

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 connect@caveycounselling.com

PRESIDENT'S MESSAGE



Welcome, colleagues and fellow counsellors, to our newsletter- summer edition! I am excited to serve as the new president of the BC Chapter for the next two years. I am honored to take on this role and look forward to connecting with more members in BC. We are going through a very exciting time as a counselling therapist in BC. We have continued to be active with FACT-BC initiative. With the addition of a new social media coordinator and administrator, FACT-BC has committed to expanding promotional activities for the formation of a college for counsellors. CCPA has asked our members in BC to reach out to MLAs. They have indicated sincere appreciation to those who participated in this engagement. We ask for your continuing support and participation.

At the CCPA 2018 annual conference in Winnipeg, Manitoba, our past president, Siri Brown, graciously hosted a breakfast meeting for the BC Chapter members who were able to make it to the conference! Our BC Chapter AGM was held on May 5, 2018 where we had a 1.5 hour CEC-approved presentation on the topic, "Cultivating the Compassionate Self." I want to thank all of you who came out to share positive energy and support.

Lastly, we are going to host the BC Chapter annual summer social event on August 25, 2018. We invite you to join us for a Saturday afternoon get-together, to meet other BC Chapter members and participate in an educational workshop on Observed & Experiential Integration (OEI). Please find the detailed information in this newsletter.

Again, thank you for all your wonderful work!

Warmest regards,
Tammy Lee, M.Ed., CCC
BC Chapter President

Learn more about the BC Chapter at:
<https://www.ccpa-accp.ca/chapters/british-columbia/>

UPCOMING BC CHAPTER EVENT

BC Chapter Summer Social Event 2018

It's Summer Social time! The BC Chapter Board of Directors of the CCPA invites you to an educational/social event at a BC Chapter member's residence in the Point Grey area, Vancouver. Come learn about Observed & Experiential Integration (OEI) and network with other members of the BC Chapter! The presentation will be 1.5 hours long, which will be followed by a networking and socializing event! We invite you to come meet some of your fellow colleagues and make some new friends. This event is free and light refreshments will be served.

Date: Saturday, August 25, 2018

Time: 2:00 p.m. – 5:00 p.m.

Location: Vancouver, B.C.

Topic: Observed & Experiential Integration (OEI) [pending approval for 1.5hrs of CEC]

Presenter: Dr. Rick Bradshaw is a Psychologist with 37 years of experience, primarily treating psychological trauma and anxiety. He has made over 60 presentations at national and international conferences, including 8 Keynote Presentations and Invited Addresses, to audiences as large as 2,000. He has also trained and treated people in Indonesia, Korea, and China. He has taught graduate students in three post-secondary institutions, and for ten years was the Senior Psychologist & Director of Training in the Counselling Service of Simon Fraser University. Recently he worked for 2 years in a psychoneurophysiology clinic, applying neurofeedback to treatment of performance and other anxieties. Rick also co-developed a new psychotherapy called "Observed & Experiential Integration" (OEI), which has been used to treat the symptoms of all forms of psychological trauma, including public speaking anxiety.

The event can accommodate up to 25 people in total so don't wait too long to RSVP. This has been a big success the last couple years and feedback from attendees has been very enthusiastic - come meet your fellow counsellors, learn something new, eat, drink and have fun! Please RSVP to Tammy Lee at bc.chapter.ccpa@gmail.com by August 13, 2018 and a separate e-mail about the event location will be sent to you.

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

WELCOMING STEPHANIE SLATER TO THE BC-CCPA TEAM!

Greetings fellow BC Chapter members from the newest member of the board! My name is Stephanie Slater and I am very pleased to have the opportunity to serve on the board of directors. It is a pleasure for me to be joining a board whose members are as passionate about the counselling profession as I am. I have a deep respect for our profession and it is important to me that our profession continue to be taken seriously and recognized as a vital component of health care. That is why I have volunteered to be a board member and I can not wait to start contributing in my role.



A bit about me: Currently I am a Child and Youth Mental Health Counsellor for the Ministry of Child and Family Development. I also see clients privately through Kerry Moller & Associates. In addition to government and private work, I have a long history of working in the non-profit sector. I believe that my experiences working in diverse counselling fields will inform my role on the board of directors.

Thank you for reading and getting to know a little bit about me. I hope to have the chance to get to know many of you in the near future. I promise that I will serve and represent you to the best of my abilities in order to maintain and improve the professional reputation of our shared profession.

Warmly,

Stephanie Slater MA, CCC, RCC

Reflections on the 2018 Annual CCPA Conference - My Sweat Lodge Experience

SIRI BROWN



I attended the 2018 CCPA annual conference held in Winnipeg, Manitoba, this past May. I had been to Winnipeg before (a previous CCPA conference, actually) and though I was excited for the amazing experience I always have at CCPA conferences, I was humbled by how profound and perspective-shifting my experience this year was.

The most impactful thing that I experienced this year though happened outside the conference walls: I signed up to attend a traditional “learning” sweat (one of the social activities offered), and was daunted by the directions, guidelines, and expectations emailed to me - no contact lenses or glasses (eep! I can see only 6 inches in front of my face without help), no jewelry (can I sneak my belly ring in, or will it really burn my flesh as warned?), no menstruating women (really?), and oh yes, women had to have their shoulders covered and wear long skirts to cover their legs.

I had, as they say, many feelings about all this.

As I struggled with what I felt were unnecessary and sexist practices, I debated whether to attend the sweat at all. This internal struggle became external, as some of my colleagues and I (not all white, but none First Nations) wrestled with our first reactions vs our desire to show respect for our hosts’ traditions. The time came, I ended up attending, and I had to borrow a skirt at the last moment as my long pants did not cut it (I wrongly assumed if my legs were covered, that would be okay. Never second-guess a practice that isn’t yours - my first learning of the evening!). I took my glasses off, leaving them on the blanket as instructed, and felt a peculiar and unusual vulnerability as I sprinkled my offering of tobacco and cedar in the fire before getting on my hands and knees and crawling into the dark, cramped dome tent structure where the 2 hour ceremony was to take place. Crammed next to the other participants (I am still in awe of how many people they fit into that tent!), I sat, nervous, a bit irritated, and generally out of my element. As, I can imagine, many of our clients feel on a daily basis. Or the Indigenous people

of Canada have felt, year after year, as their lands, traditions, languages, mobility, and children have been taken from them. I started feeling these things on a visceral level, sweating there in the dark, as loud drums, rattles and fervent singing/chanting intensely filled the small, body-crammed space. I was not from this lineage, this narrative was not my own, yet I had been invited in, openly, to learn and experience a very powerful and personal spiritual practice outlawed and denied to their ancestors and to many of them, until recently. The full extent of the wounding, the ripping and displacing of not only their physical selves, (and their children - certainly one of the most barbaric actions humans can commit to other humans), but their roots, ways of being with their land, their food sources, their world, their ancestors and their communities, washed over me.



As we honoured our ancestors, learned about the spirit animals, and breathed sweet cool air in between the four rounds (one for each direction), I felt ashamed about my indignation over “having” to wear a skirt. I realized, perhaps a little later than I would like to admit, that these practices were not for me to judge. I was a guest coming from a place of privilege, and framing our hosts’ requirements from my own cultural/societal perspective was not only grossly inappropriate, but it also revealed to me how much I still operated through my particular lens.

I emerged, I like to think, a little bit wiser, a little bit more compassionate, and a whole lot humbler. As I peeled off my borrowed skirt, balanced my glasses on my nose once more and stretched my hot and cramped limbs in the cool night air, I marveled at the pink, yellow and blue sunset that seemed to celebrate with me. I will always be grateful for the patience, kindness, humour and trust of our sweat hosts, as I can’t help but marvel at the size of their hearts for opening up to strangers and sharing something so sacred. Thank you. Miigwech. I am forever changed by your generosity.

Author Spotlight

Siri Brown, M.A., CCC, is a psychotherapist who is committed to helping others while maintaining her own energy and sustainable practice. A practitioner of mind/body psychotherapies and hypnotherapy, Siri’s approach to therapy is holistic and geared towards helping others heal on multiple levels. She enjoys working both in private practice and as a Wellness Educator/Therapist for Vancouver Coastal Health’s /Employee Wellness/EFAP. Siri also enjoys presenting and has created customized workshops for a variety of organizations, and presented at a number of national and international conferences. She currently specializes in Compassion Fatigue and Professional Burnout, as well as counselling to survivors of violence/abuse. Siri is very passionate about participating in and giving back to her profession, and currently serves as the Past President of the CCPA BC Chapter. She looks forward to helping connect counsellors across BC and supporting them in the very important work they do.

To EAP or Not to EAP, That is the Question...

ROMA PALMER



At one point or another, many counsellors consider diving into the world of EAP counselling. There is little information available that describes what is involved in the work. Individual counsellors are left to figure out what is involved in working with EAPs by word-of-mouth and rumour. This article will outline some considerations to help with your decision-making process.

Employee Assistance Programs, or EAPs, are a confidential, short-term, counselling service for employees with mental health issues, addictions, personal or workplace problems. It is a benefit paid for by employers with no cost to employees. Many EAPs offer services in addition to counselling (work-life services including presentations and trainings) to prevent mental health problems and enhance the lives of employees. As a counsellor you can benefit from both the counselling opportunities and work-life services that EAPs offer.

You have many options in the type of work you can do with EAP companies. Individual, couples and family counselling are all available to employees and their family members. Child and adolescent counselling are also offered. Multi-modal counselling is offered by most EAPs: in-person, video counselling, telephone counselling and email counselling are all options. If you have experience or preferences for one of these options, let the EAP know when you apply.

Employee Assistance Programs evolved to help address the issue of addiction in the workplace, so addictions counselling remains a strong element of EAP work. Career transition and trauma work can also offer counselling opportunities through EAPs. Critical incident stress debriefings are often utilized to help employees deal with traumatic events in the workplace. If you have specialties in any of these areas, be sure to highlight these when you communicate with EAP companies. If you are looking to branch out from counselling, some EAPs may have opportunities to lead workshops, presentations, and trainings for organizations. If you have an interest in these areas, once again, let the EAP companies know.

Some limitations to EAP work include the short-term nature of the counselling relationship. EAPs are not set up to deal with long-term mental health issues. In cases where long-term counselling will be required, you will need to make appropriate referrals into the community where possible. When meeting with a client for the first time it is important to set their expectations for counselling so that they know the sessions are limited in number. Your focus needs to be on providing the best service you can within those sessions and maximizing the time you do have. Building rapport needs to happen quickly and you will get better at this as your confidence builds. Learning to complete the EAP work within the provided sessions is also important. You are more likely to gain more referrals if you do not repeatedly ask for additional sessions.

Another issue to be aware of in EAP counselling is the dual-client relationship. As an EAP counsellor your client is both the employee and the employee's organization. As such, you may not advocate on the employee's behalf with their employer. In addition, the client is not essentially 'yours'. They are the EAP's client. You are not able to offer letters of support for a client without consultation with the EAP company first. Working with EAP clients you do not have the flexibility you would with private clients or working in community agencies.

There are some practicalities to address when you are deciding whether to include EAP in your practice. The rate the EAP pays will be a factor in your decision. You need to know that you will not receive your private practice rate when you are doing EAP counselling. The rationale for this is that the EAP is bringing you the clients and you do not have to find them yourself. However, it is important to consider whether the rate is reasonable to you. EAPs are businesses. They are not looking out for your interests. You have to do that for yourself. Having said that, making money in an hour where you would make none is also a consideration. EAP clients can add to your practice by filling in spaces in your schedule that would not otherwise be filled.

As you go through the process of learning about the EAPs, their policies and procedures, you can determine which ones will be a good fit for you. In making decisions you will reflect on the paperwork and forms each EAP requires you to complete. If these are time-consuming with a particular EAP you may not wish to work with them. Another consideration with each EAP is payment invoicing and processing time. Each EAP is different and you need to know your tolerance for receiving payments sometimes well after you have completed your sessions. One more consideration is that some EAPs allow you to request additional sessions. Learning how easy or difficult it is to have these requests met may be important to your practice.

Your counselling practice is a business, just as EAP companies are businesses. You need to make the best decision for your business. For some, that will include EAP work, for others it will not. If you choose to include EAP work in your practice, be aware of the limitations the work involves. When you connect with EAP companies, make sure to let them know what your special abilities are and what makes you effective as a counsellor. You will need to be organized, professional and able to meet deadlines. Work on developing a relationship with the EAP company. Invest the time to learn the company's expectations. Take advantage of the supervision most EAPs offer when you need it. Be cautious of details such as the paperwork demands, the lag in payment time after you complete sessions, and ethics around client care. Not all EAPs are created equally! Just as they evaluate your fit with their organization, so should you evaluate how the EAP company fits with your values and your practice. Remember, at the end of the day, clients return because you are an effective practitioner, not because of the EAP.

Author Spotlight

Roma has over 15 years of experience in the social services field. She has a Master of Arts in Counselling Psychology and is a member of the CCPA. Roma has a successful private counselling practice working with both EAP and non-EAP clients. She is a former director on the Boards of two Addiction Recovery Treatment Centres in the Vancouver area.

LET'S GET TO KNOW OUR MEMBERS!

In this newsletter segment, we learn a bit more about two counsellors from our B.C. family. We hope you enjoy getting to know Joe Ramirez and Roma Palmer!

Name of counsellor:

Joe Ramirez MCP, CCC, CAC

Where do you work?

Clear Counselling

How long have you worked there?

I've been in private practice since graduating in 2012 from Adler University, rebranding from Joe Ramirez Integral Counselling, to Clear Counselling.

How would you describe your counselling work?

Whether it be through work or volunteering, I get the honour of being the bearer of someone's life story, and in their corner through struggles and joys do I get to be my most fluid. My counselling work makes me whole, it is my calling, and my sanctuary.

What population do you work with and why?

A third of my clients are heterosexual, a third are homosexual, and a third are others. That said, I specialize in working with men regarding health, erectile dysfunction, and male survivors of sexual abuse; am one of the few providing relationship counselling with the LGBTQ community (couples, throuples, and polyamory); and provide counselling in Spanish with Latin-Canadian relationships. Making a difference is what matters to me, and life experience has set me up to make a difference with people that fall into a certain gap of limited supports.

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

Since graduating from Adler University in 2012, I've succeeded in private practice (expanding from one office to three), am one of the few Certified Adlerian Counsellors, been the Chair for the Adlerian Psychology Association of B.C., and have taught Intro to Adler at Adler University. All great honours, however, my proudest moment was being able to provide free counselling for a year to a front-line worker in the LGBTQ community.

The situation was that they couldn't access counselling because of their professional conflicts, and weren't in the position to pay for it. However, I offered them to receive counselling support from the Practicum Counsellor I supervise. To their disbelief of my offer I explained: "It is my way of helping you, so you could better help the people you serve, while also helping an eager new counsellor develop, so he could better help his future clients." For me, this was a perfect moment.

What quote inspires you most?

"We are the hero of our own story." - Mary McCarthy



Name of counsellor: Roma Palmer, RCC

Where do you work?

I have been in private practice for over 12 years.

What population do you work with and why?

I work with adults and teens. I enjoy my work with adults and I really value my work with teens. Teens are usually referred to me by their parents. They can be tough customers. Teens don't trust easily; and I respect that. I know when I get an adolescent talking I've created a connection and I've earned it in some way.



If you could switch careers tomorrow, what would it be?

I would become an actor.

What book did you read last?

Mating in Captivity by Esther Perel

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

My family. They ground me and help me keep perspective when I get too wrapped up in myself and my work.

Members of the BC Chapter Executive

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Tammy Lee

Past-President
Siri Brown

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Vacant

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Lisa Cavey, Ernest Chen, Priscilla Coleff, Stephanie Slater, Richard Tatomir

Board Liaison/Regional Director
Madeleine Lelievre



To contact the BC Chapter Executive, please send an email to: Tammy Lee, 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.