

BC Chapter of the CCPA Newsletter

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Chapter Fee Reminder

Your annual \$20 Chapter fee is a very valuable contribution that helps support the BC Chapter. One of our top priorities and the main distribution of Chapter funds is the [FACTBC](#) initiative, which works towards the establishment of counsellor regulation through a BC College of Counselling Therapists.

Want to include something in the newsletter?

We are always looking for BC Chapter member newsletter contributions. So if you've written an article that you want to share or you know of any upcoming events or workshops that might be of interest to the BC Chapter community we would love to hear from you. All newsletter submissions can be sent to lisa.cavey@gmail.com

PRESIDENT'S MESSAGE



Welcome to 2018 and our latest newsletter! As I reflect back on all we have been up to over the past year, I am heartened by our members' commitment to personal and professional growth, as well as their desire to build a strong counselling community. From our Summer Social to the Clinical Supervision Workshop hosted by CCPA in November, I witnessed people connecting in deep, authentic ways. I personally believe that it is only in our coming together - to listen, witness, understand and support one other - that we can best survive the seemingly seismic global changes that we are experiencing. As counsellors, our influence goes beyond our counselling office walls, and I am encouraged by all the amazing counsellors I have had the pleasure of coming in contact with this past year! I would like to mention one counsellor in particular, Lisa Cavey, whose commitment to counselling services accessibility resulted in her successfully lobbying 3rd party insurance coverage for all employees of the Catholic Independent Schools Archdiocese Vancouver by Great West Life for CCCs! Lisa, you are an inspiration to us all! Please enjoy our latest newsletter (formatted and edited by Lisa as well!) and thank you for being a part of our BC family - may we continue to be the change we wish to see in the world.

Kindest Regards,

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

UPCOMING EVENTS AND ACTIVITIES

BC Chapter Annual General Meeting

The AGM is a wonderful opportunity to learn more about the BC Chapter and a chance to meet your fellow BC Chapter members! After the AGM we will have a **guest speaker**, which in the past has been approved by CCPA for Continuing Education Credits. More details on the presenter and presentation topic to follow!

Date: Saturday, May 5 2018

Time: 9:00 a.m. - 12:00 p.m.

Location: Adler University, 520 Seymour St,
Vancouver BC, V6B 3J5

Presenter: TBA

Learn more about the BC Chapter at:

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

UPCOMING EVENTS AND ACTIVITIES CON'T

CCPA 2018 Annual Conference & BC Chapter Breakfast

The CCPA's 2018 Annual Conference will be held in Winnipeg, Manitoba from May 10 to 13, 2018. The Keynotes this year are **Don Burnstick** on "*Healing Through Humor: Laughter is Good Medicine*", **Michael Hart** on "*Cultural-Based Helping Practices: Understanding the Continuum*", **Anne Bisson** on "*The DNA of Happiness*", and **Tayyab Rashid** on "*The Next Frontier – Integrating Yin & Yang of Human Experience*".

BC Chapter Breakfast Details

Date: Friday, May 11, 2018
Time: 7:00 a.m. to 8:30 a.m.
Location: TBD
Cost: Pay for your own breakfast
RSVP: Please send confirmation to Siri Brown at bc.chapter.ccpa@gmail.com by April 27, 2018



2018 BC Chapter Educational Summer Social Event

We are happy to announce that our tradition continues as Dr. Laleh Skrenes has once again generously offered to host the 2018 educational summer social event! Encouraged by the success of past summer social events, we are excited to meet and connect with even more members of our BC Chapter family. Stay tuned through an e-mail announcement for the exact date and time, which will take place in Vancouver, BC in August 2018.

REVIEW OF THE CLINICAL SUPERVISION WORKSHOP

SIRI BROWN

In alignment with BC Chapter members' requests for ongoing professional development opportunities, the CCPA organized a one-day workshop on Clinical Supervision, entitled, "A Primer on Clinical Supervision for Counsellors and Psychotherapists: Enhancing Professional Development of New Colleagues via Establishment of a Framework for Informed Supervision". Presented by two highly experienced, dynamic clinicians, Blythe Shepard, PhD., CCC, and Meg Kapil, MA, CCC, the interactive workshop was very well received by participants. A comprehensive overview of key considerations for those interested in becoming supervisors or improving their supervision practice provided valuable, practical, and up-to-date considerations for supervisors (e.g. strategies and techniques, documentation and record-keeping, legal and ethical issues, an risk management). Interactive case studies helped deepen the learning and provided an opportunity for participants to connect with one other. It was a fantastic introductory workshop that provided a solid overview of what is involved in becoming a competent clinical supervisor, and a potential first step towards CCC-S certification (please see <https://www.ccpa-accp.ca/membership/supervisor-certification/> for more details). A big thank you to the CCPA, the BC Chapter, and Blythe & Meg for such a successful workshop!

My Journey to Private Practice

LISA CAVEY



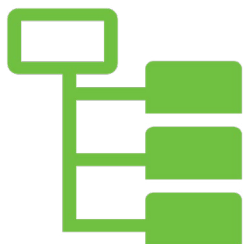
After working as a counsellor in a variety of settings I finally decided to take the leap into private practice. At first it sounds simple, all you have to do is find an office and voila! You're open for business, right? Of course, it's definitely not that simple. Here are the top 4 things I have learned while getting set up. I hope others who might be considering opening up a practice of their own find the information helpful.

1. Reach out and don't be afraid to ask questions. Whether it's in person or online, there are so many incredible private practitioners out there with immense knowledge and experience; it would be silly not to ask them for help. And believe me, the questions are endless when you are first starting out. Do you give paper or digital receipts? Do you write your casenotes or use digital documentation? What marketing strategies do you find most effective?



What I learned, aside from the answers to my questions, was that each counsellor works differently. Building a practice is a process and you need to try things out to see what works for you and for your clients. I constantly have to remind myself that even if one practitioner has a thriving practice and does something one way, it does not mean that my practice will not succeed if I do that something a different way. Over time, and through trial and error, I'm starting to find my own style and rhythm that not only suits me as a counsellor but as an individual as well.

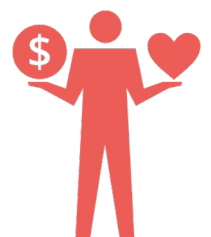
2. Get organized but don't get caught up in the small stuff. Obviously, there are many things you need to do in order to start a practice: register a business name, get liability insurance, find an office, make forms, get business cards, create a website, market yourself, and the list continues. All of that aside, I found myself getting stuck, sometimes spending hours on little things, like trying to find pictures for my website or researching font types for the "Home" page.



While I was so focused on finding that perfect picture or font, I had completely forgotten to buy a receipt book and was avoiding writing any content for my website. A beautiful picture is great, but without a bio it's useless! Let me tell you, it's very easy to procrastinate on the small things that seem extremely important in the moment.

I know now that many things in this business are a bonus during the early stages of development, and learning to prioritize was crucial for getting my name out there. I did not need to get it perfect the first time, but I did need to get something out there or no one would have known I even existed.

3. Fight the temptation to do everything! I experienced first hand how tempting it was to say, "I work with everyone!" and expect endless phone calls and e-mails with potential clients eagerly waiting to see me. Well I'm sorry to say, it doesn't work that way! Playing a game of tug-o-war was such a challenge: do I stick with my niche and potentially narrow my client pool or do I open myself up to everyone? Like many, my first instinct was to get as many clients as possible, as quickly as possible, in order to start making money. But the reality is, a) how on earth would clients find me among the many available and very competent counsellors, and b) how could I possibly expect to work with anyone, at any age, dealing with any type of issue? When I took the time to envision my "ideal" client, I knew that I felt most excited, curious and 100% present while working with adolescents and young adults. Therefore, shouldn't that be exactly who I sit across from in each session?



At first it was scary to think I was potentially limiting my number of clients, but I quickly learned to feel confident with my specific training, knowledge, and experience. My “30 second elevator pitch” is now much stronger because people know who I am and who I work best with.

4. Be yourself and enjoy the journey. After viewing hundreds of counsellor websites for inspiration, it’s easy to start doubting yourself and your ability to make it in this field. There will always be a more experienced counsellor, but those are the people you learn from and the people that can help you. Building a practice takes time, and the more I learn and grow, the more my practice will evolve around who I am and the specific clients I want to work with. Your practice is after all, your practice! You get to decide what clients you see, meaning you get to decide what your work life looks like. I still don’t have all the answers, nor will I ever. But, as we all know, going into the field of counselling means dedicating ourselves to life long learning - not because we have to, but because we want to, both for ourselves and for our clients whom we care deeply about. Opening up my own practice has been an exciting and scary time. It is a journey that should be cherished and enjoyed because finally I get to make all the decisions and do exactly what I love to do every day.

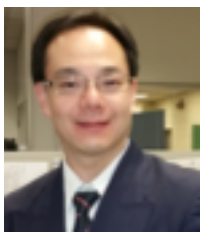


Author Spotlight

Lisa Cavey, MA, CCC, is a clinical counsellor, speaker and consultant. She has worked in the field of health and wellness over the last 12 years. With a Master of Arts in Counselling Psychology from Adler University, she currently works as the personal counsellor at Little Flower Academy, a Catholic all girls independent high school, where she provides immediate and ongoing mental health support services to students and their families. In addition, Lisa has her own private practice (www.caveycounselling.com) in False Creek, Vancouver BC, where she specializes in working with adolescents and young adults struggling with anxiety, depression, stress management, self-harm, perfectionism, self-esteem, grief, compulsive technology use and university/career planning. Lisa is also on the Board of Directors for the BC Chapter of CCPA and is the Editor for the BC Chapter Newsletter.

On Becoming a Board Member

PAUL YEUNG



I was invited by one of the former Past Presidents Ruth Silverman to attend the BC Chapter AGM in May 2007 and got voted in to serve on the board by the AGM members. I was the new kid on the block then and have been serving on the board for the past 10 years.

Some people might say that serving on a volunteer board can be a source of frustration and waste of time, particularly if it is not well matched between the organization and the volunteer board members. However, when there is a match, it can be a rewarding experience at both the personal and professional level.

I can honestly say that serving on the BC Chapter Board has definitely been and continues to be a rewarding experience. Aside from attending the board meetings, there are so many amazing behind the scenes projects that we continue to discuss and develop. I am thankful to have had the opportunity to serve on multiple projects, such as representing the Chapter Board for the BC Task Group (the former name), as well as attending events to help promote the mandate of CCPA, such as presenting to graduate students across the Lower Mainland. I always enjoy brainstorming new ideas about how we can connect with all our BC Chapter members. Throughout these years, I have met so many wonderful and talented individuals that I now call friends. To me, that is one of the highlights of being a part of such an incredible team of volunteers who are dedicated and share my passion for the field of mental health.

In summary, it has been a wonderful 10 years of volunteering. If you are considering joining us as a volunteer on the BC Chapter board, I would invite you to reflect upon why the position is of interest to you and whether or not you’ll find a good fit both personally and professionally.

Review of Mobile Apps to Use for Counsellors and Clients

RICHARD TATOMIR

Zoom Web Meeting. Website: zoom.us (Computer), Android (Google Play Store) and iOS (App Store). **Cost:** Free for most options. **Why it's great:** Zoom is the most stable, secure, and highest-quality of videoconferencing services in my opinion (as well as many IT professionals). It has end-to-end encryption, and, for added security, password protection. (According to cyber counselling/informed consent best practices, you should always have clients understand that no form of telecommunications is 100% secure before they agree to use it or not). Zoom has never dropped a connection and rarely lags or lowers quality for my many sessions with clients, especially compared to Skype or Facetime. Participants can dial in from almost any country in the world in the case they can't/don't want to use the app or browser-based version. The only limitation of the free version is that with 3 or more participants, your session is limited to 40 minutes.



Mindshift by AnxietyBC. Android and iOS. **Cost:** Free. **Why it's great:** In addition to providing accurate, up-to-date, client-friendly, normalizing education and self-assessments on the most common forms of anxiety and their causes, my favourite feature is "Chill Out Tools." This feature provides a number of audio relaxation exercises, such as "Tense and Release" and "Calm Breathing" that can be accessed without an internet connection--great if panic strikes. I encourage my clients to practice everyday to reinforce their relaxation response so they can better face their phobias when we are ready to begin systematic desensitization.



MoodTools. Android and iOS. **Cost:** Free. **Why it's great:** Under "Thought Diary," clients are led through a common exercise in CBT, the 3-column sheet or thought challenging exercise, which allows them to practice providing situations where their mood dropped, identify and challenge their cognitive distortions and think of alternative/healthier thoughts and behaviours. Repeated use of tools like this may help to rewire the brain and gain perspective/loosen untruthful and unhelpful beliefs. Clients can also create a brief safety plan/relapse prevention plan that they can always have on them.



thinkFull. iOS. **Cost:** Free. **Why it's great:** Developed in partnership with CMHA, teenmentalhealth.org and heretohelp.bc.ca



(the official site for mental health resources in BC and connected 24/7 Mental Health support line 310-6789), this app meets the common client question of "What can I do when I'm feeling...?" with hundreds, if not thousands of ideas for self-care. Clients can check in regarding their stress level, write a journal entry and create their own digital "calm down kit" under the "Tips" feature dragging the tips that work for them/they want to use into the bucket while tossing others. There is a great mix of stimulating, organizing, and calming activities that will meet almost anyone's unique coping style. As you practice, you can chart your mood and see how practicing Journaling and Self Care has a positive impact on your mood over time, making this app self-reinforcing.

Psych Drugs (iOS), **Psych Meds** (Android). **Cost:** Free for ad-based version (small banner ad at top of screen). **Why it's great:** Even offline, you can now quickly search most psychotropic drugs by trade name or generic name, quickly seeing if your client's medications are in the low or high dosage range for either child or adult, class (e.g. benzodiazepines/anxiolytics vs. SSRIs/antidepressants), and possible side effects.



Gottman Card Decks. iOS and Android. **Cost:** Free. **Why it's great:** It use to cost hundreds of dollars to get all the different card decks the Gottman institute has for couples to get to know each other better, update their love maps, and find ideas to spice up date night and beyond (the "Salsa" deck/"Sex questions to ask" deck), but now most of their decks are all in one easy place--your phone. Finally an app that let's you actually connect better with your partner. The only card deck I notice missing is "52 questions for Couples about to Get Married or Move In," so overall great, thanks Dr. Gottman!



Smiling Mind. iOS and Android. **Cost:** Free. **Why it's**

great: A whole curriculum of meditations by grade level from Elementary to Adult and in between. A partnership between Virgin and an Australian non-profit developed by psychologists with the goals to have Mindfulness Meditation officially a part of that country's National Curriculum by 2020, this is a great app that even after weeks of use I have not gotten to the bottom of. The only comments/warnings I have regarding this app was one client who said the voice's accent was distracting--however not in a negative way--apparently she was very partial to Aussies and was visualizing the person giving the instructions rather than the instructions themselves...

Additional Notes re: CBT Apps. The only thing I wish these apps had was more guidance through the CBT steps, so I would suggest making sure you

have done the "Thought Diary" at least once with clients in office and provide them with resources to help them better understand CBT and how it works when they are not in your room. Besides the time-tested "Feeling Good: The New Mood Therapy" book or workbook, some digital resources are: <https://www.getselfhelp.co.uk/>, an entire multi-module course in CBT (free), and the Youtube videos: "Cognitive Behavioral Therapy (CBT) Simply Explained" by Pinnacle of Man, "Automatic Thoughts" by WatchWellCast and for pre-teens or older children, the "SenseAbility" Youtube channel. Finally Google "Bounce Back BC" and go to the first link by CMHA, which is an entire video course on CBT provided by CMHA and also supported by the Ministry of Health, which means a client can talk to almost any doctor in BC and get signed up for the full program, which includes free telephone sessions with a Bounce Back coach.

Author Spotlight

Richard Tatomir is a Masters-level Canadian Certified Counsellor, CCPA BC Chapter board member, and public speaker, with extensive experience gained in Canada in the UK in behaviour therapy, attachment & relationships, addiction, and the neurobiology of trauma. Richard works at the Ministry of Children and Family's Child and Youth Mental Health Integrated Practice program teaching trauma-informed practice to care teams, and retains a private practice, Relationship Experts Vancouver, specializing in reducing conflict and increasing connection in couples, families and work teams from a Gottman and Emotionally-Focused lens. Richard provides consultation to practitioners and organizations interested in starting private practice businesses or non-profits, and he has been highly involved in the Vancouver Feminist Narrative affordable counselling clinic, ProChoices Community Counselling, for the last 2 years where he has provided occasional supervision, and spear-headed the necessary steps for that organization to become a non-profit. Richard hosts workshops for practitioners and the public, and loves to mentor those wanting to enter the counselling field. He is currently embarking on steps towards a PhD, and is looking for collaborators in the field of program/curriculum development and evaluation for creating training for (1) increasing counsellors leadership and conflict resolution skills in order to make better care team facilitators, and (2) giving caregivers such as group home staff high-level counselling and de-escalation skills to better work with highly traumatized clients. Richard can be contacted at relationshipexpertsvancover.com, or relationshipexpertsvancover@gmail.com.

REMINDER ABOUT THE BEV ABBEY AWARD!

Each year, the BC Chapter of CCPA sponsors an award to recognize and remember the late Bev Abbey, and to honour her generosity, selflessness, and many contributions to CCPA.

The Bev Abbey Service Award is given annually to a BC graduate student in counselling psychology. The due date for applying is **March 16, 2018**, and the award is worth \$200 plus a year's student membership to the CCPA and the BC Chapter (valued at \$105).

If you think you might be eligible, or might know of a student who meets the criteria, please see the attached [Terms of Reference](#) and [Application Form](#).

LET'S GET TO KNOW OUR MEMBERS!

In this newsletter segment, we learn a bit more about two counsellors from our BC family. We hope you enjoy getting to know Dr. Roberta Neault and Ben Ho!



Name: Dr. Roberta Neault, CCC, CCDF, GCDFi

Title/Institution: President, Life Strategies Ltd. / President of the Counsellor Educators Chapter, CCPA

How long have you worked at Life Strategies Ltd.? We're celebrating our 25th anniversary in March.

How would you describe your learning journey or counselling work in two sentences? I love to learn and enjoy working in a field where the learning never ends. As a counsellor, it's such a privilege to walk along side a client and witness life changing "aha moments." I approach my counselling and teaching as partnership, recognizing the wisdom that each student and client brings to the table and helping to shape that a bit with the tools that I can bring.

If you could switch studies/careers tomorrow, what would it be? I love my work as a career counsellor, career consultant, and counsellor educator and have been working in the career development sector for 40 years next week. I certainly could have switched careers but have never wanted to. This is a field where I've continued to learn from every client, every project, and every student – it's never stale or boring. I feel so privileged to be able to engage in work that is so inspiring and engaging.

What quote inspires you most? I use a quote from Cardinal Newman in my signature line: "To grow is to change, and to have changed often is to have grown much." I think this fits with my very eclectic portfolio/project-focused career.

What is the one thing you can't live without as a counsellor? A great team of resourceful and inspiring people who are willing to share!

Name: Ben Ho

Title/Institution: I graduated from Santa Clara University in California, USA and my professional passion lies in the treatment of trauma, couples counselling, and spiritual and life transitions.

How long have you been working in the counselling field? I have been a Marriage and Family therapist for 24 years (since 1994).

How would you describe your counselling work? I derive great intrinsic satisfaction in helping my clients meet the challenges in life, improving their quality of life.

What population do you work with and why? My specialties are in trauma, couples counselling and managing transitions. I am currently working to be an EMDR consultant/trainer. As a Clinical Supervisor, my major goal is to groom the next generation of psychotherapists.



Interview continued on page 8

What has been your proudest moment so far in your work? When clients write to me after a long time, telling me how their time in counselling has helped them face and manage life's challenges.

What do you like to do outside of work? I enjoy fishing, skiing, travelling and part-time creative hairdressing.

What quote inspires you most? "...the truth shall set you free..." Bible, John 8:32

UPCOMING WORKSHOPS, SEMINARS & WEBINARS IN BC

How to Set Up a Private Practice - Constance Lynn Hummel Online Workshop \$179 (dates available monthly)

Discover the steps required to set up, market, and manage a thriving and profitable private practice on your own time, at your own pace, in your own home. Includes immediate access to 4.5 hours of self-guided video content (available for 6 months), downloadable worksheets to track your progress, and access to a live Q&A group call to get your personal questions answered.

Explore tips for marketing, branding, legal logistics, finances, online presence, among others; plus determine if private practice is right for you. To register or for more information <http://www.thebusinessofhelping.com/workshop/>

2018 Training Dates for Traumatic Incident Reduction (TIR) and Life Stress Reduction (LSR) in Surrey, BC

1. TIR - February 22-25, 2018
2. LSR - May 31-June 3, 2018
3. TIR Expanded Applications (EA) - September 22-24, 2018

Graduates of the TIR workshop are able to resolve clients' traumatic memories and also reduce negative emotions. Graduates of the LSR workshop learn skills to resolve relationship difficulties, self-esteem issues and other life stresses. The TIR-EA workshop adds to the skills learned in the TIR workshop with techniques to handle future fears, body image issues and addiction. This year's training fees remain unchanged: \$820 + GST for the first 4-day workshop with me, and reduced rates apply for subsequent workshops. For more info, please visit <https://www.paulinecarey.com/training>

Crisis & Trauma Resource Institute Inc.

The Crisis & Trauma Resource Institute is an approved CCPA provider of continuing education credits. Workshops are offered throughout the year in most major Canadian cities. For a detailed list of upcoming workshops in BC, click [here](#).

Jack Hirose & Associates Inc.

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

University of British Columbia

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

Vancouver CBT Centre

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



Please note, the above list of upcoming workshops, seminars and webinars is intended to serve for your information only. Should you decide to participate in any of these events, the BC Chapter cannot be held liable for the accuracy of information (including, but not limited to, dates, registration fees and specific content delivery), as the BC Chapter is not affiliated with any of the institutes/organizations/presenters involved.

Members of the BC Chapter Executive

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Siri Brown

President-Elect
Vacant

Secretary
Tammy Lee

Treasurer
Paul Yeung

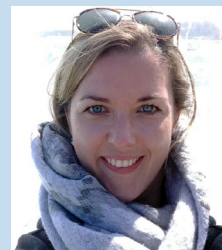
Directors
Lisa Cavey, Ernest Chen, Priscilla Coleff, Cathleen Dyer, Laleh Skrenes, Richard Tatomir

Board Liaison
Madeleine Lelievre



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

Editor Information Lisa Cavey, MA, CCC



Lisa Cavey is a Director on the BC Chapter Executive. She currently works as a counsellor at Little Flower Academy, a Catholic independent high school in Vancouver, BC. She also has her own private practice in False Creek (www.caveycounselling.com) where she specializes in working with adolescents and young adults.