Inspiring Social Change Through Social Justice

3:15pm-4:30pm

Melissa Jay, MC
Ph.D. Candidate
Who am I?

❤ Current Chair of the Counsellors for Social Justice Chapter
❤ Psychologist
❤ University Instructor
❤ Yin & Meditation Teacher
❤ PhD Candidate
❤ Canmorian
❤ Dog-Mom
What’s My Why?
What’s My Intention?
Intention Setting

If comfortable, close your eyes and take three big breathes.

Check-in with yourself:
- How do you feel right now?
- What do you hope for your community?
- How do you want to feel as a professional?

Set an intention for your participation in this workshop.
Who are you?

What’s your why?

What’s your intention?
What’s Our Why?

We are all interested in
Social Change, Social Justice & Social Advocacy
Social Justice

What does Social Justice mean to you?
Social Justice

- In counselling, necessitates our ability to respond to inequality and honour issues of power, privilege, and oppression within the lives of clients (Kozan & Blustein, 2018).
Social Change

What does Social Change mean to you?
Social Change

- Connected to the focus on others (Yob & Brewer, n.d).
- Engagement can stem from personal awareness of implicit attitudes, the role of emotion (Thomas, McGarty, & Mavor, 2009), and/or self-awareness (Hewstone et al., 2014).
- Associated with transformation, as opposed to results, in various projects (Armstrong & Miller, 2006).
Social Advocacy

What does Social Advocacy mean to you?
Social Advocacy

- Action taken by a counselling professional to facilitate the removal of external and institutional barriers to clients’ well-being.

- A continuum of counseling action extending from empowerment to social change (Kozan & Blustein, 2018).
Social Justice, Social Change, & Social Advocacy

What’s the relationship between social justice, social change, and social advocacy?
The Relationship/Working Model

Social Justice

Social Advocacy

Social Change
What’s Your How?

How are you already advocating for social change and social justice?
What’s Our How?

How can we work together as advocates for social change and social justice?
Intention Setting

Let’s close our eyes again and take three big breathes.

Check-in with yourself:
- How do you feel right now?
- What do you hope for your community?
- How do you want to feel as an advocate of social justice & social change?

Set an intention as you move forward.
References


Questions & Comments?

Thank you for your advocacy!

Let’s stay connected:

hello@canmorec.com

The Social Justice AGM is up next!