

CCPA Counsellor Educators Chapter

Newsletter

Message from the President

~Contributed by Roberta Neault

The past few months have been active for the Counsellor Educators chapter. We've offered 3 free webinars for our members and have another one scheduled for March. Work has also begun on mapping the training of Francophone counsellors to our CCPA certification requirements in an attempt to understand roadblocks to certification to facilitate a more seamless process. This work has been led by Liette Goyer, who is overseeing a researcher we were able to hire with matched funding from the CCPA Chapter Support fund and the Counsellor Educators chapter. We expect to have the results ready to report out at our AGM at CCPA's annual conference in May in Winnipeg.

We've also contributed to reviewing the CACEP revisions – there will be a special update on those revisions at our AGM as well. As building capacity for supervision continues to be a CCPA priority, we've been invited to sit on the Advancement of Clinical Supervision committee – we know that finding and equipping supervisors is very important for counsellor educators across the country. Jen Rowett (CCPA President-Elect and recipient of our 2017 Doctoral Dissemination Award) will co-present with me in Beijing at the upcoming Asia Pacific Career Development Association conference on the topic of career counsellor supervision.

As in previous issues, we're delighted to include some contributions from our members. If you'd like to write something for the next issue, please email roberta@lifestrategies.ca. We're actively looking for someone to coordinate newsletter contributions – please reach out if you're willing!

We have added a new Counsellor Educator Liaison role and hope to eventually have a representative from each graduate program for training counsellors across the country. You'll find a list of our current reps later in this newsletter – if you are with a program not yet listed, please reach out and let us know. We hope that our liaisons will help to keep their colleagues up-to-date with CCPA news and will encourage them to join our chapter, attend webinars, and share their expertise. Keep in mind that grad students who are preparing to become counsellor educators get free membership in this chapter; please encourage your doctoral students to join us.

We hope to see you at the CCPA conference – perhaps with some of your colleagues and students? To whet your appetite, we've highlighted a few sessions from the program that we think will be especially appealing to counsellor educators.

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Requests from our Members

Our 2017 survey of Counsellor Educator chapter members identified several topics of interest. If you are willing to contribute a short newsletter article, develop a webinar, or offer some other type of professional development on the following topics, please email Roberta Neault (roberta@lifestrategies.ca):

- how core faculty can engage efficiently and productively with sessional instructors so that these part-time faculty feel sufficiently informed and “part of” the program;
- program advisory committees – function, focus, and process;
- coursework assignment development and the evaluation and feedback process – optimizing student learning and ensuring a manageable workload for instructors; and
- program elements that contribute to a sense of “program” above and beyond coursework and practicum.

News from the National Office

CCPA sent out an impressive update of their 2017 activities. In case you missed it, it's posted on the website at <https://www.ccpa-accp.ca/ccpa-at-work-for-you/>

It's exciting to see all of the ways that our association is leading the profession in terms of advocacy, member benefits, and strengthening supervision.

Webinar Series



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More webinars are planned for Fall 2018. In the meantime, recordings are available for our three 2017-2018 webinars:

Who Are We? An Introduction to the Counsellor Educators Chapter

<https://ccpaaccp.adobeconnect.com/p5sr37yevu07/?pr oto=true>

Creative Strategies for Enhancing Student Engagement.

Facilitated by Dr. Jill Cummings, Yorkville University.
<https://ccpaaccp.adobeconnect.com/pdm7zysdnfzr/>

The Evidence Base for Psychotherapy.

Facilitated by Dr. Giorgio Tasca, University of Ottawa, Psychotherapy Practice Research Network
<https://ccpaaccp.adobeconnect.com/presa14j1v1t/>



Counsellor Educators Chapter Dissemination Award for Doctoral Students

Application deadline: March 9

The Counsellor Educators (CE) Chapter wishes to encourage CCPA members who are doctoral students to consider a career as a counsellor educator. The CE Chapter Dissemination Award for Doctoral Students is intended to assist members to achieve this goal by providing funding to a doctoral student to assist with presenting at the CCPA annual conference.

Eligibility

Applicants must be (a) CCPA members in good standing, (b) a current doctoral student at an accredited university or a recent graduate of a doctoral program (i.e., no more than 12 months from the date of the conference), and (c) the first author on a session that has been accepted for presentation at the CCPA annual conference. The session may be in any format accepted by the conference (e.g., Education Session, Poster Session, Roundtable Session).

Applicants do not need to be members of the Counsellor Educators chapter. The work that the applicant will be presenting at the conference does not need to be their dissertation research.

Application Procedures

Applicants must submit the following documents:

1. A letter of acceptance from CCPA, confirming that the applicant has been accepted to present a session at the CCPA annual conference
2. A 250-word abstract of the session they will be presenting
3. A short letter (max. 1 page) outlining (a) the applicant's career goals and the relevance of their session to the counselling profession in Canada
4. A current curriculum vitae
5. A letter from a counsellor educator, confirming the applicant's status as a current or recently graduated doctoral student and recommending the applicant for this award



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Evaluation Criteria

Applications will be evaluated on their overall merit including:

1. The scholarly merit of the session being presented
2. The relevance of their session to the counselling profession in Canada.
3. The strength of the applicant's interest and potential to pursue an academic career in counsellor education

Value

The award is valued at \$500. The award is presented to the winning applicant at the annual meeting of the Counsellor Educator Chapter, which is held at the CCPA conference. The award winner is encouraged to present an overview of their award-winning session at the annual meeting.

Applicants must submit their documents by email to the Counsellor Educator Chapter President. For the 2018 award, this is Roberta Neault (roberta@lifestrategies.ca)



2018 Student Research Symposium

The Counsellor Educators chapter will be sponsoring several awards for student researchers at the 11th Student Symposium of CRIEVAT—the Centre de recherche et d'intervention sur l'éducation et la vie au travail (CRIEVAT)—on March 23, 2018 at Laval University's Pavillon Alphonse-Desjardins in Quebec City. The theme of this year's symposium is **Sharing Our Knowledge and Practices for Living Better in Society**. Students from several universities will be presenting their research projects at this event.

The symposium's main function is to act as a friendly and informative interdisciplinary exchange on projects by master's and doctoral students in education, social sciences and the humanities (sociology, counselling, psychology, administration, industrial relations, etc.), whatever the progress of their work (literature review, issue, methodology or research results).

This symposium will cover the three pillars of CRIEVAT's scientific program:

- **Developing individual and collective support practices**
- **Different life/occupational trajectories**
- **Life skills, transitions, personal/educational experiences**

Our CCPA board liaison to the Counsellor Educators chapter, Michel Turcotte, is the Symposium Coordinator. Michel is also currently a doctoral student in counselling at Laval University.

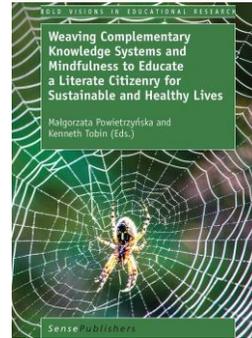


Fees are only \$20 for students!

To register, or for more information, go to: <https://www.ccpa-accp.ca/student-symposium-2018/>

For Your Bookshelf

Self-care is always a topic of interest for counsellor educators. Our colleagues Drs. Avraham Cohen and Heeson Bai shared an annotated list of resources that they used in a recent workshop in Vancouver.

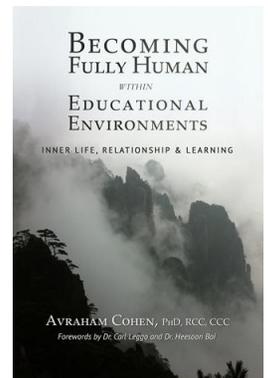


Bai, H., Beatch, M., Chang, D. & Cohen, A. (2017). Recalibrating mindfulness. In M. Powietrzynska & K. Tobin (Eds.), *Weaving complementary knowledge systems and mindfulness to educate a literate citizenry for sustainable and healthy lives* (pp. xx). Rotterdam, The Netherlands: Sense Publishers.

- Video about our chapter in the book: <https://www.youtube.com/watch?v=F2rESQLRQg>
- Link to the book: if you open the preview offering, the actual chapter is on p. 21. <https://www.sensepublishers.com/catalogs/bookseries/bold-visions-in-educational-research/weaving-complementary-knowledge-systems-and-mindfulness/>

Many ideas about mindfulness and its integration with education. The view that inner work is about education about self, relationship, and life fits with this chapter.

Cohen, A. (2015). *Becoming fully human within education environments: Inner life, relationship, and learning* (2nd ed.). Vancouver BC: Writeroom.



An integration of process-oriented practices with education. Particularly, the chapter on inner work with my (Avraham's) dream contains very many ideas about how to do inner work on your own.





- Cohen, A., Bai, H., & Fiorini, K. (2017). The self-cultivation model of lifelong learning: Towards post-egoic development. In *Adult and community health education: Tools, trends, and methodologies*. Hershey, PA: IGI Global. (available online at: <http://summit.sfu.ca/collection/204>)

A book chapter that talks in detail about self-care.

How to make stress your friend – Kelly McGonigal
https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

Definitely an alternative view of stress that hits many good points.



Their list also included many resources related to fitness and nutrition – well worth reaching out to them to ask for the whole list or more info about coaching, or seminars. You can contact Avraham at (604) 313 8423 or cohen1therapy@gmail.com or Heesoon at baiterapy@gmail.com.

Mark Your Calendar

Counsellor Educators Chapter AGM

Based on responses to our survey, the next **AGM** has been scheduled at the conference in Winnipeg on **Friday, May 11, 12:00 – 1:15pm** (lunch will be provided; register with your conference registration).



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Highlights for Counsellor Educators From the 2018 CCPA Conference Program – Join Us in Winnipeg!

Thursday, May 10 – Pre-Conference

P3 - Promoting Professionalism in Clinical Supervision: Embracing Supervisory Identity and Illuminating Competence (Full Day)

Friday, May 11

10:45am – 12:00pm

A3 - Multicultural Counsellor Education: Embracing Asian and Indigenous Wisdom and Perspectives

A6 - Relations de supervision conflictuelles: un examen des conflits (et des avenues possibles de résolution) dans les cadres de la supervision clinique et du milieu académique Location

12:00pm – 1:15pm

Counsellor Educators Chapter AGM – Ballroom C

1:30pm – 2:45pm

A7 - Be Safe and Do Good Work: Integrating the Guidelines for the Uses of Technology in our Counselling Practices

A9 - Counselling Education in Canada: What is Working Well? What do we Need to Prepare for?

A10 - Writing for Submission to the Canadian Journal of Counselling and Psychotherapy, other Professional Journals, and Book Publishing

A13-B - Under Pressure: Exploring the use of Communal Drumming as a Self-Care Initiative and Burnout Prevention in Counsellors-in-Training

3:15pm – 4:30pm

A16 - Witness to Medically-Assisted Dying in Canada: A Counselling and Psychotherapy Perspective

A17 - Reviewer Training Certification for the Canadian Journal of Counselling and Psychotherapy (CJCP) – Levels I and II



Saturday, May 12

10:45am – 12:00pm

B1 - A Cross-Country Update on the Regulation of Counsellors and Psychotherapists in Canada

B3 - Experiences with a Peer Supervision of Supervision Group: Reflections and Suggestions for the Practice of Clinical Supervision

B4 - Out of Bounds: Reconceptualizing the Paradigm of High School Counsellor

B5 - Online Students' Mental Health—An Emerging Problem of Counselling Practice

12:00pm – 1:15pm

CCPA Annual General Meeting (Snacks Included) /
Assemblée générale annuelle de l'ACCP (des collations inclus)

1:30pm – 2:45pm

B11 - International Association for Counselling (IAC):
Advocacy in Action

3:15pm - 4:30pm

B21 - Updated CACEP Standards for Accrediting
Counsellor Education Programs in Canada

Sunday, May 13

9:00am – 10:15am

C7 - What the Judges have said and the Implications for Professional Practices by Counsellors and Psychotherapists

10:45am – 12:00pm

C11 - Mental Health? Student Wellbeing, Bereavement,
and 'Addiction' in a Medicalizing Era

C16 - Fostering Reflective Practice through Clinical Supervision

Certification Update: The Program's Role

~ Contributed by Jeff Landine, CCC
Past President CCPA CEC /
Chair, CCPA Certification Committee



In case I haven't done this before, let me introduce myself along with my roles with CCPA. I have been involved with the executive of the Counsellor Educators Chapter for five years now and am finishing my term as Past President at this year's conference in Winnipeg.

I also serve as the Chair of the Certification Committee, a position that I have held since May 2015. In this position, I have had the responsibility of overseeing the appeal process when certification is denied, working with the Registrar and the Certification Committee to keep our criteria for certification current and functional, and I sometimes offer my opinion on contested appraisals of Continuing Education Credits for certified members.

Over the past two-and-a-half years I have reviewed a great number of appeals from applicants who have been declined certification for one reason or another. The vast majority of these declinations occur as a result of missing or insufficient coursework or practicum experiences that don't meet CCPA's criteria.

Although one might say that it is a student's responsibility to ensure that they have what they need when they graduate to practice in their chosen profession, some responsibility falls to the program that is preparing for this work. With that said, I would like to address the many Counsellor Educators who are part of this chapter and working in counselling programs across Canada.

When we graduate a student, it is in the best interests of all involved (the student, the program, CCPA, members of the profession) that that student be fully prepared to meet the criteria in place for them to be certified or licensed, as is the case in some provinces now. Although universities, counselling programs, and faculty will always have autonomy when it comes to how their programs are set up, taking the time to ensure that your program outcomes align with CCPA's criteria for certification is not an overly difficult task. The benefit of



such action, however, is that graduates are able to be certified (or licensed) with relative ease and are more likely to retain their association with CCPA and/or provincial bodies in the future.

Unfortunately, we have many students who graduate and then eagerly apply for certification, only to be informed that some part of their program did not meet CCPA criteria for certification. In these cases, additional time and money is required to bolster the coursework or practicum they completed in their program, and many times they are left with a negative perception of CCPA, their program or both.

The criteria for certification developed by CCPA are clear and fairly concise as laid out in the CCPA Certification Guide. The fact that the majority of programs across Canada have outcomes for students that align with, or surpass, CCPA’s criteria, means that we have some degree of uniformity across the country.

If you think that your program is not well aligned I am happy to help (ilandine@unb.ca), as is CCPA’s Registrar (certification@ccpa-accp.ca) – please feel free to contact one of us with any questions you might have and be sure to download the Certification Guide available on the CCPA website (https://www.ccpa-accp.ca/wp-content/uploads/2015/08/CertificationGuide_EN.pdf)

Did You Know . . . ?

There is a consultation list on the Counsellor Educators website at <https://www.ccpa-accp.ca/wp-content/uploads/2017/10/CCPA-CE-Chapter-Consultation-List.pdf>.

It has recently been updated. If you’d like to have your name and information added to it, please send them to roberta@lifestrategies.ca.

Counsellor Educator Liaisons

To align with our priority of increasing our membership and facilitating more member involvement in chapter activities, we have initiated a new role to liaise between university programs and the Counsellor Educators Chapter board.

To date, we have identified 22 Counsellor Educator reps from programs across the country. If we don’t yet have a rep from your program, consider serving in this way (or pass on this request to a colleague). We hope that the reps will help us reach their colleagues, sharing our newsletter, webinar information, and other CCPA news. We also hope that the rep will share with us their celebrations and challenges, helping to keeping the community of counsellor educators across Canada better connected.

University	Contact Person
Acadia University	Kate Gignac
Adler University	Gillian Smith
Athabasca University	Simon Nuttgens
Brandon University	Chris Brown
Briercrest	Sam Berg
City University	Rob Roughley
Concordia University	Mary Rawlins
Memorial University of Newfoundland	Leah Lewis
Simon Fraser University	Masahiro Minami
Trinity Western University	Marvin MacDonald
Université Laval	Liette Goyer
Université de Moncton	Sylvie Arseneau
Université de Moncton	Philip Jacquin
Université du Québec à Montréal	Louis Cournoyer
University of Alberta	Jessica Van Vliet
University of British Columbia	Bill Borgen
University of Calgary	Tom Strong
University of Lethbridge	Blythe Shepard
University of New Brunswick	Jeff Landine
University of Victoria	Anne Marshall
Western University	Alan Leschied
Yorkville University	Peter Hall

