



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION
L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

in partnership with /
en partenariat avec



International Association
For Counselling



CCPA & IAC 2019 CONFERENCE / CONGRÈS 2019 DE L'ACCP ET DE L'IAC

PRELIMINARY CONFERENCE PROGRAM / PROGRAMME PRÉLIMINAIRE DU CONGRÈS

Subject to change. / Susceptible de changer.

May 13 - 16, 2019 / Du 13 au 16 mai 2019

Moncton, New Brunswick / Nouveau-Brunswick

www.ccpa-accp.ca/annual-conference



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION
L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

CCPA/IAC 2019 Conference Program



International Association
For Counselling

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GENERAL INFORMATION / RENSEIGNEMENTS GÉNÉRAUX

CCPA Continuing Education Credits

Credits will be granted for the conference based on your registration and will be credited automatically for CCPA members. Once you have confirmed your attendance by picking up your registration kit, your name will be flagged as attending the conference. Please allow 3-4 weeks for credits to appear on your transcript.

Les crédits d'éducation permanente de l'ACCP

Les crédits seront automatiquement crédités pour les membres de l'ACCP. En confirmant votre participation lorsque vous passez prendre votre trousse d'inscription, votre nom sera inscrit en tant que participant au congrès. Veuillez accorder 3 à 4 semaines pour l'affichage de vos crédits.

Indigenous Gathering Space - Restigouche Room

Indigenous protocol includes the tradition of greeting and gathering with other Indigenous counsellors and counsellors working in Indigenous communities, the connections we make with each other at our national conferences are an extremely important and valuable part of the experience for us. The Indigenous Gathering Space is a room where we can meet, and also a room where individuals who seek a quiet place to reflect in the midst of all the conference workshops and activities can go.

L'espace de rassemblement autochtone - salle Restigouche

Le protocole Autochtone inclut la tradition de la salutation et du rassemblement avec d'autres peuples Autochtones quand nos chemins se croisent. Pour les conseillers et conseillères qui travaillent dans des communautés Autochtones, les connexions que nous faisons les uns avec les autres à notre congrès national sont extrêmement importantes et sont une partie précieuse de notre expérience. L'espace de rassemblement Autochtone est une chambre où nous pouvons se retirer afin de réfléchir calmement au sein de toutes les activités et ateliers du congrès.

Photographer

If you do not want your photograph taken, please identify yourself to the photographer.

Photographe

Si vous ne voulez pas vous faire prendre en photo, présentez-vous au photographe pour lui informer.

Session Levels

Presenters have identified the target audience knowledge of their presentations in order to better assist you in choosing a session that is right for you. Presentations have been identified as: Introductory, Intermediate, and Advanced.

Niveaux des séances

Les présentateurs ont identifié le niveau ciblé de connaissance de l'auditoire de leur présentations afin de mieux vous aider à choisir une séance. Les présentations ont été identifiées comme suit : Préliminaire, Intermédiaire, et Avancé.

Session Identification

IAC sessions are identified throughout the program using a blue font for the session title. CCPA Sessions are identified using a red font for the title.

L'identification des séances

Les séances de l'IAC sont identifiées pendant le programme utilisant une police bleue. Les séances de l'ACCP sont identifiées utilisant une police rouge.

May 14, 2019 / Le 14 mai 2019

| | | |
|---------------|--|----------------|
| 7h30 - 9h00 | Registration / Inscription | |
| 8h30 - 10h15 | Opening Ceremonies and Keynote Address - Step Raven / Cérémonies d'ouverture et Conférencier d'honneur - Stel Raven | Grand Ballroom |
| 10h15 - 10h45 | Nutrition Break / Pause santé | |
| 10h45 - 12h00 | Concurrent Sessions / Séances simultanées | |
| 10h45 - 12h00 | IAC Ethics Roundtable | Petitcodiac |
| 12h00 - 13h30 | Lunch on Own / Dîner non-inclus | |
| 12h15 - 14h15 | IAC Annual General Meeting / Assemblée générale de l'IAC | Shediac C |
| 12h30 - 14h30 | Poster Sessions / Séances d'affiches | Shediac A/B |
| 13h30 - 14h45 | Concurrent Sessions / Séances simultanées | |
| 14h45 - 15h15 | Nutrition Break / Pause santé | |
| 15h15 - 16h30 | Concurrent Sessions / Séances simultanées | |
| 15h15 - 16h30 | IAC International Research and Projects Roundtable | Petitcodiac |
| 18h00 - 21h00 | Social Activities / Activités sociales | |
| 20h00 - 21h30 | Welcome Reception / Réception de bienvenue | Shediac |

Tuesday / Mardi

7 h 30 - 9 h 00

Registration / Inscription

7 h 30 - 8 h 30

Spiritual Care in Counselling Chapter Meeting / Réunion de la section de la spiritualité en counseling

8 h 30 - 10 h 15

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

Queering and Decolonizing Trauma Work: A Path for Two-Spirit Wellness

English - Simultaneous Interpretation - CCPA Session

Working through trauma is always challenging but seeking help as a queer, Indigenous person is often so complex many folks don't reach out. Stel will deconstruct the Western view of gender and weave in elements of minority stress theory. You will leave this presentation with tangible ways to navigate trauma work with folks navigating intersecting oppressions.

Stel Raven is an Indigenous queer, trans, two-spirit individual with a Master of Social Work. They work as a clinical therapist in private practice specializing in queer, trans and two-spirit wellness as well as recovery from complex trauma. Stel assumes an anti-oppressive, decolonizing approach to clinical therapy demystifying the impacts structural oppressions, colonization, and the pathologization of sexuality and gender identity has on daily living. Interweaving these elements within the foundation of therapeutic relationships with individuals, groups, and families, Stel guides a path of sustainable recovery benefiting individuals, communities, and generations to come.



L'ouverture à la diversité sexuelle et la décolonisation du travail sur les traumatismes : une voie vers le bien-être bispirituel

Anglais - Interprétation simultanée - Séance de l'ACCP

Apprendre à composer avec un traumatisme est toujours difficile, mais trouver de l'aide en tant que personne autochtone queer est souvent si complexe que bien des gens ne le font jamais. Stel déconstruit la vision occidentale du sexe et y intègre des éléments de la théorie du stress de la minorité. Vous quitterez cette présentation avec des outils concrets pour gérer les traumatismes de personnes aux prises avec des entrecroisements d'oppression.



Stel Raven sont un individu autochtone, queer, trans et bispirituel détenant une Maîtrise en travail social. Il travaille comme thérapeute clinique en pratique privée, se spécialisant dans le bien-être des personnes queer, trans et bispirituelles, ainsi que la réadaptation à la suite de traumatismes complexes. Stel adopte une approche anti-oppressive de décolonisation pour sa thérapie clinique, démystifiant les impacts que l'oppression structurelle, la colonisation et la catégorisation de la sexualité et de l'identité sexuelle ont sur la vie quotidienne. En intégrant ces éléments dans le fondement de relations thérapeutiques avec des individus, des groupes et des familles, Stel trace un sentier vers un rétablissement durable dont bénéficieront les individus, les communautés et les générations à venir.

14 h 45 - 15 h 15
Nutrition Break / Pause santé

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

A1 - Building Resilience to the Effects of Vicarious Trauma, Compassion Fatigue, and Burnout through Self-Care Planning and Wellness Practices

(English - Simultaneous Interpretation / Introductory) - CCPA Session

Location: Ballroom A

This interactive workshop focuses on a review of the challenges faced by Counsellors and Psychotherapists by the nature of their work (including Vicarious Trauma, Compassion Fatigue, and Burnout), and how to identify the key symptoms indicating increased risk. In order to remain ethical and competent in our work, we must learn how to look after ourselves so that we do not cause harm to our clients, to ourselves, or to our families and loved ones when we take issues home with us. By working together, we can expand and implement evidence-based self-care strategies into the practitioner's everyday life to increase resilience and maintain a healthy balanced lifestyle. This session will not only overview the challenges we face as we work in the helping profession, but also provides the opportunity to create some unique practical solutions designed for each practitioner to take away with them when they leave.

Michael Sorsdahl is a Provisional Psychologist (Alberta) and a Clinical Counsellor (BC). He is the founder of Juvenation Wellness, where his focus is to increase personal wellness for clients and practitioners.

A1 - Développer la résilience aux effets du traumatisme vicariant, de l'usure de compassion et de l'épuisement professionnel grâce à la planification des soins de soi et des pratiques de bien-être

(Anglais - Interprétation simultanée / Introductive) - Séance de l'ACCP

Lieu : Ballroom A

Cet atelier interactif sert à examiner les défis que doivent relever les conseillères, les conseillers et les psychothérapeutes de par la nature de leur travail (notamment le traumatisme vicariant, l'usure de compassion et l'épuisement professionnel), ainsi que la façon de discerner les principaux symptômes d'une situation à risques. Pour maintenir l'éthique et la compétence dans le cadre de notre travail, nous devons apprendre à nous occuper de nous-mêmes et à prendre soin de soi afin d'éviter de causer des préjudices à nos clients, à nous-mêmes ou à nos familles et à nos proches lorsque nous transportons les problèmes à la maison. En travaillant ensemble, nous pourrions développer et mettre en œuvre des stratégies de soins de soi fondées sur des faits probants, qui pourront s'intégrer au quotidien des praticiennes et praticiens, afin d'accroître leur résilience et de maintenir un mode de vie saine et équilibrée. Cette séance sera l'occasion non seulement de passer en revue les défis que nous devons affronter dans notre travail d'aidant, mais aussi de fournir la possibilité de concevoir des solutions pratiques uniques que chacune et chacun des praticiens pourra faire siennes après l'atelier.

Michael est Psychologue à titre provisoire (Alberta) et Conseiller clinicien (C.-B.). Il est le fondateur de Juvenation Wellness, dont l'objectif principal est d'accroître le bien-être chez les clients et les praticiens.

A2 - 1 - Healing the Trauma Story Without Retraumatization: Postmodern Counselling Tools for Trauma Resolution

(English - Advanced) - CCPA Session

Location: Ballroom B

Retelling the trauma story can be a terrifying experience for survivors. Babette Rothschild cautioned us that “the goal of trauma healing must be to relieve, not intensify, suffering.” Thus, new neurobiological, brain-body, and relational tools have evolved that are changing the course of trauma treatment. Traditional talk therapies without an understanding of safety in the relationship, stabilization, emotion and somatic self-regulation, and empowerment could inadvertently lead to retraumatizing survivors. In this session, we explore emotional, somatic, neurobiological, relational, and cognitive traps in traditional trauma therapy that can retraumatize clients. We describe tools and demonstrate techniques that help to bypass retraumatization traps and facilitate the healthy resolution of trauma with or without retelling the trauma story.

Jane Webber is Doctoral Program Coordinator, Department of Counselling, Kean University; ACA Fellow, LPC, Disaster Response Crisis Counsellor; Guest Editor, Traumatology Special Section, Journal of Counselling & Development.

J. Barry Mascari is Associate Professor/Chair, Department of Counselling, Kean University, NJ, LPC/LCADC, Response Crisis Counsellor, American Counselling Association Fellow, past CACREP Board member and AASCB President.

A2 - 2 - School-Based Trauma-Informed Support and Counselling Intervention with Canadian Refugee Children and Youth

(English - Introductory) - CCPA Session

Location: Ballroom B

A recent influx of refugee claimants have sought resettlement in Canada due to factors such as violence, war, crime, and/or fear of persecution in their country of origin (UNHCR Canada, 2016). Refugee children may have experienced a wide range of traumatic experiences in the migration/resettling process such as loss, violence, poverty, social discrimination and family system changes (Fantino & Colak, 2001; Tyrer & Fazel, 2014). School-based supports and interventions can potentially offer a low-barrier means of facilitating the adjustment, coping and well-being of refugee children and youth. However, challenges and barriers may be faced in supporting refugee students such as lack of trauma-informed training, competing roles and responsibilities, difficulties engaging stakeholders and lack of available resources (Langley et al., 2010). This presentation overviews the benefits, challenges and important factors for consideration in implementing trauma-informed support in schools. Potentially beneficial trauma-informed support interventions and programs will be reviewed. Preliminary results and recommendations from a study investigating the implementation of a trauma-informed program in schools will also be presented.

Rosalynn Record-Lemon is a PhD Candidate in Counselling Psychology program at the University of British Columbia and a Canadian Certified Counsellor.

Marla Buchanan is a professor in the Counselling Psychology program at the University of British Columbia and is the Director of the Centre for Group Counselling and Trauma.

A3 - Writing for Submission to the Canadian Journal of Counselling and Psychotherapy, Other Professional Journals, and Book Publishing

(English - Introductory) - CCPA Session

Location: Ballroom C

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) 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.

Kevin Alderson is a retired professor of counselling psychology at UofC. He specializes in addictions, sexuality, and hypnotherapy. Author of 9 books (soon 10)

A4 - IAC Addressing Racism and Cultural Issues in Counselling

A4-1 - Examining the Impact of Documentation Status, Spiritual Coping, and Acculturation on the Stress Level of Adult Hispanic Immigrants Living in the United States

(English - Intermediate) - IAC Session

Location: Shediak C

There are more than 55 million Hispanics living in the United States and close to 35% are foreign-born. In 2015, approximately 11 million of these were undocumented immigrants. For Hispanics, mental health is indisputably connected to the immigration experience. Counsellors predict that current political and societal debates surrounding this population are having a detrimental effect on their mental health and, more specifically, their stress level. The presenter will review her findings from a recent quantitative study examining how relevant stressors such as documentation status, spiritual coping, and acculturation precede stress. The study included 139 foreign-born adult Hispanics living in a southeastern city of the U.S. She discusses implications for counsellors and counsellor educators and recommendations for future research in light of her observations.

Elba Carolina Benitez is an Assistant Professor (Gordon-Conwell Seminary) and Clinical Supervisor (Camino Community Center Mental Health Clinic). Her focus is on Latino mental health concerns and developing culturally appropriate strategies to reach underserved populations.

A4-2 - Between Two Cultures: A Multi-Dimensional Construct of Acculturation, Acculturative Stress, and Counsellor Self-Efficacy Among Foreign-born Students in U.S. Counsellor Education

(English - Introductory) - IAC Session

Location: Shediak C

Foreign-born students, such as first-generation immigrants and international students, represent an increasing segment of the student population in American higher education. The growing number of foreign-born counselling students (FBCSs) in the United States, plus professional efforts to internationalize the profession, support the need to foster counsellors who are able to cross cultural and international borders. FBCSs' acculturation process and the acculturative stress that may accompany this process,

have been significantly linked to counsellor self-efficacy development, professional training, and supervision (Kissil, Davey, & Davey, 2015; Li, Lu, Bernstein, & Bang, 2018; Ng, 2006). While these variables have been explored in previous research, this presentation will discuss a quantitative study that utilized a multicultural theoretical framework of acculturation that has recently been proven to be a more accurate conceptualization and measurement of this construct (Schwartz, Unger, Zamboanga, & Szapocznik, 2010). Thus, the primary purpose of this study was to explore the relative contribution of three acculturation domains (i.e. cultural practices, cultural values, and cultural identity) and acculturative stress to counsellor self-efficacy among 94 foreign-born students in U.S. counsellor education. We believe that a more detailed analysis of these relationships is necessary to advance culturally relevant research and culturally-informed education programs worldwide.

Claudia Interiano-Shiverdecker received her doctoral degree in Counsellor Education and Supervision from the University of North Carolina-Charlotte. She is a licensed professional counsellor associate and a Fulbright scholar.

A4-3 - Racism as a Mental Health Challenge: An Antiracist Counselling Perspective

(English - Advanced) - IAC Session

Location: Shediak C

This presentation will explore racism as a mental health challenge. First, the historical roots of racist ideas and how these ideas have been broadly expressed in the field of mental health will be explored. Second, the impact of racism on mental health will be considered from the perspectives of both victims and perpetrators. Third, an antiracist perspective on counselling with both victims and perpetrators of racism will be presented.

Courtland Lee is a Professor of Counsellor Education at The Chicago School of Professional Psychology. He has published seven books on multicultural counselling.

A5 - IAC Ethics Round Table

Location: Petitcodiac

There has been an explosive growth of technology in recent years, and with it we have seen an equal growth in the use of technology in counselling and psychotherapy. New technological applications for counselling and psychotherapy appear regularly. This digital landscape requires vigilance and resilience on the part of the practitioner to navigate the risks and opportunities. We are also aware that counsellors and psychotherapists have differing levels of comfort when it comes to technology. Some of us are enthusiasts who embrace every new form of technology. Others are more hesitant, or maybe even reluctant, to use any form of technology at all. No matter what level we are at, or how much or little we use technology in our practices, we need to learn how to use it wisely. At this Round Table we will be discussing ways support and affirm ethical professional practice in our technology-saturated world.

Chair: Barbara Herlihy with Dawn Schell and Sherry Law from the CCPA Technology and Innovative Solutions Chapter

A6 - Indigenizing Counsellor Education and Clinical Supervision in Canada: A Conversation

(English - Advanced) - CCPA Session

Location: Beauséjour B

More than 150 years of systemic abuse of Indigenous people has left a deep scar across generations of families who lived through the pain, neglect, and cultural assimilation of the residential school system, and it has left a black mark on Canada's history. In 2015, the Truth and Reconciliation Commission (TRC) published several documents sharing these stories and its Calls

to Action—94 recommendations to “redress the legacy of residential schools and advance the process of Canadian reconciliation.” Counsellor educators and supervisors now work to Indigenize their curriculum (the process by which Indigenous ways of knowing, being, doing and relating are incorporated into educational, organizational, cultural, and social structures of the institution) and to respond to the TRC’s Calls to Action. The Counsellor Educators and Supervisors Chapter President and Executive thought it timely to provide an opportunity for our members and colleagues to discuss how this process is progressing at their institutions. We invite graduate students, clinical supervisors, new professionals, faculty, instructors, and administrators. We will provide the panel but we ask that you provide the content. Please don’t let language be a barrier; we will have colleagues on hand to assist with translation.

Blythe Shepard is of British and Kanien'kehá:ka (Mohawk) ancestry and a professor in Counselling Psychology in the Faculty of Education at the University of Lethbridge.

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.

A7 - Proposition d'une dynamique de l'expérience spirituelle à la lumière de l'analyse structurale et sémiologique du conte

(Français - Introductive) - CCPA Session

Lieu : Matapédia

La reconfiguration des pratiques religieuses traditionnelles et l'ouverture sur le monde ont fait des expériences spirituelles vécues chez les nouvelles générations un exercice souvent sans balises institutionnelles ou doctrinales. Cette religion à la carte doit néanmoins être adressée en milieu clinique si le sujet est amené. Un outil important pour le thérapeute peut être un schéma séquentiel de l'expérience spirituelle, afin de situer l'évolution du client et le guider vers la résolution de son expérience. Plusieurs modèles ont été mis de l'avant concernant les développements spirituels et personnels d'un individu, mais ces schèmes englobent toute une vie et plusieurs épreuves, alors que l'expérience spirituelle se développe le plus souvent à partir d'un événement qui vient solliciter l'attention du client. Pour mieux circonscrire cette expérience, nous avons alors considéré les modèles traitant de l'apprentissage ou encore de la résolution de problèmes, puisqu'ils sont élaborés à partir d'un seul facteur à résoudre. Ces modèles présentent cependant une dynamique idéale qui ne rend pas compte des hésitations ou régressions retrouvés dans l'exercice thérapeutique. Nous avons néanmoins trouvé dans le conte traditionnel une dynamique séquentielle qui offre à la fois un développement temporel ainsi qu'une place pour l'échec et la reprise de la quête.

Détenteur d'un doctorat en Études françaises et d'une maîtrise en Counselling et Spiritualité, Yves Cormier s'intéresse comme psychothérapeute aux similitudes entre le discours de vie et la littérature orale.

Indigenous Gathering Space

Location / Lieu : Restigouche

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

12 h 15 - 14 h 15
IAC Annual General Meeting

12 h 15 - 13 h 15
Post-Secondary Counsellors Chapter Meeting / Réunion de la section des conseiller au postsecondaire

12 h 15 - 13 h 15
School Counsellors Chapter Meeting / Réunion de la section des conseillers et conseillères en milieu scolaire

12 h 15 - 13 h 15
Counsellor Educator Chapter Meeting / Réunion de la section des formateurs de conseillers

12 h 15 - 13 h 15
Social Justice Chapter Meeting / Réunion de la section de la justice sociale

12 h 15 - 13 h 15
Creative Arts in Counselling Chapter Meeting / Réunion de la section des arts créatifs en counseling

12 h 15 - 13 h 15
Private Practitioners Chapter Meeting / Réunion de la section des conseillers en pratique privée

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

*For a list of poster sessions, see page 20. / Pour une list des séances d'affiches, voir la page 20.
Location / Lieu : Shediak A/B*

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

A8 - A Shared Learning Journey: CCPA's National Update and Reflections on the Interplay Between Ethics, Social Justice, Religious Freedom, Human Rights, and Legal Systems Within the Current and Emerging Canadian Counselling and Psychotherapy Landscape

(English - Simultaneous Interpretation / Intermediate) - CCPA Session

Location: Ballroom A

In 2014, a series of informal discussions arose regarding the interplay amongst counselling ethics and standards of practice, social justice, religious freedom, human rights and the Canadian and provincial/territorial legal systems when they are not aligned in the context of counselling and psychotherapy. From 2014 to present, the CCPA National Board of Directors has embarked on a shared learning journey in exploring this interplay discussion topic – seeking guidance from various CCPA leaders, subject matter experts, and Chapters about how this discussion topic impacts and influences the broader Canadian counselling and psychotherapy landscape. This interactive presentation recognizes the layers of complexity associated with the interplay discussion topic. As such, designated members of the CCPA Board of Directors will deconstruct this topic by informing, articulating and presenting CCPA's work to date on same and how this discussion topic acknowledges CCPA's mandate, and shapes current and future emerging CCPA strategic and operational priorities. Overall, this presentation invites you to be part of the on-going shared learning journey at CCPA - recognizing the need to take an inclusive approach in the counselling and psychotherapy profession - respecting all diversities in a Canadian context. International delegates are welcome to join and share their perspectives.

Natasha Caverley is CCPA Past President. She is a Canadian Certified Counsellor - holding a M.Ed (Counselling Psychology) and a Ph.D in Organizational Studies from the University of Victoria.

Kathy Offet-Gartner is a counsellor at a university counselling centre. Her research, writing, and counselling interests focus on the intersectionality of wellness (including mental health), career development, relationship, community, and culture.

A8 - Une démarche d'apprentissage en commun : mise à jour et réflexion nationales de l'ACCP sur les interactions entre l'éthique, la justice sociale, la liberté de religion, les droits de la personne et les systèmes judiciaires dans le paysage actuel et émergent du counseling et de la psychothérapie au Canada

(Anglais - Interprétation simultanée / Intermédiaire) - CCPA Session

Lieu : Ballroom A

En 2014, une série de discussions informelles sont survenues au sujet des interactions entre la déontologie du counseling et les normes d'exercice, la justice sociale, la liberté de religion, les droits de la personne et les systèmes judiciaires canadien et provinciaux/territoriaux, lorsque ces derniers sont divergents dans le contexte du counseling et de la psychothérapie. De 2014 à ce jour, le Conseil d'administration de l'ACCP a entrepris une démarche d'apprentissage en commun consistant à explorer ce sujet de discussion sur l'interaction : recherche d'expertise-conseil auprès de divers chefs de file de l'ACCP, d'experts en la matière et des différentes sections de l'Association, afin de déterminer les impacts et les influences de ce sujet sur le paysage global du counseling et de la psychothérapie au Canada. Dans cette présentation, on reconnaît les différents aspects complexes associés au sujet de la discussion sur l'interaction. Dans cette optique, les membres du CA de l'ACCP déconstruiront le sujet en informant, en articulant et en présentant le travail de l'ACCP à ce jour sur ce sujet et analyseront la façon dont ce dernier rend compte du mandat de l'ACCP, tout en façonnant les priorités stratégiques et opérationnelles actuelles et émergentes de l'organisme. Bref, cette présentation vous invite à participer à la démarche d'apprentissage en commun qui s'effectue actuellement au sein de l'ACCP, soit la reconnaissance du besoin d'adopter une approche inclusive dans la profession du counseling et de la psychothérapie, en respectant toutes les diversités du contexte canadien. On invite également les délégués internationaux à s'y joindre et à partager leurs points de vue.

Natasha Caverley est la présidente sortante de l'ACCP. Elle est Conseillère canadienne certifiée et détentrice d'une maîtrise en Éducation (Psychologie du counseling) et d'un doctorat en Études organisationnelles de l'Université de Victoria.

Kathy Offet-Gartner est conseillère au centre de counseling de l'université. Ses centres d'intérêt en recherche, en rédaction et en counseling portent sur les points d'intersection entre bien-être (y compris la santé mentale), développement de carrière, relations, communauté et culture.

A9-1 - Understanding Conflict and How to Protect Children from Divorce Fallout

(English - Introductory) - CCPA Session

Location: Ballroom B

It is widely recognized that parental conflict has adverse effects on children. This workshop will take a closer look at conflict and its impact on children. Participants will gain a better understanding of how to manage parental conflict in order to protect children from the adverse effects of high conflict. The workshop will assist the participants in understanding the developing brain of the child, as well as differentiating between constructive and destructive conflict from a developmental perspective. The workshop will explore how constructive conflict can assist the developing mind while destructive conflict impedes maturation and development. Neuropsychology and brain development will be explained in a manner that is relevant to mental health professionals working with

separating families. This workshop is designed to assist mental health professionals in understanding ACE's (Adverse Childhood Experiences) and what conflict actually does to children. Containment structures that mitigate the destructive elements of high conflict on children will be explored. The presenters will explain why an understanding of conflict is important in dealing with complex family situations, and why it is important to protect children in these conflicted circumstances.

Alyson Jones is Clinical Director at Alyson Jones & Associates. She specializes in separation and divorce, and is a leader in exploring the intersection between family therapy and family law.

Ida Harvey is a Child and Family Therapist on the Divorce and Separation Team at Alyson Jones & Associates. She assists families transition in a child sensitive manner.

A9-2— Separation and Divorce Readiness Indicator

(English - Intermediate) - CCPA Session

Location: Ballroom B

Outcome Ready is a online indicator for separating individuals or couples to complete and divorce professionals to use. This assessment tool queries 26 categories that are applicable to separation and generates a report with resources for each category depending on the score. In addition to individual report, couples may submit their individual results for a comparative analysis which results in a couple complexity score. This two year research project has resulted in adjustment to questions and scoring to improve the viability of the tool. Included in the research project is feedback from divorce professionals. This workshop will cover an overview of the tool, the data gathered and how to use the data. Participants will have an opportunity to test the indicator and will learn how to interpret the results.

Sue Cook has been in private practice for 18 years, is a post secondary graduate, CCC & RSW. She is a supervisor, researcher, agency owner, and is an International Speaker.

A10 - Reality Check: Understanding the Use of Virtual Reality Therapy in Assessment and Treatment of Adolescents

(English - Introductory) - CCPA Session

Location: Ballroom C

Since the late 1990s, the use of virtual reality has expanded in the field of mental health. Virtual reality therapy has evolved as an alternative treatment for individuals who experience difficulty interacting in the real world. Ample evidence exists for the effectiveness of virtual reality therapy to treat mental disorders including, but not limited to, anxiety, phobias, eating disorders, substance use disorders, and PTSD. Its versatility allows for use in multiple settings including private practice and the education system. For this presentation, the participants will first be introduced to the basics of virtual reality therapy such as the different types of VR, the benefits of its usage for treatment of adolescents, and current research supporting this approach. Then, discussion will focus on how virtual reality therapy can be used to assess and treat adolescents within the counselling field. Last, participants will gain an understanding of the limitations to virtual reality therapy for treatment of adolescents.

Ashley Curtis is currently a Master level student in the Clinical Mental Health Counselling program at The Chicago School of Professional Psychology.

Jennifer Toof is currently a Master level student in the Clinical Mental Health Counselling program at The Chicago School of Professional Psychology.

A11 - Career Matters: Exploring Social Justice in Career-Life Counselling Across the Lifespan

(English - Intermediate) - CCPA Session

Location: Petitcodiac

Work and mental health are inextricably intertwined. Some counsellors shy away from career-life counselling, but with increasing uncertainty in the working world all counsellors must be ready to support clients to manage life and work concerns from a holistic and culturally-relevant perspective. Applying social justice values to counselling work requires that counsellors work collaboratively with clients to understand and address the systemic barriers many face. From a constructionist, career-life perspective this session will explore the role of work in clients' lives, and the relational-cultural influences on individuals' career development from the early years through to adulthood. Throughout this experiential session, interventions for blending career and personal counselling will be discussed and practiced. Exploring and defining values, and both internal and external resources through mapping exercises will be presented. A central focus will be on the practical ways to apply social justice values to counselling practice. By the end of this session, counsellors will be equipped with theoretical understandings about the connections between mental health and work as well as practical considerations for career-life counselling across the lifespan.

Rebecca Hudson Breen is an Assistant Professor in Counselling Psychology at the University of Alberta. She is the current President of the Career Counsellor's Chapter of CCPA.

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.

A12 - Supervision of Counselling Supervisees with Emotional Distress and Mental Health Problems

(English - Introductory) - CCPA Session

Location: Beauséjour B

The prevalence of emotional distress and mental health issues in university students has increased over the last decade. The level of support for students on campus through university counselling, disability services, and academic staff has decreased. Many students in professional training programs prefer to seek counselling off campus due to confidentiality and stigmatizing issues. These trends have created challenges for clinical supervisors working with counselling trainees with mental health issues. This interactive presentation will explore the issues supervisors face in managing students with emotional and mental health issues struggling to meet the requirements of their practicum course. Topics will include ethical and legal considerations, safe and effective use of self competencies, student rehabilitation strategies, criteria for grounds for dismissal from a counselling program, assessment of competencies, and the development of supervisory policies and procedures to manage at-risk trainees. The goal of the presentation is to provide practicum supervisors and counsellor educators the opportunity to discuss challenges they have faced and share supervisory and administrative strategies that have helped support practicum students with mental health problems to meet their academic goals and become competent and ethical counsellors.

Helen Massfeller is an Associate Professor in the Faculty of Education at the University of New Brunswick. She teaches and conducts research in the areas of counsellor education, supervision, and positive mental health.

Jefferey Landine is an Associate Professor in the Faculty of Education at the University of New Brunswick. He teaches and conducts research in the areas of counsellor education, supervision, and career counselling.

A13 - The Shaping of Counselling as a Profession: Unpacking the History of Counselling and Counselling Psychology in Canada

(English - Introductory) - CCPA Session

Location: Beauséjour A

Both the counselling and counselling psychology professions in Canada have been described as being in their adolescence. As with all adolescents, identity formation is a key developmental focus; it's not surprising, therefore, that counselling and counselling psychology have been grappling with such identity-related issues as defining scope of practice, regulating the professions, and clarifying educational requirements, core competencies, and areas of specialization.

Join three counsellor educators who have recently written about the landscape of the counselling profession in Canada to gain a more solid understanding of the similarities and differences between counselling and counselling psychology and what that means to your students, supervisees, or your own counselling career. This panel presentation will summarize some of the recent publications and provide lots of opportunity to discuss the implications of changes in the profession within the context of training, regulation/licensure, research, evidence-based practice, and more.

Bill Borgen is a professor of Counselling Psychology at UBC and Co-chair of CACEP (since 2003). He has conducted research and developed programs in career/life transitions for many years.

Roberta Neault is the President of Life Strategies Ltd.; Project Director at the Canadian Career Development Foundation ; and past president of CCPA's Counsellor Educators and Supervisors chapter is an award-winning author, speaker, and counsellor educator.

Robinder (Rob) P. Bedi, is an associate professor at the University of British Columbia's Counselling Psychology program and also works in private practice in Surrey, BC.

A14 - Employabilité: les défis auxquels la clientèle du Service correctionnel du Canada doit faire face

(Français - Introductive) - CCPA Session

Lieu : Matapedia

Présentation et discussion à propos des défis auxquels les délinquant.e.s doivent faire face lors de leur recherche d'emploi et leur réintégration communautaire.

Serge Hall travaille présentement à titre d'agent de programme correctionnel avec les délinquants au du bureau de libération conditionnelle de Moncton, au Nouveau-Brunswick depuis 2008.

Indigenous Gathering Space

Location / Lieu : Restigouche

12 h 15 - 14 h 15
IAC Annual General Meeting continues...

14 h 45 - 15 h 15
Nutrition Break / Pause santé

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

A15 - The No Such Thing as a Bully System: Counselling Families Youth and School Staff Who are Experiencing or Using Bully Actions

(English - Simultaneous Interpretation / Intermediate) - CCPA Session

Location: Ballroom A

This session will give direction to counselling in issues of bullying. Cognitive Behavioral and Solution Focused Techniques are combined to narrow the skills needed to strengthen families and youth in crisis due to in-person or online bullying. Preventative strengthening tools are accessed for all families and youth to become positive bystanders in issues of bullying.

Participants are encouraged to become involved in activities examining the definition of bullying and identification of bully actions and victim responses. Review and participation in some of the growth activities included in the system will be included as time allows. Participants will be given temporary memberships to allow them to review all the material in the No Such Thing as a Bully System, including a PDF copy of "No Such Thing as a Bully For Parents; Shred the Label, Save a Child".

Information about Certification in the No Such Thing as a Bully System is provided in the session.

The No Such Thing as a Bully System affiliates with The Moment of Kindness Foundation.

Kelly Karius has been working in the areas of counselling, conflict management and bullying for 20 years in private practice. Her primary goal is the strengthening of people.

A15 - Le système *No Such Thing as a Bully* : counseling auprès des familles, des jeunes et du personnel scolaire qui subissent ou qui utilisent des gestes d'intimidation

(Anglais - Interprétation simultanée / Intermédiaire) - CCPA Session

Lieu : Ballroom A

Cette séance sera l'occasion de proposer des orientations pour le counseling dans des cas d'intimidation. On jumelle des techniques cognitivo-comportementales et centrées sur la solution afin de préciser les habiletés requises pour renforcer les familles et les jeunes en situation de crise découlant de l'intimidation subie en personne ou en ligne. Les familles et les jeunes ont ainsi accès à des outils de renforcement préventif leur permettant de devenir des observateurs positifs de problématiques d'intimidation. Les participants sont incités à s'engager dans des activités qui permettent d'analyser la définition de l'intimidation et de déterminer les gestes d'intimidation et les réactions des victimes. Selon le temps disponible, certaines activités d'épanouissement incluses dans le système seront passées en revue et les personnes pourront y participer. On accordera aux participants un statut de membre temporaire afin de leur permettre d'examiner tout le matériel du système No Such Thing as a Bully, y compris un exemplaire au format PDF du document « No Such Thing as a Bully For Parents; Shred the Label, Save a Child ». Au cours de la séance, on présentera de l'information au sujet de la certification dans le cadre du système No Such Thing as a Bully. Enfin, il convient de souligner que le système No Such Thing as a Bully s'est affilié à la fondation The Moment of Kindness.

Kelly Karius travaille depuis 20ans en pratique privée dans les domaines du counseling, de la gestion de conflit et de l'intimidation. Elle a pour principal objectif de favoriser la résilience des personnes.

A16 - Racial Bias, Power, and Privilege: A Look at the Clinical Supervisory Relationships and the Lived Experiences of Supervisees of Colour

(English - Introductory) - CCPA Session

Location: Ballroom B

Racial bias, power, and privilege are a just a few ways our lived experiences are shaped. This study explores these aspects viewed within the clinical supervisory relationship from the perspective of supervisees of colour. The historical climate of discrimination in the United States is longstanding. As such, racial bias within the supervisory relationship has been identified as a problem, a microcosm of current race relations. This concern may impede professional and personal growth for supervisees of colour and damage therapeutic relationships between the supervisee of colour and their clients. The power differential combined with racial bias within supervisory relationships may also impact the counselling relationship between the supervisee of colour and their clients. This interactive presentation will provide additional insight regarding ideas on what can be done as a result of being aware of this phenomenon.

Tonya Davis, Clinical Training Director and Core Faculty member for Counseling@Northwestern at Northwestern University. She has a Ph.D. in Counsellor Education and Supervision. Courses taught include Cultural Diversity, etc.

A17 - Farmer Joe and His Cows: A Lighthearted Story for Helping Clients with Boundaries

(English - Introductory) - CCPA Session

Location: Ballroom C

Difficulties asserting boundaries connects with many more client problems than a lot of therapists realize, including depression, anxiety, burnout, poor self-esteem, addictions, and vulnerability to getting into unhealthy relationships. The story of Farmer Joe is a simple and effective way to help clients "get" the concept of good boundaries and how being able to say no is actually good for relationships. Told with pen and paper, with clients invited to build the fence, Farmer Joe includes vivid and humorous analogies that therapists can continue to draw on over the course of the counselling process. Many clients have commented that Farmer Joe was among the most helpful lessons they took from counselling. This workshop will also include a few simple stand-up exercises to help clients integrate skills for saying no at a bodily level. Guaranteed to leave you with a smile.

Deborah Parkes is a licensed counselling therapist and registered social worker in Moncton. She works with adults, couples, and adolescents.

A18 - International Perspectives on School Counselling from Italy, Canada, Africa and Malaysia: Lessons Learned So Far and Outlooks for the Future

(English - Introductory) - IAC Session

Location: Shediac C

This presentation provides an overview of school counselling in Italy, Canada, Africa and Malaysia. The presenters were invited to illustrate the current state of school counselling in their countries, describe new initiatives, and identify challenging issues that may exist.

In Italy counselling is a developing profession and its model of operation in schools is evolving and providing innovative services. Structures of the system, relationships among training, practice and evaluation will be explored.

In Canada, the CCPA School Counsellors Chapter has worked to raise the profile of the school counselling profession and provide a network of support for school counsellors. It will be highlighted the different systems that occur across the country, as well as the similarities in the development of school counselling programs and practices.

In Botswana, school counselling started in the early 1990s to provide career counselling and guidance to assist secondary students to progress to tertiary education. Eventually the services by school counsellors increased when they got more training in skills facilitating professional counselling.

In Malaysia, the focus on career development is immensely important as concerns of the inevitable ever-changing future rising up towards a global agenda.

This presentation offers a comparative analysis of these different countries.

Jessica Bertolani is a researcher of department of counselling at the University of Malta. Her research interests are in school counselling and preventative developmental programs in social-emotional and self-directed learning.

Lisa Cheyne-Zanyk, MC, is a full time school counsellor with the Living Sky School Division, works part time in private practice, and is currently President of the School Counsellors Chapter.

Esnaty Obetile is an Accredited Trainer – BQA, CSE- UNESCO, Botswana Training 2017, Researcher for Botswana Television, Teacher Capacity Building Project for Ministry of Basic Education and Skills Development.

Janice Graham-Migel, PhD, is a school counsellor with the Halifax Regional Centre for Education, Past President of the School Counsellors Chapter, and holds an Adjunct Professor appointment at Acadia University.

Amalia Madihie

A19 - IAC International Research and Projects Round Table

Location: Petitcodiac

The IAC Project and Research Round Table gives the opportunity to counselling researchers and students to explore and research issues around counselling but particularly transcultural, contextual and social justice issues. We also encourage the facilitation of collaborative projects by counsellors worldwide in a culturally sensitive and respectful way. The conference will provide a time to meet face to face with others interested in forming international research partnerships. IAC will assist you to continue to meet once the conference is over through videoconference meetings. Research ideas already suggested include:

- International Mapping and Advocacy of Career Counselling
- International Mapping and Advocacy of Clinical Supervision
- Displaced People and Trauma

Chairs: Bill Borgen and Courtland Lee

A20-1 - Six Dimensions of the Understanding and Ethical Application of Neuroscience-Informed Counselling

(English - Advanced) - CCPA Session

Location: Beauséjour B

Neuroscience has swept through the global counselling and counsellor education community, with laboratories around the world producing unprecedented amounts of research on the neurobiology of the human experience. As the incorporation of neuroscience into counselling practice increases, so too does the need for a framework in order to protect clients and ensure competent, quality care. In this presentation, participants will work together to think through six dimensions of integration. These six dimensions reflect the author's own research and writing, as well as a review of relevant research in the fields of neuroscience and of counselling. It begins with the ethical lens through which all theory, techniques and interventions must be viewed, and arrives at specific ways to implement neuro-informed counselling in clinical practice holistically, with the personhood of the client always in focus. In between these two conceptual bookends, participants will explore preliminary considerations, levels of explanation, levels of application, and foundations of ethical integration. Applications include treatment of specific disorders like depression and substance use disorders, as well as specific neuroscience-informed interventions. Participants are invited to anticipate grappling together with these emergent issues from this nascent integrative field of inquiry.

Chad Luke holds a PhD in Counsellor Education from the University of Tennessee and is a counsellor educator at Tennessee Tech University and a clinical supervisor.

A20-2 - How to Rewire the Anxious Brain

(English - Introductory) - CCPA Session

Location: Beauséjour B

This interactive workshop offers ideas, examples and guidance for implementing interventions for treatment on anxiety. Understanding the foundation of anxiety will allow for a better understanding of how to reduce anxiety and build the client's resiliency and internal resources. A variety of techniques will be explored, such as empty chair, bilateral stimulation, solution focus brief therapy, and hypnotherapy. 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.

Alyssa Weiss is a Licensed Marriage and Family Therapist in Florida. Dr. Weiss is a Core Faculty member for Capella University. She serves on various editorial boards.

Sarah Stewart-Spencer is a Licensed Professional Counsellor (VA), a Licensed Mental Health Counsellor (FL). She is Core Faculty at Capella University and Editor and Co-founder of Therapeutic Speakeasy Quarterly.

Andy Brown is Licensed Professional Counsellor in North Carolina. He's a Professor for The Chicago School of Professional Psychology (Online). On the board International Association of Trauma Professionals.

A21 - Together in Action: CCPA Chapters for Reconciliation Initiative

(English - Introductory) - CCPA Session

Location: Beauséjour A

In response to CCPA's commitment to ongoing action toward reconciliation between Indigenous peoples and non-Indigenous Canadians, the Chapters for Reconciliation Initiative was created to provide a space for CCPA's various Regional and Special

Interest Chapters to engage in conversations about their meaningful participation in the work of reconciliation within and between their respective Chapters. A collaborative effort between the Indigenous Circle Chapter and the National Indigenous Director, the purpose of this initiative is to encourage CCPA Chapters to reflect on their social responsibility as members, practitioners, students, and Canadians, and consider what role they can play in the reconciliation process. This panel will highlight the experiences of several CCPA Chapter leaders on why it was important for them to participate and their plans to take action to support reconciliation through the work being done through their respective Chapters.

Jamie Warren (Mushkegowuk Cree) is the CCPA National Indigenous Director and a former Indigenous Circle Chapter President. She is the Chair of the CCPA Chapters for Reconciliation Initiative.

Joshua Hull is a CCPA – Indigenous Circle Chapter Executive Member-at-Large. He is a contributing member for the CCPA Chapters for Reconciliation Initiative.

Tanya Kirkland is of Cree and English ancestry. She sits on the CCPA Indigenous Circle Chapter Executive Committee and is a member of the Chapters for Reconciliation Committee.

A22 - Harm Reduction - A Framework for Change, Choice and Control

(English - Intermediate) - CCPA Session

Location: Matapedia

Harm reduction is an approach to help people explore their relationship with substances and behaviours. It works to reduce and mitigate damage and pain, and offers strategies to increase and promote safety, choice, and control. Harm reduction moves away from traditional understandings of “addiction” as a disease, and responses that are based on assumed morality and abstinence, or fear and punishment. This workshop explores the principles of harm reduction, how it works, and to whom it may apply. Participants will learn practical strategies for working with individuals, families, and communities within a harm reduction framework. This training will also explore how these concepts can be used in policy, procedure, and practice.

Sheri Coburn has a diverse background in the areas of corrections, addictions counselling, and domestic violence. She uses humour and social connection to promote healing and meaningful learning.

Indigenous Gathering Space

Location / Lieu : Restigouche

16 h 30 - 17 h 30

Nova Scotia Chapter Meeting / Réunion de la section de la Nouvelle-Écosse

16 h 45 - 17 h 45

**Technology and Innovation Solutions Chapter Meeting /
Réunion de la section de la technologie et des solutions innovatrices**

16 h 30 - 18 h 00

Career Counsellor Chapter Meeting / Réunion de la section des conseillers/ères d'orientation

SOCIAL ACTIVITIES

Tuesday, May 14, 2019 | 18h00 - 21h00

Magnetic Hill Winery Private Tour

A two-hour event includes presentation on the restoration of the 1867 historic property, interesting wine facts, and a tour of the winery. You will have samples of each wine and learn about the appropriate food pairings. There is also a social time as you sip and savour your selection of wine, local cheese and crackers.

\$25.00 / Person (Includes transportation.)

Magnetic Hill Wharf Village & Restaurant

From delicious food (restaurant, Café, ice cream, fudge and an Atlantic focused general store), shopping, local artisan talent (from the four Atlantic provinces and beyond) and our friendly East Coast people, our hope is that every visitor leaves the Wharf Village feeling good in their souls, full in their bellies, and happy with a keepsake to remember their visit to the Magnetic Hill Wharf Village.

\$30.00 / Person (Includes transportation and a casual diner. Menu to be determined.)

All About Moncton Walking Tour

Get an insider's scoop on the City of Moncton during a guided walking tour. Highlights include the Petitcodiac River, Treitz House, Times Building, Aberdeen Cultural Centre, Notre-Dame-de-l'Assomption Cathedral and much more.

\$10.00 / Person



20 h 00 - 21 h 30

Welcome Reception / Réception de bienvenue
Location / Lieu : Shediac

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

01 Gender Role Conflict in Canadian Post-Secondary Men: What Positive Masculinity can Offer

(English - Introductory)

Traditional masculine gender role socialization can lead to gender role conflict (GRC) and has significant impacts on the mental health and wellbeing of post-secondary men.

The main objective of this project is to consider the intersection of male gender role development and GRC in the psychosocial context faced by post-secondary males, and how self-authorship of new positive masculine identities can address the negative consequences of restrictive gender role socialization. This project explores expanding conceptualizations of masculinity using Kiselica and Englar-Carlson's (2010) Positive Psychology/Positive Masculinity (PPPM) model and Davies, Shen-Miller, and Isacco's (2010) notion of possible masculinities, as a means to reduce GRC and address the mental health concerns of post-secondary men. Possible masculinities based on positive masculine traits can free young men to deconstruct internalized unhealthy masculine conceptualizations and develop positive, internally-grounded masculine identities. Positive masculinity has slowly been incorporated into some post-secondary campus programs in the United States. However, comprehensive research and evaluations of these initiatives are overdue. In Canada the emergence of positive masculinity on campuses has been slower. Furthermore, there is a dearth of Canadian scholarship on this topic. Suggestions are made for future research on Canadian post-secondary populations as well as counselling implications for campus counsellors.

Patrycja Adam is a recent graduate of Athabasca University's Master of Counselling program. Her primary interests lie in identity development and psychological well-being in adolescence and young adulthood.

02 The Core Connectors Initiative: A Pilot Project

(English - Introductory)

The presented study is a mixed-methods evaluation of a youth mental health literacy program, the Core Connectors

Initiative (CCI). CCI was piloted during the 2017/2018 school year at three different locations. The purpose of CCI is to help youth gain peer support competencies and mental health knowledge. It aims to reinforce positive help seeking behaviors in schools by working with a group of students to take leadership in addressing mental health concerns in their school communities. CCI involves a 14-module program and was implemented by facilitators with a background in counselling psychology. Participants met on a weekly basis to learn about mental health and peer support strategies.

To evaluate the program, help-seeking, knowledge acquisition, self-esteem, positive youth development, and belongingness was measured pre- and post-training phase (N = 30). While, the Enhanced Critical Incident Technique (N = 9) was utilized to examine qualitative data regarding helpful/hindering experiences of CCI. Overall the results indicate that CCI contributed to help-seeking attitudes (help seeking overall, help seeking for suicide ideation, knowledge about help seeking) and was generally well received by the participants. Feedback from the participants provide insight into necessary components for successful youth mental health literacy group-based programs.

Fred Chou is a PhD Candidate in Counselling Psychology at the University of British Columbia. He has a vested interest in narrative, collaborative and critical research approaches in social sciences.

Authors: Kesha Pradhan, Carmen Huang

03 A Summary of the Current Research on the Development of a Working Alliance Using an Online Counselling Platform

(English - Introductory)

Recent technological developments and increasingly easy access to the internet for both developed and under-developed countries have allowed for online counselling to become a more utilized service (Murphy, et al., 2009). As the use of this service increases, it is important to also monitor the effectiveness of this form of counselling. This poster will

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

present an overview of the existing body of literature on the advantages and disadvantages of online counselling and the effect that these may have on the development of a working alliance between client and counsellor when using an online platform as the primary form of therapeutic communication. Finally, the poster will present an argument for the need for further evidence-based research in the area of online counselling regarding the development of a working alliance with culturally diverse clients.

Andrea Rivera is completing a M.Ed in Counselling at the University of New Brunswick. Andrea's interests are counselling culturally diverse groups and investigating the effects of online counselling.

**04 Research and Practice with Vulnerable Communities:
Perusing the Parameters**
(English - Introductory)

Working from a community-based perspective in both research and practice can be overwhelming! How do practitioners and researchers 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 poster presentation is meant to stimulate conversation around the 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 the presenters 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, delegates will be invited to engage in a conversation about their own experience, curiosity, and support. This is challenging work and supporting each other through dialogue helps us to walk the challenging path of social justice practice and research: the pain, the passion, and the promise.

Barbara Pickering is a PhD Candidate in Counselling Psychology at the University of Calgary. She is presently engaged in research to change how children with incarcerated parents are supported.

Kathy Offet-Gartner is a Registered Psychologist, researcher, and supervisor at Mount Royal University. She has worked alongside Indigenous communities for over thirty years.

**05 Ethical Responsibilities Regarding Possible Suicidal
Contagion Related to Suicide Content in Media
(Specifically Addressing the TV Show "13 Reasons
Why")**
(English - Introductory)

There is a long history of concern regarding the influence of media on the public's behaviours and attitudes on sensitive topics such as suicide (Carmichael & Whitley, 2018; Phillips, 1974). Most recently, the release of the popular Netflix show "13 Reasons Why" has provoked considerable debate among mental health professionals and the public alike (Notredame, Grandgenèvre, Vaiva, Séguin, 2018). The show follows the story of an adolescent girl who takes her own life and those who played a role in her life leading up to her death, and Ayers and colleagues (2017) found an increased number of suicide-related Google-searches following the show's release. In the present study, a literature review was conducted to consolidate the data surrounding possible influences of TV shows such as "13 Reasons Why", including suicidal contagion. Implications for practice and media policy will be discussed.

Emily Cruikshank is a Master's of Education student at the University of Alberta, majoring in Counselling Psychology.

**06 Equine Experiences for Veterans' Who Identify as
Living with Operational Stress Injuries: A
Phenomenological Study**
(English - Introductory)

Equine interventions are growing in popularity and increasing worldwide, with programs expanding across Canada to assist

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

individuals with a range of issues including depression, addictions, eating disorders, trauma and PTSD (Russell, 2013). While the research into the efficacy of equine therapy is limited, the emerging evidence indicates a trend in support of equine therapy interventions (Kendall et al., 2015). Few studies explore the experiences of the human-horse partnership from the perspective of the participants themselves. The purpose of this interpretative phenomenological study was to explore the experiences and meaning-making of veterans engaging with horses in the context of natural horsemanship to improve understanding of how the human-horse partnership may translate into therapeutic gains. Five veteran participants interested in working with horses to assist with operational stress injuries took part in the study. Five major themes emerged from the data analysis including; the authentic relationship, active awareness, the role of the trainers, horse appeal, and away from the yard. This study contributes to the development and delivery of equine interventions, rooted in the fundamentals of the human-equine bond, potentially offering an alternative or adjunct path to healing.

Katie Grimes is a student at the University of British Columbia, Faculty of Education, Department of Educational and Counselling Psychology & Special Education.

Colleen Haney - University of British Columbia, Faculty of Education, Department of Educational and Counselling Psychology and Special Education.

Marla Buchanan - University of British Columbia, Faculty of Education, Department of Educational and Counselling Psychology and Special Education.

07 Meanings of Seeking Counselling Among Second-Generation Chinese Canadian University Students

(English - Intermediate)

Generation Chinese Canadian university students in help-seeking as it relates to counselling. It is known that both Chinese immigrants and Chinese individuals born in Canada underutilize mental health services even with moderate to

high risk for depression. Furthermore, research on Asian individuals living in westernized countries reveals unique cultural challenges to help-seeking related to understandings of health and illness, attitudes towards mental health professionals and services, and normative responses to emotional distress. To further understand their help-seeking experiences, six second-generation Chinese Canadian students were recruited from a university in Western Canada to participate in open-ended questionnaires and semi-structured interviews. Interviews were audio-recorded, transcribed, and analyzed using Interpretative Phenomenological Analysis (Smith, Flowers, & Larkin, 2009). Findings reflect individual and shared understandings of help-seeking experiences, informing service providers about personal and cultural meanings that may need to be addressed, acknowledged, and explored in counselling with Chinese Canadian students. Appreciation of these experiences might also help raise community awareness around culturally sensitive perspectives on meeting the academic and mental health needs of Chinese Canadian students.

Sharon Robertson is Professor of Counselling Psychology at the University of Calgary. Her scholarly interests focus on psychosocial transitions; stress, coping, and social support; grief and loss; and counsellor education.

Alexander Choy is a completing his Master's of Science in Counselling Psychology at the University of Calgary. He hopes to continue research and practice to promote culture-infused counselling on university campuses.

08 Parental Divorce: The Experience Among Second Generation Chinese-Canadian Women

(English - Intermediate)

As a Chinese-Canadian woman, my experience of parental divorce has increased my awareness of the effects of culture and gender on the development of personal identity. 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

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

impact, is largely unknown. Chinese individuals represent one of the top three visible non-dominant ethnic groups in Canada; therefore, it is imperative to explore the functioning of Chinese children from divorced households. As parental separation is seen to sharply intersect with developmental pathways, it may have long term implications for the development of identity later on, particularly during emerging adulthood, a time of reflection on prior life experiences. The objective of this study was to explore second generation Chinese-Canadian women's understanding of the influence of their parent's divorce during childhood, on their identity development during emerging adulthood. Interpretative Phenomenological Analysis was used to examine how individuals make meaning of this experience, as it is particularly well suited to exploring psychological transitions and identity change. My goal was to deepen our understanding of the way that these young adults perceive and experience parental divorce.

Sharon Robertson is Professor of Counselling Psychology at the University of Calgary. Her scholarly interests focus on psychosocial transitions; stress, coping, and social support; grief and loss; and counsellor education.

Alysha Chan Kent is a graduate student in the MSc in Counselling Psychology program at the University of Calgary. Her research interests include Chinese-Canadian studies, divorce, psychosocial transitions, and qualitative methodologies.

09 Lived Experiences of Women the Canadian Armed Forces: A Narrative Review
(English - Introductory)

Historically, the Canadian Armed Forces (CAF) has been a male dominated industry, and as a result much of the research produced on the CAF has been understood from a male perspective. However, as more and more women are being drawn to serve their country, there is a growing need for a platform for their narratives. This research aims to help bridge this gap, and identify the unique challenges they may face as a function of being a woman in the CAF. The results

of this narrative review will be presented to create a platform for this research, and give a voice to the women serving in the CAF. The main themes that will be presented will include but are not limited to: (i) violence against women in the military, (ii) women's deployment, and the impact on family systems, (iii) sexual and gender minority women's experience in the military, (iv) women's career satisfaction in the military, and (v) recommendations for future research.

Cassidy Wilson is a MEd: Counselling student at the University of New Brunswick. She is currently pursuing research pertaining to women's experiences within the Canadian Armed Forces.

Helen Massfeller is an Associate Professor in the Faculty of Education at the University of New Brunswick. She teaches and conducts research in the area of counsellor education, supervision, and positive mental health.

10 Mitigating Psychological Distress with Self-Compassion: Psychoeducation for Living with Chronic Pain Syndrome
(English - Introductory)

Chronic pain (CP) affects many people and can have serious effects on a person's physical and psychological well-being. Initially, CP can lead to common problems such as restricted activities and the inability to sleep well, which can exacerbate pain and cause secondary complications that in turn lead to increased stress and pain. This process may develop into a cycle that can lead to ongoing psychological distress. The combination of CP and associated secondary complications result in chronic pain syndrome (CPS). Self-compassion is a promising way to address and relate to CPS since it helps regulate difficult emotions triggered by pain-related difficulties and can decrease psychological distress (Gilbert, 2014; Neff, 2011). This poster explores the development of a psychoeducational program that will run as an adjunct for a multi-disciplinary CP clinic. The goals of the program are to help participants re-engage in their lives, to prevent misconceptions about pain, and to teach participants how to mitigate psychological distress through the use of self-

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compassion. This will be accomplished over 7 sessions and will focus on understanding the biopsychosocial approach to CP, reducing maladaptive coping, and building a self-compassionate voice. Additional details about the program will be provided.

Sheila Chaba will be practicing in Edmonton, Alberta. Her research focuses on mitigating psychological distress caused by chronic pain syndrome and is inspired by her personal experience.

11 A Case for Attachment Theory in the Classroom: Improving Teaching and Learning through Socioemotional understandings

(English - Introductory)

Teachers at the primary and secondary level are increasingly focused on creating quality relationships with their students. Yet, in the name of academic achievement, teacher education and school cultures are often focused strictly on learning theory and cognitive development. Few practicing teachers have an understanding of attachment theory. There exists a gap between the intuitive understanding of the importance of relationships for learning and the formal understanding of how and why relationships matter. Ultimately, helping teachers to see their students through a lens of attachment holds the potential to improve student behaviour, social skills, cognitive and academic results, while also decreasing exclusions and expulsions. School-based counsellors have an opportunity to bring their knowledge and understanding of attachment theory, and its related concepts including mentalization and affect-regulation, to school administrators and classroom teachers.

During the poster presentation, I will highlight key elements of both classical and modern attachment theory in a way that connects to teaching practice. I will also expand on the rationale for understanding attachment theory by exploring how attachment impacts emotions during teaching and learning, the teacher-student relationship, and classroom and school dynamics. Finally, I will provide practical suggestions that will ultimately support educator and student success.

Jennifer Sutherland Lynagh is an MC: Applied Psychology student at the University of Lethbridge in her final year of Master's studies. She is also a teacher with Edmonton Public.

12 Depression, Anxiety, and Stress in Prison Populations: The Effect of Mindfulness-Based Treatments

(English - Introductory)

Incarcerated individuals experience significant psychological difficulties. A growing body of evidence supports the use of mindfulness-based interventions in improving mental health symptoms in incarcerated populations; however, the effectiveness of these treatments remains unclear. Electronic databases (PSYCINFO, PUBMED, and Medline) were searched on December 13th, 2017. Pre-post and control studies were eligible if mindfulness was the main component of the intervention and if the population was in a jail, prison or inpatient correctional facility setting. A total of 15 studies (N= 1,993) were included. Results showed that mindfulness-based interventions had a small to moderate overall effect in incarcerated populations for pre-post studies ($n = 14$; Hedge's $g = .390$; $p < .001$). Results suggest very large effects were found on stress ($n = 5$; Hedge's $g = 1.241$; $p < .001$) and on depression ($n = 6$; Hedge's $g = 1.464$; $p < .001$). Large effects were found on anxiety ($n = 5$; Hedge's $g = .858$; $p = .036$). Results suggest that mindfulness-based interventions are effective at increasing psychological health in prison populations. We will discuss why mindfulness-based interventions are an efficacious adjunct treatment for incarcerated populations.

Megan Per is currently a Master's student in the Department of Educational and Counselling Psychology at McGill University, Montreal, QC and apart of the McGill Mindfulness Research Lab.

Authors: Christina Spinelli, Isabel Sadowski, Emma Schmelefska, Leena Anand, Bassam Khoury

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13 Mindfulness and Gender in the Relationship Between Nature Relatedness and Subjective Well-Being in Emerging Adulthood

(English - Introductory)

Emerging adulthood, a developmental period from ages 18-25, encompasses multiple life transitions that can alter well-being trajectories. Nature relatedness (NR) is defined as the trait-like cognitive and affective relationship individuals have with their natural environment. Preliminary evidence links NR with overall Subjective Well-Being (SWB) and lower levels of negative affect. Studies show that women tend to have lower SWB and higher NR than men, and there is a positive relationship between SWB and dispositional mindfulness. As such, this research assesses: 1) whether there is a direct relationship between higher levels of NR and overall SWB, and 2) whether dispositional mindfulness and gender moderate this relationship. Participants, emerging adults from university and community settings, were administered online questionnaires assessing their levels of dispositional mindfulness, NR, and SWB. Results contribute to understanding the association between NR and SWB, informing future research on psychological wellness during this critical life stage.

Isabel Sadowski has a B.A. with Distinction from McGill University. Currently, she is an MA student in the Counselling Psychology Program at McGill, where she is supervised by Dr. Bassam Khoury.

14 How Can Dancers Persevere in a Ballet Career?: Personal Wisdom of Retired Professional Ballet Dancers

(English - Introductory)

Previous literature on dancers has largely focused on specific challenges in maintaining a high level of performance, such as physical injury or disordered eating, and dancers' voices are often silenced when exploring their experiences. Missing from the current literature is an exploration of how ballet dancers persevere in their performing career as a whole person. The purpose of this study is to gain understanding on what helps and hinders professional ballet dancers persevere

in their performing careers. Narrative interviews were conducted with nine retired professional ballet dancers (6 female, 3 male) who danced in a professional ballet company for a mean of 12 years. Using a phenomenological theoretical lens and a constructivist framework, the retrospective lived experiences of retired professional ballet dancers was explored to gather and draw on their personal wisdom to answer the research question: How do professional ballet dancers persevere in their careers? An inductive thematic coding method was used to develop core themes and sub-themes. Six core themes were identified: Being Proactive, Diversifying Training, Stepping outside Ballet World, Managing Expectations, Reaching out for Support, and Fostering Positivity. Findings highlighted the importance of developing personal identity, and included recommendations for dance educators and helping professionals.

Heejin Kim is a master's student in Counselling Psychology at University of Victoria and a former pre-professional ballet dancer. For her thesis, she combined her passion: ballet and research.

Author: Susan Tasker

15 Resettled Refugee Seeking: Trauma-Informed Care and The Process of Transitioning from the United States to Canada

(English - Introductory)

This poster proposal aims to present a current research study between the University at Buffalo and two clinical therapists from a certified community behavioural health agency in Western New York. This study investigates the process for refugee seeking claimants who arrive in Buffalo, NY from various parts of the world with an end goal of resettling in Canada. The study involves collaboration with a shelter that temporarily houses refugee claimants waiting for appointments and/or interviews with the Canadian Border Services Agency to assist them as thoroughly as possible in the process.

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As psychotherapeutic interventions are limited amongst this population, the study seeks to provide a trauma-informed care approach for all personnel involved in assisting claimants. For instance, as their first point of contact with border officials in Canada, some questions covered include, "Are patrol officers who are receiving claimants trained in providing trauma-sensitive care and communication?" and, "Is the temporary new-coming arrival center providing adequate humane living conditions?"

The two therapists proposing this poster are from Mexico and Singapore. They have significant experience working with refugees in the field of treating trauma and mental health disorders, and hope to advocate for and improve the unmet needs of this vulnerable population.

Ting Lee is clinical therapist from Singapore who was trained at the University at Buffalo and currently practices in Buffalo, NY, specializing in treatment of trauma and mental health recovery.

Carlos Chavez-Rodriguez is a clinical therapist from Mexico who was trained at Canisius College and currently practices in Buffalo, NY, specializing in treatment of trauma and mental health recovery.

16 The Essential Role of Wellbeing - Based Practices and Interventions in Preventing and Treating Mental Illness

(English - Introductory)

Wellbeing and Mental Illness are at opposite ends of the Mental Health Continuum. Many still see mental illness as expressions of a genetic or chemical abnormality. But research is pointing to lifestyle causes, disconnection from meaningful work, supportive relationships, the physical world, financial security and community as having a significant role to play in mental health.

Our clients need work and lives where they can make meaningful contributions, be more connected and have a hopeful and secure future.

Mental health providers will learn to assess client wellbeing in five interconnected areas, and incorporate wellbeing-based conversations and interventions to help clients find meaning in essential areas of life that foster wellbeing and mental health.

Derrick McEachern is a counselling therapist and career specialist and has been practicing since 2006. He is the founder of Five Star Wellbeing Counselling and Consulting.

17 A Practical Perspective of Integrating Counselling

Methods: Seven Step Method Model

(English - Introductory)

The presentation will focus on integrating a new approach of counselling methods. It focuses on the mental issues of the client and will make sure that a pathway is followed to attain betterment. The proposal focuses on a 7-step process model, through which the rehabilitation of the problems is achieved. The model uses key features such as "knowing and awareness of problems", "making a stop", "stay on" and other features, each of the step is a rehabilitation step. The model has been used with over 100 clients by the presenter with high success rate.

This model focuses on mental and emotional process, cognitive errors, cultural biases and feelings according to the life style of clients. It also focuses on the coping mechanisms of a concerned client and then tailor the therapeutic intervention according to their own level of understanding.

The major focus of this model is self-actualization which is enhanced on every level of intervention until clients get desired results. The therapist guides the client for rehabilitation process by bringing awareness to their skills and by introducing new ones until mastery is achieved. The model uses integrate aspects of CBT, ACT, DBT and so on.

Minzhou Sun is a Registered Professional Counsellor (RPC), Applied Suicide Intervention Skills Trainer, The Present of Bright Sun Counselling Services Inc.

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18 The Uniting of Medical and Psychological Sciences Using Artificial Intelligence to Provide Holistic, Precision Diagnostics for Those Suffering from the World's No. 1 Misery - Mood Disorders

(English - Intermediate)

MoodMD, in conjunction with its lab, psychotherapy and physician partners, has developed a four-phased, artificial intelligence processed, internet accessible program designed to provide a new level of precision diagnosis and treatment for mood disorders. Utilizing non-invasive neurotransmitter / neurohormonal assessment with psych-based diagnostic tools and protocols MoodMD has united medical and psychological sciences, for the first time, to enable health care providers and psychotherapists alike in bringing a whole new set of holistic, science-driven, hyper-accurate treatment options for those suffering from chronic stress, anxiety and depression, considered the world's number one set of collective miseries and a main source of the major non-communicable diseases.

Kevin Rogers is an accomplished psychotherapist with a specialty in mood disorders. Kevin is also a wellness and neuroscience expert with additional skills in software development and artificial intelligence.

19 Layers of Healing: Exploring the Recovery Process of Survivors of Intimate Partner Violence

(English - Introductory)

Much of the research and practice surrounding intimate partner violence (IPV) focuses on crisis intervention and prevention efforts and fails to emphasize the strength-based recovery process of survivors. This presentation will provide an overview of IPV and delve into the recovery experiences of survivors. We will share findings from quantitative and qualitative studies on the recovery process of survivors. Findings suggest that survivors experience both internal and interpersonal experiences, including, for example, learning to trust themselves, sexual exploration with new partners, negotiating boundaries and use of control with new partners,

and becoming empowered through the post-IPV dating process.

Paulina Flasch is an assistant professor of professional counselling at Texas State University. Her primary area of research, training, and practice is family violence, particularly intimate partner violence.

20 Introduction, Assessment, and Intervention for Intimate Partner Violence: A Primer for Clinicians and Educators

(English - Introductory)

The World Health Organization (WHO) defines Intimate Partner Violence as "behaviour by an intimate partner or ex-partner that causes physical, sexual or psychological harm, including physical aggression, sexual coercion, psychological abuse and controlling behaviours." IPV is a worldwide public health problem and violation of women's human rights, affecting as many as 30% of women worldwide. Clinicians need to understand how to properly assess for the presence of IPV in individuals, couples, and families, and how to appropriately target interventions. This presentation offers a primer for understanding, assessing, and working with intimate partner violence.

Paulina Flasch is an assistant professor of professional counselling at Texas State University. Her primary area of research, training, and practice is family violence, particularly intimate partner violence.

21 The United States of America and Lithuania: A Cross Cultural Comparison of the Social Services and Empowerment Strategies Delivered in Relation to the Phenomenon of Human Trafficking

(English - Introductory)

This poster will present findings from a qualitative grounded theory study that utilized a critical feminist lens to better understand cross-cultural treatment of human trafficking victims. Human trafficking is currently the fastest growing criminal enterprise in the world and is one of the largest social

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problems facing the global community. Human trafficking takes various forms; however research suggests that over 70 percent of trafficking involves sexual exploitation of some kind.

This grounded theory study included interviews with 11 professionals from the United States and Lithuania. This study focused on better understanding how service providers assist survivors with reintegrating back into their societies. Additionally, this study investigated how cultural understandings of human trafficking in each nation impacted the delivery of these services. While there were remarkable similarities in understanding and treatment of human trafficking victims between these two countries, there were also striking differences that may provide context for the counselling profession when considering the treatment of survivors of human trafficking. In addition to presenting the findings of this study, this poster will provide recommendations for future work within the field and identify strategies agencies can use to increase awareness and competency regarding the needs of victims of human trafficking.

Gabrielle Kempton is currently a PhD student at Syracuse university. She holds two master's degrees from Vytauto Didžiojo Universitetas, and the University of Southern Maine.

22 A Narrative Study of Sexual Assault on Campus

(English - Intermediate)

Given the current media concerns with the number of sexual assaults being reported in the USA, there is an important impetus to investigate the situation on campuses in Canada. It is important to examine the reports of students who have experienced a sexual assault and to understand how their needs were met or not by their universities. In this narrative study, we examined the narrative accounts of five women who experienced sexual assault on university campuses in British Columbia. Their stories highlight the importance of campus safety/security, availability of support services on campus, the stigma of assault, the impact of sexual assault and the need to improve university policies with regard to addressing sexual assault on campus.

Erin Davidson is a second year master's student in the Counselling Psychology Program at the University of British Columbia. This research is her master's thesis research.

Marla Buchanan is a professor in the Counselling Psychology Program at the University of British Columbia. Her research interests include studies in the field of traumatic stress.

May 15, 2019 / Le 15 mai 2019

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|---------------|---|----------------|
| 7h30 - 9h00 | Registration / Inscription | |
| 8h30 - 10h15 | Conférencier d'honneur - Réginald Savard / Keynote Address - Réginald Savard | Grand Ballroom |
| 10h15 - 10h45 | Nutrition Break / Pause santé | |
| 10h45 - 12h00 | Concurrent Sessions / Séances simultanées | |
| 10h45 - 12h00 | IAC Peace and Social Justice Roundtable | Petitcodiac |
| 12h00 - 13h30 | Lunch on Own / Dîner non-inclus | |
| 12h15 - 14h15 | CCPA Annual General Meeting / Assemblée générale annuelle de l'ACCP | Ballroom B |
| 13h30 - 14h45 | Concurrent Sessions / Séances simultanées | |
| 13h30 - 14h45 | Conversation Café / Café de conversation | Ballroom B |
| 14h45 - 15h15 | Nutrition Break / Pause santé | |
| 15h15 - 16h30 | Concurrent Sessions / Séances simultanées | |
| 15h15 - 16h30 | Conversation Café / Café de conversation | Ballroom B |
| 15h15 - 16h30 | IAC Counselling Practitioners Roundtable | Petitcodiac |
| 18h30 - 19h00 | Cocktail Hour / L'heure de l'apéritif | Ballroom C |
| 19h00 - 24h00 | Maritime Kitchen Party, Awards, and Dance / Fête de cuisine des Maritimes, prix et danse | Ballroom A/B |

7 h 30 - 9 h 00

Registration / Inscription

8 h 30 - 10 h 15

**Conférencier d'honneur / Keynote Address
Location / Lieu : Grand Ballroom**

L'alliance de travail et les ruptures d'alliance en counseling et en psychothérapie

Français - Interprétation simultanée - Séance de l'ACCP

L'alliance de travail est le facteur le plus étudié menant au succès de l'intervention. Elle est fondamentale dans toutes les formes de counseling et de psychothérapie, car elle représente une part importante de la variance des résultats. Plusieurs s'entendent pour dire que la création d'une alliance de travail positive est l'une des premières étapes de l'intervention et est considérée comme cruciale pour initier le changement chez le client. La qualité de l'alliance est influencée par les caractéristiques de la personne intervenante et de la personne cliente ainsi que par le type d'interactions formant leur dynamique relationnelle. D'ailleurs, la recherche démontre que la relation thérapeutique joue un rôle important dans les conditions nécessaires afin d'obtenir un résultat positif en intervention. Ainsi, la littérature scientifique s'intéresse de plus en plus aux ruptures d'alliance et leur résolution. Alors, comment créer, maintenir et restaurer l'alliance de travail pour faciliter le changement chez les clients tout en sachant que les caractéristiques de la personne intervenante contribuent davantage que les techniques qu'elle utilise? Cette présentation amorcera une réflexion sur l'importance du rôle de la personne intervenante dans le succès thérapeutique de l'intervention.



Réginald Savard est professeur en counseling de carrière à l'Université du Québec à Montréal, il est membre du Centre de recherche et d'intervention sur l'éducation et la vie au travail (CRIEVAT) et du Collectif en counseling et développement de carrière (CRCDC). Depuis plusieurs années, il s'intéresse au counseling de carrière avec des enjeux d'orientation, de réorientation, d'insertion, de réinsertion, d'adaptation et de réadaptation professionnelles ainsi que de l'évaluation. Dernièrement, il a fait des recherches sur le bilan et développement des compétences en entreprises. Il s'intéresse également au développement des compétences et de la supervision clinique. Enfin, il a une pratique comme conseiller d'orientation psychothérapeute auprès d'une clientèle adulte et en supervision clinique pour les conseillères et conseillers d'orientation d'expérience.

The Counselling/Therapeutic Relationship and Breakdowns in It

French - Simultaneous Interpretation - CCPA Session

The therapeutic/counselling relationship is the most studied factor in successful outcomes. It is fundamental to every type of counselling and psychotherapy, because it has a major impact on variance in results. Many authorities believe that establishing a positive therapeutic/counselling relationship is one of the first steps in the process and crucial to initiating change in the client. The quality of the relationship depends on the personalities of the therapist/counsellor and client, as well as the kinds of interactions characteristic of their relationship. Studies have also showed that the therapeutic/counselling relationship is a prerequisite to positive outcomes. That is why the scientific literature increasingly focuses on relationship breakdowns and their repair. How can such relationships be forged, maintained and restored to facilitate change in clients, since the therapist's and counsellor's

personalities have a greater impact than their techniques? This presentation outlines the importance of the therapist's/counsellor's roles in successful therapy and counselling.

Réginald Savard is a Professor of Career Counselling at the Université du Québec à Montréal, as well as a member of the Centre de recherche et d'intervention sur l'éducation et la vie au travail (CRIEVAT), and of the Collectif de recherche en counseling et développement de carrière (CRCDC). For many years, he has focused on career counselling, with special emphasis on career guidance and change, return to work, vocational training and rehabilitation, and performance appraisal. Prof. Savard has recently conducted research on assessment and development activities in companies, and is interested in skill development and clinical supervision. He is also a guidance counsellor and psychotherapist for an adult clientele and provides clinical supervision of experienced guidance counsellors.



10 h 45 - 12 h 00

Concurrent Sessions / Séance simultanée

B1 - Ethics, Equity and Inclusion: A Sociocultural Perspective on Diagnosis, Power, and Social Context, and Tools and Language for Equity-Oriented Practice

(English - Simultaneous Interpretation / Introductory) - CCPA Session

Location: Ballroom A

Our contemporary moment is, undoubtedly, a divisive one; one where political and social rifts seem to be growing rather than healing. It is a time when real, overdue, conversations are being had about power and social inequity, about decolonization, and about gender, but also a time when misunderstanding and fearful reactions surround these same issues. Using the lenses of diversity, equity and power/exclusion, this presentation will explore what it means to practice counselling ethically and sensitively in a time of colonialist reckoning, #MeToo, gender deconstruction, and harm reduction and legalization. This presentation will explore language and frameworks that can help guide a clinical practice more truly sensitive to issues of diversity, equity and exclusion and will ask questions about the sometimes exclusionary implications of our normative, objectifying, and diagnostic frameworks. The presentation will centre on the question: How can we counsel in a way that is mindful of the 'us' and 'them' divisions that our clinical practices sometimes maintain? I will offer clinical anecdotes from my years working with marginalized groups, years in private practice, and will offer perspectives and findings from my research in social anthropology, as a current PhD candidate.

Brett Richardson formerly worked in harm reduction in Vancouver and Toronto. He now holds a private practice in Halifax, lectures at Dalhousie University, and is a PhD candidate at Concordia University.

B1 - Éthique, équité et inclusion : perspective socioculturelle sur le diagnostic, le pouvoir et le contexte social, ainsi que sur les outils et le langage favorisant une pratique centrée sur l'équité

(Anglais - Interprétation simultanée / Introductive) - Séance de l'ACCP

Lieu : Ballroom A

Nous vivons à une époque où les clivages sont omniprésents et où les désaccords politiques et sociaux semblent appelés à s'accroître plutôt que de se résorber. C'est une époque où des conversations réelles et qui ont trop tardé voient le jour au sujet du pouvoir et de l'équité sociale, à propos de la décolonisation et des genres, mais c'est aussi une époque où ces enjeux sont l'objet d'incompréhension et de réactions de frayeur. Adoptant des perspectives liées à la diversité, à l'équité et au pouvoir/exclusion, cette présentation permettra d'explorer ce que signifie le fait d'exercer le counseling de façon éthique et sensible à une époque de reconnaissance du colonialisme, de #Moi aussi, de la déconstruction des genres, de la réduction des méfaits et de la légalisation. Ce sera l'occasion d'explorer le langage et les cadres conceptuels qui peuvent contribuer à orienter une pratique clinique qui soit plus réceptive aux enjeux de la diversité, de l'équité et de l'exclusion; on y soulèvera des questions au sujet des implications parfois exclusives de nos cadres normatifs, de leur objectivation et de leurs diagnostics. La présentation se consacrera à la question suivante : Comment peut-on pratiquer le counseling en demeurant conscients des divisions de type « nous » et « eux », que favorisent parfois nos pratiques cliniques? Je présenterai des anecdotes cliniques recueillies au fil de mes années de travail auprès de groupes marginalisés, de pratique privée, et je proposerai des perspectives et des résultats issus de ma recherche en anthropologie sociale, à titre de candidat actuel au doctorat.

Brett Richardson a déjà travaillé dans le domaine de la réduction des méfaits à Vancouver et à Toronto. Il exerce maintenant en pratique privée à Halifax, donne des conférences à l'Université de Dalhousie et est doctorant à l'Université Concordia.

B2-1 - Building Resilience: Strengthening Key Factors

(English - Intermediate) - CCPA Session

Location: Ballroom B

In our fast-paced, demanding and often chaotic lives, it can be difficult to maintain a strong foundation of personal resilience that helps with managing on-going stressors or bouncing back after a crisis. This is true for professionals working to serve individuals, families and groups, and it can be even more challenging for families in need of services.

Resilience is defined by the American Psychological Association as the ability to adapt well in the face of adversity, trauma and stress in the 2015 document “The Road to Resilience”. This workshop will identify 9 key factors that enhance personal resilience, including self-awareness, social support, creative problem solving, goal setting, acceptance of change, a sense of control, a sense of humour, optimism, and self care. Participants will be invited to explore practical ways to strengthen these building blocks of resilience in their personal and professional lives through reflective exercises.

This workshop will also introduce 6 key factors in systemic resilience, including cohesive engagement, resource partnerships, clarity and unity of purpose, trust and autonomy, proactive and creative problem-solving, and resilient leadership. Participants will reflect on the impact these factors have on both professionals, and service recipients, involved with systems.

Maureen Pollard is a registered social worker with more than 27 years experience working with individuals, families and groups. Her current practice includes building resilience with individuals, groups and organizations.

B2-2 - What Makes a Rural Girl Resilient? “Four Plus One” Things to Make a Difference

(English - Introductory) - CCPA Session

Outcomes for rural girls, in all their diversity, have been discouraging with girls having poorer educational, health and employment outcomes. Rural girls’ experiences exist in a larger context of negative messages about rural out-migration and loss of community resources. Despite this, there are signs of hope for youth in rural locales, borne of community-level innovative practices.

The Resilient Rural Girls team visited a variety of communities and engaged in 43 conversations with providers of programmes and services for girls, in four regions of Nova Scotia, to discover what aspects of offerings for girls were making a difference in those communities. While four metaresources (ethnocultural identity, intergenerational engagement, commitment to place, community interdependence) appeared across regions, communities and programmes, we found that programmes need not include all four to make a positive impact. Any of them, plus one vital additional ingredient, creates pathways to resilience.

We will summarise what makes a difference across distinctive programmes using a highly visual and storied approach with examples from diverse communities and cultures. Our findings will be translated into a practice resource for counsellors. A practical exercise will be offered to assist counsellors to evaluate options for experiences for youth in their particular context.

Deborah Day is a former counsellor-educator and is a counsellor in private practice. Her projects have explored resilience, self-authorship, and social difference in counselling practices.

Denise Landry is a Registered Counselling Therapist-C, was Project Manager for the Resilient Rural Girls Research Team. She works at Avalon Assault Centre in Halifax, employing a feminist and trauma-informed approach.

Authors: Kelly Dye, Lynn Aylward

B3 - Reviewer Training Certification for the Canadian Journal of Counselling and Psychotherapy (CJCP) – Levels I and II

(English - Introductory) - CCPA Session

Location: Ballroom C

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, Editor in Chief, CJCP. He is a retired professor of counselling psychology at UofC. He specializes in addictions, sexuality, and hypnotherapy. Author of 9 books (soon 10).

B4 - Reconciliation and Mental Health: CCPA's Response to the Truth and Reconciliation Commission of Canada's Calls to Action and What You Can Do

(English - Introductory) - CCPA Session

Location: Shediac A

Since the release of the final report of the Truth and Reconciliation Commission of Canada, and the Calls to Action, in 2015, Canadians have been becoming more actively involved in resetting the relationships between Indigenous and non-Indigenous peoples in our country. This past year, the Truth and Reconciliation Committee became a Standing Committee of the CCPA Board. In this workshop, participants will learn about the Truth and Reconciliation Commission's Calls to Action, be updated on how CCPA is responding to the Calls, and why this is particularly relevant for us as mental health professionals. Participants will leave with ideas about what they can do to contribute to this transformative work to help our country heal from the intergenerational impact of colonization.

Andrea Currie (Saulteaux Métis) is a community-based therapist, advocate, teacher, and consultant in Indigenous mental health and a Past President of the Indigenous Circle Chapter.

Leah Lewis is an assistant professor in Counselling Psychology at Memorial University, Newfoundland/Labrador, a registered creative arts therapist, psychotherapist, Canadian Certified Counsellor, and is on the CCPA Board of Directors.

Jamie Warren (Mushkegowuk Cree) is a counsellor, psychotherapist, speaker, and Indigenous mental health advocate. She is the CCPA National Indigenous Director and a former President of the Indigenous Circle Chapter.

B5 - Revising CACEP Standards for Accrediting Counsellor Education Programs in Canada: An Update

(English - Intermediate) - CCPA Session

Location: Shediak B

Following extensive consultation with counsellor educators across Canada, in 2003 the Canadian Counselling Association (now CCPA) approved and initiated the formation of the Council for Accreditation of Counsellor Education Programs in Canada (CACEP). The purpose of 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, CACEP standards have served as a benchmark for all Canadian counsellor education programs, both those that have sought accreditation and those that have used the standards in revising their programs. In recognition of the changes that have occurred in counselling, psychotherapy, and counsellor education since CACEP was established, CCPA created a CACEP 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 currently proposed changes to the existing accreditation standards as well as feedback received to date regarding the proposed changes. We will also invite interactive discussion about the proposed changes with the audience.

Sharon Robertson is a professor of Counselling Psychology at the University of Calgary. Her interests focus on psychosocial transitions and counsellor education. She has been Co-Chair of CACEP since 2003.

Bill Borgen is Professor of Counselling Psychology at UBC. He has conducted research and developed programs in career/life transitions for many years. He has been Co-chair of CACEP since 2003.

Natasha Caverley is CCPA Past President. She is a Canadian Certified Counsellor - holding a M.Ed (Counselling Psychology) and a Ph.D in Organizational Studies from the University of Victoria.

B6 - IAC School Counselling

B6-1 - Whole School Implementation of Eccomi Pronto: A Research-Based, Preventative-Developmental Curriculum to Develop Social Emotional and Self-Directed Learning in Primary Schools

(English - Intermediate) - IAC Session

Location: Shediak C

This presentation will identify the factors that have led to a highly successful, whole school implementation of Eccomi Pronto (EP) in Adro schools (Italy). EP is a research-based, preventative-developmental, school counseling curriculum based on self-direction

theory, structural cognitive development, positive psychology, and narrative therapy. It is a story-based curriculum delivered by school counselors and primary school teachers. Each story of the curriculum is based on 12 abilities that aim to develop social-emotional and self-directed learning. EP has been implemented and evaluated in primary schools in Italy and South Korea. Project evaluation used a pre-post research design with mixed methods. The quantitative analysis highlighted important changes in classroom climate and students engagement. The qualitative analysis showed positive changes in students and teachers. This presentation will: describe Eccomi Pronto and the methods used in its development; discuss how to work effectively with teachers in order to promote implementation; present evaluation findings; and present the results of studies that identify the important factors that have led to a success whole school implementation in Adro. The presentation will include both didactic and experiential elements. Attendees will participate in or observe a short role-play demonstration of an Eccomi Pronto curriculum unit.

Jessica Bertolani is a researcher of department of counselling at the University of Malta. Her research interests are in school counselling and preventative developmental programs in social-emotional and self-directed learning.

John Carey is Professor Emeritus and Director of the Center for Youth Engagement at UMass. His research interests are in the evaluation of social-emotional programs and school-based counselling policy research.

B6-2 - Resilience Based School Counselling: Developing Social-Emotional Competencies

(English - Advanced) - IAC Session

Location: Shediak C

The resilience and social well-being promotion paradigm offers a powerful framework for developing more effective school counseling programs. Such programs can serve as a "social vaccine" immunizing children and adolescents from the myriad of potential problems and pitfalls in their personal, social and career lives.

Participants will be invited to 're-think' the role of school counseling in promoting positive student academic, career and social-emotional development. A framework for developing a Resilience-Based School Counseling program will be presented based in the most recent research on ACE's trauma, resilience, social emotional learning, and parent/school collaboration. The framework enables school counselors to serve as catalysts for introducing resilience based strategies in their schools that strive to foster social-emotionally competent youth as well as more effective, supportive school/classroom, and home environments.

Specific examples will be used to illustrate the model in practice. Participants will also be engaged in classroom based learning activities that promote social-emotional competence, home/school collaboration, and the development of supportive school/classroom environments.

William G. Nicoll is the co-director of the Resilience Counseling & Training Center and former counselor educator/dept chair with specific interest in social-emotional wellness promotion via school counseling and home/school collaboration.

Monica A. Nicoll is the co-director of the Resilience Counseling & Training Center and adjunct professor of counselling. She has written children's books with parent and teacher strategies for social-emotional learning.

B6-3 - "He Wants to be a School Counsellor": Professional Identity Formation of Male Counsellors

(English - Introductory) - IAC Session

Location: Shediac C

This study describes a qualitative inquiry into professional identity formation amongst men who have recently graduated programs in school counselling in Israel. The study identified personal characteristics, educational experiences, and social-emotional aspects involved in developing the men's emerging professional identities, within a country which regards school counselling as a women's profession.

The participants constituted a purposively diverse sample of 15 men of various ages (range 26-42), and ethnicity (Jewish, Arab), who are recent graduate students in counselling programs. Semi-structured interviews were used. Data analysis followed the constant comparative methodology.

The findings indicate that childhood experiences play a significant role in shaping the men's professional identities. The participants' choice of profession had included explorative processes. Due to the small numbers of men in counselling programs, most men described their academic experience as giving them a feeling of exclusivity.

All of the participants attributed importance to the integration of men within the field of counselling. They also saw themselves as serving as examples of men who are not afraid of holding emotional discourse or of showing the "feminine" traits within their counsellor's abilities and personalities.

The findings have theoretical and practical implications concerning the dynamic nature of professional identity formation of counsellors.

Mirit Sinai is a lecturer in the Max Steern Valley College, Israel. Her main research interests are: Multicultural counselling, School counselling, Counsellor education and Promoting social justice and equity.

B7 - IAC Peace and Social Justice Roundtable

Location: Petitcodiac

The IAC's Peace and Social Justice Roundtable in collaboration with the CCPA's Counsellors for Social Justice Chapter are excited to chair a roundtable discussion at the CCPA Annual Conference, in Moncton. Together we invite you to participate in an open dialogue on the sociocultural, political, and historical issues that facilitate or thwart local, national, and global efforts toward sustainable peace and social justice. Topics include privilege, oppression, cultural and historical trauma, land sharing and communality, stepping into relationship, allyship, and support.

Chair: Vivian Lee (IAC) with Melissa Jay (CCPA Social Justice Chapter) and Anabel Mifsud (IAC)

B8-1 - Pranayama: Yogic Breathing Practices as Forces for Transformation in Counselling Psychology

(English - Intermediate) - CCPA Session

Location: Beauséjour B

Breathing is universal to the human experience and; therefore, multicultural in its application to counselling. Though breath practices have started making inroads via mindfulness approaches, using the breath to promote healing is largely absent in Western psychotherapy; however, this approach is commonly found in the philosophy of yoga, specifically in the practice of pranayama (breath control). Despite considerable research on the physiological mechanisms that underlie pranayama, there is little to no integration of pranayama in counselling psychology.

The literature suggests that yogic breath practices have a multitude of health benefits and can aid in the treatment of psychiatric disorders. Pranayama in specific has been shown to be a valuable tool for alleviating stress-related conditions. This interactive workshop aims to provide a background to pranayama, the functions and dysfunctions of breathing, share empirical research and discuss ethical, professional, and accessible ways to integrate these exercises into psychotherapy. Participants will be guided through a safe and gentle pranayama practice for hands-on experience.

Christina Gentile holds a M.A. (Counselling Psychology) from the University of Victoria and a BFA (Music) from Concordia University with a minor in religion. She is also a voice and yoga teacher.

B8-2 - Yoga Therapy: Basic Frameworks and Therapeutic Techniques for Counsellors and other Professionals

(English - Intermediate) - CCPA Session

Location: Beauséjour B

In this workshop, yoga therapist Amy Rubin (C-IAYT) will highlight some of yoga's fundamental insights into human wellness and suffering. First, we will explore the idea that the Yoga Sutras of Patanjali could be one of the world's first psychological frameworks. Next, participants will be introduced to the yogic concept of the five koshas (physical, energetic/pranic, mental, emotional, and bliss) and discuss implications for counselling.

For the remainder of the workshop, participants will learn and experience simple but effective therapeutic yoga and meditation practices to safely help clients in four areas: depression, anxiety, chronic pain, and addiction.

Certified yoga therapists are highly trained to apply yoga techniques therapeutically to address specific conditions. A relatively new field, yoga therapy has been at the forefront of empirical research into yoga's benefits.

Although the aim of this hands-on workshop is to learn brief, gentle, universally accessible techniques, participants may wish to wear comfortable clothing that allows them to breathe easily.

Amy Rubin is a yoga therapist (C-IAYT) and has worked with hundreds of clients suffering from anxiety, depression, addiction, and chronic pain. She is currently pursuing her Masters in Counselling.

B9-1 - A Mixed-Evaluation Method For Career Intervention

(English - Intermediate) - CCPA Session

Location: Matapedia

Several meta-analyses have shown that career intervention is efficient and effective (Whiston, Li, Goodrich Mitts, & Wright, 2017). Nevertheless, economic issues linked to career counseling are a cause for concern to policymakers because they expect practitioners to provide them evidence of the efficiency of their interventions (Whiston, 2012).

We developed a mixed-evaluation method combining time series and life narratives that can be used by career counselors throughout their interventions. It used a concurrent triangulation design in which quantitative and qualitative observations were collected at the same time (Hanson, Creswell, Plano Clark, Petska, & Creswell, 2005).

Changes were detected in the time series, whereas these changes are interpreted in light of qualitative data. The analysis of mixed data helped in identifying and understanding the changes that should be taken into account with time series related to the clients in professional transition.

By evaluating the outcomes and processes of career intervention, practitioners could identify which of their actions affect the career development behaviour of their clients and could thereby evaluate and improve their professional practices, and be able to describe their interventions to clients, employers, and decision makers.

Philippe Jacquin is an assistant professor in career counselling at the University of Moncton and a member of the Research and Intervention Centre on Education and Working Life at Laval University. Philippe has a Ph.D. in Psychology from the University of Rennes.

B9-2 - Creating Fulfillment in Purpose-Focused Career Counselling

(English - Introductory) - CCPA Session

Location: Matapedia

Throughout history, cultures across the world have cultivated spiritual practices and traditions as a regular part of life. The desire to reflect on one's purpose and position in relation to the greater world and universe has been a universal quest across many cultures, races, languages and beliefs. Recent research shows that spirituality can be linked to improved quality of life. The goal in this session is to explore career counselling through a spiritual lens and reflect, through discussion and hands-on application, how working with clients in this way can radically transform their perception of their career, their career choices and the fulfillment they experience on a daily basis.

Lauren Wallis is a Certified Canadian Counsellor and member-at-large for the Career Counselling Chapter, runs a private practice in career counselling and incorporates spiritual care with a holistic approach.

Indigenous Gathering Space

Location / Lieu : Restigouche

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

12 h 00 - 13 h 15
CCPA Annual General Meeting / Assemblée générale annuelle de l'ACCP
Location / Lieu : Ballroom B

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

B10-1 - Beyond Counsellor as Ally: Understanding the Needs of LGBTQ+ Youth and Taking Action With Clients

(English - Simultaneous Interpretation / Introductory) - CCPA Session

Location: Ballroom A

Forty-two percent of LGBTQ+ youth report that their communities are not accepting of LGBTQ+ persons. These youth report hearing negative views regarding LGBTQ+ persons, most of which, they report, are from peers, the internet, and school. Research shows that these youth experience homophobic harassment at school from both adults and fellow students. In addition to bullying, LGBTQ+ youth are at a greater risk for anxiety, traumatic stress, depression, lower grades, truancy, and are less likely

to graduate from high school. As counsellors, it is our ethical responsibility to create a safe space for these students. In order to best serve this population, we must be aware of the special concerns faced by this community and the ways in which we can best be of service to them. In this presentation, we will discuss the unique needs of adolescents identifying as LGBTQ+. Attendees will gain a greater awareness and understanding of the experiences and challenges faced by these youth, as well as strategies for working with LGBTQ+ youth in counselling settings. Cross-cultural and multi-national contexts of work with this population will be highlighted. An experiential activity will be used to enhance participants' learning experience and encourage discussion.

Jordan Pearce, a doctoral student in counseling at Old Dominion University in Virginia, USA, has a background in domestic violence, substance abuse, and trauma work with diverse populations.

Bianca Augustine is a doctoral student in counseling at Old Dominion University in Virginia, USA with clinical/research experience with ethnic minorities, LGBTQ+, trauma, and grief.

B10-1 - Au-delà du conseiller allié : comprendre les besoins des jeunes LGBTQ+ et agir avec les clients

(Anglais - Interprétation simultanée / Introductive) - Séance de l'ACCP

Lieu : Ballroom A

Quarante-deux pour cent des jeunes LGBTQ+ affirment que leurs communautés n'acceptent pas les personnes LGBTQ+. Ils rapportent avoir entendu des opinions négatives au sujet des personnes LGBTQ+, et la plupart affirment les avoir observées chez leurs pairs, dans internet ou à l'école. Les recherches révèlent que ces jeunes subissent du harcèlement homophobe à l'école, aussi bien de la part d'adultes que de leurs collègues étudiants. Outre l'intimidation, le jeune LGBTQ+ est plus susceptible d'éprouver de l'anxiété, du stress traumatique, de la dépression, de l'absentéisme, d'avoir de moins bons résultats scolaires, et a donc moins de chances d'obtenir son diplôme d'études secondaires. À titre de conseillères et de conseillers, nous avons la responsabilité éthique de créer un milieu sécurisé pour ces étudiantes et ces étudiants. Pour mieux desservir la population, nous devons être conscients des inquiétudes particulières qui touchent cette communauté et des meilleurs moyens de répondre à ses besoins. Dans cette présentation, nous discuterons des besoins particuliers des adolescents qui s'identifient à la communauté LGBTQ+. Les participants acquerront une plus grande sensibilité et une meilleure compréhension des expériences et des défis que vivent ces jeunes, et se familiariseront avec des stratégies conçues pour le travail auprès de jeunes LGBTQ+ en contexte de counseling. On soulignera les contextes interculturels et multinationaux d'un tel travail. On aura recours à une activité expérientielle pour favoriser l'expérience d'apprentissage du participant et inciter à la discussion.

Jordan Pearce, doctorant en counseling à Old Dominion University en Virginie, aux É.-U., a travaillé dans les domaines de la violence familiale, de la toxicomanie et des traumatismes auprès de diverses populations.

Bianca Augustine est doctorante en counseling à Old Dominion University en Virginie, aux É.-U. et dispose d'expérience clinique et de recherche auprès de minorités ethniques, de membres de la communauté LGBTQ+, ainsi que dans les domaines des traumatismes et du deuil.

B10-2 - Promoting Safe and Inclusive Spaces for LGBTQ Youth in Schools

(English - Simultaneous Interpretation / Intermediate) - CCPA Session

Location: Ballroom A

Recent evidence from Canada's first national school climate survey shows that homophobia is common in today's schools. Research consistently puts LGBTQ youth at a higher risk for suicide and suicidal ideation than their heterosexual peers. Wells and colleagues (2017) recently reported that 67% of young transgender youth in Canada had seriously considered suicide over the previous 12-months, and 41% of them had attempted it. What are the roles of educators, including school counsellors, with respect to promoting and creating safe and inclusive spaces for LGBTQ youth; what unique contributions can they make in nurturing those spaces; and, what barriers do they face in creating safe and inclusive spaces for LGBTQ youth in schools? We will present the findings of an Alberta study we conducted to address these issues. More specifically, we will present the results of an electronic survey of educators regarding their perceptions of their roles. We will also present the findings of in-depth individual semi-structured interviews with 10 school counsellors regarding what they identify as optimizing safe spaces for LGBTQ youth in schools and what could be done to optimize them further. The implications of these findings for school counsellors will be discussed.

Sharon Robertson is Professor of Counselling Psychology at the University of Calgary. Her scholarly interests focus on psychosocial transitions; stress, coping, and social support; grief and loss; and counsellor education.

Authors: Tom Strong, Jac Andrews, Vanessa Vegter, Andrew Luceno.

B10-2 - Promouvoir des espaces sécurisés et inclusifs pour les jeunes LGBTQ dans les écoles

(Anglais - Interprétation simultanée / Intermédiaire) - Séance de l'ACCP

Lieu : Ballroom A

Le premier sondage national sur le climat dans les écoles au Canada a révélé que l'homophobie y est très courante de nos jours. Selon les chercheurs, les jeunes LGBTQ sont beaucoup plus exposés aux risques de suicide et aux idées suicidaires que leurs pairs hétérosexuels. Wells et ses collaborateurs (2017) ont récemment rapporté que 67 % des jeunes transgenres au Canada avaient sérieusement songé au suicide au cours des 12 mois antérieurs et que 41 % avaient fait une tentative. Quels rôles les formateurs, y compris les conseillers scolaires, doivent-ils jouer en ce qui concerne la promotion et la création d'espaces sécurisés et inclusifs pour les jeunes LGBTQ? Quelles contributions particulières peuvent-ils apporter pour favoriser de tels espaces? Quels obstacles doivent-ils surmonter lorsqu'il s'agit de créer des espaces sécurisés et inclusifs pour les jeunes LGBTQ dans les écoles? Nous présenterons les résultats d'une étude albertaine que nous avons menée sur ces enjeux, et notamment les résultats d'un sondage électronique mené auprès des formateurs en ce qui concerne les façons dont ils perçoivent leurs rôles. Nous présenterons également les résultats d'entrevues individuelles approfondies et semi-structurées menées auprès de 10 conseillers scolaires concernant ce qu'ils considèrent comme étant l'optimisation des espaces sécurisés pour les jeunes LGBTQ dans les écoles et ce qui, selon eux, pourrait être fait pour les optimiser encore plus. Nous discuterons des implications de ces résultats du point de vue des conseillères et conseillers scolaires.

Sharon Robertson enseigne la psychologie du counseling à l'Université de Calgary. Ses intérêts académiques portent sur les transitions psychologiques, le stress, la capacité d'adaptation, le soutien social, le deuil et la perte et la formation des conseillers.

Auteurs: Tom Strong, Jac Andrews, Vanessa Vegter, Andrew Luceno

B11 - Conversation Café / Café de conversation

Location: Ballroom B

See page 55 for full description of the Conversation Café sessions. / Voir la page 55 pour une description complète de les café de conversations.

B12-1 - Making Psychotherapy Accessible to People with Autism Spectrum Disorder Level 1 (Asperger's Syndrome)

(English - Intermediate) - CCPA Session

Location: Ballroom C

People with ASD level 1 (Asperger's Syndrome) often have difficulty making utilizing the therapeutic relationship commonly referred to as the working alliance. This is because the elements of ASD make most relationships confusing and challenging, and the client-therapist relationship is not an exception to this. For therapy to be accessible to people with ASD, therapists require an understanding of ASD-Informed Psychotherapy, and the skills to utilize it with clients. This workshop introduces therapists to ASD-Informed Psychotherapy in theoretical and practical ways. Ruth Strunz is the creator of ASD-Informed Psychotherapy, published in the CJCP in 2018.

Ruth Strunz is a Registered Psychotherapist holding a Master of Counselling Psychology. In psychotherapy and play therapy she specializes in supporting people with autism spectrum disorder (ASD) and other relational conditions.

B12-2 - The Disabling and Enabling Social Factors in Autism: One Woman's Lived Experiences

(English - Introductory) - CCPA Session

Location: Ballroom C

Gabrielle Disability is often viewed as a problem within an individual, either as an abnormality to be fixed or as a burden to bear. However, disability can also be viewed as a social construct and the result of barriers imposed on an individual by an ableist culture. This paper explored the societal factors that create disability for Laura, a woman diagnosed on the autism spectrum. Through a review of the literature on disability, the contextual, systemic, and relational factors contributing to disability are discussed and exemplified through her lived experiences. The results of the literature review and analysis of Laura's narrative indicated that despite experiencing neurological impairments and differences, Laura is most often disabled by external factors rather than her diagnosis. The implications of these results include a shift in thinking for counselling professionals when providing culturally-responsive care to clients with disabilities. Additionally, the results are useful for identifying potential community and systems level social changes to increase and improve inclusivity in western society.

Gabrielle Heselton is currently enrolled in the 2nd year of the Master of Counselling program, at Athabasca University. Her research interests include trauma and resilience in autistic clients and ableist discourses.

B13 - Unleashing the Splendor Within: Birthing the Master Storyteller Through Life Writing and Rituals

(English - Introductory) - CCPA Session

Location: Shediac A

Narrative has been recognized as a therapeutic tool for several years. This presentation discusses the use of a creative therapy that employs storytelling, writing and rituals designed to help individuals re-create their lives and "unleash" their own Master Storyteller. For ten years, this approach was used in a therapeutic life writing course (Rewriting Your Life) created to help women who had experienced trauma in their lives. Using Dr. William Glasser's notion of creating "total behaviour" in either the "library" or "laboratory" of our lives, I guide participants as they explore and autopsy words and their meanings and as they categorize some of the more painful stories into the appropriate sections of their own personal "libraries." This approach was also used with children, members of First Nations communities and with newcomers to Canada and many of their stories attest to the healing they experienced during this time. By harnessing the power of narrative, participants are empowered and healed from old hurts as the conquering Master Storyteller emerges from within and gives new direction to the victimized tale spinner. Participants will be invited to engage in therapeutic writing exercises and rituals used in sessions.

Eve Allen has a MA in Creative Writing (UNB) and is Reality Therapy Certified. She currently works as an EAP counsellor in Moncton, New Brunswick.

B14 - The Designation of the "Canadian Certified Counsellor"

(English - Introductory) - CCPA Session

Location: Shediac B

In 1986, CCPA established a credentialing service for its members: Canadian Certified Counsellors: A National Certification Program for Professional Counsellors. The program includes recognition of standards of professional preparation, continuing education, and a formal code of ethics. This session will provide an overview of this national service which identifies to the public those counsellors who CCPA recognizes as qualified to provide counselling services in Canada. Participants will learn about CCPA's certification requirements and the application process for obtaining the status of Canadian Certified Counsellor (CCC). Common issues when applying for certification will be discussed. Please note that this session will not cover provincial regulation or CCPA's Code of Ethics.

B15 - IAC Family Counselling

B15-1 - From Trauma to Resilience: Utilizing Early Childhood Recollections to Facilitate Growth and Change

(English - Advanced) - IAC Session

Location: Shediac C

Early Childhood Recollections can assist the counsellor in both accurately conceptualizing the cognitive schema underlying a client's presenting issues in counselling and aligning with the client rather than against his/her symptoms. Such memories can be understood as metaphors for the trauma dynamics in the client's idiosyncratic personality schema. These specific memories, provided by the client, can also then serve as powerful facilitators for empowering personal growth, change and resilience. This presentation will introduce the use of ER Reconstruction as a powerful resilience building strategy in counselling. In addition, the ER Reconstruction will be combined with Internal Family Systems which will be shown to encompass the client's early memories. Case studies will be presented to illustrate the process in counselling practice.

Monica Nicoll is a clinical mental health counsellor and co-director of the Resilience Counselling & Training Center in New Hampshire, USA. She has provided training workshops in N. America and Europe.

B15-2 - Young Caregivers: Who are They and How Can Counsellors Help?

(English - Intermediate) - IAC Session

Location: Shediak C

Adolescents encounter a variety of experiences as they transition to adulthood (Habermas & Bluck, 2000). However, some adolescents encounter unique experiences requiring them to engage in caregiving responsibilities for a family member. Adolescents who adopt caregiving roles, called young caregivers (Charles, Stainton, & Marshall, 2012), tend to operate silently with little support due to the stigma associated with being a young caregiver (Charles et al., 2012). Furthermore, the complex emotions these individuals encounter when faced with such responsibilities can be troubling, confusing, and damaging to their construction of self and identity as they transition to adulthood (Freeman-Cruz, 2018). This is particularly the case for adolescents living with a parent with an acquired brain injury (ABI). Based on the findings of research responding to the question how might we understand adolescent identity construction in the context of living with a parent with an ABI (Freeman-Cruz, 2018), this presentation will focus on common concerns facing young caregivers and the implications for counselling practice. Specifically, we will discuss the influence that such roles play in constructing adult identities (e.g., Benson & Furstenburg, 2006) and how counsellors can support young caregivers in their transition to adulthood.

Aiofe Freeman-Cruz, PhD, is a sessional instructor and private practitioner working in Calgary, Alberta, Canada with a focus on supporting individuals and families influenced by acquired disabilities.

Sharon Robertson is Professor of Counselling Psychology at the University of Calgary. Her research interests focus on psychosocial transitions; stress, coping, and social support; grief and loss; and counsellor education.

B15-3 - Working with Internationally Mobile Families: Building Resilience and Navigating Transitions

(English - Advanced) - IAC Session

Location: Shediak C

More and more families are today experiencing the lifestyle of an internationally mobile family. Such families by choice or force of circumstances leave their country of origin and live temporarily in a country or countries other than their own. Such international mobility presents both opportunities and unique challenges eliciting conflicting feelings within each person. All changes and transitions, good as well as bad, involve some degree of stress, loss, anxiety, confusion and insecurity. Further, family members experience the transitions in very different ways and at different times/stages resulting in family conflict or disharmony. A 'synchronized' family emotional transition process is seldom, if ever, the reality.

This presentation will offer a framework for understanding the transition process for internationally mobile families as well as practical strategies and techniques to assist them in building both personal and family resilience that enables them to successfully navigate through the changes and transitions. Practical applications and case examples will be used to illustrate the process of building resilience in the internationally mobile family including the role of schools and employers as needed support systems.

William Nicoll, former Professor of Counselling and Department Chair. He is currently an international consultant & trainer as well as co-director of the Resilience Counselling & Training Center.

B16 - IAC Working with Indigenous People

B16-1 - Bringing Indigenous Knowledges into Canadian Counsellor Education programs: A Sharing Circle

(English - Intermediate) - IAC Session

Location: Petitcodiac

The Calls to Action of the Truth and Reconciliation Commission of Canada (2015) place a responsibility on every Canadian citizen and institution, including those involved in counsellor education, to ensure that health care professionals have gained culturally sensitive competencies to work with Indigenous peoples. Through the utilization of the guiding principle of Two-Eyed Seeing (Bartlett, Marshall, & Marshall, 2012), and Aboriginal Research method (Kenny, 2000), this research examined three questions: (1) According to Elders and community members, what Indigenous knowledges and practices are appropriate and important to share in counsellor education programs? (2) How can these knowledges and practices be shared in a respectful and culturally sensitive way? (3) What learning experiences will assist counselling students in embodying Indigenous knowledges? This Sharing Circle will provide an opportunity for the primary researcher, co-researchers (research participants), and a counsellor educator to share their experiences from research conversations (the data), and provide recommendations for the Transformation and Renewal phase of this research (Kenny, 2000). These recommendations will be meaningful for counselling students, practitioners, and counsellor educators.

Jenny L. Rowett is a Licensed Counselling Therapist and a founding member of Ntulsonawt Wellness Centre at the Mi'kmaq-Wolastoqey Centre, University of New Brunswick.

Nancy Harn is a Mi'kmaq woman from Eel River Bar First Nation and a founding member of Ntulsonawt Wellness Centre, where she is completing her counselling practicum.

Stel Raven is a queer, trans, Two-Spirit individual with mixed Indigenous heritage originating from NunatuKavut. They have a private practice in New Brunswick and teach at St Thomas University.

José Domene is a Professor at the University of Calgary who teaches career development/counselling, professional ethics, and research methods. He researches relational contexts of career and intersections between technology and counselling.

B16-2 - Creative Arts Therapies with Indigenous Populations

(English - Introductory) - IAC Session

Location: Petitcodiac

Traditional Indigenous knowledge shows that creative arts have always played a central role in healing rituals and daily life. Creative arts therapies (CATs) make critical contributions to counselling with Indigenous populations through decolonizing frameworks and empowerment. This panel aims to deepen and broaden attendees' understandings of and experiences with five creative arts therapies and to explore the implications and practical use of creative arts with Indigenous populations.

Four creative arts therapists will discuss their approach to working with Indigenous populations based on their area of specialization: Expressive Arts Therapy, 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 tool of decolonization, empowerment, and healing. Delegates who attend the panel will leave the session with (a) an increased understanding of how different CATs professions can contribute to the healing process of Indigenous populations through

empowerment and a culturally sensitive practice, (b) an awareness of how creative interventions can be chosen with/by/for the client and/or community based on a variety of therapeutic and cultural factors, and (c) newly acquired creative tools and techniques that can be utilized with this population.

Gabrielle Gingras is a licensed teacher, artist, art-therapist (M.A.), member of the Quebec Art Therapy association (AATQ) and founding member of Canevas art therapy Centre in Montreal.

Deva Little Mustache-Gordon holds a Master's of Education degree in Counselling Psychology (UVIC'11) and is both a Registered Psychotherapist (RP) and a Canadian Certified Counsellor. Deva is the Indigenous Circle Chapter President.

B17 - Game On! Gamifying Life Clarification via Storytelling For Diverse Populations and Settings

(English - Introductory) - CCPA Session

Location: Shediak A

Discover a guided life clarification game offering an experiential approach to engage diverse clients in programs, education, workplaces and private practice. Who You Are Matters! is a storytelling and story-listening tool grounded in an evidence-based narrative assessment system. Through fun, peer-to-peer learning clients gain clarification leading to inspired action.

Join us to understand how narrative assessment has been gamified, and engage in storytelling and story-listening group learning experience. Gain an overview of how the tools have been adapted to diverse populations & in different settings. Experience the game, gain clarification for yourself, and learn how narrative tools including an online storytelling tool (receive free credit), can support diverse clients.

Mark Franklin is the award-winning leader of counselling enterprises, CareerCycles and OneLifeTools, and instructor at University of Toronto. Mark and team have supported 5000+ clients using narrative methods and storylistening.

With 8+ years in human development and HR, Ali Breen is a millennials coach, Holistic Narrative Career Professional, Career Development Practitioner candidate, presenter at Cannexus, PodCamp, BlogJam, Fusion Halifax.

B18 - Meeting the Unique Mental Health Needs of Boys and Men - Weaving Adventure, Expressive and Experiential Modalities

(English - Intermediate) - CCPA Session

Location: Matapedia

Many men and boys have unique needs when it comes to therapy. With high rates of death by suicide, poor seeking behaviours and high dropout rates in therapy, men's 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 and 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 adult 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 experiential 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
- Inspire helping professionals to find their own unique path using adventure, expressive and experiential techniques in their own wellness settings.

Nick Cardone specializes in therapy with men and adolescent boys. With 20 years experience in school, institutional and community mental health, Nick explores 'Where and how can therapy happen?' with clients/therapists.

14 h 45 - 15 h 15
Nutrition Break / Pause santé

15 h 15 - 16 h 30
Concurrent Sessions / Séance simultanées

B19 - A Cross-Country Update on the Regulation of Counsellors and Psychotherapists in Canada

(English - Simultaneous Interpretation / Introductory) - CCPA Session

Location: Ballroom A

This session will review the current and pending statutory provisions across 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 that facilitate interprovincial labour mobility.

Blythe Shepard is a President Emeritus and served as the BC and AB Regional 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 Regional Director for CCPA. Glenn co-chaired the CCPA National Labour Mobility Group and its 3 national symposia.

B19 - Mise à jour pancanadienne de la réglementation sur les conseillères, conseillers et psychothérapeutes

(Anglais - Interprétation simultanée / Introductive) - Séance de l'ACCP

Lieu : Ballroom A

Au cours de cette séance, on examinera les dispositions réglementaires actuelles et à venir dans l'ensemble du Canada en ce qui concerne la réglementation des conseillères, conseillers et psychothérapeutes, et l'on cernera les principaux enjeux à ce chapitre. On y verra aussi les mesures prévues dans l'Accord sur le commerce intérieur au Canada et destinées à faciliter la mobilité de la main-d'œuvre entre les provinces.

Blythe Shepard est Présidente émérite et a occupé les postes d'administratrice représentante de la C.-B. et de l'Alberta au sein de l'ACCP. Elle coprésida le Groupe national de travail de l'ACCP sur la mobilité de la main-d'œuvre, ainsi que les 3 symposiums organisés par ce dernier.

Glenn Sheppard est Président émérite et a occupé le poste d'administrateur régional pour T.-N. au sein de l'ACCP. Il coprésida le Groupe national de travail de l'ACCP sur la mobilité de la main-d'œuvre, ainsi que les 3 symposiums organisés par ce dernier.

B20 - Conversation Café / Café de conversation

Location / Lieu : Ballroom B

See page 60 for full description of the Conversation Café sessions. / Voir la page 60 pour une description complète de les café de conversations.

B21 - Determinants for Mental Well-Being of Refugees: Considerations for Economic and Social Integration

(English - Introductory) - CCPA Session

Location: Ballroom C

The workshop will present findings from a mixed-method study that examined the mental health needs and barriers to employment for refugee youth living in Manitoba. A total of 141 interviews were conducted with youth, settlement workers, and employers and 210 questionnaire packages were distributed to refugee youth and settlement workers. The authors will identify examples of promising practices and wrap-around support programs that emerged from the data. Challenges and obstacles for adjustment and integration will also be shared. The overarching topic of trauma will be explored as it relates to the refugee pathways and migration journey. More specifically, the triple-trauma effect will be discussed as it relates to the pre-migration, trans-migration and post-migration stories from refugee youth and their families. A model promoting trauma-informed practice will be shared and strategies to support refugees will be provided.

Jan Stewart is Deputy Provost and Associate Vice-President, Academic at the University of Winnipeg. She is the co-author of *Bridging Two Worlds: Supporting Newcomer and Refugee Youth*.

Narumi Taniguchi is the Director of the Masters in Marriage and Family Counselling Program at the University of Winnipeg and Assistant Professor in the Faculty of Education.

B22 - Indigenous Sharing Circle – Building Community Through Storytelling

(English - Introductory) - CCPA Session

Location: Shediak A

Time and time again, Indigenous Peoples of Turtle Island (North America) have held circles to discuss topics of mutual interest and concern while using the principles of mutual respect, equality, and interconnected wholeness. Hosted by the Indigenous Circle Chapter (CCPA), this sharing circle will provide the opportunity for participants to share and learn from each other through storytelling. All conference delegates are welcome to attend, with the understanding that the focus of the circle will be on the work being done in Indigenous mental health and in Indigenous communities. It is our intention that this circle is meant to build and strengthen our community in the spirit of truth and reconciliation.

Deva Little Mustache-Gordon is a proud Blackfoot woman from Piikani First Nation. She works as a child clinician in Moose Factory, ON and is the current President of CCPA's Indigenous Circle Chapter.

Tanya Kirkland is of Cree and English ancestry and was born and raised in Prince George. She works at Camosun College providing counselling to Indigenous students.

Jamie Warren is a Mushkegowuk Cree woman who works as a counsellor for Indigenous post-secondary students. She is a former president of the Indigenous Circle Chapter (CCPA).

B23-1 - Using Creativity to Facilitate Therapist Self-Reflection - Drawing Self-Portraits with Eyes Closed

(English - Intermediate) - CCPA Session

Location: Shediak B

As we know, therapist self-reflection is an important part of maintaining a balanced practice. Not only does self-reflection allow us to become aware of our own physical, mental, and emotional preoccupations, but it can also help to reveal countertransference responses, which in turn informs our work with clients.

Image-making can facilitate self-reflection by providing a visual point for inquiry. The image allows the therapist to gain distance from this particular point of inquiry providing opportunities for the therapist to consider multiple perspectives. Additionally, the time spent creating and reflecting on the image can serve as creative self-care.

This hands-on presentation will lead participants through a novel technique of drawing with eyes-closed, allowing for quick, spontaneous image-making which, through observation and inquiry, can reveal unconscious aspects of our experience and be used to deepen self-reflection and self-understanding.

No artistic skill is required to benefit from this self-reflective technique. All are welcome.

Zoë Bowman is an art therapist who specializes in promoting spontaneity, self-expression and self-understanding. She holds a masters in art therapy and a masters in Child Studies and Education.

B23-2 - Six Lessons on Creativity of Young People

(English - Introductory) - CCPA Session

Location: Shediak B

In the presentation “ Six Lessons on Creativity of Young People,” I present a several stories of adolescents and young adults who were actively involved in creative pursuits such as music composition, circus arts, painting, and writing. I explore then how their creativity helps them to interpret, to understand, and to make meaning out of their inner experiences. I discuss a role of solitude in the development of their creativity, a difference between solitude and loneliness, and how creativity transforms loneliness into solitude. Next, I examine how creativity helps them to deal with their negative emotions of dissatisfaction, disappointment, confusion, doubt, fear, anger, anxiety, nervousness, and depression. I also discuss how creativity contributes to an increase in their experiences of positive emotions of joy, acceptance, surprise, love, resourcefulness, curiosity, and delight. Finally, I present a discussion on self-identity formation of young people and a role of creativity in their psychological development.

Krystyna C. Laycraft, PhD and Certified Life Coach, helps people to identify their emotions, how to respond to challenging situations that evoke negative emotions, and how to embrace positive emotions.

B24 - IAC School Counselling

B24-1 - Put Your Oxygen Mask on First: How School Shootings and Community Mass Violence Impact Counsellors, and What We Can Do to Ameliorate Shared Trauma and Promote Resilience

(English - Intermediate) - IAC Session

Location: Shediak C

Mass violence knows no single group; therefore, counsellors working in a variety of settings from community mental health and hospitals to schools and universities, will likely encounter disaster-affected clients sometime in our careers. Thus, with increasing numbers of school shootings and events of mass violence in the U.S. and other countries, if we do not prepare ourselves, we may suffer from secondary traumatic stress, existential angst, vicarious traumatization, and shared trauma. Counsellors can ultimately become as wounded as the survivors we help. Recent research indicates that emotion and somatic regulation, as well as post-traumatic growth (PTG) can buffer traumatic effects during and after horrific traumatic events. In this session we examine the impact of mass violence on counsellors and show how emotion regulation and resilience skills after mass violence can prepare counsellors to put our “oxygen mask” on first.

Jane Webber is Doctoral Program Coordinator, Department of Counseling, Kean University; ACA Fellow, LPC, Disaster Response Crisis Counselor; Guest Editor, Traumatology Special Section, Journal of Counseling & Development.

J. Barry Mascari is Associate Professor/Chair, Department of Counseling, Kean University, NJ, Disaster Response Crisis Counselor, American Counseling Association Fellow, past CACREP Board member and AASCB President.

B24-2 - “Guidance and Counselling”: A Panacea for Early and Unintended Pregnancy Among Teenagers and Adolescents in Botswana Senior Schools for Sustainability – Voices from Kalagadi District, Botswana, Southern Africa

(English - Intermediate) - IAC Session

Location: Shediak C

Despite the wealth of research, campaigns and funds expended on early and unintended pregnancy among adolescents in many nations, this phenomenon has been indomitably on the increase in sub-Saharan Africa (Yakubu & Salisu, 2018). In Botswana the adolescent fertility rate is estimated at 51 births per 1000 women aged 15-19 years and the trend continues to rise (BOPA, 2017). Thus, the objective of this empirical study was to examine the experiences of the participants with regards to early and unintended pregnancy and the counselling support they receive, if any, in order to suggest appropriate policies and effective guidance and counselling interventions. The study employed interpretive paradigm to understand and describe the “lived-experiences” of the participants. Qualitative research approach was utilized, with instrumental case study design. The site was purposefully selected and snowball sampling technique used for the participants given the nature of the study. There were eight participants; six adolescents, 2 never pregnant, 2 pregnant, 2 nursing; and 2 counsellors. Data was obtained through semi-structured interviews and narratives. The data were coded and thematic analysis was used to analyse the content. The findings indicated that most adolescents do not go for counselling, secondly, most of the counsellors are not professionals.

Ifeoma Eze has PhD (Educational Psychology) and Masters (Guidance and Counselling). She served as Head of Department of Teacher Education, her research interests; Gender Based Violence, Educational Psychology and Counselling.

B24-3 - School Counselling - The Irish Experience

(English - Intermediate) - IAC Session

Location: Shediak C

This presentation will address the introduction of the concept of School Counselling for All in an Irish context. Drawing on current international research into counselling in schools, the Irish case will be unveiled. Irish children are experiencing mental health issues at an alarmingly high rate – higher than their USA and UK counterparts. By the age of 13, one in three will have experienced a mental health issue. As the World Health Organisation noted in 2001 – school is one of the most important places for promoting mental health. However, school based responses to those experiencing mental health difficulties have traditionally been ad hoc and inconsistent. Teachers often find themselves working in quasi-therapeutic roles, blurring boundaries for all and without satisfactory outcomes for those who need help. Recent national research tells us that school going children are asking for independent counsellors to be available to them. Given that early intervention is key and unaddressed mental ill health means less opportunities down the line for our children, isn't it time to listen? This presentation will outline an IACP initiative to move towards a national school counselling programme with equality of access for all.

Lisa Molloy is Chief Executive Officer of the Irish Association for Counselling & Psychotherapy (IACP) where she leads a 4,200 member strong organisation.

B25 - IAC Counselling Practitioner's Roundtable: Professional Isolation in Counselling Practice Internationally

Location: Petitcodiac

The Counselling Practitioners' Round Table (CPRT) of the International Association for Counselling (IAC) is excited to partner with the CCPA's Counsellor Education and Supervision Chapter and Private Practitioners Chapter, to explore professional Isolation in counselling practice internationally. Members of the CPRT will discuss their opportunities to function as a forum for practitioners to share and discuss matters arising from their practice for celebration or concern; create mutual support and encouragement across International and multi-cultural contexts around the world using video conference, social media, and e-mail to combat isolation; and to address the wider professional and research community with matters of interest or concern. Panelists will discuss similarities and differences that exist for the counselling profession within communities, cultures, and countries. With the CPRT motto of "sharing practice around the world," this discussion will address mental health needs around the globe that can be adequately addressed by the professional counselling community, and facilitate professional collaboration.

Chair: Nate Perron with the CCPA Practitioners Chapter and the CCPA Counsellor Educators and Supervisors Chapter

B26 - "Becoming Friends with My Demons": Understanding the Intersectionality of Trauma and Spirituality

(English - Introductory) - CCPA Session

Location: Beauséjour B

Background: Trauma continues a significant health concern as over 76% of Canadian will experience a trauma, and certain populations (e.g. first nations, refugees, first responders) having significantly more exposure to traumatic situations 5. In response to trauma, intense and overlapping emotional, cognitive, spiritual reactions and symptoms can result 6-8. While research has predominately focused on the emotional and cognitive symptoms of trauma, a growing body of evidence is illustrating spiritual distress (e.g. a loss of meaning and purpose, hope, trust in relationships, and sense of self) is also associated with driving negative mental outcomes, illnesses, and self-harming behaviours.9,10

Purpose: The purpose of this interactive presentation will be to explore the intersectionality of trauma and spirituality.

Method: This educational presentation will be focused on exploring the research related to trauma and spirituality, what spiritual elements may hinder or support healing, and how to help clients move towards post-traumatic growth. Participants will also be walked through clinical cases studies to illustrate models of spiritual assessment and interventions.

Lorraine Smith-MacDonald - Doctoral Candidate, Faculty of Nursing, University of Calgary.

Gerard Vardy - ChangesFirst.

B27 - Blended Families: How to Support Their Flourishing in Family Therapy. Three Approaches.

(English - Introductive) - CCPA Session

Location: Matapedia

This workshop presents the characteristics of blended families today, as well as potential therapy strategies to address their challenges. Statistics and literature will show how blended families have a unique reality. Applying general family therapy may fail to address their specific needs. Over 66% of blended families dissolve and experience more mental health concerns than those in non-blended families : thus the importance in addressing the needs of this group. Today, blended families constitute 50% of all families. This presentation proposes three family therapy modalities adapted for blended families. 1- Satir's Systemic Family Therapy (Satir, 1991) is a holistic therapy that encompasses the intertwining of intrapsychic and interpersonal modalities for family therapy. 2- Emotionally Focused Family Therapy (EFFT; Johnson & Lee, 1999) is an integrative family therapy rooted in systemic and client-centred therapies, and attachment theory. 3- R.E.A.L. Therapy, or Rational-Emotive Attachment-based Logotherapy (Armstrong, 2016), is a new family therapy. This holistic approach aims to work through cognitive, emotional and existential/spiritual dimensions lived by the family, in conjunction with attachment. Adapted tools for blended families from each approach will be presented. Suitable for those working with blended families, and with members of blended families in individual and couples therapy.

Stéphanie Larrue, a Registered Psychotherapist (Ontario) and PhD. Candidate at Saint-Paul University's School of Counselling, Psychotherapy and Spirituality, has been researching and publishing on blended families for four years.

Indigenous Gathering Space

Location / Lieu : Restigouche

16 h 45 - 18 h 00

Indigenous Circle Chapter Meeting / Réunion de la section du cercle autochtone

Location / Lieu : Ballroom C



MAY 15, 2019

19 H 00 - 24 H 00

MARITIME KITCHEN PARTY

2019 CCPA Conference
Delta Beauséjour Hotel, Moncton, NB.

Not sure what a "Maritime Kitchen Party" is? Down here in the Maritimes, gatherings with family and friends includes food, fellowship, and of course, music and dancing. It is a very casual affair, so be sure to wear comfortable clothes – jeans are permitted. Tartan or plaid is preferred, but optional!

Food has a way of bringing people together. Dinner will consist of a buffet with an array of your favourite dishes, and of course, yummy desserts.

After enjoying so much to eat, it's time to work those calories off and get the party started! Always wanted to learn to play the "spoons"? Well here is your chance... lesson provided!

While the above list are things that have been tried and tested over generations of kitchen parties, adding your own twist to the evening is encouraged, because at the end of the day, a kitchen party is all about having fun! Bring your own instruments.

Gather round with new friends for lots of fun and surprises!

This year, the "Maritime Kitchen Party" replaces the annual banquet. CCPA will still be celebrating and presenting it's annual awards during the evening.



LE 15 MAI 2019

19 H 00 - 24 H 00

FÊTE DE CUISINE DES MARITIMES

*Congrès de l'ACCP 2019
L'Hôtel Delta Beauséjour, Moncton, N.-B.*

Cette année, la « Fête de cuisine des Maritimes » remplace le banquet annuel, mais l'ACCP célébrera et remettra ses prix annuels comme toujours durant la soirée.

Avez-vous déjà entendu parler des « fêtes de cuisine des Maritimes »? Ici, dans les provinces maritimes, la nourriture, la camaraderie et, bien sûr, la musique et la danse sont toujours au menu des réunions de famille et d'amis. L'ambiance est très décontractée, alors habillez-vous confortablement – le jean est accepté. Bien sûr les motifs écossais sont optionnels, mais fortement recommandés!

La nourriture a toujours un pouvoir rassembleur. Le repas, servi en buffet, proposera un large éventail de vos plats préférés et, bien sûr de délicieux desserts.

Après un repas aussi copieux, il sera temps de brûler ces calories et de faire la fête! Vous avez toujours voulu apprendre à jouer de la cuillère? Eh bien, voici votre chance... vous aurez même droit à une leçon!

Bien que toutes ces activités fassent partie depuis des générations des fêtes de cuisine, nous vous encourageons à ajouter votre touche personnelle à cette soirée car, après tout, l'idée d'une fête de cuisine, c'est de s'amuser! Apportez vos propres instruments.

Venez rencontrer de nouveaux amis dans un cadre divertissant et plein de surprises!

B11-1 - Positive Workplace Wellness: What We Know and Can Do in Organization, Teams and for Self to Maximize Potential

(English - Introductory)

Wellness is not merely the absence of illness or distress - it is striving for positive physical, mental and social well-being. It is a lifelong process of making decisions that support a more balanced life and enable workplaces, teams, and individuals to maximize their potential. According to WMA research, "When basic psychological or mental fitness needs are met within daily work routines and relationships, employees experience a greater sense of personal well-being, demonstrate higher levels of motivation, and perform optimally when addressing personal and work-related challenges and goals. According to current research evidence, mental fitness needs are associated with relatedness (inclusion and connectedness), competency (recognition, worth and meaningful use of strengths), and autonomy-support (engagement respect, and participation in problem-solving processes).' In this session, presenters will share recent research and best practices in positive workplace mental health and wellness. An opportunity will also be provided to participants to undertake a self-reflection and goal setting exercise.

Bill Morrison is a professor of educational psychology at the University of New Brunswick. He is a Leader in Canadian Youth Mental Health receiving the CMAH Difference Maker Award.

Brenda Stead is a leader in change management, human resource development, training, coaching and workplace wellness. She has worked in Canada and internationally.

B11-2 - Failure To Launch: How To Best Support Parents Of Highly Dependent Adult Children

(English - Introductory)

Parents of highly dependent adult children often feel overwhelmed and at their wits' end: In spite of their best efforts and dedicated care, their adult children do not live up to their potential and still heavily depend on financial, housing

and other practical support. This session will suggest approaches as to how families in this situation can best be engaged. Further, the presenter will offer ideas with regards to how parents can start worrying about their child less, why the status quo is not their fault, what their child really needs from them and how to approach their young adult in an effective, helpful manner.

Annina Schmid is an addictions counsellor who has successfully worked with "hopeless" young adults who "failed to launch." Annina sees clients in Toronto, but also worldwide via remote counselling.

B11-3 - The Hagen Model: Using Feedback in Collaborative Ways to Help Families

(English - Intermediate)

This presentation includes the results of the Scandinavian study at a treatment center utilizing feedback-informed, client collaborative practices in Norway as well as the preliminary findings of the application of this research in the United States that is currently being conducted at a family therapy practice outside of Philadelphia. Participants of this workshop will be given specific tools to use in family therapy and offered examples of how these tools can help improve the effectiveness of their clinical work with families. Transcultural implications will be discussed as well as what elements are necessary for clinicians to implement true client collaboration into practice. Two primary themes to be highlighted are true client collaboration and counselor positional stance in family therapy. Five sub-themes to be explored in the presentation include true acknowledgment of the client within the family system, prestige-free attitude toward the clients, trusting the clients, flexibility in treatment, and willingness to negotiate therapy with clients in family systems. Opportunities for discussion will include how this applies to counselors-in-training, practicing clinicians, and clinical supervisors training transcultural family therapy students. This will be an oral presentation, with interactive discussions, and a Powerpoint will be used.

David Emil Martinson earned his PhD from the University of South Carolina and teaches at Immaculata University, PA. He

has presented at conferences in the USA, Canada, Norway, and Iceland.

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B11-4 - Mothers Who Kill: Representations of Maternal Filicide in Canadian Mass Media

(English - Introductory)

Stories in Canadian mass media of mothers who kill their offspring make sensationalist headlines given our culture's fascination with morbidity and the well-known media adage: if it bleeds, it leads. Despite this fixation, no study to date analyzes media representation of mothers who commit infanticide, neonaticide, and/or filicide. This study contributes understanding that can guide counsellors and psychologists comprehension of this issue, its relationship to maternal mental health crisis such as postpartum psychosis, and increases dialogue and sensitivity to the ways in which mothers are further demonized within society. We share results from our systematic qualitative media analysis of electronic news articles over a ten-year period from 2008 to 2018. We elucidate themes surrounding maternal mental health and maternal killing of offspring. Infanticide law in Canada is discussed as well as theories about why mother's kill their children. Implications for counselling practice and the need for increased training in perinatal and reproductive mental health is addressed, particularly in relation to the need for psychologists who can serve as expert witnesses in court cases in Canada.

Gina Wong, Ph.D., R.Psych. is an Associate Professor at Athabasca University. She is a maternal mental health specialist and serves as an expert witness in maternal filicide cases in Canada.

Kim Rock is a student at Athabasca University currently completing her graduate studies in the Masters of Counselling Psychology. Her primary interests lie in perinatal and forensic mental health.

Amy Corkett is a graduate student in the Graduate Centre for Applied Psychology in the Faculty of Health Disciplines at Athabasca University. She resides in Calgary, Alberta.

Author: Nancy Shekarak

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B11-5 - Libraries as 'Homespaces': Redefining Mental Health Support Through Socially Engaged Community Art Hives

(English - Intermediate)

In response to Newfoundland and Labrador's all-party report on mental health, Towards Recovery, we are forging new perspectives on diversifying access to mental health programming and supports that are preventive in nature. This session presents the outcomes of our research around libraries as community gathering spaces, and spaces that can foster and improve psychological wellness. For a year, we offered art therapy-grounded Art Hive sessions focusing on connection through group art making. We are interested in the concept of multiple literacies highlighting social and emotional engagement and functioning as equally contributing to wellness. We ground this work in art therapy and community psychology concepts of community attachment and engagement through connection. We are able to draw in results from our previous research that engaged newcomer youth in Art Hive programming, where we observed the framework as effective in fostering connection and engagement using the Adlerian framework of the Crucial C's. This initiative reapplies the community art therapy framework to the accessible and visible community space of local libraries, and begins to redefine our understanding of counselling approaches and counselling-informed programming that contributes to community wellness. The session will present our results and offer interactive demonstration of the art hive framework.

Leah Lewis is an assistant professor, and hold multiple counselling-related credentials. Her research is arts and community based that highlights access to counselling informed servicing that is embedded in community.

Beth Maddigan is the head of Memorial's Education Library & Commons. Her scholarship focuses on community-led libraries and community literacy initiatives highlighting the role of libraries in engaging community wellness.

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B11-6 - Clinical Adaptations and Use of Creativity: Strategies That Work

(English - Intermediate)

Jennifer WI am currently bringing together thirty years of clinical expertise in a series of articles for publication. These articles involve a selection of clinical skills and interventions that are designed to involve the client in the effective change process. My clinical belief is that individuals are more involved in their own successful outcomes if they feel that they are respected and informed partners in the change process. The articles that I will be drawing from include such titles as "The Four Corners of Trust", "Problems vs. Realities Paradigm", "Breaking the Guilt Habit", "Therapeutic Issues with Split Families", "Needs Wisdom", "Keeping Love Healthy", amongst others. This presentation will offer dynamic, interactive ways to enliven one's clinical practice and to assist clients to feel understood, supported, aware and interactive as they take charge of their path to resolution and wellness.

Jenifer Wilson has 30 years experience in private practice, and holds undergraduate and masters degrees in Psychology and Social Work. She brings energy, enthusiasm, life-passion and creativity to her clinical work.

B11-7 - Gaming to Grow: Using Tabletop Role-Playing Games to Achieve Therapeutic Goals

(English - Introductory)

In a tabletop role-playing game, players engage in a narrative-based game that exists entirely in a imaginative space shared between the players and a facilitator. Each player/client assumes the role of a unique, fictional character whose actions and thoughts they control.

Tabletop role-playing games can help clients address social and emotional challenges through engaging and dramatic play that promotes growth and exploration of both their character and themselves.

For example, someone with social anxiety may have the opportunity to act in a way they would otherwise not feel

comfortable with in a real-life setting. These play-based encounters provide clients with a safe and fun environment to explore and experiment with social identity and behaviour.

Beyond social skills, players are also provided with opportunities to practice collaboration and communication tools; problem-solving and decision-making; perspective-taking and empathy; and, imagination and creativity.

In this session, you'll learn about table-top role-playing games, explore their therapeutic potential, review the results of some exploratory research and even get to experience playing yourself!

Matthew MacLean is the UNB Mental Health Strategist. His work focuses on innovate and unique programs designed to improve access and success for underrepresented student groups at post-secondary.

B11-8 - An Experiential Introduction to Trauma Treatment: An Interactive Overview of Traditional and Contemporary Interventions

(English - Introductory)

This interactive workshop offers ideas, examples and guidance for implementing interventions 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 and EMDR! 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 completed his doctorate in Counselling Psychology. Andy serves as a full-time Professor at The Chicago School. He serves as a board member of the International Trauma Training Institute.

with our clients. This model can be seen as a meta-model for understanding human behaviour and can be incorporated into your current practice.

In this session, you will learn three cornerstone concepts from Transactional Analysis that can add value and a deeper level of comprehension to some of those frustrating experiences that keep ourselves and our clients stuck. Incorporating these practices can help you improve working alliance and client outcomes.

We will cover the concept of 'contracts' in therapy - a powerful model for engaging your client in their own recovery. Proper contracting in the therapeutic relationship is fundamental to avoid the frustrating experience of passivity or active sabotage clients sometimes exhibit.

We will also cover the Discount Matrix - a structure to understand why and how some interventions fail to affect change with clients and suggest alternative options.

Lastly, you will learn a concept called Strokes and the Stroke Economy, and learn how this concept informs the client's maladaptive behaviour. You will be given simple interventions that can radically change client experience.

Anne Klein is a Psychotherapist and coach with The Change Institute in Calgary. Anne has been in practice for three years and is a Transactional Analysis Practitioner through the USATAA.

B20-1 - Looking Towards the Future: High School Students, Career Counsellors and an Aging Population

(English - Introductory)

For the next 30 years, population aging will impact many facets of our society. The Atlantic provinces currently have the highest proportion of adults over the age of 65 with some communities in New Brunswick already counting 34 % of their population as older adults. Our research has explored a breadth of topics related to aging at home and access to services. Of concern is future human resources as administrators of community-based services confirmed their challenge at recruiting and retaining young employees. What is most worrying is that the average age of current workers in the field of community services to older adults is 40-50 years old. Who will provide care and services to a future aging population? That question motivated us to survey 644 high school students in NB, have focus group discussions with 50 of these students and invite 14 French speaking high school career counsellors to complete a short online survey regarding their level of knowledge and the career possibilities in aging. This presentation will highlight findings from research conducted with students and career counsellors while creating awareness of the need to encourage students to consider a career with a focus on aging.

Suzanne Dupuis-Blanchard is Professor in nursing, holds a research chair in population aging and is Director of the Centre for Aging Research at the Université de Moncton.

Danielle Thériault holds a Bachelor in Psychology and a Master in Health Administration. She is currently pursuing studies in nursing while working as a research assistant.

B20-2 - Prolonged Exposure Therapy: Resolving Post-Traumatic Stress Disorder

(English - Intermediate)

Clients who live with Post Traumatic Stress Disorder often struggle with a wide range of symptoms ranging from severe anxiety, nightmares, flashbacks, dissociative features, and hyper-vigilance. Prolonged Exposure Therapy (PE) is an evidenced-based cognitive-behavioral therapy approach

which addresses and resolves the two dynamics that maintains PTSD symptoms, specifically, fear and avoidance. This treatment modality relies on several unique components: Psychoeducation, breathing re-training, In-vivo and Imaginal Exposure and Cognitive-Emotional Processing. Participants will learn the specific theory, assessment procedures, clinical interventions of Prolong Exposure Therapy. This workshop is for clinical counsellors and psychotherapists who have a background in treating trauma clients and who have a CBT knowledge-base.

Christopher Garrison is a Licensed Clinical Professional Counsellor (America) with doctorate degree in Counselling Psychology. Dr. Garrison has 34 years of experience and works full-time in private practice.

B20-3 - Comprehensive Guidance and Counselling Programmes and Achievement Outcomes of Secondary School Students in Edo State, Nigeria

(English - Advanced)

The study assessed comprehensive guidance and counselling programmes and achievement outcomes of secondary school students in Edo State, Nigeria. Four research questions and four hypotheses guided the study. This was a descriptive study based on survey research design. Two thousand, five hundred secondary school students across secondary schools in Edo State, Nigeria were sampled for the study. A validated instrument titled, "Comprehensive Guidance and Counselling Programmes and Student Achievement Outcomes Questionnaire (CGCPSAQOQ)" was used for collection of data for the study. The instrument was administered on the participants. Data collected were analyzed using t-test and Pearson Product Moment Correlation Coefficient (PPMCC). The analysis yielded the following results: that there is significant relationship between comprehensive guidance and counselling programmes and achievement outcomes of students; the relationship between comprehensive guidance programmes and achievement outcomes of secondary school students is gender, location and school type based. Based on the findings of the study, the following recommendations were made among others: government should put in place

comprehensive guidance and counselling programmes in all secondary schools and qualified guidance counsellors who are the drivers of counselling programmes should be employed in all secondary schools in Nigeria.

Osumah, Agbonluae Obaze is a Lecturer and Counselling Psychologist at Ambrose Alli University, Ekpoma, Edo State, Nigeria. He holds an M.Ed and Doctor of Philosophy(Ph.D.) in Guidance and Counselling.

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B20-4 - Peacemaking Models in School Using a Restorative Approach
(English - Intermediate)

Peacemaking Models in Schools using a Restorative Approach is a program based on the Balance Wheel. A Peacemaking Model is directed at resolving conflicts and restoring relationships by incorporating the Balance Wheel and using all four elements, the mental, the emotional, the spiritual and the physical. This model will give those directly involved in the conflict, the parents, elders and mediators a chance to work together. Each person will be given an equal opportunity to voice their concerns. Restorative approaches is a traditional concept that was used in my First Nation Community to maintain respect and harmony within the community. The presenter will be working towards her Guidance and Counselling Masters Thesis based on this model by interviewing elders and community members from her home community.

Tina Cook-Martin is a First Nation member from Sapotaweyak Cree Nation. She is attending Brandon University's Masters in Education Program specializing in Guidance & Counselling and is employed as a Student Success Officer.

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B20-5 - Film-Making as a Therapeutic Aide
(English - Introductory)

Traditional counselling sessions fail to capture the full richness of the therapeutic encounter. Clients are often completely unaware of the subtle changes that occur throughout the session in their facial expressions, vocal

inflections and posture. They are unable to remember precisely when those changes took place, nor reflect upon what those changes in expression might mean.

Filming sessions with clients solves that problem. The camera can be used to capture in exquisite detail every change in client posture, facial expression, voice, and demeanour. This additional feedback offers clients insights into what they truly feel, deepening the effect of the sessions with each viewing.

Join us to look at the practical applications of the video camera in the counselling setting. Participants will learn:

- Basic setup+technical requirements for easy recording of client sessions
- Ways to use raw, unedited recordings of clients with them for therapeutic benefit
- How to edit recordings to showcase client strengths, exceptions to problems, and thicken positive, alternative narratives
- Ways clients may edit their own footage, and in so doing, construct new meaning for themselves.

The presentation will feature several short films made of different clients by the presenter (shown with their permission).

Adrian Juric

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B20-6 - The Art of Not Knowing: Uncertainty in Therapy and Life as a Path to Possibility
(English - Intermediate)

Interactive therapeutical experience to reflect upon uncertainty as the main path towards possibility. From a phenomenological viewpoint we will build a space to share about the chances that uncertainty brings to the therapeutical world and the way in which we can use the anguish that uncertainty brings as a tool to connect and open doors and questions that have not been opened.

The workshop allows the participants to travel into their own fears and anxieties related to “not knowing” to become humble in front of others and recognize the biases that we need to transcend in order to really understand the experience of those who come to us in counselling and therapy.

Through dynamic and meaningful experiments we will create verbal and non verbal conversations to make uncertainty an art in counselling, therapy and life.

Desiree Carlson Sanroman is a counsellor, coach and psychotherapist with a Gestalt and existential approach. She works around the world creating spaces that open dialogues and reflections about how we relate to ourselves, the world and others.

B20-7 - Women, Anger, and Self Esteem

(English - Intermediate)

Throughout the centuries women have been defined as gentle, soft - spoken, nurturing, creatures who are not as intelligent as men and especially not able to take care of life's serious issues. They have been taught that expressing anger is inappropriate. This leads to passive and/or aggressive expressions of anger and its destruction of self esteem. Another concern is the number of young females who struggle with lack of self-esteem in a day and age when you'd expect the opposite.

These girls become women who are confused, frustrated, and angry. Many lost their sense of 'self'. They learn that to be loved they have to sacrifice themselves to others' definition of 'woman'. They lost their way because they never developed or were not taught/allowed to be introspective.

There are two very different female clients who struggle with self esteem and anger; the person who blames all that is wrong in life on herself, and the one with apparent high self esteem who blames all that is wrong on the other person.

We will dialogue about how to recognize the type of female we are working with and the most constructive ways to assist her.

Shirley Soleil-Day is a counsellor and workshop facilitator. She assists people with disabilities, abuse issues, children and adult children of alcoholics. She works with children, teens, individuals, couples and families.

B20-8 - Why Private Practice?

(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 and 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.

B20-9 - Being Triumphant During Trama: Working with Children and Families Effected by the Water Crisis in Flint, Michigan

(English - Introductory)

This session will focus on the impact of generational trauma in a once prosperous town. The residents of the city of Flint have had lead in their water for over two years. Some studies suggest that the water crisis is over; however, there are establishments and homes that have "brown " water coming out of faucets. Moreover, there is a rise in birth defects and/or

B20 - Conversation Café / Café de conversation
Location / Lieu : Ballroom B

May 16, 2019 / Le 16 mai 2019

| | | |
|---------------|--|----------------|
| 7h30 - 9h00 | Registration / Inscription | |
| 8h00 - 8h45 | Keynote Address - Nora Spinks / Conférencière d'honneur - Nora Spinks | Grand Ballroom |
| 8h45 - 9h00 | Nutrition Break / Pause santé | |
| 9h00 - 10h15 | Concurrent Sessions / Séances simultanées | |
| 9h00 - 10h15 | Conversation Café / Café de conversation | Ballroom B |
| 9h00 - 10h15 | IAC Indigenous Roundtable | Petitcodiac |
| 10h15 - 10h45 | Nutrition Break / Pause santé | |
| 10h45 - 12h00 | Concurrent Sessions / Séances simultanées | |
| 12h00 - 13h00 | Lunch on Own / Dîner non-inclus | |
| 13h00 - 14h30 | Closing Ceremonies and Keynote Address - Mark Henick / Cérémonies de clôture et conférencier d'honneur - Mark Henick | Grand Ballroom |

Thursday / Jeudi

7 h 30 - 9 h 00

Registration / Inscription

8 h 00 - 8 h 45

Keynote Address / Conférencière d'honneur
Location / Lieu : Grand Ballroom

Families in Canada; What, So What, Now What?

English - Simultaneous Interpretation - CCPA Session

Families are the cornerstone of society and the engine of our economies. Diverse, complex and dynamic, families impact and are impacted by social, economic, environmental and cultural forces. Understanding families, family life, and family experiences, expectations and aspirations is critical for effective evidence-based decision making, policies, programs and practices. People who study, serve and support families honour the past, understand the present and anticipate, plan and prepare for the future. Learn to apply a family lens in your practice; gather information and insights from the recently released General Social Survey on Families (GSS 2018) and the Families in Canada Conference; and, be inspired by stories from across the country and around the world.



Nora Spinks is a renowned speaker, consultant and award-winning thought-leader, Vanier Institute of the Family CEO Nora Spinks works with Canadian leaders from business, labour, government and communities to strengthen families, workplaces and communities. In her current role, Nora engages the research community to mobilize knowledge and enhance the national understanding of Canada's families.

Les familles au Canada : Les faits, leur signification, et les perspectives

Anglais - Interprétation simultanée - Séance de l'ACCP

Les familles sont la pierre angulaire de la société et le moteur de nos économies. De par leur nature diverse, complexe et dynamique, les familles influencent les forces sociales, économiques et environnementales, qui les influencent en retour. La compréhension des familles, de la vie en famille et des expériences, des attentes et des aspirations familiales constitue une base cruciale pour la prise de décisions, l'élaboration de politiques, de programmes et de pratiques fondés sur des données probantes.

Les personnes qui étudient, qui desservent et qui soutiennent les familles rendent hommage au passé, comprennent le présent et anticipent, planifient et préparent l'avenir. Apprenez à adopter une optique « famille » dans votre pratique, recueillez de l'information et des idées clés d'après la récente publication Enquête sociale générale – La famille (ESG 2018) et La Conférence sur les familles au Canada, et inspirez-vous de récits en provenance de partout au pays et sur la planète.

Nora Spinks est conférencière renommée, consultante et leader d'opinion primée, Nora Spinks, PDG de la direction de l'Institut Vanier de la famille, travaille avec les dirigeants canadiens des entreprises, des syndicats, du gouvernement et des collectivités pour renforcer les familles, les milieux de travail et les collectivités. Dans son rôle actuel, Nora engage le milieu de la recherche à mobiliser les connaissances et à améliorer la compréhension nationale des familles canadiennes.



8 h 45 - 9 h 00
Nutrition Break / Pause santé

9 h 00 - 10 h 15
Concurrent Sessions / Séance simultanées

C1-1 - Video Counselling: Ethical Practical and Clinical Challenges

(English - Simultaneous Interpretation / Intermediate) - CCPA Session

Location: Ballroom A

Ask most clinicians and they will tell you that video counselling appeals to them because, apart from the camera and the screen, it is the same as face to face counselling. We see our clients and they see us. We speak to each other in real time. Consequently, all too many of us have jumped, or plan to jump, into video services without reviewing the many ethical, clinical and practical considerations. This workshop will review these considerations, reference relevant research in the field of online counselling, and provide solutions to the major concerns raised. In addition, the workshop will offer text-based alternatives where those are the better choice.

Lawrence Murphy founded Therapy Online in 1994. He received his MA from UBC, teaches in the Psychology Department at Wilfrid Laurier and holds an adjunct appointment at the University of Toronto.

C1-1 - Le counseling par vidéo : les défis éthiques, pratiques et cliniques

(Anglais - Interprétation simultanée / Intermédiaire) - Séance de l'ACCP

Lieu : Ballroom A

La plupart des cliniciens vous diront que le counseling par vidéo est une pratique qui les attire, car mis à part la caméra et l'écran, tout se déroule exactement comme lors d'un counseling en personne. Nous voyons le client et celui-ci nous voit. Nous nous parlons en temps réel. Par conséquent, bon nombre d'entre nous ont fait le saut ou s'apprêtent à adopter les services par vidéo, sans avoir examiné les nombreux aspects éthiques, cliniques et pratiques que cela comporte. Cet atelier servira à passer en revue ces aspects à considérer, à faire l'inventaire de la recherche dans le domaine du counseling en ligne et à proposer des solutions aux principales inquiétudes soulevées. De plus, l'atelier offrira des solutions de rechange en format texte, lorsque celles-ci représentent le meilleur choix.

Lawrence Murphy a fondé Therapy Online en 1994. Il a obtenu sa maîtrise de l'Université de la Colombie-Britannique, il enseigne au département de Psychologie de Wilfrid Laurier et est chargé de cours adjoint à l'Université de Toronto.

C1-2 - Living in a Digital World: The Most Fun Counsellors and Psychotherapists Can Have While Talking About the Uses of Technology

(English - Simultaneous Interpretation / Intermediate) - CCPA Session

Location: Ballroom A

Do you use a smartphone, tablet, laptop or desktop? Do you use email or text messaging? Do you recommend apps or websites to clients? Do you use scheduling software or social media?

Some of us embrace these technologies and others are more hesitant about them. No matter what level we are at, or how much or little we use technology in our practices, we need to learn how to use it wisely. The aim of this highly interactive workshop is to support and affirm professional practice in our technology-saturated world by providing tools to be digitally resilient practitioners.

Dawn Schell has been fascinated with technology and the ways it can be used in counselling for the past several years. She is currently works at the University of Victoria.

C1-2 - Vivre dans un monde numérique : tout le plaisir que peut procurer aux conseillers et psychothérapeutes la discussion du recours à la technologie

(Anglais - Interprétation simultanée) - Séance de l'ACCP

Lieu : Ballroom A

Utilisez-vous un téléphone intelligent, une tablette, un portable ou un ordinateur personnel? Utilisez-vous le courriel ou la messagerie texte? Recommandez-vous des applications ou des sites web aux clients? Avez-vous recours à un logiciel de planification d'horaire ou aux médias sociaux? Certains d'entre nous adoptent ces technologies, tandis que d'autres y sont plus réticents. Peu importe dans quelle mesure nous les utilisons ou l'importance de ces technologies dans nos pratiques, nous devons apprendre comment y avoir recours intelligemment. Cet atelier très interactif a pour but d'appuyer et d'affirmer la pratique professionnelle dans notre monde envahi par la technologie, en proposant des outils nous permettant de devenir des praticiens résilients sur le plan numérique.

Au cours des dernières années, Dawn Schell a été fascinée par la technologie et par les diverses façons de l'utiliser en counseling. Elle travaille actuellement à l'Université de Victoria.

C2 - Conversation Café / Café de conversation

Location / Lieu : Ballroom B

See page 83 for full description of the Conversation Café sessions. / Voir la page 83 pour un description complète de les café de conversations.

C3-1 - Relational Ethics: Beginning the Conversation

(English - Intermediate) - CCPA Session

Location: Ballroom C

Within counselling psychology, ethical practice is largely informed by principle-based ethical codes intended to bring clarity to difficult ethical situations. While codes can help guide decision-making when one is faced with challenging ethical situations, it is asserted that principle-based ethics are not enough to ensure ethical practice. Indeed, clients will sometimes feel ethically mistreated even though principles and standards have ostensibly been followed. As counsellors, it is important to consider how this can occur and what can be done about it. Relational ethics serves as a means to this end. Because the right thing to do cannot always be known ahead of time, or retrospectively enacted, we must conduct ourselves in the moment in a way that increases the likelihood that our actions will lead clients to feel respected, cared for, and supported. Whereas a principle-based approach to ethics is characterized by an after-the-fact problem solving approach, relational ethics promotes ongoing reflexive questioning within multiple frames of reference. To date, scholarship in the area of relational ethics comes primarily from nursing.

In this presentation I review the existing relational ethics literature and “begin the conversation” regarding how this ethical approach can be extended to counselling and psychotherapy.

Simon Nuttgens is an Associate Professor with Athabasca University’s Graduate Centre for Applied Psychology. His areas of research interest include counselling ethics, supervision, paternal absence, and Indigenous mental health.

C3-2 - Access to Counselling Records: What the Judges Have Said

(English - Intermediate) - CCPA Session

Location: Ballroom C

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

Glenn Sheppard, President Emeritus of CCPA, was the primary contributor to the development of the CCPA Code of Ethics and Standards of Practice an area of long term interest/engagement.

C4 - Can You Hear Me? : Messages from Children of Incarcerated Parents

(English - Intermediate) - CCPA Session

Location: Shediak A

Counselling psychologists are often in a position to work with people who are on the borderlands of society. In this presentation, I share insights from participants who were part of a research project that explored the lived experience of people who experienced parental incarceration. In Canada, children of incarcerated parents are rarely acknowledged, yet it may surprise clinicians that there are likely more children who have parents in prison than children with Autism and ADHD together. The stories shared in this research included ways in which counsellors failed them. Through video and audio tapes, participants will explain the details of their experience of counselling, how counsellors can be more supportive, and how they ended up often having to seek help from other sources. The wisdom shared can be generalized to others who are living on the margins and subjected to stigma, bias, and misunderstanding. There is much to learn if we, as professionals, hone our listening skills in collaborative ways. Attendees will have the opportunity to share their own experiences of working with children affected by incarceration and/or other marginalized populations who are often restrained by a reified conception of who they are and how they should be helped.

Barbara Pickering is a PhD Candidate in Counselling Psychology at the University of Calgary. She is presently engaged in research to change how children with incarcerated parents are supported.

C5 - Lessons Learned: Peer Support From a Community Mental Health Perspective

(English - Introductory) - CCPA Session

Location: Shediak B

How can we commit to community mental health initiatives in rural and geographically disperse communities? Using a St. John's, Newfoundland and Labrador-based LGBTQ+ peer support group as a case study, this presentation will reflect on over 5 years of grass-roots community initiatives used to address mental health disparities and build community connections in the process.

The use of an informal, drop-in peer support group has resulted in a community hub, several other peer-support groups being created, the creation of a network of organizations, and several other community initiatives. Despite a lack of funding and a lack of consistent physical space, the group has been able to thrive through connecting with local non-profit groups, outreach, and creating social and cultural events to stimulate connection to a community of peers.

It is essential to reframe how we think about community mental health to empower communities toward self-directed change while advocating for resources and services which are culturally appropriate. Considering this, this presentation seeks to reflect on the challenges and opportunities learned from operating a voluntary peer support group as a method of reinforcing and co-creating community spaces.

Christopher Cumby is a community advocate, mental health counsellor, and currently a Ph.D. student at Memorial University of Newfoundland's Faculty of Education, where he is studying peer support and HIV/AIDS.

C6 - IAC Working with Veterans and Army Experience

C6-1 - Considering the Neurobiological and Emotional Effects of Long-Term Trauma Exposure in Military Veterans and First Responders

(English - Introductory) - IAC Session

Location: Shediak C

The goal of this presentation is to inform mental health professionals and other interested parties as to how they can best work with clients who present with symptoms consistent with long-term trauma exposure. The focus will be on a demographic uniquely predisposed to this type of exposure - military veterans and first responders (police officers, firefighters, EMTs and emergency dispatchers). The goal of the presenters is to address the neurobiological changes that occur as a result of chronic exposure to stress and/or traumatic incidents and their relationship to physical, emotional and cognitive well-being. Finally, this presentation intends to connect current research to counsellor practice and implications in future research so that we may achieve a greater level of competence when working with these populations.

Danielle Winters is a Doctoral student at Old Dominion University, where her research focus is mental health issues pertaining to active duty military, veterans, and their families.

Wayne Handley is a Doctoral student at Old Dominion University. He is a veteran of the United States Marine Corps, a former paramedic, and career police officer.

Alyssa Reiter is a current Doctoral student at Old Dominion University. Past experience includes inpatient and residential services, LGBT populations, in-home services, and EAP treatment.

C6-2 - Soldiers' Heart: Counselling Combat Veterans at End-of-Life

(English - Introductory) - IAC Session

Location: Shediak C

Counsellors may feel unequipped to address the personal, spiritual, and trauma needs of veterans at end-of-life, but must develop fluidity, adaptability, and courage for these important final conversations. Research on this topic has largely been conducted in the medical community, but counsellors play a significant role in supporting veterans in making peaceful transitions from life to death.

This presentation draws on interviews with 90+ veterans to identify insight and knowledge about their end-of-life needs. Content includes cultural considerations (e.g., archetypes, military culture, and generational differences), ethical concerns, and practical tips for implementing evidence-based counselling strategies.

Cynthia Briggs earned her PhD in Counselling from Oregon State University, is a faculty member at Walden University and the coordinator of a veterans' oral history project in Winston-Salem, NC.

C6-3 - Successful Adjustment or Traumatic Transition ? – LGBT Students' Experiences with Enlisting to the Army

(English - Introductory) - IAC Session

Location: Shediac C

In Israel, where army service is mandatory, school counsellors should have significant role in preparing students for the transition. For LGBT students, most of whom “come out” around their 16th birthdays, the transition to combat units in particular may be complicated and challenging, requiring significant preparation. The aim of this study is to learn about the experiences of the transition from school to army for LGBT students and the roles played by school counsellors. A purposively diverse sample of 5 men and 5 women (ages 18-21) currently enrolled in military service, with Jewish and Druze ethnicities, participated in semi-structured interviews. Data analysis following the constant comparative methodology, involved a conceptual process of clustering and separating categories and themes, with an ‘auditor’ contributing to trustworthiness. The findings of the study revealed that the LGBT participants had emotional and behavioural difficulties and problems with maintaining consistency in their army service. Moreover, despite the discourse on supporting LGBT students, there is still little reference to the issue in the education system. The findings further indicated that most of the participants had not received proper preparation by the counsellors. The findings have theoretical and practical implications in the counsellors' professional training and supervision.

Mirit Sinai is a lecturer in the Max Steern Valley College, Israel. Her main research interests are: Multicultural counselling, School counselling, Counsellor education and Promoting social justice and equity.

C7 - IAC Indigenous Round Table

Location: Petitcodiac

The IAC Indigenous Roundtable is actively committed to raising issues affecting Indigenous peoples access to appropriate mental health/counselling resources and services. IAC is very mindful of the positive results that can accrue for counsellors when they embrace knowledge and understanding of Indigenous history, culture, language, and wellness perspectives.

The 2019 IAC Indigenous Roundtable in Moncton offers an opportunity for attendees to learn from Wolastoqi Elder Lapskahasit Cihkonagc (Christopher Brooks). Lapskahasit Cihkonagc's home is Sitansisk (St. Mary's community in Fredericton, New Brunswick), and he is a recognized Knowledge Keeper, Sacred Pipe Carrier, and Sweat Lodge Conductor, both within his community and beyond in many contexts such as public schools and at the University of New Brunswick. Through Traditional teachings, stories, and songs, he will engage participants and encourage reflection and sharing.

Chairs: Blythe Shepard and Jenny Rowett with Lapskahasit Cihkonagc

C8 - Mindfulness as a Spiritual Discipline

(English - Intermediate) - CCPA Session

Location: Beauséjour B

Mindfulness has been defined as “A type of awareness that involves being fully conscious of present-moment experience and attending to thoughts, emotions, sensations as they arise without judgment” (Christopher & Maris, 2010). While Mindfulness is often taught from a secular skills training approach, and benefits of the practice can be realized without engaging in it as a religious practice, it can also be incorporated into one's life as a spiritual discipline. Mindfulness is more than just a "technique" for enriching your life - it can also be a means of enhancing your spiritual experience. While Mindfulness has its roots in Buddhism, it is not necessarily in conflict with other spiritual beliefs or worldviews. Mindfulness can bring about a spiritual transformation by enabling us to be more present, more aware of what is happening for us on a moment by moment basis, and more in touch with our own values and belief system. It is possible to integrate mindfulness practices with one's own spiritual belief system -- whatever that may be. This session will provide an introduction to Mindfulness, an example of how it might be incorporated as a spiritual discipline, and touch on the implications for work with clients.

Cathy Underhill holds a Masters in Counselling degree and is a Canadian Certified Counsellor. She co-facilitates mindfulness groups and is co-founder of the Mindfulness for Wellbeing program at Borealis Counselling Services.

C9-1 - Do No Harm: Why Weight Loss Can't Be A Goal Of Therapy

(English - Introductory) - CCPA Session

Location: Matapedia

Frequently, clients approach us with the desire to lose weight. This session will lay out why supporting them in this quest is not only futile, but harmful, and which strategic and communicative approaches practitioners can take instead. Informed by the Health At Every Size (R) paradigm and utilizing solution-focused dialogue techniques, the presenter will invite participants to explore their own weight bias, develop weight-inclusive attitudes, and highlight best practices that support clients of all sizes in their goal of living happier, autonomous and meaningful lives in their bodies as they are.

Annina Schmid is a feminist counsellor in Toronto who helps people recover from drinking, using, and disordered eating. She works with all genders and offers in-person and virtual appointments.

C9-2 - Rethinking Fat Bodies in Psychotherapy and Counselling

(English - Intermediate) - CCPA Session

Location: Matapedia

The purpose of my presentation is to challenge unstated assumptions that being fat is pathological and explore it from the cultural point of view. In contrast with the dichotomous way of looking at bodies and by drawing from the postmodernism approach to body, I'll talk about what Rice (2014) explains about the ideas of social construction and combines this with corporeal feminism to think about bodies as systems that “become” as a result of their own agency and other forces acting on them (p. 55). In my presentation, I'll talk about my auto-ethnography work in which I focused on the intersections of my lived and embodied experience as an Iranian woman who has experienced living in different sizes, all considered “fat”. I explored how my body's journey from childhood to adulthood in three different countries had shaped and continues to shape self-awareness of my identity as a fat woman, as a doctoral candidate, and as a counsellor educator. I will then highlight how a “body becoming” pedagogy can

open possibilities to counselling education to “thinking beyond conventional biopedagogical interventions that send moralizing messages about what bodies should be” (Rice, 2015, p.387) toward more creative ways of challenging body and normality.

Bahar Haghighat is a Ph.D. candidate at Memorial University. She got her Bachelor's in Counselling in Iran, and moved to Malaysia to get her Master's. Currently, she's teaching Culture-infused Counselling course.

Indigenous Gathering Space

Location / Lieu : Restigouche

10 h 15 - 10 h 45
Nutrition Break / Pause santé

10 h 45 - 12 h 00
Concurrent Sessions / Séance simultanées

C10-1 - Le projet Math@venir : une démarche novatrice pour favoriser le développement vie-carrière chez les élèves

(Français - Interprétation simultanée / Intermédiaire) - Séance de l'ACCP

Lieu : Ballroom A

Le processus d'orientation peut représenter une source de stress à l'adolescence, voire d'anxiété. Au Canada, très peu d'écoles offrent des cours obligatoires dans le domaine du développement vie-carrière et elles sont encore moins nombreuses à préparer les parents à devenir de véritables alliés pour leur jeunes en matière d'orientation. Pourtant, il est clairement établi que la construction d'un projet vie-carrière est une responsabilité partagée entre divers acteurs qui gravitent autour d'une école.

Au Nouveau-Brunswick, plusieurs écoles francophones tentent d'adopter des pratiques éducatives exemplaires en matière d'orientation afin de mieux préparer leurs élèves à définir leur projet vie-carrière. C'est donc dans un tel contexte que le projet Math@venir a pris naissance. Plus particulièrement, ce projet vise à outiller les élèves et les parents quant à la démarche que sollicite la construction d'un projet vie-carrière au regard des nouveaux parcours en mathématiques établis dans les écoles secondaires francophones de la province. Cette présentation a pour but d'offrir un aperçu général de la problématique qui se situe au cœur de ce projet, ainsi que quelques exemples d'activités éducatives développées à l'intention des élèves et des parents.

Diane LeBreton est professeure au programme d'orientation à la Faculté des sciences de l'éducation de l'Université de Moncton. Parmi ses champs d'intérêts se trouvent les pratiques éducatives en orientation.

Natasha Léger est chargée d'enseignement au programme d'orientation à la Faculté des sciences de l'éducation de l'Université de Moncton. Elle s'intéresse au développement des compétences chez les individus.

C10-1 - The Math@venir Project: A New Approach to Personal and Career Development for Students

(French - Simultaneous Interpretation / Intermediate) - CCPA Session

Location: Ballroom A

The guidance process can be a source of stress and even anxiety among teens. Few Canadian schools have mandatory personal & career development courses and even fewer help prepare parents to become their children's trusted partners in guidance.

However, it has been clearly established that formulating a personal & career development project is a responsibility shared among a school's stakeholders.

Many French-language schools in New Brunswick are trying to adopt best guidance practices to better equip students for planning their personal & career development project. The Math@venir project was born in this context. The project helps students and parents create a personal & career development project in response to the new math program in the province's French-language schools. This presentation will provide a general overview of issues central to the project, as well as a few examples of educational activities developed for students and parents.

Diane LeBreton is a professor in the Guidance program in Université de Moncton's Education Department, focusing on educational practices in guidance.

Natasha Léger is a lecturer in Université de Moncton's Education Department concerned with personal skill development.

C10-2 - Career Engagement Reimagined: A Framework for Facilitating Engagement Across Life Roles

(English - Simultaneous Interpretation / Intermediate) - CCPA Session

Location: Ballroom A

The Career Engagement model provides a conceptual framework for exploring the dynamic interaction between challenge and capacity. Challenge refers to how meaningful/motivating specific activities may be. Capacity comprises a wide range of individual and contextual factors, including personal characteristics and competencies, resources, and supports (i.e., whatever it takes to get something done). Originating from a holistic definition of "career" that includes various life roles, not just paid work, the model has applications for work, life, and learning. Counsellors working within schools, agencies, corporations, and/or private practice can benefit from embedding "engagement" principles within their work to better understand clients' experiences, facilitate sustainable balance across life roles, and recognize when interventions, to be effective, need to address contextual and systemic barriers.

The Career Engagement model uses traffic-light colours to illustrate the route from being engaged (green) through being overwhelmed or underutilized (orange), to being disengaged (red). Too much challenge for available capacity can result in being overwhelmed; too little challenge can result in being underutilized. However, both being overwhelmed or underutilized can result in disengagement – understanding the route to disengagement is essential to designing appropriate interventions. Continuous small adjustments can help to sustain engagement, resilience, and optimal life experiences.

Roberta Neault, President of Life Strategies Ltd. and co-developer of the Career Engagement model, is an award-winning, internationally recognized career development thought leader and counsellor educator.

C10-2 - L'engagement professionnel réinventé : un cadre pour faciliter l'engagement dans les différents rôles du parcours de vie

(Anglais - Interprétation simultanée / Intermédiaire) - Séance de l'ACCP

Lieu : Ballroom A

Le modèle de l'engagement professionnel fournit un cadre conceptuel qui permet d'explorer l'interaction dynamique entre le défi et l'aptitude. Le défi désigne le degré de signification ou de motivation associé à certaines activités. L'aptitude recouvre une vaste gamme de facteurs individuels et contextuels, notamment les caractéristiques et les compétences personnelles, et les soutiens

(c.-à-d. tout ce qu'il faut pour accomplir une tâche). Ce modèle, inspiré d'une définition holistique du concept de « carrière », qui inclut divers rôles dans un parcours de vie, et non pas uniquement le travail rémunéré, trouve des applications sur le plan du travail, de la vie et de l'apprentissage. Les conseillères et conseillers qui travaillent dans des écoles, des agences, des entreprises ou en pratique privée peuvent tirer profit du fait d'intégrer des principes d'« engagement » à leur travail, afin de mieux comprendre les expériences de leurs clients, de favoriser un équilibre durable dans les divers rôles du parcours de vie et de reconnaître à quel moment les interventions doivent, pour être efficaces, aborder les obstacles contextuels et systémiques.

Dans le cadre du modèle de l'engagement professionnel, on a recours aux couleurs des feux de circulation pour illustrer le parcours qui va de l'engagement (vert), en passant par le fait d'être débordé ou sous-utilisé (orange), jusqu'à la situation du désengagement (rouge). Un défi trop grand pour les aptitudes disponibles peut se traduire par le fait d'être débordé; par contre, trop peu de défi peut entraîner une sous-utilisation des aptitudes. Cependant, aussi bien le fait d'être débordé que sous-utilisé peut déboucher sur un désengagement, et il est crucial de bien comprendre le parcours vers le désengagement afin de concevoir des interventions appropriées. De petites adaptations continues peuvent contribuer à soutenir l'engagement, la résilience et les expériences de vie optimales.

Roberta Neault, présidente de Life Strategies Ltd. et co-développeuse du modèle de l'engagement professionnel (*Career Engagement model*), est une chef de file et une formatrice de conseillers primée et internationalement reconnue dans le domaine du perfectionnement professionnel.

C11-1 - People and Pets (or Humans and Companion Animals): Considerations for Counselling and Psychotherapy

(English - Introductory) - CCPA Session

Location: Ballroom B

Across cultures and time, human beings have relied on other species for needs beyond sources of food, labour and protection. Indeed, considerable research indicates the moderating effects of companion-animals on stressful life events and the reduction of symptoms of depression and anxiety for people with pets (Walsh, 2010). This presentation will examine current considerations of the human-animal-bond and interspecies relationships that pertain to counselling. We will explore attachment theory in the human-canine-bond (Kurdek, 2008) and the challenges faced by individuals relying on a trans mammalian relationship for a primary source of support. For example, in Canada significant limitations exist for individuals relying on companion-animals when dealing with housing, access to community, public and retail spaces as well as pet care when the human owner requires medical care. Next, the session will highlight differences between service animals and emotional support animals, advocating for the need for policy change involving access to public spaces. Finally the presentation will discuss clinical considerations gleaned from the presenter's research and work in the field including her study on the relationships between people with cancer and their pets (2014) and her private practice that includes the presence of a dog who provides in-session emotional support for clients.

Patricia Nitkin is a Clinical Professor in the Counselling Psychology program at Simon Fraser University. She has 27 years of clinical counselling experience in psychosocial-oncology, higher-education, private practice and teaching.

C11-2 - Horses as our Co-Therapists: Establishing the Efficacy of Equine Assisted Psychotherapy from a Trauma and Attachment Lens

(English - Introductory) - CCPA Session

Location: Ballroom B

Horses have been a central part of human lives for centuries. Although our relationships with horses have shifted, they have been our partners throughout history and continue to shape our experiences and perspectives each time we connect with them. Recognition of their efficacy as co-therapists has developed more recently with the creation of Equine Assisted Psychotherapy - an experience with the animals that provides immediate feedback to participants and leads to deeper self-awareness, discovery of buried emotions and enriches the therapeutic process. It is through this connection in our relationships that we as humans develop, understand and heal. Join me as we explore the value of horses, the essential role they play in reflecting patterns and how this human-animal connection lends itself toward healing and moving through trauma treatment as an effective, barrier-lifting, alternative form of therapy.

For 12 years Stephanie Townsend has worked with military, children, youth, veterans, and couples with a particular focus on attachment, Circle of Security and she is a certified Equine Assisted Psychotherapist.

C12-1 - Counsellor Classroom Collaboration: Supporting Curriculum-Based Social and Emotional Learning

(English - Intermediate) - CCPA Session

Location: Ballroom C

The importance of Social and Emotional Learning (SEL) to academic and life success is now well established in the literature. SEL is growing in priority in schools across Canada as policy makers, researchers, counsellors, and educators seek to support learners in developing strong mental health and resiliency. School counsellors play an integral role in facilitating this culture-shift supporting both learners and teachers in accessing SEL opportunities in the classroom. While many intervention programs have been developed to introduce social-emotional skills, a curriculum-integrated approach allows SEL to enhance rather than interrupt core content and learning goals. In this session, the presenter will draw on examples from the literature and professional experience to explore ways in which counsellors can support curriculum-integrated SEL in collaboration with classroom teachers. This session will also highlight curricular links that create opportunity and impetus for SEL using the example of the recently redesigned British Columbia curriculum and drawing connections with other jurisdictions. In addition to engaging in interactive sample strategies, attendees will be prompted to reflect on and discuss potential approaches drawing from their own practice and experience.

Meaghan Storey is a Ph.D. Candidate in Education at the University of Victoria. Her research in Social Emotional Learning draws on her work as school counsellor, teacher, and dispute resolution professional.

C12-2 - School Counselling in Canada: An Examination of the School Counselling Profession in Canadian Provinces and Territories

(English - Introductory) - CCPA Session

Location: Ballroom C

This interactive panel discussion will profile issues in school counselling in Canada, as well as identify professional support networks for school counsellors. The audience will have an opportunity to question panellists and discuss current challenges in

the school counselling profession. School counsellors deal with many issues such as culture and diversity, changes in school communities, family issues, career development, and health and wellness in schools. Aligning with the various themes of the conference, this session will provide an opportunity for the audience to reflect on the changes in practices, methods, modalities, settings, and regulations affecting the school counselling profession across Canada.

Janice Graham-Migel is a school counsellor in Halifax and an Adjunct Professor at Acadia University. Janice's research and practice concentrates on comprehensive school counselling programs and distributed leadership.

Lisa Cheyne-Zanyk is a school counsellor with the Living Sky School Division in Saskatchewan and works part time in private practice. Lisa is currently President of the School Counsellors Chapter.

C13 - Helping Clients Forgive: When They Want to Forgive But Don't Know How

(English - Intermediate) - CCPA Session

Location: Shediak A

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 conception of how to get it done. 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?

Therapists help clients forgive by assisting them in articulating a more complete understanding of the path of forgiveness. In addition, the choice to forgive and the motivation to forgive is enhanced when the client's desire is attended by information on how to do it. Discussion of these five questions will be facilitated through illustration and guided small group conversations.

Daniel Klassen is Professor Emeritus at Lakehead University, author of *The Forgiveness Workbook*, founder and practicing Psychotherapist at The Listening Centre. His special interest is forgiveness in psychotherapy.

Pamela Hardisty is experienced as a School Counsellor who now is in private practice in Thunder Bay ON. Pamela has been exploring forgiveness for 30 years.

C14 - CCPA and Counselling and Psychotherapy in Canada: A Discussion with CCPA's President

(English - Introductory) - CCPA Session

Location: Shediak B

This interactive session with the President of CCPA begins with reflections on current and upcoming Association initiatives followed by an open invitation for participants to discuss pan-Canadian events affecting professional practice. This year's focus is

on exploring needs and opportunities to support new professionals (CCPA members who have five years or less of experience in practicing counselling and psychotherapy post-graduation).

C15 - IAC Professional Issues and Approaches in Counselling

C15-1 - Using Mindfulness as a Trauma Informed Approach Across the Lifespan

(English - Introductory) - IAC Session

Location: Shediak C

Trauma exists on a continuum and affects individuals differently at different stages of life. This presentation will taken in-depth look at trauma across a life span and conceptual differences at different stages of ones life that may affect how one processes and relates to traumatic experiences. Presenters will then discuss mindfulness as it relates to trauma and how mindfulness based interventions maybe adapted to address trauma at different stages of ones life. This is an interactive presentation and will reviewing demonstrate a variety of interventions.

Kristen Dickens Ph.D., NCC, ACS is an Assistant Professor at Georgia Southern University. She has experience working in outpatient facilities, inpatient treatment centers for eating disorders, and in-home counselling services.

Elise Johns, Ph.D., LPCS, NCC is an Assistant Professor at Nicholls State University. Dr. Johns has clinical experience in outpatient mental health treatment, grief counseling, crisis intervention, and training clinics.

C15-2 - Trauma-Informed Supervision in Counseling

(English - Intermediate) - IAC Session

Location: Shediak C

More than two-thirds of individuals seeking counselling services report a history of trauma. Symptoms of trauma may continue to be evident into early adulthood. Trauma has the potential to directly impact life functioning, including the quality of individual's mental and physical health. Through the infusion of trauma-informed care in counsellor training, clinicians are equipped to integrate their knowledge of the impact, prevalence, and symptoms of trauma into their practice. It is through trauma-informed training and supervision, that Counsellors are supported to examine the potential for trauma as a contributor to presenting concerns, and client symptoms.

Attendees will gain a greater understanding of the benefits of trauma-informed care, using a trauma-informed and trauma-sensitive approach to training, and the importance of trauma-sensitive supervision due to the tripartite nature of supervisory interactions.

Latoya Haynes-Thoby is a doctoral candidate in Counsellor Education and Supervision at the Pennsylvania State University. She has over 15 years experience working with individuals impacted by trauma.

C15-3 - News of Violence: Mental Health Stigma and the Impact on Counselling

(English - Intermediate) - IAC Session

Location: Shediak C

The misleading association of violence with mental illness has been heightened by the media attention stirred by recent incidents of mass shootings and other violent acts. This could contribute to a backslide in the progress of combating stigmatization; and possibly seeking mental health treatment or counselling. This interactive workshop will address current trends and strategies for dealing with mental health stigma and its impact on counselling.

Laurie Persh, has 35 years experience as a clinician, critical incident responder and trainer; expertise in trauma, grief, & loss; family systems, and cross-cultural counseling. She works in private practice.

Angele Moss-Baker brings more than 25 years of clinical experience. She maintains a private practice and known as subject matter expert and trainer in co-occurring disorders and integrated treatment practices.

C16 - Practicum Supervision and Client Outcomes: A Transformative Learning Perspective

(English - Introductory) - CCPA Session

Location: Petitcodiac

Practicum Supervision: A Transformative Process?

Practicum supervision, specifically the interactions between the supervisor, supervisee, and the client has yet to be fully explored in the research. Understanding how to improve client outcomes will help professionals reflect on the interventions they use in clinical supervision. With the client's perspective as an integral piece to this study, students and supervisors are encouraged to reflect upon how their approaches influence the overall outcome and their professional development.

The complexity of this triad is examined in this case study. Unstructured interviews were facilitated in relation to videotaped supervision and therapy sessions. Post-modern principles and core elements from Transformative Learning theory were used to create open-ended questions that promote reflection.

Transformative learning is about personal growth and change. How our beliefs, values, and expectations influence learning in the context of practicum supervision is examined in this study. What is learned greatly depends on the individual's willingness and openness to challenge preconceptions. Acknowledging and adjusting perceptions that are counterproductive or personally limiting in some way is one goal of transformative learning theory. Helping professionals are encouraged to reexamine traditional approaches to supervision to effectively facilitate the change process.

Violetta Przeworski is a Master's of Counselling student at Athabasca University. She currently resides in Surrey, British Columbia. Her long-term goals include clinical supervision and professional development.

C17 - How Wearing a Social Justice Lens Can Support You, Your Clients, and the Larger Community

(English - Introductory) - CCPA Session

Location: Beauséjour B

This interactive session is dedicated to helping you identify and develop your social justice lens. Together, we will engage in self-reflection exercises, which will help us identify blind spots and assumptions, and explore how they may get in the way of our working alliances. We will review counselling approaches designed to enhance multicultural competence and put them into practice by learning to identify social justice issues clients may face. You will walk away from this session with a better understanding of your own social justice lens, a working model for continuing to develop your social justice lens, along with social justice resources.

Melissa Jay is a psychologist, University instructor, and yoga teacher, dedicated to advocating for those who have been forgotten and who do not feel heard.

Jason Brown is a psychologist and professor who is interested in social justice issues in professional practice.

Rebecca Ward, HBA (Clinical Psychology), is a MEd Counselling candidate at UNB. Her practice focuses on supporting client affected by sexual violence and advocating for social justice through counselling.

Authors: Michelle Kennedy and Rabeea Siddique

C18 - La complexité de la violence sexuelle devant les informations au sujet de l'ampleur des abus et violations sexuels un éclairage s'impose

(Français - Intermédiaire) - Séance de l'ACCP

Lieu : Matapédia

Cette séance est proposée à titre d'éclairage sur une réalité de plus en plus complexe et bouleversante. La violence sexuelle présentée depuis des siècles a été maintenue secrète. Il est urgent de dévoiler le tout car une problématique cachée fait plus de dommage qu'un dévoilement perturbant. Que l'acte se fasse en douceur ou en violence il demeure une torture qui brise profondément la personne. Dans notre société la tendance est forte de victimiser la personne violentée et de diaboliser l'auteur de l'abus. L'occasion est donnée d'apporter un éclairage sur les deux pôles qui sont l'expression de réalités et de détresses profondément cachées. L'intervenant en science humaine a la mission d'accueillir et d'aider la personne au prise avec ces traumatismes. Il devient de plus en plus essentiel de créer un appui et une union interprofessionnelle car nous sommes seulement à la pointe de l'iceberg. Durant la séance il y aura la transmission de données scientifiques et peut-être le dévoilement de réalités cachées difficiles à être écoutées. De plus, des échanges de la part des participants aideront à mieux cibler leur intérêt. Si nous avons peu vu il faut se préparer à voir pour guérir.

Marie-Paul Ross est détentrice depuis l'année 2000 d'un doctorat en sexologie clinique de l'Université Laval. Elle démystifie les problématiques sexuelles et la souffrance humaine, peu importe la souche.

Indigenous Gathering Space

Location / Lieu : Restigouche



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION
L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHERAPIE

Thursday, May 16, 2019 /
Jeudi le 16 mai 2019



International Association
For Counselling

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

12 h 00 - 13 h 00
Chapter President's Meeting and Lunch
Location / Lieu : Shediak A



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION
L'ASSOCIATION CANADIENNE DE
COUNSELLING ET DE PSYCHOTHÉRAPIE

CCPA/IAC 2019 Conference Program



International Association
For Counselling

13 h 00 - 14 h 30

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

The Mentally Healthy Campus

English - Simultaneous Interpretation - CCPA Session

The onset of 70% of all mental health problems and illnesses occurs before or during young adulthood. Adverse childhood experiences, socioeconomic factors, bullying, and genetics are just some of the things that contribute to these struggles. With college and university campus populations being mostly made up of young adults, how we recognize and support both students and faculty who may be dealing with these issues is vital to the health of the whole community.

In his campus-tailored talk, Mark Henick draws upon his education and professional training in child development and mental health, his years as a student leader, and his personal experiences as a young person in the mental health system. Mark brings these experiences together to help audiences, both on-campus and those doing work related to them, to grow their awareness and understanding of this critical period of transition and growth. Mark then goes beyond only awareness, toward real, measurable action, by providing strategies for how to build and support a mentally healthy campus culture.

Mark is currently the Principal and CEO of a boutique consulting firm that helps individuals, companies, and governments to move strategically from awareness to action in improving mental health and wellness. He was previously the National Director of Strategic Initiatives for the Canadian Mental Health Association (CMHA), and, prior to that, served as the youngest president of a provincial CMHA division in history, the youngest ever member of the board of directors for Canada's Mental Health Commission, and as a national spokesperson for the Faces of Mental Illness campaign. He has also worked as a frontline mental health counsellor, and as the manager of a national workplace mental health training program.



Un campus en bonne santé mentale

Français - Interprétation simultanée - Séance de l'ACCP

70 % des problèmes et maladies de santé mentale se présentent avant ou au début de l'âge adulte. Les expériences d'enfance défavorables, les facteurs socioéconomiques, le taxage et la génétique ne sont que quelques-uns des facteurs qui contribuent à ces combats. Étant donné que les campus collégiaux et universitaires sont principalement composés de jeunes adultes, comment nous reconnaissons et appuyons les étudiants et le personnel qui pourraient être aux prises avec ces enjeux est essentiel à la santé de la communauté en entier.

Dans sa conférence adaptée pour les campus, Mark Henick s'inspire de son éducation et sa formation professionnelle en développement de l'enfant et santé mentale, ses années comme leader étudiant, et ses propres expériences comme jeune dans le système de santé mentale. Mark rassemble ces expériences pour permettre à ses publics, à la fois ceux sur le campus et ceux qui font du travail qui s'y rattache, d'accroître leur sensibilisation et leur compréhension de cette période charnière de croissance et transition. Mark va ensuite au-delà de la sensibilisation et vers des actions concrètes et mesurables en fournissant des stratégies pour bâtir et soutenir une culture de campus en bonne santé mentale.

Mark est présentement le PDG d'un cabinet spécialisé de consultation qui aide les individus, les entreprises et les gouvernements à passer de la sensibilisation à l'action pour améliorer la santé mentale et le bien-être. Il a autrefois été Directeur national des initiatives stratégiques de l'Association canadienne pour la santé mentale (ACSM), après avoir été le plus jeune président d'une division provinciale de l'ACSM, le plus jeune membre du conseil d'administration de la Commission de la santé mentale du Canada, et le porte-parole national pour la campagne « La maladie mentale à visage découvert ». Il a aussi travaillé comme intervenant de santé mentale aux premières lignes, et comme gestionnaire d'un programme national de formation sur la santé mentale en milieu de travail.



C2-1 - Help! My Six Year Old Child Is Running The Household!

(English - Intermediate)

Raising a child is the most important, and sometimes the most difficult, job that parents do. The idyllic scene of a family playing a board game together is not a reality for families where a child is frequently demanding, argumentative, defiant, and rude. Parents describe family time as walking on eggshells in anticipation of the next power struggle, and they can feel at a total loss for what to do to reverse the situation, especially if the child's behaviour at school is stellar. Hence the plea to "fix my child" can often be the opening sentence when parents begin working with a counsellor. Counsellors don't fix children, but they do work with families to figure out what is getting in the way and how to map out a different approach to parenting that allows everyone in the family to function better. As a School Counsellor and Private Practitioner focusing on children and parents, Margot will use an interactive, case study approach in this workshop to explore how a six year old child can become the one running the household and how to put the parents back in charge.

Margot Beech Kennedy works as a School Counsellor and Private Practitioner in Toronto. She helps children and their parents navigate social-emotional challenges at home and at school.

C2-2 - Helping Children and Their Parents Turn Down Their Worry Alarms

(English - Intermediate)

Many children (and adults) are experiencing higher than normal levels of anxiety/worries in life. For children, many can't sleep at night. Other's are stomach sick in the morning. While some have to be peeled off the seats and brought into school kicking and screaming.

Not a great way to start anyone's day! Come join this session and hear anecdotal cases and real life successes. You will leave with CBT strategies, coupled with a system's approach to supporting children and their families. Their sleep improves, they can eat breakfast in the morning and most

importantly, walk into school feeling more confident than they could have ever imagined.

Learn how to break this cycle early in life.

Minnie-Anne Balan is a C.C.C. certified counsellor working within the school system for the past 20 years. She has a private practice specializing in best practices for School Refusal/Separation Anxiety.

C2-3 - Career Self-Management and Development of Multicultural Knowledge and Practice: Experience of Professional Counsellors

(English - Introductory)

This presentation will advance the research field and university programs by providing a preliminary framework identified by professional counsellors regarding the development of multicultural knowledge from which novice counsellors may be able to draw from in order to increase their own understanding of how to integrate multicultural knowledge and practice. This presentation is based on a research project that identified various factors by which counsellors develop a multicultural base of knowledge to inform their practice when working with culturally diverse clients. This study examined various factors that affect their understanding of what it means to be a "multicultural counsellor", including their perception of challenges and outcome expectations in developing a multicultural framework to situate their practice. In addition, the study also looked at the role of self-efficacy in the formulation of treatment decisions that counsellors have in their ability to work effectively with clients from different diverse groups.

Priya Mani is an Associate Professor in the Counselling Psychology program (Faculty of Education) at University of Manitoba. Research interests include cultural diversity and professional development of counsellors.

C2-4 - Reimagining Suicide Ideation as a Wellness Tool

(English - Introductory)

Conventionally, suicide ideation takes the person and their supporter down a direct path to suicide assessment, possibly

getting authorities involved. This can disempower the person, who already feels powerless in the face of something they cannot trust themselves to handle. This workshop examines a middle step we are missing between confirmation of suicide ideation and fear of suicide behavior.

Currently, we look at ideation as a potential indicator of action rather than an indicator of a particular thought processing pattern. This can unintentionally tell the person they can't be trusted by themselves or by others, which can escalate the suicidal behavior.

This workshop explores a new perspective where suicide ideation offers emotional relief from feeling overwhelmed and powerless. We can retool it to address fundamental needs, building trust in self, and developing skills to navigate stressful situations.

Annette Powell has worked as an advocate, researcher, educator, and peer supporter. Her decades of experience with physical disability, suicide ideation, and mindfulness created new perspectives on suicide.

C2-5 - Mindfulness, Movement and Mental Health: A Group Model for University Students

(English - Introductory)

This session will explore how mindfulness groups are currently being offered for students at Acadia University, as part of a Stepped Care model. In addition to exploring a structure for presenting mindfulness practices in a group context, we will discuss ways of building student engagement and commitment, identify the opportunities and challenges of bringing mindfulness practices into a secular, therapeutic context, and discuss the role of mindfulness in higher education. Participants in this session will have the opportunity to experience some of the specific practices offered in these groups. For counsellors already offering similar groups, or for those who are interested in doing so, this session will be an opportunity to collaborate, share insights, and explore together how we might improve our group work on campus.

Sarah Pittoello is a counselling therapist at Acadia University and in private practice. Her areas of interest are mindfulness practice in higher education, sustainability, and community development.

C2-6 - Grant Me the Serenity... A Discussion About Predisposition for Work

(English - Introductory)

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. This prayer, made famous by AA provides a metaphor for people preparing themselves for work. Drawing on recent research looking at the preparation of pre-service teachers for international contexts and the body of literature on employability skills, we will consider the relationship between dispositions, the development of skills and self-awareness as factors that impact our ability to experience success at work. This interactive session will present research as a catalyst for discussion and will be of interest to people working in career and employment counselling, educators and pre-employees.

Jeff Landine is an Associate Professor in the Counselling program, Faculty of Education at UNB. His research interests include the knowledge, skills and dispositions necessary for work.

Marcea Ingersoll is an Assistant Professor in the School of Education at St. Thomas University. She is a founding member of the Research on International Teaching and Teacher Education (RITTE) team.

Mark Hirschhorn is a Professor in the Faculty of Education at UNB. He is a founding member of the Research on International Teaching and Teacher Education (RITTE) team.

Authors: Alan Sears, Lamia Chami, Carri Gray.

C2-7 - Mindfulness in the Way of the Samurai and the Tea Master

(English - Introductory)

The consciousness of the tea ceremony is often described by the expression Ichi-go, Ichi-e. This means one moment and one coming together or that each action is an once-in-a-lifetime opportunity that will never happen again. Mindfulness involves acceptance. We pay attention to our thoughts and feelings without judging them—without believing, that there's a “right” or “wrong” way to think or feel.

What could a tea offering possibility have anything to do with counseling? A lot. Practicing the boshido codes and the principles of the tea ceremony, Samurai, tea masters and Zen monks strove towards awakening one's true inner self. Realizing one's Buddha-nature through mindfulness, the true nature of existence is revealed.

The mindful act of offering can be applied to many clients in a therapeutic environment conducive to the situation. This approach has been successful working with victims of violence or in other situations. With increasing diversity, differing values or complex issues, the offering of a familiar beverage in a safe environment may be the very bridge needed to open a dialogue and trust. Such is the spirit and wisdom of the Way of Tea.

Rhea Gallant is the Executive Director of the Seniors Information Centre, Moncton, NB. She worked in the field of addictions and mental health; natural therapy and as accredited tea sommelier.

C2-8 - The Experience of Hope in Parents of Children with Fetal Alcohol Spectrum Disorder: A Qualitative Investigation

(English - Intermediate)

Snyder's (1994) Hope Theory hypothesizes that two types of cognitions determine the ability to remain hopeful about future goals: (a) agency thinking – view of self as being capable of generating ways to achieve desired goals (e.g., “I'll find a way to get this done”), and (b) pathway thinking – view of self as

being capable of pursuing routes to achieve personal goals (e.g., “I can do this!”). Considering the paucity of qualitative research into the lives of parents with children who have FASD, it is crucial to examine the degree to which the aforementioned positive cognitions, as mechanisms of hope, are reflected in their day-to-day experiences. A semi-structured interview with eligible parents will be conducted in investigating the following research question: To what extent are agency thinking and pathway thinking present as sources of hope in the narratives of parents with children who have FASD? Interview data will be subjected to rigorous thematic analyses in identifying specific themes of hope that characterize positive cognitions among the interviewed parents. Overall, this research is expected to make original contributions to the current body of knowledge and entails practical value for intervention designs in both therapeutic and educational contexts.

Umair Iqbal was born in Pakistan and immigrated to Canada with their family in 2000. They are currently a student completing their PhD in Child Psychology at University of Western Ontario.

C2-9 - Navigating Trauma in Turbulent Times while Remaining Resiliency

(English - Introductory)

Working with individuals who have experienced Trauma can have profound effects on the persons offering psychological first aid and counselling services. Learn to identify compassion fatigue and vicarious trauma, the symptoms and long-term impact. Be able to identify the differences between stress, distress and disordered. Practice intervention technique to remain resilient and healthy while serving victims.

Anita Engstrom Jones - Doctorate Public Administration, Master Education Counselling LCPC, LMFT, NCC-MAC, Idaho Supreme Court, Family Court Manager. Teaches Psychological First Aid, Resiliency and Mind/Body, Member of American Counselling Association Trauma Task Force.

(English - Advanced)

The importance of various types of male suffering in the context of cultural, ethnic and sexual orientation; of emotional reactions to pain in different situations of violence. The Counselling tool is of great help not only in individual meetings with the man who brings suffering and problems, but also in a multidisciplinary work context together with other professionals who take care of his safety and well-being.

Manuela Marchetti - Criminologist, Victimologist, Counsellor Supervisor, Professional Sociologist ANS.EAC (European Association for Counselling) certified accredited Counsellor. Scientific Director and speaker at several conferences held at the Italian Republic Senate.



(English - Advanced)

students. The methodology for assessing these differences will also be shared.

Dawn Horton is an assistant professor at the University of Massachusetts, Amherst.



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