

# Inspiring Social Change Through Social Justice

3:15pm-4:30pm

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Melissa Jay, MC

Ph.D. Candidate

# Who am I?

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- ♥ Current Chair of the Counsellors for Social Justice Chapter
- ♥ Psychologist
- ♥ University Instructor
- ♥ Yin & Meditation Teacher
- ♥ PhD Candidate
- ♥ Canmorian
- ♥ Dog-Mom



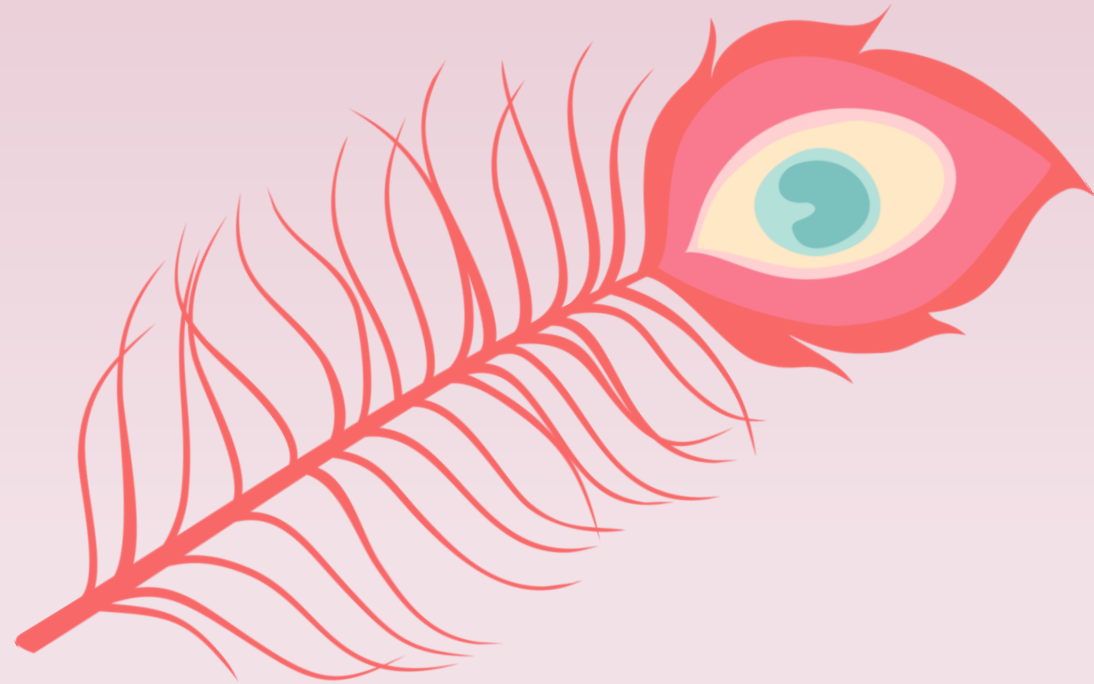
# What's My Why?

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# What's My Intention?

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# Intention Setting

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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.



A decorative graphic of a feather, rendered in a light pink color, is positioned on the left side of the slide. It has a central rachis with numerous barbs extending outwards, giving it a soft, ethereal appearance.

# Check-In

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Who are you?

What's your why?

What's your intention?



# What's Our Why?

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



# Social Justice

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What does Social Justice mean to you?





# Social Justice

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- 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

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What does Social Change mean to you?



# Social Change

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- 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

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What does Social Advocacy mean to you?



# Social Advocacy

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- 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

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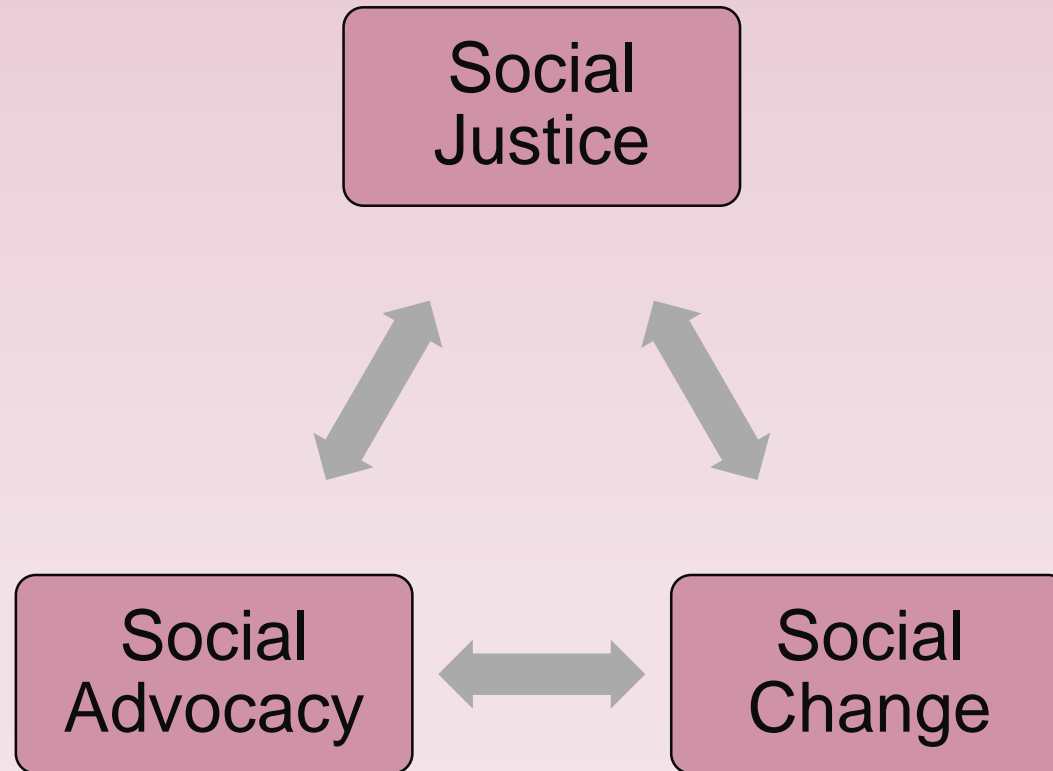
What's the relationship between social justice, social change, and social advocacy?





# The Relationship/Working Model

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# What's Your How?

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How are ***you*** already advocating for social change and social justice?



# What's Our How?

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



# Intention Setting

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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

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- Armstrong, P., & Miller, N. (2006). Whatever happened to social purpose? Adult educators' stories of political commitment and change. *International Journal of Lifelong Education*, 25(3), 291-305. doi: 10.1080/02601370600697151
- Hewstone, M., Lolliot, S., Swart, H., Myers, E., Voci, A., Al Ramiah, A., & Cairns, E. (2014). Intergroup contact and intergroup conflict. *Peace and Contact: Journal of Peace Psychology*, 20(1), 39-53. doi: 10.1037/a0035582
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# Questions & Comments?

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Thank you for your advocacy!

Let's stay connected:

[hello@canmorec.com](mailto:hello@canmorec.com)

The Social Justice AGM is up next!

♥ melissa jay