoga as cultish practice, but I am of the opinion that the more we think with "both... and", the richer our lives can be. While these examples of therapist modelling are valuable, the most essential new health trend that affects my practice and me personally is that of chemical toxicity. How does this fit with therapeutic practices, you ask ? Well, for me it has become as vital as the choices of foods I eat. Most of us consider the nutritional benefits or hazards of our dietary choices, but rarely do we consider what we BREATHE. For several months I have battled with fragrance issues. As a former lover of fine perfumes, it became increasingly clear that the chemical composition of fragrances has changed, no doubt so that less expensive chemical enhancement can increase the profits of big business. It is apparent that large corporations have the bottom line in mind, but how does that translate for the consumer?

I first became aware of my sensitivity to fragrances when I could no longer tolerate the "clean" smell of my laundry. The chemicals which are most frequently used in the extension and strengthening of sweet aromas in laundry products are formaldehyde and phthalates. These chemicals are also used in almost all of the personal body and hair products that we use daily. Teens and lower income earners are especially vulnerable to these products because of the lower price and the full aromatic pow! Because of my immediate symptoms when exposed to these chemicals, I have screened my clients who have been most compassionate and cooperative. Nonetheless, even the smallest whiff of chemically-infused shampoo can cause me illness.

So I began to think ...how do these so-called fragrances affect others? As I researched the literature (and there are some scholarly articles), I noted that symptoms vary in those with chemical sensitivities. Many sufferers have headaches, insomnia, fibromyalgia-related issues, nausea, and nearly all report lack of energy and general malaise. My particular symptoms include mucosal tissue damage resulting in burning in the sinus cavity, throat and esophagus. This makes concentration difficult, and of course, affects the therapeutic process.

What if my clients also experience subtle reactions to these chemicals? By the time it is clear that chemical toxicity is a problem, it's too late. Currently there is no known treatment nor is the reversal of symptoms likely. I have come to believe that this issue of chemical toxicity is subtle, ubiquitous, and perilous to our well-being. Because of my experience and my research, I have concluded that the simple approach to this new consumer nightmare is to spread awareness and to model in my personal consumer choices by purchasing only those products which contain no chemicals euphemistically labelled as FRAGRANCE, AROMA, ESSENTIAL OILS, PARFUM et al. Please check your labels the next time you buy soap, shampoo, dryer sheets, laundry soap, deodorant, etc. Avoid the use of all colognes and perfumes. You could be making a significant and simple contribution to your health and the health of your clients. After all, the therapeutic environment includes the air we breathe!

**We cannot hold a torch to light another's path  
without brightening our own.**

**-Ben Sweetland**

# A

## RE YOU LIVING THE TALK?

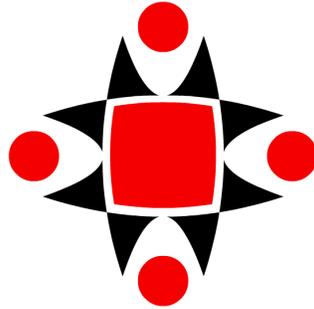
The answer to this question will determine how effectively you can help clients live from a place of heartfelt awareness. As you progress in your own personal development your ability to help others will mature. You can only assist the client to the point that you yourself have developed. It is important for you to embody the practice of heartfulness in your own life and in your interaction with the client. If you want your client to be fearless, you must also be open and vulnerable and set an example of how to simply be in a state of open heart awareness. To be without fear is the basis of wisdom and it takes a clinician who is rooted in heart awareness to bring about the freedom from fear that allows for a deep and creative inner intelligence to emerge. First and foremost you are making a commitment to yourself and as a result it will carry over into your clinical work. Approach this practice with the same spirit that you would ask of your clients and from there the process will unfold naturally.

Linda Bovolotto M.Ed., M.A. Couns. Psych. Counsellor, facilitator, speaker. Website: [www.bovolotto.com](http://www.bovolotto.com) Author of: *Keep it Simple ... Your Heart Knows the Way* (2012). Trafford Publishing References: Kabat-Zinn, Jon, (1994). *Wherever You Go There You Are: Mindfulness Meditation in Everyday Life*. New York: Hyperion

Kabat-Zinn, Jon, (2005). *Coming to Our Senses: Healing Ourselves and the World Through Mindfulness*. New York: Hyperion



# CCPA Webinars



## Webinaires de l'ACCP

CCPA provides **professional development opportunities by offering a series of webinars**, which are available to all members.

We provide a wide range of topics such as motivation, change, career transition, creative interventions, adoption, parenting, ethics, grief and loss, depression, anger, learning disabilities, body image, and so much more. We are continually adding new topics each month and all webinars are **eligible for continuing education credits (CEC)**. Enrolment is limited and registration is required.

### **Upcoming Webinars for Private Practitioners**

For a complete listing of upcoming webinars please visit our website.

#### **Oct 7, 2015**

An Overview of the Military Family Lifestyle

**Presenter:** Todd Stride, Military Family Services

#### **Oct 9, 2015**

A Developmental and Relationship Approach to Dealing with ASD

**Presenter:** Stacey Lloyd

#### **Oct 16, 2015**

Reflective Practice in Supervision

**Presenter:** Stacey Lloyd

**Author:** Gail Boulanger  
**BOOK REVIEW** by: Gloria McArter  
Published Spring 2013

**A***dventures Over Sixty* provides an inspirational introduction and invitation to the senior years. Using sailboat cruising as the metaphor of this journey, the author describes valuable lessons that the forward movement of life provides. The book is structured well as the four major sections connect to the stages of sailing from setting out to the anchoring destination. Through creative story-telling, the author gives examples of her own adventures from childhood to the senior years and those of family members and long time friends, as well as acquaintances in her community. The narratives that she recounts elaborate on the relevant themes concerning the aging process.

With the increase in population of mature adults living longer, the topic of the book is timely and practical for the current day. As the reviewer, I relate well to the exhilaration and discouragement experienced by those described as facing their later years of life. I noticed my resistance as I began reading the book. My denial, avoidance, and well-crafted excuses for my aging could no longer be hidden. I am one of the audience for whom the author writes and I accept her invitation to embrace growing older and to share with others the learning that comes with this passage.

*Our lives are made up of moments that we weave together into stories to make sense of who we are and our place in the world.* The author acknowledges those who have contributed to the creation of the book as she also models the importance of connection with a supportive network of family and friends. She integrates her empathic and compassionate nature with a practical approach to the challenges of aging. The specific strategies she recommends align with her goal to enhance the physical, emotional, and spiritual health of seniors while encouraging us all to approach the consequences of aging with dignity.

While describing the realities of a weakening body and adjustments now required, the author also inspires the reader to a welcoming view of life after sixty. She reminds us of the strength and wisdom that come with life's challenges and the benefits of shifting the focus from self-critiquing to positive engagement with others.

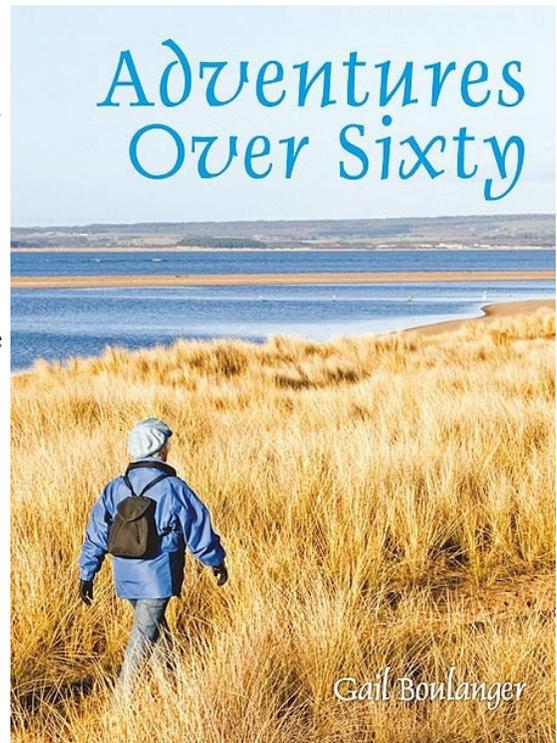
As an adventure guide, the book motivates readers to come along and sharpen their perspective about maturing into the senior years through ongoing learning, reading, and sharing of experiences. The reader is reminded that growing old gracefully and with dignity is possible.

We are like an intricately woven tapestry; body, mind and spirit together create a complete work of art. The author uses language creatively to describe scenes, incidents and the people whose lives are affected by increasing years. The reader's senses of sight, sound, smell, touch, and taste are aroused. The sensory detail of the author's narrative stimulates the imagination of this reviewer to her own journey from childhood to her present senior status.

Adventures of aging include experiences of grief and loss. The author refers to her first book published in 2002 and recently republished: *Life Goes On: Losing, letting go and living again*. In it Gail describes helpful steps to take with loss so pain and sorrow transform in a positive way. In fact the author suggests that vibrant living rests on a foundation of healthy grieving.

The author's background and experience has been as psychotherapist, counsellor, and consultant. The reader is made aware of her relationship with the deceased elder, Bev Abbey, whose contribution to CCPA continues to be acknowledged. The reviewer's memory of Bev is honored as I read with interest of the example she set in blending tenacity for living with a gracious acceptance of her illness and death. In counselling and coaching, Gail continues to share her experience with seniors as they now live with the joys and the upsets of aging.

I recommend this book to all who seek an enlightened focus on the preparation and introduction to the senior years. Counsellors and psychotherapists will personally enrich their lives as they either embark on this adventure or, if currently on the journey, appreciate it even more from the vantage point of the book. Professionally, they will recommend their clients read *Adventures Over Sixty* for a "true to life" depiction of a stage in life that many of them are currently or soon will face. The book presents ideas and suggestions for application that will benefit counsellors and psychotherapists as they guide clients on a meaningful journey of reflection and action.



Boulanger, Gail (2012). *Adventures Over Sixty*. Nanoose Bay, B.C. Canada: Notch Hill Books.

Buy this book at Amazon Buy this book from Red Tuque Books ISBN 978-0-9730802-3-0, 160 pages.

# C

## **CRITICAL THINKING: A KEY CAREER AND LIFE SKILL**

Have you ever said to yourself “What was I thinking?” You realize that you ignored all the red flags at the beginning when you went for the job interview and took the job or you have somehow forgotten that you have tried that route before and now you are here in a similar setting that did not work before. We sometimes do not do the analysis before we agree to a situation or have come to some faulty assumptions that we wonder how we could be so confused and make a poor decision.

Faulty thinking is one of hazards that we, in our humanness, are prone to. What I am meaning is that simply going by our intuition can send us down the wrong track. An article titled the “Pitfalls of Doing What Comes Naturally” by Diane Cole (2011) in the *Psychotherapy Networker* provides a counter to the “extraordinary influence wielded by the intuitive mind” in current thinking (p. 1). The author references *Blink: The Power of Thinking without Thinking* by Malcolm Gladwell as a popular work that suggests the decision making power of the intuition is stronger than rational and logical reasoning.

Cole (2011) suggests that the cognitive research cited in *The Invisible Gorilla* by Chabri and Simons (2010) and *On Second Thought* by Herbert (2010) provide counter arguments to the “overly positive” view of using intuition as a guide. Their take on cognitive psychology is that our intuition is sometimes helpful and sometimes not. What we remember intuitively largely from our unconscious is influenced by heuristics, “hard-wired mental –shortcuts and cognitive “rules of thumb” that we use in our daily decision-making. The study of heuristics is on the forefront of cognitive research today.

Coasting along on autopilot making decisions, the authors suggest, can cause serious errors in judgment. In this case the information we remember and use for our decision-making sometimes can be considered a “heuristic distortion”. The article suggests that because our mind simplifies and categorizes information it produces these distortions. The premise of the article is that this sometimes erroneous automatic process must be over-ridden by more conscious processes. We need to “tune-in and decipher our brain chatter” (p. 2). What we remember and attend to gets simplified and categorized into schemas or mental maps and they need to be reprogrammed according to the author.

Herbert includes in his book about 20 of the most familiar “heuristics and familiar situations” that in our mind can evade critical thinking. Examples that are provided are “smooth talkers’ whose fluency (“fluency heuristic”) deceives us into not paying attention to the inconsistencies inherent in their talk. Slick marketing lends itself to the “arithmetic heuristic” when our memory is distorted by manipulated numbers. The “caricature heuristic” allows us to create a whole from details resulting in stereotypes and prejudice.

The author When an employer is recruiting us we can be swayed by “smooth talkers” who give us a good sales pitch but there is no truth or substance in it. We can do research about this employer by talking to credible employees in the company or people who have left the company. Their website is usually for marketing and portraying a great image and we can be swayed by this or the words in the advertising.

Remember the phrase “buyer beware” or should I say, “seller beware”. We are in essence selling our skills to an employer. If you have to take the job anyway at least you are going into the situation “eyes open”. You know what you are getting into and the job is a means to an end.

Critical thinking is especially important given the complexity of our world. It is essential in making good career and life decisions. Our intuition is important but going by it alone can lead us astray. Critical thinking takes time however it can help us in the long term.

By Jack Kornfield, Bantam Books: New York, 1993.

Published Bulletin March 2004

# A

## **Path With a Heart: A Guide Through the Perils and Promises of Spiritual Life.**

In the early 1990s I went through an intense personal crisis. One of the things that happened during this difficult period in my life was that I began exploring spirituality. I began meditating on a daily basis and became a voracious reader of spiritual literature. Of all the books I read during this 2 year period (and I read over 30) it was “A Path With A Heart” which I found to be the best.

What I really like about the book is that Kornfield has done an excellent job of exploring the benefits as well as the hazards of spirituality. As is the case with books on spirituality, it is filled with helpful advice about life, suffering, ego illusions, inner peace, and so forth (as well as lots of humorous spiritual anecdotes). But, unlike the other books I read, Kornfield addresses the limitations of spirituality. He discusses how individuals who have experienced a life ordeal (divorce, job loss, car accident, etc.) often turn to spirituality in an attempt to try and heal their emotional pain when what they really need is psychotherapy. He details how people often spend years pursuing a spiritual path only to realize they have not addressed their emotional issues, which in most cases, are at the root of their suffering. In addition, Kornfield outlines how unresolved emotional issues will often interfere with a person’s spiritual growth. It was Kornfield’s book which helped me realize I was unintentionally using spirituality to avoid my own painful emotional issues, and that while spirituality was doing some wonderful things for me, in actuality, I was hiding and running away from my problems.

Shortly after reading his book I re-entered therapy and finally faced my feelings and was able to heal a lot of my wounds and get on with my life. The integration of spiritual concepts and techniques into counselling is a “hot” topic today and I highly recommend this book to counsellors who are trying to incorporate spirituality into their practice. I found it to be a wonderful source of down-to-earth and sensible guidelines around the uses and misuses of spirituality. By the way, I don’t want readers to think I am anti-spirituality ... I still practice meditation daily and enjoy it. In fact, I find it gives me added benefits that I don’t

get from counselling and I have included aspects of spirituality into my private practice.

Peace and Love everyone!

*Marvin Tench lives in London, Ontario where he has a private practice as well as teaching a couple of psych courses part-time at the local college. He has a Master's degree in Counselling (MA), training in Bioenergetics (body therapy), and, status as a Certified Canadian Counsellor (CCC).*

## PRIVATE PRACTITIONERS IN ONTARIO

Trish Loraine McCracken CCPA Ontario Anglo-  
phone Director 2011-2015 Member of the Private  
Practitioners Chapter

**Published Spring 2014**

**A**s a private practitioner in Ontario, I have personal experience enough to say that the biggest challenge for private practitioners in Ontario, is preparing to apply to the new regulatory college called the CRPO, the College of Registered Psychotherapists.



If they are eligible for the grandparenting application route, they need to prepare. They might tally their currency hours over the last three years prior to application, This includes hours in direct client contact (DCC), hours involved in preparing for those DCC hours and record-keeping, hours in professional development in psychotherapy, Clinical supervision, hours supervising other, hours in research and writing in the field of psychotherapy, hours teaching psychotherapy, hours managing, hours consulting and hours in other professional activities. No matter which application route they take, they need to tally the hours in DCC for their whole career and the hours of supervision.

To work independently in private practice as a psychotherapist the applicant has to have had 1000 hours in DCC and 150 hours of clinical supervision. Otherwise, they may receive a Qualifying Membership with conditions to meet. The on-line application to our College (CRPO) should be ready sometime in January and applicants also have to complete an on-line module on Jurisprudence and professional practice.

Those in private practice will need to budget for increased insurance costs re mandatory changes in the policies, the application fee for the Jurisprudence and Professional Practice Module, and the \$500 membership fee. If a private practitioner's practice is incorporated, laws dictate what the business may be named and additional layers of costs come in for private practitioners who are accredited. So it is a complicated time in Ontario for Private Practitioners. There is no residency requirement for our College so anyone who lives in Canada may apply but only those with Ontario residency may apply to serve on committees of the College. Those who live in Ontario and work in contiguous provinces (Manitoba and Quebec) might choose not to join. If a person providing psychotherapy wants to practice in Ontario when the College opens (is proclaimed), they must be a registered member of the CRPO.

**(Please note: This article was published in 2014 so some information in this article may not be applicable)**