

BC Chapter of the CCPA Newsletter

PRESIDENT'S MESSAGE

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Welcome BC Chapter members and fellow counsellors to our Spring newsletter of 2019!

I hope you all had a great start to the New Year! In this edition, we are featuring wonderful articles from our BC Chapter members, getting to know our fellow colleagues' amazing talents and work experience, as well as upcoming workshops for our professional development.

As we are looking forward to warmer weather ahead of us, I am excited to invite you to our Annual General Meeting on April 13th in Vancouver. Please join us to connect with fellow BC Chapter members. Also, please consider attending the CCPA 2019 Annual Conference, which will take place at the Delta Beauséjour Hotel in Moncton, New Brunswick, from May 13th to May 16th.

Thanks to Lisa Cavey for putting our newsletter beautifully together once again.

We always welcome your feedback and suggestions on how we can make the BC Chapter membership better.

Thank you all for your continuous support!

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

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.

UPCOMING EVENTS AND ACTIVITIES

BC Chapter Annual General Meeting

The AGM is a wonderful opportunity to learn more about the BC Chapter and a chance to meet your fellow BC Chapter members! If you are interested in joining the Board of Directors, the President-Elect, Director, and Secretary positions are currently open. After the AGM we will have a **guest speaker**, which in the past has been approved by CCPA for Continuing Education Credits. More details on the presenter and presentation topic to follow!

Date: Saturday, April 13 2019

Time: 9:00 a.m. – 12:00 p.m.

Location: Adler University, 520 Seymour St, Vancouver BC, V6B 3J5

Presenter: TBA

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

UPCOMING EVENTS AND ACTIVITIES CON'T

CCPA 2019 Annual Conference & BC Chapter Breakfast

The CCPA's 2019 Annual Conference will be held in Moncton, New Brunswick from May 13 to 16, 2019. The CCPA is partnering with the International Association for Counselling (IAC) and bringing an International flavor to the conference this year. The Keynotes this year are **Stel Raven** on "*Queering and Decolonizing Trauma Work: A Path for Two-Spirit Wellness*", **Réginald Savard** on "*The Counselling and Psychotherapeutic Bond and Rupture*", **Dr. Andrea Burry** on "*Cannabis: Essentials for Practice?*", **Mark Henick** on "*The Mentally Healthy Campus*," and **Nora Spinks** on "*Families in Canada: What, so What, Now What?*"

BC Chapter Breakfast Details

Date: Tuesday, May 14, 2019
Time: 6:45 a.m. to 8:00 a.m.
Location: Delta Beauséjour Moncton
Cost: Pay for your own breakfast (\$18.95 + tax)
RSVP: Please send confirmation to Tammy Lee at bc.chapter.ccpa@gmail.com by May 1, 2019



2019 BC Chapter Educational Summer Social Event

Encouraged by the success of past summer social events, we are happy to announce that our tradition will continue again this year. We are excited to meet and connect with even more members of our BC Chapter family. Stay tuned through an e-mail announcement for the exact date and time, which will take place in Vancouver, BC in August 2019.

MINDFUL SELF-COMPASSION WORKSHOP REVIEW

SIRI BROWN



In December 2018, I attended a two-day workshop in Berkeley, California, entitled, "Mindful Self-Compassion". The presenters, Kristin Neff, Ph.D. and Chris Germer,

Ph.D. have been immersed in the field of self-compassion for years, and I was incredibly excited to learn from them in person!

The workshop was as amazing as I'd hoped - cutting-edge research, meaningful examples, and a wealth of psychoeducation was regularly alternated with profound exper-

iential exercises. We dove into ourselves under masterful guidance and came up more aware, more awake, more grateful, and more self-compassionate. It was THE best intensive workshop I have ever attended, and I have attended a lot of them, trust me! The three components of self-compassion, as conceptualized by Kristin Neff in her definition of self-compassion are: Mindfulness, Common Humanity, and Kindness.

Though our internal worlds are complex and unique, I can state one thing with certainty: I firmly believe that cultivating greater and more regular self-compassion is a key self-care practice that all counsellors will benefit from. I encourage anyone who is struggling



with burnout, empathy fatigue, or work-life balance to explore the very healing, very personally-illuminating practice of self-compassion. I can honestly say it has proven to be the missing piece in my 18-plus year journey as a counsellor, and I am incredibly grateful for both Kristin Neff's research and Chris Germer's teachings.

If you'd like to dip a toe into the practice of self-compassion, it takes only a few minutes to do the following "Self-Compassion Break", taken from Kristin Neff's website at: <https://self-compassion.org/exercise-2-self-compassion-break/> Though I encourage you to explore the exercise personally, I have found it to be a great tool to teach clients.

Here's to caring for yourselves as you care for others!

Self-Compassion Break by Kristin Neff

Think of a situation in your life that is difficult, that is causing you stress. Call the situation to mind, and see if you can actually feel the stress and emotional discomfort in your body. (Try to avoid anything that is TOO upsetting or overwhelming if you are doing this for the first time). Now, say to yourself:

1. This is a moment of suffering

That's mindfulness. Other options include:

- This hurts.
- Ouch.
- This is stress.

2. Suffering is a part of life

That's common humanity. Other options include:

- Other people feel this way.
- I'm not alone.
- We all struggle in our lives.

Now, put your hands over your heart, feel the warmth of your hands and the gentle touch of your hands on your chest. Say to yourself:

3. May I be kind to myself

You can also ask yourself, "What do I need to hear right now to express kindness to myself?" Is there a phrase that speaks to you in your particular situation, such as:

- May I give myself the compassion that I need.
- May I learn to accept myself as I am.
- May I forgive myself.
- May I be strong.
- May I be patient.

This practice can be used any time of day or night, and will help you remember to evoke the three aspects of self-compassion when you need it most.

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

SELF-COMPASSION LEADS TO RESILIENCE

Self-Compassion involves facing failure, insecurity or mistakes in a completely different way. Unlike self-criticism, self-compassion builds greater resilience, strength and happiness. Self-compassion involves 3 things:

1) SELF-KINDNESS



Being kind and understanding with oneself as one would be with a friend. Understanding that we are intrinsically deserving of care and concern just like everybody else.

2) COMMON HUMANITY



Understanding that we're not alone in our mistakes, weakness and failures, that making mistakes is intrinsically human, and that they are a normal part of everyone's life.

3) MINDFULNESS



Being mindful of one's emotions and feelings without over-identifying with them i.e. validating our emotion without adding fuel to the fire.



Self-compassion is learnable. The first step is to recognize how you respond to failure and choose the 3 elements of self-compassion instead of self-criticism.

Taken from: <https://emmaseppala.com/scientific-benefits-self-compassion-infographic/>

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.

KEEPING THE DIVORCE TALK HONEST CAN HELP YOUR KIDS HEAL FASTER

ALYSON JONES



Why is the divorce talk such a difficult conversation? First of all we need to understand that as parents we are programmed to protect our children. If our child is being bullied we

know what our role is. Sometimes we have to temper our reactions so we can truly assist our children —but there is no doubt that we have a visceral response when our children are in danger of being hurt physically and emotionally.

I can certainly recall times when my own “mother bear” reared its head and I wanted to retaliate against the bully that was attempting to harm my child. Of course, I realized that it would be wildly inappropriate for a middle-aged child and family therapist to be taking down some eight-year-old that was teasing my child on the playground — but I won’t pretend that the thought did not cross my mind!

This desire to protect also applies to conversations about sex and drugs. There is some outside force that might harm our child — and we want to prepare and protect our child against something dangerous. Our protective role is clear. So the truly complicating factor that makes talking to your children about divorce so difficult is that the parents are the source of the pain. This causes great dissonance. How do we help protect our child against ourselves — when we are the ones causing great sadness and distress

in our children? This may be the reason so many parents avoid this conversation or rush through it by trying to tell their children that everything will be fine.

The bad news is that talking to your kids about divorce is one of the most difficult conversations that parents can have with their children. Although I understand and empathize with the guilt parents may feel in this situation, this guilt and discomfort should



not be used as an excuse to avoid doing what must be done. I caution parents that avoiding this conversation or candy coating it in some way may only cause additional distress and pain in the long run for the children.

“...if the parents do this conversation well they can help their children adjust and heal much faster.”

The good news is that if the parents do this conversation well they can help their children adjust and heal much faster.

Change is inevitable in life, and how we approach the divorce talk can actually teach children that grace and dignity can be part of grieving and healing. There is no perfect way of having this talk — but it does need to be done in an authentic and thoughtful manner.

SOME TIPS FOR TALKING TO YOUR CHILDREN ABOUT DIVORCE:

1. IT IS ALWAYS BEST IF BOTH PARENTS CAN TELL THE CHILDREN TOGETHER.

You brought the children into the world together and you owe it to your children to make their needs more important than your marital difficulties. It is important to come together and hold the space for your children during this conversation. The parents need to be the leaders — and leaders show their true strength during the most difficult of times. This will demonstrate true courage in the face of adversity, and set the template for your children to develop grace under fire.

2. GIVE THEM AN EXPLANATION.

Do not give your children too many details in regards to your marital difficulties, but do provide an explanation that makes sense to them. Let them know your love has changed, and sometimes adult love changes and no longer fits together like it once did. Let them know as a couple you have done many things well — like creating them — but unfortunately you did not work out your problems well together. Honour each other in front of the children and let them know you are sad as well — but do not let your sadness or feelings dominate the discussion.

Let them know there may be bumps ahead and that they are your top priority.

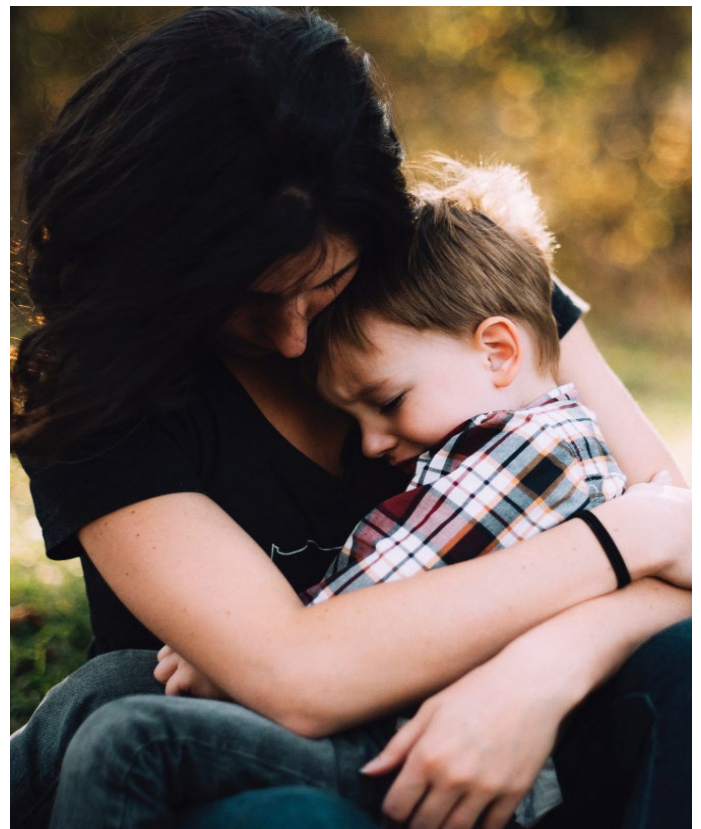
3. ACKNOWLEDGE THAT THIS IS A SAD DAY FOR THE FAMILY.

Tell your children that whatever they are feeling is OK. It is OK to be sad, mad, disappointed and fearful of the changes. Don't try to "sell them a line" that everything is great and they will be happy again soon. Do not be afraid of their sadness — acknowledge it — and let them know there are some things

that are worth feeling sad about.

4. BE HONEST ABOUT WHAT WILL BE CHANGING AND WHAT WILL NOT BE CHANGING.

Let them know that their schedules and living arrangements will be changing. Tell the children that some things do not change. Let them know that although adult love can change — the love between parents and children is a very unique kind of love and it never changes.



5. LET THEM KNOW THAT A PLAN IS IN PLACE.

It is best if you have this worked out beforehand. Children need to know their schedule. Reassure them that you will still work together as their parents, and rather than just one home they now have two safe harbours in the world. Let them know there may be bumps ahead — but you will do your best to work through the bumps and that they are your top priority.

Author Spotlight

Alyson Jones is the Clinical Director at Alyson Jones & Associates which is one of the largest counselling centers in the province of British Columbia, Canada. She is a leader in the field of separation and divorce, and an innovator in exploring the intersection between family therapy and family law.

Alyson is a Family Therapist, Parent Coordinator, Mediator, Collaborative Law Divorce Coach and Child Specialist. Alyson is also the originator and the Program Director of the Family Forward Reunification Program which provides therapeutic solutions to attachment disruptions that are a result of high conflict and parental alienation and/or estrangement.

Alyson has over 25 years' experience in the field of individual, couple, family and child therapy. She has presented at numerous professional conferences and consulted with Provincial Health, Social Service and Educational Agencies. She is an Adjunct Professor at the Adler University and teaches Attachment and Parenting Education/Therapy to graduate students.

Alyson regularly appears in the media providing information on mental health, parenting, children and families.

Presenter Contact

Name: Alyson Jones, MA RCC
 President and Clinical Director
 Alyson Jones & Associates
 Email: alyson@alysonjones.ca
 Office number: 604-926-6665
 Cell phone number: 604-318-4876

LinkedIn: <https://www.linkedin.com/in/alyson-jones-13297930/>

Facebook: <https://www.facebook.com/AlysonJonesAssociates/>

Twitter: <https://twitter.com/morealysonjones?lang=en>

UNDERSTANDING CORE BELIEFS

SABRINA TROBAK



The model of therapy practiced at Trobak Holistic Counselling in Fort St John BC is based on a model of therapy developed by Tony Martens. This model was developed for working with fami-

lies of sexual abuse in the 1980's and is still in practice today in programs running in western Alberta. The basis of the model is focusing on a person's core beliefs.

Core belief starts to develop even before a child is born as there is already a pattern of behavior the parents practice on a regular basis. Core belief is created by events, but it is also significantly impacted by how events are handled or not effectively handled. Core

belief is the inner voice telling a person what to believe about him/herself. For many the core belief is "not good enough," "not important," "unloved," and "worthless."

Core belief drives everything a person does. People are constantly trying to prove to themselves what they believe about themselves is true. Many people seek counselling to deal with a specific symptom and often can feel a sense of accomplishment in dealing with this issue in a short period of time. Unfortunately, this does not often result in long term success. Trobak Holistic Counselling uses a long-term therapeutic approach focused on creating and changing the core belief of not good enough, not important, unloved and worthless to a core belief of "good enough," "important," "worth," and "loved."



We see people struggling with many different issues: alcohol, drugs, anxiety, anger, cheating, lying, depression - the list goes on and on. These are not the actual problem but rather the symptoms or coping strategies of the core belief of not good enough, not important, unloved and worthless. This is because these issues are actually feeding the core belief and supporting it. It is only when the core belief is changed that these unhealthy coping strategies will change for the long term.

We need to stop looking at the symptom and trying to change the symptom. We need to look deeper and see the core belief that is creating the symptom. The focus needs to be on changing this core belief in order to see any long-term change.

If a person's core belief is "not good enough, not important, unloved, worthless" then she may use alcohol to cope with this core belief. Alcohol gives her a brief break from all the chaos in her life, lets her forget about her core belief for a couple hours, and numbs emotions so she doesn't have to deal with how she is feeling. Alcohol gives her a break from all the hurt and pain that is going on in her

life. But alcohol doesn't solve the problem. Taking away the alcohol doesn't get rid of the hurt and pain either. Alcohol gives her a brief break from all the chaos but also ends up supporting the core belief. After drinking, when she is sober, she may regret all the money she spent, the things she said or did and her body may be hung over and she may feel like garbage. This ends up reinforcing the core belief of not good enough, not important, unloved and worthless. Alcohol is not the problem, it is the symptom of something else, it is a reflection of her core belief.

If, by chance, she does stop drinking but doesn't change her core belief, the chances are high that alcohol will be replaced by another unhealthy coping strategy. Often people who stop drinking alcohol will turn to anger, gambling or controlling behaviours. These too are unhealthy coping strategies and continue to reinforce the core belief of not good enough, not important, unloved and worthless.

“We need to stop looking at the symptom and trying to change the symptom.”

In order for there to be long term change in coping strategies a person must work on changing her core belief. Once the core

belief changes from not good enough, not important, unloved and worthless to good enough, important, loved and having worth, then the unhealthy coping strategies will also change for the long term. We are constantly trying to prove to ourselves that what we believe about ourselves is true, so if the core belief doesn't change the coping strategies will continue to be unhealthy.

References

Martens and Associates. (T. Martens, clinical supervision and personal conversations Feb. 2009-Jan. 2019).

Martens, T., Daily, B. & Hodgson, M. (1991). *The Spirit Weeps, Characteristics and Dynamics of Incest and Sexual Abuse, with a Native Perspective.* Nechi Institute.

Author Spotlight

Sabrina grew up in Fort St John BC. After graduating from high school she attended U of A and completed her Education degree, specializing in elementary and special education. She has also completed her Masters in Arts in Counselling Psychology. Sabrina is a registered clinical counsellor with BCACC as well as a certified counsellor/supervisor with CCPA. Sabrina has 20+ years working in the school system as a teacher, Learning Assistant Teacher, Vice Principal as well as a school counsellor. She also worked in all 3 school divisions. Sabrina has been in private practice since 2009 and established Trobak Holistic Counselling in 2010 in Fort St John BC. The model of therapy Sabrina practices was developed by Tony Martens of Surrey BC. Sabrina is also a nationally certified clinical supervisor, providing training, supervision and consultation to various mental health professionals. Sabrina has 2 counsellors working with her at Trobak Holistic Counselling.

Every effort is made to provide accurate and complete information in our newsletters. However, The BC Chapter board cannot guarantee that there will be no errors. The BC Chapter board makes no claims, promises or guarantees about the accuracy, completeness, or adequacy of the contents of this newsletter. Except where specifically indicated, the opinions expressed in this newsletter are strictly those of the authors and do not necessarily reflect the opinions of the BC Chapter board or the CCPA. All content within the newsletter is the property of the BC Chapter unless otherwise stated. We respectfully request that no part of the newsletters be reproduced, transmitted or copied in any form or by any means without the prior written consent of the BC Chapter board. All submissions are welcome for consideration. Those accepted will be subject to editorial review prior to publication.

BEV ABBEY SERVICE AWARD

In 2009, the BC Chapter of the Canadian Counselling and Psychotherapy Association established the Bev Abbey Service Award to recognize and remember the late Bev Abbey, and to honour her generosity, selflessness, and many contributions to CCPA. The Bev Abbey Service Award is given annually to a BC graduate student in counselling psychology.

Award

The value of the award is \$200 plus a year's student membership to the CCPA and the BC Chapter (valued at \$85).

Application

Candidates will be evaluated according to the eligibility criteria and must be recommended by all BCCCPA Board members.

Deadline: March 15th, 2019

Nominations must be sent to bc.chapter.ccpa@gmail.com

Details: [Bev Abbey Service Award](#)

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 Candace Marshall and Alyson Jones!

Name of the Counsellor:

Candace Marshall, MA CCC

Program/University or Title/Institution:

MA, UBC 2013/currently in 4th year of PhD Counselling Psych program at UBC

How long have you worked as a counsellor?

Worked as an associate clinical counsellor in a small practice since graduating in 2013 and during my PhD in Vancouver before starting my own practice in March 2018.

How would you describe your learning journey or counselling work?

The universe works in mysterious ways; completely unexpected and outside of the box.

What population do you work with and why?

My clinical expertise focuses on working with individuals with dissociative disorders. One client opened the door to working with this population and basically changed my clinical focus. I love this work, it is akin to driving a standard; shifting gears at a moment's notice.

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

When clients don't 'need' me anymore.

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

Are you kidding?

What book did you read last?

Eichmann In My Hands; A First Person Account by the Israeli Agent to Captured Hitler's Chief Executioner by Peter Z. Malik and Harry Stein

What quote inspires you most?

"And those who were seen dancing were thought to be insane by those who could not hear the music" ~Friedrich Nietzsche

What did you want to be when you grew up?

Academy award winning actor; social worker; National Geographic photographer.

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

Humor



Name of the Counsellor:

Alyson Jones, MA, RCC

Program/University or Title/Institution

Adjunct Professor at Adler University (and graduate from Adler University as well)

How long have you worked?

Alyson Jones & Associates – 10 years

What population do you work with?

I work with children, youth and families.

How would you describe your counselling work?

I have been working in the field of Child Therapy, Family Therapy and Divorce and Separation Counselling for 20 years. I am a strong believer in meeting the needs of clients while keeping the psychological field relevant and keyed into society as a greater whole. The entire concept of family has changed and it is important that we know how to support families as they evolve and transition.

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

I was recently asked to present to the BC Supreme Court on clinical interventions for high conflict and complex family situations. This was a great honour and a true acknowledgment from the legal community that psychological factors are important in family law matters. I am presently developing a course with The Continuing Legal Education of British Columbia on the Intersection of Family Law and Psychology. I was also thrilled to be asked to appear regularly on CTV Morning Live to discuss topics focused on mental health, parenting, and family.

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

I am doing exactly what I want to be doing – although more travel, international teaching and writing are fabulous things to explore as I continue to grow up. I have already authored a book called “MORE: A New Philosophy for Exceptional Living”. I would stay in my career, but devote more time to write another book.

What book did you read last?

Brainstorm by Daniel Siegel

What quote inspires you most?

My own! “Every crisis is an opportunity which opens up the best and the worst of possibilities.”
(Alyson Jones)

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

My computer. It has opened up so many possibilities and helps me capture my ideas, case manage and do my research.

UPCOMING WORKSHOPS & SEMINARS IN BC

[A Deeper Dive: The Intersection of Family Law and Psychology, 2019](#)

Dates: April 11 and 12, 2019

Course Chairs:

John-Paul E. Boyd — John-Paul Boyd Arbitration Chambers, Vancouver and Calgary

Alyson Jones — Alyson Jones & Associates, West Vancouver

Morag M.J. MacLeod, QC — Barrister & Solicitor, Vancouver

This is the two-day update to our acclaimed program, Assessments and Interventions: The Intersection of Family Law and Psychology. As in 2016, this course is taught by a multidisciplinary faculty of expert psychologists, clinical counsellors, lawyers and judges, who will provide insights and practical guidance on the challenging intersections of law and psychology in family law disputes.

Members of the BC Chapter Executive

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

Editor Information Lisa Cavey, MA, CCC



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