

# 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](mailto:lisa.cavey@gmail.com)

## PRESIDENT'S MESSAGE



Happy Summer and welcome to our latest newsletter! It has been a busy and eventful year and we are looking forward to relaxing at our upcoming Summer Social, which will include a Vision Board Workshop followed by a wine & cheese. It promises to be a great time so mark your calendars for August 12th! (see page 2 for details). Speaking of social, it was a pleasure getting to meet some of you in St. John's, Newfoundland, at the 2017 CCPA conference. Amazing speakers, surroundings (iceberg ho!), friendly locals and wonderful networking and socializing opportunities culminated in another great conference. Next year, please consider joining us in Winnipeg, Manitoba for the 2018 CCPA annual conference. On another note, we are excited to introduce you to a new feature of our newsletter: a Q & A section which will allow you to get to know some interesting facts about your BC Chapter colleagues! As usual, we continue to welcome your input, suggestions, articles, workshop/training announcements, etc. and would love to meet you at the upcoming Summer Social. Thank you for being a part of our BC family!

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

## BC Chapter Membership Benefits: What Do I Get?

- Free access to networking, social, and continuing education opportunities
- Free e-newsletters that provide an opportunity for you to write articles, share resources, promote your workshops or seminars, and learn about professional development opportunities in BC
- Show your support for FACT-BC's efforts to achieve regulation for the counselling profession, which protects your clients as well as helps you be recognized as meeting a high standard of competency requirements
- Ensure BC counsellors have a voice at the national level (of CCPA), where your specific concerns, interests, and achievements are recognized

Learn more about the BC Chapter at:

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

## UPCOMING BC CHAPTER EVENT

### BC Chapter Social Event 2017

It's Summer Social time! Come learn how to use vision boards in your work, and network over wine & cheese!

The BC Chapter Board of Directors of the CCPA invites you to an educational/social event at a board member's residence in the Point Grey area, Vancouver. Light refreshments will be served.

**Date:** Saturday, August 12, 2017  
**Time:** 2:00 p.m. – 6:00 p.m.  
**Location:** Vancouver, B.C.  
**Topic:** Vision Board Workshop (1.5hrs CEC approved)

Participants will learn how to introduce, lead, and debrief the use of vision boards in both individual and group settings. Guidelines, including suggested goals and populations that can benefit from this technique, will be provided. Cautions will also be covered, including triggering of traumatic material. Participants will then create their own vision boards, and have an opportunity to debrief their experience. An opportunity to ask questions will follow. Come build your tool box, enhance your clinical skills, and clarify your own values, goals, and aspirations!

Workshop will be followed by a leisurely wine & cheese networking and socializing event! We invite you to come meet some of your fellow colleagues and make some new friends.

The event can accommodate up to 25 people in total so don't wait too long to RSVP. This was a big success last year and feedback from attendees was enthusiastic - come meet your fellow counsellors, learn something new, eat, drink and have fun! Please RSVP to Siri Brown at [bc.chapter.ccpa@gmail.com](mailto:bc.chapter.ccpa@gmail.com) by August 1, 2017 and a separate e-mail about the event location will be sent to you.

Have a fantastic summer and we hope to see you soon!

## WELCOMING MADELEINE LELIEVRE TO THE BC-CCPA TEAM!

Greetings to fellow BC Chapter members from your new Regional Director for BC and Yukon! I am excited to be taking on this new challenge, and look forward to working closely with you as your Board Liaison for CCPA.

As a relative newcomer to the province, I know I have a lot to learn about the region. I joined the BC Chapter soon after arriving in Vancouver in early 2015, and attended last summer's BC Chapter social and the CCPA sponsored workshop in Kelowna on Family Counselling and Creative Arts Therapy. At both events, I felt encouraged by the warm welcome, and the interest people showed in who I was and where I came from.



Before moving to BC, I lived on the east coast working as a high school counsellor and teacher in Nova Scotia and New Brunswick. I also spent six years at Saint Mary's University in Halifax supporting students who had learning disabilities. During that time, I obtained my counselling degree, joined CCPA as a Certified Counsellor, and became very involved in the movement towards statutory regulation of the counselling profession. I have always been passionate about the essential role of counsellors in the field of mental health, and know the real difference it can make especially in the lives of our young people.

Now I am retired and enjoying the luxury of having more time to play with my grandchildren, to walk and bike and explore the city, and to pursue other interests that I love. I feel very excited, and privileged, to be taking on this important role for the next two years, and look forward to meeting as many of you as possible at Chapter meetings and other events throughout the year.

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

## Reflections on the 2017 Annual CCPA Conference in St. John's Newfoundland

SIRI BROWN

It always amazes me how fulfilled I feel after attending our annual conferences. Not just from the ground-breaking theories, techniques, and psychological research I am exposed to, but also from the connections, conversations, and powerful sharing I always seem to experience when I spend an extended period of time among my peers. As a fairly seasoned conference attendee, I would love to share some tips with those who are newcomers to conferences on how to have a fulfilling experience of their own!

**1. Spend time outside the conference presentations/workshops.** As someone who used to focus entirely on what sessions I was going to attend, I can guarantee you that many of your best memories will be from the impromptu interactions you have with your colleagues/presenters in- between sessions and during social events. Go to the banquet! Go to a social event. Attend your chapter(s) breakfast/lunch. Talk to the person next to you at break. The term "networking" doesn't do justice to the experiences and connection you will make, trust me!

**2. Get out of your "comfort zone".** I used to only attend workshops that were relevant to my current job (e.g. addictions-related when I was an addictions counsellor) or my interests (e.g. mindfulness, ACT). Now I always make sure to pick at least a few that are completely out of my norm – and I have yet to regret it! (this past year, for example, the organizers introduced a "Therapy Café" format where you got 15min mini-presentations from a wide variety of presenters. I learned about areas of counselling that had never been on my radar...and am wonderfully changed by it).



Photo: Keynote session  
Credit: Paul Yeung

**3. Risk & Rest.** Don't normally sit at the front? Ask questions? Volunteer for a role play? Take the plunge and take some risks! Risks I am grateful I took at this year's conference: Kissed a cod. On the lips. Danced until the wee hours with new friends, hiked Signal Hill in the wind and the rain, and braved the ocean's roll to get up close and personal to an iceberg. I also chatted up store owners, strangers, and fellow conference goers and presenters, and learned some interesting things about St. John's, it's history, and the people who live there. And the flip side is equally important: honour yourself and rest, without guilt, whenever you need to. Conferences are exhausting – even when you aren't dancing into the wee hours! I used to feel I had to attend every available session slot – to “maximize” my conference experience. I must admit that I still strive to learn, reflect, and connect as much as I can, but I've also retreated to my room or gone for a walk when I've felt overwhelmed, tired, or in need of some me-time.

Conferences are so much more than an opportunity to fill your CEC quota, and I can't stress how much more rewarding the experience will be if you open yourself up to that possibility! On that note, please feel free to join me on the dance floor at next year's May 2018 CCPA conference in Winnipeg.



Photos: Boat tour to Cape Spear  
Credit: Paul Yeung

## 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 in private practice and as a Wellness Educator/Therapist for Vancouver Coastal Health's EFAP. 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 counselling to survivors of violence/abuse. Siri is very passionate about participating in and giving back to her profession, and currently serves as president of the CCPA BC Chapter. She looks forward to helping connect counsellors across BC and supporting them in the very important work they do.

## 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 Ernest Chen and Clara Leigh-Wong!

**Name of the counsellor:** Ernest Chen

**Title/Institution:** Registered Clinical Counsellor, Canadian Certified Counsellor at Homewood Health and private practice at Willful Minds. I've been at Homewood since 2008 and in private practice, Willful Minds, since 2012.



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

The learning journey never ends or slows down but it requires dedication and passion in order to keep learning. In terms of counselling work, it is rewarding and humbling because I get to witness a snapshot of someone's darkest hour in life and then the same time watch them blossom into something that really resonates with them.

**What population do you work with and why?**

People always inquire what my niche is, but I have found that as a generalist, I work with a wide variety of presenting issues, and enjoy applying my skills, knowledge, and theoretical orientation to the diverse challenges I encounter in my practice.

**What has been your proudest moment so far in your work?**

My proudest moment in my career so far was to go with my gut instincts to not give up on a client when many others would have chosen to institutionalize them. That moment made me realize that my clinical judgment could change someone's life experiences. I believe my attunement to the client helped me to take a risk to be patient and stick it out with my client when others would have chosen to commit. Eventually we did use emergency services but through this journey we developed a long lasting therapeutic alliance, which really helped with building trust and implementing change.

**What is the one thing you can't live without as a counsellor?**

As a bonus answer, mentors and insightful colleagues. I can't imagine myself being a clinician without the support of people I've met on this journey. I feel that these individuals always guide me in the right direction even if they didn't give a direct answer to my inquiries because there are no straight answers.

**Name of counselling student:** Clara Leigh-Wong



**Program/University:** Undergraduate studies at Queens University and counselling prerequisites at UBC, and school counselling at CityU. I am a new counsellor within one of the lower mainland districts.

**How would you describe your learning journey?**

Becoming a school counsellor was a childhood goal of mine since age 11. I was inspired to help young people develop resiliency and self-regulation after seeing the positive influences that my own school counsellors had on myself and my peers throughout elementary and secondary school.

**What book did you read last?**

“When dating becomes dangerous: A parents guide to preventing relationship abuse”

**What quote inspires you most?**

My own quote is: “So glad I contracted your positive energy. I hope I never get cured.”

**What item have you had since you were a child?**

My pencil case.

**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, 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](mailto: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.