



## CCPA Ambassador Program



**Barbara Pickering MSc, PhD (c), CCC**

**A little word about me and what I do:** I am a doctoral candidate in Counselling Psychology at the University of Calgary. Additionally, I volunteer as a therapist at a no-fee, walk-in family therapy center. I adopt narrative, feminist, mindfulness, and solution-focused approaches to therapy. My approach to therapy is deeply relational, grounded in non-expert interactions where the client is seen as having untapped skills and resources. I view my role with clients as collaborative, exploring stories of strength and skill in order to make them more visible and accessible to the client. My research is focused on the relational processes that lead to social change in the context of advocacy for children of incarcerated parents.

**What does CCPA mean to me?** To me CCPA offers a home where I share insights, resources, and development of my professional identity. I believe that counselling is a unique profession that invites particular ways of doing therapy. CCPA helps me to broaden my horizons as I engage with counsellors from across the country and from different orientations.

**My previous involvement with CCPA:** I have been engaged with CCPA as a student representative for my university as well as a Student Liaison for the Alberta/Northwest Territories Chapter. Recently I was invited to a Leadership Forum meant to develop leadership skills for continued involvement and support for CCPA activities.

**Favorite author or musical artist:** This is a difficult question as it is so context (mood and place) dependent, in terms of authors, what comes to mind in this moment are John Steinbeck, Timothy Findlay, and Robertson Davies. I love historical literature as well so the Bronte sisters (Charlotte and Emily) should be included on that list. My favourite poets include Emily Dickenson and Walt Whitman.