

# BC Chapter of the CCPA Newsletter

## In This Issue

President's Message.....	1
BC Chapter Social Event 2016.....	1
Upcoming Workshops, Seminars & Webinars.....	2
Summary From the International Disaster Psychosocial Conference.....	4
A Journey of Discovery.....	5
The Power of Multidisciplinary Collaboration .....	8
Hi F.I.V.E. Movement at Simon Fraser University.....	9
CCPA Awards.....	9
Chapter Executive.....	10

## Chapter Fee Reminder

Your annual \$10 Chapter fee is a very valuable contribution that helps support the BC Chapter. One of our top priorities and the main distribution of Chapter funds is the FACTBC initiative, which works towards the establishment of counsellor regulation through the BC College of Counselling Therapists.

Never heard of FACTBC? Visit their [website](#) to learn more about how this initiative will ensure public protection, accessibility and accountability to serve the needs of British Columbians.



To contact the BC Chapter Executive, please send an email to: Siri Brown, Chapter President, at [bc.chapter.ccpa@gmail.com](mailto:bc.chapter.ccpa@gmail.com)

## PRESIDENT'S MESSAGE



Welcome, colleagues and fellow counsellors, to our newsletter!

We are excited to present you with our latest newsletter, which we hope will inform, inspire, and entertain you. We have had an exciting spring/summer, and I look forward to an even more exciting year to come. Since I came on board as BC Chapter President in April 2016, we have had our annual conference, joined by our ACA colleagues from south of the border, which was an amazing and memorable event. We have also continued to be very active with FACT-BC, working towards the formation of a college for counsellors. Our series of regional workshops are being held across the province in September 2016, and our annual summer educational/social event was recently held and enjoyed by all. With our next annual conference being held in May 2017 in Newfoundland, I hope to see many of you there and perhaps share an iceberg sighting or two! I am honoured and excited at the opportunity to play an active role in connecting and supporting our BC chapter members, and welcome any questions, feedback, or suggestions on ways we can collaborate and grow together. I honour the work you do, and encourage you to care for yourselves as you care for others.

Kindest Regards,

Siri Brown, M.A., CCC  
CCPA BC Chapter President

## BC CHAPTER SOCIAL EVENT 2016

On a sunny summer day this August, the BC chapter held its annual Educational/Summer social. The idea was to share tools, techniques and experiential interventions with each other, providing an opportunity not only for colleagues to connect on a professional level, but a personal one as well. The sharing was what you would expect: both educational and inspirational. From learning about insight meditation, to grounding tools, to an approach crafted to help facilitate the ageing/life transitions process, to a guided visualization to meet your wiser self, participants experienced a variety of new tools all while feasting on a delicious spread (including a cake to celebrate our 40th year as a chapter!).

Learn more about the BC Chapter at:

<https://www.ccpa-accp.ca/chapters/british-columbia/>

We would like to thank our presenters: Richard Tatomir, Darlene Cripps, Dr. Glo McArter, and Siri Brown. Four hours flew by, and the conversations and connections made were heartfelt. We would also like to thank Dr. Laleh Skrenes for her generous hospitality and fantastic home and garden. Thanks to all who attended and hope to see many of you next year!



## UPCOMING WORKSHOPS, SEMINARS & WEBINARS

### CCPA Regional Workshops

CCPA is pleased to announce a pilot series of regional workshops for its members in BC. Come enjoy a day of professional development and networking followed by a special presentation on the status of regulation in the province and an overview of how CCPA is working for you!

TITLE	DATE	LOCATION	CECs Awarded
<a href="#"><u>Psychological Trauma, PTSD and Healing in Military and Veteran Populations with Dr Timothy Black</u></a>	Sept 23	Victoria (also via teleconference)	6
<a href="#"><u>Family Counselling and Creative Arts Therapy with Dr Honoré France</u></a>	Sept 24	Kelowna	6
<a href="#"><u>Counselling Within an Indigenous Context with Dr Honoré France</u></a>	Sept 26	Prince George	6
<a href="#"><u>A Practical Introduction to Acceptance and Commitment Therapy in Clinical Practice with Dr John Forsyth and Jamie Forsyth</u></a>	Vancouver (Sept 30) Kamloops (Oct 1)	Vancouver Kamloops	6

**Jack Hirose & Associates Inc.**

TITLE	DATE	LOCATION	PRESENTER
<a href="#">Worries and Woes: Working with Anxiety Disorders in Children &amp; Adolescents</a>	Oct 17 – Oct 18	Victoria	Lynn Miller, PhD, RPsych
<a href="#">Smart but Scattered: Strengthening Executive Skills in Children &amp; Adolescents</a>	Abbotsford (Oct 25) Burnaby (Oct 26)	Abbotsford Burnaby	Peg Dawson, Ed.D., NCSP
<a href="#">The British Columbia School-Based Mental Health Conference</a>	Nov 7 – Nov 9	Richmond	Ross Greene, PhD, Lynne Kenney, PsyD, Lynn Lyons, MSW, Gordon Neufeld, PhD, Donald Meichenbaum, PhD, Lynn Miller, PhD, RPsych, and Lisa Ferentz, LCSW, DAPA
<a href="#">Advanced CBT for Insomnia &amp; With Comorbid Conditions: A Client-Centred, Evidence-Based Approach</a>	Nov 16	Burnaby	Collen Carney, PhD, CPsych
<a href="#">Emotional Disorders: Practical Strategies for Transdiagnostic Treatment of Anxiety, Depression, Anger, and Perfectionism</a>	Nov 21 – Nov 22	Burnaby	Martin M. Antony, PhD
<a href="#">CBT 2 Day Boot Camp: Practical Treatment Strategies That Will Help Your Clients Improve Tomorrow</a>	Nov 24 – Nov 25	Langley	Jeff Riggensbach, PhD
<a href="#">Two-Day DBT Intensive: Using DBT to Treat Emotion Dysregulation Disorders</a>	Nov 28 – Nov 29	Burnaby	Sheri Van Dijk, MSW

**BC Association of Clinical Counsellors**

TITLE	DATE	LOCATION	PRESENTER
<a href="#">Healing Shame: A One or Two Day Workshop for Therapists</a>	Sept 10 – Sept 11	Victoria	Sheila Rubin and Bret Lyon

## WORKSHOPS, SEMINARS & WEBINARS CONTINUED

### SAJE Wellness & Transition

TITLE	DATE	LOCATION	PRESENTER
<a href="#">Self-Care for the Professional Helper-Health &amp; Wellness Practitioners</a>	Sept 17	Victoria	Dr. Michael Sorsdahl PhD, CCC, RCC

### University of British Columbia

<a href="#">Using Actions and Projects in Counselling: An Experiential Workshop</a>	Sept 26	Vancouver	Dr. Richard Young
---	---------	-----------	-------------------

### Crisis & Trauma Resource Institute Inc.

The Crisis & Trauma Resource Institute is an approved CCPA provider of continuing education credits. Workshops are offered throughout the year in most major Canadian cities. For a detailed list of upcoming workshops in BC, click [here](#).



Please note, the above list of upcoming workshops, seminars and webinars is intended to serve for your information only. Should you decide to participate in any of these events, the BC Chapter cannot be held liable for the accuracy of information (including, but not limited to, dates, registration fees and specific content delivery), as the BC Chapter is not affiliated with any of the institutes/organizations/presenters involved.

## Summary From the International Disaster Psychosocial Conference

RICARDO PICKERING



I was privileged to recently attend the International Disaster Psychosocial (DPS) Conference in Vancouver, BC on March 21-23, 2016. Coordinated by the Provincial Health Services Authority and the Health Emergency Management BC Branch, I thought this action packed event was well organized and attended. CCPA was a bronze sponsor for the International DPS Conference as well as the BC Association of Clinical Counsellors (BCACC) and Emergency Management BC. What follows is a brief summary of the event, some thoughts and a suggestion.

### Summary

In responding to natural and human caused disasters, it becomes crucial to be prepared to help others cope in culturally sensitive ways, considering spiritual-bio-psychosocial aspects, and focusing on the human aspect of the sudden challenges. What is the place of deployment for counsellors, psychotherapists and other mental health professionals during disasters and related emergencies? Disasters such as flooding, forest fires, earthquakes, terrorism, tsunamis, bus collisions and plane crashes affect communities and individuals in a myriad of unique ways. To help more effectively, asking may be more important than telling, supporting might be better than teaching, and understanding prevail over directing. During the three days that I participated in the International DPS Conference, I heard from experts discussing enhanced ways to prepare and assist BC/YK communities during disasters and related emergencies from psychosocial perspectives.

From 2001 to present, the BC Disaster Psychosocial (DPS) Program has been and is responsible for the development and provision of psychosocial strategies involving the continuum of supportive services, targeting individuals (both the general public and responders) who are affected by an emergency or disaster. The BC DPS Program is part of Health Emergency Management BC which is located within the Provincial Health Services Authority. This Program receives oversight and guidance from the BC DPS Council which is comprised of professional associations that are province-wide and aid the BC DPS Program in building volunteer capacity for local, community-based BC DPS volunteers when the need arises.

The DPS Program has been deployed over 70 times during the last three years, in response to catastrophic events. Specifically, the DPS Program provides psychosocial services upon request and with the agreement of the impacted community. These services are intended to assist in diminishing the long-term psychosocial effects, clarifying a current disaster or emergency situation and improving an individual or community's adaptive coping mechanisms. The DPS Services Volunteer Network is comprised of registered professional and paraprofessionals from:

- BC Association of Social Workers
- BC Psychological Association
- BC Association of Clinical Counselors
- Canadian Counselling and Psychotherapy Association
- Police Victim Services of BC
- Canadian Association for Spiritual Care

In September 2014, CCPA became a member of the BC DPS Council represented by 2015—2017 CCPA President, Natasha Caverley and CCPA

Chief Executive Officer, Barbara MacCallum. As a result, CCPA is interested in facilitating and encouraging BC CCPA members to learn more about volunteering with the BC DPS Program.

### Thoughts

What came across, and will remain with me after attending ten good conference sessions on different topics, was about "Togetherness and Connectedness." It was obvious then in human nature, there is more room for alternatives beyond the commonly recognized fight, flight and freeze coping mechanisms. The call and the will to help other human beings in need

*"To help more effectively, asking may be more important than telling, supporting might be better than teaching, and understanding prevail over directing"*

heralds a strong, fresh, and clear message of hope. Our counselling and psychotherapy profession could account for much and was able to make a substantial contribution from a psychosocial rebuilding vantage point. The need for qualified help is real! Accordingly, the outlined DPS Program continues to evolve, drawing upon Evidence Based Research from the most up-to-date sources specializing in areas such as post-traumatic stress in Canada, including Canadian Indigenous populations, as well as the USA, UK, Sweden, India just to name a few.

For more information about the International DPS Conference, visit <http://www.dpsconference.ca/>.

### Suggestion

I would like to conclude this summary with a suggestion to our BC CCPA members. Please visit the Provincial Health Services Authority website at <http://www.phsa.ca/our-services/programs-services/health-emergency-management-bc/disaster-psychosocial-program> to learn about ways to get trained, become involved and help in DPS services in a volunteer capacity.

## Author Spotlight

Ricardo worked for 25 years in the private industry working in mediation of industrial disputes. For the last 8 years he has been a Rural School counsellor, First-Nations mental health therapist, and EMDR private practitioner. He currently serves as Regional Director for BC and Yukon at the CCPA, and acts as liaison between the BC Chapter of the CCPA and Head Office in Ottawa. In addition, he is part of the BC Caucus of the CCPA, in support of FACT-BC. Ricardo has a Master of Counselling in Counselling Psychology degree, an EMDR basic certificate Levels I and II, he is a Registered Therapist with the College of Registered Psychotherapists of Ontario, and a Canadian Certified Counsellor. He has started specializing in first responders' debriefings and critical incident treatment interventions. Ricardo recently completed training in Clinical Supervision and plans to continue his private practice in the future. He can be reached at [rtpickering@sympatico.ca](mailto:rtpickering@sympatico.ca) and/or (250) 842-8552.

## A Journey of Discovery

LALEH SKRENES



Nearly everyone has heard of the wildfire in Fort McMurray in early May of this year. According to the regional municipality of Wood Buffalo, over 88,000 people were evacuated, among whom many have lost their homes. When my sister called from Europe, the

first thing she asked was: "How is that distraught community managing the fire?" This natural catastrophe became a global news item and concern.

"Every day, do something that will inch you closer to a better tomorrow." (Doug Firebaugh). I felt inspired and responsible to provide my support and direct aid as a helping professional in the field of counselling psychology.

Disaster Psychosocial Program (DPS) commenced with the notion that professional registered therapists and other clinicians would consider volunteering their time in the occurrence of a large-scale crisis or disaster to react to the psychosocial needs of the public and responders before, during and after a catastrophic event. I almost drove the director - the provincial



lead in DPS - insane by asking when I was going to be assigned. She patiently calmed me down and told me to wait. I was utterly both honoured and excited to find out that I was, in fact, in Team One! Team One usually has the most challenging task in a mission: to experience all the rough edges and make the path smoother for the following teams. I had not been afraid to rise to the occasion, but then experienced all kinds of challenges along the way. The airport was closed, so we had to drive from Edmonton to Fort McMurray. I began to feel the poor air quality as we gradually approached our destination. It was supposed to take 4 to 5 hours, but with all the stops and the formalities as volunteers, it took our team much longer. I had been travelling for 18 hours before getting to my camp.

The second day was about planning and organizing, introductions, being introduced to the Alberta Health Services team, visiting different sites, respirator fit testing, etc. Everyone exhausted themselves by working hard to complete their tasks. Nothing is smooth in a crisis. One may not be able to

understand until one experiences the situation. We were waiting around, wanting to do what we came for: to provide emotional support to distressed people. Our accommodation, location, and lodging was quite challenging. However, I constantly reminded myself that this was my chance to help the affected individuals. It would be an experience I would remember for the rest of my life. I was on a mission I believed in, so I was willing to be patient and wait. I had to remind myself of other places in the world where I had worked - such as Africa - with more challenging conditions than this one.

We started our actual work only on the third day. Our job seemed to be mainly focused on emotional support related to preparing the residents to return. I tried to help in a variety of ways: both directly and indirectly, both brief and in depth; from providing emotional and psychological support, promoting wellness strategies, a pair of good listening ears, handing out AHS brochures; to simple greetings, offering a kind word, and a smile. I believe that the magic of a smile works even among

the impacted people in such a crisis. I had initially held back smiling out of respect to the people in this catastrophe. The magic of a smile, indeed, worked even in these difficult circumstances! Yes, a simple smile; it might be the only positive and tender gesture a person - particularly one in distress - receives all day.

Through my interaction with the residents, I got to know many individuals better. Many respondents and volunteers were from the area and, thus, were affected by the fire. I discovered that several of the responders were lodging in places like motor vehicles since their arrival, as the accommodation elsewhere was completely occupied. I felt fortunate for having a small room with a shared bathroom.

At the centre where I was assigned to provide service, I worked at a Health Services desk, but would walk around the other tables when I had a chance, and introduce myself and ask them about the nature of their support. Many of these individuals were also residents of that area, with some heartbreaking stories to tell about the fire. Some came back to work, even when they had no place to reside. They were residing in restrictive accommodations. I was amazed how they were able to focus and provide such incredible contributions.

I also talked to and helped hundreds of the affected residents with their unique and heartbreaking stories to tell. I heard from some people that the impact of the fire was so intense; they found the idea of returning to their house overwhelming, even when they were permitted to do so. One young mother said she and her spouse were eager to do so, but their children were adamantly against the idea. They preferred to stay in the lodge, rather than returning to their own home. We were fortunate to have a quiet room in the centre to take individuals to when they wished to talk in detail and in depth, privately. I also helped residents to the appropriate tables where their physical necessities could be addressed.

My observation and work in Fort McMurray has taught me a lot about its citizens. Fort McMurray is a place of diverse cultures. There are large ranges of employment opportunities with different categories of income that one may not usually find in a small, remote city. However, what makes the inhabitants of Fort McMurray unique is their ability to help each other in difficult situations. These are a few of the many stories that I personally heard from its people and that they wished to share.

In the midst of the chaos of the wildfire situation, a 15-year-old triplet from the city- the daughter of a deputy fire chief – and her 19-year old cousin, were killed in a horrific car crash on the highway that was being used by evacuees, while fleeing from the fires. According to the RCMP, the crash was between an SUV containing the two youth and a tractor-trailer fuel truck on Highway 881 at Range Road 94 at Heart Lake First Nation. This was a site that we used to drive by every day from our camp to Fort McMurray Composite High School, where she had attended school. Everyone, including the Mayor, fire fighters, police officers, and the residents in the town were wearing an orange ribbon to show their respect to the grieving family.

Another less well known story is about a man with a young family, who was suffering from his third bout of cancer. He had to sell his house, and his family had to take a second mortgage to be able to pay for the first and second rounds of treatment. Then a third bout of cancer showed up! It didn't take long before his colleagues had sent a couple of messages to everyone in town. Immediately, people were organising activities to raise money. They quickly raised almost half a million dollars for his treatment in the US. I was recently informed that he was doing well.

"When the food bank was low, you would see a lineup of people going there and donating. When the Salvation Army was running low on supplies, the next morning there would be boxes behind the Salvation Army of clothes that appeared to be new. I think people

were going to the store buying supplies and donating them. Many of the mining and oil companies opened their camp accommodations to allow many residents and volunteers to come in and help the community. Without them we would have had nowhere to go. I'm a guy that's usually super prepared, and now I don't even have a pillow. I don't even know where I'm going and usually I have everything in place. Without [the camps], I would have slept in my car for days and days," one resident told me. It was that spirit of Fort McMurray that people were talking about. "Fort McMurray also has given a lot of money to other cities when they were in trouble, and now it's their turn. You see that the whole of Alberta is behind Fort McMurray. There's a reason for that. There are so many people across Alberta, Saskatchewan, and Manitoba, who came here in the beginning some 35 to 40 years ago, and they worked hard. They made their money. They might have gone back home, but they never forgot what Fort McMurray gave to them. Whether you like the oil industry or not, this is a big part of the economy of Canada. It's not perfect - a mine is not a

*"At times like this, we are not only helping people in need, but also learning from them."*

beautiful place to see, it's not a place that you go for vacation. But they are making a lot of effort trying to produce oil in the best way possible. There's a lot of money that is invested in this industry to try to extract the bitumen. That [whole process] may not be fairly publicised. People here understand

that the rest of the world or Canada might not understand them, but they have always reached their hands in their pocket when it came time to help others. It is now their turn to get help," another resident stated.

Having just visited Fort McMurray for a week composed of 14 hours of challenging work every day, now more than before, I am enjoying my large and comfortable bed with lots of cushions, clean water, and the many accessories of life. After breathing the smoky, acrid air of the burnt forests and city, I have developed a greater appreciation for the fresh air of my home city. When I was on this mission, I continuously thought of my usual run at early dawn, imagining breathing the fresh air in the park, and feeling healthy and optimistic. At times like this, we are not only helping people in need, but also learning from them. The lessons are of a reciprocal nature. After the experiences of helping people survive a natural disaster and coming to their aid, one can return to one's homes with a new appreciation for one's comfortable, organized life.

## Private Practitioner Award for Excellence

The Private Practitioner Award has been established to meet the following objectives:

1. To promote the vital role played by Private Practitioners in the Canadian Counselling and psychotherapy field by our Chapter Members.
2. To recognize a Chapter Member counsellor/psychotherapist for demonstrated commitment to excellence and high professional integrity.
3. To heighten awareness of the Private Practitioner Chapter and its commitment to heighten awareness of the best practices of its members.
4. To promote and inform the National and local community of this prestigious award bestowed on a deserving private practitioner of the chapter.

**Award:** A commemorative plaque and monetary award (maximum \$500.00) will be presented to the recipient.

**Application**

**Deadline:** December 15th each year

**Details:** [Private Practitioner Award](#)

I was provided with great hospitality, transportation, basic accommodation and abundant food. Nevertheless, an experience like this certainly makes us grateful for all the things we take for granted in our everyday lives. The experience of altruism and charitable acts, reaching out to others in their time of crisis, is a very rewarding and unforgettable experience.

I was provided with great hospitality, transportation, basic accommodation and abundant food. Nevertheless, an experience like this certainly makes us grateful for all the things we take for granted in our everyday lives. The experience of altruism and charitable acts, reaching out to others in their time of crisis, is a very rewarding and unforgettable experience.

Fort McMurray's spirit is quite strong. I give my sincere admiration and send warm salutations to the spirited residents of that beleaguered city, who have shown incredible resilience and bravery in the recent fire. My gratitude, moreover, goes to those responders and volunteers who took the time to share their expertise, compassion, and care for those incredible people. This article is for you, Fort McMurray, and is dedicated to your strength and bravery!

"The strongest people are not those who show strength in front of us, but those who win battles we know nothing about." - Anonymous

### Author Spotlight

Dr. Laleh Skrenes is a University professor. She has taught both undergraduate and graduate level courses in counselling psychology at University of British Columbia and City University of Seattle in Vancouver Campus since 2008. Dr. Skrenes is also a registered psychotherapist in Vancouver who has been providing professional counselling, psychotherapy, and coaching to children, youth, adults and seniors in a variety of settings including private practices, mental health centers, and hospitals over the last 20 years. Dr. Skrenes is involved with major research projects at UBC. She has published several articles in professional magazines and newsletters. Dr. Skrenes' two decades of experience includes services and experience as a volunteer to a broad spectrum of clients/patients in non-profit organizations both nationally and internationally. Contact information: [dr.laleh.skrenes@gmail.com](mailto:dr.laleh.skrenes@gmail.com)

## The Power of Multidisciplinary Collaboration

JAMIE DOVEDOFF



Last month, Dr. Paul Yeung wrote about Labour Market Information (LMI) and provided a useful link to assist you in navigating through our complex labour market with your clients. But what about those clients we work with who are "forced" into career change? Some our clients will no longer be able to return to their previous occupation as a result of permanent physical and/or psychological constraints following an injury or serious health event. This is where the power of collaborating with a Vocational Rehabilitation Consultant can be of great benefit.

What does a Vocational Rehabilitation Consultant do?

Vocational Rehabilitation is a highly sophisticated profession, grounded by a belief in the dignity and worth of all people and delivered by experts requiring unique multidisciplinary skills, experience, education and training who assist persons with functional, psychological, developmental, cognitive and emotional impairments and health conditions to overcome barriers to accessing, maintaining or returning to employment, to a position in the community and / or to quality of life. ([www.vracanada.com](http://www.vracanada.com)).

A Vocational Consultant can assist your client by engaging in comprehensive assessments/evaluations to determine how their skill set (educational and work histories, computer knowledge, etc), physical and/or psychological constraints and wage rate translates into the current labour market to determine

suitable alternative occupational options that are accessible to them now. The Vocational Rehabilitation Consultant can navigate the muddy waters of the labour market and provide the client with clarity on future employment, while you continue to provide therapeutic interventions and foster further progress and growth.

In working collaboratively with the team [“vocational rehabilitation consultants”], we have noticed increased efficiency and efficacy of our psychological treatment and a consistent stream of successful return to work experiences for our clients. The comprehensive vocational assessments and interventions provided assist us in developing timely and appropriate interventions. In addition, we are able to achieve greater therapeutic depth with our clients as the vocational aspects of returning to work are managed competently and professionally (Now in Colour Psychological Services Inc.).

### Author Spotlight

Jamie holds a Masters of Education, Counselling Psychology (Vocational Rehabilitation Counselling) degree and a Bachelors of Human Kinetics degree from UBC. Jamie possesses over 10 years experience offering disability management, vocational, rehabilitation, reactivation and fitness services in both the private and public sectors. Jamie's career focus is to assist individuals return to their previous level of independence through a suitable rehabilitation program and durable return to work plan. Jamie has developed exceptional counselling and vocational rehabilitation skills. She is a current member of the Canadian Counselling and Psychotherapy Association, Vocational Rehabilitation Association of Canada, and a Registered Rehabilitation Professional. Complementing Jamie's background in rehabilitation is her extensive knowledge in fitness for the average healthy population and rehabilitation for those with a vast spectrum of conditions. She is a Practicing Member of the British Columbia Association of Kinesiologists.

## Hi F.I.V.E. Movement at Simon Fraser University

CHRISTINA RUGGIERO

Simon Fraser University (SFU) is constantly working to eliminate stigma towards those who are experiencing mental health distress and mental illness on their campus. Currently, the largest initiative the campus implements is the Hi F.I.V.E. movement (Friendship, Invite Conversation, Value everyone's gift, and Eliminate stigma) founded by the director of Health and Counselling Services (HCS) at SFU, Erika Horwitz. This campaign raises awareness and understanding around mental illness by promoting on-campus dialogue of mental health issues through student-led outreaches, social media, cross-campus partnerships, and various campaigns. I had the pleasure to work with Erika during my non-clinical practicum

*“This campaign raises awareness and understanding around mental illness by promoting on-campus dialogue of mental health issues...”*

while attending the first year of my Masters of Counselling Psychology program in 2014 at Adler University. With Erika's guidance and support, I decided to create an online training module based around the Hi F.I.V.E. anti-stigma campaign. Though my non-clinical practicum ended after I reached 150 hours, I wanted to finish the project that I started, regardless of how long it took. Currently the training module is being edited at SFU, and will be added to the mandatory orientation for new staff, faculty, and student mentors, and was recently added to the HCS website for the public to take in August 2016.

The training module will help individuals question and confront their thoughts and ideas surrounding mental health issues and mental illness, and provide new staff, faculty, and student mentors with correct knowledge and information before interacting with students on campus. The training consists of self-reflection questions, facts, true and false quizzes, student produced videos to describe different forms of mental illness, and practical training on how to talk to, support, and act towards mental illness and suicidal individuals. This training, along with Hi F.I.V.E. movement will work to reduce stigma on campus, and hopefully one day eliminate stigma at SFU.

HCS at SFU already works hard to share the Hi F.I.V.E. movement across campus using many different mediums and outlets, but 86% of students at SFU still agree that more awareness and educational tools should be provided around mental health topics for students. In the future, I think the student population would benefit from an anti-stigma workshop hosted by HCS, adapted from the anti-stigma training module. Student attendees would question their views, learn the facts, and leave with practical resources to help support those around them with mental health issues or mental illness. I also think that providing students with facts regarding mental health specific to the SFU campus can affect how students view mental health and mental illness. By providing students with facts that are campus specific, relatable, and applicable, this may allow for the anti-stigma message to get across to students with greater impact.

I am grateful for the opportunity to help with such an impactful project at Adler University and SFU, and will take my passion and knowledge surrounding stigma awareness with me to my workplace and lifestyle after I graduate from Adler University. Erika and I have planned to host Hi F.I.V.E. conference calls during the school year with program directors at colleges and Universities to spread the anti-stigma message across the country.

For more information on Hi F.I.V.E., visit <https://www.sfu.ca/students/health/HiFIVE/About.html>. The website provides information, an anti-stigma pledge you can sign, and posters for a stigma free space that can be printed and placed on campus or at the workplace. A follow up in the next newsletter will provide the link for the training module.

### Author Spotlight



Christina is the CCPA student representative for Adler University in Vancouver, BC. Prior to this she was the president of the student association at the University, and in May 2015 ran a Street Store ([thestreetstore.org](http://thestreetstore.org)) in the Downtown East Side with help from Adler student volunteers. Christina recently completed her clinical practicum during 8 months at York

University in Toronto Ontario, in their Personal Counselling Department working with undergraduate students, and focusing on using Acceptance and Commitment therapy in sessions. In May 2016 she returned to BC, and is currently finishing up her last semester of her Masters of Counselling Psychology degree.

### Want to include something in the newsletter?

We are always looking for BC Chapter member newsletter contributions. So if you've written an article that you want to share or you know of any upcoming events or workshops that might be of interest to the BC Chapter community we would love to hear from you. All newsletter submissions can be sent to [lisa.cavey@gmail.com](mailto:lisa.cavey@gmail.com)

### Members of the BC Chapter Executive

**President**  
Siri Brown

**Past President**  
Paul Yeung

**Secretary**  
Tammy Lee

**Treasurer**  
Vacant (Past Treasurer: Ben Ho)

**Directors**  
Lisa Cavey, Ernest Chen, Cathleen Dyer, Peter Persad, Laleh Skrenes, Richard Tatomir

**Board Liaison**  
Ricardo Pickering

### Editor Information

Lisa Cavey, MA, CCC



Lisa Cavey is a Director on the BC Chapter Executive. She recently completed a Master of Arts in Counselling Psychology. She was Adler University's CCPA Student Representative for 2 years and the recipient of the 2014 Bev Abbey Service Award. Lisa currently works as a counsellor at Little Flower Academy, a Catholic Independent High School in Vancouver, BC.