

BC Chapter of the CCPA Newsletter

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Chapter Fee Reminder

Your annual \$20 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 a BC College of Counselling Therapists.

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

PRESIDENT'S MESSAGE



Welcome to fall and our latest newsletter! It has been a challenging summer for the residents of BC, and our thoughts are with those who have been affected by the numerous forest fires throughout many parts of our province. We also would like to extend our heartfelt thanks to all those counsellors (and other professionals) who joined the efforts to help those who were in need. Unsung heroes abound; thank you so much for your generosity of time, resources, funds, expertise, and heart. As much as we heed the call to help others, it is always wise to take care of ourselves as well. Part of our self-care this summer was our Summer Social – read about it below, and do consider joining us next summer to practice your own self-care! We also are continuing with our Q&A section, as well as some interesting articles from your fellow BC chapter members. As usual, we continue to welcome your input, suggestions, articles, workshop/training announcements, or interest in being a future Q&A subject! Thank you for being a part of our BC family – may we continue to work together for the good of all people.

Kindest Regards,

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

Welcoming Priscilla Coleff to the BC Chapter Board!

I have been in Canada for about 10 years now, before I was living in Mexico City where I did my Bachelors degree in Psychology with an emphasis in Psychoanalysis. During this time I started my community/social work. Some of that work included, working in a women's prison, providing anger management and addiction recovery therapy groups. I also had the opportunity to work in a psychiatric hospital for a year. Just before moving to Canada, I was working for the American Benevolent Society as the social worker coordinator. I am passionate about helping people and decided to move to Canada to do a Master's degree at the Adler School of Professional Psychology in Vancouver, BC.



Learn more about the BC Chapter at:

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

While in graduate school, I also trained as a focusing-oriented therapist. After obtaining my degree, I moved to Dawson Creek in Northern BC, started a private practice and worked as a family counsellor for 3 years. I moved back to Vancouver for the birth of my daughter and have a private practice at Holistic Counselling and Psychotherapy Services Inc., which provides a holistic and multidisciplinary approach to mental health. I believe that mind, body and spirit are connected, and so I work with clients to help them achieve their own sense of well-being through diverse tools and approaches that resonates with them. I give an emphasis on working with dreams because of its healing powers. Most recently, I have started in a new role working for Child and Youth Mental Health.

Sincerely, Priscilla Coleff MA, RCC, CCC

REFLECTIONS ON THE BC CHAPTER SUMMER SOCIAL EVENT

PRISCILLA COLEFF

I was delighted to attend my first summer social event as a new BC Chapter board member! It was an amazing networking, socializing and educational event, and truly a great success! Thank you Laleh for hosting it in your lovely home.



We got the opportunity to connect with new members of the BC Chapter as well as re-connect with other board members and colleagues. Not only did we network and socialize over delicious food and drink, but we also had the opportunity to learn about vision boards and how to introduce, lead and debrief the use of these in both individual and group settings. We learned about the neuroscience behind visualization and the use of vision boards, which were also outlined on the two-page handout we received. Some of the types of client issues/goals/group populations that can benefit from vision board creating, as well as when to be careful (e.g. trauma survivors) was outlined. We also learned about the importance of debriefing, and questions to guide the process were provided. By the end of this activity, I felt empowered and hopeful.

Siri Brown, the BC Chapter President, presented this workshop and did an excellent job. Thank you for this remarkable experience. I'm already looking forward to the next summer social event in 2018!



CONGRATULATIONS ERNEST CHEN!

One of our own BC Chapter Board members, Ernest Chen, was awarded the Private Practitioner Award for Excellence. A combination of counselling employments has allowed Ernest to work with over 4,500 diverse clients since 2013. Through these employments, he continues to expand his knowledge and understanding of clients' needs, which has deepened his awareness of the roles of counsellor and client. He employs an existential-humanistic approach to therapy, which emphasizes guiding a client through to the core of the issue rather than simple symptom management. Depending on the presenting concern and client's comfort, he is well-versed in other techniques such as



EMDR, Hypnotherapy, Mindfulness, and Solution-Focused Therapy. He strongly believes that the therapeutic encounter in life's journey is our chance to explore, clarify, and shape who we are and what motivates us to act regardless if we are aware or not. With this clarity, clients are able to consciously decide who they can and want to be.

The Private Practitioner Award has been established to meet the following objectives: to promote the vital role played by Private Practitioners in the Canadian Counselling and psychotherapy field by our Chapter Members, to recognize a Chapter Member counsellor/ psychotherapist for demonstrated commitment to excellence and high professional integrity, to heighten awareness of the Private Practitioner Chapter and its commitment to heighten awareness of the best practices of its members and finally to promote and inform the National and local community of this prestigious award bestowed on a deserving private practitioner of the chapter. This award is presented by the CCPA Private Practitioners Chapter annually with a commemorative plaque and monetary award of \$500.00.

Counsellor Regulation in BC – Brief Notes on Recent Activity

MADELEINE LELIEVRE



Over the past few months, many of you have openly voiced your continued support for counsellor regulation, and also your wish to be kept more informed about developments as they occur. As you are aware, CCPA is a member association of the Federation of Associations for Counselling Therapists in BC (FACT-BC), and the BC Chapter of CCPA plays an integral role in encouraging and supporting this initiative. Since its inception in 2014, FACT-BC has continued the work of the Task Group for Counsellor Regulation, as well as maintaining an ongoing dialogue with provincial government representatives. It has developed a Constitution and Bylaws, updated the original 2007 Entry-to-Practice Competency Profile, and developed Core Principles for the Regulation of Counselling Therapy in British Columbia. (For background information, these documents and others are available on the FACT-BC website: www.factbc.org)

Despite the Federation's efforts in preparing for the formation of a BC College of Counselling Therapists, government response has been slow. With the recent change of leadership in the province, the formation of the new Ministry of Mental Health and Addictions, and the province's expressed commitment in responding to the crisis in mental health and addictions, we are hopeful that the new government will support moving ahead with legislation. The recent fall session of the BC Legislature, which included the BC Throne Speech (September 8) and Budget Speech (September 11), should provide important insights to guide ongoing discussions with the BC Government.

By the time the FACT-BC group meets again in October, we hope to have a clearer understanding of the government's intentions. In the meantime, the links below will take you to some of the more pertinent documents that have helped inform Federation representatives of the priorities of the new government.

Sincerely,

Madeleine Lelievre, M. Ed (Counselling), C.C.C.
BC/Yukon Director for CCPA

Helpful Resources

Minister of Health mandate letter: <http://www2.gov.bc.ca/assets/gov/government/ministries-organizations/premier-cabinet-mlas/minister-letter/dix-mandate.pdf>

Minister of Mental Health and Addictions mandate letter: <http://www2.gov.bc.ca/assets/gov/government/ministries-organizations/premier-cabinet-mlas/minister-letter/darcy-mandate.pdf>

NDP-Green Party alliance and their shared commitments expressed in the 2017 Confidence and Supply Agreement between the BC Green Caucus and the BC New Democrat Caucus: https://www.thetyee.ca/Documents/2017/05/30/BC%20Green-BC%20NDP%20Agreement_vf%20May%2029th%202017%20copy.pdf

Virtually There: Considerations for Adding Online Sessions to your Practice

CONSTANCE HUMMEL



Sometimes meeting face-to-face just isn't an option (or isn't convenient).

Whether for clients or colleagues, technology can be an incredibly convenient way to bring people together and build your business. Online virtual sessions involve the use of video chat to create a face-to-face experience when you and the other party cannot be in the same space. Those in private practice can run the gamut from not offering online sessions under any circumstances, to virtual work being the foundation of their businesses.

As with everything, the tools you use to support your work must make sense for both you as a practitioner, and for your client's unique needs. Below are some things to consider about adding virtual sessions to your practice. There are benefits and potential concerns with using technology for therapeutic purposes. See if this service makes sense for your work.

Note: Check with your regulatory bodies and insurance providers to see if there are specific recommendations, guidelines and/or restrictions around the use of online technologies in your clinical work.

Things to consider:

- What clients would be an appropriate fit for this service, and how would you screen for this? There may be certain concerns or populations that require more than an online session could provide, or you as a clinician may need more information than could be determined without the client in the room.
- Does your therapeutic modality/style require clients to be physically present? If no, are there any circumstances where it still might not make sense to offer this service?
- Is your business set up for online work? Are you set up to take payments / issue receipts if the client is not physically present? Do you have the required technology for this type of service? (computer/tablet with web camera) Is the software you are using secure?
- How will you maintain professional boundaries? Sometimes the ease of connecting online can cause therapeutic boundaries to blur. How will you account for this in your work?
- How would you handle an emergency situation if the client is not in the room? If emergency services are required, do you have the information you need to react appropriately?

Tips for doing online virtual sessions:

1. Whatever software you decide to use, create a separate account that you only use for professional purposes.
2. Make sure you get a comfortable headset and microphone. Ask your clients to do the same. This will eliminate feedback/echoes from the speakers.
3. Be in a quiet location with no background noise.
4. Have the light source in front of you as opposed to behind. If you are backlit, your face will often be difficult to distinguish.
5. If possible, plug into a hardline internet connection or have a really fast wireless connection. This helps reduce screen freezing or losing the connection midway through a session.
6. Get an alternate phone number where you can contact your client if the connection is lost and can't be reestablished.
7. Write down the physical address for where your client is in case of emergency. This way you can still send emergency services if the client requires immediate assistance.

Pros:

- Cuts down on travel time to and from meetings/sessions for you and clients
- Low overhead – No need to rent office space
- Can see clients outside of regular office hours if you choose
- Expands the reach of your practice outside of your geographical area **Make sure your insurance allows for you to practice in the area that your client is located**
- Can see the same clients even if you travel to different locations
- Allows flexibility for how/ when you work with clients

Cons:

- Sometimes can be a bit glitchy. There are times the screen can freeze, or the connection can drop if the internet connection isn't strong. May need to have a backup plan in case of tech problems such as a telephone session.
- Not able to assess much body language as you can only see from the shoulders up.
- You do not have any control over the environment so there may be distractions
- Must be mindful of privacy and confidentiality limitations when using 3rd-party platforms; not all are suitable for use in therapeutic settings.
- Potential costs associated with online software depending on the platform you choose; some are free, others have associated fees.
- Need to educate clients on how to connect with you online.

Clients who may benefit from this service:

- New parents who cannot be away from their children for long periods of time
- Employees who cannot get more than an hour away from work
- Those who live in remote areas and cannot travel to your office
- Those who are not able to access transportation
- Those with physical mobility issues
- Those who travel for work but would like regular sessions

Virtual Sessions are one way to provide more sessions to more people, but it has to make sense for you, your work, and your clients. Determine if it fits you and your practice.

Author Spotlight

Constance Lynn Hummel, MA, RCC, CCC is a Psychotherapist and Leadership Coach in [private practice](#), and Business Strategist at [The Business of Helping](#). Through face-to-face and online private practice coaching and trainings, she empowers Therapists and Counsellors to create ethical, efficient, and profitable practices that reflect their lifestyle and values. Registration is open for the upcoming [Private Practice Bootcamp](#) starting September 21st, 2017.

Heart What? HeartMath® Deconstructed in Real Life

CAROLYN DIBB



What is it? HeartMath's® goal is to balance the mind and body while optimizing your mental performance and building your resilience. The program uses emotional regulation techniques that are based on biofeedback of heart rate variability (HRV). These tools help you create a state of coherence between the parasympathetic and sympathetic branches of the autonomic nervous system, and ultimately between mind and body.

When? The genius of HeartMath® is that it is meant to be used in real-time, in the moment of your stressor. You don't need to excuse yourself, retreat to the bathroom, or run for the hills. It was developed with emergency responders, ER docs, and the military in mind. Professionals in these fields often face extreme stress and they need to regulate their emotions quickly in order to effectively respond to dynamic situations.

How? HeartMath's® tools are scientifically validated and easy to use. On average a tool takes 30 seconds to do.

Who? According to Heartmath®, their system of techniques and technologies are used by hundreds of thousands of people worldwide. They have programs for corporations/institutions, individuals, and kids. (heartmath.org)

Why? We live in a fast-paced, highly demanding world, that requires us to know how to emotionally regulate to maximize our performance, without burning out. HeartMath® has some impressive peer-reviewed research that states that people using the Heartmath® training for 6-9 weeks showed a 56% drop in depression, a 46% drop in anxiety and 48% drop in fatigue (<https://www.heartmath.com>).

I have been personally coaching and using the HeartMath® program for 10 years. I have successfully used it during tense interviews, family emergencies, quarrels with my spouse, or when my child is testing the limits of my patience. But let me tell you about a time that stress blind-sided me and had me down on the mats before I even realized what was happening. A time that stress nearly robbed me of fun.

Last summer, on a day trip down to Seattle, our family visited the renowned EMP (now named the MoPop). We were enjoying all of the exhibits and interactive booths, finally happening upon something called On Stage. On Stage is a mock up of a live rock show, with lipsyncing and air guitar encouraged. This experience is a chance to live out your rock star fantasies. My family was game! As improvisation is my nemesis, I declined indicating my family should just enjoy themselves and carry on without me. My young daughter was having none of that and insisted it be a family affair. So standing in the crush of people waiting in line, my heart started to beat a little faster. While we were waiting, I discovered that they videotape the sessions, so you can enjoy watching your performance for years to come. Gulp. Then I noticed a video monitor mounted above the door to the studio. Apparently, it shows a live feed of what is happening in the studio so that the enormous line of people can watch the “acts” while they wait. Double gulp. It is at this moment that I become aware that I am being flooded with anxiety. I started doing one of the HeartMath® tools called the Quick Coherence Technique®. As my initial anxiety started to ratchet down, my brain came on board again, though my body kept shaking. Logic started to filter through and I found myself thinking, “This is for fun”. “I don’t know anyone in line”. “So what if I embarrass myself, it will be a wonderful memory”. By the time we were at front of the line I was calmer. Though still a bit nervous, my resolve had steeled. I acknowledged my nerves to my family (though I think they could already tell) and if I was going to do this, I was going to go for broke. I strode into the “arena” took my place behind the keyboard, even though the song had no keyboard, (who cares, right?) and well, they say that a picture is worth a 1,000 words.



One thing I know for sure is that moment became the highlight of our trip. And you know what? Without HeartMath®, I would have missed out.

Author Spotlight

Carolyn Dibb, M.Ed., CCC, is passionate about helping people discover their inner superpowers. As a therapist, HeartMath® Coach, award-winning author and mom, Carolyn knows the importance of cultivating emotional wellness. She has recently moved back to the West coast with her family. Her next children’s book, Super Ollie Outsmarts Overwhelm is due out this fall. Visit her at www.aboutyew.com

LET'S GET TO KNOW OUR MEMBERS!

In this newsletter segment, we learn a bit more about one counsellor and a counselling student from our B.C. family. We hope you enjoy getting to know Darlene Cripps and Premila Markan!



Name of the counsellor: Darlene Cripps, MA, CCC

Title/Institution and length of time:

University of Alberta
 University of British Columbia
 Vancouver Community College
 Bodydynamic Institute Inc. (Canada)
 City University of Seattle (Vancouver, Canada)

I have worked in private practice since 2013.

What population do you work with and why?

I work with teens and adult individuals. Our work together focuses on emotional regulation, trauma treatment, grief and bereavement support, and family issues and life transitions. My preference is to work from a somatic perspective. I love working from a mind/body perspective because this approach provides clients with tools and resources they can use in life outside the therapy session. People share with me that the process allows them to create changes that stick. I love that moment when people say 'Ah!' They have learned about themselves or put something together. People are growing and change is unfolding right in the moment and I have the privilege to witness it.

What book did you read last?

An Imperfect Offering: Humanitarian Action in the Twenty-First Century by James Orbinski, MD. Dr. Orbinski is a Canadian and past international President of Médecins Sans Frontières (MSF). The book recounts his work in Africa, in particular Rwanda during the genocide in 1994, and "explores the nature of humanitarian action in the twenty-first century, and asserts the fundamental imperative of seeing as human those whose political systems have most brutally failed ... in responding to others we must never lose sight of the dignity of those being helped or deny them the right to act as agents in their own lives."

What quote inspires you most?

"Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not seek the answers, which cannot be given to you now because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer." ~ Rainer Maria Rilke

Name of counselling student:

Premila Markan

Program/University:

City University of Seattle, Vancouver campus

How long have you studied at City University?

I began my Master of Counselling program in the fall of 2015.

How would you describe your learning journey or counselling work in two sentences?

My journey means a continuous process of learning theory and then putting it into practice. That is the core of what I hope to do -- taking the best theoretical knowledge and applying it in a manner that helps clients become their best selves.

What population do you work with and why?

I have worked for over two decades at Vancouver Coastal Health in a wide range of client services (e.g., helping disadvantaged populations on the Downtown Eastside access healthcare, counselling, and drug prevention programs, coordinating early childhood health screenings in Richmond, and assisting the leadership team on the North Shore in the area of home health care).

What has been your proudest moment so far in your program or in your work?

Working full-time while completing my Master of Counselling program forces me to prioritize and encourages both self-discipline and self-care. I am quite proud and feel very fortunate to be accomplishing this dream!

What quote inspires you most?

"Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens." -- Kahlil Gibran

**Bev Abbey Service Award**

In 2009, the BC Chapter of CCPA established the Bev Abbey Service Award to recognize and remember the late Bev Abbey, and to honour her generosity, selflessness, and many contributions to CCPA. The Bev Abbey Service Award is given annually to a BC graduate student in counselling psychology.

Award: \$200 plus a year's membership to the CCPA and the BC Chapter (valued at \$85).

Application

Deadline: March 15, 2018

Details: [Bev Abby Service Award](#)

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](#)

UPCOMING WORKSHOPS, SEMINARS & WEBINARS IN BC

Business Training with Constance Hummel

Are you looking to build and grow your private practice this Fall? Private Practice Bootcamp is a flexible 9-week online business training program designed specifically for therapists covering legal logistics, niching, marketing, branding, finances, online presence, plus much more. Leave with your own personalized business plan and efficient marketing strategy. Combine professional exploration, one-to-one coaching and community to help you confidently make your private practice dream a reality. You don't have to do it alone! Next round starts September 21st, 2017. For more information, go to <http://www.thebusinessofhelping.com/private-practice-bootcamp/>

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](#).

Jack Hirose & Associates Inc.

Jack Hirose & Associates Inc. is an accredited CCPA provider of continuing education credits. One-day workshops are accredited with 6 CECs, two-day workshops are accredited with 12 CECs and three-day workshops are accredited with 18 CECs. Click [here](#) for a detailed list of all upcoming workshops offered in BC and [here](#) for a detailed list of all upcoming webinars.

University of British Columbia

Boost your practice by updating your knowledge in an interprofessional learning environment where the emphasis is on applied skills, communication, self-care, and building a toolkit and a network with which you can grow and succeed. Courses are offered at the UBC Point Grey campus, UBC Robson Square in downtown Vancouver and online. Most courses have been preapproved for CECs by CCPA – check specific courses to find out. Click [here](#) for more details.

Vancouver CBT Centre

The Vancouver CBT Centre offers training workshops to mental health professionals on a range of topics related to CBT and other empirically-validated treatments to targeted disorders. Click [here](#) for more details.



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.

Members of the BC Chapter Executive

President
Siri Brown

President-Elect
Vacant

Secretary
Tammy Lee

Treasurer
Vacant (Paul Yeung, Acting)

Directors
Lisa Cavey, Ernest Chen, Priscilla Coleff, Cathleen Dyer, Laleh Skrenes, Richard Tatomir

Board Liaison
Madeleine Lelievre



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

Editor Information

Lisa Cavey, MA, CCC



Lisa Cavey is a Director on the BC Chapter Executive. Lisa currently works as a counsellor at Little Flower Academy, a Catholic Independent High School in Vancouver, BC.