

BC Chapter of the CCPA Newsletter

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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: Paul Yeung, Chapter President, at paul.yeung168@gmail.com

PRESIDENT'S MESSAGE

Hello BC Chapter members! With much anticipation and excitement I am pleased to announce the release of our newest edition of the BC Chapter Newsletter. We hope you find the newsletter both informative and educational, as we fill it with upcoming events, activities, updates, awards, articles and so much more! We are looking forward to connecting and sharing with all of our dedicated BC Chapter members.

UPCOMING EVENTS AND ACTIVITIES

CCPA 2016 Annual Conference & BC Chapter Breakfast

CCPA's 2016 Annual Conference will be held in partnership with the American Counseling Association in Montreal, QC from March 30 to April 3, 2016. Once again, an informal breakfast gathering for BC Chapter members will take place during the conference. We hope you can come so we can get to know all our BC Chapter members!

BC Chapter Breakfast Details

Date: Friday, April 1, 2016

Time: 7:00 a.m. to 8:30 a.m.

Location: Eggspectation Resto Café Bar, 12 Rue Notre Dame Est, Montreal, Quebec

Cost: Pay for your own breakfast

RSVP: Please send confirmation to Paul Yeung - paul.yeung168@gmail.com by March 18, 2016

Menu: <http://eggspectation.com/wp-content/uploads/2014/06/EGGS-2014-English-Menu-MTL.pdf>

BC Chapter Annual General Meeting

The AGM is a wonderful opportunity to learn more about the BC Chapter and a chance to meet your fellow BC Chapter members!

Date: Saturday, May 7, 2016 (Tentative - To be confirmed)

Time: 8:45 a.m. – 1:00 p.m.

Location: Adler University, 1090 West Georgia, Suite 1200, Vancouver BC, V6E 3V7

Presenter: TBA (presentation approved for Continuing Education Credits)

Learn more about the BC Chapter at:

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

UPCOMING EVENTS AND ACTIVITIES, CONTINUED

Online Competency Profile Validation Survey

As you are likely aware, the Canadian Counselling and Psychotherapy Association (CCPA) is a member of the Federation of Associations of Counselling Therapists of British Columbia (FACTBC). FACTBC member associations are working together to pursue regulation of counsellors and therapists under BC's Health Professions Act, to better serve and protect the needs of the public. FACTBC is currently updating the Entry-to-Practice Competency Profile for Counselling Therapists that was originally developed in 2006.

A FACTBC project team comprised of several different member associations has now developed proposed updated competencies. **It is critical to ensure that the competencies accurately reflect the practice of the members of all the associations comprising FACTBC.** Hence, your personal response to the survey is very important – the more counsellors and therapists who provide feedback, the more confidence FACTBC can have in the finalized competency profile.

As the BC Chapter President, I urge you to respond to the online competency profile validation survey. Please note that survey respondents must be full members of the Association who are eligible to work in independent practice (i.e., student or qualifying members are not eligible).

Closing Date: 12:00 midnight Pacific Time on February 28, 2016

Estimated

completion time: 30-45 minutes, taken place over more than one online session if you wish

Survey link: <https://www.surveymonkey.com/r/8GMHPZF> (available in English and French)

UPCOMING WORKSHOPS, SEMINARS & WEBINARS

BCACC offers a list of workshops: http://bc-counsellors.org/event_type/workshops/

CTRI offers a list of workshops: <https://ca.ctrinstitute.com/workshop-descriptions/>

Private-Practitioners Chapter offers a list of webinars: <https://www.ccpa-accp.ca/chapters/private-practitioners/#id7>



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.

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, 2016

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](#)

BC CHAPTER SOCIAL EVENT 2015

On August 1st 2015, 14 members of the BC Chapter gathered to connect, socialize, network, and brainstorm. This social event was generously hosted by Dr. Laleh Skrenes, a director on the BC Chapter Executive. After relaxing on the backyard deck, enjoying a tantalizing spread of sweet and savoury treats while getting to know their counselling colleagues, they dove into the topic of the social: clinical supervision. They were split into groups, provided with pens, sticky notes, and a poster board, and engaged in reflection and conversation around their experiences in receiving and/or providing supervision. After debriefing as a group, they wrapped up by recognizing Wayne

De Connick, a Masters student in Counselling Psychology from Adler University, as the recipient of the 2015 Bev Abbey Service Award. Each person left with fresh ideas, deeper understandings, and perhaps a new contact or two. All in all, a sunny summer day with food, beverages, and like-minded individuals made for a wonderful experience!

Due to its success, the BC Chapter Executive is already planning its next event for this summer. We hope to meet and connect with even more of our chapter members! Stay tuned for the date and time of the next social event!



Tales from a Wounded Healer: My Healing Journey from Compassion Fatigue

SIRI BROWN

The first time I suffered from counsellor burnout, aka Compassion Fatigue, was at my first job at a residential addictions treatment centre. I was young, fresh, idealistic and ready to dive into the rewarding work of helping others. After only about a year and a half, I was drinking regularly, smoking again after a hiatus of over a year and a half, and exercising compulsively (around an hour and a half a day). I was crying on my way home from work, and frustrated

and ashamed of myself and my apparent lack of healthier "coping skills". I didn't know what was going on - how come I was struggling so much? Why was I feeling the need to escape from my feelings so compulsively? Why was I so emotionally sensitive? What had happened to the old me?



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Despite my efforts at distracting myself, the cracks started to show, and I have two distinct memories that helped me realize something was really wrong.

The first one was during a massage, when the massage therapist placed her hands on my shoulders and asked, “Why are you carrying the weight of the world on your shoulders?”. This prompted a waterfall of tears. How did she know that was exactly how I was feeling?

“I was overwhelmed, wounded, stressed and traumatized.”

The second was during a guided visualization by a yoga teacher while in shavasana (when you lie still at the end of a yoga class). Once again, I began to cry uncontrollably. I knew something had to change.

It became clear to me that as soon as I got into my body, and became aware of my internal world, the true state of my being was unescapable – I was overwhelmed, wounded, stressed and traumatized. In short, I was Compassion Fatigued. Pen hovering over a contact renewal, my body “just said no”, and I left the job to start afresh somewhere else. In a nutshell, the following 10 years consisted of a rollercoaster of emotional states for me, from energized, to numbed out, to bitter, to hopeful, to despairing, to rejuvenated. How was I ever to get off? Was I going to have to leave the profession entirely? Continue to take medical leaves every few years? What else would I do? Is there anything else that would give the deep satisfaction that I experienced when helping others?

What I have since come to realize is that it is possible to find sustainable compassion satisfaction as a helping professional. But it requires self-awareness, self-compassion, a commitment to self-care, support of others and the ability to prioritize your own needs unapologetically (remember the oxygen mask analogy – always put yours on first before helping others with theirs).

“...only by monitoring ourselves, and addressing what we find accordingly, will we continue to find the energy to enjoy doing the work we do.”

First and foremost for me, however, was self-awareness, or mindfulness of my internal state. Only when I became skilled at tuning into what I was really feeling was I able to successfully navigate the shifting needs of my counselling work. Would it help to open up energetically to increase my empathy and understanding of my client’s situation? Would it help to take some time to ground myself before meeting with a particularly angry or anxious client? How about regulating my nervous system during sessions as I adapted to changes in my clients’ energy?

There are many different theories and approaches to managing the interplay of nervous systems and brain chemistries that play a part in the counselling process, though reviewing them is beyond the scope of this particular piece. The main point I am trying to make, and arguably the most fundamental piece for me of preventing Compassion Fatigue, is that only by monitoring ourselves, and addressing what we find accordingly, will we continue to find the energy to enjoy doing the work we do. For me, checking in with myself regularly – while in session, between sessions, at home, alone, with others; learning how to keep track of how I am really doing is a fundamental step towards my sustainability as a helper.

One of the (many) humbling lessons I learned over the course of my counselling career is that by honouring my own self, I allow others to do the same. Though my healing journey was long and uncomfortable at times, I am grateful to be able to say I have found a thriving, sustainable counselling practice which I intend to enjoy for many years to come.

Helpful Resources

Rothschild, B. & Rand, M.L. (2006) *Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma*. New York: W.W. Norton & Company.

Gabor, M. (2004) *When the Body Says No: The Cost of Hidden Stress*. Toronto: Random House.

Author Spotlight

Siri Brown, M.A., CCC, is a psychotherapist who is committed to helping others while maintaining her own energy and sustainable practice. A practitioner of mind/body psychotherapies and hypnotherapy, Siri’s approach to therapy is holistic and geared towards helping others heal on multiple levels. She enjoys working both as a counsellor for WorkBC and in private practice, and has been counselling individuals, groups and couples for over 15 years. Siri also enjoys presenting and has created tailored workshops for a variety of organizations, as well as presenting at a number of national and international conferences. She currently specializes in Compassion Fatigue and Professional Burnout, as well as providing services to survivors of violence/abuse. Siri is very passionate about participating in and giving back to her profession, and sits on the CCPA BC Chapter board of directors as President-Elect. She looks forward to helping connect counsellors across BC and supporting them in the very important work they do.

The Road Less Travelled: Non-Typical Career Opportunities for Counsellors in BC

RICHARD TATOMIR



I would like to tell you about some job options in the field of counselling psychology and social work you may never have thought of. I work as an Outreach Clinician with a MCFD program, Children and Youth with Complex Care Needs. This position is extremely different than traditional office-based therapy. As an Outreach Clinician I spend time making changes at the care-provider and systemic level providing social workers, counsellors, probation officers and other professionals,

expert knowledge in the use of Applied Behaviour Analysis, Attachment theory, Developmental Neurobiology, and Trauma-Informed Practice for youth that have Autism, FAS, Intellectual deficits, and comorbid mental health issues, often including Complex PTSD. The clients involved in our program are all youth in care and are the most vulnerable in the province, many of them with histories of violence and neglect from biological parents as well as attachment trauma from changing placements as many as twenty times. My career involves a mixture of travelling to the client's home community and working out of our special residential facility to train the client's team in interventions to reduce the risk to themselves or others and equip teams in methods that empower the youth to gain skills as basic as hygiene, breathing, emotional regulation and interview skills. I am teaching the team skills and ways of thinking to help the child succeed in a transition back to their community or out of care, versus me teaching the child or youth myself. Sometimes this is much harder, but this kind of holistic, wrap-around approach means the changes last far longer, especially as many of these children and youth are hyper-vigilant and have short attention that traditional office-based counseling is often impossible.

I have always enjoyed the one-on-one, couple or family setting of a therapy room, but often wondered about the progress of clients, particularly children and youth who have used a service and returned to the community. With its endless struggles of barriers to service, lack of resources (and lack of skills to self-advocate for resources), as well as conditions of violence, poverty, addiction and mental health issues there are so many ways our clients can fall through the cracks. What I like about my job is it allows me to take a systemic perspective and look at the people directly involved in the care of the most vulnerable youth

to increase the chance that we are returning them to resources with highly functioning and communicative teams that can provide best-practice standards of care for the long-term.

For mental health professionals wanting a change or new graduates who would like to take the road less travelled as I did, I would encourage you to consider positions in group homes/residential care facilities, community service agencies, educational institutions that may not be cushy or typical, but could value from your big-picture/system-based thinking and allow you to make a huge impact on the lives of hundreds or thousands of clients. You will need skills that include out-of-the-box "conceptual thinking" (the ability to identify patterns or connections between situations that are not obviously related, and to identify key or underlying issues in complex situations. It includes using creative,

"I would encourage you to consider positions in group homes/residential care facilities, community service agencies, educational institutions that may not be cushy or typical."

conceptual or inductive reasoning or thought processes that are not necessarily categorized by linear thinking), exceptional organizational ability (using systems such as GTD—Getting Things Done and Lean), deep knowledge of law and ethics (Mental Health Act, UN Rights of the Child, The Child, Family, and Community Service Act), diagnostic/analytic skill, and perhaps most importantly the ability to build trust quickly and lead others, sometimes

without them necessarily knowing they are being led (catalyst leadership, inquiry-based and student-centered learning/teaching). Possible job titles involve Mediator, Negotiator, Team Leader, Behaviour Analyst/Consultant, Advocate, Program Coordinator/Manager, Counsellor-Educator/Trainer, Program Development and Evaluation, Board Member, College Instructor, Outreach Clinician, Residential Coordinator/Owner/Director/Manager, and Speaker/Workshop Facilitator.

Author Spotlight

Richard Tatomir is a Masters-level Canadian Certified Counsellor, CCPA BC Chapter board member, and public speaker, with leading providers in the field of behaviour medicine, attachment & relationships, addiction, and the neurobiology of trauma. Richard currently works at the MCFD Children and Youth with Complex Care Needs program and retains a private practice, Relationship Experts Vancouver, focused on reducing conflict and increasing connection in couples, families and work teams. He is a Gottman 7 Principles Educator and ConnectParent Certified Facilitator. Richard and his associates regularly host free or low-cost workshops, and can be reached for speaking, counselling, or general inquiries, through his website: relationshipexpertsvancouver.com, and email at relationshipexpertsvancouver@gmail.com.

What is Labour Market Information (LMI)?

PAUL YEUNG

Regardless of clients' focus, many counsellors find themselves working with clients who are facing some form of life and career challenges. As many counsellors know, British Columbia has gone through a significant change with respect to service delivery to clients who are seeking career-related counselling and services few years ago.

Recently, the Government of BC has presented an updated information about employment trends and resources. For more information about the changing career landscape in B.C., please visit: https://www.workbc.ca/WorkBC/media/WorkBC/Documents/Docs/BC-LM-Outlook-2014-2024_C.pdf. This latest document will be helpful for counsellors, because it includes an updated list of top career options in B.C that clients can explore. The document has noted that "68 percent of job openings [are] coming from replacement demand due to retirements and deaths by 2024."

This document is related to what I have learned the first time about the concept of labour market information (LMI). I have become curious about this concept because of Gregg Taylor's workshop, entitled "Labour Market Information (LMI): Where the Jobs are." LMI has also been mentioned in latest textbooks (such as Amundson, Harris-Bowlsbey, and Niles, 2014). For example, counsellors can help clients develop basic research skills, identify potential LMI sources, and further their LMI awareness.

Some of the questions that arise in this area, which counsellors may want to consider in order to effectively align their services with the government's mandate include:

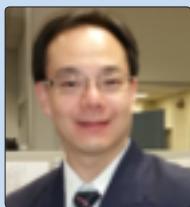
- What type of help are clients seeking?
- What types of information do clients often ask for?
- What is a realistic expectation of what counsellors can provide to clients?
- What is a realistic expectation of what clients will do or use?
- How can clients use LMI to implement their new career goals or create their own career possibilities?

The concept of LMI is crucial, because clients must be equipped for the changing employment landscape (i.e., learning how to face economic uncertainty), so that they can be able to capture existing career opportunities or even create their own possibilities.

Helpful Resources

Amundson, N.E., Harris-Bowlsbey, J., & Niles, S.G. (2014). *Essential elements of career counseling: Processes and techniques* (3rd ed.). Upper Saddle River, NJ: Pearson Education.

Author Spotlight



Paul Yeung, Ph.D., CCC, is the President of the BC Chapter Executive. He is also an adjunct professor teaching counselling courses at the University of British Columbia. Paul has also been serving on the executive board for the Private Practitioner Chapter since 2015.

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

Members of the BC Chapter Executive

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Paul Yeung

President-Elect
Siri Brown

Secretary
Tammy Lee

Treasurer
Vacant (Past Treasurer: Ben Ho)

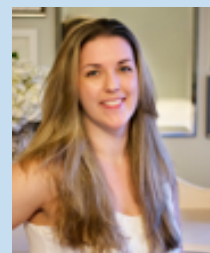
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Lisa Cavey, Ernest Chen, Cathleen Dyer, Peter Persad, Laleh Skrenes, Richard Tatomir

Board Liaison
Ricardo Pickering

Editor Information

Lisa Cavey, MA



Lisa Cavey is a Director on the BC Chapter Executive. She recently completed a Master of Arts in Counselling Psychology at Adler

University in Vancouver. For her thesis, she studied the experience of mental health professionals who have siblings with a mental illness. She was Adler University's CCPA Student Representative for 2 years and the recipient of the 2014 Bev Abbey Service Award. Lisa currently works at an inpatient psychiatric facility which provides supervised, short-term crisis intervention, counselling and stabilization to Vancouver Community Mental Health Team clients.