

# BC Chapter of the CCPA Newsletter

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## Chapter Fee Reminder

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

## Want to include something in the newsletter?

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

## PRESIDENT'S MESSAGE



Welcome, colleagues and fellow counsellors to our newsletter!

Hope you all had a wonderful summer and are enjoying your Fall. As we are fast approaching the end of 2018, I reflect back on all the activities we have been engaged in over the past year. I am grateful to our members' continuous support and enthusiasm in improving

counselling professionals' representation in British Columbia. We have continued to participate in the FACT-BC initiatives and plan to host a breakfast meeting for the BC Chapter members during the CCPA 2019 annual conference in Moncton.

Our annual Summer Social was successfully held on August 25, 2018 where we had a chance to network and connect with fellow BC Chapter members. Thank you for those who were able to make it and special thanks to Dr. Rick Bradshaw who offered a CEC approved workshop on Observed & Experiential Integration (OEI).

Also, I want to share my sincere appreciation to the BC Chapter Board Directors and Siri Brown, our past President, as well as Madeleine Lelievre, BCYT Director/CCPA liaison for their encouragement and guidance as I am getting used to my new role as President. Thanks to Lisa Cavey for putting our newsletter together once again.

Thank you all for continuing to uphold the BC Chapter membership!

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

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

# FACTBC Progress Report

MADELEINE LELIEVRE



## MLA Outreach

Since May of this year, one of the major initiatives for FACTBC has been the MLA Outreach. Many thanks to all of you who have offered to visit your MLA. As of September 28th, one-hundred and thirty two information packages had been distributed to counsellors in the province who have either met with their MLA, or are in the process of arranging such a meeting. With the support of Angela Girard and Elaine Unger, our two virtual contractors, we have been able to monitor progress and gather valuable feedback from those meetings.

So far, we know that MLAs are overwhelmingly in support of the need to regulate counselling therapists in the province, and they are generally eager to know more about the status of the regulatory process. Some MLAs have offered to speak with their colleagues, including the Minister of Health, Adrian Dix, and Judy Darcy, Minister of Mental Health and Addictions.

Three significant developments have arisen from this initiative:

- In late October, a team from FACTBC met with Jane Thornthwaite, Opposition Critic for Mental Health and Addictions, in Victoria, to present the petition to parliament, which garnered over 11,000 signatures in support of regulation.
- With the support of Mike Farnworth, MLA for Port Coquitlam, who is also Solicitor General of BC and Government House Leader, FACTBC has been granted approval to present to the Government Caucus. We have a time booked for the Spring Session, although we could present sooner if a slot becomes available during the current sitting.
- Later this month, Glen Grigg, Chair of FACTBC, and myself, will be meeting with the Honorable Judy Darcy, Minister of Mental Health and Addictions. We are very pleased to be granted such a meeting, and hopeful that it will move the agenda forward.

Meanwhile, we are still looking for counsellors to commit to meeting with 14 MLAs. A list of MLAs and their ridings will be circulated through the CCPA list serve. Please take a look when it arrives, and if you are a constituent of one of those MLAs, please consider offering your support to the initiative.

## RPWG - Registration Process Working Group

The Registration Process Working Group has now completed the initial phase of drafting guidelines for the requirements to register with the proposed College of Counselling Therapists in BC. There is still work to be done before the guidelines are ready for general distribution, but this is a major step forward in preparing for the eventual formation of a college.

## FACTBC Indigenous Competencies Project

The Indigenous Competencies project is a research project investigating whether there are specific entry-to-practice competencies that should be required of all counselling therapists who practice in BC. Indigenous informed counsellors, who have experience working with Indigenous communities, were recruited to take part in focus groups to inform the project. Three face-to-face

focus groups have already been held in Vancouver, Victoria and Comox. Information derived from these groups will be analyzed in late November, and it is hoped to have a summary report ready early next year.

## Marketing and Social Media

A new informational brochure, and a short promotional video, are being developed under the guidance of Elaine Unger, Marketing and Social Media Specialist for FACTBC. New information is regularly being added to the FACTBC Website, from copies of letters to MLAs to the recently posted petition, to the history of the organization and associated documents. If it has been a while since you last went to the site, or if you have never taken a look, do check it out at: [www.factbc.org](http://www.factbc.org)

## Change in BC Chapter Representatives on the Board of FACTBC

Cathleen Dyer has decided to step down from her position on the Board of FACTBC. Cathleen was one of the original Directors on the Board when the Association became incorporated in March 2014, and has made valuable contributions to the work of the group since that time. I would like to thank Cathleen personally for her contributions to the advancement of the regulation agenda in the province, and her support when I was new to FACTBC. It has been a pleasure to work with you, Cathleen, and I wish you the very best in your future endeavors.

With the approval of the Board of the BC Chapter, Priscilla Coleff has agreed to take Cathleen's place as Alternative Representative on the Board of FACTBC, and I will continue as the voting Representative on the Board.

Respectfully submitted,  
Madeleine Lelievre, M. Ed., CCC  
CCPA Regional Director for BC and Yukon  
Vice-Chair, FACTBC.

## Summer Social 2018

SIRI BROWN



"I'm so glad I decided to come," I remember thinking to myself for the umpteenth time, as our August 2018 BC Chapter summer social came to a close. If you attended, you might agree with me! Following a lively connecting, networking, and catching-up between BC chapter members (over an indulgent spread of sweet and savoury treats and lots of hot coffee), we all sat down to an amazing 1.5 hour CEC approved workshop on OEI (Observed & Experiential Integration).

The highly engaging presenter, Dr. Rick Bradshaw, is a seasoned psychologist who has taught, trained, and presented around the world. He co-developed OEI with Audrey Cook, and it has been used to treat the symptoms of all forms of psychological

trauma. If you are not familiar with OEI (I had never heard of it myself), I encourage you to check it out, especially if you work with a lot of trauma survivors. Five sets of techniques are used for “titration of affective and somatic intensity, reduction of negative transference, and deepening of social connection” (Bradshaw, Cook & McDonald, 2011). OEI has been used with children, adults, and couples. In addition to relief of trauma symptoms and integration of traumatic memories, therapists have used it to help clients overcome addictions, self-harm urges, and panic attacks, among other presenting issues.



Techniques such as “switching” (alternate covering of the eyes), and “sweeping” (having a client follow your finger or an object as it “sweeps” across their field of vision until a “glitch” arises, the eyes blink rapidly, and then the therapist can “massage” the glitch, resulting in decreased distress in the client coupled with integration of a traumatic memory/experience) make this an interactive modality, similar in some ways to EMDR. There is a thorough series of protocols clinicians follow to ensure maximum effect while maintaining client well-being (preventing them from becoming too overwhelmed or retraumatized). From the videos and anecdotes shared, and the neuroscience behind it, I can’t help but think that it would prove to be a valuable tool in any trauma therapist’s tool kit. It can help to “see it to believe it”, and I encourage anyone who is intrigued by all this to check out [www.sightpsychology.com](http://www.sightpsychology.com) for more information, resources, research, and training opportunities.

## References

“Observed & experiential integration (OEI): Discovery and development of a new set of trauma therapy techniques” by Bradshaw, R.A.; Cook, A., & McDonald, M.J. *Journal of Psychotherapy Integration* 21 (2), 104, 2011

## Author Spotlight

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



# Focusing-Oriented Psychotherapy

PRISCILA COLEFF



This type of therapy comes from the work of Eugene Gendlin with the collaboration of Carl Rogers. Focusing developed out of a study that explored why some individuals did not benefit from therapy. Gendlin eventually realized the individuals who were able to thrive in therapy were the ones that paused and revisited unclear or difficult aspects of their experience and history. So it was found that successful therapy was not determined by the therapist's orientation but rather the work the client was doing internally.

This theory is grounded in the person-centered approach to treatment, in which the individual process and internal knowledge holds the key to healing. This knowledge or "knowing" refers to the knowledge of the body or body awareness. Also, this approach introduced the concept of "felt sense" which goes beyond emotions and feelings. People who are able to access and target this "felt sense" will be able to work through the issues concerning them and will create a change in the physical body through the release of tension. This easing of tension is what tells us that we have made contact with this deeper level of awareness and that we are on the right path.

As a Certified Focusing-Oriented therapist, I found this work to be very healing for clients and it can be used for many different challenges. One that I found very helpful is for healing Trauma and PTSD. Focusing reaches into the body - the body we can sense from the inside. When we are focusing, we enter into the body more and more deeply, finding intricate patterns of personal experience. This allows the individual suffering from trauma to be in contact with their bodily felt sense of a traumatic experience as a safe observer, and always at their own pace.

The Focusing Institute in New York has a large network of certified professionals and members from all over the world. It offers conferences, training, therapists, newsletter, and access to an online library with research and articles. For more information, visit [www.focusing.org](http://www.focusing.org) and [www.focusingtherapy.org](http://www.focusingtherapy.org).

## Author Spotlight

I am a clinical counsellor and psychotherapist. I work for Child and Youth Mental Health as well as having my private practice. I am one of the Directors of the CCPA BC Chapter as well as the Alternative Representative on the Board of FACT BC. My training goes from psychoanalytic to a mind/body. I am a certified Focusing-Oriented Therapist, as well as having various certificates. My approach to therapy is Holistic using whatever tools work for each client. I believe that each person is unique and as a therapist I meet clients where they are at. I believe each person has the capacity to heal themselves and I am happy to help them do that. I consider myself as a compassionate person and I am passionate about the work I do.

## LET'S GET TO KNOW OUR MEMBERS!

In this newsletter segment, we learn a bit more about two counsellors from our B.C. family. We hope you enjoy getting to know Avraham Cohen and Phyllis Chan!

### **Name of counsellor:**

Avraham Cohen, PhD, RCC, CCC

### **Province you practice in:**

British Columbia



### **What is your educational background?**

I have a master's in counselling from Gonzaga University, a PhD from UBC in education (My thesis, which is now published (2nd edition) as a book, *Becoming Fully Human within Educational Environments: Inner Life, Relationship, and Learning*).

### **How long have you been working as a private practitioner?**

I have been in the field since 1969 and a private practitioner since 1987.

### **What population do you work with and why?**

I've worked with a variety of so-called populations. Currently most of my work is with high-performance individuals with immense talents and intelligence. These are people who are in positions to make a difference, to initiate the ripples of the ripple effect.

I'm particularly interested at this time in working with new practitioners who are interested in pushing the limits of what's possible in therapy and in themselves in terms of personal growth and consciousness.

### **How would you describe your learning journey/counselling work?**

I was involved in my own therapy prior to even realizing that becoming a therapist was a possibility. My early work with adolescents happen to be with the major influence in my life, Dr. Peter Lavelle, who impressed on all of us very strongly the importance of working on ourselves. That I have done for a number of decades now. My intense curiosity about what went on inside myself, other people, between people, and the relationship with the natural world have continued to be a source of great interest, curiosity, and investigation ever since my beginnings.

My interest in private practice grew steadily as I became increasingly aware of the limitations I faced within organizational environments and the possibility and potential to work towards what Maslow termed, *The Farther Reaches of Human Nature*.

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

This is a funny question for me. I don't tend to think in those terms. There are so many things that I have done within certain categories including private practice, groups for counsellors, workshops, public talks, publications, and working as an educator; all of which have been extremely satisfying and rewarding for me.

In terms of proudest moments, being things that stood out, achieving my PhD would be one. This was something I would never imagine myself capable of when I was younger. The second I'm still working on. I currently have a blue belt in ki-aikido and would certainly look on achieving a black belt as a major accomplishment.

### Have you read any particular book that you found inspirational in helping you in your work?:

Frankl, V. (1985). *Man's search for meaning* (2nd ed.). Washington Square.

Waitzkin, J. (2007). *An inner journey in optimal performance: The art of learning*. New York, NY: Free Press.



### Name of counsellor:

Phyllis Chan, CCC

### What is your educational background?

I completed my Master's degree in Counselling Psychology at the University of British Columbia (UBC) and became a Canadian Certified Counsellor.

### How would you describe your learning journey or counselling work?

I received training on Cognitive behavioral therapy, Dialectical behaviour therapy and Eye Movement Desensitization and Reprocessing Therapy. I work part time at the Coastal Health Authority and have my private clinic practice, working with people with gambling addiction. In addition, I facilitate educational workshops on parenting and addiction. I also liaise with various non-profit organizations in the local communities to do prevention work on addiction.

### What quote inspires you most?

My favourite quote is: "Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation." by Victor Frankl. My clients and I often face complex and ambiguous challenges. We sometimes feel our situations are hopeless and insurmountable. We occasionally feel defeated, or that we have run out of choices. This belief in freedom of choice gives me strength and reminds me that we are never left with nothing as long as we retain the freedom to choose how we will respond.

## Members of the BC Chapter Executive

### President

Tammy Lee

### Past-President

Siri Brown

### President-Elect

Vacant

### Secretary

Richard Tatomir

### Treasurer

Paul Yeung

### Directors

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

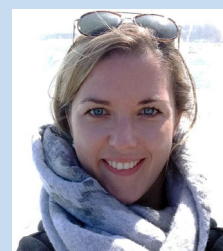
### CCPA Director for BC and Yukon/ Chapter Liaison for CCPA

Madeleine Lelievre



To contact the BC Chapter Executive, please send an email to: Tammy Lee, Chapter President, at [bc.chapter.ccpa@gmail.com](mailto:bc.chapter.ccpa@gmail.com)

## Editor Information Lisa Cavey, MA, CCC



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