



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

Preliminary Conference Program / Programme préliminaire du congrès

May 10 - 13, 2018 / 10 - 13 mai 2018

Winnipeg, Manitoba, Canada

Hôtel Delta Hotel



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Thursday, May 10, 2018 / Jeudi le 10 mai 2018

7 h 30 - 9 h 00	Registration / Inscription	Foyer
9 h 00 - 12 h 00	Pre-Conference Sessions / Séances du pré-congrès	
	P1 - The Fundamentals of Establishing Your Online Counselling Practice <i>(Full-Day - Intermediate)</i> LAWRENCE MURPHY	Ballroom A
	P2 - The Social Styles Workshop <i>(Half Day - Intermediate)</i> VICKI-ANNE RODRIGUE	Ballroom B
	P3 - Promoting Professionalism in Clinical Supervision: Embracing Supervisory Identity and Illuminating Competence <i>(Full Day - Advanced)</i> BLYTHE SHEPARD, BETH ROBINSON, KATE GIGNAC (KEARNEY)	Ballroom C
	P4 - Working with Families Experiencing High-Conflict Divorce: Ethical Issues and Clinical Practices <i>(Full Day - Advanced)</i> JEFF CHANG	Charleswood A
	P5 - Narrative Assessment & Storylistening: 4 Toolkits to Build Skills and Knowledge <i>(Half Day - Intermediate)</i> MARK FRANKLIN	Charleswood B
12 h 00 - 13 h 30	Lunch on own / Diner (non- inclus)	
12 h 15 - 13 h 15	Animal Assisted Therapy in Counselling Chapter / Section de counseling et zoothérapie	Ballroom B
13 h 30 - 16 h 30	Third Party Billing Round Table / Table ronde sur la facturation à une tierce partie Fee: \$10 / Frais : 10 \$	Kildonan
13 h 30 - 16 h 30	Pre-Conference Sessions / Séances du pré-congrès	
	P1 - The Fundamentals of Establishing Your Online Counselling Practice continues... <i>(Full Day - Intermediate)</i> LAWRENCE MURPHY	Ballroom A
	P2 - Promoting Professionalism in Clinical Supervision: Embracing Supervisory Identity and Illuminating Competence continues... <i>(Full Day - Advanced)</i> BLYTHE SHEPARD, BETH ROBINSON, KATE GIGNAC (KEARNEY)	Ballroom C



	P6 - La santé mentale des immigrants et réfugiés francophone et leur recours aux services de soutien <i>(Demi jour - préliminaire)</i> HÉLÈNE ARCHAMBAULT, DANIELLE DE MOISSAC	Ballroom D
	P4 - Working with Families Experiencing High-Conflict Divorce: Ethical Issues and Clinical Practices continues... <i>(Full Day - Advanced)</i> JEFF CHANG	Charleswood A
	P7 - Psychotherapy and Intimate Partner Violence: Counselling Considerations for Immigrant, Refugee, and Canadian-born Survivors of Domestic Abuse <i>(Half Day - Intermediate)</i> SAKTHI KALAICHANDRAN	Charleswood B
17 h 00 - 18 h 00 First Timer's Orientation / Orientation des nouveaux congressistes Location / Lieu : Ballroom AB		
18 h 30 - 19 h 30	Keynote Address - Don Burnswick Healing through Humour - Laughter is Good Medicine <i>(English)</i> Conférencier d'honneur - Don Burnswick Guérir par l'humour - le rire est le meilleur remède <i>(Anglais)</i>	Grand Ballroom

Friday, May 11, 2018 / Vendredi le 11 mai 2018

7 h 30 - 9 h 00	Registration / Inscription	Foyer
7 h 30 - 8 h 30	Spiritual Care in Counselling Chapter / Section soutien spirituel en counseling	Ballroom C
7 h 30 - 8 h 30	British Columbia Chapter / Section Colombie-Britannique	Off-site
8 h 30 - 10 h 15	Opening Ceremonies and Keynote Address - Tayyab Rashid The Next Frontier - Integrating Yin and Yang of Human Experience <i>(English - Simultaneous Interpretation)</i> Cérémonies d'ouverture et Conférencier d'honneur - Tayyab Rashid La nouvelle frontière - intégrer le yin et le yang de l'expérience humaine <i>(Anglais - Interprétation simultanée)</i>	Grand Ballroom
10 h 15 - 10 h 45	Nutrition Break / Pause santé	Ballroom Foyer
10 h 45 - 12 h 00	Concurrent Sessions / Séance simultanée	
	A1 - Lost In Translation: The Importance of Working with Interpretation Services in Counselling <i>(English - Simultaneous Interpretation)</i> LAWRENCE CROUCH, ANGELA SPIERS, CHARLES MYERS, AMY MILCZNSKI A1 - L'importance de travailler avec les services d'interprétation en counseling <i>(Anglais - Interprétation simultanée)</i> LAWRENCE CROUCH, ANGELA SPIERS, CHARLES MYERS, AMY MILCZNSKI	Ballroom A
	A2 - The Way of Letting Go - The Fifteen Elements of Healing in The Face of an Injustice or Violation <i>(English - Intermediate)</i> WILMA DERKSEN	Ballroom B
	A3 - Multicultural Counsellor Education: Embracing Asian and Indigenous Wisdom and Perspectives <i>(English - Intermediate)</i> ISHU ISHIYAMA, ALANAISE GOODWILLE, MASAHIRO MINAMI, ALYUMI SASAKI, CHEREYL INKSTER	Ballroom C
	A4 - Why Private Practice? <i>(English - Introductory)</i> PAUL YEUNG, CORINNE HENDRICKEN-ELDERSHAW, LORNE FLAVELLE	Assiniboia A
	A5 - Integrated Understanding of the Psychology of Pervasive Digital Internet Technology in Adolescents Lives as Critical to Care <i>(English - Intermediate)</i> ANDREA MCLAREN	Assiniboia B

	A6 - Work-Life Integration for Counsellors: Strategies for Making it Fit <i>(English - Introductory)</i> JACQUELINE SYNARD	Kildonan
	Indigenous Gathering Space	Fort Garry
12 h 00 - 13 h 30	Lunch on own / Dîner (non-inclus)	
12 h 15 - 13 h 15	Post-Secondary Counsellors Chapter / Conseiller au postsecondaire	Ballroom B
12 h 15 - 13 h 15	School Counsellors Chapter / Section des conseillers et conseillères en milieu scolaire	Ballroom A
12 h 15 - 13 h 15	Counsellor Educator Chapter / Section des formateurs de conseillers	Ballroom C
12 h 15 - 13 h 15	Manitoba Chapter / Section du Manitoba	Assiniboia B
12 h 30 - 14 h 30	Poster Sessions / Séances d'affiches <i>For a list of poster sessions, see page 8. / Pour une list des séances d'affiches, voir la page 8.</i>	Charleswood A/B
13 h 30 - 14 h 45	Concurrent Sessions / Séance simultanée	
	A7 - Be Safe and Do Good Work: Integrating The Guidelines For The Uses of Technology in our Counselling Practices <i>(English - Simultaneous Interpretation)</i> DAWN SCHELL, SHERRY LAW, LINDA ROMBOUGH A7 - Adopter de bonnes pratiques sécuritaires en intégrant les Lignes directrices sur les utilisations de la technologie dans nos pratiques de counseling <i>(Anglais - Interprétation simultanée)</i> DAWN SCHELL, SHERRY LAW, LINDA ROMBOUGH	Ballroom A
	A8 - Conversation Café / Café de conversation	Ballroom B
	A8-1 - Effect of Psychotherapy on Prison Inmates Rehabilitation in Nigeria: Counselling implication <i>(English - Advanced)</i> ADIJAT BOLANLE ADAMS	
	A8-2— Career Decision-Making Self-Efficacy Among Higher Education Women and its Associations with Type and Perceived Quality of Intimate Relationship <i>(English - Intermediate)</i> UMAIR LQBAL	

A8-3 - A Transtherapeutic Approach to Case Formulation: Implications to Counsellor Education, Clinical Training and Supervision <i>(English - Intermediate)</i> MASAHIRO MINAMI	
A8-4 - Playful Healing: Engaging Migrants' Capacity to Play to Facilitate Attachment, Adaptation, and Emotional Attunement <i>(English - Introductory)</i> ISO OGUMBOR	
A8-5 - Psychotherapy and Intimate Partner Violence: Counselling Considerations for Immigrant, Refugee, and Canadian-Born Survivors of Domestic Abuse <i>(English - Intermediate)</i> SAKTHI KALAICHANDRA	
A8-6 - Reflective Writing: A Journaling Journey to Counsellor Voice <i>(English - Introductory)</i> REBECCA WARD, HELEN MASSFELLER	
A9 - Counselling Education in Canada: What is Working Well? What Do We Need to Prepare For? <i>(English - Advanced)</i> ROBERTA NEAULT, LIETTE GOYER, PETER HALL	Ballroom C
A10 - Writing for Submission to the Canadian Journal of Counselling and Psychotherapy, Other Professional Journals, and Book Publishing. <i>(English - Introductory)</i> KEVIN ALDERSON, HEATHER ZABAWSKI	Assiniboia A
A11 - Meeting the Unique Mental Health Needs of Boys and Men - Weaving Adventure, Expressive and Experiential Modalities <i>(English - Intermediate)</i> NICK CARDONE	Assiniboia B
A12 - Mindfulness for Wellbeing Program in a Post-Disaster Environment: Mindfulness Brings Healing Following the 2016 Wildfire <i>(English - Introductory)</i> CATHY UNDERHILL, KASSANDRA HEAP, PAULA CAINES	Kildonan
A13-A - Walking the Medicine Wheel: Indigenous-Based Experiential Trauma Interventions <i>(English - Intermediate)</i> LAWRENCE CROUCH, ANGELA SPIERS, CHARLES MYERS	Fort Garry

	A13-B - Under Pressure: Exploring the Use of Communal Drumming as a Self-Care Initiative and Burnout Prevention in Counsellors-in-Training <i>(English - Introductory)</i> AMANDA SMITH, CHARLES MYERS	
14 h 45 - 15 h 15	Nutrition Break / Pause santé	Ballroom Foyer
15 h 15 - 16 h 30	Concurrent Sessions / Séance simultanée	
	A14 - The Evolution of Grief Support : A Complimentary Approach Incorporating Education, Support, Narrative Therapy and Inner Resource Building Informed by the Philosophy and Components of Mindful Self-Compassion <i>(English - Simultaneous Interpretation / Anglais - Interprétation simultanée)</i> JO STOROZINSKI, CESAR GONZALES	
	A15 - Showing and Telling the Story of Nikis: Using Arts Based Autoethnographic Methods from Cree Experience and World Views <i>(English - Introductory)</i> BRENDA WASTASECOOT	Ballroom B
	A16 - Witness to Medically-Assisted Dying in Canada: A Counselling and Psychotherapy Perspective <i>(English - Advanced)</i> CHARLES WALSH	Ballroom C
	A17 - Reviewer Training Certification for the Canadian Journal of Counselling and Psychotherapy (CJCP) – Levels I and II <i>(English - Introductory)</i> KEVIN ALDERSON, HEATHER ZABAWSKI	Assiniboia A
	A18 - Psycho-Religious Coping and Immigrants: Counselling Implications <i>(English - Intermediate)</i> SANDRA DIXON	Assiniboia B
	A19 - Squish Squish: Building Self-Compassion in Fat, Queer Women and Femmes <i>(English - Introductory)</i> MICHELLE KENNEDY	Kildonan
	Indigenous Gathering Space	Fort Garry
15 h 30 - 17 h 00	Private Practitioners Chapter / Section des conseillers en pratique privée	Off-site
16 h 30 - 17 h 30	Creative Arts in Counselling Chapter / Section des arts créatifs en counseling	Off-site
16 h 45 - 17 h 45	Alberta and NWT Chapter / Section de l'Alberta et des T.N.-O.	Ballroom B

16 h 45 - 17 h 45	Technology and Innovation Solutions Chapter / Section de la technologie et des solutions innovatrices	Ballroom C
16 h 45 - 18 h 00	Career Counsellor Chapter / Section des conseillers/ères d'orientation	Ballroom A
18 h 00 - 21 h 00	Social Activities / Activités sociales	Off-site
20 h 00 - 21 h 30	Welcome Reception / Réception de bienvenue	Blaze Lounge

Friday, May 11, 2018 / Vendredi le 11 mai 2018

Charleswood A / B

Poster Sessions / Séances d'affiches

12 h 30 - 14 h 30

1 - Navigating the Invisible: Elite Athletes' Experience of Sports-Related Concussions

(English - Introductory)

FRANZISKA KINTZEL, SHARON ROBERTSON

2 - See Who I Have Become: Refugee Mothers' Identity Change in the Context of Resettlement

(English - Intermediate)

LUCY AMADALA, SHARON ROBERTSON

3 - Decent Work: Social Entrepreneurship Approaches to Inclusive Employment Options

(English - Introductory)

BREANNA LAWRENCE, ANNE MARSHALL

4 - An Exploration of the Counselling Experiences of Women who Work in the Canadian Sex Industry

(English - Introductory)

CAMILA VELEZ

5 - Meanings of Seeking Social Support Among Chinese Canadian Post-Secondary Students

(English - Intermediate)

ALEXANDER CHOY

6 - How Women Understand their Experience of HELLP Syndrome in Pregnancy and its Influence on Early Motherhood

(English - Introductory)

RAE A. KOKOTAILO, SHARON ROBERTSON

7 - Understanding Positive and Negative Emotions In Individuals With Bipolar Disorder (BD): A Qualitative Investigation

(English - Introductory)

IBIYEMI AROWOLO

8 - Undergraduate Students' Belief about Persistent Complex Bereavement Disorder and the Relationship with Continuing Bond

(English - Intermediate)

LAUREN BUOTE (Author KAORI WADA)

9 - Built in Resilience: Integrating Coping, Problem Solving and Mental Wellness Skills in the Post-Secondary Curriculum

(English - Introductory)

NATALIA MOZOL

10 - Supporting LGBTQ* Students in the School System: Recommendations for School Counsellors

(English - Introductory)

CASSIDY WILSON

11 - “Falling Down the Worm Hole”: Discourses of Escaping Reality and Losing Self-Control in Cell Phone Use

(English - Intermediate)

MACKENZIE SAPACZ

12 - Investigating the Meaningful Effects of Pregnancy on Post-Traumatic Growth in Women Survivors of Child Sexual Abuse

(English - Introductory)

ALEXANDRA CANZONIERI, AUTHORS: HELENE BERMAN, ROBIN MASON, JODI HALL, CATHERINE CLASSEN, MARILYN EVANS, LORI ROSS, GLORIA ALVERNANZ MULCAHY, LEONARDA CARRANZA, FATMEH AL-ZOUBI, SUSAN RODGER

13 - Parental Divorce in Childhood: A Chinese-Canadian Autoethnography

(English - Introductory)

ALYSHA CHAN KENT

14 - “I DON’T GIVE A F@%#” ... And other Themes in the Online Video Diaries of Transgender Women

(English - Introductory)

ALYSSA WEST

15 - Comparing My System of Career Influences and Life Space Mapping: As Culturally Diverse Career Counselling Interventions

(English - Introductory)

ANDREA RIVERA, JOSE DOMENE

16 - Up the Creek Without any Pedagogy: Piloting a High School-Based Modified DBT Group Skills Training Intervention to Support At-Risk Students

(English - Introductory)

TAMMY HOLTBY

17 - Paws and Hooves Up! Examining Military Culture and Animal Assisted Therapy

(English - Intermediate)

LAWRENCE CROUCH, ANGELA SPIERS, CHARLES MYERS

18 - Discourses on Gendered Power, Romantic Relationships and Career: Implications for Practice with University Student Couples

(English - Introductory)

SARAH JOHNSON, JOSE DOMENE

19 - North End Winnipeg Stories, Visual Art and Intergenerational Trauma and Childhood Memories of the 1960s Scoop

(English - Intermediate)

NATALIE HEMINGWAY

20 - The Lived Experience of Black Canadian Individuals Who Experienced a Relational Break Up

(English - Introductory)

TRICIA-KAY MANHERTZ

21 - What Parents are Reading about Childhood Anxiety: Is it Aligned with the Current Research?

(English - Introductory)

SHELLEY SKELTON

22 - Learning to Dance...A Primer on Emotionally Focused Couple Therapy

(English - Introductory)

MARSHA HARRIS, ROBERTA GRAHAM, ELAN JURY

23 - Emerging Adults' Consumption of Pornographic Media and Sexual Cyber Dating Aggression: The Differential Impact of Varying Pornographic Content on Perpetration Risk

(English - Intermediate)

JESSICA SCIARAFFA

24 - How Allies can be Helpful within Mental Health Service Provision within Indigenous Communities

(English - Introductory)

KYLA MCPHEE

Saturday, May 12, 2018 / Samedi le 12 mai 2018

7 h 30 - 9 h 00	Registration / Inscription	Foyer
8 h 30 - 10 h 15	Conférencier d'honneur - Anne Bisson L'ADN du bonheur <i>(Français - Interprétation simultanée)</i> Keynote Address - Anne Bisson The DNA of Happiness <i>(French - Simultaneous Interpretation)</i>	Grand Ballroom
10 h 15 - 10 h 45	Nutrition Break / Pause santé	Ballroom Foyer
10 h 45 - 12 h 00	Concurrent Sessions / Séance simultanée	
	B1 - A Cross-Country Update on the Regulation of Counsellors and Psychotherapists in Canada <i>(English - Simultaneous Interpretation)</i> BLYTHE SHEPARD, GLENN SHEPARD B1 - Mise à jour pancanadienne sur la réglementation des conseillers et des psychothérapeutes au Canada <i>(Anglais - Interprétation simultanée)</i> BLYTHE SHEPARD, GLENN SHEPARD	Ballroom A
	B2 - Research and Practice with Vulnerable Communities: The Pain, the Passion, and the Promise. <i>(English - Intermediate)</i> BARBARA PICKERING, KATHY OFFET-GARTNER	Ballroom B
	B3 - Experiences with a Peer Supervision of Supervision Group: Reflections and Suggestions for the Practice of Clinical Supervision. <i>(English - Introductory)</i> JENNY ROWETT, JOSÉ DOMENE	Ballroom C
	B4 - Out of Bounds: Reconceptualising the Paradigm of High School Counsellor <i>(English - Intermediate)</i> SHARLENE MCGOWAN	Assiniboia A
	B5 - Online Students' Mental Health—An Emerging Problem of Counselling Practice <i>(English - Intermediate)</i> PETER HALL, HELEN MASSFELLER (Author RITE KOP)	Assiniboia B

	B6 - Culturally Competent Indigenous Healing Techniques for PTSD <i>(English - Advanced)</i>	Kildonan
	BILL THOMAS	
	B7 - Private Practice: The Tools You Need to Make it Happen <i>(English - Introductory)</i>	Charleswood A
	LINDSEY THOMSON	
	B8 - Anxiety in Adolescents: Defining and Considering Interventions <i>(English - Introductory)</i>	Charleswood B
	KELLIE CAMELFORD, ASHLEY BARBIER, KATHERINE GILMORE, KRYSTAL VAUGHN	
	Indigenous Gathering Space	Fort Garry
12 h 00 - 13 h 15	CCPA Annual General Meeting (Snacks Included) / Assemblée générale annuelle de l'ACCP (des collations inclus)	Ballroom A
12 h 00 - 13 h 30	Lunch on own / Dîner (non-inclus)	
13 h 30 - 14 h 45	Concurrent Sessions / Séance simultanée	
	B9 - Reconciliation in Action from Two Perspectives: We'koqma'q First Nation reaches out in Unama'ki (Cape Breton, Nova Scotia) and the Circles for Reconciliation Project in Winnipeg, Manitoba <i>(English - Simultaneous Interpretation)</i>	Ballroom A
	ANDREA CURRIE, RAYMOND CURRIE	
	B9 - Deux perspectives sur la réconciliation : la Première Nation We'koqma'q à Unama'ki (Cap-Breton, en Nouvelle-Écosse) et le projet Circles for Reconciliation à Winnipeg, au Manitoba <i>(Anglais - Interprétation simultanée)</i>	
	ANDREA CURRIE, RAYMOND CURRIE	
	B10 - Conversation Café / Café de conversation	Ballroom B
	B10-1 - Questioning, Doubting, Leaving: Experiences of Religious Transition <i>(English - Intermediate)</i>	
	ANGELA RAJFUR	
	B10-2 - Racial Discrimination as a Determinant of Health Inequities <i>(English - Intermediate)</i>	
	LOUISE BLANCHARD, BONNIE JANZEN	
	B10-3 - International Association for Counselling (IAC): Advocacy in Action <i>(English - Introductory)</i>	
	BLYTHE SHEPARD, VALENTINA CHICHINIOVA	

B10-4 - Window Shopping: An Introduction to Foundational Trauma Competencies <i>(English - Introductory)</i> ANDY BROWN, SARAH STEWART-SPENCER, ALYSSA WEISS QUITTNER	
B10-5 - Why We Need Psychotherapists: Revisiting the Pharmacotherapy vs. Psychotherapy Debate <i>(English - Intermediate)</i> DANIEL ODURO SEM	
B10-6 - Neurodiverse Agency and Narrative Therapy <i>(English - Intermediate)</i> AKEIKO RAWN	
B10-7 - Adventures in Social and Emotional Learning <i>(English - Introductory)</i> SHELDON FRANKEN	
B10-8 - Out of Grief, Singing <i>(English - Introductory)</i> CHARLENE DIEHL	
B11 - Risk and Professional Liability Exposures for Counselling Professionals <i>(English)</i> BMS CANADA RISK SERVICES LTD.	Ballroom C
B12 - Trauma-Informed Care: Supporting the Needs of Newcomer and Refugee Youth <i>(English - Introductory)</i> JAN STEWART	Assiniboia A
B13 - Looking Within to Enhance Cross-Cultural Practice <i>(English - Intermediate)</i> LISA PASSANTE	Assiniboia B
B14 - Réflexions sur le champ de l'étude des relations interpersonnelles et professionnelles : L'approche durandienne de l'imaginaire pourrait-elle mieux relier les différents modèles proposés? <i>(Français - Intermédiaire)</i> CHRISTIAN BELLEHUMEUR	Kildonan
B15 - Successful Career Transition of First Generation Immigrant Young People: Narratives and Critical Incidents <i>(English - Intermediate)</i> WILLIAM BORGAN, DEEPAK MATTHEW, LYNN DUMERTON	Charleswood A



	B16 - Helping Clients Forgive: When They Want to Forgive But Don't Know How <i>(English - Intermediate)</i> DANIEL KLASSEN, PAMELA HARDISTY	Charleswood B
	B17 - Indigenous Sharing Circle <i>(English - Introductory)</i> JONAS BREUHAN, DEVA LITTLE-MUSTACHE GORDAN, BILL THOMAS	Fort Garry
14 h 45 - 15 h 15	Nutrition Break / Pause santé	Ballroom Foyer
15 h 15 - 16 h 30	Concurrent Sessions / Séance simultanée	
	B18 - Inspiring Social Change through Social Justice <i>(English - Simultaneous Interpretation)</i> MELISSA JAY B18 - La justice sociale, instrument de changement social <i>(Anglais - Interprétation simultanée)</i> MELISSA JAY	Ballroom A
	B19 - Facilitating Calm, Encouraging Hope: An Introduction to Internal Family Systems Therapy <i>(English - Intermediate)</i> KEN HUNDERT	Ballroom B
	B20 - Positive Compromise in Life-Careers <i>(English - Intermediate)</i> CHARLES CHEN	Ballroom C
	B21 - Updated CACEP Standards for Accrediting Counsellor Education Programs in Canada <i>(English - Intermediate)</i> SHARON ROBERTSON, WILLIAM BORGEN, NATASHA CAVERLEY, PAM PATTERSON, BLYTHE SHEPARD	Assiniboia A
	B22 - Masking Our Emotions and the Art of Compassion <i>(English - Advanced)</i> CHARLES CHENARD	Assiniboia B
	B23 - 3A Toolkit – Supporting Clients to Move Towards Integration and Regulation <i>(English - Intermediate)</i> MEG KAPIL	Kildonan



	B24 - I Know More Than I Can Say: Four Creative Arts Therapies in Clinical Practice <i>(English - Intermediate)</i> GABRIELLE GINGRAS, TANIS DICK, CSILLA PRZIBISLAWSKY, DARCI ADAM, LEE-ANNE ADAMS, KARISSA MARTEN	Charleswood A
	B25 - Suicide and It's Aftermath <i>(English - Introductory)</i> MARY JONES	Charleswood B
	Indigenous Gathering Space	Fort Garry
16 h 45 - 18 h 00	Social Justice Chapter / Section de la justice sociale	Ballroom B
18 h 30 - 19 h 00	Cocktail Hour / L'heure de l'apéritif	
20 h 00 - 21 h 30	Banquet, Awards and Dance / Banquet, prix et danse	Grand Ballroom

Sunday, May 13, 2018 / Dimanche le 13 mai 2018

7 h 30 - 9 h 00	Registration / Inscription	Foyer
9 h 00 - 10 h 15	Concurrent Sessions / Séance simultanée	
	C1 - High Conflict Divorce and Parenting: Critical Issues for Counsellor Supervision <i>(English - Simultaneous Interpretation)</i> JEFF CHANG C1 - Divorces et relations parentales hautement conflictuels : problèmes critiques en supervision des conseillers <i>(Anglais - Interprétation simultanée)</i> JEFF CHANG	Ballroom A
	C2 - Never say Never: Supporting Families Impacted by Infertility <i>(English - Introductory)</i> LENORE GOLDFARB	Ballroom B
	C3 - Narratives from Indigenous Canadian Youth on Doing Well in their Career Decision Making Process <i>(English - Intermediate)</i> MARLE BUCHANAN, ALANAISE GOODWILL, SARAH BECKER, (Authors DAN CLEGG, MATTHEW MCDANIEL)	Ballroom C
	C4 - 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. <i>(Français - avancé)</i> VICKI-ANNE RODRIGUE	Assiniboia A
	C5 - How Biblical Contemplative Practice Facilitates Neuroplasticity in Adults Who Have Experienced Developmental Trauma <i>(English - Advanced)</i> COURTNEY DOOKIE	Assiniboia B
	C6 - Providing Accessible Service to Clients who are Deaf or Hard of Hearing <i>(English - Intermediate)</i> SARINÉ WILLIS-O'CONNOR, MARLA KAY	Kildonan
	C7 - What The Judges have said and the Implications For Professional Practices by Counsellors and Psychotherapists <i>(English - Intermediate)</i> GLENN SHEPPARD	Charleswood A

	C8 - Learning to Dance...A Primer on Emotionally Focused Couple Therapy <i>(English - Introductory)</i>	Charleswood B
	MARSHA HARRIS, ROBERTA GRAHAM, ELAN HURY	
	Indigenous Gathering Space	Fort Garry
10 h 15 - 10 h 45	Nutrition Break / Pause santé	Ballroom Foyer
10 h 45 - 12 h 00	Concurrent Sessions / Séance simultanée	
	C9 - The Influence of Play on the Anxious Child <i>(English - Simultaneous Interpretation)</i>	Ballroom A
	KRYSTAL VAUGHN, KELLIE CAMELFORD, KATHERINE GILMORE (Author ASHLEY BARBIER)	
	C9 - L'influence du jeu sur l'enfant anxieux <i>(Anglais - Interprétation simultanée)</i>	
	KRYSTAL VAUGHN, KELLIE CAMELFORD, KATHERINE GILMORE (Author ASHLEY BARBIER)	
	C10 - Disordered Eating in Counselling, a Dietitian/Counsellor's Perspective: Understanding the Diagnosis, Issues and Treatment with Practical Guidelines <i>(English - Advanced)</i>	Ballroom B
	AUDREY TAIT	
	C11 - Mental Health? Student Wellbeing, Bereavement, and 'Addiction' in a Medicalizing Era <i>(English - Intermediate)</i>	Ballroom C
	TOM STRONG, JAN DEFEHR, LAUREN BUOTE (Authors MACKENZIE SAPACZ)	
	C12 - Attachment Relationships and Blocked Care: Using the Keys to Attachment in Family-Based Therapy <i>(English - Intermediate)</i>	Assiniboia A
	LEE-ANNE ADAMS, JULIE WALSH	
	C13 - Exploring the Sacred...Synchronisities, Saints and Self-Discovery on the Camino Santiago - The Way of Saint James <i>(English - Introductory)</i>	Assiniboia B
	BEVERLY HAGEN	
	C14 - Counselling within Inuit Systems: Perspectives of a Non-Indigenous Clinician <i>(English - Introductory)</i>	Kildonan
	ANYA BROOKER	



	C15 - Counselling Youth with Co-Occurring Learning and Mental Health Challenges: A Family Approach <i>(English - Intermediate)</i> BREANNE LAWRENCE	Charleswood A
	C16 - Fostering Reflective Practice through Clinical Supervision <i>(English - Intermediate)</i> SHARON ROBERTSON, PAYDEN SPOWART (Author E. ALOFE FREEMAN CRUZ)	Charleswood B
	Indigenous Gathering Space	Fort Garry
12 h 00 - 13 h 00	Lunch on own / Dîner (non-inclus)	
13 h 00 - 14 h 30	Closing Ceremonies and Keynote Address - Michael Hart Cultural-Based Helping Practices: Understanding the Continuum/ Cérémonies de clôture et conférencier d'honneur <i>(English - Simultaneous Interpretation)</i> Cérémonies de clôture et conférencier d'honneur - Michael Hart Des pratiques d'aide à composante culturelle : bien comprendre le continuum <i>(Anglais - Interprétation simultanée)</i>	Grand Ballroom



Thursday, May 10, 2017 / Jeudi le 10 mai 2017

7 h 30 - 9 h 00	Registration / Inscription	Foyer
9 h 00 - 12 h 00	Pre-Conference Sessions / Séances du pré-congrès	
	P1 - The Fundamentals of Establishing Your Online Counselling Practice <i>(Full-Day - Intermediate)</i> LAWRENCE MURPHY	Ballroom A
	P2 - The Social Styles Workshop <i>(Half Day - Intermediate)</i> VICKI-ANNE RODRIGUE	Ballroom B
	P3 - Promoting Professionalism in Clinical Supervision: Embracing Supervisory Identity and Illuminating Competence <i>(Full Day - Advanced)</i> BLYTHE SHEPARD, BETH ROBINSON, KATE GIGNAC (KEARNEY)	Ballroom C
	P4 - Working with Families Experiencing High-Conflict Divorce: Ethical Issues and Clinical Practices <i>(Full Day - Advanced)</i> JEFF CHANG	Charleswood A
	P5 - Narrative Assessment & Storylistening: 4 Toolkits to Build Skills and Knowledge <i>(Half Day - Intermediate)</i> MARK FRANKLIN	Charleswood B
12 h 00 - 13 h 30	Lunch on own / Diner (non- inclus)	
13 h 30 - 16 h 30	Pre-Conference Sessions / Séances du pré-congrès	
	P1 - The Fundamentals of Establishing Your Online Counselling Practice continues... <i>(Full Day - Intermediate)</i> LAWRENCE MURPHY	Ballroom A
	P2 - Promoting Professionalism in Clinical Supervision: Embracing Supervisory Identity and Illuminating Competence continues... <i>(Full Day - Advanced)</i> BLYTHE SHEPARD, BETH ROBINSON, KATE GIGNAC (KEARNEY)	Ballroom C
	P6 - La santé mentale des immigrants et réfugiés francophone et leur recours aux services de soutien <i>(Demi jour - préliminaire)</i> HÉLÈNE ARCHAMBAULT, DANIELLE DE MOISSAC	Ballroom D



	P4 - Working with Families Experiencing High-Conflict Divorce: Ethical Issues and Clinical Practices continues... <i>(Full Day - Advanced)</i> JEFF CHANG	Charleswood A
	P7 - Psychotherapy and Intimate Partner Violence: Counselling Considerations for Immigrant, Refugee, and Canadian-born Survivors of Domestic Abuse <i>(Half Day - Intermediate)</i> SAKTHI KALAICHANDRAN	Charleswood B
13 h 30 - 16 h 30 Third Party Billing Round Table / Table ronde sur la facturation à une tierce partie Location / Lieu : Kildonan Fee - \$10 / Frais - 10 \$		
17 h 00 - 18 h 00 First Timer's Orientation / Orientation des nouveaux congressistes Location / Lieu : Ballroom AB		
18 h 30 - 19 h 30	Keynote Address - Don Burnswick Healing through Humour - Laughter is Good Medicine <i>(English)</i> Conférencier d'honneur - Don Burnswick Guérir par l'humour - le rire est le meilleur remède <i>(Anglais)</i>	Grand Ballroom

Thursday, May 10, 2018 / Jeudi le 10 mai 2018
Pre-Conference Program / Programme pré-congrès

9 h 00 - 12 h 00
Pre-Conference Sessions / Séances pré-congrès

P1 - The Fundamentals Of Establishing Your Online Counselling Practice (Full Day)

Location / Lieu : Ballroom A

(English - Intermediate)

Clients everywhere are asking for online services. And many counsellors want to respond to the demand and get online. But there are serious ethical, practical and clinical considerations.

How secure is the technology? Do some therapeutic methods fit better with specific online modalities than others? Can face to face policies and procedures simply be tweaked or are new P&P's required? What about boundaries for counsellors? What does the research tell us about indications and contraindications? What about marginalized populations? Are certain clinicians better suited to online work? How does one compensate for the absence of tone and non-verbals in text-based work? Is moving into video counselling as simple as it seems, or are there important considerations before going with video? What about texting with clients? What about insurance? And what about the USA PATRIOT Act?

All of these questions and more will be covered as we work towards giving you the tools necessary for your own online practice. This workshop is suitable for private practitioners, multi-counsellor agency representatives, educational counselling services and all points in between. It will be valuable both for those planning a practice and for those already working online.

LAWRENCE MURPHY is the founder of Therapy Online, the world's first online practice. Over the last 23 years, he has set up private practitioners, EAP's, Family Services and educational institutions online.

P2 - The Social Styles - Workshop (Half Day)

Location / Lieu : Ballroom B

(English - Intermediate)

People approach their jobs in a variety of ways. Some people think and act quickly, while others like to take more time; some people are more friendly and sociable, while others are more reserved. At times, these differences can create freshness, balance, interesting relationships and innovative solutions. But all too often differences in "work style" lead to misunderstanding, mistrust and frustration – not to mention lowered productivity and poor results.

The Social Styles Model is a simple, practical tool for understanding these differences and for working well with others who are very different from you, so that everyone's strengths are respected and used well.

In this workshop, participants use a questionnaire to identify their own Social Style, or preferred style of interaction with others. Activities are done in small and large groups to explore the characteristics of each style, when they might be useful, and how to adapt to other styles' preferences, when appropriate. This workshop is highly interactive and participants will learn various techniques that will foster versatility, which is key in any relationship (client-therapist, student-educator, supervisor-supervisee, etc.) The skills acquired can easily be transferrable to client relationship needs.

VICKI-ANNE RODRIGUE works for the federal public service. She's been a crisis counsellor, a senior conflict resolution practitioner and a senior harassment complaints advisor.

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

Location / Lieu : Ballroom C

(English - Advanced)

This one-day advanced-level workshop is designed to promote professionalism in the practice of clinical supervision. Participants will further consolidate their professional identity as a clinical supervisor through targeted concept refinement and skill development. Clinical supervision competencies will be enhanced as participants engage in applied and experiential workshop activities that call for integration of prior conceptual and skill-based learning with a heightened critical analytic focus.

Selected areas of exploration in this workshop reflect needs that have been identified by practicing Canadian clinical supervisors. These include (a) operationally differentiating clinical supervision from other supporting roles and practices (e.g., mentoring, coaching, consulting); (b) establishing a framework for comprehensive clinical supervision sessions (e.g., content coverage, methods employed); (c) competency-based and growth-promoting assessment, feedback, evaluation, and reporting; (d) ethically-congruent clinical supervision documentation (e.g., session summaries, formative reports, summative reports); (e) clinical supervision challenges leading to difficult conversations and/or remediation plans); and (f) crystallizing clinical supervisor identity.

Integral to each of the investigations above will be attunement to the balancing of relationship and process, recognition of the omnipresent power differential given the hierarchical relationships and evaluative components in pre-service and licensure supervision, navigation of ethical conundrums, and fostering deeper diversity awareness, sensitivity, and competence.

BLYTHER SHEPARD, a University of Lethbridge counsellor educator, teaches the CCPA course in counselling supervision, and is co-editor of the textbook, *Supervision of the Canadian Counselling and Psychotherapy Profession*.

BETH ROBINSON is a counsellor educator at Acadia University. The primary focus of Beth's scholarly and service work is in the areas of clinical supervision and counselling ethics.

KATE GIGNAC is an Acadia University counsellor educator. Her research interests include professional identity issues, program development and evaluation, case study methodology, counsellor supervision training, and advancing practitioner-researcher initiatives.

P4 - Working With Families Experiencing High-Conflict Divorce: Ethical Issues And Clinical Practices (Full Day)

Location / Lieu : Charleswood A

(Advanced)

High conflict post-separation families pose a great challenge to counsellors. Children experience elevated substance misuse, school problems, earlier sexual activity, antisocial behavior, emotional problems, poorer relationships with parents, and loyalty binds. Parents preoccupied conflict and litigation with a former spouse have less time and energy to devote to their children, and fewer financial resources. With parental time, energy, and resources diverted to litigation, children typically pay the psychological price.

Practitioners who work with children of high-conflict parents are often themselves conflicted. These children often require therapy and one parent's compelling narratives of the misdeeds of the other parent can be inviting. On the other hand, high conflict parents are often the most litigious and child custody matters lead to more ethical complaints than any area of practice.

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Pre-Conference Program / Programme pré-congrès

Accordingly, many practitioners avoid these families altogether, leaving children underserved.

In this workshop, Jeff will:

- review the literature on high conflict post-separation parenting
- describe how to position therapy for maximum effect and minimal ethical risk
- provide steps to develop a treatment focus
- discuss how to invite parents to understand the distress of their children
- suggest how to decide who to see when

JEFF CHANG is Associate Professor at Athabasca University. He is a Registered Psychologist (AB), and Approved Supervisor and Clinical Fellow of the American Association for Marriage and Family Therapy.

P5 - Narrative Assessment And Story Listening: 4 Toolkits To Build Skills And Knowledge (Half Day)

Location / Lieu : Charleswood B

(Intermediate)

How can we listen to clients' stories in ways that increase hope, efficacy, resilience and optimism? When clients' thinking is disorganized and "jumbled," storytelling and storylistening can help them gain clarity, unjumble thinking, and feel more confident.

Join this session to learn an evidence-based narrative method (Franklin, Yanar, Feller, 2015), coupled with an Online Storyteller for blended delivery. Completing the Storylistening Narrative Assessment beforehand, participants learn 4 practical and skill-building toolkits beginning with Narrative Assessment Report debrief. We then learn how to listen to client stories using an interactive life sketch – into which assessments such as MBTI, True Colors, Strengthsfinder can be

integrated. Next, we learn how to support clients to become empowered by verbalizing and owning their personal statement emerging from their narratives. Finally, we learn to build exploration plans where clients follow clues and take inspired action.

Used successfully with over 4000 diverse clients across the lifespan and from 80 countries of origin, the Storylistening Narrative Assessment framework is an intermediate to advanced toolset with deep theoretical underpinning that builds and relies on practitioners' professional judgment. Over 1000 practitioners have used it successfully in counselling, coaching, career services, postsecondary education, school counselling, pre-retirement and private practice.

MARK FRANKLIN is the award-winning practice leader of CareerCycles, cofounder of OneLifeTools, instructor at University of Toronto. Mark and a team of Associates have enriched the wellbeing of 4000+ clients.

12 h 00 - 13 h 30
Lunch on own / Dîner (non-inclus)

12 h 15 - 13 h 15

Animal Assisted Therapy in Counselling Chapter / Section de counseling et zoothérapie

Location / Lieu :

13 h 30 - 16 h 30

Pre-Conference Sessions / Séances pré-congrès

P1 - Continues... The Fundamentals Of Establishing Your Online Counselling Practice

Location / Lieu: Ballroom A

(Intermediate)

P3 - Continues... Promoting Professionalism In Clinical Supervision: Embracing Supervisory Identity And Illuminating Competence (Full Day)

Location / Lieu : Ballroom C

(Advanced)

P6 - La santé mentale des immigrants et réfugiés francophone et leur recours aux services de soutien (Half-Day)

Location / Lieu : Ballroom D

(Introductory)

Les personnes immigrantes, réfugiées ou de groupes ethnoculturels minoritaires sont plus à risque de souffrir des problèmes de santé mentale car de multiples facteurs personnels et contextuels associés au processus d'immigration, à l'adaptation et à l'intégration dans le pays d'adoption sont déterminant pour leur état de santé mentale. Le manque de sensibilité culturelle se fait sentir dans l'organisation du système de santé, avec un accès limité à des services dans la langue officielle minoritaire et à des professionnels issus de diverses origines ethnoculturelles. Cette présentation vise à enrichir les connaissances en matière de santé mentale des immigrants et réfugiés francophones afin de favoriser une meilleure compréhension de leur recours aux services de soutien en contexte minoritaire.

Les objectifs de cette présentation sont :

1. Présenter les besoins des immigrants et réfugiés francophones en matière de santé mentale et leur recours au soutien formel et informel
2. Comparer les données provenant de 3 régions canadiennes
3. Proposer des pistes de réflexion quant à l'amélioration des services de soutien formel pour cette population.

HÉLÈNE ARCHAMBAULT est professeure agrégée à la Faculté d'éducation à l'Université de Saint-Boniface, spécialisation en counseling. Intérêts pour les communautés autochtones, la santé mentale et les technologies de l'information et des communications.

DANIELLE DE MOISSAC est professeure en sciences biologiques et chercheuse en santé des francophones en contexte minoritaire à l'Université de Saint-Boniface (USB). Intérêt pour la santé mentale des jeunes et leurs comportements à risque.

P4 - Continues... Working With Families Experiencing High-Conflict Divorce: Ethical Issues And Clinical Practices (Full Day)

Location / Lieu : Charleswood A

(Advanced)

P7 - Psychotherapy And Intimate Partner Violence: Counselling Considerations For Immigrant, Refugee, and Canadian-Born Survivors Of Domestic Abuse (Half-Day)

Location / Lieu : Charleswood B

(Intermediate)

Psychotherapists & counsellors serve on the front lines for cases of intimate partner violence (IPV) and domestic abuse. Indeed, through the development of a strong psychotherapeutic alliance, clients may disclose incidents of violence to their therapists before confiding in close friends and family. Although experienced therapists can recognize the signs of IPV and promote strategies for effective client safety planning, the shifting sociodemographic profile of

Canada's population requires specialized and culturally-informed training. This session will reveal the profile of IPV & domestic abuse across immigrant, refugee and Canadian-born populations, while providing key strategies for clinicians managing the cultural nuances of these cases.

SAKTHI KALAICHANDRAN is an MA Counselling Psychology candidate & a CCPA Award Recipient. Her research and clinical experience is informed by her degrees in international relations and psychology.

13 h 30 - 16 h 30

Third Party Billing Round Table / Table ronde sur la facturation à une tierce partie

Location / Lieu : Kildonan - Fee / Frais : \$10

Third Party Billing Round Table

The Private Practitioners Chapter and CCPA National Office are pleased to co-host a round table on third party billing during the pre-conference day of our Winnipeg conference. We invite all those interested in discussing this top priority for our members to attend the round table. We'd like to hear about your successes and challenges with respect to third party billing as well as best practices and lessons learned when advocating for coverage of fees with insurance companies and employers. You will also have an opportunity to learn more about CCPA's outreach activities in this area including an overview of our national third party billing project and how you can get involved. We look forward to an engaging afternoon of networking and sharing on this important matter for our profession and the clients we serve. Pre-registration is required and space is limited. Light refreshments will be served. This event has been pre-approved by CCPA for 3 CECs.

Table ronde sur la facturation à une tierce partie

La Section des conseillers en pratique privée et le siège social de l'ACCP ont le plaisir d'organiser conjointement une table ronde sur la facturation à une tierce partie qui se tiendra le jour du pré-congrès de notre congrès de Winnipeg. Toute personne qui souhaite débattre de cette question prioritaire pour nos membres est invitée à y assister. Nous aimerions vous entendre parler de vos succès et défis en matière de facturation à une tierce partie ainsi que de vos meilleures pratiques et des enseignements que vous avez tirés de vos démarches auprès des compagnies d'assurance et des employeurs pour promouvoir une couverture des honoraires. Ce sera aussi l'occasion pour vous d'en apprendre davantage sur les activités de sensibilisation de l'ACCP dans ce domaine – on vous présentera notamment un aperçu de notre projet national de facturation à une tierce partie et on vous indiquera comment vous pouvez y participer. Nous nous réjouissons à la perspective d'un après-midi de réseautage et de partage stimulant consacré à cette importante question pour notre profession et nos clients. L'inscription préalable est obligatoire et les places sont limitées. De légers rafraîchissements seront servis.

First Timer's Orientation / Orientation des nouveaux congressistes

17 h 00 - 18 h 00

Location / Lieu : Ballroom AB

If this is your first CCPA Conference, then this is the ideal opportunity to network and hear a special presentation on how to get the most out of the CCPA Conference. Whether you're a student, a new professional, or a first-time Conference attendee, this session is for you!

Light refreshments will be served.

Si vous assistez pour la première fois à un congrès ACCP, c'est l'occasion idéale de réseauter et d'écouter une présentation spéciale sur la façon de tirer le meilleur parti du congrès et de l'ACCP. Que vous soyez un étudiant, un nouveau professionnel ou un nouveau congressiste, cette séance est conçue pour vous! *On servira de légers rafraîchissements.*



18 h 30 - 19 h 30
Keynote Address / Conférencier d'honneur
Location / Lieu : Grand Ballroom

Healing Through Humour - Laughter is Good Medicine

ENGLISH

Our Elders say "Laughter is Good Medicine". As Don shares this traditional teaching you will be enlightened inspired and definitely entertained.

DON BURNSTICK is a Cree from the Alexander First Nation located outside of Edmonton, Alberta, Canada. The youngest of 15 children, coupled with the fact of growing up on the reserve, taught Don a variety of means of defending himself, not the least of which became his use of humour.

Don's young life was very violent. "I lived on the streets of Edmonton as an alcoholic and drug addict. In 1985, when I sobered up at 21, there were not too many 21 year old males that were alcohol and drug free so I just started asking to go and tell my story."

Don has now been involved within the healing/personal wellness movement for the past 20 years and has utilized humour and performance to provide a holistic approach to healing. His message speaks to a proud heritage, the importance of healing through humor and his continuing desire to leave a better world for our future generations. Don has established himself as one of Canada's best comedian of all times. His highly acclaimed comedy show "You Might be a Redskin - Healing Through Native Humour", is a comedic performance, that humorously portrays First Nations people, their habits, likes and dislikes.



Guérir par l'humour - le ris est le meilleur remède

ANGLAIS

Nos Aînés disent que « le rire est le meilleur remède. » Don vous partagera cet enseignement traditionnel qui saura assurément vous éclairer, vous inspirer, et vous divertir.

DON BURNSTICK est un Cri de la Première Nation Alexander, située à l'extérieur d'Edmonton, en Alberta au Canada. Grandir sur une réserve, en plus d'être le plus jeune de quinze enfants, lui a inculqué une variété de moyens de défense, notamment son utilisation de l'humour.

La jeunesse de Don fut très violente. « J'ai vécu dans les rues d'Edmonton comme alcoolique et toxicomane. En 1985, lorsque j'ai cessé de consommer à l'âge de 21 ans, il y'avait très peu d'hommes de 21 ans qui ne consommaient pas de drogues ou d'alcool. C'est pourquoi j'ai demandé si je pouvais raconter mon histoire. »

Don est impliqué dans le mouvement de guérison et de bien-être personnel depuis plus de 20 ans, et utilise l'humour et le spectacle dans son approche holistique à la guérison. Son message témoigne d'un fier héritage, de l'importance de guérir par l'humour et de son désir soutenu de laisser un monde meilleur aux générations futures. Don s'est hissé au rang des meilleurs humoristes canadiens de tous les temps. Son spectacle acclamé « You Might be a Redskin - Healing Through Native Humour », offre un portrait humoristique des peuples des Premières Nations, de leurs habitudes, de ce qu'ils aiment et ce qu'ils détestent.



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7 h 30 - 9 h 00	Registration / Inscription	Foyer
7 h 30 - 8 h 30	Spiritual Care in Counselling Chapter / Section soutien spirituel en counseling	Ballroom C
7 h 30 - 8 h 30	British Columbia Chapter / Section Colombie-Britannique	Off-site
8 h 30 - 10 h 15	Opening Ceremonies and Keynote Address - Tayyab Rashid The Next Frontier - Integrating Yin and Yang of Human Experience <i>(English - Simultaneous Interpretation)</i> Cérémonies d'ouverture et Conférencier d'honneur - Tayyab Rashid La nouvelle frontière - intégrer le yin et le yang de l'expérience humaine <i>(Anglais - Interprétation simultanée)</i>	Grand Ballroom
10 h 15 - 10 h 45	Nutrition Break / Pause santé	Ballroom Foyer
10 h 45 - 12 h 00	Concurrent Sessions / Séance simultanée	
	A1 - Lost In Translation: The Importance of Working with Interpretation Services in Counselling <i>(English - Simultaneous Interpretation)</i> LAWRENCE CROUCH, ANGELA SPIERS, CHARLES MYERS, AMY MILCZNSKI A1 - L'importance de travailler avec les services d'interprétation en counseling <i>(Anglais - Interprétation simultanée)</i> LAWRENCE CROUCH, ANGELA SPIERS, CHARLES MYERS, AMY MILCZNSKI	Ballroom A
	A2 - The Way of Letting Go - The Fifteen Elements of Healing in The Face of an Injustice or Violation <i>(English - Intermediate)</i> WILMA DERKSEN	Ballroom B
	A3 - Multicultural Counsellor Education: Embracing Asian and Indigenous Wisdom and Perspectives <i>(English - Intermediate)</i> ISHU ISHIYAMA, ALANAISE GOODWILLE, MASAHIRO MINAMI, ALYUMI SASAKI, CHEREYL INKSTER	Ballroom C
	A4 - Why Private Practice? <i>(English - Introductory)</i> PAUL YEUNG, CORINNE HENDRICKEN-ELDERSHAW, LORNE FLAVELLE	Assiniboia A
	A5 - Integrated Understanding of the Psychology of Pervasive Digital Internet Technology in Adolescents Lives as Critical to Care <i>(English - Intermediate)</i> ANDREA MCLAREN	Assiniboia B

	A6 - Work-Life Integration for Counsellors: Strategies for Making it Fit <i>(English - Introductory)</i> JACQUELINE SYNARD	Kildonan
	Indigenous Gathering Space	Fort Garry
12 h 00 - 13 h 30	Lunch on own / Dîner (non-inclus)	
12 h 15 - 13 h 15	Post-Secondary Counsellors Chapter / Conseiller au postsecondaire	Ballroom B
12 h 15 - 13 h 15	School Counsellors Chapter / Section des conseillers et conseillères en milieu scolaire	Ballroom A
12 h 15 - 13 h 15	Counsellor Educator Chapter / Section des formateurs de conseillers	Ballroom C
12 h 15 - 13 h 15	Manitoba Chapter / Section du Manitoba	Assiniboia B
12 h 30 - 14 h 30	Poster Sessions / Séances d'affiches <i>For a list of poster sessions, see page 8. / Pour une list des séances d'affiches, voir la page 8.</i>	Charleswood A/B
13 h 30 - 14 h 45	Concurrent Sessions / Séance simultanée	
	A7 - Be Safe and Do Good Work: Integrating The Guidelines For The Uses of Technology in our Counselling Practices <i>(English - Simultaneous Interpretation)</i> DAWN SCHELL, SHERRY LAW, LINDA ROMBOUGH A7 - Adopter de bonnes pratiques sécuritaires en intégrant les Lignes directrices sur les utilisations de la technologie dans nos pratiques de counseling <i>(Anglais - Interprétation simultanée)</i> DAWN SCHELL, SHERRY LAW, LINDA ROMBOUGH	Ballroom A
	A8 - Conversation Café / Café de conversation	Ballroom B
	A8-1 - Effect of Psychotherapy on Prison Inmates Rehabilitation in Nigeria: Counselling implication <i>(English - Advanced)</i> ADIJAT BOLANLE ADAMS	
	A8-2— Career Decision-Making Self-Efficacy Among Higher Education Women and its Associations with Type and Perceived Quality of Intimate Relationship <i>(English - Intermediate)</i> UMAIR LQBAL	

A8-3 - A Transtherapeutic Approach to Case Formulation: Implications to Counsellor Education, Clinical Training and Supervision <i>(English - Intermediate)</i> MASAHIRO MINAMI
A8-4 - Playful Healing: Engaging Migrants' Capacity to Play to Facilitate Attachment, Adaptation, and Emotional Attunement <i>(English - Introductory)</i> ISO OGUMBOR
A8-5 - Psychotherapy and Intimate Partner Violence: Counselling Considerations for Immigrant, Refugee, and Canadian-Born Survivors of Domestic Abuse <i>(English - Intermediate)</i> SAKTHI KALAICHANDRA
A8-6 - Reflective Writing: A Journaling Journey to Counsellor Voice <i>(English - Introductory)</i> REBECCA WARD, HELEN MASSFELLER
A9 - Counselling Education in Canada: What is Working Well? What Do We Need to Prepare For? <i>(English - Advanced)</i> ROBERTA NEAULT, LIETTE GOYER, PETER HALL
A10 - Writing for Submission to the Canadian Journal of Counselling and Psychotherapy, Other Professional Journals, and Book Publishing. <i>(English - Introductory)</i> KEVIN ALDERSON, HEATHER ZABAWSKI
A11 - Meeting the Unique Mental Health Needs of Boys and Men - Weaving Adventure, Expressive and Experiential Modalities <i>(English - Intermediate)</i> NICK CARDONE
A12 - Mindfulness for Wellbeing Program in a Post-Disaster Environment: Mindfulness Brings Healing Following the 2016 Wildfire <i>(English - Introductory)</i> CATHY UNDERHILL, KASSANDRA HEAP, PAULA CAINES
A13-A - Walking the Medicine Wheel: Indigenous-Based Experiential Trauma Interventions <i>(English - Intermediate)</i> LAWRENCE CROUCH, ANGELA SPIERS, CHARLES MYERS

	A13-B - Under Pressure: Exploring the Use of Communal Drumming as a Self-Care Initiative and Burnout Prevention in Counsellors-in-Training <i>(English - Introductory)</i> AMANDA SMITH, CHARLES MYERS	
14 h 45 - 15 h 15	Nutrition Break / Pause santé	Ballroom Foyer
15 h 15 - 16 h 30	Concurrent Sessions / Séance simultanée	
	A14 - The Evolution of Grief Support : A Complimentary Approach Incorporating Education, Support, Narrative Therapy and Inner Resource Building Informed by the Philosophy and Components of Mindful Self-Compassion <i>(English - Simultaneous Interpretation / Anglais - Interprétation simultanée)</i> JO STOROZINSKI, CESAR GONZALES	
	A15 - Showing and Telling the Story of Nikis: Using Arts Based Autoethnographic Methods from Cree Experience and World Views <i>(English - Introductory)</i> BRENDA WASTASECOOT	Ballroom B
	A16 - Witness to Medically-Assisted Dying in Canada: A Counselling and Psychotherapy Perspective <i>(English - Advanced)</i> CHARLES WALSH	Ballroom C
	A17 - Reviewer Training Certification for the Canadian Journal of Counselling and Psychotherapy (CJCP) – Levels I and II <i>(English - Introductory)</i> KEVIN ALDERSON, HEATHER ZABAWSKI	Assiniboia A
	A18 - Psycho-Religious Coping and Immigrants: Counselling Implications <i>(English - Intermediate)</i> SANDRA DIXON	Assiniboia B
	A19 - Squish Squish: Building Self-Compassion in Fat, Queer Women and Femmes <i>(English - Introductory)</i> MICHELLE KENNEDY	Kildonan
	Indigenous Gathering Space	Fort Garry
16 h 30 - 17 h 30	Creative Arts in Counselling Chapter / Section des arts créatifs en counseling	Off-site
15 h 30 - 17 h 00	Private Practitioners Chapter / Section des conseillers en pratique privée	Off-site
16 h 45 - 17 h 45	Alberta and NWT Chapter / Section de l'Alberta et des T.N.-O.	Ballroom B

16 h 45 - 17 h 45	Technology and Innovation Solutions Chapter / Section de la technologie et des solutions innovatrices	Ballroom C
16 h 30 - 18 h 00	Career Counsellor Chapter / Section des conseillers/ères d'orientation	Ballroom A
18 h 00 - 21 h 00	Social Activities / Activités sociales	Off-site
20 h 00 - 21 h 30	Welcome Reception / Réception de bienvenue	Blaze Lounge

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Poster Sessions / Séances d'affiches
12 h 30 - 14 h 30

Charleswood A / B

1 - Navigating the Invisible: Elite Athletes' Experience of Sports-Related Concussions

(English - Introductory)

FRANZISKA KINTZEL, SHARON ROBERTSON

2 - See Who I Have Become: Refugee Mothers' Identity Change in the Context of Resettlement

(English - Intermediate)

LUCY AMADALA, SHARON ROBERTSON

3 - Decent Work: Social Entrepreneurship Approaches to Inclusive Employment Options

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BREANNA LAWRENCE, ANNE MARSHALL

4 - An Exploration of the Counselling Experiences of Women who Work in the Canadian Sex Industry

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CAMILA VELEZ

5 - Meanings of Seeking Social Support Among Chinese Canadian Post-Secondary Students

(English - Intermediate)

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6 - How Women Understand their Experience of HELLP Syndrome in Pregnancy and its Influence on Early Motherhood

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7 - Understanding Positive and Negative Emotions In Individuals With Bipolar Disorder (BD): A Qualitative Investigation

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LAUREN BUOTE (Author KAORI WADA)

9 - Built in Resilience: Integrating Coping, Problem Solving and Mental Wellness Skills in the Post-Secondary Curriculum

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10 - Supporting LGBTQ* Students in the School System: Recommendations for School Counsellors

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ALEXANDRA CANZONIERI, AUTHORS: HELENE BERMAN, ROBIN MASON, JODI HALL, CATHERINE CLASSEN, MARILYN EVANS, LORI ROSS, GLORIA ALVERNANZ MULCAHY, LEONARDA CARRANZA, FATMEH AL-ZOUBI, SUSAN RODGER

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21 - What Parents are Reading about Childhood Anxiety: Is it Aligned with the Current Research?

(English - Introductory)

SHELLEY SKELTON

22 - Learning to Dance...A Primer on Emotionally Focused Couple Therapy

(English - Introductory)

MARSHA HARRIS, ROBERTA GRAHAM, ELAN JURY

23 - Emerging Adults' Consumption of Pornographic Media and Sexual Cyber Dating Aggression: The Differential Impact of Varying Pornographic Content on Perpetration Risk

(English - Intermediate)

JESSICA SCIARAFFA

24 - How Allies can be Helpful within Mental Health Service Provision within Indigenous Communities

(English - Introductory)

KYLA MCPHEE

8 h 30 - 10 h 15

Opening Ceremonies and Keynote Address / Cérémonies d'ouverture et Conférencier d'honneur
Location / Lieu : Grand Ballroom

The Next Frontier - Integrating Yin and Yang of Human Experience

ENGLISH - SIMULTANEOUS INTERPRETATION

For more than a century, counselling and psychotherapy has been a place where clients discuss their stressors and symptoms, under a bold and largely untested assumption that uncovering childhood trauma, untwisting faulty thinking, or restoring dysfunctional relationships will heal clients. This focus on the negatives makes intuitive sense, but such an approach has largely ignored or minimized the importance of the strengths. Asserting that strengths are as authentic and active ingredients of healing, as symptoms, this talk highlights innovative frontier of healing, and offers evidence based strategies that integrate the yin-yang of clients, capturing their complexity, cultural contexts and comprehending their evolving identities on an ever-expanding digital landscape.

TAYYAB RASHID is a licensed clinical psychologist at the Health and Wellness Centre, and an associate faculty at the University of Toronto Scarborough (UTSC). Tayyab completed his clinical training at Fairleigh Dickinson University, New Jersey. Tayyab's work has been published in academic journals and has been included in text books of psychiatry and psychotherapy. Tayyab is current co-chair of Canada's National Campus Mental Health Community of Practice and President of the Clinical Division of International Positive Psychology Association (IPPA). Currently, Tayyab leads Flourish - a preventive mental health initiative at the University of Toronto Scarborough.



La nouvelle frontière - intégrer le yin et le yang de l'expérience humaine

ANGLAIS - INTERPRÉTATION SIMULTANÉE

Pendant plus d'un siècle, le counseling et la psychothérapie ont été un lieu où les clients discutaient à propos de leurs facteurs de stress et symptômes, selon une hypothèse audacieuse et en grande partie non testée, que le fait de découvrir un traumatisme de l'enfance, de penser de façon erronée et détournée ou de rétablir des relations dysfonctionnelles guérira les clients. Cette focalisation sur les points négatifs a un sens intuitif, mais une telle approche a largement ignoré ou minimisé l'importance des points forts. Affirmant que les forces sont des ingrédients authentiques et actifs de la guérison, tout comme les symptômes, cette présentation mettra en évidence les frontières innovatrices de guérison et proposera des stratégies basées sur des preuves qui intègrent le yin-yang des clients, capturant leur complexité, leurs contextes culturels et comprenant leurs identités en évolution dans un paysage numérique en constante expansion.

TAYYAB RASHID est un psychologue clinicien réglementé au *Health and Wellness Centre*, ainsi qu'un professeur associé à l'université de Toronto Scarborough (UTSC). Tayyab a complété sa formation clinique à l'université *Fairleigh Dickinson* au *New Jersey*. Le travail de Tayyab a été publié dans des revues académiques et a été inclus dans des manuels de psychiatrie et psychothérapie. Actuellement, Tayyab dirige *Flourish* – une initiative de santé mentale préventive à l'université de Toronto Scarborough.



7 h 30 - 8 h 30

Spiritual Care in Counselling Chapter / Section soutien spirituel en counseling
Location / Lieu : Ballroom C

7 h 30 - 8 h 30

British Columbia Chapter / Section Colombie - Britannique
Location / Lieu : Off-site

10 h 15 - 10 h 45

Nutrition Break / Pause santé

Location / Lieu : Ballroom Foyer

10 h 45 - 12 h 00

Concurrent Sessions / Séances simultanée

A1 - Lost in Translation: The Importance of Working with Interpretation Services in Counselling

Location: Ballroom A

(English - Simultaneous Interpretation)

As counsellors, we need to use clear and understandable language in our sessions (ACA, 2016 Code A.2.c) and arrange for “qualified interpreter or translators to ensure comprehension by our clients” and “adjust our practices accordingly”. (ACA, 2016, Code A.2.c). This session examine the issues of interpreting with (ASL) American Sign Language experts by examining counselling and the subtle differences of translation through role play. In this session will also review the challenges of translation as well as the obligation of counsellors to provide comprehensive inclusive and supportive intervention.

ANGLEA SPIERS is an Assistant Professor at Eastern Kentucky University, where she coordinates the clinical mental health programs and has over 20 years experience in counselling Canada/USA.

LAWRENCE CROUCH is a full time faculty member, professor, and Assessment Coordinator for the Department of Counsellor Education at Eastern Kentucky University.

CHARLES MYERS has a Ph.D. in Counsellor Education and Supervision and Assistant Professor at Eastern Kentucky University, he coordinates the play therapy and school counselling programs.

AMY MILCZNSKI is a Certified Assistant Professor ASL and Interpreter Education Department Eastern Kentucky University.

A1 - L'importance de travailler avec les services d'interprétation en counseling

Lieu : Ballroom A

(Anglais - Interprétation simultanée)

En tant que conseillers, nous devons utiliser un langage clair et compréhensible durant nos séances (ACA, 2016, Code A.2.c) et s'adapter pour que “des interprètes qualifiés ou des traducteurs s'assurent de la compréhension de leurs clients” et “ajustent leurs pratiques en conséquence” (ACA, 2016, Code A.2.c). Cette séance examine les enjeux de l'interprétation avec des experts en (ASL) *American Sign Language* (Langue des signes américaine) en examinant le counseling et les subtiles différences de la traduction par le jeu de rôle. Dans cette séance, nous allons également revoir les défis de la traduction ainsi que l'obligation des conseillers de fournir une intervention globale, inclusive et de soutien.

Charles E. Myers, Ph. D., professeur agrégé à la Eastern Kentucky University, conseiller clinicien professionnel certifié, thérapeute agréé et superviseur de thérapie par le jeu, utilise les arts de création et les activités expérientielles en counseling, en formation de conseillers et en supervision.

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Angela C. Spiers, Ph. D., professeure agrégée à la Eastern Kentucky University et conseillère clinicienne professionnelle certifiée, utilise la pratique du tambour, l'équithérapie et le psychodrame dans ses activités de counseling et de supervision.

Lawrence Crouch, Ph. D., professeur agrégé à la Eastern Kentucky University, conseiller clinicien professionnel certifié et ancien combattant, fournit des services de counseling professionnel et clinique aux employés licenciés et aux anciens combattants.

AMY MILCZNSKI professeur agrégé à ASL et département de l'interprétation d'éducation à Eastern Kentucky University.

A2 - The Way of Letting Go - The Fifteen Elements of Healing in the Face of an Injustice or Violation

Location / Lieu : Ballroom B

(English - Intermediate)

Few know how to survive the icy waters of grief better than Wilma Derksen. On one random Friday, her thirteen-year-old daughter went missing. Through fifteen elements of Letting go, Wilma overcame the confusion, disconnection and fragmentation of violence. These fifteen hard won "Letting Go" principles will help you overcome your smaller or larger losses.

WILMA DERKSEN is an international speaker and consultant on victimization. She has presented to hundreds of audiences who describe her as inspiring, vulnerable, comforting, and insightful storyteller.

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

Location / Lieu : Ballroom C

(English - Intermediate)

Multicultural clinical competency can be enhanced by the broadened awareness and personal integration of cultural diversity in the context of counsellor education and clinical practices which have been predominated by Eurocentric theories and approaches. This panel discussion addresses the significance of introducing counsellors and trainees to Asian and Indigenous wisdom and perspectives on psychotherapy, healing, human nature, and world views. Five multicultural counsellor educators and practitioners with their expertise in Japanese Morita therapy or Indigenous counselling, will address how to remediate and complement Western clinical concepts and practices, and offer concrete examples of how counsellors and trainees can expand their awareness and clinical skills repertoire and foster personal growth and integration. The following topics will be covered: (a) Broadening perspectives on human nature and healing beyond Eurocentric clinical models: Expanding therapeutic alliance, (b) Emerging cultural perspectives and respect: Learning from Indigenous wisdom traditions, (c) Using the validationgram as a culturally compatible intervention in counselling Indigenous clients, (d) Psychoecology of healing: Expanding our 'scope' by embracing Japanese Morita therapeutic wisdom in counsellor education, and (e) Multicultural counsellor education enhanced by Morita therapy training: Quantitative and qualitative analyses of trainees' responses. Practical and training implications will be explored.

ISHU ISHIYAMA, Associate Professor at University of British Columbia, teaches graduate courses and supervises students' clinical training and theses/dissertations. He specializes in multicultural counselling, prejudice reduction, and Morita therapy.

ALANAISE GOODWILL is a registered psychologist and assistant professor at Simon Fraser University with an active research and clinical practice focussing on Indigenous approaches to health and wellbeing.

MASAHIRO MINAMI is an assistant professor at the Simon Fraser University, a certified Morita therapist, and the assistant secretary general for the International Committee for Morita Therapy.

AYUMI SASAKI, CHEREYL INKSTER

A4 - Why Private Practice?

Location / Lieu : Assiniboia A

(English - Introductory)

Private Practitioners Chapter is founded on the ideology of embracing and providing support to private practitioners. The aim of this session is to create a dialogical space where members will network and explore best practices. Upon completion of the workshop, participants will gain insights and celebrate the journey of being a private practitioner. Ultimately, celebrating why we are private practitioners!

PAUL YEUNG is a certified counsellor & past president of the BC Chapter. He specializes in career counselling, multicultural counselling, multilingual and literacy education, and health literacy.

CORRINE HENDRICKEN-ELDERSHAW is a certified counsellor and CEO of the Alzheimer Society of PEI. Her career includes consulting, assessment, and entrepreneur. She lectures at the UPEI Psychology Department.

LORNE FLAVELLE works in private practice and remains passionate about third party billing and counsellor regulation! He specializes in Career Counselling, Couples Counselling and Individual Counselling.

A5 - Integrated Understanding of the Psychology of Pervasive Digital Internet Technology in Adolescents Lives as Critical to Care

Location / Lieu : Assiniboia B

(English - Introductory)

In work with adolescents do you assess for technology use? Does it leave you confused? In our culture of pervasive digital internet technology (DIT) use, how we understand the impact of DIT on adolescents is critical to their care. This presentation will look at three areas: 1. The research on effects of the culture of digital internet technology (DIT) on adolescents' psychological well-being. 2. Potential components to consider when assessing the impacts of DIT use. We will discuss how assessments correlate with an understanding of an individual's liabilities as well as an understanding of developmental milestones. 3. Where understanding of DIT use can aid us in forming connection with adolescent clients and informing our practice. As we explore this relatively new area of psychology together, we will share story and connect to find ideas and solutions for our practice.

ANDREA MCLAREN obtained her Masters in Counselling at City University. She is committed to mental health and social justice and excited about starting her counselling with individuals, couples and groups.

A6 - Work-Life Integration for Counsellors: Strategies for Making it Fit

Location / Lieu : Kildonan

(English - Introductory)

Most busy professionals strive for better work-life balance. Wouldn't it be great if we could finish that "to do" list, spend time with family, and even have time for yourself? Yet, we can't magically change the number of hours in a day. So what can we change? Drawing from research on work-life balance and positive psychology, this experiential seminar helps provides a safe space to reflect upon and share our experiences of striving for that elusive work-life balance – the good, the bad, and the funny! Collectively, we aim to brainstorm practical approaches to better integrate our work and personal lives.

JAQUELINE SYNARD is a positive psychology researcher and a passionate counsellor who draws from her Ph.D. research on resilience and other processes of well-being in the face of adversity.

Indigenous Gathering Space

Location / Lieu : Fort Garry

12 h 00 - 13 h 30
Lunch On Own / Dîner (non-inclus)

12 h 15 - 13 h 15
Post-Secondary Counsellors Chapter / Conseiller au post secondaire
Location / Lieu : Ballroom B

12 h 15 - 13 h 15
School Counsellors Chapter / Section des conseillers et conseillères en milieu scolaire
Location / Lieu : Ballroom A

12 h 15 - 13 h 15
Counsellor Educator Chapter / Section des formateurs de conseillers
Location / Lieu : Ballroom C

12 h 15 - 13 h 15
Manitoba Chapter / Section du Manitoba
Location / Lieu : Assiniboia B

See page for full descriptions of poster sessions. / Voir la page pour les descriptions complet des séances d'affiches.

1 - Navigating the Invisible: Elite Athletes' Experience of Sports-Related Concussions

12 h 30 - 14 h 30
Poster Sessions / Séances d'affiches
Location / Lieu : Charleswood A/B

(Introductory)

FRANZISKA KINTZIL, SHARON ROBERTSON

2 - See Who I Have Become: Refugee Mothers' Identity Change in the Context of Resettlement

(Intermediate)

LUCY AMADALA, SHARON ROBERTSON

3 - Decent Work: Social Entrepreneurship Approaches to Inclusive Employment Options

(Introductory)

BREANNA LAWRENCE , ANNE MARSHALL

4 - An Exploration of the Counselling Experiences of Women Who Work in the Canadian Sex Industry

(Introductory)

CAMILA VELEZ

5 - Meanings of Seeking Social Support Among Chinese Canadian Post-Secondary Students

(Intermediate)

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6 - How Women Understand Their Experience of HELLP Syndrome in Pregnancy and its Influence on Early Motherhood

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7 - Understanding Positive and Negative Emotions in Individuals with Bipolar Disorder (BD): A Qualitative Investigation

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IBIYEMI AROWOLO

8 - Undergraduate Students' Belief About Persistent Complex Bereavement Disorder and the Relationship with Continuing Bond

(Intermediate)

LAUREN BUOTE, KAORI WADA

9 - Built in Resilience: Integrating Coping, Problem Solving and Mental Wellness Skills in the Post-Secondary Curriculum

(Introductory)

NATALIA MOZOL

10 - Supporting LGBTQ* Students in the School System: Recommendations for School Counsellors

(Introductory)

CASSIDY WILSON

11 - “Falling Down the Worm Hole”: Discourses of Escaping Reality and Losing Self-Control in Cell Phone Use

(Intermediate)

MACKENZIE SAPACZ

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(Intermediate)

JESSICA SCIARAFFA

23 - How Allies can be Helpful within Mental Health Service Provision within Indigenous Communities

(Introductory)

KYLA MCPHEE

13 h 30 - 14 h 45
Concurrent Sessions / Séances simultanée

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

Location: Ballroom A

(English - Simultaneous Interpretation)

There has been an explosive growth of technology in recent years and the use of technology in counselling and psychotherapy has grown exponentially as well. This digital landscape requires vigilance on the part of the practitioner and navigating through it can feel overwhelming at times. It's not always easy to see how to apply the CCPA Code of Ethics and Standards of Practice to new devices or new operating systems. The Technology and Innovative Solutions Chapter, has developed practical Guidelines for the Uses of Technology in Counselling and Psychotherapy to inform and guide practitioners in this expanded therapeutic environment. These Guidelines aim to provide concrete suggestions for good practice as well as how to make the best use of technology while protecting our clients and ourselves. In this session we will be reviewing the Guidelines and discussing effective risk management.

DAWN SCHELL worked as the Project Consultant for the creation of the Guidelines for the uses of Technology in Counselling. Dawn was an early adopter of technology in counselling.

SHERRY LAW is passionate about technology and wishes to integrate innovative technological solutions in mental health. Currently researching therapeutic effects of virtual reality on the elderly in long term care.

LINDA ROMBOUGH has had a previous career as a web application developer, project manager in health and safety, as well as policy and program development, and performance measurement in government.

A7 - Adopter de bonnes pratiques sécuritaires en intégrant les Lignes directrices sur les utilisations de la technologie dans nos pratiques de counseling

Lieu : Ballroom A

(Anglais - Interprétation simultanée)

La technologie a connu des avancées spectaculaires au cours des dernières années et l'utilisation des outils technologiques s'est aussi développée de manière exponentielle dans le domaine du counseling et de la psychothérapie. Cet environnement numérique exige une certaine vigilance de la part des praticiens qui peuvent peut-être parfois se sentir dépassés par cet aspect de leur travail. Il n'est pas toujours facile de déterminer comment appliquer le Code de déontologie et les Normes d'exercice de l'ACCP aux nouveaux appareils ou systèmes d'exploitation. La Section de la technologie et des solutions novatrices a élaboré des lignes directrices pratiques sur les utilisations de la technologie afin d'informer et de guider les praticiens dans cet environnement thérapeutique en expansion. Ces lignes directrices visent à fournir des conseils concrets en matière de bonne pratique et d'utilisation optimale de la technologie tout en assurant la protection des clients et des praticiens eux-mêmes. Dans cette session, nous passerons en revue les lignes directrices et traiterons d'une gestion des risques efficace.

DAWN SCHELL a travaillé comme consultant de projet pour l'élaboration des Lignes directrices sur les utilisations de la technologie dans nos pratiques de counseling. M. Dawn a été l'un des premiers à adopter la technologie dans sa pratique du counseling.

SHERRY LAW se passionne pour la technologie et elle souhaite intégrer des solutions technologiques novatrices en santé mentale. Elle mène actuellement des recherches sur les effets thérapeutiques de la réalité virtuelle sur les personnes âgées dans les établissements de soins de longue durée.

LINDA ROMBOUGH a fait carrière auparavant comme développeuse d'applications Web et gestionnaire de projet en santé et sécurité et elle a travaillé à l'élaboration de politiques et de programmes et à la mesure du rendement au sein de la fonction publique.

A8 - Conversation Café / Café de conversation

Location / Lieu : Ballroom B

Come visit The Conversation Café for an opportunity to experience multiple presentations and expand your knowledge in several different areas. Your itinerary will set sail in small groups of delegates who will spend 15 minutes with a presenter. A time keeper will then announce when it is time to depart and delegates will move to another presentation. This process will be repeated for the entire 75-minute session. See full Conversation Café descriptions on page .

Venez visiter Le Café pour une occasion de découvrir de multiples présentations et d'élargir vos connaissances dans plusieurs domaines différents. Votre itinéraire prendra la mer en petits groupes de délégués qui vont passer 15 minutes avec un présentateur. Un chronomètreur annoncera ensuite quand il est temps de partir et les délégués se déplaceront vers une autre présentation. Ce processus sera répété pour l'ensemble de la session de 75 minutes. Les présentateurs suivantes seront au rendez-vous dans le café. Voir les description complet sur la page .

A8-1 - Effect of Psychotherapy on Prison Inmates Rehabilitation in Nigeria: Counselling Implication

(Advanced)

ADIJAT BOLANLE ADAMS

A8-2 - Career Decision-Making Self-Efficacy Among Higher Education Women and its Associations with Type and Perceived Quality of Intimate Relationship

(Intermediate)

UMAIR LQBAL

A8-3 - A Transtherapeutic Approach to Case Formulation: Implications to Counsellor Education, Clinical Training and Supervision

(Intermediate)

MASAHIRO MINAMI

A8-4 - Playful Healing: Engaging Migrants' Capacity to Play to Facilitate Attachment, Adaptation, and Emotional Attunement

(Introductory)

ISO OGUMBOR

A8-5 - Psychotherapy and Intimate Partner Violence: Counselling Considerations for Immigrant, Refugee, and Canadian-Born Survivors of Domestic Abuse

(Intermediate)

SAKTHI KALAICHANDRAN

A8-6 - Reflective Writing: A Journaling Journey to Counsellor Voice

(Introductory)

REBECCA WARD, HELEN MASSFELLER

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

Location / Lieu : Ballroom C

(English - Advanced)

Great things are happening in Counsellor Education programs across Canada but we rarely get the opportunity to share our successes (and challenges) with colleagues from other programs. The President and Executive of CCPA's Counsellor Educators Chapter are hosting a discussion session for anyone with an interest in the education of counsellors in Canada. This session will involve active discussion by attendees to share success stories and what's working well, as well as the challenges that programs are facing and the innovative means by which we, as a profession, are overcoming those challenges. This session is directed at all of you who play a part in Counsellor Education - graduate students, new professionals, faculty, instructors, and administrators. We will provide the panel but we ask that you provide the content. Discussions at last year's conference were rich and informative. Please don't let language be a barrier; we will have colleagues on hand to assist with translation as we want to learn from, and support, all of the programs throughout Canada.

ROBERTA NEAULT, is President of Life Strategies Ltd., a counsellor educator for Yorkville, Athabasca, and Trinity Western Universities, and President of the Counsellor Educators Chapter.

PETER HALL, is Dean of the Faculty of Behavioural Sciences at Yorkville University and incoming president of the Counsellor Educators Chapter.

LIETTE GOYER is a researcher, professor and director of graduate studies in counselling and guidance at Laval University and Secretary/Treasurer of the Counsellor Educators Chapter.

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

Location / Lieu : Assiniboia A

(English - Introductory)

E. B. White once wrote "I admire anybody who has the guts to write anything." As a counsellor, graduate student, or professor, do you want to expand your identity by becoming an author of journal articles, but are uncertain how to do this? Frequently, there is lack knowledge of journal publication procedures with many finding the prospect of publishing intimidating. During this session, the Editor in Chief of the Canadian Journal of Counselling and Psychotherapy (CJCP) and the Editorial Assistant will discuss writing for publication in professional journals and how manuscripts are processed by the CJCP. We will also cover what you need to know about getting a nonfiction book published. Additionally, this session will offer particular considerations for students with opportunity for discussion on the writing and publication process.

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KEVIN ALDERSON is Editor in Chief of CJCP. He is professor of counselling psychology at University of Calgary. He specializes in addictions, human sexuality, and hypnotherapy. He is the author of eight books.

HEATHER ZABAWSKI is the Editorial Assistant at CJCP. She has a BA (Hons) in psychology from the University of Calgary. She is interested in attachment and influences on child development.

A11 - Meeting the Unique Mental Health Needs of Boys and Men - Weaving Adventure, Expressive and Experiential Modalities

Location / Lieu : Assiniboia B

(English - Intermediate)

Many men and boys have unique needs when it comes to therapy. With poor helping seeking behaviours and high dropout rates with therapy, mental health statistics are at CRISIS levels. While therapy as we know it (office/chair/talk) works for some, research tells us that other ways of 'doing' therapy have greater resonance for men/boys in distress or living with mental illness. Part of a 2-year grant from Movember Canada, The T.O.N.E. Project was an innovative group therapy service for men that looked at HOW and WHERE therapy happens, and aligned it with ways that men tend to explore their inner and outer worlds. This interactive and hands-on workshop will: explore the mental health needs of men and boys, including the underlying theory using 2 years of T.O.N.E. participant's stories; in large and small groups, and using learning stations, experience some of the specific tools, strategies and imagery, used in T.O.N.E.; explore more deeply their own work, but through a gendered lens; and hopefully be inspired to find their own unique path using adventure, expressive and experiential techniques in their own professional settings.

NICK CARDONE specializes in therapy with men and adolescent boys. With 20 years experience in school, institutional and community-based mental health, his private practice clients explore new ways of 'doing' therapy.

A12 - Mindfulness for Wellbeing Program in a Post-Disaster Environment: Mindfulness Brings Healing Following the 2016 Wildfire

Location / Lieu : Kildonan

(English - Introductory)

The 2016 Fort McMurray wildfire and evacuation had a significant impact on residents of the Regional Municipality of Wood Buffalo. The trauma and loss experienced by community members overwhelmed normal coping strategies and negatively impacted the emotional and psychological well-being of many residents. This traumatic experience increased the number of life stressors for many residents, as well as exacerbating pre-existing stressors. Mindfulness for Wellbeing groups were designed to provide participants with strategies for stress/anxiety management and reduction, as well as emotional self-regulation. This interactive session will present a review of Mindfulness, a demo of Mindfulness exercises, along with an overview of the 2016-2017 Mindfulness for Wellbeing program developed for residents of the Regional Municipality of Wood Buffalo. The benefits of this program in a post-disaster environment in supporting individuals in managing self-reported levels of anxiety, stress and distress directly resulting from the disaster experience and aftermath will be presented. The benefits of the program for therapists as self-care will also be reviewed. Results from attendance records, evaluation forms, Mindfulness and Self-compassion questionnaires, will be summarized. Funding by the Red Cross and the United Way of Fort McMurray in support of the 2016-2017 Mindfulness for Wellbeing program is gratefully acknowledged.

CATHY UNDERHILL has a Masters in Counselling degree from the University of Ottawa and is a Certified Counsellor with CCPA. Cathy has training in Mindfulness and co-facilitates Mindfulness groups.

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KASSANDRA HEAP has a Master's Degree in Counselling Psychology from Athabasca University. She is a Canadian Certified Counsellor (CCC) and a professional member in good standing with CCPA.

PAULA CAINES is a Registered Social Worker with the Alberta College of Social Workers and currently working on a Master's in Counselling Psychology through Yorkville University. Paula co-facilitates Mindfulness groups.

A13-A - Walking the Medicine Wheel: Indigenous-Based Experiential Trauma Interventions

Location / Lieu : Fort Garry

(English - Intermediate)

Psychological trauma is a response to an unexpected event that is experienced intimately and forcefully (Everstine & Everstine, 1993), overwhelming internal resources (Briere & Scott, 2006), and resulting in feelings of danger, anxiety, and instinctual arousal (Eth & Pynoos, 1985). These experiences are stored in the limbic system or socio-emotional brain (Ziegler, 2002). Emotional memories are not easily accessible in talk therapy and often require more experiential approaches to unlock traumatic events in order to reintegrate the self. Indigenous cultures have long utilized experiential interventions. Experiential activities such as the Medicine Wheel provide help in transforming trauma into growth; integrating body, emotion, mind and spirit; and gaining wisdom through reflection. Presenters will introduce effective methods of using indigenous experiential interventions in assisting clients in the post-traumatic healing and growth. Participants will be provided opportunities to experience indigenous experiential interventions, as well as learn intervention facilitation.

CHARLES MYERS, Assistant Professor at Eastern Kentucky University, Licensed Professional Clinical Counsellor, Registered Play Therapist/Supervisor uses creative arts and experiential activities in counselling and counsellor education and supervision.

ANGELA SPIERS, Assistant Professor at Eastern Kentucky University and Licensed Professional Clinical Counsellor uses drumming, equine-assisted psychotherapy, psychodrama in her counselling and supervision.

LAWRENCE CROUCH, Assistant Professor at Eastern Kentucky University, Licensed Professional Clinical Counsellor, and military veteran provides career and clinical counselling out-placed employees and veterans.

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

Location / Lieu : Fort Garry

(English - Introductory)

Compassion fatigue, vicarious trauma, and occupational burnout: three conditions that plague the counselling profession and affects both counsellors and clients. Research and professional literature promotes self-care as not only an important factor to combat compassion fatigue and burnout, but also a necessity for optimal professional and personal growth. Seldom research has explored burnout in students pursuing a graduate-level degree in a counselling related field; nonetheless, counsellors-in-training are at a high risk for burnout, compassion fatigue, and vicarious trauma. In addition, counsellor education programs have the unique opportunity to implement creative and innovative self-care strategies and wellness education. This presentation will examine a qualitative research that explored the use of communal drumming as a self-care activity and burnout prevention for students pursuing a graduate-level counselling degree at mid-sized university. Lastly, presenters will demonstrate some of the drumming techniques used in the study that attendees can implement with their clients or students.

AMANDA SMITH is a current graduate student pursuing an M.A. in Clinical Mental Health Counselling.

CHARLES MYERS is an Assistant Professor and has worked as a professional counsellor for over 15 years. Specialties include play therapy and expressive-experiential approaches with children and survivors of trauma.

14 h 45 - 15 h 15
Nutrition Break / Pause santé
Location / Lieu : Ballroom Foyer

15 h 15 - 16 h 30
Concurrent Sessions / Séances simultanée

A14 - The Evolution of Grief Support: A Complimentary Approach Incorporating Education, Support, Narrative Therapy and Inner Resource Building Informed by the Philosophy and Components of Mindful Self-Compassion

Location / Lieu : Ballroom A

(English -Simultaneous Interpretation / Anglais - Interprétation simultanée)

Grief and loss, an inevitable part of the human journey, is experienced as pain and suffering. As a whole, individuals are not prepared to grieve as they have not been taught how to nor have learned the necessary skills. The evolution of grief group support will be explored as we review interventions utilized while attending to the changing needs of the grieving individual. Moving the sole focus from education, support and narrative therapy to the natural evolution of including strategies, such as the practice of Mindful Self-Compassion, which focuses on building inner resources. Thus allowing the grieving person to move the grief journey from the head space to the heart space, helping them to discover their inner resiliency. Participants will gain a new understanding of how Mindful Self-Compassion can be applied to those who are grieving, including the evidence currently available. This session will also include an experiential opportunity to practice an exercise which cultivates the elements of mindfulness and self-compassion that has been adapted to the grieving individual.

JO STOROZINSKI, is a Community Health Nurse at Youville Centre. She is a teacher in Mindful Self-Compassion . She is a Spiritual Health Specialist in a major tertiary centre.

CESAR GONZALES is a Community Health Nurse practicing at Youville Centre in Winnipeg, Manitoba, Canada. His work crosses the lifespan assisting those experiencing change, loss and transition.

A15 - Showing and Telling the Story of Nikis: Using Arts Based Autoethnographic Methods from Cree Experience and World Views

Location / Lieu : Ballroom B

(English - Introductory)

The story of Nikis uncovers a Cree family's experience of the Indian Residential School policy as remembered by a sibling left behind. Against the backdrop of the snow covered tundra, images are presented and memories are shared from the Churchill River Flatts of the sixties. Participants will be able to create their own Memory maps and are invited to share their stories from their past. Conversation and dialogue are key to mental health and community wellness as is self awareness and self care.

BRENDA WASTASECOOT, is an Ininu Iskwew from York Factory Cree Nation, born and raised in Churchill, Manitoba. Brenda has nine years of experience teaching in the FNAC Degree. She is a lecturer at the University of Toronto.

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

Location / Lieu : Ballroom C

(English - Introductory)

Individual autonomy is emphasized in the Supreme Court of Canada landmark decision in Carter v. Canada (2015), which removed the Criminal Code provision against assisting an individual to commit suicide, without accompanying consideration for those surrounding the decedent and the bereaved – counsellors, psychotherapists, spiritual caregivers, ethicists, educators, supervisors, and many more. With Bill C-14 receiving royal assent in June 2016, medical assistance in dying became a reality across Canada, yet its ultimate application remains in question. How should the Canadian counselling and psychotherapy community engage the most significant social policy transformation in a generation? One may legitimately ask, Who else is better equipped to address the interfacing of medically-assisted dying with mental health considerations? The opportunity to shape the implementation of medically-assisted dying in Canada remains.

CHARLES WALSH is a PhD candidate in Counselling and Spirituality at Saint Paul University in Ottawa, and a clinician in private practice at Greenbank Counselling & Psychotherapy Centre.

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

Location / Lieu : Assiniboia A

(English - Introductory)

Have you thought of becoming a reviewer for CJCP? Normally reviewers either have doctoral degrees or have completed candidacy in a doctoral program related to counselling. This workshop will qualify masters' level practitioners to become certified to become reviewers for CJCP. This workshop is also suitable for those who are currently reviewers to enhance their skills. Attendees who complete this workshop will be emailed a certificate denoting their certification (see footnote below). We will cover

the following topics: 1. An overview of why peer-reviewed publication is exalted in our profession. 2. Explanation of the double-blind review process that is used in professional journals. 3. How to accept or decline a review request made of you. 4. An overview of the review process. 5. Steps in reviewing an article. 6. Guided practice in reviewing an actual article. Footnote: You must have already completed a master's degree in a field related to counselling practice and be able to provide evidence of this completion before a certificate will be issued. This workshop will qualify completers to provide independent reviews for the Journal (i.e., level I and level II training).

KEVIN ALDERSON is Editor in Chief of CJCP. He is professor of counselling psychology at University of Calgary. He specializes in addictions, human sexuality, and hypnotherapy. He is the author of eight books.

HEATHER ZABAWSKI is the Editorial Assistant at CJCP. She has a BA (Hons) in psychology from the University of Calgary. She is interested in attachment and influences on child development.

A18 - Psycho-Religious Coping and Immigrants: Counselling Implications

Location / Lieu : Assiniboia B

(English - Intermediate)

For many immigrants, the emergence of mental health issues as a result of immigration experiences has received national attention. Research shows that many immigrants express less interest in addressing their mental health concerns with therapists and depend more on their religious practices to cope psychologically. Psycho-religious coping is the psychological functioning that emerges from religious and spiritual faith practices and result in continuous growth and changes in emotions, cognitions and behaviours. Immigrants' reluctance to engage in traditional counselling practices call for counsellors to enhance their competencies in the area of psycho-religiosity and to consider its relevance in the counselling process. In this presentation, I will provide counselling implications for practitioners, counsellor-educators and other mental health professionals in the multicultural counselling field to better meet the diverse needs of immigrants.

SANDRA DIXON is an Assistant Professor at the University of Lethbridge. She is a provisional psychologist in Alberta. Her research interests are spirituality and mental health counselling practices.

A19 - Squish Squish: Building Self-Compassion in Fat, Queer Women and Femmes

Location / Lieu : Kildonan

(English - Introductory)

Our fat, queer identified women and femmes often face disproportionate attacks on self esteem, self compassion and struggle with increased feelings of anxiety and depression when entering social situations. Squish Squish is a group therapy initiative that proposes a concrete but simple methodology for increasing self compassion and self efficacy in fat, queer women and femme clients. Using a social justice methodology designed to counteract messaging from dominant cultural paradigms. While ultimately this group should be delivered by a practitioner who is fat, queer and a woman or femme, the messages can be extrapolated and presented to clients in other methodologies and can work to break down beliefs about mental health care for fat and queer folks within dominant cultural paradigms.

MICHELLE KENNEDY is a fat queer women from Edmonton who is currently pursuing a Masters of Counselling at the University of Calgary. She is dedicated to social justice counselling practices.

Indigenous Gathering Space

7 h 30 - 8 h 30

Creative Arts in Counselling Chapter / Section des arts créatifs en counseling

Location / Lieu : Off-site

15 h 30 - 17 h 00

Private Practitioners Chapter / Section des conseillers en pratique privée

Location / Lieu : Off-site

16 h 45 - 18 h 00

Career Counsellors Chapter / Section des conseillers et conseillères d'orientation

Location / Lieu :

Location / Lieu : Fort Garry

18 h 00 - 21 h 00

Social Activities / Activités sociales

Capital K Distillery Tour

Time / Heure : 19 h 00 - 20 h 00

Cost / Coût : \$12

Meet bus in front of hotel at 18 h 40. /
Rencontre à l'autobus devant l'hôtel à
18 h 40.



Hermetic Code Tour Of The Manitoba Legislative Building

Time / Heure : 18 h 15 - 18 h 45

Cost / Coût : \$45

Meet bus in front of hotel at 18 h 10. /
Rencontre à l'autobus devant l'hôtel
à 18 h 10.



Sweat Lodge

Time / Heure : 18 h 00

Cost / Coût : \$20

Max 25 participants.



Canadian Museum For Human Rights

Time / Heure : 18 h 30 - 20 h 30

Cost / Coût : \$23

Meet bus in front of hotel at 18 h 20. /
Rencontre à l'autobus devant l'hôtel
à 18 h 20.

20 h 00 - 21 h 30

Welcome Reception / Réception de bienvenue
Location / Lieu : Blaze Lounge

Friday, May 11, 2018 / Vendredi le 11 mai 2018

Conversation Café / Café de conversation

13 h 30 - 14 h 45

Location / Lieu : Ballroom B

1 - Effect Of Psychotherapy On Prison Inmates Rehabilitation In Nigeria: Counselling Implication

This study examined the effects of Psychotherapies (Rational Emotive Behaviour Therapy (REBT) and Social Skills Training (SST) in enhancing the Psychological Adjustment of prison inmates . This study adopted quasi experimental of pre-test, post-test and control groups involving 3 x 3 x 2 factorial design. A sample size of one hundred and eight (108), 36 male prison inmates from each prison location were purposively and randomly selected from Akure Prison (Ondo Central), Okitipupa prison (Ondo South) and Owo Prison (Ondo North) senatorial districts participated in the study. The subjects were randomly assigned to two treatment groups and one control group. Psychological Adjustment Scale (PAS) used for the study was adaptation of psychological well-being developed by Ryff (2002) after validation. ANCOVA ($P < 0.05$), multiple classification analysis and post-hoc analysis were used to test the hypothesis. The result concluded that REBT produced better psychological adjustment than SST. It is therefore recommended that counselling psychologists and other could make use of REBT for the enhancement of the psychological adjustment of prison inmates. However, SST could be used as complementary treatment with REBT for proper development of rational thinking and social skills for their positive integration and productive life on release to the society

ADIJAT BOLANLE ADAMS is currently a lecturer II at Federal University Oye Ekiti . She had B.ED, MED and PHD in Guidance and Counselling. A member of American Psychological Association.

2 - Career Decision-Making Self-Efficacy Among Higher Education Women and Its Associations With Type and Perceived Quality of Intimate Relationship

This session explores social cognitive career theory (SCCT) whose contextual-support hypothesis offers a useful basis for investigating interpersonal systems as relational influences on career decision-making self-efficacy. Defined as confidence in personal ability to successfully pursue tasks necessary to making career decisions, career decision-making self-efficacy is theorized to be highly responsive to environmental conditions such as socially supportive relationships. A category of relational influences that remains relatively unexplored in this regard is that of intimate partnership. Within a quantitative format, the presenter investigated relationship status (i.e., married vs. dating) and perceived quality of intimate relationship (high vs. low) as variables that can be implicated in the prediction of career decision-making self-efficacy. A total of 68 in-relationship post-secondary female students (20 married, 48 dating) were recruited for participation. Hierarchical multiple regression revealed that, after accounting for age, relationship status and perceived relationship quality together accounted for variance in career decision-making self-efficacy for both groups of in-relationship women. However

UMAIR LQBAL was born in Pakistan and immigrated to Canada with his family in 2001. Umair has completed a Masters in Counselling Psychology and intend to pursue a Doctorate in the same.

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Conversation Café / Café de conversation

13 h 30 - 14 h 45

Location / Lieu : Ballroom B

3 - A Transtherapeutic Approach To Case Formulation: Implications To Counsellor Education, Clinical Training And Supervision

People like Harvey et al. (2004) and Barlow et al. (2010) advocate for the empirical investigation of common cognitive and emotional processes, referred to as transdiagnostic mechanisms (TDMs), that underlie the etiology of various psychological disorders. This compelling endeavor has numerous implications and applications to counsellor education, clinical training and supervision. For example, TDMs offer a common language of (experimental) psychological science to 'languisize' (articulate) micro-mechanisms and processes underlying the development and maintenance of psychological disorders (or challenges in general). They could also serve as signals indicative of various psychological challenges, or as clear bridges for trainees to link various psychological challenges and potential intervention strategies. In our realm of counselling and psychotherapy, a similar effort has been undertaken. The common factor studies by people like Lambert (1992) and Wampold (2014) can be identified as examples of such effort. To further these endeavors, the presenter advocates that we continue to engage in investigating transtherapeutic mechanisms (TTMs) underlying various intervention approaches and/or processes of change. This presentation introduces an overview of a transtherapeutic approach, along with examples of TTMs identified in the literature, and proposes a collaborative, process-informed and transtherapeutic model of case formulation/conceptualization for counsellor education, clinical training and supervision.

MASAHIRO MINAMI is an assistant professor at the Simon Fraser University, a certified Morita therapist, and the assistant secretary general for the International Committee for Morita Therapy.

4 - Playful Healing: Engaging Migrants' Capacity To Play To Facilitate Attachment, Adaptation, And Emotional Attunement

Play is an innate, tremendously powerful medium through which individuals can experience the freedom required to creatively explore, enhance social and emotional intelligence, and ultimately learn crucial contingencies that will equip them to thrive in the face of a wounding world; Adequate play teaches individuals how to establish and maintain a sense of control over one's life - a lesson that is proving to be invaluable in today's society. Worldwide, roughly 66 million individuals have been forcibly displaced from their homes (UNHCR, 2017), resulting in copious losses, including the inevitable deterioration of valued family connections, and one's sense of control. Congruently, this presentation employs affective neuroscience, interpersonal neurobiology, and the Neufeld approach to discuss a framework intended to foster the development of contingent, sensitive, reflective, and affectively attuned relationships within which individuals can engage their capacity for playful healing. Through integrating personal experiences of migration, insight will be offered regarding methods to promote play, thereby promoting resilience and restoring joy. Thus, this presentation is relevant for any individual who will encounter and attempt to support or assist migrants.

ISO OGUMBOR is a graduate student in Counselling Psychology (MC) at the University of Lethbridge. She received her B.ScH from Queen's University with a specialization in BioPsychology.

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Conversation Café / Café de conversation

13 h 30 - 14 h 45

Location / Lieu : Ballroom B

5 - Psychotherapy And Intimate Partner Violence: Counselling Considerations For Immigrant, Refugee, And Canadian-Born Survivors Of Domestic Abuse

Psychotherapists & counsellors serve on the front lines for cases of intimate partner violence (IPV) and domestic abuse. Indeed, through the development of a strong psychotherapeutic alliance, clients may disclose incidents of violence to their therapists before confiding in close friends and family. Although experienced therapists can recognize the signs of IPV and promote strategies for effective client safety planning, the shifting sociodemographic profile of Canada's population requires specialized and culturally-informed training. This session will reveal the profile of IPV & domestic abuse across immigrant, refugee and Canadian-born populations, while providing key strategies for clinicians managing the cultural nuances of these cases.

SAKTHI KALAICHANDRAN is an MA Counselling Psychology candidate & a CCPA Award Recipient. Her research and clinical experience are informed by her degrees in international relations and psychology.

6 - Reflective Writing: A Journaling Journey To Counsellor Voice

Reflective writing has served various purposes throughout the decades. From personal hobby, to creative outlet, to a learning or therapeutic tool, reflective writing allows for deliberate pause and critical attention to be given to an experience. Reflective journals are often used in professional education programs to help bridge the gap from student to professional. The sudden exposure to the real-life demands of a professional setting can leave new professionals feeling incompetent in their roles. In the field of counselling, professional competence is considered an integral component of practice. The mechanisms of reflective journaling lend itself to fostering the process of personal growth, a continuous course of introspection and self-awareness, which has been found to develop in tandem with professional competence. In this presentation, reflective journaling will be explored as a tool for higher education counselling students as they undertake the phenomenological journey to developing professional competence, or what may be considered as their counsellor voice.

REBECCA WARD, HBA (Clinical Psych), is a Counselling Masters candidate at the University of New Brunswick. Her thesis research explores reflective writing as a tool in professional development.

HELEN MASSFELLER, PhD, is a counselling educator at the University of New Brunswick.

Friday, May 11, 2018 / Vendredi le 11 mai 2018

Poster Sessions / Séances d'affiches

12 h 30 - 14 h 30

Location / Lieu : Charleswood A/B

1 - Navigating The Invisible: Elite Athletes' Experience Of Sports-Related Concussions

Sports-related concussions and their impact on athletes have been recognized as a pressing concern, as their hidden severity is often underestimated. Despite extensive research on the neurocognitive impact of sports-related concussions, little has been done in terms of understanding athletes' sense-making of their experiences with and adjustment to such injuries. In this study, I examined how elite athletes made sense of their lived experiences following a sports-related concussion, how they coped, and what they found helpful or hindering during their recovery. Semi-structured interviews with six former elite athletes were conducted and analyzed by utilizing Interpretative Phenomenological Analysis. Four overarching themes emerged: (a) The Context of Sports Culture, (b) The Impact of Concussion, (c) Navigating the Injury, and (d) Transitioning. Findings are discussed in the context of relevant scholarly literature, and implications are presented for counselling professionals and educators, as well as future research.

FRANZISKA KINTZIL, a Ph.D. student in Counselling Psychology at the University of Calgary, is interested in the experiences of athletes during and after concussion, specifically focusing on stress and coping.

SHARON ROBERTSON is a professor of Counselling Psychology, Werklund School of Education, University of Calgary. Her research focuses on life events, identity change, coping, and support.

2 - See Who I Have Become: Refugee Mothers' Identity Change In The Context of Resettlement

People are instrumental in constructing their own identities based on the social context in which they are embedded (Lock & Strong, 2010). An individual's identity has potential to exert wide ranging influence on their person including but not limited to individual psychological well-being and how they navigate and manage changes in their circumstances (Ayala & Dalouh, 2014). In the case of refugee women, their identity may significantly affect resettlement outcomes for them and their children. Each individual carries various identities which change and evolve over time and in different contexts while paradoxically, they may appear to remain relatively constant across time and place. The current study was designed to examine how female lone-parent refugees settled in Canada from Africa make sense of how their identities have changed or remained the same, and how their multiple identities intersect and affect well-being in the context of their resettlement. In-depth semi-structured interviews with nine such women were audio-taped, transcribed, and analyzed following Interpretative Phenomenological Analysis (Smith, Flowers, & Larkin, 2009). Findings will be presented and discussed in relation to implications for counselling.

LUCY AMADALA is a Doctoral Student. Her research focuses on the resettlement experiences of new comers to Canada, especially African refugee women from countries experiencing armed conflict resettled as lone-parents.

SHARON ROBERTSON is a professor of Counselling Psychology, Werklund School of Education, University of Calgary. Her research focuses on life events, identity change, coping, and support.

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Poster Sessions / Séances d'affiches

12 h 30 - 14 h 30

Location / Lieu : Charleswood A/B

3 - Decent Work: Social Entrepreneurship Approaches To Inclusive Employment Options

Youth and young adults with developmental differences consistently face multiple barriers to finding and keeping employment (Shahmash, 2010). Opportunities for securing decent and meaningful work can be limited. Relevant employment experiences are needed for young people to acquire skills and knowledge in order to secure decent work— gainful and meaningful employment in local community. The field of counselling psychology has expanded to include social justice-orientated therapist roles beyond individual counselling to include macro-level interventions (Beer et al., 2012). These broader roles are required to address systemic issues and to effectively work with diverse populations, including those who experience issues related to disability. Social entrepreneurship is a unique approach to equitable and inclusive employment options. In this poster, we present findings from a collaborative multi-phase research project with community partners investigating effective principles and practices to support inclusion and transition to work for young adults with developmental differences. Career counselling implications related to social entrepreneurship approaches to decent work for young adults are presented. Issues related to social justice, diversity, and career counselling are explored.

BREANNA LAWRENCE is an Assistant Professor in the graduate counselling program at Brandon University. She has worked with children and their families for 10 years in educational and clinical settings.

ANNE MARSHALL is a Professor at the University of Victoria and a Provost's Community-Engaged Scholar. She's worked with children and families for the past 30 years as a Registered Psychologist.

4 - An Exploration Of The Counselling Experiences Of Women Who Work In The Canadian Sex Industry

In this poster session I will present the findings of a qualitative study on the counselling and psychotherapy experiences of women who have previously or currently worked in the Canadian sex industry. I conducted semi-structured interviews with 6 participants ranging in age from 19 to 52 who described an individual counselling experience in which they revealed their sex work employment status. I analyzed the interview drawing from a phenomenological approach grounded in feminist standpoint theory. The results revealed 17 themes organized in 5 categories: (a) seeking counselling, (b) the therapeutic relationship, (c) disclosure of sex work, (d) counselling outcomes, and (e) recommendations for counsellors working with sex workers. The results shed light on indoor sex worker clients' heterogeneous counselling needs, expectations, and experiences. My intention is to provide the audience with valuable considerations for culturally responsive and socially just counselling practices with sex workers based on the study findings.

CAMILA VELEZ graduated from the Master's program in Counselling Psychology at the University of Ottawa. She currently works as a Wellness Consultant for Medical and Dental students at McGill University.

5 - Meanings Of Seeking Social Support Among Chinese Canadian Post-Secondary Students

The focus of this pilot study is to present an idiographic, in-depth analysis of the experiences of Chinese Canadian post-secondary students in seeking social support. It is known that Chinese Canadians and Americans generally face culture specific challenges and barriers related to accessing mental health services. Social support in the form of informal helping relationships represents an additional avenue of addressing the academic and mental health needs of Chinese Canadian students. Semi-structured interviews with three Canadian-born Chinese students from a University in Western Canada were conducted, audio-recorded, transcribed, and analyzed using interpretative phenomenological analysis. Findings reflect individual perspectives on

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Poster Sessions / Séances d'affiches

12 h 30 - 14 h 30

Location / Lieu : Charleswood A/B

seeking and experiencing social support that may provide new ways of understanding issues related to mental health and mental health service underutilization among Chinese Canadian students.

ALEXANDER CHOY is completing a Master of Science in Counselling Psychology and is a CCPA Student Representative at the University of Calgary. His research interests include cultural influences on seeking counselling.

6 - How Women Understand Their Experience of HELLP Syndrome In Pregnancy And Its Influence On Early Motherhood

Motherhood is a natural part of many women's lives. Often it is accompanied by hopes and dreams for new family beginnings. Unfortunately for some women, pregnancy does not go as expected and is complicated by hypertension. HELLP (hemolysis, elevated liver enzymes, and low platelets) syndrome, although rare affecting 1% of all pregnancies, is a particularly traumatic hypertensive complication due to its potentially life threatening nature for both mother and baby. It can have profound and lasting psychological effects on women including depression, anxiety, and/or post-traumatic stress disorder. While there is a significant body of knowledge on the physiological aspects of HELLP syndrome, there is a paucity of research on the psychological experience of affected women. Moreover, little is known about how this condition influences early motherhood. This study uses a qualitative approach, Interpretive Phenomenological Analysis (IPA), to address the research question, "How do women understand their experience of HELLP syndrome in pregnancy and its influence on early motherhood?". Knowledge of how women make sense of this experience can provide a richer appreciation of the psychological implications such complications have for new mothers. Study findings highlight areas for psychological support, counselling, and mental health care initiatives.

RAE KOKOTAILO is a Master of Science student in the Counselling Psychology program at the Werklund School of Education, University of Calgary.

SHARON ROBERTSON is Professor of Counselling Psychology, Werklund School of Education, University of Calgary. She is a registered psychologist in the province of Alberta.

7 - Understanding Positive And Negative Emotions In Individuals With Bipolar Disorder (BD): A Qualitative Investigation

Research on recognizing positive and negative emotions in individuals with BD have predominantly documented internal factors such as mood state as affecting emotional awareness. Yet, very little research has documented other factors in the individual's life that might contribute to impairments in emotional awareness. This study aimed to provide an in-depth understanding of positive and negative emotions in individuals with BD. The study was conducted using the qualitative approach of thematic analysis. Thirty-five (n=35) participants participated in semi-structured interviews. Approximately half of them had BD (n=20) and the other half were controls (n=15). The ages of the participants ranged from 18 to 69 years old (mean= 38.5 years, SD=16.7). The interviews were audio recorded, with all interviews lasting between 45 minutes and 1.5 hours. Three major themes; Emotion recognition, psychological well-being, and psychological state were found to impact emotional awareness of individuals with BD and controls. In conclusion, psychological treatments (such as psychotherapy) for individuals with BD, should focus on the impact of mood episodes on emotional awareness. Lastly, to improve BD symptoms and emotional awareness difficulties in individuals with BD, treatment should embrace emotional intelligence improvement, enhancement techniques and methods to help individuals with BD.

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Poster Sessions / Séances d'affiches

12 h 30 - 14 h 30

Location / Lieu : Charleswood A/B

IBIYEMI AROWOLO is concluding her PhD at Nottingham Trent University United Kingdom. Ibiyemi has done her viva oral presentation for her PhD. Ibiyemi is doing her thesis correction for final submission.

8 - Undergraduate Students' Belief About Persistent Complex Bereavement Disorder and The Relationship With Continuing Bond

The DSM-5 included Persistent Complex Bereavement Disorder (PCBD) as a condition needing further study, a list of grief reactions such as persistent yearning for the deceased and intense sorrow. However, the extent to which the public consider these symptoms as normal or pathological has not been sufficiently examined. Thus, responding to the current movement toward classifying pathological grief as a mental disorder, this project examined undergraduate students' beliefs about what normal and pathological grief, and the extent to which their beliefs are predicted by their orientation to maintain a bond with the deceased. Undergraduate students were asked to complete the Persistent Complex Grief Inventory as they believe how "an ideally emotionally and psychologically healthy person of your own gender in your culture" would respond to the questionnaire twelve months after the death of a loved one. They were filled out demographic form and Continuing Bond Scale. Open-ended questions were thematically analyzed to assess whether or not, and why, undergraduate students believe certain expressions of grief could be considered a mental disorder. Implications for future research and for counselling field will be discussed.

LAUREN BUOTE is an MSc student in Counselling Psychology at the University of Calgary, she also works as an RA and coordinator for Dr. Kaori Wada's cross-cultural grief research lab.

KAORI WADA

9 - Built In Resilience: Integrating Coping, Problem Solving and Mental Wellness Skills in The Post-Secondary Curriculum

How can post-secondary Counselling Services reach more students? At Red River College, Counselling and Accessibility services has partnered with the Community Services branch of programs to develop and deliver a series of interactive Wellness Sessions. The challenge: Students reported a high interest in counselling and general wellness supports, but had limited time to seek out those services. Additionally many students attending the college are facing unique issues, such as family and financial demands, as well as retraining and condensed programming; while instructors reported individual students showing a greater need for these supports who were uncomfortable to seek out counselling options. In consultation with students, faculty and program coordinators I developed a series of interactive in-class wellness sessions that are presented during key times of the curriculum; topics covering Mental Wellness, Resilience, Problem Solving, as well as Developing a Professional Identity and Managing Test Anxiety. As a result students are seeking supports earlier and report a greater use of skills taught. In its 3rd year of implementation, students rate the sessions an average of 8 out of 10, or higher, on the likert scale. On this poster I will present: topics, implementation, feedback as well as suggestions for collaboration.

NATALIA MOZOL, CCC since 2013. Worked professionally in multi-disciplinary settings, including community mental health and addictions, as well as private practice; currently a Counsellor at Red River College.

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Poster Sessions / Séances d'affiches

12 h 30 - 14 h 30

Location / Lieu : Charleswood A/B

10 - Supporting LGBTQ* Students In The School System: Recommendations For School Counsellors

The school system is first and foremost responsible for educating young people but, school is also a key part of their social and emotional development. As such, the policies that guide school staff, including counsellors, in their work have a tremendous influence on the holistic success of the students they are entrusted with educating. This is especially true for students who have emerging identities as sexual or gender minorities (LGBTQ*). Although progress is being made, the dominant school culture is still based in heteronormativity. As such, young people who do not fit within traditional sexual orientations, genders, or gender-expressions are likely to encounter stigma while also facing homo/bi/trans phobia. During this poster presentation, we present recommendations in terms of policy, tools, and supports for school counsellors working with LGBTQ* students. We will specifically address (a) current policies in Alberta school districts, using Lethbridge School District No. 51, and the Palliser Regional Schools as case examples; (b) dominant attitudes towards LGBTQ* students within Canadian high schools; and (c) policy and practice recommendations for counsellors working with this marginalized group of young people in the school system.

CASSIDY WILSON is a MEd: Counselling student at the University of New Brunswick. She is currently doing research on LGBTQ experiences in career development, and counselling.

11 - “Falling Down the Worm Hole”: Discourses Of Escaping Reality And Losing Self-Control In Cell Phone Use

Cell phones are one of the most widely used pieces of technology and increasing amounts of use are often called into question by researchers, for becoming problematic. However, studies about cell phone use tend to rely on a framework (i.e., cell phone use as a behavioral addiction) that entails definitive features of the problem (i.e., anxiety as a psychological symptom) which researchers then measure accordingly. These studies neglect the understanding of how people construct their own meanings of problematic cell phone use. My poster presentation is of a pilot study examining how people construct problematic cell phone use through discourse analysis. The study also highlights how cell phones can be brought into a conversation in a facilitating manner in the counselling setting. Findings inform my master's thesis research which will additionally analyze how individuals transition between problematic and non-problematic cell phone use. As counsellors and mental health practitioners, it is important to determine how individuals construct and relate to their own understandings of problematic use. Thus, answering these research questions will allow for a more detailed account of how cell phone use leads to a state where the user acknowledges it to be problematic.

MACKENZIE SAPACZ is currently in her second year of her Master's of Science in Counselling Psychology at The University of Calgary.

12 - Investigating The Meaningful Effects Of Pregnancy On Post-Traumatic Growth In Women Survivors Of Child Sexual Abuse

Women survivors of child sexual abuse (CSA) learn to perceive their body image negatively and associate their body as an object to be used by others, and can develop a skewed perception of proper boundaries. However, there is evidence that some survivors of CSA experience both negative and growth-oriented consequences. Such positive transformation is known as post-traumatic growth (PTG). Using qualitative analysis, I investigated how pregnancy has provided new meaning for women survivors of CSA resulting in the experience of PTG including finding internal strength, appreciating intimate relationships and a change in priorities. My research provides insight into how finding meaning through significant milestones in one's life, such as pregnancy, can allow survivors of CSA to flourish with this next step in their life. This is especially important in a therapeutic setting, as therapists work

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with clients who have experienced trauma to confront the memory in a safe and trusting environment to learn how to cope with the trauma, accept the event and learn more about one's strengths. Furthermore, there is an important need to appreciate the stories of each woman empowered to break the silence and acknowledge the unique effects of violence on their attitudes towards varying social dynamics.

ALEXANDRA CANZONIERI is currently completing her Master's of Arts in Counselling Psychology at Western University and is passionate about helping those who have experienced sexual trauma.

13 - An Autoethnography Of My Journey Through Autoethnography

As a Chinese-Canadian woman, my parents' divorce when I was a child shaped my identity in enduring ways. Despite the magnitude of divorce literature within a western context, the consequences of parental divorce on the adjustment of children from Chinese families, including the long-term impact, is largely unknown. I am uniquely situated to have insight in this area through my experience of parental divorce in childhood. Due to the incongruence between the literature and my experience of this major life event, I was drawn to autoethnography as a method which would allow me to add a personal voice to the body of literature on divorce. This project did not unfold as expected. My journey through autoethnography led me to re-engage with the emotional experience that originally inspired my research. My guiding question evolved, shifting to a focus on how autoethnography can be used as a transformative tool to re-engage researchers in the personal emotional experiences that motivate their research questions. As autoethnography is an important but under-used qualitative methodology, this study is a small part of building a rich autoethnographic tradition in diverse areas of health inquiry.

ALYSHA CHAN KENT is in the process of completing her MSc in Counselling Psychology at the University of Calgary. She is passionate about pursuing a career counselling children, teenagers, and families.

14 - "I DON'T GIVE A F@%#" ... And Other Themes In The Online Video Diaries of Transgender Women

The internet is a primary source for transgender individuals to obtain community support and encourage the development of their transgender identity. YouTube is an internet-based platform which offers transgender individuals a space to build community supports and acquire information specific to transgender experiences. YouTube is also a tool for transgender individuals to create publicly available and personal representative content, often reflected in online video diaries. These video diaries are a valuable source of information for both transgender and non-transgender individuals. The present study explored the research question: how do transgender women represent their identities and/or transition experiences in their YouTube video diaries? Thematic analysis was applied to four of the most viewed online video diary entries, belonging to four different transgender women. Eight themes are identified, which provide useful information relating to transgender experiences. These findings will help sensitize counsellors to the some of the unique experience(s) of being transgendered in the presence of persistent social discrimination. The themes may also inform counsellors of potentially salient matters to transgender clients.

ALYSSA WEST is a graduate student currently enrolled in her second year of the MSc Counselling program at the University of Calgary.

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15 - Comparing My System Of Career Influences And Life Space Mapping: As Culturally Diverse Career Counselling Interventions

The application and adaptation of new counselling interventions to different client groups is an important part counsellor growth. Canada is a multicultural country, with potential clients coming from a wide range of different backgrounds. As such, counsellors within Canada should choose or adjust interventions when counselling culturally diverse client groups. Systems Theory Framework, which uses interventions such as My System of Career Influences (MSCI), has been proposed for multicultural career counselling. Furthermore, Life Space Mapping (LSM) has also been suggested as being beneficial for helping refugees, asylum seekers and migrants with career problems. Both interventions aim towards the same purpose of providing a more in depth understanding of life influences in the past, present and future. Although these interventions have the same purpose, they differ in terms of their procedures and in the amount of evidence supporting their effectiveness. As such, it is important for counsellors to consider the relative strengths and weaknesses of each intervention for career counselling. In this poster, we present a comparative analysis of MSCI and LSM as potential approaches for providing effective career counselling for culturally diverse groups and make recommendations for practice and future research in counselling and psychotherapy.

ANDREA RIVERA is Student in the MEd Counselling program at the University of New Brunswick who has worked with culturally diverse groups as an ESL Coordinator and Student Career Advisor.

JOSÉ F. DOMENE, PhD, LPsych is Canada Research Chair in School-to-Work Transition at the University of New Brunswick, where he teaches and conducts research on social-relational contexts of career development.

16 - Up The Creek Without Any Pedagogy: Piloting A High School-Based Modified DBT Group Skills Training Intervention To Support At-Risk Students

Presentation of an innovative study that piloted a modified Dialectical Behavior Therapy for Adolescents (DBT-A) group skills training program for at-risk students in an urban Saskatchewan high school in 2016. The study aimed to explore and understand the benefits and challenges of implementing such an intervention in schools and to gain insight into the lived experiences of at-risk students using a framework of resiliency research. Grade nine and ten students received 12 weeks of manual-guided modified DBT-A group skills training. Quantitative data relating to students' behavioral, emotional, interpersonal, and school functioning were collected at baseline and post-treatment. Post-intervention individual interviews and a teacher focus-group interview were conducted, analyzed, and integrated with the quantitative data to create individual resiliency profiles, which will be presented. Overall themes were also identified and will be discussed in terms of Prince-Embury's (2007) Three-Factor Model of Resiliency. This study provided preliminary data on the personal, interpersonal, and contextual risk and protective factors that impact at-risk students' resiliency and emotional and behavioral functioning at school. Findings served to inform future research and practical interventions for at-risk students that may be provided by school counsellors in Saskatchewan high schools.

TAMMY HOLTBY, Certified Dialectical Behavioral Therapist with a Master' Degree in School and Counselling Psychology from the University of Saskatchewan. Tammy has a private practice as a child and youth specialist in Saskatoon.

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17 - Paws and Hooves Up! Examining Military Culture And Animal Assisted Therapy

This session will examine the history of animal therapy, the use of animals for assistance with military and civilian populations. We will be discussing both Equine assisted psychotherapy, and small animal assisted therapy in an interactive discussion. Our goal will be to improve understanding of military culture by examining social, emotional and cognitive functioning. Through discuss we will see how animals can serve as advocates in support of emotional and physical states for military personnel.

LAWRENCE CROUCH is a full time faculty member, professor in Counsellor Education at Eastern Kentucky University. He is a commissioned officer in the US Army for over 30 years.

ANGELA SPIERS is a therapist in both the US and Canada with twenty years experience as a counsellor. She also serves as a professor at Eastern Kentucky University in a Counselling.

CHARLES E. MYERS, Ph.D. in Counsellor Education and Supervision from University of North Texas, is Assistant Professor at Eastern Kentucky University and coordinates the play therapy and school counselling programs.

18 - Discourses On Gendered Power, Romantic Relationships And Career: Implications For Practice With University Student Couples

Romantic partnership and career development are both inherently social endeavours, consequently open to the influence of social climate, norms and institutions. When gender and power – two social constructs integral to the organization of society – are active together in an interrelational context, they may manifest in the form of gendered power dynamics. Although power dynamics are a natural feature of interpersonal communication, they are also linked to the establishment and perpetuation of gender roles and gender inequity. Gendered power dynamics are involved in many problems at the intersection of romantic relationships and career development, including unfair division of domestic labour, gender discrimination in the workplace, and gender-based income disparity. It appears there is an important connection between people's experiences with gendered power, romantic relationships, and career development. In this session, we describe key findings from a discourse analysis study of university students' career-planning conversations with their romantic partners, focusing on implications for counselling practice in post-secondary settings. We also present evidence-based strategies for how to effectively work with university student couples in circumstances where gendered power, romantic relationships, and career development are intertwined.

SARASH JOHNSON is a M.Ed. Counselling student at the University of New Brunswick. Her research interests include counselling with emerging adults, and the intersection of career development and romantic relationships.

JOSÉ F. DOMENE, PhD, LPsych is Canada Research Chair in School-to-Work Transition at the University of New Brunswick, where he teaches and conducts research on social-relational contexts of career development.

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19 - North End Winnipeg Stories, Visual Art And Intergenerational Trauma And Childhood Memories Of The 1960s Scoop

I was born, raised and educated in North End Winnipeg, when its population was Eastern European immigrants, Metis and first wave of First Nations people from reserves. Many of my classmates, including my best friend Susan, disappeared from our neighborhood and schools the "60s Scoop". Today, I work as a therapist at the University of Regina Student Counselling Center and have been here for 15 years. The university student population includes people from diverse backgrounds and places, About a third are Indigenous, Metis and status and non status First Nations people as well as International students, some refugees from war torn countries. I am part of an outreach initiative through the Student Counselling Center program at First Nations University of Canada (University of Regina campus) as well as with UR International. The focus of both initiatives is to create a space and a place for students to tell personal stories, engage in expressive art projects as well as have opportunities for drop in personal counselling. I am also completing a PHD in creative writing and visual art where I explore intergenerational trauma, diasporic identities "outside of belonging" and moral reconciliation through visual art and storytelling.

NATALIE HEMINGWAY was born raised and educated in Winnipeg. Her research interests and practice are in identity theory, diasporic conditions, trauma stories and "ethical loneliness, the injustice of not being heard."

20 - The Lived Experience Of Black Canadian Individuals Who Experienced A Relational Break Up

The research seeks to understand why Black Canadian romantic relationships fail. The research study is coming from a purely cultural perspective in that Black culture seem to be more family oriented and collectivist in nature as it pertains to relationships, in contrast to North American non-Black cultures or ethnicity that are more individualistic. The researcher chose to use a thematic perspective as a way to gain understanding of the participants' personal experiences within four contexts: 1) from the beginning of the relationship, 2) during the breakdown stage, 3) the ultimate reason why the relationship ended, and, 4) what/who the participants see as their future partner. Gaining information specific to Black relationships would enable researchers to have informed empirical data to reference in their studies. Although there is a need for empirical data on Black relationships in general, there is also the need for data on relational breakdown specific to Black couples living in Canada. There is not enough qualitative research studies focused on finding out the underlying reason divorce or separation occurs in this community. Gaining this information will assist clinicians and therapists with knowledge and understanding for treatment planning with this population.

TRICIA-KAY MANHERTZ is a Master of Art in Counselling Psychology Student at the Adler University in Vancouver, with an interest in Marital and Family therapy. Specifically using Bowen Therapy.

21 - What Parents Are Reading About Childhood Anxiety: Is It Aligned With The Current Research?

This presentation involves a review of the current literature that is available for parents who are raising children who struggle with anxiety. This presentation will be useful for anyone who is looking for the best books to recommend or is interested in knowing what background knowledge parents have when they walk into your office. With this review, this presentation also offers insights as to how these books are aligned with psychological theory and clinical interventions .

SHELLEY SKELTON is a registered psychologist. She works in private practice, teaches as a sessional instructor at Mount Royal University, and is working on a PhD in Developmental Psychology.

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22 - Emerging Adults' Consumption Of Pornographic Media And Sexual Cyber Dating Aggression: The Differential Impact Of Varying Pornographic Content On Perpetration Risk

Despite the high prevalence of cyber dating aggression (i.e., use of technology to harm a dating partner) and that pornography consumption is highest during emerging adulthood, limited research has explored the role of pornography in the perpetration of dating aggression among emerging adults. Research indicates that increased pornography consumption is associated with an increased likelihood of sexual aggression, and that violent and/or degrading pornographic content may be an exacerbating factor. Attitudes toward dating aggression have also been found to mediate the relationship between youth's aggressive media consumption and dating aggression. Using Social Cognitive Theory, we investigated the relationship between pornography consumption and the perpetration of sexual cyber dating aggression, in addition to the mediating role of dating aggression attitudes, among 200 university students aged 18-25. Participants completed an online survey measuring sexual cyber dating aggression perpetration (e.g., pressuring dating partner to send a sexual photo), overall/content-specific pornography consumption (e.g., violent/degrading, non-violent/ non-degrading), and attitudes toward sexual/psychological dating aggression. Data will be analyzed using structural equation modelling. Discussion will focus on the differential relationship between varying pornographic content with dating aggression. Findings can inform dating aggression counselling/prevention programs that focus on pornographic media literacy and challenging tolerant attitudes toward dating aggression.

JESSICA SCIARAFFA is a PhD student in the School and Clinical Child Psychology Program at the University of Alberta.

23 - How Allies can be Helpful within Mental Health Service Provision within Indigenous Communities

Colonial violence, cultural oppression, forced assimilation, and intergenerational trauma, have resulted in continued psychological, emotional, spiritual, and mental consequences within Canadian Indigenous communities. Although Western approaches to counselling are often culturally inappropriate for Indigenous clients, many counsellors continue to work from a Western framework which does not consider the importance of Indigenous cultural beliefs and epistemologies, contributing to further cultural oppression and colonization. A shortage of Indigenous counsellors, as well as high turnover rates among non-Indigenous counsellors, results in limited access and disruptions in care. Reconciliation necessitates a transformation of the current relationship between non-Indigenous counsellors and Indigenous communities. Therefore, it is imperative to investigate the following question: How have members of the Indigenous community experienced allies being helpful in mental health service provision? In this pilot study, I interviewed two self-identified Indigenous mental health workers. I analyzed interview data using a descriptive phenomenological methodology to depict Indigenous individuals' experiences of allies being helpful within mental health service provision. The findings offer insights into how non-Indigenous and allied mental health service providers can work with Indigenous populations in culturally sensitive and responsive ways and decolonize their practice and daily life.

KYLA MCPHEE is a Master of Science in Counselling Psychology student studying realistic alternatives to imprisonment for Indigenous offenders for her thesis at the University of Calgary.

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7 h 30 - 9 h 00	Registration / Inscription	Foyer
8 h 30 - 10 h 15	Conférencier d'honneur - Anne Bisson L'ADN du bonheur <i>(Français - Interprétation simultanée)</i> Keynote Address - Anne Bisson The DNA of Happiness <i>(French - Simultaneous Interpretation)</i>	Grand Ballroom
10 h 15 - 10 h 45	Nutrition Break / Pause santé	Ballroom Foyer
10 h 45 - 12 h 00	Concurrent Sessions / Séance simultanée	
	B1 - A Cross-Country Update on the Regulation of Counsellors and Psychotherapists in Canada <i>(English - Simultaneous Interpretation)</i> BLYTHE SHEPARD, GLENN SHEPARD B1 - Mise à jour pancanadienne sur la réglementation des conseillers et des psychothérapeutes au Canada <i>(Anglais - Interprétation simultanée)</i> BLYTHE SHEPARD, GLENN SHEPARD	Ballroom A
	B2 - Research and Practice with Vulnerable Communities: The Pain, the Passion, and the Promise. <i>(English - Intermediate)</i> BARBARA PICKERING, KATHY OFFET-GARTNER	Ballroom B
	B3 - Experiences with a Peer Supervision of Supervision Group: Reflections and Suggestions for the Practice of Clinical Supervision. <i>(English - Introductory)</i> JENNY ROWETT, JOSÉ DOMENE	Ballroom C
	B4 - Out of Bounds: Reconceptualising the Paradigm of High School Counsellor <i>(English - Intermediate)</i> SHARLENE MCGOWAN	Assiniboia A
	B5 - Online Students' Mental Health—An Emerging Problem of Counselling Practice <i>(English - Intermediate)</i> PETER HALL, HELEN MASSFELLER (Author RITE KOP)	Assiniboia B

	B6 - Culturally Competent Indigenous Healing Techniques for PTSD <i>(English - Advanced)</i>	Kildonan
	BILL THOMAS	
	B7 - Private Practice: The Tools You Need to Make it Happen <i>(English - Introductory)</i>	Charleswood A
	LINDSEY THOMSON	
	B8 - Anxiety in Adolescents: Defining and Considering Interventions <i>(English - Introductory)</i>	Charleswood B
	KELLIE CAMELFORD, ASHLEY BARBIER, KATHERINE GILMORE, KRYSTAL VAUGHN	
	Indigenous Gathering Space	Fort Garry
12 h 00 - 13 h 15	CCPA Annual General Meeting (Snacks Included) / Assemblée générale annuelle de l'ACCP (des collations inclus)	Ballroom A
12 h 00 - 13 h 30	Lunch on own / Dîner (non-inclus)	
13 h 30 - 14 h 45	Concurrent Sessions / Séance simultanée	
	B9 - Reconciliation in Action from Two Perspectives: We'koqma'q First Nation reaches out in Unama'ki (Cape Breton, Nova Scotia) and the Circles for Reconciliation Project in Winnipeg, Manitoba <i>(English - Simultaneous Interpretation)</i>	Ballroom A
	ANDREA CURRIE, RAYMOND CURRIE	
	B9 - Deux perspectives sur la réconciliation : la Première Nation We'koqma'q à Unama'ki (Cap-Breton, en Nouvelle-Écosse) et le projet Circles for Reconciliation à Winnipeg, au Manitoba <i>(Anglais - Interprétation simultanée)</i>	
	ANDREA CURRIE, RAYMOND CURRIE	
	B10 - Conversation Café / Café de conversation	Ballroom B
	B10-1 - Questioning, Doubting, Leaving: Experiences of Religious Transition <i>(English - Intermediate)</i>	
	ANGELA RAJFUR	
	B10-2 - Racial Discrimination as a Determinant of Health Inequities <i>(English - Intermediate)</i>	
	LOUISE BLANCHARD, BONNIE JANZEN	
	B10-3 - International Association for Counselling (IAC): Advocacy in Action <i>(English - Introductory)</i>	
	BLYTHE SHEPARD, VALENTINA CHICHINIOVA	

B10-4 - Window Shopping: An Introduction to Foundational Trauma Competencies <i>(English - Introductory)</i> ANDY BROWN, SARAH STEWART-SPENCER, ALYSSA WEISS QUITTNER	
B10-5 - Why We Need Psychotherapists: Revisiting the Pharmacotherapy vs. Psychotherapy Debate <i>(English - Intermediate)</i> DANIEL ODURO SEM	
B10-6 - Neurodiverse Agency and Narrative Therapy <i>(English - Intermediate)</i> AKEIKO RAWN	
B10-7 - Adventures in Social and Emotional Learning <i>(English - Introductory)</i> SHELDON FRANKEN	
B10-8 - Out of Grief, Singing <i>(English - Introductory)</i> CHARLENE DIEHL	
B11 - Risk and Professional Liability Exposures for Counselling Professionals <i>(English)</i> BMS CANADA RISK SERVICES LTD.	Ballroom C
B12 - Trauma-Informed Care: Supporting the Needs of Newcomer and Refugee Youth <i>(English - Introductory)</i> JAN STEWART	Assiniboia A
B13 - Looking Within to Enhance Cross-Cultural Practice <i>(English - Intermediate)</i> LISA PASSANTE	Assiniboia B
B14 - Réflexions sur le champ de l'étude des relations interpersonnelles et professionnelles : L'approche durandienne de l'imaginaire pourrait-elle mieux relier les différents modèles proposés? <i>(Français - Intermédiaire)</i> CHRISTIAN BELLEHUMEUR	Kildonan
B15 - Successful Career Transition of First Generation Immigrant Young People: Narratives and Critical Incidents <i>(English - Intermediate)</i> WILLIAM BORGAN, DEEPAK MATTHEW, LYNN DUMERTON	Charleswood A



	B16 - Helping Clients Forgive: When They Want to Forgive But Don't Know How <i>(English - Intermediate)</i> DANIEL KLASSEN, PAMELA HARDISTY	Charleswood B
	B17 - Indigenous Sharing Circle <i>(English - Introductory)</i> JONAS BREUHAN, DEVA LITTLE-MUSTACHE GORDAN, BILL THOMAS	Fort Garry
14 h 45 - 15 h 15	Nutrition Break / Pause santé	Ballroom Foyer
15 h 15 - 16 h 30	Concurrent Sessions / Séance simultanée	
	B18 - Inspiring Social Change through Social Justice <i>(English - Simultaneous Interpretation)</i> MELISSA JAY B18 - La justice sociale, instrument de changement social <i>(Anglais - Interprétation simultanée)</i> MELISSA JAY	Ballroom A
	B19 - Facilitating Calm, Encouraging Hope: An Introduction to Internal Family Systems Therapy <i>(English - Intermediate)</i> KEN HUNDERT	Ballroom B
	B20 - Positive Compromise in Life-Careers <i>(English - Intermediate)</i> CHARLES CHEN	Ballroom C
	B21 - Updated CACEP Standards for Accrediting Counsellor Education Programs in Canada <i>(English - Intermediate)</i> SHARON ROBERTSON, WILLIAM BORGAN, NATASHA CAVERLEY, PAM PATTERSON, BLYTHE SHEPARD	Assiniboia A
	B22 - Masking Our Emotions and the Art of Compassion <i>(English - Advanced)</i> CHARLES CHENARD	Assiniboia B
	B23 - 3A Toolkit – Supporting Clients to Move Towards Integration and Regulation <i>(English - Intermediate)</i> MEG KAPIL	Kildonan



	B24 - I Know More Than I Can Say: Four Creative Arts Therapies in Clinical Practice <i>(English - Intermediate)</i> GABRIELLE GINGRAS, TANIS DICK, CSILLA PRZIBISLAWSKY, DARCI ADAM, LEE-ANN ADAMS, KARISSA MARTEN	Charleswood A
	B25 - Suicide and It's Aftermath <i>(English - Introductory)</i> MARY JONES	Charleswood B
	Indigenous Gathering Space	Fort Garry
16 h 45 - 18 h 00	Social Justice Chapter / Section de la justice sociale	Ballroom B
18 h 30 - 19 h 00	Cocktail Hour / L'heure de l'apéritif	
20 h 00 - 21 h 30	Banquet, Awards and Dance / Banquet, prix et danse	Grand Ballroom

8 h 30 - 10 h 15
Keynote Address / Conférencier d'honneur
Location / Lieu : Grand Ballroom

L'ADN du bonheur

FRANÇAIS - INTERPRÉTATION SIMULTANÉE

Croyez-vous qu'on peut changer son ADN? Changement de comportement = changement d'ADN!

Chaque fois qu'on fait quelque chose pour nous, que notre mère où que notre grand-mère ne faisait pas, on change notre ADN ! Difficile à croire ? Aujourd'hui, on réalise qu'il est possible de changer certaines habitudes de vies pour avoir accès à un bonheur serein et satisfaisant, réduire notre stress et être plus heureux, partout, même lorsque ces facteurs de stress sont présents... Scientifiquement, que se passe-t-il dans notre cerveau quand on est stressé? Évitant les lieux communs, Anne nous parle donc des 4 facteurs de stress selon une étude scientifique menée par le Docteur Sonia Lupien, de leur répercussion au niveau de notre santé. L'ADN du Bonheur c'est comment reprendre en main sa Santé et son mieux-être sans se sentir COUPABLE! Avec des outils concrets, transmis avec humour, on apprend entre autre que la respiration thérapeutique et la marche sont des moyens faciles et à la portée de tous pour accéder au mieux-être. Anne nous fait réaliser que ce n'est pas si difficile de prendre soin de soi ! Il suffit de le décider ! Cette conférence s'adresse donc à tous les employeurs et employés qui ont à cœur leur Santé dans le but d'être en mesure de bien performer au travail tout en menant une vie saine, bien remplie et équilibrée!

Personnalité charismatique et attachante, **ANNE BISSON** est une artiste aux multiples talents. Détentrice de 2 Baccalauréats en Musique, cette passionnée de la communication s'est retrouvée tantôt professeure (CEGEP), animatrice télé, chanteuse, pianiste, productrice et conférencière.



The DNA of Happiness

ENGLISH - SIMULTANEOUS INTERPRETATION

Do you believe it's possible to alter your DNA? Change your behaviour = Change your DNA. When you do something for yourself that your parents or grandparents never did, you change your DNA! Every time! Find this hard to believe? Well, today, we have come to realize that altering certain lifestyle choices is desirable in order to attain better quality of life in a serene and satisfying environment. It means reducing and/or eliminating all the factors that produce stress, so that we can enjoy a healthier and more productive lifestyle. Specifically, scientifically, what does happen to your brain when you live with stress? Anne demonstrates that there are four main stress factors, according to research done by Dr. Sonia Lupien and how they directly affect your health, both mental and physical. Anne then goes on to show us how we can be aware of these factors and how we can prevent physical and mental problems that may arise. The DNA of Happiness will help your employees regain their health and well-being without experiencing any guilt! Through the use of practical tools and tips, Anne shows us, with a dash of humour, that simple therapeutic breathing and walking can efficiently reduce the effects of stress on your body. It really isn't all that difficult to take care of yourself; you just need to make up your mind that you will! Therefore, this conference is aimed at all employers and employees who have their health and well-being at heart. This will help them improve their productivity at work, as well as help them enjoy a richer and more well-balanced life.



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2018 CCPA Annual Conference / Congrès annuel de l'ACCP 2018

ANNE BISSON is the recipient of two Bachelors of Music degrees. With her winning personality, it was inevitable that she would always be passionate about communicating. She has been a CEGEP teacher, an actress and a TV host. For the past few years she has concentrated her efforts on being a singer, a pianist and a producer, and more recently she has pursued another career, that of Motivational Speaker.

10 h 15 - 10 h 45
Nutrition Break / Pause santé
Location / Lieu : Ballroom Foyer

10 h 45 - 12 h 00
Concurrent Sessions / Séances simultanée

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

Location: Ballroom A

(English - Simultaneous Interpretation)

This session will review the current and pending statutory provisions across the Canada for the regulation of counsellors and psychotherapists and will identify core regulatory issues. It will also highlight the measures in the Canadian Free Trade Agreement to facilitate interprovincial labour mobility and its success to date.

BLYTHE SHEPARD is a President Emeritus and served as the BC and AB provincial director for CCPA. Blythe co-chaired the CCPA National Labour Mobility Group and its 3 national symposia.

GLENN SHEPPARD is a President Emeritus and served as the NL provincial director for CCPA. Glenn co-chaired the CCPA National Labour Mobility Group and its 3 national symposia.

B1 - Mise à jour pancanadienne sur la réglementation des conseillers et des psychothérapeutes au Canada

Lieu : Ballroom A

(Anglais - Interprétation simultanée)

Cette session passera en revue les dispositions statutaires actuellement en vigueur et pendantes à la grandeur du Canada relativement à la réglementation des conseillers et des psychothérapeutes et cernera les enjeux essentiels en matière de réglementation. Elle mettra aussi en lumière les mesures de l'Accord de libre-échange canadien qui facilitent la mobilité de la main-d'œuvre entre les provinces et leur taux de succès à ce jour.

BLYTHE SHEPARD est présidente émérite et elle a été administratrice régionale pour la Colombie-Britannique et l'Alberta à l'ACCP. Blythe a coprésidé le Groupe de travail sur la mobilité nationale de la main-d'œuvre et ses trois symposiums nationaux.

GLENN SHEPPARD est président émérite et il a été administrateur régional pour Terre-Neuve-et-Labrador à l'ACCP. Glenn a coprésidé le Groupe de travail sur la mobilité nationale de la main-d'œuvre et ses trois symposiums nationaux.

B2 - Research and Practice with Vulnerable Communities: The Pain, the Passion, and the Promise

Location / Lieu : Ballroom B

(English - Intermediate)

Working from a community-based perspective can be, at best, messy! How do these types of inquiries get off the ground? How do participants keep going when the challenges seem formidable? Where does passion come from? And how do we find support as we navigate the rocky roads of community-based work? These questions are intended to ignite lively discussion around ethics, responsibility, and the borderlands between advocacy, practice, and research. This presentation is offered as a space for the presenters and delegates to share their joys, sorrows, challenges, and triumphs as they continue to work with vulnerable communities. If you have engaged in this type of inquiry, your wisdom is most heartily welcome. If you are curious about how to engage in this type of work please join and ask questions. If you wonder how community-based work affects those engaged in it, your curiosity is invited. From both a research and a practice perspective, the presenters and delegates will be invited to share their own experience, curiosity, and support. This is consequential work and supporting each other through dialogue helps us to walk the challenging path of social justice practice and research: the pains, the passions, and the promises.

BARBARA PICKERING is a graduate student at the University of Calgary. She is presently engaged in community-based work looking at how to support children of incarcerated parents.

KATHY OFFET-GARTNER is an author, educator, practitioner, and researcher. Her work with First Nations communities, emphasizes resilience, commitment, and academic achievement as a gateway to career-life balance and wellness.

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

Location / Lieu : Ballroom C

(English - Introductory)

Peer supervision of supervision serves an important role in the lifelong development of supervisors. It is a structured, supportive process that enables supervisors to regularly consult with each other about their practices and effectiveness in the supervision setting when working with students and counselling professionals. Peer supervision of supervision encourages clinical supervisors to remain reflective about their work with students and professionals, theoretical frameworks, and self-care. As such, a peer supervision group can provide a collegial and consultative process that helps to maintain high standards of practice. During this presentation, we will discuss our collaborative approach to peer supervision of supervision, share practical experiences from our journey, and make suggestions for clinical supervisors who are interested in establishing a peer supervision group. We specifically address the following questions: (a) What is peer supervision of supervision, and what are some of the benefits, challenges, and contraindications? (b) What does existing research on supervision of supervision have to contribute to this conversation? (c) How might you create your own peer supervision of supervision group? We will also provide time to address questions for the audience.

JENNY ROWETT is a doctoral student and instructor at the University of New Brunswick. She also provides supervision for students and counselling professionals.

JOSÉ F. DOMENE is the Canada Research Chair in School-to-Work Transition at the University of New Brunswick, where he also teaches and supervises students in the MEd counselling program.

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

Location / Lieu : Assiniboia A

(English - Intermediate)

This session offers findings from doctoral research in which twelve rural and urban high school counsellors were interviewed about how they perceive their role. Results indicated the role is complex, demanding, ambiguous, and has ubiquitous tension. In working with the prevalent incidents of mental health, trauma, or crisis, high school counsellors may be working outside their bounds of competence. They are front-line helpers and accessible when assistance in the wider community may not be available. They routinely work with students who have suicide ideation and may also be in situations whereby they could be physically harmed. The concept of counsellor-as-teacher or counsellor-as-therapist was explored. Also examined were issues relating to compassion fatigue or vicarious trauma and concerns about the unique needs of immigrant and refugee student populations. How or if high school counsellors advocate for or with youth was specifically noted. The researcher concluded that the current high school counsellor role is weighed down by the anachronistic discourse of guidance counsellor which must now be reconceptualised to reflect its current role and function.

SHARLENE MCGOWAN is a teacher, consultant, and high school counsellor for thirty-one years in public schools. Sharlene is a sessional lecturer for the University of Regina and First Nations University of Canada.

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

Location / Lieu : Assiniboia B

(English - Intermediate)

An emerging challenge among Canadian universities that offer online programming is the lack of institutional services to support online students' mental health. Despite increasing online student enrolments and program expansions, online student support services have not kept up with the continuing growth of online education. The effects of mental health concerns are wide-reaching but most predominately affect academic functioning and achievement. Growing recognition of the high rates of mental health problems experienced by young adults attending universities exacerbate the issue that many university counselling services have with resourcing constraints that limit the numbers of students that they can see face-to-face, let alone considering how to provide online mental health services. Furthermore, mental health challenges are anticipated to soon be the most prevalent group of disabilities represented at Canadian universities, therefore adding urgency to understanding and addressing the needs of university students with mental health issues. Available online services and supports are imperative to student success in online education. The purpose of this interactive presentation is to discuss as an emerging problem of counselling practice the gap between student mental health needs and the lack of mental health supports and services, which have a negative impact on academic functioning and achievement.

PETER HALL is the Dean of the Faculty of Behavioural Sciences at Yorkville University, is incoming President CCPA Counsellor Educators Chapter, Registered Psychotherapist, Canadian Certified Counsellor Supervisor, and Canadian Certified Counsellor.

HELEN MASSFELLER is a psychologist and Associate Professor in the Faculty of Education at the University of New Brunswick.

Author: RITE KOP

B6 - Culturally Competent Indigenous Healing Techniques for PTSD

Location / Lieu : Kildonan

(English - Advanced)

Teaching various Indigenous Healing techniques that are culturally safe and effective when working with Indigenous people with PTSD and multiple trauma

BILL THOMAS, Psychotherapist, Clinical Supervisor, Educator, Healer, from Peguis First Nation. Bill has been in private practice in Indigenous communities in Manitoba for over 15 years and is an Indigenous Director of CCPA.

B7 - Private Practice: The Tools You Need to Make it Happen

Location / Lieu : Charleswood A

(English - Introductory)

In May 2017 Lindsey Thomson launched her private practice in Ottawa, Ontario. Three months later she decided to quit her other job and jump into her practice full-time, and it has been a success. Join Lindsey for this presentation to go over a step-by-step guide with everything you need to know to start your own private practice or expand your current client list. Lindsey will go over all the ups and downs of starting your own business and provide you with the practical resources you need to get started or improve your current practice from a business perspective. Some of the information covered will include how to set up your business, working with the Canada Revenue Agency to set up your HST number, marketing and promotional techniques for your target population, and how to maintain your momentum in your practice. Take home resources will be provided.

LINDSEY THOMSON has her own private practice in Ottawa. She completed her Masters in Counselling Psychology at University of Ottawa and is the President of the National Capital Region Chapter of the CCPA.

B8 - Anxiety in Adolescents: Defining and Considering Interventions

Location / Lieu : Charleswood B

(English - Introductory)

Anxiety, unfortunately, is a normal reality in everyone's life that may peak during adolescence. Some typical settings for anxiety include new situations, testing/assessments, performance/evaluation, competition, and even asking something of another can provoke anxiety. Most of the time, anxiety decreases once the nerve-wrecking activity has started or even ended, yet some adolescents may continue to feel anxious. Anxiety is an internalized disorder that has similar features compared to typical adolescent development; therefore, anxiety disorders may often go unnoticed. As adolescents' transition, stress levels rise which make individuals more susceptible to develop anxiety disorders with the potential need for modifications or accommodations. As counsellors, it is crucial to be aware of anxiety presentations within this specialized population during developmental milestones. The presenters in this hands-on session will educate individuals on the signs and symptoms of anxiety disorders in adolescents, provide the DSM-5 diagnostic criteria for selected anxiety disorders, and share developmentally appropriate interventions for adolescents with anxiety including rehabilitation interventions. Additionally, the presenters will offer strategies related to adolescents with anxiety disorders who are transitioning to college or the workforce from both clinical mental health counselling and a clinical rehabilitation counselling perspectives.

KELLIE CAMELFORD is an Assistant Professor at Louisiana State University Health Sciences Center – New Orleans. Kellie previously was a school counsellor and a private practitioner.

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ASHLEY BARBIER is a graduate student at Louisiana State University Health Sciences Center for Clinical Rehabilitation and Counselling where she has completed fieldwork in vocational rehabilitation and substance abuse counselling.

KATHERINE GILMORE is a graduate student at Louisiana State University Health Sciences Center for Clinical Rehabilitation and Counselling and has completed fieldwork at the on campus clinic with children and their families.

KRYSTAL VAUGHN

12 h 00 - 13 h 30

Lunch on own / Dîner (non-inclus)

12 h 00 - 13 h 15

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

Location / Lieu : Ballroom A

13 h 30 - 14 h 45

Concurrent Sessions / Séances simultanée

B9 - Reconciliation In Action From Two Perspectives: We'koqma'q First Nation Reaches Out In Unama'ki (Cape Breton, Nova Scotia) And The Circles For Reconciliation Project In Winnipeg, Manitoba

Location: Ballroom A

(English - Simultaneous Interpretation)

A vibrant group of Residential School Survivors and a traditional women's hand-drumming group, are leading the way in building relationships with their settler neighbours. The presenter will share stories of powerful reconciliation initiatives the community has helped make happen in their local area, creating new possibilities for our shared future. A grassroots, non-profit, full partnership between Indigenous and non-Indigenous persons established in 2016 with the goal of creating 100 discussion circles between 2017 and the end of 2018 on the issue of reconciliation. Nineteen circles of 10 meetings each have already been completed, and 20 more circles will start by the end of October, 2017. Fifty facilitators have been trained, about one third who are Indigenous, with their number growing. Participants come from faith groups, educational institutions, corporations, social service agencies and new Canadians. The presenter will share the story of this ground-breaking relationship-building initiative in a way that will inspire all of us as treaty people to take action ourselves.

ANDREA CURRIE, a member of the Metis Nation of Manitoba, works as the Clinical Therapist in We'koqma'q First Nation in Cape Breton, NS, offering clinical counselling and community wellness programs.

RAYMOND CURRIE, retired Dean of Arts (University of Manitoba), felt called to action to bring about reconciliation between Indigenous and settler peoples, after reading the Interim Report of the TRC.

B9 - Deux perspectives sur la réconciliation : la Première Nation We'koqma'q à Unama'ki (Cap-Breton, en Nouvelle-Écosse) et le projet Circles for Reconciliation à Winnipeg, au Manitoba

Lieu : Ballroom A

(Anglais - Interprétation simultanée)

Au sein de la Première Nation We'koqma'q, une association dynamique de survivants des pensionnats autochtones et le groupe traditionnel de joueuses de tambours We'koqma'qewiskwa ouvrent la voie à l'établissement de relations avec leurs voisins des peuples colonisateurs. Andrea Currie, thérapeute clinicienne communautaire à We'koqma'q, fournira des exemples d'initiatives de réconciliation fortes que la communauté a contribué à mettre en œuvre dans sa région, créant ainsi des possibilités d'avenir commun. Le projet Circles for Reconciliation, lancé à Winnipeg en 2016, est un partenariat populaire intégral et sans but lucratif entre les Autochtones et les non-Autochtones qui vise à créer 100 cercles de discussion à Winnipeg entre 2017 et la fin de 2018 sur le thème de la réconciliation. Dix-neuf cercles comportant dix rencontres chacun sont déjà achevés et 20 autres cercles débiteront à la fin octobre 2017. La majorité de ces rencontres se tiendront à Winnipeg, tandis que d'autres sont prévues pour les communautés environnantes du Manitoba. Cinquante animateurs ont été formés, dont environ un tiers sont autochtones, et ce nombre est croissant. Les participants proviennent de groupes confessionnels, d'établissements d'enseignement, d'entreprises, d'organismes de services sociaux et ils comptent parmi eux des néo-Canadiens. Raymond Currie, fondateur de Circles for Reconciliation présentera l'histoire de cette initiative novatrice de renforcement des relations qui saura inspirer chacun de nous, en tant que personne visée par les traités, à passer nous-mêmes à l'action.

ANDREA CURRIE membre de la nation métisse du Manitoba, travaille comme thérapeute clinicienne dans la Première Nation We'koqma'q au Cap-Breton, en Nouvelle-Écosse, où elle prodigue du counseling clinique et des programmes de mieux-être communautaires.

RAYMONDE CURRIE doyen émérite à la retraite (Université du Manitoba), s'est senti appelé à agir pour faciliter la réconciliation entre les Autochtones et les peuples colonisateurs après avoir lu le rapport d'étape de la Commission de vérité et réconciliation.

B10 - Conversation Café / Café de conversation

Location / Lieu : Ballroom B

Come visit The Conversation Café for an opportunity to experience multiple presentations and expand your knowledge in several different areas. Your itinerary will set sail in small groups of delegates who will spend 15 minutes with a presenter. A time keeper will then announce when it is time to depart and delegates will move to another presentation. This process will be repeated for the entire 75-minute session. See full Conversation Café descriptions on page

Venez visiter Le Café pour une occasion de découvrir de multiples présentations et d'élargir vos connaissances dans plusieurs domaines différents. Votre itinéraire prendra la mer en petits groupes de délégués qui vont passer 15 minutes avec un présentateur. Un chronomètreur annoncera ensuite quand il est temps de partir et les délégués se déplaceront vers une autre présentation. Ce processus sera répété pour l'ensemble de la session de 75 minutes. Les présentateurs suivantes seront au rendez-vous dans le café. Voir les description complet sur la page

B10-1 - Questioning, Doubting, Leaving: Experiences of Religious Transition

(Intermediate)

ANGELA RAJFUR

B10-2 - Racial Discrimination as a Determinant of Health Inequities

(Intermediate)

BONNIE JANZEN, LOUISE BLANCHARD

B10-3 - International Association for Counselling (IAC): Advocacy in Action

(Introductory)

BLYTHE SHEPARD, VALENTINA CHICHINIOVA

B10-4 - Window Shopping: An Introduction to Foundational Trauma Competencies

(Introductory)

ANDY BROWN, SARAH STEWART-SPENCER, ALYSSA WEISS QUITTNER

B10-5 - Why we Need Psychotherapists: Revisiting the Pharmacotherapy vs. Psychotherapy Debate

(Intermediate)

DANIEL SEM

B10-6 - Neurodiverse Agency and Narrative Therapy

(Intermediate)

AKEIKO RAWN

B10-7 - Adventures in Social and Emotional Learning

(Introductory)

SHELDON FRANKEN

B10-8 - Out of Grief, Singing

(Introductory)

CHARLENE DIEHL

B11 - Risk and Professional Liability Exposures for Counselling Professionals

Location / Lieu : Ballroom C

(English)

How much do you know about the risks and liabilities associated with your work as a Certified Counsellor? Join BMS Group, CCPA's professional liability insurance program broker, as they discuss parent safety in health care and reviews common exposures seen on insurance programs for Canadian counselling professionals. Learn more about how to protect yourself and your clients with a comprehensive insurance and risk management strategy. Learning objectives: Discuss the leading disciplinary and negligence allegations against Canadian counselling professionals. Identify the key features of professional liability insurance coverage and describe how these protect Certified Counsellors. Implement risk management strategies that will help to mitigate the risk of potential disciplinary and negligence claims.

BMS Canada Risk Services Ltd. - Maggie Green / Chelsea Kary

B12 - Trauma-Informed Care: Supporting the Needs of Newcomer and Refugee Youth

Location / Lieu : Assiniboia A

(English - Introductory)

The experiences of refugees are complex and often punctuated with trauma, violence, loss, and stress. These factors can have an impact on the settlement trajectory and the overall sense of peace and belonging that newcomers experience. This presentation draws on findings from a three-year research program that examined best practices for supporting refugee student integration in schools and communities in Canada. Emerging from the study's findings, the authors will present a model for creating trauma-sensitive schools and for preparing educators to meet the needs of trauma affected and vulnerable youth. Findings related to the need for a mental health curriculum, teacher training and a school-wide mental health action plan to support refugee children and youth will be discussed.

JAN STEWART is a Professor in the Faculty of Education at The University of Winnipeg and currently the Acting Dean of The Gupta Faculty of Kinesiology and Applied Health.

B13 - Looking Within to Enhance Cross-Cultural Practice

Location / Lieu : Assiniboia B

(English - Intermediate)

As clinicians, we regularly work with people who are different from ourselves. Have you ever wondered...What is social location all about anyways? How/does privilege affect my practice? How can I work towards social justice from my counselling office? Cross-cultural practice requires that we know not only ourselves but also the dynamics of power and oppression. This interactive workshop session will give participants a chance to reflect on themselves and how their social location impacts how they approach working across differences. This session targets counsellors who want to learn more about cultural safety and think seriously about social location. An emphasis will be placed on utilizing self-awareness, addressing feelings that can impede action, finding appropriate information, building critical thinking, and using relationships as a tool for learning.

LISA PASSANTE is a school social worker in Winnipeg. She finds her passion working with diverse community groups towards social justice goals (and learns about herself in the process).

B14 - Réflexions sur le champ de l'étude des relations interpersonnelles et professionnelles : L'approche durandienne de l'imaginaire pourrait-elle mieux relier les différents modèles proposés?

Location / Lieu : Kildonan

(Français - Intermédiaire)

Communiquer, collaborer, (se) relier, des verbes qui font écho au dynamisme des relations interpersonnelles vécues dans divers contextes (social, professionnel, conjugal et familial). Ajoutons à cette pluralité des contextes, la diversité culturelle et spirituelle, rendant dès lors l'étude des relations interpersonnelles et professionnelles fort complexe. Or, les divers modèles théoriques et les concepts qui en découlent sont nombreux, mentionnons en guise d'exemples : l'approche des besoins interpersonnels (i.e. inclusion, affectivité, contrôle) de Schutz (1958/1992); le modèle de l'interaction professionnelle de St-Arnaud (2003); ou encore, le modèle d'Abignente (2004) conjuguant, au sein des relations conjugale et familiale, l'individuation et la socialisation. Devant la variété des modèles théoriques, tantôt éclairants, tantôt déroutants, peut-on arriver à faire sens de la pluralité des concepts par l'entremise d'une théorie plus ouverte et sensible à la diversité (contextuelle, culturelle et spirituelle)? Comment imaginer que ces divers modèles pourraient co-habiter à l'intérieur d'un même système explicatif plus englobant? Dans le but d'éclairer les professionnels, cet exposé visera à rapprocher le secteur des relations interpersonnelles et professionnelles à la théorie anthropologique de l'imaginaire de Durand (1992) dont le potentiel heuristique favorise l'émergence d'une voie de cohérence des connaissances parfois éclatées concernant le champ d'étude des relations interpersonnelles.

CHRISTIAN BELLEHUMEUR est un professeur et directeur de l'École de Counselling, Psychothérapie et spiritualité, Université Saint-Paul, Ottawa. Ses recherches portent sur l'étude de l'imaginaire et son implication en psychothérapie.

B15 - Successful Career Transition of First Generation Immigrant Young People: Narratives and Critical Incidents

Location / Lieu : Charleswood A

(English - Intermediate)

First generation immigrant young people in Canada often experience transitional challenges related to entering the Canadian society, gaining post-secondary education, and making career decisions (Sinacore & Lerner, 2013). While the challenges of this transition have negatively impacted career development of many young immigrants, it has also provided them with opportunities for success (Motti-Stefanidi et al., 2012). In a SSHRC funded research we are examining both the definition of success and the factors contributing to success for participants who described doing well with their career decision-making. What were some of the obstacles they had to overcome to achieve this success? What factors contributed towards turning hindrances to opportunities? This study uses the qualitative research methods of Narrative Analysis and Enhanced Critical Incident Technique to understand the process of career decision-making of first generation immigrant young people. The findings of the ongoing study point towards some specific personal, social, and contextual factors that have contributed to their successful transition in making career decisions in terms of what they perceive as doing well. It is expected that the results of this study will contribute towards extending the theory, practice, and research in career development and counselling for immigrant young people.

BILL BORGEN is a professor of Counselling Psychology at the University of British Columbia. He has conducted research and developed programs in career/life transitions for many years, and is Co-chair of CACEP since 2003.

DEEPAK MATHEW is a PhD candidate in counselling psychology (University of British Columbia) and he teaches at the University of British Columbia and Adler University. His research interest is in immigrant career development.

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LYNN DUMERTON is a registered clinical counsellor and is a University of British Columbia doctoral candidate. Lynn's dissertation research examines what helps and hinders service-engaged women struggling with experiences of substance use and early parenting.

B16 - Helping Clients Forgive: When They Want to Forgive but Don't Know How

Location / Lieu : Charleswood B

(English - Intermediate)

Forgiveness has earned a credible place in psychotherapy and counselling literature over the past few decades. Learning how to forgive has been discovered to play a critical role in helping clients release anger, relieve depression, resolve past injustices and increase hopefulness. Resistance to the notion of forgiving is natural and forgiving is rarely, if ever, an initial intuitive response when offended and wronged. Resistance stems from many sources, one of which is an incomplete understanding of the nature of forgiveness accompanied by a poor concept of how to do it. Participants in this session will enter into a discussion of five questions: What is Forgiveness? Why Forgive? How to Forgive? Forgive Whom? When to Forgive? Counsellors help clients forgive by assisting them in articulating a more complete understanding of the path of forgiveness. In addition, the motivation to forgive is enhanced, when the client's choice to forgive is attended by a clear view of how to get it done. Discussion of these five questions will be facilitated through brief lecture, illustration and guided small group conversations.

DANIEL KLASSEN is Professor Emeritus at Lakehead University, author of The Forgiveness Workbook, founding and practicing psychotherapist at The Listening Centre, a clinic serving Thunder Bay and N.W. Ontario.

PAMELA HARDISTY is a retired Guidance Counsellor now in private practice in Thunder Bay, Ontario. She has been exploring forgiveness for over 30 years.

B17 - Indigenous Sharing Circle

Location / Lieu : Fort Garry

(English - Introductory)

For thousands of years, the Indigenous Peoples of Turtle Island have been holding councils to discuss topics of mutual interest and concern. In this sharing circle, attendees will experience storytelling as learning as they share and listen to others speak about the challenges of counselling in Indigenous communities and contexts. Collectively, presenters will identify and explore examples of resilience, traditional healing practices, promising counselling approaches, and needs for additional resources and services.

JONAS BREUHAN, current President of the Indigenous Circle CCPA. Graduate of the Indigenous Community Counselling Program Masters in Counselling, Bachelors of Social Work, and Bachelors of Philosophy from the University of Victoria.

DEVA LITTLE-MUSTACHE GORDAN, current President-elect of the Indigenous Circle Chapter of the CCPA. Graduate of the Indigenous Community Counselling Program Masters in Counselling from University of Victoria. Child clinician in Moose Factory.

BILL THOMAS, previous President of the Aboriginal Chapter of the CCPA. Graduated from Clinical Social Work, University of Northern British Columbia and Bachelors of First Nation and Aboriginal Counselling from Brandon University.

14 h 45 - 15 h 15
Nutrition Break / Pause santé
Location / Lieu : Ballroom Foyer

15 h 15 - 16 h 30
Concurrent Sessions / Séances simultanée

B18 - Inspiring Social Change through Social Justice

Location: Ballroom A

(English - Simultaneous Interpretation)

This interactive session will bring like-minded professionals together to strengthen as a Canadian-based social justice counselling community. Drawing on evidence-based resources, this interactive workshop invites each participant into a role of advocate for social justice, inclusivity, and equity. Through open-discussion & honest dialogue about Canadian-based issues, like reconciliation, this session will ignite social justice in our everyday lives.

MELISSA JAY is the president of CCPA's Social Justice Chapter. She is a registered psychologist who believes that through connection, with self and others, personal and social change is possible.

B18 - La justice sociale, instrument de changement social

Lieu : Ballroom A

(Anglais - Interprétation simultanée)

Cette session interactive permettra à des professionnels aux vues similaires de se réunir pour former une communauté canadienne plus forte de conseillers qui préconisent la justice sociale. S'appuyant sur des ressources fondées sur des données probantes, ce séminaire interactif invite chaque participant devenir un défenseur de la justice sociale, de l'inclusion et de l'équité. Par une discussion ouverte et un dialogue honnête sur des enjeux canadiens tels que la réconciliation, cette session favorisera la justice sociale dans notre quotidien.

MELISSA JAY est présidente de la Section de la justice sociale de l'ACCP. Psychologue agréée, elle croit que le changement personnel et social est possible quand on entre en contact avec soi-même et avec les autres.

B19 - Facilitating Calm, Encouraging Hope: An Introduction to Internal Family Systems Therapy

Location / Lieu : Ballroom B

(English - Intermediate)

Internal Family Systems is a non-pathologizing, collaborative and hopeful model of therapy. The movie "Inside Out" captures important aspects of IFS therapy. This session will include an introduction to the IFS model of therapy with consideration of its application at a Walk-In clinic and for professional and personal growth. The session will include an experiential exercise and time for discussion. Participants will learn: 1) the basic theory of the IFS model of therapy 2) aspects of the IFS model which could be utilized at a Walk-In counselling setting 3) an alternative approach to "facilitating calm and encouraging hope." Skepticism having value leads one to further study and investigation and herein lies the spirit of this presentation.

KEN HUNDERT is a Certified IFS Therapist; Ken values humour and the kind of skepticism which encourages further study and investigation and herein lies the spirit of this session.

B20 - Positive Compromise in Life-Careers

Location / Lieu : Ballroom C

(English - Intermediate)

For most individuals, career wellness plays a key role in the quality of their total life experience, especially the mental health aspect of their lives. The centrality of career counselling, therefore, rests on the core of helping individuals generate insights and find more effective ways to take control of their career destination, enhancing their vocational wellbeing in a highly competitive and uncertain world of work. To this end, the current presentation aims to explore the viability of the emerging Positive Compromise Framework (PCF) in light of individuals' effort to manage and improve their career wellness. Derived from the notion of compromise rooted in the career psychology theories, the PCF proposes a host of novel tenets that redefine the meaning of compromise as it is applied to helping people construct an open, flexible, and workable solution for problems and decisions in their vocational life, leading to more creative and optimal possibilities for career wellbeing. As such, this presentation reviews the theoretical notion of compromise in the career and vocational psychology literature; describes the rationale and scope of the PCF; explicates the optimal role and function of compromise in people's work life; and illustrates implications of using the PCF in career counselling interventions.

CHARLES P. CHEN is Professor of Counselling Psychology and a Canada Research Chair at University of Toronto. He is in Canadian Who's Who and Who's Who in the World.

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

Location / Lieu : Assiniboia A

(English - Intermediate)

After extensive consultation with counsellor educators across Canada, and with the endorsement of the Canadian Counselling Association (now CCPA), the Council for Accreditation of Counsellor Education Programs in Canada (CACEP) was initiated in 2003. The purpose of the CACEP is to oversee and manage the CCPA accreditation program, which involves providing professional and arm's-length evaluation of master's level counsellor education programs in Canada. From 2003 to present, the Council for Accreditation of Counsellor Education Programs standards have represented a benchmark for Canadian counsellor education programs that have sought accreditation, and those that have used the standards in making revisions to their programs. In recognition of the changes that have occurred in counselling, psychotherapy, and counsellor education since CACEP began its work, CCPA created a Council for Accreditation of Counsellor Education Programs Advisory Committee with a mandate to update and rejuvenate the accreditation standards and processes to reflect the current Canadian counselling and psychotherapy professional landscape within a changing regulatory context. In this presentation, members of the CACEP Advisory Committee will present proposed changes to the current accreditation standards as well as feedback received to date regarding the proposed changes. We will also invite further feedback, comments, and questions about the proposed changes from the audience.

SHARON ROBERTSON is a professor of Counselling Psychology at the University of Calgary. Her research focuses on professional issues in counselling. She has been Co-Chair of CACEP since 2003.

BILL BORGES is a professor of Counselling Psychology at UBC. He has conducted research and developed programs in career/life transitions. He has been the Co-chair of CACEP since 2003.

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NATASHA CAVERLEY is currently the CCPA Past President. She holds a M.Ed (Counselling Psychology) and Ph.D (Organizational Studies) from the University of Victoria, and holds a Canadian Certified Counsellor designation.

B22 - Masking our Emotions and the Art of Compassion

Location / Lieu : Assiniboia B

(English - Advanced)

Warning participating in this workshop may result in a more compassionate view of self and others. Emotions are a normal and important part of our lives, yet our experience of them can be at times very challenging. Overwhelming and stressful emotions are often a reason why individuals seek therapeutic help. This workshop will present results from my research the art of compassion. Art images and transcripts from six volunteer co-researchers will be presented. Prinz's embodied appraisal theory of emotions, helps us to understand the differences between how we sometimes feel when we experience an emotion and our self-appraisal of the experience. An internal conflict was identified in all the participants between how they initially described their stressful emotion and how they described their experience with the emotion. After completing the art processes a more self-compassionate view was obtained in all participants.

CHARLES CHENARD is a social worker, psychotherapist, art therapist and theatre artist. He is presently a counsellor at Strathcona County Family and Community Services based in Sherwood Park, Alberta.

B23 - 3A Toolkit – Supporting Clients to Move Towards Integration and Regulation

Location / Lieu : Kildonan

(English - Intermediate)

This presentation will explore the 3A Toolkit, a model that supports clients to move towards integration and regulation. This model incorporates current neuroscience, interpersonal neurobiology, developmental information, and a combination of cognitive, emotional, and physiological regulation strategies. The sections of the 3A Toolkit (Awareness, Assessment, Action) will be discussed as well as ways this model has been applied across a range of ages and presenting challenges. Examples include how the 3A Toolkit has been used to support individuals struggling with anxiety and ADHD from age 6 to adulthood, in a group setting for both ADHD and anxiety, as well as in a workshop to better facilitate stress management for post-secondary students. Examples from clinical practice will be shared including samples of completed 3A Toolkits, 3 Stories for children, and 3A Comic Strips to highlight the wide application and flexibility of this approach.

MEG KAPIL is passionate about increasing access to mental health and wellness for individuals, groups, and families, currently works at Camosun College, University of Victoria, and in private practice.

B24 - I Know More Than I Can Say: Four Creative Arts Therapies in Clinical Practice

Location / Lieu : Charleswood A

(English - Intermediate)

Research shows that creative arts therapies (CATs) make critical contributions to counselling across a wide range of clinical practice areas. This panel aims to deepen and broaden attendees' understandings of and experiences with four creative arts therapies and to explore the practical use of creative arts in clinical practice. A case will be briefly presented to establish a common foundation for exploring CATs in a clinical context. Four creative arts therapists will discuss their approach to intervention based on their area of specialization: Art Therapy, Music Therapy, Drama Therapy, and Dance/Movement Therapy. Convergences and divergences among the four therapies will be highlighted. The panel will also embrace the creative arts as a "way of knowing", and creative/arts-based exploration will be integrated into the panel. Delegates who attend the panel will leave the session with:

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(a) an increased understanding of how different CATs professions approach assessment, (b) an awareness of how creative interventions can be chosen with/by/for the client based on a variety of therapeutic factors and assessment information, and (c) newly acquired creative tools and techniques that can be utilized in a clinical context.

GABRIELLE GINGRAS is a licensed teacher, art-therapist (M.A.), President of the Creative Arts in Counselling chapter (CCPA) and founding member of Canevas art therapy Centre in Montreal.

TANIS DICK, CSILLA PRZIBISLAWSKY, DARCI ADAM, LEE-ANN ADAMS, KARISSA MARTEN

B25 - Suicide and It's Aftermath

Location / Lieu : Charleswood B

(English - Introductory)

Suicide is the 10th leading cause of death in the USA and 9th in Canada. It is estimated that for each suicide death there are 6-10 loved ones, or survivors left behind whose lives are forever impacted by that death. Survivors of suicide represent "the largest mental health casualties related to suicide" (Edwin Shneidman, PhD, American Association of Suicidology Founding President). Suicide grief is different than most other types of grief and involves intense emotions such as grief, blame, rage and stigma. Survivors feel isolated and judged. Many feel overwhelmed by their emotions and loved ones feel at a loss as to how to help. At the end of this presentation, participants will be able to: Explain the aftermath of suicide, understand how suicide grief differs from other kinds of grief, describe how to help facilitate suicide grief in clinical settings and identify resources to best help clients who are survivors.

MARY JONES has over twenty years of experience in private practice, agency, hospital and college settings. She is licensed as both a Professional Counsellor and a Marriage and Family Therapist.

Indigenous Gathering Space

Location / Lieu : Fort Garry

16 h 45 - 18 h 00

Social Justice Chapter / Section de la justice sociale

Location / Lieu : Ballroom B

18 h 30 - 19 h 00

Cocktail Hour / L'heure de l'apéritif

20 h 00 - 21 h 30

Banquet, Awards and Dance / Banquet, prix et danse

Location / Lieu : Grand Ballroom



The Danny Kramer Dance Band has been nominated for Entertainer of the Year by the prestigious Canadian Event Industry Awards. They are one of only four finalists across Canada. They have also been chosen as the Best Entertainment Act for Manitoba/Saskatchewan by the prestigious Canadian Wedding Industry Awards. The Danny Kramer Dance Band is Winnipeg's best Party Band, Dance Band and Wedding band. This incredibly talented group have performed together for years, packing dance floors and creating memories to last a lifetime for their wonderful clients.

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Conversation Café / Café de conversation
13 h 30 - 14 h 45
Location / Lieu : Ballroom B

1 - Questioning, Doubting, Leaving: Experiences Of Religious Transition

Religion and spirituality remain powerful forces in society and important aspects in many people's lives, providing meaning, belonging, identity, values, ways of coping and social support as well as promoting mental and physical health. Conversely, individuals in the process of religious transition (questioning, doubting, deconverting or disaffiliating) report more difficulties with their health and may experience significant emotional suffering. Yet, there is little research on the process of religious transition. It is an area that remains largely unexplored, particularly here, in Manitoba, a community where many people draw their life reference from religion. By examining the experiences of individuals engaged in religious transition, this research seeks to understand the impact of this process on the individual, with particular interest in the effects on their well-being and help-seeking behaviour, to provide clinicians with an appreciation of their clients' unique challenges and needs.

Without an understanding of the importance, depth, or implications of religious transition, we run the risk of missing or minimizing the client's experience. Without appropriate support, individuals in religious transition are at risk for significant, negative effects on their physical health and mental well-being.

Poster will include extant literature, two-person case-study and proposal for expanding this research.

ANGELA RAJFUR works as a school psychologist and is pursuing a master's degree in counselling psychology at the University of Manitoba with a specific research interest in religion/spirituality, counselling and well-being.

2 - Racial Discrimination As A Determinant Of Health Inequities

Racial discrimination is increasingly recognized as an important determinant of health inequities. Different levels of racial discrimination exist, ranging from structural to interpersonal, the latter referring to racially motivated inequitable treatment of one person by another. A small but growing body of Canadian research has documented associations between exposure to interpersonal racial discrimination among Indigenous people and compromised mental health. The first part of the presentation will provide a synthesis of this Canadian research, including limitations and suggestions to advance the field. The latter part of the presentation will address the counselling implications for working with both victims and perpetrators of racial discrimination against Indigenous people. Focus will be on identifying and discussing strategies to increase tolerance, empathy, and inclusivity, both on individual and structural/systemic levels. The format for this part of the presentation will be both didactic and interactive. Audience participation will be encouraged.

BONNIE JANZEN is an associate professor in the Department of Community Health & Epidemiology at the University of Saskatchewan. She is an epidemiologist interested in social/economic inequities in health.

LOUISE BLANCHARD is a Canadian Certified Counsellor with over 20 years of experience in both public and private practice settings. She is a specialist in working with trauma and recovery.

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Location / Lieu : Ballroom B

3 - Equine Assisted Therapy - Healing Through Horses

Equine Assisted Therapy incorporates horses as an integral part of the therapeutic treatment team. Horses are flight animals and have evolved over millions of years based on their highly attuned senses allowing them to read human emotional energy and sense danger, fear, anxiety and inner turmoil. Horses respond with unique insight into exactly who we are in the moment. They are profoundly gifted reflectors of our true selves because their very survival depends on reading us right. Equine Assisted Therapy is practiced under the guidance of a certified mental health clinician and an equine specialist providing on the ground experiences using evidence-driven, ethical practices. This form of therapy offers safe, hands-on, immediate responses to help clients practice being authentic and open to change for a wide variety of emotional, mental health and traumatic experiences. After working as a clinician in the trauma field for over 30 years, I have never experienced such powerful responses from clients as when they work together with horses to address their emotional pain and distress. Case scenarios will be shared to illustrate the profound impact on a variety of clients from children with anxiety, high risk youth and adult survivors of sexual abuse.

REBECCA BROWN is a clinical social worker and practices traditional and equine assisted therapy modalities. She is certified in Crisis Response, and is on Faculty at Western University, London.

4 - Counselling In Culturally Diverse Environments

The proposed presentation will address the subject of working with the clients with different cultural backgrounds. The paper postulates that cultural awareness, competence, and sensitivity are the keys for successful counseling. Two factor- variables salient for the impact of the cultural diversity of the clients affect the course of the counseling. First, some deviations from the behavioral patterns that have deep cultural roots can be falsely attributed to the parameters of mental illness and personality disorders. Second, the counselors should possess a sufficient background knowledge of the culturally-based behaviors of their clients in order to be successful in the extending their services, which would positively affect their retention rates. With the purpose of providing suggestions for a successful culturally-aware counseling, the paper will apply Geert Hofstede's cultural dimensions and Mitchell Hammer's Intercultural Conflict Style Inventory to different counseling techniques. By extracting the factor-variables from these dimensions and conflict styles, which are most applicable in the field of mental health counseling, the paper will offer valuable insights into the culture/counseling nexus.

ROBERT NALBANDOV is finishing his study towards a Master's degree of Mental Health Counselling. Prior to that, Robert had a successful career as a political scientist and a university professor.

5 - Window Shopping: An Introduction To Foundational Trauma Competencies

This interactive workshop offers ideas, examples and guidance for implementing core aspects of strength-based, Mind- Body techniques for treatment of traumatic stress. Understanding the foundation of trauma treatment will allow for a better understanding of how to reduce traumatic stress and build the client's resiliency and internal resources. Mind-Body work can enhance the therapeutic relationship and increase successful outcomes. A variety of techniques will be explored, such as empty chair, bilateral stimulation, hypnotherapy, EMDR and more! Presenters will offer demonstrations of core ingredients of these techniques, as well as ideas for creatively expanding treatment. Participants will have the opportunity to move beyond guidance into demonstrations and hands-on role-play.

ANDY BROWN, Ed.D, LPC is a Therapist and Professor at The Chicago School of Professional Psychology (Online). Andy also serves as an instructor for the International Association of Trauma Professionals.

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SARAH STEWART-SPENCER is a Licensed Professional Counselor and a Core Faculty at Capella University.

ALYSSA WEISS QUITTNER, PhD, LMFT is a Licensed Marriage and Family Therapist in Florida. Dr. Quittner serves as the Program Director of an online Marriage and Family Therapy Program.

6 - Why We Need Psychotherapists: Revisiting The Pharmacotherapy vs. Psychotherapy Debate

This presentation is part of a PhD dissertation project examining the contribution of psychotherapy to the success of psychiatric patients in mental health court diversion program. The presenter will review the current literature on the pharmacotherapy vs. psychotherapy debate and trace the original meaning of the term 'psychotherapy' from spiritual care perspective to show why we need psychotherapists today. Since the dissertation project is still in its elementary stages, the presenter will make the session interactive in order to receive constructive feedback from the participants.

DANIEL SEM is a mental health practitioner and is currently a PhD student in Human Relationships (Spiritual Care & Psychotherapy) at the Wilfrid Laurier University, Waterloo, Ontario.

7 - Neurodiverse Agency and Narrative Therapy

This presentation will highlight the use of metaphor and bridge the knowledge youth have to gain agency over the problems that are interfering in their lives. Using the tenants of narrative therapy a photo documentation of how a youth gained agency over anger, frustration, sadness and rage. Questions were crafted using the metaphor of Minecraft. All the self-regulation and skills that were needed occurred in creative mode and mined from the youth's experiential knowledge. I will present one way in which we had conversations even when words were not always accessible. Although this same approach is used with all the youth I engage with the examples given are in the context of neurodiverse youth.

AKEIKO RAWN, MNTCW, is a narrative therapist specializing in neurodiverse youth and trauma. "Imagining future possibilities and Creating possible futures"

8 - Adventures In Social And Emotional Learning

Social-Emotional Learning is about building self and social-awareness to enable growth . Adventure Education is the use of kinaesthetic activities to promote learning. This workshop will explore experiential-based games and activities can be used to enhance social-emotional learning, well-being, and resiliency with any age group. There will be a strong emphasis on the practice of the adventure learning models of framing and debriefing. These tools and resources can be used in your practices immediately. Come ready to play, be active, and engage in a variety of experiential based social-emotional learning activities.

SHELDON FRANKEN is a school counsellor with the Vancouver School Board and is the director of Inquiry Adventures. Sheldon has presented workshops on experiential based social-emotional learning across North America.

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13 h 30 - 14 h 45
Location / Lieu : Ballroom B

9 - Out of Grief, Singing

In 1995, I was suddenly gravely ill with pre-eclampsia and within hours had a very tiny, very perfect daughter Chloe. She lived six days, and when she died, I was initiated into the special community of bereaved parents. In the early days, I thought I would die of a broken heart, but gradually I made peace with the pain and began to heal. I got healthy, had two more kids, immersed myself in satisfying work—and returned to writing. I was determined to make the book that I was so desperate to read in those dark days, a story of survival, of respectful struggle with terror and loss, of resilience, of joy. It took me fifteen years and a lot of thinking about death and grief, and life and living. I've been mentored by surprised strangers and steadfast friends, by old and young, human and other. *Out of Grief, Singing: A Memoir of Motherhood and Loss* (Signature Editions, 2010) is my hymn to motherhood, my spectral baby, my vibrant son and daughter, and the great messy beauty of being alive. Loss is at the core of our human story. How do we find our path?

CHARLENE DIEHL is a Winnipeg writer and the Director of the Winnipeg International Writers Festival. Her mothering memoir, *Out of Grief, Singing*, was shortlisted for two Manitoba book awards.

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7 h 30 - 9 h 00	Registration / Inscription	Foyer
9 h 00 - 10 h 15	Concurrent Sessions / Séance simultanée	
	C1 - High Conflict Divorce and Parenting: Critical Issues for Counsellor Supervision <i>(English - Simultaneous Interpretation)</i> JEFF CHANG C1 - Divorces et relations parentales hautement conflictuels : problèmes critiques en supervision des conseillers <i>(Anglais - Interprétation simultanée)</i> JEFF CHANG	Ballroom A
	C2 - Never say Never: Supporting Families Impacted by Infertility <i>(English - Introductory)</i> LENORE GOLDFARB	Ballroom B
	C3 - Narratives from Indigenous Canadian Youth on Doing Well in their Career Decision Making Process <i>(English - Intermediate)</i> MARLE BUCHANAN, ALANAISE GOODWILL, SARAH BECKER, (Authors DAN CLEGG, MATTHEW MCDANIEL)	Ballroom C
	C4 - 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. <i>(Français - avancé)</i> VICKI-ANNE RODRIGUE	Assiniboia A
	C5 - How Biblical Contemplative Practice Facilitates Neuroplasticity in Adults Who Have Experienced Developmental Trauma <i>(English - Advanced)</i> COURTNEY DOOKIE	Assiniboia B
	C6 - Providing Accessible Service to Clients who are Deaf or Hard of Hearing <i>(English - Intermediate)</i> SARINÉ WILLIS-O'CONNOR, MARLA KAY	Kildonan
	C7 - What The Judges have said and the Implications For Professional Practices by Counsellors and Psychotherapists <i>(English - Intermediate)</i> GLENN SHEPPARD	Charleswood A

	C8 - Learning to Dance...A Primer on Emotionally Focused Couple Therapy <i>(English - Introductory)</i>	Charleswood B
	MARSHA HARRIS, ROBERTA GRAHAM, ELAN HURY	
	Indigenous Gathering Space	Fort Garry
10 h 15 - 10 h 45	Nutrition Break / Pause santé	Ballroom Foyer
10 h 45 - 12 h 00	Concurrent Sessions / Séance simultanée	
	C9 - The Influence of Play on the Anxious Child <i>(English - Simultaneous Interpretation)</i>	Ballroom A
	KRYSTAL VAUGHN, KELLIE CAMELFORD, KATHERINE GILMORE (Author ASHLEY BARBIER)	
	C9 - L'influence du jeu sur l'enfant anxieux <i>(Anglais - Interprétation simultanée)</i>	
	KRYSTAL VAUGHN, KELLIE CAMELFORD, KATHERINE GILMORE (Author ASHLEY BARBIER)	
	C10 - Disordered Eating in Counselling, a Dietitian/Counsellor's Perspective: Understanding the Diagnosis, Issues and Treatment with Practical Guidelines <i>(English - Advanced)</i>	Ballroom B
	AUDREY TAIT	
	C11 - Mental Health? Student Wellbeing, Bereavement, and 'Addiction' in a Medicalizing Era <i>(English - Intermediate)</i>	Ballroom C
	TOM STRONG, JAN DEFEHR, LAUREN BUOTE (Authors MACKENZIE SAPACZ)	
	C12 - Attachment Relationships and Blocked Care: Using the Keys to Attachment in Family-Based Therapy <i>(English - Intermediate)</i>	Assiniboia A
	LEE-ANNE ADAMS, JULIE WALSH	
	C13 - Exploring the Sacred...Synchronisities, Saints and Self-Discovery on the Camino Santiago - The Way of Saint James <i>(English - Introductory)</i>	Assiniboia B
	BEVERLY HAGEN	
	C14 - Counselling within Inuit Systems: Perspectives of a Non-Indigenous Clinician <i>(English - Introductory)</i>	Kildonan
	ANYA BROOKER	



	C15 - Counselling Youth with Co-Occurring Learning and Mental Health Challenges: A Family Approach <i>(English - Intermediate)</i> BREANNE LAWRENCE	Charleswood A
	C16 - Fostering Reflective Practice through Clinical Supervision <i>(English - Intermediate)</i> SHARON ROBERTSON, PAYDEN SPOWART (Author E. ALOFE FREEMAN CRUZ)	Charleswood B
	Indigenous Gathering Space	Fort Garry
12 h 00 - 13 h 00	Lunch on own / Dîner (non-inclus)	
13 h 00 - 14 h 30	Closing Ceremonies and Keynote Address - Michael Hart Cultural-Based Helping Practices: Understanding the Continuum/ Cérémonies de clôture et conférencier d'honneur <i>(English - Simultaneous Interpretation)</i> Cérémonies de clôture et conférencier d'honneur - Michael Hart Des pratiques d'aide à composante culturelle : bien comprendre le continuum <i>(Anglais - Interprétation simultanée)</i>	Grand Ballroom

9 h 00 - 10 h 15
Concurrent Sessions / Séances simultanée

C1 - High Conflict Divorce and Parenting: Critical Issues for Counsellor Supervision

Location: Ballroom A

(English - Simultaneous Interpretation)

High-conflict separation, divorce, and parenting pose specific challenges to counsellor supervisors. While there is an ethical imperative to be competent at the professional activities that one is supervising, even experienced clinicians and supervisors may feel out of their depth with high conflict divorce. Because some of the families may potentially enter into litigation, issues of informed consent, access to information, and maintaining appropriate roles may pose ethical challenges. Because of the stressful nature of these cases, person of the therapist issues must be considered. Clinical supervisors must also be aware of supervisory issues such as supervisee nondisclosure and seeking informal supervision can impede the supervisory alliance. In this presentation, Jeff will describe key issues facing supervisors of counsellors working with high conflict divorce, and provide specific guidelines for supervisory practice with these families.

JEFF CHANG is an Associate Professor at Athabasca University. His clinical and scholarly are in high-conflict separation and divorce, clinical supervision, school-based counselling, and postmodern therapies.

C1 - Divorces et relations parentales hautement conflictuels : problèmes critiques en supervision des conseillers

Lieu : Ballroom A

(Anglais - Interprétation simultanée)

Les cas de séparation, de divorce et de relations parentales hautement conflictuels posent des défis particuliers aux superviseurs de conseillers. Même s'ils sont tenus sur le plan déontologique de faire preuve de compétence dans la supervision de toute activité professionnelle, même les cliniciens et les superviseurs expérimentés se sentent parfois dépassés dans le cas d'un divorce hautement conflictuel. Comme certaines familles sont susceptibles d'engager une action en justice, les questions de consentement éclairé, d'accès à l'information ainsi que le respect de rôles appropriés peuvent poser des défis d'ordre déontologique. Étant donné la nature stressante de ces cas, les enjeux liés au thérapeute doivent être pris en compte. Les superviseurs cliniciens doivent aussi être conscients de certains enjeux liés à la supervision tels que la non-divulgaration du thérapeute supervisé; l'adoption d'une supervision informelle peut aussi entraver le lien de supervision. Dans cette présentation, Jeff décrira les principaux problèmes auxquels font face les superviseurs de conseillers dans les cas de divorce hautement conflictuels et fournira des lignes directrices précises pour l'exercice de supervision auprès de ces familles.

JEFF CHANG est professeur agrégé à l'Université Athabasca. Ses activités cliniques et d'enseignement portent sur la séparation et le divorce hautement conflictuels, la supervision clinique, le counseling scolaire et les thérapies postmodernes.

C2 - Never Say Never: Supporting Families Impacted by Infertility

Location / Lieu : Ballroom B

(English - Introductory)

There are an estimated 7.4 million infertile couples in North America and yet only approximately 1.5% seek Assisted Reproductive Technology (ART) to form their families. Many seek adoption and others form their families with the aid of surrogacy. As a result, the family unit has expanded to include all manner of permutations. This session offers an opportunity for participants to explore the ever-changing landscape of ART and Non-ART possibilities with respect to gender, culture and parental/nonparental roles. Implications for therapeutic intervention and coping strategies to assist families based on a multidisciplinary collaborative reproductive healthcare framework will be discussed.

LENORE GOLDFARB is an award-winning International Board Certified Lactation Consultant/researcher/educator, Certified Canadian Counsellor, registered psychotherapist and member of the American Society for Reproductive Medicine.

C3 - Narratives from Indigenous Canadian Youth on Doing Well in their Career Decision Making Process

Location / Lieu : Ballroom C

(English - Intermediate)

According to Borgen and Hiebert (2006), many factors influence our choice of occupations or career paths. These factors vary in importance across and within cultural contexts. What is missing is our understanding of what matters to those in diverse cultural context when selecting a career path. What are their career path choices? What are their barriers in career decision-making? In this SSHRC funded study, we collected the narratives of young Indigenous Canadian youth to understand their experiences of doing well in their current careers and to explore how they made their career decisions over time. Using a narrative research method, we interviewed twelve Canadian Indigenous youth who reported that they were doing well in their career decision-making process. We will present a summary of their narrative accounts and a thematic analysis across the narratives that reveal the main findings of this study. We will also present participant reported helping and hindering factors in making career decisions, based on the Enhanced Critical Incident Technique Interviews. Implications for counselling practice and career counselling in particular will also be discussed.

MARLA BUCHANAN is a Professor in Counselling Psychology at the University of British Columbia. She currently holds the Royal Canadian Professorship and is the Director of the Centre for Group Counselling and Trauma.

ALANAISE GOODWILL is a registered psychologist and assistant professor of Counselling Psychology (SFU). She is a citizen of Sandy Bay Ojibway First Nation (Manitoba) and resident of Sto:lo Territory (BC).

SARAH BECKER is a Phd student in Counselling Psychology at the University of British Columbia. Her research focuses on career decision-making and other career-related issues.

DAN CLEGG, MATTHEW MCDANIEL

C4 - 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 / Lieu : Kildonan

(Français - avancé)

Bien que de nombreux étudiants et superviseurs cliniques considèrent leurs expériences dans la salle de classe et les milieux cliniques comme étant positives, la relation de supervision n'est pas plus sans défaut que l'alliance thérapeutique. Toutefois, nous savons très peu sur les expériences négatives en matière d'éducation et de supervision clinique en raison des conflits interpersonnels qui se sont manifestés entre les superviseurs cliniques et leurs stagiaires ou les éducateurs et leurs étudiants. Cette présentation examinera les impacts débilissants et nocifs causés par une relation de supervision négative et abordera les voies possibles de recours.

VICKI-ANNE RODRIGUE (M.Ed., CCC) travaille à Immigration, Réfugiés et Citoyenneté Canada au Bureau de résolution des conflits. Elle est actuellement directrice francophone de l'Ontario avec le conseil national de l'ACCP.

C5 - How Biblical Contemplative Practice Facilitates Neuroplasticity in Adults who have Experienced Developmental Trauma

Location / Lieu : Assiniboia B

(English - Advanced)

This presentation discusses the utilization of biblical contemplative practice as a viable alternative to Eastern contemplative practice in facilitating neuroplasticity in adults who have experienced developmental trauma. There are 2.3 billion Christians in the world, that is, 31.2% of the world's population are Christians. Given the advancement in research and the effectiveness of using prayer and meditation to heal the brain from developmental trauma, this presentation discusses what the possibilities are of using biblical meditation and prayer to heal the brain from developmental trauma. It discusses the neurological impacts of meditation and developmental trauma. The presenter will report the findings from the study which indicate that biblical meditation has the same components as other forms of meditation, with the exception that biblical meditation techniques are found in the Bible. The study postulates that biblical meditation has the same neurological impact as other forms of meditation. Biblical meditation facilitates neuroplasticity in the brain stem, midbrain, and cortical structure. It also impacts the functions of neurochemicals, such as, serotonin, dopamine, BDNF, glutamate, and Gamma-aminobutyric acid (GABA).

COURTNEY DOOKIE is a psychotherapist and pastor. He currently works as a pastor with the Seventh-day Adventist Church. He recently successfully completed his defence for a doctorate in clinical psychology.

C6 - Providing Accessible Service to Clients who are Deaf or Hard of Hearing

Location / Lieu : Kildonan

(English - Intermediate)

As many as 1 out of 5 Canadians report having a hearing loss (Statistics Canada, 2015). While deafness can be considered a disability, many individuals who are deaf self-identify as part of a Deaf cultural group with its own cultural norms and language (Du Feu & Chovaz, 2014). Numerous studies have reported that individuals who are deaf or hard of hearing are more likely to have mental health issues than the general population (de Graaf et al., 2002; Fellingner et al. 2005; Kvam et al., 2007). Deaf and hard of hearing clients often present with symptoms of anxiety, depression, and other mental health issues due to systemic barriers that lead to ongoing challenges in communicating with others, succeeding academically, and finding accommodating employment. The purpose of this presentation will be to provide some of the knowledge and skills needed to make counselling sessions more accessible and effective for working with deaf or hard of hearing clients. This presentation will include case studies, and provide

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information on commonly reported issues for this population. Attendees will learn practical skills on how to work effectively with different types of sign language interpreters, as well as ways to provide culturally-sensitive and accommodating sessions.

MARLA KAYE is a Program Manager, Counselling Services, at the Canadian Hearing Society and a private practitioner in Toronto. Her career has been dedicated to serving marginalized individuals.

SARINÉ WILLIS-O'CONNOR is a CONNECT Counsellor at the Canadian Hearing Society. Her research and counselling practice is in multicultural counselling.

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

Location / Lieu : Charleswood A

(English - Intermediate)

Glenn Sheppard will review, in his usual story-telling style, a number of decisions of the Supreme Court of Canada and provincial courts. He will also examine judgements rendered by privacy commissioners and other adjudicators. Implications will be drawn for how these decisions can inform the professional practices for counsellors and psychotherapists.

GLENN SHEPPARD is a CCPA President Emeritus and writes the Ethics Notebook for Cognica. He has received a number of awards for his outstanding contributions to the counselling profession.

C8 - Learning to Dance...A Primer on Emotionally Focused Couple Therapy

Location / Lieu : Charleswood B

(English - Introductory)

Couple Therapy is a specialty field where clinicians can often feel overwhelmed by the conflictual patterns of interaction between a couple as well as the dynamics in the therapy room. This can result in the clinician finding that they are working with two individuals rather than working with the single entity of the couple as a whole, also known as the dance (pattern of interaction) that is occurring between the couple. Three Marriage & Family Therapists (MFT) who have specialized in couple therapy will share with you an opportunity to take a peek behind the curtain to see the specific dance steps to better understand love relationships. The presenters will share theoretical processes of the dance using Emotionally Focused Couple Therapy (EFT) as developed by Dr. Sue Johnson. EFT focuses on Adult Attachment and the cycles or patterns between couples. In this presentation you will be introduced to the basics of EFT, clues to identifying the three common "demon dialogues", and skills to support creating positive cycles of interpersonal interactions and emotional regulation with the couples you are working with.

MARSHA HARRIS is a MFT with fifteen years of experience working with individuals, couples, and groups. She is currently employed by Brandon University and maintains a private practice.

ROBERTA GRAHAM is a MFT with twenty-five years of experience working with individuals and couples, with expertise in trauma and domestic violence. She is Associate Professor at Brandon University.

ELAN JURY is a MFT working in private practice. Her passion for attachment based interventions has been ignited by the significant shift in clinical outcomes observed in her work with couples.

Indigenous Gathering Space

Location / Lieu : Fort Garry

10 h 15 - 10 h 45
Nutrition Break / Pause santé
Location / Lieu : Ballroom Foyer

10 h 45 - 12 h 00
Concurrent Sessions / Séances simultanée

C9 - The Influence of Play on the Anxious Child

Location: Ballroom A

(English - Simultaneous Interpretation)

Anxiety remains among the most easily missed illness in pediatric medicine; one study estimated, four out of five children with anxiety will never be treated for it. Children are commonly worried about loud noises, being startled, strangers, the dark, and separation. Most children experience anxious feelings; however, anxiety becomes a problem when it is disproportionate, disrupting, distressing, or if it lasts longer than six months in duration (Tompkins & Martinez, 2010). When an anxiety disorder develops, there is a higher risk for children to perform poorly in school, and avoid social experiences. Once these problematic behaviours are displayed, teachers or parents may seek professional services, such as play therapy. Play therapy is an emerging practice for the treatment of anxiety disorders in a vast majority of populations (Akay & Bratton, 2017; Li et al., 2016; Johnson, Bruhn, Winek, Krepps, & Wiley, 1999). Davis and Pereira (2014) suggested that Child Centered Play Therapy is especially useful to provide culturally competent counselling to young children. The child centered approach to play therapy specifically addresses anxiety disorders. This presentation will provide culturally competent play therapy techniques for the treatment of anxiety disorders in young children.

KRYSTAL VAUGHN is a Licensed Professional Counsellor-Supervisor and Registered Play Therapist-Supervisor specializing in children ages 2-12. Her research interests are supervision, play therapy, and mental health consultation.

KELLIE CAMELFORD is an Assistant Professor at Louisiana State University Health Sciences Center – New Orleans. Dr. Camelford previously was a school counsellor and a private practitioner.

KATHERINE GILMORE is a graduate student at Louisiana State University Health Sciences Center for Clinical Rehabilitation and Counselling and completed fieldwork with children and families. She presented locally, regionally, and nationally on play therapy.

ASHLEY BARBIER

C9 - L'influence du jeu sur l'enfant anxieux

Lieu : Ballroom A

(Anglais - Interprétation simultanée)

Les troubles anxieux comptent parmi les pathologies qui passent le plus souvent inaperçues en pédiatrie; une étude a estimé que quatre enfants sur cinq atteints de troubles anxieux ne seront jamais traités pour ce problème. Des bruits forts, l'obscurité et une séparation provoquent fréquemment de l'inquiétude chez les enfants. La plupart des enfants éprouveront un sentiment d'angoisse à un moment ou à un autre; mais l'anxiété devient un problème quand elle est disproportionnée, dérangeante, souffrante ou

qu'elle dure plus de six mois (Tompkins & Martinez, 2010). Quand un trouble anxieux s'installe, les enfants sont plus à risque d'avoir de mauvais résultats scolaires et de chercher à éviter les expériences sociales. Quand ces comportements problématiques se manifestent, les enseignants ou les parents peuvent avoir recours à des services professionnels, par exemple à la thérapie par le jeu. La thérapie par le jeu est une pratique émergente pour le traitement des troubles anxieux auprès d'une vaste majorité de populations (Akay & Bratton, 2017; Li et al., 2016; Johnson, Bruhn, Winek, Krepps & Wiley, 1999). Selon Davis & Pereira (2014), la thérapie par le jeu axée sur l'enfant est particulièrement utile pour dispenser un counseling culturellement compétent à de jeunes enfants. L'approche axée sur l'enfant dans la thérapie par le jeu s'applique précisément aux troubles anxieux. Cette présentation fournira des techniques de thérapie par le jeu culturellement compétentes pour traiter les troubles anxieux chez les jeunes enfants.

KRYSTAL VAUGHN est une conseillère-superviseure professionnelle agréée et une thérapeute-superviseure professionnelle autorisée spécialisée auprès des enfants de 2 à 12 ans. Ses intérêts de recherche sont la supervision, la thérapie par le jeu et la consultation en santé mentale.

KELLIE CAMELFORD est professeure adjointe au Louisiana State University Health Sciences Center, à la Nouvelle-Orléans. Mme Camelford était auparavant conseillère scolaire et praticienne d'exercice privé.

KATHERINE GILMORE est étudiante des cycles supérieurs au LSUHSC en rééducation clinique et counseling et elle a fait du travail sur le terrain auprès d'enfants et de familles. Elle a présenté des communications sur la thérapie par le jeu à l'échelle locale, régionale et nationale.

ASHLEY BARBIER

C10 - Disordered Eating in Counselling, a Dietitian/Counsellor's Perspective: Understanding the Diagnosis, Issues and Treatment with Practical Guidelines

Location / Lieu : Ballroom B

(English - Advanced)

Do you every deal with disorder eating clients? Do you deal with clients who are obese/over weight, yet they are not dealing with this issue? Did they come to you for other reasons and you feel you should address this issue and do not know how to deal with it? Would you like to know more information on how to deal with this sensitive issue? This seminar will look at the issues of disordered eating (anorexia, bulimia, and over eating); diagnosis, issues of treatment, and treatment options. What you can do as a therapist, when to use a multi-team approach with other professions, and when to refer out for treatment. This will include practical ideas of what you can do as a therapist.

AUDREY TAIT is a Registered Dietitian (AB), Canadian Certified Counsellor, photographer, author, and speaker with specialized training in disordered eating, multiple addictions, trauma, and character development.

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

Location / Lieu : Ballroom C

(English - Intermediate)

For the public and professionals, medical diagnoses and treatments are recent yet often primary ways for understanding and addressing our "mental health." Some critics, like Frank Furedi suggest that Euro-Americans have embraced a "therapy culture," or for Eva Illouz, they put mental health understandings central to understanding themselves and others. In counselling, however, there have been many discourses of understanding and helping beyond our contemporary mental health discourse. After sharing our view of discourse and counselling, we historically trace and critically review contemporary mental health discourse for how its diagnose and treat logic is shaping understandings and counselling pertaining to student wellbeing, bereavement, and 'addiction.' In particular, we examine mental health awareness campaigns in psychoeducation and counselling on postsecondary campuses. We then contrast Euro-American trends in medicalizing bereavement with other cultural understandings of bereavement potentially relevant to counselling. 'Excessive' cellphone use is then examined in terms associated within increasingly prevalent addiction discourses. We conclude by discussing how counsellors can join clients in critically exploring the constraints of mental health discourse while considering the understandings and practices of other helping discourses.

TOM STRONG is a Professor, couple and family therapist, and counsellor-educator at the University of Calgary who researches discursive approaches to psychotherapy.

JAN DEFEHR has been a counsellor for over twenty years and now teaches and researches critical mental health as an Assistant Professor of Education at the University of Winnipeg.

LAUREN BUOTE is an MSc student in Counselling Psychology at the University of Calgary, she also works as an RA and coordinator for Dr. Kaori Wada's cross-cultural grief research lab.

MACKENZIE SAPACZ

C12 - Attachment Relationships and Blocked Care: Using the Keys to Attachment in Family-Based Therapy

Location / Lieu : Assiniboia A

(English - Intermediate)

This session will provide a brief overview of attachment theory, including specific attachment patterns and the specific needs a child (or adult) may have based on their attachment pattern. The phenomenon of "blocked care" will be explored, including ways to identify and address this dynamic in child-caregiver relationships. Finally, the "Keys to Attachment", a comprehensive model for supporting positive attachment relationships will be discussed with implications for practice.

LEE-ANNE ADAMS is a music therapist and counsellor specializing in attachment-focused work with children, adolescents, families and adults using arts-based approaches.

JULIE WALSH has focused her practice on attachment based interventions. Her training in attachment has lead her to develop programs for a variety of agencies in Manitoba and present throughout Canada.

C13 - Exploring the Sacred...Synchronisities, Saints and Self-Discovery on the Camino Santiago - The Way of Saint James

Location / Lieu : Assiniboia B

(English - Introductory)

"The Call of the Camino is being heard all around the world-the call to move beyond that which separates us and to find that common bond, that spiritual thread which binds us together and, by extension, connects us to the Source of all that is." John Brierley. Having walked the Camino Francés in 2014/2015 and the Camino Portugués in 2017, I feel compelled to share these spiritual experiences and the impact on my professional practice as a Grief Counsellor. Through pictures and anecdotes my goal is to entertain, to inspire and possibly to generate within my audience a willingness to listen to that "wee small voice" that calls us to be our authentic selves.

BEVERLY HAGEN, a transplanted Cape Bretoner (Saint FX /Acadia grad). Beverly has been in private practice as a Grief Counsellor since completion of her MPS degree.

C14 - Counselling within Inuit Systems: Perspectives of a Non-Indigenous Clinician

Location / Lieu : Kildonan

(English - Introductory)

The author will discuss historical and current issues facing Inuit culture and society, including the loss of cultural identity that resulted among Inuit people due to colonization and sovereignty efforts. The Inuit culture is in a state of cultural transition and consequently requires culturally sensitive and knowledgeable counsellors. This author will discuss existing literature and personal observations from working as a clinician in Nunavut for five years to arrive at recommendations for practice.

ANYA BROOKER is a Canadian Certified Counsellor working in Iqaluit, Nunavut. She is a Master of Counselling graduate from Athabasca University and has specialized in Loss, Grief and Trauma Counselling.

C15 - Counselling Youth with Co-Occurring Learning and Mental Health Challenges: A Family Approach

Location / Lieu : Charleswood A

(English - Intermediate)

Across the lifespan people with learning differences have been found to be at risk for mental health concerns (Wilson et al., 2009). The impetus for this session is the notable overlap and prevailing climate of mental health concerns as well as learning challenges among school-aged children and youth. Youth anxiety has become a critical topic of discussion as counsellors, teachers, administrators, and families grapple with implications of increasing levels of stress among youth. Youth with learning disabilities and co-occurring mental health concerns is an underserved counselling population. Counselling interventions for youth with learning disabilities typically do not include family involvement. Parents of children with learning disabilities have also been found to exhibit higher levels of distress (Bonifacci et al., 2015). Having a child with learning challenges can significantly impact positive parenting and family functioning. The central goal of this session is to describe current research that expands knowledge of counselling interventions and strategies to support not only the struggling youth but also the family of the youth with learning challenges. Relational and contextual counselling approaches will be discussed.

BREANNA LAWRENCE is an Assistant Professor in the graduate counselling program at Brandon University. She has worked with children and their families for ten years in educational and clinical settings.

C16 - Fostering Reflective Practice through Clinical Supervision

Location / Lieu : Charleswood B

(English - Intermediate)

Clinical supervision is a unique and highly important area of competency in the field of counselling. While efforts are being made to increase the availability of and access to training in clinical supervision, limited coursework in clinical supervision in Canadian graduate programs and insufficient post-masters training opportunities pose significant barriers (CCPA, 2015). Positively, research across areas of clinical supervision continues to expand (Borders, 2015) and promising interventions to support supervisee's development exist. In this session, presenters intend to present a teaching and learning framework that will help guide clinical supervisors and clinical-supervisors in training in their provision of supervision (Goodyear, 2014). As an overarching goal in clinical supervision is to help supervisee's across developmental levels develop reflective practice (Bernard & Goodyear, 2014), they will also introduce specific interventions to help guide and stimulate supervisee's self-reflection. This will include interventions for individual supervision, such as Interpersonal Process Recall (IPR) approach (Kagan, 1984), a qualitative interview approach that can be used to access counsellor and counsellee experiences through reflecting on videotaped interactions, and interventions for group supervision, such as reflecting teams (Anderson, 1987), which are typically utilized during live supervision

SHARON ROBERTSON is Professor in Counselling Psychology, Faculty of Education, University of Calgary. She is a registered psychologist in the province of Alberta.

PAYDEN SPOWART is a doctoral student in Counselling Psychology, Faculty of Education, University of Calgary. He is a registered psychologist in the province of Alberta.

E. AIOFE FREEMAN-CRUZ

Indigenous Gathering Space

Location / Lieu : Fort Garry

12 h 00 - 13 h 00
Lunch on own / Dîner (non-inclus)

13 h 00 - 14 h 30

Closing Ceremonies and Keynote Address / Cérémonies de clôture et conférencier d'honneur
Location / Lieu : Grand Ballroom

Cultural-Based Helping Practices: Understanding the Continuum

ENGLISH - SIMULTANEOUS INTERPRETATION

Oppression comes in various forms, including those professional practices that conceptualize Indigenous peoples' experiences with oppression as issues stemming from deficiencies of the individual, family or community. More concerning is that the solutions proposed by theories in these professions are often based in the same philosophies, theories, and ways of being in the world that support the oppression. However, there are alternatives. As Indigenous peoples, we have our own ways of helping that stem deep into our philosophies, theories, histories, and cultures. These ways are already more culturally safe and appropriate than the practices that dominate social work practice with Indigenous peoples.

This presentation begins with a brief note of the impacts of colonialism in relation to support/helping/change professions. It then outlines the spectrum of options for practice with Indigenous peoples and critiques them in relation to how well they address the colonial impacts. A discussion of Indigenism then follows. This discussion addresses what is Indigenism and how it relates to the spectrum of practice options. Finally, the presentation closes with an overview of one model to practice as an example of Indigenous ways of helping that reflects indigenism. This model is presented as a means to encourage and support the resurgence of Indigenous ways of helping for professional practice.

MICHAEL HART is a citizen of Fisher River Cree Nation and father of two teenage boys. He is also Professor in the Faculty of Social Work, University of Manitoba and the Canada Research Chair in Indigenous Knowledges and Social Work. His research focuses on reinforcing Indigenous knowledges and practices for inclusion in professional practices, Indigenism and anti-colonial process in the fourth world, and Indigenist research processes.



Des pratiques d'aide à composante culturelle : bien comprendre le continuum

ANGLAIS - INTERPRÉTATION SIMULTANÉE

L'oppression se présente sous diverses formes, notamment celle de pratiques professionnelles qui conceptualisent les expériences d'oppression vécues par les personnes autochtones comme étant la conséquence de problèmes de déficiences sur le plan de l'individu, de la famille ou de la collectivité. Il est encore plus inquiétant de constater que les solutions mises de l'avant au sein de ces professions sont souvent fondées sur les mêmes philosophies, les mêmes théories et les mêmes présences au monde que celles qui soutiennent l'oppression. Il y a cependant d'autres solutions possibles. En tant que peuples autochtones, nous avons nos propres façons de pratiquer l'aide et qui trouvent leur source profondément dans nos philosophies, nos théories, notre histoire et nos cultures. Ces approches sont déjà plus sécurisées sur le plan culturel et mieux adaptées que les pratiques dominantes à l'exercice du travail social auprès des peuples autochtones.

Cette présentation s'amorce par un bref constat des impacts du colonialisme en lien avec les professions de soutien, d'aide et de changement. Puis, on y souligne la gamme des options possibles pour la pratique auprès des peuples autochtones, tout en les critiquant sur leurs aptitudes respectives à prendre en compte l'impact du colonialisme. Suit alors une discussion sur l'indigénisme, dans laquelle on aborde la définition de ce concept et son lien avec la gamme des options de pratique. La présentation se conclut par un aperçu d'un modèle de pratique cité comme exemple des approches autochtones en matière d'aide qui sont représentatives de l'indigénisme. On présente ce modèle comme un moyen d'encourager et de soutenir la réapparition d'approches autochtones en matière d'aide dans la pratique professionnelle.

Sunday, May 13, 2018 / Dimanche le 13 mai 2018
2018 CCPA Annual Conference / Congrès annuel de l'ACCP 2018

MICHAEL HART est un citoyen membre de la nation Cri de Fisher River et père de deux garçons adolescents. Il enseigne également au département de Travail social de l'Université du Manitoba et est titulaire de la Chaire de recherche du Canada sur les connaissances autochtones et le travail social. Sa recherche porte principalement sur le renforcement des connaissances et des pratiques autochtones et leur inclusion dans les pratiques professionnelles, les processus indigents et anticolonialistes dans le quart-monde et les procédés de recherche indigéniste.

