



CCPA Conference Program

Congrès de l'ACCP Programme

May 7-10 7 au 10 mai

HÔTEL WESTIN HOTEL

EDMONTON, ALBERTA, CANADA



James Makokis

Miyomâmitoneyihcikan,
sohkemâmitoneyihcikan -
"A Good Mind, a Strong
Mind: Understanding the
Indigenous Health Care
System"

"Un bon esprit, un esprit
fort : Comprendre le
système de santé
autochtone"



Lori Gill

Intersections: Attachment,
Adversity, and Health
Outcomes and Integrative
Healing to Promote Repair

.....
Attachement, adversité et
résultats sur la santé, ainsi
que guérison intégrative pour
favoriser la réparation



Chris Cull

Lived Experience

Speaker :
Inspire

.....
Conférencier avec

vécu:
Inspirer



Carol Allain

Le choc des
générations : Du je
triomphant au nous
rassembleur

.....
Generational
Shock: Uniting
Triumphant
Individuals


**CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION**

**L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE**



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Friday / vendredi

May 8, 2020 / Le 8 mai 2020

7h30 - 9h00 Registration / Inscription

Opening Ceremonies and Keynote

Address - Lori Gill /

Cérémonies d'ouverture et Conférencière
d'honneur - Lori Gill

Ballroom

10h15 - 10h45 Nutrition Break / Pause santé

10h45 - 12h00 Concurrent Sessions / Séances
simultanées

12h00 - 13h30 Lunch on Own / Dîner non-inclus

13h30 - 14h45 Concurrent Sessions / Séances
simultanées

14h45 - 15h15 Nutrition Break / Pause santé

15h15 - 16h30 Concurrent Sessions / Séances
simultanées

18h00 - 21h00 Social Activities / Activités sociales

20h00 - 21h30 Welcome Reception / Réception de
bienvenue N/W Foyer

8h30 - 10h15

**FRIDAY, May 8, 2020 /
Le VENDREDI 8 mai 2020**

7 h 00 - 8 h 00

Technology and Innovative Solutions Chapter Meeting / Réunion de la Section de la technologie et des solutions innovatrices
Location / Lieu : Yukon

7 h 30 - 9 h 00

Registration / Inscription

8 h 30 - 10 h 15

Keynote Address / Conférencière d'honneur - Lori Gill
Location / Lieu : Ballroom

**Intersections: Attachment, Adversity, and Health Outcomes and Integrative Healing to Promote Repair
(English - Simultaneous Interpretation)**

Participants learn the essentials of neurobiological information regarding the impact of attachment and adversity that they can present to clients in a simple meaningful way to promote awareness and bring about change. Implications for learning, memory, and later life health outcomes will be reviewed. Strategies to broaden the window of tolerance and promote affect regulation and build competencies will be introduced along with an introduction to integrative healing strategies to promote repair.



Lori Gill, founder and clinical director at the Attachment and Trauma Treatment Centre for Healing, is a Registered Psychotherapist, Certified Trauma Specialist (CTS), trainer, Consultant Supervisor for the National Institute for Trauma and Loss in Children (TLC), and former psychology professor with 18+ years of experience working with children, youth, and adults in various professional settings. Her diverse background has provided her a wealth of skills in the areas of trauma, attachment, mental health, compassion fatigue prevention, addictions, eating disorders, wellness and education. Lori combines her professional experience with her love for learning resulting in trainings which are a rich culmination of research, evidence-based and best-practice treatment models, and techniques to bring you leading edge, practical, and integrative trainings.

Lori is honoured to have received an Award of Excellence in 2014 for her contributions to the trauma field and to have been named as an expert witness in the areas of trauma, attachment, and reconciliation therapy.

**Attachement, adversité et résultats sur la santé, ainsi que guérison intégrative pour favoriser la réparation
(Anglais - Interprétation simultanée)**

Les participants apprennent les principes essentiels des données neurobiologiques concernant les effets de l'attachement et de l'adversité qu'ils pourront ensuite présenter aux clients d'une manière simple et significative afin de favoriser la conscientisation et de susciter le changement. On examinera les implications sur le plan de l'apprentissage, de la mémoire et des résultats ultérieurs sur la santé au cours de la vie. On introduira des stratégies permettant d'élargir la perspective de tolérance, de favoriser la régulation de l'affect et de développer des compétences, tout en introduisant des stratégies de guérison intégrative favorisant la réparation.

Lori Gill, fondatrice et directrice de clinique auprès de l'Attachment and Trauma Treatment Centre for Healing, est Psychothérapeute autorisée, spécialiste agréée en traumatologie (Certified Trauma Specialist, CTS), formatrice, superviseure consultante auprès du National Institute for Trauma and Loss in Children (TLC); elle fut également enseignante en psychologie et possède plus de 18 ans d'expérience de travail auprès d'enfants, de jeunes et d'adultes dans divers contextes professionnels. Ses antécédents diversifiés lui ont fourni une vaste gamme de compétences dans les domaines de la traumatologie, de l'attachement, de la santé mentale, de la prévention de l'usure de compassion, des dépendances, des troubles de l'alimentation, du bien-être et de l'éducation. Lori conjugue son expérience professionnelle et sa passion pour la formation, ce qui se traduit par des formations cumulant un foisonnement de recherches, de modèles de traitement fondés sur des données probantes et des pratiques exemplaires, tout en vous proposant des techniques de pointe, pratiques et intégratives.

Lori est reconnaissante d'avoir obtenu un Prix d'excellence en 2014 pour ses contributions au domaine de la traumatologie et d'avoir été désignée comme témoin-experte dans les domaines de la traumatologie, de l'attachement et de la réconciliation.

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

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

Indigenous Gathering Space / Espace de rassemblement autochtone
Location / Lieu : Chairman

A1-1 - Interrupting Institutional Heteronormativity: School Counsellors' Role in Advocating for Students with Diverse Gender Identities and Sexual Orientations

(English - Introductory - Simultaneous Interpretation)

Location: Manitoba

Many gender and sexually diverse students continue to experience their schools as hostile and oppressive. More recently, the focus in research has shifted from individualizing this problem to understanding the complex systemic and institutional contributors to the ongoing marginalization of this population. As an integral part of the school system, school counsellors are uniquely positioned to offer important individual- and group-level supports to these students. This presentation will provide attendees the opportunity to visit the lived experiences of six current sexually and gender diverse high school students and their encounters with heteronormativity at school. Through their stories, insights are offered into factors contributing to their distress as well as stress-ameliorating factors that could be used to guide the advocacy of school counsellors for the safety and inclusion of students with diverse sexual orientations and gender identities.

Tanya Surette is a Registered Psychologist and Assistant Professor at Acadia University, with a research focus on cultural responsiveness in counselling and education for gender and sexually diverse students.

A1-1 - Mettre un terme à l'hétéronormativité institutionnelle : le rôle d'appui des conseillers scolaires auprès des élèves et étudiants de diverses orientations sexuelles et identités de genre

(Anglais - Introductive - Interprétation simultanée)

Lieu : Manitoba

De nombreux élèves et étudiants de diverses orientations sexuelles et identités de genre continuent de percevoir leurs écoles comme des milieux hostiles et oppressifs. La recherche, jusqu'alors axée sur une individualisation du problème, s'est employée plus récemment à comprendre les facteurs systémiques et institutionnels qui contribuent à la marginalisation continue de cette population. Les conseillers scolaires, qui font partie intégrante du système scolaire, sont les mieux placés pour offrir un important appui individuel et collectif à ces élèves et étudiants. Cette présentation permettra aux participants de passer en revue les expériences de vie de six élèves et étudiants présentant une diversité sexuelle et de genre ainsi que les manifestations de l'hétéronormativité auxquelles ceux-ci sont confrontés dans leur établissement d'enseignement. À travers leurs récits, on découvre les facteurs qui contribuent à leur détresse et les réducteurs de stress qui peuvent guider les efforts des conseillers scolaires pour favoriser la sécurité et l'inclusion des élèves et étudiants de diverses orientations sexuelles et identités de genre.

Tanya Surette est psychologue agréée et professeure adjointe à l'Université Acadia. Ses intérêts de recherche portent sur l'adaptation culturelle en counselling et l'éducation aux élèves et étudiants présentant une diversité sexuelle et de genre.

A1-2 - Identifying as Transgender or Gender Non-conforming and Participating in a Religion that does not Affirm One's Identity

(English - Introductory - Simultaneous Interpretation)

Location: Manitoba

Although transgender and gender non-conforming (TGNC) individuals are generally compared with lesbian, gay, and bisexual (LGB) individuals, counsellors cannot assume that their challenges are identical. While there is extensive research about internalized homophobia, which is the process of directing negative messages and stereotypes about LGB individuals inwards, and the relationship LGB individuals have with religion, there is a lack of research about how TGNC individuals navigate this complex relationship. The lack of information regarding the relationship between identifying as TGNC and participating in a non-affirming religion leaves counsellors ill-prepared to counsel these individuals in a productive and culturally sensitive way. Several studies that have examined the relationship between religion and identification as a sexual minority have examined the LGB in LGBTQ2S+ and the implications this can have on the counselling relationship, while ignoring the TGNC individuals. Psychologists and counsellors should feel confident in relying on current guidelines for best practice and feel certain that those guidelines are based on current and rigorous research. This presentation will discuss my findings to date in this qualitative research inquiry in attempt to answer the question "How do transgender and gender non-conforming individuals navigate the complex relationship between their gender identity and non-affirming religions?".

Rachael Babcock is in the final year of her Master of Counselling Psychology degree through Athabasca University. She hopes to expand existing literature about the transgender and gender non-conforming community.

A1-2 - S'identifier en tant que personne transgenre ou non conforme au genre et comme membre d'une religion non affirmative sur le plan identitaire

(Anglais - Introductive - Interprétation simultanée)

Lieu : Manitoba

Bien qu'on associe généralement les personnes transgenres et de genre non conforme aux personnes lesbiennes, homosexuelles et bisexuelles, les conseillers ne peuvent présumer que leurs défis sont identiques. Alors qu'il existe de nombreuses recherches sur l'homophobie internalisée, c'est-à-dire le processus qui consiste à diriger vers soi des messages et stéréotypes négatifs concernant les personnes lesbiennes, homosexuelles et bisexuelles, et sur le rapport de ces personnes avec la religion, peu d'études portent sur la façon dont les personnes transgenres et de genre non conforme gèrent cette relation complexe. En raison du manque d'information sur la relation entre des personnes qui s'identifient comme des personnes transgenres et de genre non conforme et adhèrent à une religion non affirmative, les conseillers sont mal préparés pour guider ces personnes de manière productive et culturellement adaptée. Plusieurs études qui ont examiné la relation entre la religion et l'identification à une minorité sexuelle ont considéré les personnes LGB dans les LGBTQ2S+ et les répercussions que ce rapport peut avoir sur la relation de counseling, mais sans tenir compte des personnes transgenres et de genre non conforme. Les psychologues et conseillers peuvent en toute confiance adopter les lignes directrices actuelles à titre de meilleures pratiques et être assurés qu'elles sont fondées sur des recherches à jour et rigoureuses. La présentation fera état de mes conclusions à ce jour dans cette enquête qualitative qui vise à répondre à la question : « Comment les personnes transgenres et de genre non conforme réussissent-elles à gérer cette relation complexe entre leur identité de genre et les religions non affirmatives? ».

Rachael Babcock en est à sa dernière année d'études de maîtrise en psychologie du counselling à l'Université Athabasca. Elle espère enrichir la littérature actuelle sur la communauté transgenre et de genre non conforme.

A2 - Ctrl-Alt-Delete: Mind Reset

(English - Intermediate)

Location: Saskatchewan

This workshop aims to give participants an opportunity learn and practice how to reset our mind. Dealing with complex issues, we have counsellors need to be able to quickly move from one challenging situation to another. Having the ability to let go one session and prepare for another is an important counselling skill to have so we can be fully present to the individuals who seek our support. Using the metaphor of the need to reboot our computers and participant will be given practical ways to reboot our mind when needed. Hands on presentation how to encourage inner growth and by promoting a quieter mind. Participants will be given explanations on the "Monkey brain" and how it can affect us. Participants will be given exercises to develop mindful and self-compassionate exercise to experience 'rebooting'. Other concept that will be explained: the growth mindset, relaxation respond, funnel and flow of attention, strength-based counselling, and focusing. Learn various theories on mindfulness and self-compassion in a healthy self-care practice.

Charles Chenard likes to promote self-care, self-compassion and mindfulness in his personal and professional life. His master's degree thesis was entitle "the art of compassion" promoting mindfulness, art reflection and self-compassion.

A3 - Challenges to Personal and Cultural Self-Validation Among Indigenous Students in Post-Secondary Educational Institutions: The Role of Cultural Affirmation and Counselling Implications

(English - Intermediate)

Location: Alberta

Indigenous students in mainstream educational institutions are known to encounter various challenges to their mental, social, and spiritual well-being and their pursuit of academic and career success, such as: experiences of discrimination and stereotypes, cultural isolation and dislocation, discouragement and self-doubt in academic and career pursuit, unfulfilled validation needs for their cultural and authentic self, confused self-identity, and dissonance and frustration with the demand for assimilation to the mainstream educational system and evaluative practices. We will examine how Indigenous students experience these challenges, how they restore sources of validation and personal and cultural safety and identity, and foster their inner strength, resiliency, and connection with their supportive community for navigating through such challenges. The self-validation model is used as a guiding framework for understanding the process of personal and cultural transition and restoration of the sense of self and social connection. We will address the following themes, identify counselling implications, and offer practical recommendations: (a) self-validation model and use of validationgram in counselling, (b) contributing factors to “doing well,” (c) implementing land-based resiliency in First Nations young people, (d) exploring Indigenous sources of self-worth, and (e) Indigenous counselling and culturally compatible interventions.

Ishu Ishiyama is an associate professor, supervises master's and doctoral students at UBC, works closely with Indigenous students, and specializes in cross-cultural transition, multicultural counselling, Japanese Morita therapy, and anti-discrimination training.

Alanaise Goodwill is an Indigenous Scholar-Practitioner using anti-colonial methodologies. Her research teams generate land-based suicide prevention practices with young Indigenous peoples and adapts school-based interventions for gang-involved students.

Natasha Wawrykow is of Aboriginal ancestry and is completing her doctoral degree in Counselling Psychology at UBC. Her dissertation explored areas of self-worth that facilitate Aboriginal students' well-being while attending university.

Cheryl Inkster is an Indigenous Ph.D. student counselling psych., UBC, and an instructor at Douglas College.

A4 - Writing for Submission to the Canadian Journal of Counselling and Psychotherapy, Other Professional Journals, and Book Publishing

(English - Introductory)

Location: Yukon

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, Editor in Chief, CJCP. He is a professor emeritus of counselling psychology at the University of Calgary. He specializes in addictions, sexuality, and hypnotherapy. Author of ten books.

A5 - Private Practice - We Can Do

This!(English - Intermediate)

Location: Centennial

The 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, networking and saying YES to private practice!

Corrine Hendricken-Eldershaw is a certified counsellor and CEO Alzheimer Society Prince Edward Island. Counsellor, consultant, assessment, sessional lecturer, passion for dementia education and caregiver wellness. Awards: CCA Professional Contribution Award and Lorne Flavelle Award.

Lorne Flavelle - Past President Q.C.A., C.P.P.A., co-founder Private Practitioners Chapter. Treasurer P.P. Chapter and Q.C.A. Awards: Q.C.A .Justice Harris award, CCPA Volunteerism named in his honour by C.C.P.A.

Jill Nofall is a Quebec licensed Psychotherapist providing consulting and assessment including contracts with Society of Automobiles of Quebec, Compysch and other insurance companies.

Paul Yeung is a certified counsellor and past president of the British Columbia Chapter. He specializes in career counselling, multicultural counselling, multilingual and literacy education, and health literacy.

A6 - Playing with Anxiety: Play Therapy and Drama Therapy Tools for Children and Youth

(English - Introductory)

Location: Devonian

In this hands-on session, participants will learn Play Therapy and Drama Therapy tools that are engaging, fun, and effective for supporting children and youth with anxiety. Integrating play-based cognitive behavioural therapy techniques with drama therapy, playing with anxiety becomes easier, and clients are able to manage things in the play space that might otherwise be too difficult to face in real life. This workshop will be creative, playful, and dynamic. For folks who are new to the field, as well as experts who may be seeking something different to reach the growing number of children and youth coming to therapy with concerns of anxiety.

Michelle Baer offers Play Therapy and Creative Arts Therapy for children and youth at her clinical office in Toronto, Ontario. Her expertise is anxiety and supporting LGBTQ+ community.

10 h 15 - 12 h 00

FRIDAY, May 8, 2020 /
Le VENDREDI 8 mai 2020

A7 - Cross-Cultural Applications: Adapting and Tailoring Therapeutic Interventions for Ethnic Minority Groups in Canada

(English - Advanced)

Location: Strathcona

With an increasing rise of immigrants and ethnic newcomers in Canada, there is a dire need to adapt psychotherapy and counselling services to better assist individuals who are not yet acculturated to Western society.

Unfortunately, the majority of therapy interventions do not incorporate culturally-adapted elements, nor are most practitioners familiar with, or trained in, how to best accommodate non-Western individuals in the most effective way within a therapeutic intervention.

Beyond simply translating measures and offering interventions in other languages, accommodations on a more profound level need to be implemented; as we know, substantial differences exist in the way different cultures understand, conceptualize, and express various psychological, emotional, and behavioural difficulties.

This presentation will shed light on how we can better assist these individuals, in addition to how practitioners (including Counsellors, Educators, Career practitioners etc.) can become more culturally-aware and effectively adapt interventions to better assist their diverse clients.

Rand Al-Houssan is licensed with the College of Registered Psychotherapists of Ontario and is a Professional Member of the Canadian Counselling and Psychotherapy Association. Her focus area encompasses cross-cultural interventions.

Author: Derek Richards

12 h 00 - 13 h 00

Private Practitioners Chapter Meeting / Réunion de la Section des conseillers en pratique privée

Location / Lieu : Centennial

12 h 00 - 13 h 00

School Counsellors Chapter Meeting / Réunion de la Section des conseillers et conseillères en milieu scolaire

Location / Lieu : Manitoba

12 h 00 - 13 h 00

Creative Arts in Counselling Chapter Meeting / Réunion de la Section des arts créatifs en counselling

Location / Lieu : Off-site / Hors site

12 h 00 - 13 h 30

Lunch (on own) / Dîner (non-inclus)

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

Indigenous Gathering Space / Espace de rassemblement autochtone
Location / Lieu : Chairman

A8-1 - Relat(able)

(English - Introductory - Simultaneous Interpretation)

Location: Manitoba

A recent study revealed the largest skills gap in the USA to include leadership, communication, and collaboration. Our networks are increasing, yet the quality of our relationships are diminishing. It's no secret people will always prefer to work with those they like and trust. Whether you are selling, leading, or building a team - relatability is an essential skill, a skill that can be learned through this highly interactive presentation.

Rachel DeAlto is a relationship expert, media personality, and professional speaker. Rachel has worked with many organizations worldwide helping them to develop their leadership, improve teams, and develop interpersonal skills.

A8-1 - La fiabilité

(Anglais - Introductive - Interprétation simultanée)

Lieu : Manitoba

Une récente étude a révélé qu'aux États-Unis, les plus grandes lacunes au chapitre des compétences se rapportent aux aptitudes de leadership, de communication et de collaboration. Nos réseaux sont de plus en plus étendus, pourtant la qualité de nos relations diminue. Comme chacun le sait, les gens préfèrent toujours travailler avec des personnes qu'ils aiment et en qui ils ont confiance. Que ce soit dans des activités de vente, de gestion ou de constitution d'équipe – la fiabilité est une compétence essentielle, qu'on pourra acquérir au cours de cette séance hautement interactive.

Rachel DeAlto est une spécialiste des relations humaines, une personnalité médiatique et une conférencière professionnelle. Rachel a travaillé auprès de nombreuses organisations du monde entier afin de les aider à perfectionner leurs compétences de leadership, à améliorer les équipes et à accroître leurs habiletés interpersonnelles.

A8-2 - Understanding the Senior Client

(English - Introductory - Simultaneous Interpretation)

Location: Manitoba

As the population ages, counsellors will increasingly be engaging with an older clientele. How does a young or middle age counsellor understand issues related to the experience of aging? What is it like to have physical capacities waning, to notice professional opportunities receding, to have wisdom without the energy of an activist, to wrestle with regret, to live on reduced resources, to lose friend after friend, to be essentially alone? Is there up side to aging? Using a guided writing process, counsellors will have an opportunity to explore their own beliefs and biases about the aging process and the senior client.

Using her own poetry from *The Poet's Cottage: Three Score and Ten* and participant reflections, Ronna Jevne will facilitate an interactive dialogue about counselling seniors. Four focus questions will guide the discussion: What are the realities of aging? What are the barriers they encounter? What gifts do they offer? How can I best prepare myself to understand the issues presented by senior clients?

Ronna Jevne is an author, presenter, and counsellor educator with experience in the fields of education, health care, criminal justice, and private practice. She has a passion for therapeutic writing.

A8-2 - Comprendre la clientèle âgée

(Anglais - Introductive - Interprétation simultanée)

Lieu : Manitoba

À mesure que la population vieillit, les conseillers seront de plus en plus souvent appelés à fournir des services à une clientèle plus âgée. Comment un conseiller jeune ou d'âge moyen peut-il comprendre les enjeux liés au vieillissement? Ce que cela veut dire de voir ses capacités physiques diminuer et ses perspectives professionnelles s'estomper, d'avoir à faire preuve de sagesse sans avoir l'énergie d'un militant, de composer avec les regrets, de vivre avec des ressources réduites, de perdre ami après ami et de se retrouver essentiellement seul? Y a-t-il des côtés positifs au vieillissement? Les conseillers auront la possibilité d'explorer leurs propres opinions et préjugés sur le processus de vieillissement et la clientèle âgée par un processus d'écriture dirigé.

Puisant dans ses propres poèmes tirés de *The Poet's Cottage: Three Score and Ten* et les observations des participants, Mme Jevne, animera un dialogue interactif sur le counseling auprès des personnes âgées. Quatre questions clés orienteront la discussion : Quelles sont les réalités du vieillissement? À quels obstacles font face les personnes âgées? Quelles contributions ont-elles à offrir? Comment puis-je mieux me préparer à comprendre les problèmes des personnes âgées?

Ronna Jevne a signé plus d'une douzaine d'ouvrages. Parmi ses plus récents figurent *Celebrating Sixty, Zen and the Art of Illness, Living Life as a Writer, Finding Hope, The Poet's Cottage et Tea for the Inner Me*. Elle a publié plusieurs chapitres de livres et articles sur la formation des conseillers, l'espoir et la prise en charge de la maladie chronique.

A9 - A Cross-Country Update on the Regulation of Counsellors and Psychotherapists in Canada

(English - Introductory)

Location: Saskatchewan

This session will review the current and pending statutory provisions across the 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 to facilitate interprovincial labour mobility and its success to date.

Blythe Shepard, President Emeritus, served as the British Columbia and Alberta Regional Director and co-chaired the CCPA National Labour Mobility Group and its three national symposia. She contributes to FACTBC initiatives.

Glenn Sheppard is a President Emeritus and served as the Newfoundland and Labrador Regional Director for CCPA. Glenn co-chaired the CCPA National Labour Mobility Group and its three national symposia.

A10 - Traditional Healing of Trauma and the Use of Self-Regulation in Indigenous Demographics

(English - Advanced)

Location: Alberta

Through discussion and hands-on learning, you will be engaged in learning how to use traditional medicines, cultural practices and traditional ways of knowing while healing trauma. Using a neuro-developmental approach to trauma, Shannon will incorporate the 3 R's (relationship, regulate and reason) along side with traditional knowledge from Darrell Stanley, in sharing knowledge on how to help youth heal the effects intergenerational trauma, or as she likes to call it, the "soul wound". While learning about the holistic practices of the Indigenous peoples, you will be able to see how they can be incorporated into a holistic model of healing for our Indigenous populations. The presentation will be interactive as Darrell and Shannon will bring in examples of tools they use in their daily practices with youth.

After a brief overview of developmental trauma, Shannon and Darrell will bring in their own practices that they use within the education system working with youth aged four to twenty-one. Discussion will lead into demonstration of how to properly incorporate some of the traditional Indigenous methods to help heal developmental, and intergenerational trauma, within this population. The basis of the 3 R's, relationship, regulate and reason, will be explored through a traditional lens.

Shannon Lust is a Indigenous woman with a background in counselling psychology, trained with the Child Trauma Academy and is currently working as a Inclusive Education Coordinator and Trauma Specialist.

Darrell Stanley is an Indigenous male, fluent in cree and actively practices his culture. A Social Worker with who has worked extensively with First Nations in the education system.

A11 - Spirituality in Counselling: A Panel Session

(English - Introductory)

Location: Yukon

Spirituality - understood to be what a person holds as meaningful and sacred- is becoming a central tenant of health and wellbeing. In a recent review of the health literature, spirituality was significantly associated with better mental health, positive emotions (e.g. hope, optimism, meaning), resiliency, social support, and lower levels of depression, suicide rates, and anxiety. However, despite this interconnectedness many therapists are either unaware of how to approach this domain or uncomfortable addressing it as they have received little to no training. As a result, many tend to neglect it in practice, and only a limited number of therapists address spirituality within the therapeutic context.

The purpose of this panel session is to introduce therapists to the concept of spirituality and provide practical skills to integrate into their counselling practices. This panel session will be an interactive educational presentation hosted by members of the Spirituality in Counselling Chapter of CCPA. The educational presentation will explore important topics related to spirituality and mental health. This will then be followed panel members sharing how they have integrated spirituality into their clinical practices and facilitate open question-and-answer period with participants.

Lorraine Smith-MacDonald Faculty of Nursing, University of Calgary,

Gerard Vardy, Cathy Underhill

A12 - Competence: The Skills that Connect Us

(English - Introductory)

Location: Centennial

Through the Supporting Canadians to Navigate Learning and Work project, we have spent the past year listening to and learning from a diverse and broad spectrum of professionals whose work involves helping individuals navigate learning and employment transitions across the lifespan. The result is a new Competency Framework for Canadian career development professionals. After an intensive validation and ratification process, we are ready to work with partners across the country to implement the new Competency Framework and are working with stakeholders from all thirteen provinces and territories to build a new Pan-Canadian Competency-based Certification Program for Career Development Professionals. Members of the CCPA have actively participated in shaping the Competency Framework and have an important role to play in bringing clarity to both the uniqueness and complementarity of the competencies in the Canadian Certified Counsellor (CCC) program with the competencies in the Career Development Professional (CDP) program. Participants in this session will explore both programs, the benefits of certification and the intersection of the Canadian Counselling and Psychotherapy Association with the new Pan-Canadian Competency-based Certification Program for CDPs.

As Executive Director of the Canadian Career Development Foundation, **Sareena Hopkins** works to move from ideas to action in areas of public policy, research and development, capacity building and advocacy.

Rebecca Hudson Breen is an Assistant Professor, Counselling Psychology at the University of Alberta, and President of CCPA's Career Counsellor's Chapter. Research foci include career-life development and mental health.

Kathy Offet-Gartner is a Counselling Psychologist who practices, teaches, and writes about her work with post-secondary students and Indigenous peoples, emphasizing resilience, commitment, and academic achievement as a gateway to career-life balance and wellness. She is also the current President-elect for CCPA.

Kathy McDonald, CCDF Project Director, is a life-long educator with accomplishments in the research, design, development, implementation and evaluation of innovative population-level, equity-based programs and policies, provincially, regionally, and nationally.

A13 - Creating Calm: A Whole Family Approach to Managing Stress and Anxiety

(English - Intermediate)

Location: Devonian

This interactive presentation will explore an integrative clinical framework that supports children as well as the adults in their lives to regulate stress and anxiety. This framework incorporates current neuroscience, interpersonal neurobiology, developmental information, and a combination of cognitive, emotional, relational and physiological regulation strategies. The presentation will explore three main points of focus for addressing the regulation of stress and anxiety in the context of a system such as a family or school. The three main points of focus are (1) attend to your own regulation first, (2) focus on collaborative recovery (short term focus), and (3) provide support for healthier habits and reaction over time (long term focus). Examples of this approach in practice include groups offered in a school setting, training for teachers, and support for families. Participants will have the opportunity to apply this approach to case examples and consider how this approach fits with their current practice. Examples of workbooks for children, youth, and adults, and samples of

13 h 30 - 14 h 45

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summative stories that were co-created in a therapeutic setting will be available for review. Woven throughout this approach are threads of connection, compassion, and courage all resting on a foundation of awareness.

Meg Kapil is passionate about access to mental health and draws from her experience supporting individuals, groups, and families along with providing workshops and training for teachers in her relational approach.

A14 - A Grand Tour of the Future of Counsellor Education: Trends, Ideas, Predictions and a Few Wacky Side Trips...

(English - Intermediate)

Location: Strathcona

The profession of counselling has experienced many changes over the decades. It is incumbent on counsellor educators to navigate and lead this ongoing process of change. But how? This presentation begins with an examination of the tools commonly used to predict the future, as much as that can be done. It continues with a discussion of some of the trends that are emergent in the field, both positive and negative. These include the rise of government sanctioned self-regulation, the de facto standard of master's level training, the challenge of technology and social media, the weaponization of social justice language, mapping shifting values within often poorly defined demographic groups, the demand of diversity including the long-overdue rise of non-traditional ways of knowing, and more. Gone are the days of simple lecture/lab training for counsellors. New pedagogies and models of learning are required to help our graduates navigate the 21st century. Some of these will be discussed in a call for the transformation of counsellor education.

Paul Jerry is Professor and Associate Dean, Faculty of Health Disciplines, Athabasca University. He contributed to some of the first Canadian research on the use of technology in counsellor training.

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

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

Indigenous Gathering Space / Espace de rassemblement autochtone
Location / Lieu : Chairman

A15 - CCPA and Counselling and Psychotherapy in Canada: A Discussion with CCPA's President

(English - Introductory - Simultaneous Interpretation)

Location: Manitoba

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).

Jen Rowett is President of CCPA 2019-2021. She is a Canadian Certified Counsellor based in New Brunswick.

A15 - L'ACCP et la profession de counseling et de psychothérapie au Canada : une discussion avec la présidente de l'ACCP

(Anglais - Introductive - Interprétation simultanée)

Lieu : Manitoba

Cette séance interactive avec la présidente de l'ACCP débutera par des observations sur les initiatives actuelles et futures de l'Association. On invitera ensuite les participants à discuter d'enjeux pancanadiens qui ont une incidence sur l'exercice de la profession. Cette année, on s'emploiera surtout à explorer les besoins et les possibilités de soutien des nouveaux professionnels (les membres de l'ACCP qui possèdent cinq ans d'expérience ou moins dans l'exercice du counselling et de la psychothérapie après l'obtention de leur diplôme).

Jen Rowett est présidente de l'ACCP 2019-2021. Conseillère canadienne certifiée, elle est établie au Nouveau-Brunswick.

A16 - Practice Safe Text: Using Our Digital Devices Safely

(English - Intermediate)

Location: Saskatchewan

We live in an increasingly digital era and it's important to know how to use our phone, email, texts, websites, blogs, chats, apps, social media and more. More importantly we need to understand how to use these technologies safely while upholding our professional ethics. Bring your devices to this interactive session and learn practical skills.

Dawn Schell has worked with youth and young adults for many years and that may explain her keen interest in the ways technology can be used in counselling.

A17 - Alberta and Northwest Territories Chapter Visioning Discussion

(English - Introductory)

Location: Alberta

With regulation of counselling therapy moving forward in Alberta, the role of the Alberta and Northwest Territories Chapter of the CCPA has begun to shift. To better adapt to the changing needs of members, the chapter board will engage in a visioning discussion and brainstorming with counsellors and therapists in the region. The discussion will focus on relevant issues on the minds of practicing professionals, how the chapter can better serve its members, and help to establish a new direction and mission for the chapter. If you have a stake in the profession in Alberta and the Northwest Territories, you are welcome to join and contribute to the discussion.

Nicholas Renaud is the current President of the Alberta and Northwest Territories Chapter.

A18 - “Pausing” Psychotherapy versus “Terminating” Psychotherapy: An Examination of the Termination Stage of Counselling

(English - Introductory)

Location: Yukon

Within counsellor educational programs, aspiring therapists are introduced to the different stages of psychotherapy, with termination often cited as the last stage of the psychotherapeutic process. They argue that the termination stage is too final in its definition and should be more open-ended in its delivery. They have, through private practice experience, gone through multiple termination processes with clients, only for some clients to express anxiety thinking that they are not being able to return to counselling should the need arise. They argue that the “termination” phase should be considered more as “inactive” instead of “terminated”.

Nancy Tavares-Jones is a registered psychotherapist and critical incident responder in the Greater Toronto Area. She also has a private practice in North York, Ontario.

Kaitlyn Hillier teaches Post-Secondary Counselling Psychology and Women and Gender Studies. She has private practice as a counsellor and psychotherapist, specializing in intimacy, sexuality, and non-normative lifestyles.

A19 - Interaction of Mental Health and Nutrition

(English - Intermediate)

Location: Centennial

Do you ever deal with clients whose mental health issues are related to what they eat or their nutritional intake? Do you deal with clients whose mental health issues are keeping them from self-care or healthy eating? Do you find that it is part of your therapy sessions and you do not know how to address the issue? Would you like to know more about the interaction between mental health and nutrition? This seminar will look at what healthy eating is; interaction of depression and nutrition; interaction of anxiety, panic attacks, and nutrition; interaction of nutrition and substance use; influences of nutrition on sleep; and more. You will take away practical ideas that you can use with clients.

Audrey Tait is a psychotherapist/counsellor, registered dietitian, author, writer, speaker, and photographer. She is a Certified Sex Addiction Therapist, Certified Multiple Addiction Therapist, training in trauma, cognitive therapy, and more.

A20-1 - The Hearthstone Community Art Hive: Community Research Space for Connection and Wellness

(English - Intermediate)

Location: Devonian

The Hearthstone Art Hive is a off-campus arts based site With community art therapy programming that is non-clinical in its approach. Informed by social justice and feminist theories, art hives are creative accessible spaces that privilege connection as a core ingredient for wellness and functioning. The project is inspired by our earlier work (CCPA, 2017) w newcomer youth coming to the province of Newfoundland and Labrador. Findings included a desire for a community-embedded studio program that allowed connection with others, newcomer and non newcomer alike. Hence, we have established a permanent hive studio in the downtown inner city.

This presentation provides an overview of our progressed research . The Hearthstone Studio offers programming to local non profit groups servicing a variety of populations.

They work with newcomer families, Indigenous groups, women transitioning out of the justice system, emancipated youth, and others. The arts based framework of art hive is applicable to a wide variety of groups and populations. A year into their expanded scholarship, they found the framework to be a profound location for creative connection. Their presentation will provide visuals of their studio work and scholarship, and will include interactive demonstration of the art hive model.

Leah Bridget Lewis is assistant professor in Counselling Psychology at Memorial University in Newfoundland. An arts therapist and counsellor, Leah's scholarship is arts based. She sits on the CCPA Board of Directors.

Heather McLeod, Xuemei Li

Janis Tim-Bottos is an art hive scholar, teaching in the Department of Creative Arts Therapies at Concordia University. Her work inspires the Hearthstone mandate.

A20-2 - The Intersection of Neuroscience and Art: Regulating the Nervous System Using Creative Arts Therapy Interventions

(English - Introductory)

Location: Devonian

This experiential workshop will integrate interventions from the five creative arts therapy (CATS) modalities including: Art, dance/movement, drama, expressive arts, and music. The three learning objectives for this presentation seek to: (1) Educate clinicians on the intersection between creative arts therapies and neuroscience, (2) Offer insight into the use of creative arts on regulating the nervous system, (3) Recognize creative arts therapies and their interventions as a canonical profession differing from clinicians who employ creative arts in their practice.

Research shows the impact of creative arts on the efficacy of harnessing one's ability to re-imagine, re-organize and re-frame their experiences. Professional creative arts therapists in each of the five modalities will offer novel approaches in understanding the intersection of: Neuroscience, creative arts therapy, and the nervous system. Art-making practices provide novel ways of engaging the brain, body and behaviour. Therefore, participants will experientially gain insight into the trauma-focused practices founded on research in the CATS field working with diverse populations.

Rowena Tam is a drama therapist, artist, educator, and President of the Creative Arts in Counselling and Psychotherapy Chapter (CCPA).

A21-1 - Client Centre Approach Model: The Whole Person

(English - Introductory)

Location: Strathcona

Their approach allows for the implementation of strategies promoting a holistic spectrum by using the medicine wheel, life cycles, identifying barriers, honouring the seven sacred teachings and understanding your healers. They are here to share:

- Their knowledge, supportive & collaborative practices
- How the integration of cultural content can be incorporated
- The importance of including cultural identity & values
- How to have policies align with the teachings

15 h 15 - 16 h 30

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The model is adaptable to any setting, which is why they choose to share this best practice to all Indigenous and non-indigenous partners. It is through these 7 layers that identify an organization and/or resources that can be strengthen with the inclusion of Indigenous cultural knowledge. It promotes a holistic vision that will support lifelong learners and therefore they strongly encourage practitioners and policy makers to embrace this model.

Brenda Ross-Jerome works in education, career counselling and uses the model daily. Her background is in curriculum development, special education, teaching, and she is an advocate for mental health. Trust is essential.

Tammy Martin provides guidance to employability, training and adult education learning. Her background is in administration, non-profit organizations, business and human resources. Her passion is connecting employees with employers.

A21-2 - Re-Membering: Transforming Generational Grief and Trauma in Aboriginal Communities

(English - Intermediate)

Location: Strathcona

This workshop will present the "Iceberg of Loss" model developed by Joelle McKiernan as a way to understand the impacts of generational loss and trauma. The model was created as a way to understand the underpinnings of deeply frozen unresolved grief and trauma and the impact in Aboriginal communities today. She will explain the origins of the model and why awareness is vital to the healing process. She will also discuss how the model has helped some of her clients create a bridge of healing from one generation to another.

Warren McDougall will explore practical applications in group and individual sessions, based on experience working with the model and linking that to evidence-based practice standards. He will also explore some of the challenges faced when endeavouring to foster healing and growth within Aboriginal communities.

Heather Joelle McKiernan has been a therapist for 20 years in Northwestern British Columbia. She has worked with 6 different Nations in 14 aboriginal communities on issues related to generational grief.

Warren McDougall is the Program Coordinator, Counsellor, and Facilitator with Sage Counselling and Addiction Services in Burnaby, British Columbia, delivering intensive, community-based treatment programs for adults in recovery.

16 h 40 - 17 h 40

Career Counsellors Chapter Meeting / Réunion de la Section des conseillers/ères d'orientation
Location / Lieu : Strathcona

18 h 00 - 21 h 00

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**18 h 00 - 21 h 00
Social Activities / Activités sociales
Location / Lieu : Off-site / Hors site**

Elk Island Adventure / Aventure à l'île Elk

Thursday, May 7, 2020 / Jeudi le 7 mai 2020

Durée de 2 h 30 / Duration: 2 hours 30 minutes

\$40.00 includes bus and guide. / 40,00 \$ Le coût inclut l'autobus et le guide.



Want to explore one of Canada's coolest national parks during the year? Your adventure begins at 9:30 AM. After a short bus ride, spend the morning exploring Elk Island National Park. Break out your inner nature nut as you take in the free range oasis for Plains Bison, elk, moose, deer, beavers, and more than 250 species of birds. From our drop-off location at Astonin Lake, you can take a guided hike through some of the nearby trails. At 12 PM board the bus to return back to Edmonton filled with stories and adventures of the tour.

Vous voulez explorer l'un des parcs nationaux les plus cool du Canada au cours de l'année? Votre aventure commence à 9h30. Après un court trajet en bus, passez la matinée à explorer le parc national Elk Island. Éclatez-vous dans la nature en découvrant l'oasis de parcours en liberté du bison des plaines, du wapiti, de l'orignal, du cerf, du castor et de plus de 250 espèces d'oiseaux. Depuis notre lieu de débarquement au lac Astonin, vous pouvez faire une randonnée guidée sur certains des sentiers environnants. À midi, prenez le bus pour retourner à Edmonton, rempli d'histoires et d'aventures de la visite.

Best of the Big E Edmonton Tour / Le meilleur d'Edmonton – Visite guidée

Friday, May 8, 2020 / Vendredi le 8 mai 2020 18 h 15

Duration: 1 hour and 30 minutes / Durée de 1 h 30

\$25.00 includes transportation / 25,00 \$ incluant le transport

From political intrigue in civic politics to being the capital of Alberta, Edmonton has stories to tell. See the city from the perspectives of the characters that have helped to shape our city into what it is today. Traverse the sights and sounds of the beautiful North Saskatchewan River Valley to the old town called Strathcona. Edmonton has secrets. Let us tell you a few! This tour is a good overview of the main features of our capital city.



D'intrigues politiques civiques à devenir la capitale de l'Alberta, Edmonton a des histoires à raconter. Voyez la ville du point de vue des personnages qui ont contribué à transformer notre ville en ce qu'elle est aujourd'hui. Traversez les paysages et les sons de la magnifique

18 h 00 - 21 h 00

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**18 h 00 - 21 h 00
Social Activities / Activités sociales**
Location / Lieu : Off-site / Hors site
continues / suite

vallée de la rivière Saskatchewan Nord jusqu'à la vieille ville appelée Strathcona. Edmonton a des secrets. Laissez-nous vous en dire quelques-uns! Cette visite est un bon aperçu des principales caractéristiques de notre capitale.

Downtown Historical Walking Tour / Marche historique du centre-ville

Friday, May, 2020 / Vendredi le 8 mai 2020

18 h 00

\$15.00 a maximum of 20 people / 15 \$ maximum 20 personnes

Explore by foot the central portion of Edmonton's revitalized downtown core. Listen to stories of the history of some of our iconic downtown structures and learn about some of our frontier history to modern day.

Explorez à pied la partie centrale du centre-ville revitalisé d'Edmonton. Apprenez sur l'histoire de certaines de nos structures emblématiques du centre-ville et découvrez une partie de notre histoire frontalière jusqu'à aujourd'hui.



Hansen Distillery Tour & Tastings / Visite et dégustation de la distillerie Hansen

Friday, May 8, 2020 / Vendredi le 8 mai 2020

18 h 00 - 20 h 00

\$24.00 / 24,00 \$

Take a walk through time and learn how our craft spirits are made, and then sit down to sip on a selection of 5 selected spirits. Enjoy a 45-minute tour of the facility; popcorn and water include to cleanse your palette.



Promenez-vous dans le temps et découvrez comment nos spiritueux sont fabriqués, puis asseyez-vous pour siroter une sélection de 5 spiritueux sélectionnés. Profitez d'une visite de 45 minutes de l'installation.

18 h 00 - 21 h 00

**FRIDAY, May 8, 2020 /
Le VENDREDI 8 mai 2020**

**18 h 00 - 21 h 00
Social Activities / Activités sociales**
Location / Lieu : Off-site / Hors site
continues / suite

Beginner Segway Adventure / Aventure en Segway pour débutants

Friday, May 8, 2020 / Vendredi le 8 mai 2020

18 h 00

\$59.99 / 59,99 \$

River Valley Adventure's 60 min Beginner Segway Adventure is the first of its kind! The adventure starts with in-depth training from one of our certified Segway trainers. They will go over the skills and drills for everything you will need to know before heading out on your adventure. The training session usually takes about 30 minutes however everyone learns at a different pace. After the training get ready for the experience of a lifetime! For the remainder of your time you will be taken on a ride through North America's largest urban parkland! You'll have the chance to enjoy the beautiful scenery of the river valley like you never have before.



L'aventure Segway de 60 min pour débutants de River Valley Adventure est la première du genre! L'aventure commence par une formation approfondie dispensée par l'un de nos formateurs certifiés Segway. Ils passeront en revue les compétences et les exercices pour tout ce que vous aurez besoin de savoir avant de vous lancer dans l'aventure. La séance d'entraînement dure environ 30 minutes, mais tout le monde apprend à un rythme différent. Après la formation, préparez-vous pour l'expérience de votre vie! Pendant le reste de votre temps, vous serez conduit dans le plus grand parc urbain en Amérique du Nord! Vous aurez la chance de profiter du magnifique paysage de la River Valley comme jamais auparavant.

**20 h 00 - 21 h 30
Welcome Reception / Réception de bienvenue**
Location / Lieu : NW Foyer

Saturday / Samedi

May 9, 2020 / Le 9 mai 2020

7h30 - 9h00	Registration / Inscription	
8h30 - 10h15	Conférencière d'honneur - Carol Allain / Keynote Address - Carol Allain	Ballroom
10h15 - 10h45	Nutrition Break / Pause santé	
10h45 - 12h00	Concurrent Sessions / Séances simultanées	
11h45 - 13h45	Poster Sessions / Séances d'affiches	Alberta/Yukon
12h00 - 13h30	Lunch on Own / Dîner non-inclus	
12h15 - 13h15	CCPA Annual General Meeting / Assemblée générale annuelle de l'ACCP	Manitoba
13h30 - 14h45	Concurrent Sessions / Séances simultanées	
14h45 - 16h45	Poster Sessions / Séances d'affiches	Alberta/Yukon
14h45 - 15h15	Nutrition Break / Pause santé	
15h15 - 16h30	Concurrent Sessions / Séances simultanées	
18h15 - 18h45	Cocktail Hour / L'heure de l'apéritif	Centennial
18h45 - 24h00	Banquet, Awards, and Dance / Banquet, prix et danse	Devonian

8h30 - 10h15

Saturday May 9, 2020 /
Le SAMEDI 9 mai 2020

7 h 00 - 8 h 00

Spirituality in Counselling Chapter Meeting / Réunion de la Section de spiritualité en counseling

Location / Lieu : Centennial

7 h 30 - 8 h 30

Post-Secondary Counsellors Chapter Meeting / Réunion de la Section des conseillers en pratique privée

Location / Lieu : Strathcona

7 h 30 - 9 h 00

Registration / Inscription

8 h 30 - 10 h 15

Conférencier d'honneur / Keynote Address - Carol Allain

Lieu / Location : Ballroom

Le choc des générations : Du je triomphant au nous rassembleur

(Français - *Interprétation simultanée*)

Sous le couvert de l'humour, la présentation intitulée Le choc des générations est une invitation à poser un regard comparatif sur les différentes générations. Cette formation passe en revue les caractéristiques de la génération silencieuse (1901-1944), les baby-boomers (1945-1963), la génération X (1964-1978), la génération Y (1979-1994) et la génération Z (1995-2010) afin de les confronter pour mettre en lumière les tensions qui surgissent entre elles et les modes d'accordmement possibles. Hormis la génération dite traditionnelle, ces générations ont en commun les attributs suivants : l'univers des apparences, le rituel de l'urgence, le culte de l'immédiat, la fascination de la célébrité, la valorisation du court terme. En tenant compte de ces phénomènes en cours, les générations décrites coexistent au fil des relations changeantes marquées par l'alternance du conflit et de la coopération. Les générations font d'étranges migrations à travers l'espace des cultures humaines, leurs trajectoires se jouent allégrement de nos directives. Elles réconcilient les forces qui ordonnent et les forces qui renouvellent. C'est là toute la complexité du présent. Cette formation est aussi une occasion de vérifier qu'on ne peut accéder à la pensée de l'autre qu'en retravaillant la sienne.



Carol Allain est ex-chargé de cours à l'Université d'Ottawa et à l'Université du Québec. Depuis 1986, il donne plus de 200 conférences chaque année dans nombre d'entreprises, d'institutions, d'associations et d'organisations au Canada, en France, en Suisse, en Belgique, en Allemagne, en Martinique, au Portugal et dans d'autres pays. Parmi ses ouvrages : *Le choc des générations, Du je triomphant au nous rassembleur* (*Éditions Château d'encre*, 2017, 9e Édition, vendu à plus de 50 000 exemplaires) a été réédité neuf fois et son succès ne se dément pas au fil des ans.

Generational Shock: Uniting Triumphant Individuals

(French - *Simultaneous Interpretation*)

Under the guise of humour, the presentation entitled Le choc des générations (generation shock) is an invitation to cast a comparative look on the different generations. This training reviews the characteristics of the silent generation (1901-1944), baby boomers (1945-1963), generation X (1964-1978), generation Y (1979-1994), and generation Z

(1995-2010) in order to confront them and highlight the tensions that arise between them and the possible modes of accommodation. Apart from the so-called traditional generation, these generations share the following attributes: the universe of appearances, the ritual of urgency, the cult of the immediate, the fascination with celebrity, the valorization of the short term. Taking into account these ongoing phenomena, the generations described coexist in the course of the changing relations marked by the alternation of conflict and cooperation. The generations make strange migrations through the space of human cultures, their trajectories play blithely with our directives. They reconcile commanding forces and renewing forces. This is the complexity of the present. This training also provides an opportunity to learn that the only way to access the thoughts of others is through reworking our own.

Carol Allain is an ex-lecturer at the University of Ottawa and the Université du Québec. Since 1986, he has given more than 200 lectures every year in many companies, institutions, associations, and organizations in Canada, France, Switzerland, Belgium, Germany, Martinique, Portugal, and other countries. His works include: *Le choc des générations*, *Du je triomphant au nous rassembleur* (*Éditions Château d'encre*, 2017, 9th Edition, more than 50,000 copies sold), which has been reissued nine times and its success has not waned over the years.

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

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

**Indigenous Gathering Space / Espace de rassemblement autochtone
Location / Lieu : Chairman**

B1 - Décoloniser notre pratique clinique avec les familles en crise : Une intégration entre la thérapie narrative familiale et la thérapie comportementale dialectique.

(Français - Intermédiaire - Interprétation simultanée)

Lieu : Manitoba

De plus en plus, les chercheurs en psychologie travaillent vers l'objectif de décoloniser notre pratique clinique avec les clients immigrés, réfugiés, et autochtones. Pour les clients qui sont à l'origine des sociétés collectivistes, la santé mentale est souvent mieux compris comme un problème relationnel. Toutefois, la plupart des thérapies soutenues empiriquement, comme la thérapie comportementale dialectique (TCD), sont fondés sur la valeur occidentale d'individualisme. Quelques chercheurs indiquent que les praticiens peuvent commencer à décoloniser leur pratique clinique en utilisant les modèles postmodernes de la thérapie familiale, comme la thérapie narrative familiale (TNF). En intégrant la TCD avec la TNF nous pourrions apporter aux familles en crise les aptitudes de tolérance de détresse et la pleine conscience, ainsi que les autres modules de TCD, en décolonisant notre pratique clinique.

Dans cette session nous commencerons avec une brève revue de la littérature des deux modèles. Nous présenterons les éléments clefs des deux modèles, ainsi que le modèle intégré. Nous discuterons comment utiliser le modèle intégré pour traiter et commencer à décoloniser la pratique clinique avec les familles en crise. Finalement, nous suggérerons des ressources pour que les participants peuvent plus apprendre sur la TNF et le TCD.

Émilie Ellis est thérapeute conjugale et familiale et étudiante au doctorat à l'Université de Georgia en développement humain et thérapie conjugale et familiale.

B1 - Decolonizing our Clinical Practice with Families in Crisis: An Integration Between Narrative Family Therapy and Dialectical Behaviour Therapy

(French - Intermediate - Simultaneous Interpretation)

Location: Manitoba

Psychological researchers are increasingly working toward the goal of decolonizing our clinical practice among immigrants, refugees and natives. Mental health is often better understood as a relationship issue by patients from collectivist societies. However, most empirically supported therapies, such as dialectical behaviour therapy (DBT), are based on Western norms of individualism. Some researchers suggest that practitioners could start decolonizing their clinical practice by applying postmodern models of family therapy, such as family narrative therapy (FNT). Integrating DBT with FNT can enable us to equip families that are going through crises with distress tolerance and mindfulness skills, along with other DBT modules, by decolonizing our clinical practice. We will begin this session with a brief review of the literature on both models. We will then present the key elements of each model, and of the integrated model. We will discuss how to use the integrated model in treatment and in starting to decolonize our clinical practice among families undergoing a crisis. Finally, we will recommend resources so that participants can learn more about FNT and DBT.

Émilie Ellis is a couple and family therapist and Doctoral student at the University of Georgia in human development and couple and family therapy.

B2-1 - Co-Supervision & Counselling Supervision Groups – Sharing Best Practices in Supervision

(English - Intermediate)

Location: Saskatchewan

The practice of counselling supervision will be discussed using a dual lens, from two counsellors who co-supervise counselling interns at a community college campus. This collaborative approach has worked well for the interns, their supervisors, and their individual teams. It has led to much richness and flexibility in guiding and supporting these new counsellors while they develop knowledge, skills and approaches in counselling. Working together to help the supervisee's draw on their own resources and develop their own reflective practices is the ultimate goal. A counselling supervision group has also been developed to bring together counselling supervisors and their interns across the province of Nova Scotia for monthly sessions by Skype. These sessions have offered all involved a very rich learning experience. Participants of this session will hear about these practices, have an opportunity to share their own best practices in supervision, and contribute to a wider discussion around counselling supervision.

Lisa Mader has been counselling therapist for fifteen years and a counselling supervisor for nine years. Lisa has developed a monthly supervision group for supervisors and their interns.

Bernadette Kehoe has worked in Student Services at the Post-Secondary level for thirty-five years. As a counselling supervisor she has immensely enjoyed helping new counsellors acclimatize to their roles.

B2-2 - Reflective Practice: Supporting Supervisor and Supervisee Development

(English - Intermediate)

Location: Saskatchewan

Clinical supervision is a unique area of practice in the mental health and counselling field. Despite the increasing availability of and access to training in clinical supervision, there remains a dearth of graduate coursework and post-masters training opportunities in this field. This poses significant barriers for those developing and practicing as clinical supervisors (CCPA, 2015) and affects clinicians-in-training (Bernard and Goodyear, 2019). Positively, research across areas of clinical supervision continues to expand (Borders, 2015) and promising interventions to support both supervisor and supervisee development exist. In this session, we will present a teaching and learning framework (Goodyear, 2014) that can serve as a guide to conceptualizing and providing clinical supervision. As an overarching goal in clinical supervision is to help increase the supervisee's capacity to engage in reflective practice (Bernard & Goodyear, 2014), we will also present theories and techniques to foster and stimulate supervisor and supervisee self-reflection. This will include interventions, such as Interpersonal Process Recall (IPR; Kagan, 1984), a qualitative interview approach that can be used to access supervisor and supervisee experiences through reflecting on videotaped interactions.

Sharon Robertson is Professor of Counselling Psychology at the University of Calgary and a registered psychologist in Alberta. Her research focuses on psychosocial/life transitions, coping, social support, counsellor education and supervision.

Payden Spowart is a Ph.D candidate in Counselling Psychology at the University of Calgary. He is a Registered Psychologist and is completing his Pre-doctoral internship in Psychosocial Oncology.

Author: E. Aiofe Freeman-Cruz

B3 - Chapter Leadership: How-Tos and How-Comes

(English - Introductory)

Location: Centennial

For counsellors at all levels of experience, in this session, current and recent Chapter Presidents will share some of their experiences and understandings of the roles that Chapters play in the CCPA and in our communities of practice. Those who are curious about getting involved in a chapter are particularly welcome!

Detailed agenda:

- panel of chapter execs sharing experiences and common challenges of involvement in chapters
- tables brainstorm on how chapters can (begin to) solve common challenges based on actual chapter experiences
- share back (table notes will be collected and shared back to an email list we gather there)

Jennifer Davies is the current President of the brand new Post Secondary Counsellors Chapter, and a career-long Career Counsellor.

Michelle Kennedy is the current Social Justice Chapter President and a Registered Provisional Psychologist from Edmonton, Alberta.

Cathrine Chambers is the current Indigenous Circle Chapter President. She identifies as a member of settler society and works in private practice in Mi'kma'ki in Antigonish, Nova Scotia.

B4 - Conducting Trauma Research Utilizing Narrative Methods: Contextual and Cultural Considerations

(English - Intermediate)

Location: Leduc

This panel discussion explores contextual and cultural factors in utilizing narrative methods in trauma research by illustrating its application in three different studies. The first study examines intergenerational trauma and Chinese-Canadians families and offers cultural, translation, and transcription considerations in the co-construction of Chinese and English intergenerational stories. This study involved the development of eight stories using an adaptation of the Collaborative Narrative Approach. The second study explores the value of using narrative methods for investigating school-based trauma-informed practices. This study examines school counsellor's experiences of engaging with and implementing trauma-informed practices. Its key findings are discussed in terms of their implications for trauma-informed research, policy, and counselling and educational practices. The last study applies a narrative approach to understand an alternative trauma treatment for veterans and first responders. It examines an equine program implemented with sixteen veterans and six first responders to understand how an equine intervention program could assist with their occupational stress injuries. Seven focus-group interviews were conducted and yielded six main themes which will be discussed in this panel. Each study highlights key considerations when applying narrative research to differing contexts and participant groups and can be helpful for future applications.

Fred Chou is an assistant professor in counselling psychology at the University of Victoria. His research focuses on intergenerational trauma and Chinese-Canadian families and youth mental health.

Rosalynn Record-Lemon is a Ph.D Candidate (Counselling Psychology) whose research interests concern school-based trauma-informed practices. She is a therapist in private practice and in child and youth mental health.

Marla Buchanan is a professor in the Counselling Psychology Program in the Faculty of Education at The University of British Columbia. She currently holds the Royal Canadian Legion Professorship.

B5-1 - Physical Manifestations of Emotion: Using Emotive Toys to Teach Emotional Awareness to Youth Living on the Autism Spectrum

(English - Introductory)

Location: Turner Valley

Many youth living on the autism spectrum find it difficult to place themselves into other people's perspectives, or in recognizing and articulating the emotions they feel. Discussions of emotions often fail to capture the interest and imagination of many clients living on the spectrum. Therefore, the use of intriguing and fun emotive toys can represent a unique and effective method of translating emotional processes and awareness for these youth. Clients are able to also co-create and fabricate toys of their own; specific emotions and ideas can be brought into the physical realm to support therapeutic dialogue and provide a real-world focus for often complex or challenging ideas.

Different toys, methods, experiences, and possibilities will be discussed.

Jonas Breuhan has specialized in working with youth living with disabilities, predominately those living with an Autism Spectrum Diagnosis. Jonas has a background in Social Work, Philosophy, and Counselling.

B5-2 - Exploring Childhood Adversity and Resilience with Autistic Clients: Why it Matters

(English - Introductory)

Location: Turner Valley

Childhood adversity is correlated with poor physical and mental health outcomes for adults. However, these effects can be mitigated by external and internal factors, a phenomenon known as resilience. The relationship between adversity, resilience, and mental health in individuals on the autism spectrum is not well-understood, despite the high rates of co-morbid mental health disorders in this population. It is important for counsellors working with individuals on the autism spectrum to consider these factors in planning and implementing treatment plans. This review of the literature will explore these factors and the implications for counselling autistic clients.

Gabrielle Heselton is a student in the Master of Counselling program through Athabasca University. Her thesis research involves exploring the experiences of childhood adversity and resilience in autistic adults.

B6 - (Com)Passionate Work in Family Violence Prevention and Intervention

(English - Introductory)

Location: Strathcona

We all share a similar commitment towards the end of family violence. In spite of this goal, such violence is continually pervasive. Because of this reality, it becomes natural to wonder whether it is the belief system we hold that requires re-evaluation.

Family violence has long been guided by a binary using labels such as ‘victim’ versus ‘perpetrator’ or ‘survivor’ versus ‘abuser.’ Such labels tend to direct and inform the legal, criminal, and human service disciplines that lend themselves to the intervention and prevention of this epidemic. This presentation enters into tense territory, attempting to challenge the contemporary discourse and exploring how compassion towards all, even ‘perpetrators,’ might strengthen efforts towards a collective goal.

Offering insights gleaned from a provincially-funded therapy program working alongside clients with abusive behaviours, Nick Jacobs will take a curious stance towards the effects that labels such as the ‘victim’/‘perpetrator’ binary might create. He will maintain a sense of wonder towards how a compassion-based lens towards all might assist in the deconstruction of potentially harmful binaries and the healing of those traditionally labeled as ‘perpetrators.’ Finally, he explores how compassion might best be utilized by human services discourses (legal, criminal, etc.) aimed at preventing family violence.

Nick Jacobs is a psychotherapist working in private practice and a doctoral student at the University of Alberta in Secondary Education. His research interests include analytical psychology, existentialism, and phenomenology.

11 h 45 - 13 h 45

Poster Sessions / Séances d'affiches

Location / Lieu : Alberta & Yukon

For a list of Poster Sessions, see pages 38 - 47. / Pour une liste des séances d'affiches, voir les pages 38 à 47.

13 h 30 - 14 h 45

Saturday May 9, 2020 /
Le SAMEDI 9 mai 2020

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

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

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

Indigenous Gathering Space / Espace de rassemblement autochtone
Location / Lieu : Chairman

B7 - Five Ethical and Practical Considerations When Working with Interpreters During a Session

(English - Introductory - Simultaneous Interpretation)

Location: Manitoba

As Canada becomes more culturally and linguistically diverse, counsellors need to be aware of the ethical and clinical implications of using interpreters in session with clients. Utilizing interpreters can help facilitate communication with clients, including refugees who have been traumatized by events in their home countries and on the journey to Canada, who are not able, or ready, to use the counsellor's language. This presentation will answer such questions as "How do I introduce an interpreter into a counselling session?", "What is the best way to interact and work with an interpreter during a session?", "What do I do if I suspect the interpreter may not be translating exactly what I am saying?", and "Do I need to offer debriefing time to the interpreter after a taxing therapy session?". These questions, and more, will be addressed in this English language presentation by offering at least five, well researched, and practical recommendations counsellors can follow to offer clients an ethical and competent counselling session when there is a third person (i.e., the interpreter) in the counselling room. This presentation is open to all levels of knowledge. A handout will be provided.

Rosalie Paquette is currently pursuing her M.Ed. in Counselling Psychology at the University of Lethbridge.

Author: Dawn McBride

B7 - Cinq aspects déontologiques et pratiques à considérer durant une séance avec des interprètes

(Anglais - Introductive - Interprétation simultanée)

Lieu : Manitoba

À mesure que la diversité culturelle et linguistique gagne en importance au Canada, les conseillers doivent prendre conscience des répercussions déontologiques et cliniques de l'utilisation d'interprètes dans les séances avec les clients. L'utilisation d'interprètes peut aider à favoriser la communication avec les clients, y compris avec des réfugiés qui ont été traumatisés par des événements survenus dans leur pays d'origine et au cours leur voyage vers le Canada et qui ne sont pas capables d'utiliser la langue du conseiller, ou ne sont pas prêts à le faire. Cette présentation répondra à des questions telles que : « Comment intégrer un interprète dans une séance de counselling? », « Quelle est la meilleure façon d'interagir et de travailler avec un interprète durant une séance? », « Que dois-je faire si je soupçonne que l'interprète ne traduit pas exactement ce que je dis? » et « Dois-je offrir une période de débrefrage à l'interprète après une

séance de thérapie éprouvante? ». Cette présentation en anglais abordera ces questions et plusieurs autres et proposera au moins cinq recommandations pratiques et bien documentées que les conseillers peuvent adopter pour offrir aux clients une séance compétente et conforme à la déontologie lorsqu'une troisième personne (c.-à-d. l'interprète) assiste à la consultation. La présentation convient à tous les niveaux de connaissances. Un document sera distribué.

Rosalie Paquette poursuit actuellement des études de maîtrise en éducation (psychologie du counselling) à l'Université de Lethbridge.

Auteur : Dawn McBride

B8 - Refreshing Your Ethical Practice

(English - Intermediate)

Location: Saskatchewan

Maintaining ethical practice is important for both novice and experienced Counsellors/Psychotherapists; however, adhering to an ethical code isn't always as simple as it seems – the ethical concepts that guide us may contradict each other, the systems we work within are complex, and the clients we support have diverse needs. Professionals may be hesitant to share ethical challenges they encounter for fear of being labelled as incompetent or, worse, negligent; however, competent professionals seek to uncover bias, challenge assumptions, and consider diverse perspectives. Becoming an ethical professional is an ongoing, reflective process – it takes practice grappling with difficult situations, using ethical codes/standards, and working through an ethical decision-making process.

In collaboration with the Canadian Counselling and Psychotherapy Association, Life Strategies has developed two courses designed with the ethical challenges of today's counsellors and psychotherapists in mind. Building from a review of the current ethical context for Canadian counsellors and psychotherapists, this session will outline the course development process (including key stakeholder consultations and pilot course feedback/revision) and highlight key elements of the 10-hour self-directed Ethics Primer and 20-hour, 3-week facilitated Ethics Refresher. Leave inspired to engage in ethical professional development with a better understanding of your own ethical challenges.

Roberta Neault, President of Life Strategies Ltd., is an award-winning counsellor and counsellor-educator. She speaks, consults, and writes extensively on ethical practice and has developed/instructed several ethics courses.

Michael Sorsdahl is the Chair of the CCPA Ethics Committee - Complaints Division, as well as a practicing Psychologist, Educator, and Founder of the Juvenation Wellness Centre in British Columbia.

B9 - The Role of Video-Conferencing Clinical Supervision for Rural, Remote and Northern Counsellor in Mitigating Compassion Fatigue

(English - Introductory)

Location: Centennial

This session will explore the results generated by a mixed methods dissertation research project which looks broadly at counsellor patterns of engagement in clinical supervision across Canada, and also looks specifically, at how counsellors in rural, remote, northern and rural-indigenous communities are using video-conferencing supervision to mitigate risk of compassion fatigue. Quantitative survey data was collected to explore clinical supervision use by professionally certified CCPA counsellors across Canada. This was followed-up by semi-structured and photo-elicitation interviews with respondents working in rural, remote, and northern communities who identified experience with compassion fatigue and

with distance clinical supervision practices. A high percentage of these respondents also indicated having worked in remote indigenous communities. Both quantitative and qualitative results will be discussed. The author will explore possible implications for clinical supervision practice across Canada, with a special focus on the distinct features, opportunities, and challenges that video-conferencing technology brings to this practice. The unique challenges offered in rural, remote and northern practice and their implications for counsellor wellness will also be explored.

This project was completed as a requirement towards the Doctor of Distance Education at Athabasca University and was supervised by Martha Cleveland-Inness, Constance Blomgren and Blythe Shepard.

Micheala Slipp is certified as a counsellor and counselling supervisor with CCPA. She is a registered art therapist with a special interest in complex trauma and wellness practices across cultures.

B10 - The Arts of Multicultural Counselling: Dialogue and Practice

(English - Introductory)

Location: Devonian

As we live in a multicultural society, our training is primarily based on Western assumptions of psychological health and wellness. It is critical to create a candid dialogical space where we as counsellors/psychotherapists can explore the intersectionality of our clients' identities as well as their presenting challenges. For example, Multicultural Social Justice Counselling Competency (MSJCC) has been endorsed by the Association for Multicultural Counselling and Development Executive Council, a Division of the American Counselling Association. It is time for us to address some of the MSJCC competencies in a Canadian counselling and psychotherapy context. In this presentation, participants will learn about the Systems approach to exploring clients' perceptions of etiologies and adaptation of Helm's theoretical model to work with immigrants who undergo identity evaluation and re-evaluation in the dominant society. Participants will also learn about some of the practical tools that would help enhance their counselling practices with diverse clients.

Paul Yeung is a certified counsellor and past president of the British Columbia 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 Prince Edward Island. Her career includes consulting, assessment, and entrepreneur. She lectures at the UPEI Psychology Department.

Heesoon Baiand is Professor at Simon Fraser University. She is an educational philosopher and a psychotherapist with interest in post-egoic consciousness as applied to therapy and education.

Avraham Cohen

B11 - Reviewer Training Certification for the Canadian Journal of Counselling and Psychotherapy (CJCP)

(English - Introductory)

Location : Leduc

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' and doctoral 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. 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 if requested. This workshop will qualify completers to provide independent reviews for the Journal.

Kevin Alderson, Editor in Chief, CJCP. He is a professor emeritus of counselling psychology at the University of Calgary. He specializes in addictions, sexuality, and hypnotherapy. Author of ten books.

B12 - CACEP Standards for the Accreditation of Counsellor Education Programs in Canada: An Update on Proposed Revisions

(English - Intermediate)

Location: Turner Valley

In 2003, after extensive consultation with counsellor educators across Canada, the Canadian Counselling Association (now CCPA) created the Council for Accreditation of Counsellor Education Programs (CACEP) to oversee and manage the CCPA accreditation program, providing professional and arm's length evaluation of master's level counsellor education programs in Canada. Since that time, CACEP standards have served as a national benchmark regarding program quality against which all Canadian counsellor education programs can compare themselves, including both those programs that have become accredited and those undergoing revision. Recognizing that changes had occurred in counselling, psychotherapy, and counsellor education since the inception of CACEP, CCPA established a CACEP Advisory Committee to update and rejuvenate the accreditation standards and processes to reflect the Canadian counselling and psychotherapy professional landscape within a changing regulatory context. In this presentation, members of the CACEP Advisory Committee will present proposed changes to the existing accreditation standards together with feedback received on the proposed revisions to date. We will also invite interactive discussion about the proposed changes.

Sharon Robertson is 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.

William (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.

Authors: Natasha Caverley and Pamela Patterson

B13 - Take Care of the Light

(English - Introductory)

Location: Strathcona

Indigenous Land Based Programming. Using land, art, self-care tools and storytelling in an interactive group session, guiding participants through a hands on craft created through self reflection, goal setting, your circle that forms your support system, what gives you strength, how to take care of your light, share your light and remembering to lean to the land to heal.

Faith Turner is a Native Social Service Worker. Life Skills Coach. Indigenous Full Spectrum Doula. She specialized training in Indigenous Focusing Oriented Therapy and Complex Trauma has been instrumental in developing this Indigenous land-based program.

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

14 h 45 - 16 h 45
Poster Sessions / Séances d'affiches

Location / Lieu : Alberta & Yukon

For a list of Poster Sessions, see pages 48 - 58. / Pour une liste des séances d'affiches, voir les pages 48 à 58.

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

Indigenous Gathering Space / Espace de rassemblement autochtone
Location / Lieu : Chairman

B14 - The Relational Determinants of Health

(English - Intermediate - Simultaneous Interpretation)

Location: Manitoba

As counselling psychologists, we find ourselves positioned between two dominant discourses in mental health mental service delivery. These dominant ways of conceptualizing problems and solutions in mental health boil down to two conflicting mandates: (1) to understand problems individualistically and intervene on the individual's lifestyle, health behaviours, biology, and patterns of thinking in order to support individual wellbeing; and (2) to locate and intervene on the social determinants of health at the policy or public health level. In short – current interventions focus on either fixing the individual (with pills, cognitive behavioural therapy, exercise, etc.) – or, intervening on the social determinants of health at a population level. We suggest that there may be a discursive gap in prevailing mental health discourses that significantly impacts the delivery of mental health services. Drawing from our training and experiences in systemic family therapy, we propose the addition of 'Relational Determinants of Health'. In our presentation we unpack the tensions inherent in focusing solely on the individual and population levels, and provide an introduction to and conceptual outline of Relational Determinants of Health to inform counselling practices.

Faye Gosnell is a registered psychologist and family therapist. Her research interests include digital and discursive innovations in health and mental health service delivery.

Tanya Mudry is an assistant professor in counselling psychology. She practices from a postmodern, collaborative, family therapy perspective, with a research focus on discursive, practice-oriented, and systemic approaches to research.

Emily Doyle is a registered psychologist, counsellor educator, systemic family therapist, and management consultant. Her research interests include institutional ethnography, social justice in action, and post-modern therapeutic practices.

B14 - Les déterminants relationnels de la santé

(Anglais - Intermédiaire - Interprétation simultanée)

Lieu : Manitoba

À titre de psychologues en counselling, nous nous trouvons à la confluence de deux discours dominants sur la prestation des services de santé mentale. Ces principales façons de conceptualiser les problèmes et les solutions en santé mentale se résument à deux mandats divergents : (1) comprendre les problèmes de manière individualiste et intervenir sur le style de vie, les comportements liés à la santé, la biologie et les façons de penser de l'individu afin de favoriser son bien-être; et (2) définir les déterminants sociaux de la santé et intervenir à l'échelle des politiques ou de la santé publique. En somme, les interventions actuelles consistent soit à améliorer l'état de l'individu (par des médicaments, une thérapie cognitivo-comportementale, l'exercice, etc.), soit à agir sur les déterminants de la santé pour l'ensemble de la population. Nous soutenons qu'il existe un fossé entre les discours dominants sur la santé mentale et croyons que ce fossé a d'importantes répercussions sur la prestation des services de santé mentale. En nous appuyant sur notre formation et nos expériences en thérapie familiale systémique, nous proposons l'ajout de « déterminants relationnels de la santé ». Dans notre présentation, nous analysons les tensions inhérentes à une approche centrée exclusivement sur les individus ou la population et proposons une introduction et un cadre conceptuel pour les déterminants relationnels de la santé afin de modifier les pratiques du counselling.

Faye Gosnell est psychologue accréditée et thérapeute familiale. Ses recherches portent sur les innovations numériques et discursives dans la prestation des services de santé et de santé mentale.

Tanya Mudry est professeure adjointe en psychologie du counseling. Sa démarche thérapeutique s'inscrit dans une perspective postmoderne, collaborative et familiale et ses intérêts de recherche portent sur des approches discursives et systémiques axées sur la pratique.

Emily Doyle est psychologue agréée, formatrice de conseillers, thérapeute systémique familiale et conseillère en administration. Ses intérêts de recherche comprennent l'ethnographie institutionnelle, la justice sociale en action et les pratiques thérapeutiques postmodernes

B15-1 - Frontlines on the Homefront: Working with Military Families and Intimate Partner Violence

(English - Advanced)

Location: Saskatchewan

All families navigate the challenges of daily life, but the families of military personnel face unique struggles. Military life is ever-changing and often the burden of military life is borne by all members of the family system. The workshop will focus on the specific ways that military families experience intimate partner violence. Children in military families where intimate partner violence is present are exposed to experiences that can be traumatic, impacting their development and functioning in later life. For many of these families, the resources available to the general public may be insufficient, inappropriate, or unsafe for them to utilize. Practitioners who work with military families need an understanding of military structure, the resources available to military families, and the ways that the culture of the military can interfere with a family receiving the interventions they need and deserve. This workshop will explore the ways that mental health clinicians can support these families. Particular attention will be paid to resources for enlisted women, women who are partners of service members, and children of service members. Best practices will be discussed for working with military families across many settings. Implications for advocacy and public policy will also be addressed.

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

Jordan Pearce is a doctoral student in Counsellor Education and Supervision at Old Dominion University. Trained in intimate partner violence, he has worked with survivors of IPV and sexual assault.

B15-2 - The Role of Holistic Retreat Programs in the Treatment of Post-Traumatic Stress Disorder in Military, Veteran, and First Responders

(English - Intermediate)

Location: Saskatchewan

The interest and use of alternative and holistic modalities to treat trauma have increased significantly over the past decade. Project Trauma Support (PTS) offers a 6-day physician-led residential retreat program aimed at addressing Post-traumatic Stress Disorder for military members and first responders through group and individual psychotherapeutic, psycho-education, and holistic activity-based interventions. They aim to evaluate the impact of PTS on active-duty members and veterans who have experienced PTSD and MI. This mixed-method pre/post study with longitudinal follow-up includes one hundred fifty-four participants. Standardized questionnaires assess participants' health and wellbeing, while post-intervention interviews capture self-reported program impact and effectiveness.

Preliminary quantitative and qualitative findings indicate that a retreat-style intervention has unique elements specifically conducive to healing trauma. Results show that the naturalistic setting supports emotional grounding, in addition to allowing participants to have intensive experiential learning. Delivery of the intervention within a "group" format also seems to profoundly address issues of isolation, and restore a sense of post-traumatic growth and hope. Alternative treatment formats may offer person suffering from PTSD to reprocess significant traumatic events and form long-lasting bonds can lead to a sense of purpose and emotional peace among military members and first responders.

Lorraine Smith-MacDonald is a postdoctoral fellow in the Heroes in Mind, Advocacy and Research Consortium at the University of Alberta. She is also a Certified Canadian Counsellor.

Suzette Bremault-Phillips is the Scientific Director of the Heroes in Mind, Advocacy and Research Consortium at the University of Alberta. She is a Registered Mental Health Occupational Therapist.

Authors: Manuela Johanua, Ashley Pike, and Chelsea Jones

B16 - Social Justice Telephone: Calling All Supervisors and Supervisees!

(English - Introductory)

Location: Centennial

Counselling and Social Justice do not exist in a vacuum and neither does supervision. In the game of telephone between supervisor, supervisee, and counsellor where do the messages get obscured? How do we ensure we are hearing and communicating effectively, and how are we sharing ourselves with our clients? What role do supervisors play in the phone tree of social justice? Join the CCPA's Social Justice Chapter for a round table about how we share our local and hard won social justices knowledges between supervisor, supervisee, and client. Brainstorm with us about effective and clear communication around equity, social justice, and early-career counsellor education.

This workshop will be presented by various members of the Social Justice Chapter from across Canada.

B17 - Update on Regulation of Counselling Therapists, Addictions Counsellors, and Child and Youth Care Counsellors in Alberta

(English - Introductory)

Location: Devonian

On December 11, 2018, The Mental Health Services Protection Act was passed by the Alberta Government. The Act amended the Health Professions Act to create a new College of Counselling Therapy, which will regulate the profession of Counselling Therapists, Addictions Counsellors and Child and Youth Care Counsellors.

This session will provide the historical context of professional regulation in Alberta, an update on the current status of regulation, as well as what regulation will mean for the public and practitioners in the future. Information on the Association of Counselling Therapists of Alberta will be presented as well as the process and requirements for the various routes of application to the upcoming college.

Linda and Nicole also will be joined by some Directors of ACTA for the panel discussion and Q&A in this session.

Nicole Imgrund is a Counselling Therapist, who is also certified as a Canadian Certified Counsellor (CCPA), and Psycho-Spiritual Therapist and Spiritual Care Specialist (CASC). Nicole has been involved with the movement to regulate counselling in Alberta for the past 15 years. She is the Chair of FACT-Alberta, Chair of ACTA, and will be the President of the CCTA at proclamation. Nicole is the Owner and Director of River's Edge Counselling Centre in St. Albert.

Linda Sahli is ACTA/CCTA's first CEO and Registrar. Her career spans across municipal and provincial governments, in roles such as trustee, policy analyst, governance advisor and director of strategic planning. Most recently, Linda held the title of City Clerk for the City of Edmonton.

B18 - Be a SuperTherapist! Learn How to Harness the Power of Super/Heroes to Help Clients Heal from their Trauma

(English - Intermediate)

Location: Chancellor

Whether or not you consider yourself a Geek, this session is for you! In this session, you will learn how to harness the power of super/heroes, fictional characters and other 'Geekdoms' to reach clients (of any age) and to make counselling feel less like 'therapy.' This session is fun and practical and will provide you with tools and exercises that you can use to integrate Hero Therapy into your practice.

WARNING: Hero Therapy is contagious. Should you choose to accept this mission, you will find yourself using heroes with your clients, regardless of age! As a result of participating in this workshop, you may begin to notice that you have gained some, or all, of the following superpowers:

- Introduce playfulness and hope with clients who have experienced trauma, anxiety, depression, and addiction
- Use metaphor and story to create a sense of depth and meaning
- Explore a character's origin story as a safe and creative way to welcome a client to work through their own difficult experiences
- Support clients to befriend rather than fight against their 'villains' (difficult emotions, memories, thoughts and physical reactions)
- Build a sense of 'hero' mission, or purpose

Sean Swaby is a Therapist, Adjunct Faculty (City University), Father and Husband, and full-time Geek. His superpowers include shape-shifting, word-warping, and being a Yoda-Ninja.

B19 - Tired of Caring: A Transpersonal Approach to Compassion Fatigue and Burn-Out

(English - Introductory)

Location: Leduc

When a person who cares deeply about others enters a profession that demands on-going inter-personal interaction and non-negotiable kindness, even the most seasoned practitioner can find themselves drained. It takes energy to listen to people's problems for hours every week, and many of us find ourselves with little left over for ourselves and the others in our lives. Using a Transpersonal relationship model developed by Dr. Chuck Spezzano, we will explore the various phases and stages of the relationships in our lives, including those with our clients, and get practical tools to anticipate and prevent compassion fatigue. For those of us who are already tired, this workshop provides a place to understand how we got here, and what to do to re-set as we begin moving forward. Integrating spiritual principles and mind-body skills, we will uncover some root causes of our personal "tiredness", and commit to self-care activities and attitudes that will sustain us for the long-term.

Saira Sabzaali is a TEDx speaker with a Ph.D. in Transpersonal Psychology. She supports people from diverse backgrounds to incorporate their cultural values and spiritual beliefs into therapy.

15 h 15 - 16 h 30

Saturday May 9, 2020 /
Le SAMEDI 9 mai 2020

B20 - Indigenous Sharing Circle – Building Community Through Storytelling

(English - Introductory)

Location: Turner Valley

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, this Sharing Circle will provide the opportunity for participants to share and learn from each other through storytelling. All CCPA delegates are invited 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 their intention that this circle is meant to build and strengthen our community in the spirit of trust, truth and reconciliation.

Andrea Currie is Saulteaux Métis from Manitoba. She is a psychotherapist, writer, musician, and teacher and sources strength and inspiration from the Métis, Mi'kmaq, Anishnabe, and Nova Scotia black communities.

Cathrine Chambers is a psychotherapist working in Mi'kma'ki territory. As a member of settler society, Cathrine is passionate about engaging other helping professionals in processes of decolonization, reconciliation, and allyship.

B21 - Suicide Risk Assessment: An Update for Clinicians

(English - Intermediate)

Location: Strathcona

Over the last fifteen years, the practice of assessing suicide risk has undergone a paradigm shift. A significant recommended change has been towards the practice of collaborative and therapeutic assessment of suicide risk, as it aims to increase collaboration with the client during risk assessment. The practice of assessing suicide, despite these recommended changes, remains ethically and practically challenging, and clinicians often list it as their greatest clinical difficulty. This session will review contemporary literature around suicide risk assessment and provide an opportunity to engage and practice collaborative suicide risk assessment.

Jonathan Dubue is a Ph.D. student in Counselling Psychology at the University of Alberta, completed his master's thesis on suicide risk assessment and is involved in community suicide prevention strategies and interventions.

16 h 45 - 17 h 45
Social Justice Chapter Meeting / Réunion de la Section de la justice sociale
Location / Lieu : Strathcona

16 h 45 - 18 h 00
Indigenous Circle Chapter Meeting / Réunion de la Section du cercle autochtone
Location / Lieu : Off-Site / Hors site

18 h 15 - 18 h 45
Cocktail Hour / L'heure de l'apéritif
Location / Lieu : Centennial

18 h 15 - 24 h 00
Banquet, Awards, and Dance / Banquet, prix et danse
Location / Lieu : Devonian

11 h 45 - 13 h 45
Poster Sessions / Séances d'affiches
Location / Lieu : Alberta & Yukon

P1 - Women Healing Naturally: Restoring Self After Sexualized Assault or Abuse

(English - Intermediate)

Sexualized assault and abuse seem to be ever present within the population of women and the psychological and physiological effects seem pervasive across the women's life spans. In Canada, there are thirty-seven cases of sexual assault per every one thousand women who are fifteen years of age and older (Conroy & Cotter, 2017). Developing therapies that appropriately address sexualized abuse in women should be an urgent priority. The purpose of this presentation is to discuss the results of a heuristic study that explored the lived experiences of eight women who independently used nature to heal from sexualized assault and abuse. Based on the researcher's story and stories of seven co-researchers, five main categories of themes emerged: (1) therapeutic qualities of nature, (2) mechanisms of change, (3) therapeutic reasons to go into nature, (4) healing psychological processes, and (5) results of time with nature. Contributions to academic and professional literature will be highlighted. Implications and recommendations for future research and practice surrounding nature therapy will be identified and discussed. This presentation's overall aim is to increase understanding of nature therapy within counselling practice and its value in treatment of sexualized assault and abuse in women.

Ursula de Vries is a recent graduate from City University of Seattle with a Master's in counselling psychology with interests in nature therapy and counselling women with a history of sexualized assault.

Ivana Djuraskovic is a registered psychologist for Alberta Health Services. She is also a sessional instructor in counselling psychology for Athabasca and Yorkville Universities.

P2 - A Narrative Inquiry into Counsellor Trainees' Experiences of Working with Trauma

(English - Introductory)

Within the last thirty-five years, increased attention toward the effects of trauma work on counsellors has defined a singular narrative that deems it a risky practice, leaving little space for alternative stories. From this dominant narrative, the research puzzle emerged. Using narrative inquiry, Helena came alongside three counsellor trainees in a doctoral program in Canada. She explored how their experiences within and outside the counselling program shaped their views of trauma work. Looking across the participants' stories, four narrative threads emerged: (1) coming to construct what it means to have experienced trauma in different ways; (2) using the trauma lens to reflect on our own lives; (3) storying trauma into our personal and professional lives; and (4) making sense of trauma and vicarious trauma in the silences. The findings elucidated the importance of discussions about how we define trauma and set boundaries in counselling work. Implications for supervision were also discussed, including defining the scope of supervision and creating spaces to discuss the effects of trauma work. There were many misconceptions about vicarious trauma which highlighted a need for improvement in teaching and supervision. These changes are pivotal towards helping students better prepare as they enter the counselling field.

Helena Dayal is a Registered Psychologist who completed her Ph.D in Counselling Psychology at the University of Alberta. She currently works at Wellness and Psychological Services at MacEwan University.

Authors: George Buck, Jean Clandinin

P3 - Gambling in the Workplace: Characteristics and Experiences

(English - Introductory)

This project employs a mixed-method design to investigate the characteristics and experiences of individuals who engage in gambling in the workplace. The relationship between problem gambling and gambling in the workplace, as well as the role of internet gambling and smartphone technology in workplace gambling, and the potential mediating role of job satisfaction in workplace problem gambling were also examined. A quantitative survey was completed by two thousand individuals, with a sub-sample of two hundred ninety-nine qualifying for follow-up interviews based on reported engagement in workplace gambling and willingness to participate in an interview. Purposeful sampling was used to recruit twenty individuals who met criteria for problem gambling. Qualitative data sheds further light on the experience of problem gambling in the workplace, and work-life satisfaction. Implications for career and addictions counsellors are presented.

Rebecca Hudson Breen is an Assistant Professor, Counselling Psychology at the University of Alberta, and President of CCPA's Career Counsellor's Chapter. Research foci include career-life development and mental health.

James Sanders is an Assistant Professor in the Faculty of Health Sciences at the University of Lethbridge whose expertise includes addictions, problem gambling, gaming, and FASD.

Heather Gower is a Registered Provisional Psychologist in Edmonton, Alberta. She is also a doctoral student at the University of Alberta with a research focus on counsellor education & regulation.

Author: Lauren Trafford

P4 - Stories of Sexual Assault Survivors at the University of British Columbia

(English - Introductory)

Sexual assault is a common experience, with nearly 460,000 sexual assaults each year in Canada. There is an urgent need for more research into the experiences of sexual assault. The present study investigated this phenomenon using narrative inquiry. The research question for this study asked: What narratives were constructed by student survivors about their experiences of sexual assault on campus? While the majority of research on campus sexual assault is quantitative, there are a handful of qualitative studies on the topic, but little using narrative research design. Four participants were interviewed for this study. All of the survivors were current students at The University of British Columbia and had experienced a sexual assault within the past five years. Five main themes emerged about their experiences: (a) Difficulty Considering the Experience to be a Sexual Assault; (b) Harmful Emotional Consequences; (c) Hesitancy to Report the Sexual Assault; (d) A Placating or Freeze Response; and (e) A Desire to Reconnect the Friendship with the Perpetrator. This study is significant because it informs university sexual assault policies and procedures, as well as provides valuable information for how counselling psychology practitioners can more effectively work with sexual assault survivors.

Erin Davidson is a graduate of the master's program in Counselling Psychology at the University of British Columbia and is a counsellor in private practice specializing in sex therapy.

P5 - A Holistic Model of Community-based Counselling with Immigrants and Refugee Families

(English - Intermediate)

This presentation draws on a community-based research project involving fifteen clinical counsellors working within two immigrant serving agencies to describe a holistic model of counselling practice that is culturally responsive and attends to the unique needs of immigrants and refugees in Canada.

In the first part, they will present results from eight focus group discussions (FGDs) and reflective conversations with fifteen clinical counsellors of diverse ethno-cultural heritages centred around cases presented by the counsellors. Themes

generated illustrate a relational approach to counselling practice that involves attention to: family and broad social systems, culture/acculturation, client pre-and post-migration contexts, trauma-informed care and collaboration with other service providers and cultural brokers. Results also shed light on unique issues for counsellors including characteristics of therapists, roles, and self-care. The second part of the presentation will involve audience participation through a case study to demonstrate how the holistic model of counselling practice addresses issues of service accessibility, social justice, therapist cultural and contextual competence, and resilience in immigrant and refugee families. Challenges and opportunities for advancing this model of counselling will also be discussed.

Sophie Yohani is psychologist and an associate professor of counselling psychology with an interest in international psychology, multicultural counselling, and the mental health and psychosocial adaptation of refugees/migrants.

Karin Linschoten is a marriage and family therapist, certified clinical supervisor, and lead therapist and supervisor or Community Mental Health Services at the Edmonton Mennonite Centre for Newcomers.

P6 - Shifts in Parenting after the 8-Week Circle of Security© Parenting Program
(English - Introductory)

When parents strengthen their relational competencies with their children, positive changes happen in the parent-child relationship. The internationally practiced parenting program, Circle of Security-Parenting (COS-P), aims to shift focus back onto the parent-child relationship from a previous focus on child behaviour modification, by strengthening parent's relational competences, enhancing parental reflective functioning, and increasing empathy towards their child. We designed a qualitative descriptive study to gather parent's rich descriptions of whether they experienced shifts or no shifts in their parenting practices after their participation in the 8-week COS-P program. Data analysis revealed that parent's Greater Awareness is a key component of parents' experiencing significant shifts in their parenting practices and relationship with their children. Parent's Greater Awareness encompassed seven sub themes: (i) Empathy, (ii) Being-With, (iii) Identifying Needs, (iv) Repairing Ruptures, (v) Organizing Emotions, (vi) Not Regularly Integrating Specific COS Concepts, and (vii) Not Experiencing Child's Behaviour Differently. This presentation will highlight parent's reports of how they experienced shifts in their parenting practices by gaining a Greater Awareness through the COS-P program. We will also discuss how clinicians can use the theme of parent's Greater Awareness to help facilitate shifts in parenting.

Lisa Gray is a Canadian Certified Counsellor and a counselling psychology doctoral student at the University of Alberta. She is a qualitative researcher interested in parenting, parenting interventions and attachment.

Authors: Gina Wong, Gwen Rempel, Karen Cook

P7 - Dying Rites: Death Doulas' Experiences of Using Ritual in Palliative Care
(English - Introductory)

In 2016, 70% of all deaths in Canada were due to chronic disease (CHPCA, 2017). This suggests that for many individuals death is a process rather than a single event (Kastbom et al., 2017). Palliative care centres could reduce patients' stress by including more options for end-of-life care, including access to death doulas. Although the discussion about them is expanding in mainstream media, research about death doulas in counselling psychology is scarce. The purpose of this presentation is to discuss the results of a phenomenological study that explored the lived experiences of death doulas using rituals with patients at the end of life. Based on the narratives of five death doulas, the following key themes emerged: (1) feeling honoured and privileged, (2) experiencing their first pre-death ritual, (3) liminality, (4) intimacy with clients and (5) developing a deeper commitment to values and work. Contributions to academic and professional literature will be highlighted. Implications and recommendations for future research and practice regarding inclusion of death doulas' work in counselling will be identified and discussed. The presentation's overall goal is to increase understanding of death doulas' work and its role and value within counselling practice for individuals at the end of life.

Emma Macdonald is a recent graduate from City University of Seattle (Calgary campus). Her primary clinical and research interests are palliative care and end-of-life counselling.

Ivana Djuraskovic is a registered psychologist in the public health sector. She is also a sessional instructor, teaching graduate counselling psychology classes at Athabasca and Yorkville universities. Her research interests. Djurasković's research interests include social justice, refugee and immigrant counselling, and trauma-informed therapy.

P8 - Understanding the Lived Experience of Hope for Women Who Have Miscarried
(English - Introductory)

Miscarriage is a common, isolating, and life-altering experience. Unacknowledged loss and deep psychological distress are frequently accompanied by poor coping strategies and the risk of negative long-term emotional outcomes. Across the grief literature, hope is identified as an important factor, helping those who face profound loss to find a future with which they wish to re-engage. Hope is consistently linked with life satisfaction (Satici, 2016), is a defining attribute of resilience (Gillespie, Chaboyer & Wallis, 2007), and high levels of hope are strongly tied to positive life outcomes (Brazeau & Hannah, 2018). Employing Smith, Flowers and Larkin's (2009) articulation of interpretative phenomenological analysis (IPA), this study will answer the following research question: How do women experience hope following a miscarriage of their first pregnancy? Analysis will be represented as emergent themes both within and across cases. Findings are expected to describe how women experience hope following the loss of a pregnancy, including identifying threats to hope, processes related to hope, and where hope is found. The research will result in deepened understandings of miscarriage loss and inform psychologists, physicians, nurses, midwives and doulas on how to better support women with sensitive hopeful approaches that foster growth through and beyond miscarriage.

Chelsea Hobbs is a doctoral student in the Counselling Psychology Program at the University of Alberta. Her research interests include hope, grief/loss, and reproductive and maternal mental health.

Denise Larsen is the Associate Dean (Research), Professor, Counselling Psychology and Director of Hope Studies Central at the University of Alberta. Research focuses include hope in psychotherapy and education.

P9 - Reflecting on Reflecting Teams: Using Reflecting Teams in Counsellor Education and Supervision
(English - Intermediate)

Reflecting teams are one of the most widely used and influential practices in family therapy. Developed by Tom Andersen in the 1980's, reflecting teams are composed of therapists observing a therapy session, who then offer personal ideas, suggestions, and observations to the client(s) and therapist that were observed. This invites a non-defensive context for offering new ideas and perspectives into therapy sessions. In counsellor education training and supervision, trainees are positioned in a vulnerable position when conducting case presentations and showing videos of their work. This vulnerability requires creative ways to highlight strengths and provide feedback, both conducive and positive for learning. In this presentation, we describe the concept of reflecting teams, and outline how we have used the reflecting team model in counsellor training and supervision. We introduce considerations for use, and provide helpful lessons-learned from our experiences.

Tanya Mudry is Assistant Professor in Counselling Psychology at the University of Calgary. She practices from a post-modern, collaborative, family therapy perspective, with a research focus on discursive, practice-oriented, and systemic approaches to research.

Birdie Bezanson is Director of Internships and Practica, an instructor at the University of Calgary. Birdie's clinical practice focuses on youth who have been affected by trauma. She is interested in universal school-based interventions that utilize contemplative practices.

Franziska Kintzel is a doctoral student in Counselling Psychology at the University of Calgary. Franziska's research focuses on the impact of sports-related concussions in athletes, and her clinical interests relate to health psychology.

P10 - 'Studying up' Considerations for Facilitated Counselling Support Groups: Lessons Learned from Community Based Research

(English - Introductory)

Drawing upon our experience from two research projects, this presentation highlights key considerations for practitioners working with diverse populations in support, empowerment, and advocacy groups. We explore our experience in establishing three facilitator supported self-directed groups, 1) in a center with local existing supports for parents of gender creative/transgender children, 2) in a northern community without formal support for parents of gender creative/transgender children, and 3) with a primary and allied healthcare professional providing gender affirmative care. We take a 'lessons learned' approach from establishing these research groups in making connections for counselling providers when creating support groups. Throughout our discussion we use a 'studying up' approach in exploring context and culture; how place, space, race, ethnicity, and other social locations matter in the power differentials inherent in intersectionality. We aim for participants to leave not with answers, but rather with multiple ways of thinking through the preparation and barriers in co-constructing culturally-informed counselling and peer support groups. We hope our 'lessons learned' foster conversations about how counselling groups may be grounded in relationship, community engagement and honouring local and historical ways of knowing and being.

Sarah Pickett is an associate professor in Education at Memorial University Newfoundland. Her research and practice focuses on affirmative sexuality and gender practice and pedagogy in education and healthcare.

Kathleen Hackett is a graduate student in Geography at Memorial University Newfoundland. Her research interests is in the development and maintenance of social networks that promote LGBTQI2S wellbeing and resilience.

P11 - Hegemonic Masculinity Among Marginalized Peoples: Effects on Practice and Community

(English - Introductory)

Within Counselling Psychology, social justice issues are becoming increasingly salient; however, there is limited intersectional research examining the toxicity of hegemonic masculinity. Males may struggle to navigate various aspects of their identity within a culture that prioritizes "being a man" while adhering to the norms of traditional masculinity. This internal struggle leads to increased rates of suicide, violence, and incarceration, which effects the males individually as well as the people surrounding them and society at large. This struggle is especially evident when examining male experiences as being intersectional, and including factors such as sociocultural status, ethnicity, race, and sexual identity. It is also problematic as research has shown that despite mental health concerns, males typically access mental health services at lower rates. The presentation looks at males' experience navigating hegemonic masculinity within marginalized religious communities, newcomer communities, and queer communities. The project aims to explore the cultural and structural barriers that limit the development of healthy masculinities; they hope to utilize these findings in increasing awareness in both clinical practices and across communities.

Andrea Herzog is a student in Counselling Psychology Werklund School of Education, University of Calgary.

Walaa Taha is a student in Counselling Psychology Werklund School of Education, University of Calgary.

Sepidar Yeganeh Farid is a student in Counselling Psychology Werklund School of Education, University of Calgary.

Author: Anusha Kassan

P12 - West Meets East: Cultural Identity and Mental Health as a Chinese Canadian Emerging Adult
(*English - Intermediate*)

Existing literature has explored experiences of identity formation and mental health concerns during emerging adulthood. However, these experiences amongst Canadian-born Chinese have not been explored in-depth. In particular, identity formation in relation to childhood parental divorce and engagement with mental health services is largely unknown among this population. Two studies aimed to explore the developmental experiences of Canadian-born Chinese emerging adults, and their implications for mental health services. One study explored the lived experience of parental divorce during childhood among Canadian-born Chinese women and its influence on identity development during emerging adulthood. A second study examined what helps and hinders Canadian-Born Chinese students' experiences of engaging with mental health services. Of particular interest was participants' focus on identity development; specifically, participants believed that their identities were intertwined with their experiences - parental divorce or mental health service engagement - as their experiences impacted the way they viewed themselves as bi-cultural emerging adults. Although participants did not seem to define themselves by their experiences, they changed who they had become as adults. Implications and recommendations for culture-infused counselling, mental health service design, and health promotion are discussed.

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

Alexander Choy is a Master's Student in Counselling Psychology at the University of Calgary. His research interests include cultural influences on mental health service engagement/mental health within post-secondary settings.

Sharon Robertson is Professor of Counselling Psychology at the University of Calgary and a registered psychologist in Alberta. Her research focuses on psychosocial/life transitions, coping, social support, counsellor education and supervision.

P13 - Making Moves Toward Mental Well-Being: Exploring Male Athletes' Experiences of Self-Compassion in the Context of Sport
(*English - Introductory*)

Research has highlighted the mental health benefits of self-compassion, particularly as it serves an adaptive function in managing personal suffering and rebounding from adversity (Neff, 2003; Robinson et al., 2016). For athletes coping with setbacks in sport, self-compassion has proven effective as an intervention for enhancing positivity and perseverance (Ferguson et al., 2015) and buffering against self-criticism and rumination (Mosewich et al., 2013). To date, however, the literature has almost exclusively focused on female athletes. There is a need for greater understanding of self-compassion among male athletes. Therefore, the purpose of the current qualitative study was to explore elite male athletes' experiences of self-compassion in the context of sport. Semi-structured interviews were conducted with four male participants from a Canadian university varsity athletics program. Interpretative phenomenological analysis (IPA; Smith, Flowers, & Larkin, 2009) was used to understand how participants experienced self-compassion in the context of sport. The central themes that emerged will be presented and the implications of these findings will be discussed in the context of counselling and psychotherapy.

Brea McLaughlin is a Doctoral student in Counselling Psychology at the University of Alberta. She is presenting her Master's thesis research, completed under the supervision of Jessica Van Vliet.

Author: K. Jessica Van Vliet

P14 - Motion-Assisted, Multi-Modal Memory Desensitization and Reconsolidation VR-Based Treatment for Individuals with Combat-Related Post-Traumatic Stress Disorder: A Randomized Waitlist Control Study
(English - Intermediate)

Military members (MMs) can be at risk of developing operational stress injuries (OSIs) including post-traumatic stress disorder (PTSD). Multi-modular Motion-assisted Memory Desensitization and Reconsolidation (3MDR) therapy is a promising intervention for the treatment of combat-related PTSD (crPTSD). 3MDR combines exposure therapy, eye-movement desensitization therapy (EMDR), virtual reality, and walking with a therapist guiding the patient with a standardized psychotherapeutic intervention. The objective is to study the impact of 3MDR on (1) PTSD symptoms of Canadian Armed Forces (CAF) MMs with chronic crPTSD.

This mixed-methods randomized waitlist-control trial will employ a cross-over design. An experimental group (N=20) of MMs with chronic crPTSD will receive six sessions of 3MDR, while a waitlist control group (N=20) will receive treatment as usual, followed by six sessions of 3MDR. Quantitative and qualitative data will be collected pre/post-intervention, as well as biomarkers, and semi-structured interviews.

Preliminary results indicate that participants are experiencing therapeutic benefits from 3MDR with resulting decreases in crPTSD symptomology. This modality may be particularly useful for clients who cannot tolerate or have not had good therapeutic outcomes from other trauma-informed modalities.

Lorraine Smith-MacDonald is a postdoctoral fellow in the Heroes in Mind, Advocacy and Research Consortium at the University of Alberta. She is also a Certified Canadian Counsellor.

Suzette Bremault-Phillips is the Scientific Director of the Heroes in Mind, Advocacy and Research Consortium at the University of Alberta. She is a Registered Mental Health Occupational Therapist.

Author: Chelsea Jones

P15 - The World of Resiliency in Moving Beyond Chronic Homelessness
(English - Introductory)

The central purpose of this study is to examine how individuals have overcome their experience(s) of chronic homelessness through the phenomenon of resilience. This study took place in Calgary, Alberta, Canada. This research called upon Windle's (2011) definition of resilience that focuses on an individual overcoming a significant trauma or stressor and the external and internal assets of the individual for the capacity to overcome. This study used the phenomenological method and interviewed several individuals who have overcome chronic homelessness, as defined by the Calgary Homeless Foundation. The Calgary Homeless Foundation (2015) defines chronic homelessness as an individual being continuously homeless for over a year or having at least four instances of homelessness in the past three years. Several essential themes emerged that spoke to the individual and collective lived experiences associated to resiliency and chronic homelessness. Several recommendations for key stakeholders and counselling practitioners are identified and discussed.

Sydney McKenzie-Hougestol is a graduate student in the Master of Counselling Psychology program at City University in Canada, Calgary Campus.

Robert Roughley is the Program Director, Master of Counselling Psychology at City University in Canada, Calgary Campus. He specializes in sex therapy and the scholarship of teaching and learning.

P16 - Attachment and Coping Style Differences in Romantic Relationships

(English - Introductory)

This poster presents a study exploring how people from intact, divorced and high conflict families differ in attachment styles and conflict management in their adult romantic relationships. The results demonstrate individuals from divorced families reported more anxious attachment in their relationships and more intense conflicts than those from intact families. People from high conflict families reported using more emotional coping than those from divorced families. Furthermore, participants from divorced families reported the least positive parental relationships, while those from intact families reported the most positive parental relationships. Those from high conflict families fell in between. Finally, people from divorced families reported more negative relationships with both their mothers and fathers than individuals from intact families. These findings suggest that people from divorced families may have less stable and satisfying parental and romantic relationships than people from both intact and high conflict families. We can use these findings as a reference point for counsellors working with clients presenting with romantic relationship difficulties or as a baseline of what constitutes an average level of expected conflict for clients coming from intact, divorced, and high conflict families. Suggestions for how counsellors may beneficially modify their approach based on clients' families will be discussed.

Darrah Kennedy has a Bachelor of Arts with Honours degree from St Francis Xavier University and is currently applying to the University of Calgary Masters in Counselling Psychology program.

Author: Christine Lomore

P17 - The Protective Role of Self-Compassion in the Transition to University Through Psychological Need Satisfaction

(English - Introductory)

The first year of university represents a significant transitional period. For many students, this transition is marked by sharp reductions in psychological well-being (e.g. Conley, Kirsch, Dickson, & Bryant, 2014). Given the toll that this transition can take, it is critical to explore protective factors which may reduce the period's associated negative consequences. Self-compassion represents a particularly promising protective factor in the context of this transition. Self-compassion can be defined as self-kindness, the recognition of personal experiences as part of the larger human experience, and balanced, mindful awareness (Neff, 2003). Self-compassion is associated with many beneficial psychological outcomes, including a more positive adjustment to the university environment (Neff, 2003; Terry, Leary, & Mehta). Self-compassion may promote positive adjustment to university through satisfaction of the psychological needs for autonomy, competence, and relatedness (Deci & Ryan, 2000; Gunnell, Mosewich, McEwen, Eklund, & Crocker, 2017). Striking overlaps between theoretical and empirical evidence lend support to the proposal that self-compassion may exert its positive impacts on well-being through psychological need satisfaction; this is a promising area for future investigation, with significant implications for the promotion of student mental health, and for counselling therapists working with university students. These implications will be described.

Lindsay Warner recently completed a BA in Psychology at the University of Alberta and plans to pursue a master's degree in counselling psychology.

P18 - Arts-Based Engagement Ethnography: Understanding Newcomer Youth Experiences in Schools
(*English - Introductory*)

This study employed a social justice framework (Stewart, 2014) to position newcomer youth as experts of their own experiences. An arts-based engagement ethnography (Goopy & Kassan, 2019; Kassan et al., 2018) was conducted, exploring the phenomenon of school integration among newcomer youth transitioning into a new school system in Canada. Two main research questions were addressed: 1) How do newcomer youth experience school? and 2) How do these experiences influence their positive integration into the school system? The arts-based research design required participants use a set of creative items called cultural probes (e.g. cameras, diaries, maps) to document their everyday experiences of school integration over a two-week period. The results of this process led participants to create artifacts, which were then used to facilitate in-depth, individual qualitative interviews. Artifacts and interview transcripts were analyzed using systematic steps outlined for ethnographic research (Creswell, 2013; Saldaña, 2014). For this panel discussion, the first panellist will give an overview of the study and discuss the methodology. The second panellist will discuss results from high school students ($n=4$), and the third panellist will discuss the results from the university students ($n = 5$). Implications for practice, training, research, and policy will be addressed.

Emily Matejko graduated from McGill University with an MA in Counselling Psychology. Her primary research interests are understanding experiences of newcomers in school settings, as well as teen dating violence prevention.

Danielle Smith is in her third year in Counselling Psychology at the University of Calgary. Danielle is interested in researching the experiences of youth, families and newcomer populations.

Rabab Mukred is in the MSc in Counselling Psychology program at the University of Calgary. Rabab's research interest stems from her advocacy for newcomer youth and understanding their experiences around integration.

Author: Anusha Kassan

P19 - Adult ADHD in Motion: Workplace Physical Activity and Improved Occupational Outcomes for Adults with ADHD
(*English - Introductory*)

One of the most significant consequences of being an adult with ADHD is decreased occupational outcomes (which include lower salary) compared to people without ADHD. These consequences appear to be the result of persistent, inattention symptoms. Prior research has found that movement and physical activity improve the management of cognitive symptoms associated with childhood ADHD. While no study has directly examined these effects within the adult population, more current research has revealed that adults with ADHD subjectively report fewer ADHD symptoms in jobs that require physical labour, hands-on work, stress and new or varied tasks in comparison to sedentary and slow jobs. This is further supported by quantitative research which indicates that adults with ADHD experience a notably smaller wage deficit when employed in a physical versus sedentary occupation. This suggests that movement and physical activity movement may assist adults with ADHD better manage their cognitive symptoms, especially in the workplace where cognitive demands are highest. These findings provide new direction for career counsellors and psychologists providing occupational direction for their clients with ADHD.

Jillian Conway is a current Master of Counselling Psychology student at the University of Calgary. She has over four years of experience in vocational assessment.

P20 - General Public Reactions on the Release of a Person Found Not Criminally Responsible

(English - Intermediate)

Research suggests that people who live with mental illness are not statistically more violent than the general public. People with mental illnesses who committed a violent crime have a negligible probability of committing further violent crimes. Yet, people who are found not criminally responsible (NCR) often face a societal backlash if they are released into society. Andrea Antoniuk analyzed over two hundred eighty message board posts responding to the release of a person who was found NCR. After analyzing the data quantitatively and qualitatively, she identified themes of othering, frustration, and advocacy. Overall, the results demonstrated the need for the general public to receive more information and dispel various myths about mental illness, treatment, and recovery. In addition to making general conclusions, she used specific results from the present study to inform educators, counsellors, and policymakers.

Andrea Antoniuk is a doctoral student in School and Clinical Child Psychology with the University of Alberta, training to perform assessment, counselling, intervention, and consultation services, as well as research.

P21 - Body Image Assessments: The Weight of Ugliness

(English - Introductory)

Body image has been a perseverating issue for several decades. With the addition of Muscle Dysmorphic Disorder in the DSM five, body image disorders have extended to include overlarge muscle mass. In reviewing health and behaviour in classroom discussions, issues of body image and attractiveness were identified as a major cause of anxiety and depression for college undergraduate students. The consensus among students suggested that one's physical body image was the major criteria to attract a romantic partner, and "attraction" was further defined that females should be either thin or toned (consistent with past literature), but males should be overly muscular and reflective of a titan or superhero body image. Continued discussions lead to topics of eating disorder tendencies and distorted cognitive processes. This presenter distributed three body image assessments to undergraduate college students. The purpose for this poster session is to distribute and discuss results from these assessments.

Sandra Terneus is a professor at Tennessee Tech University and a LMFT, LPC, and LCPC. She serves on state and national professional organizations, and on two editorial boards.

14 h 45 - 16 h 45
Poster Sessions / Séances d'affiches
Location / Lieu : Alberta & Yukon

P1 - Navigating the Invisible: The Impact of Concussions from a Counselling Perspective
(English - Introductory)

The prevalence of concussions is on the rise, and yet there appears to be a lack of awareness and understanding of the potential impact of concussions on one's physical and mental well-being. Research has shown that individuals suffering from concussions can experience extensive, but yet diffuse symptoms that are often overlooked or ignored due to a lack of understanding. Moreover, concussions have been found to be one of the most complex injuries to assess and diagnose, given their fluent and acutely changing symptoms. Available assistance and care post-concussion are mostly focused on the assessment and rehabilitation of cognitive functioning as well as physical symptoms, such as headaches, neglecting to support the individual with the psycho-social and emotional impacts of their injury. Aiming to educate mental health professionals on concussion symptoms and management thereof, a comprehensive overview of the nature and possible implications of concussions, particularly with regards to mental health, will be provided.

Franziska Kintzel is a doctoral student in Counselling Psychology at the University of Calgary. Franziska's research focuses on the impact of sports-related concussions in athletes, and her clinical interests relate to health psychology.

P2 - The Intersection of Career and Relationship for Emerging Adult Women in STEM
(English - Introductory)

Despite tremendous strides towards workplace equality, women remain vastly outnumbered in STEM occupations. In 2016, women ages 25-64 accounted for only 34% of STEM bachelor's degree holders and 23% of STEM employees in Canada (Statistics Canada, 2016). To rectify this disparity, there is a significant need to explore factors which help or hinder the career development of emerging adult women in STEM. Increasingly, researchers are recognizing the interconnection between career and romantic relationships (e.g. Domene et al., 2012). However, research in this area has disproportionately focused on positive consequences of their intersection. While unhealthy relationship dynamics have been shown to exert a negative influence during other transitional periods, including parenthood and first-year university, it is unclear how this influence presents itself during women's transition to a career in STEM (Gilmartin, 2005; Gou, Duerksen, & Woodin, 2018). Preliminary evidence suggests both helping and hindering forces may be at play (Barth, Dunlap, & Chappetta, 2016; Park, Young, Troisi, & Pinkus, 2011). This poster reviews existing research and calls for more exploration into relationship factors on the career development of young women in STEM, with the potential to bridge the inequality that exists and to empower women in their career pursuits.

Lindsay Warner recently completed a BA in Psychology at the University of Alberta and plans to pursue a master's degree in Counselling Psychology.

P3 - The Chronic Psychological Injury (CPI) Program: A Pilot Intervention for individuals Recovering from Workplace Bullying

(English - Introductory)

After changing their definition of “traumatic incident” in 2018, the Worker’s Compensation Board of Alberta began admitting workplace bullying, harassment, and chronic stress claims into the Traumatic Psychological Injury (TPI) program for treatment. However, due to the trauma-oriented interventions of the TPI program, treatment resulted in suboptimal symptom resolution in such claims. Thus, the Chronic Psychological Injury (CPI) program was developed to address the concerns clients with workplace bullying and harassment claims typically present with, such as mood, anxiety, and adjustment disorders. The CPI program is eight to twelve weeks in length and involves psychological treatment, psycho-educational groups, behavioural activation interventions, and classes on exercise and healthy living. The goals of the CPI program are to reduce clients' symptoms of depression, anxiety, adjustment disorders, and burnout, increase client resilience and assertiveness, and facilitate sustainable return-to-work outcomes in clients after discharge. The program is currently undergoing evaluation assessing whether or not these goals are being met. Our poster will explain specific therapeutic modalities used in the CPI program and their rationale for use, and present preliminary results from program evaluation if available. Our poster will also discuss implications for the future of treatment for workplace bullying- and harassment-related psychological injuries.

Katherine Archibald is an Honours Psychology undergraduate at the University of Alberta. She is currently completing a twelve-month internship at Millard Health Centre as a part of her program.

Authors: Wendy Salvisberg, Sandra Ziolkowski, Kyle Schalk

P4 - Dream Weavers: Women's Group Based Narrative Therapy Using Matriarchal Practices and Indigenous and Celtic Ways of Knowing as an Alternative to Mainstream Career Counselling

(English - Intermediate)

The loss of traditional indigenous knowledge and the lost beliefs of the ancient Celtic tribes has contributed to a society that is based on individuality and a loss of connectedness with community (Sjöblom, 2018). The focus of this study will be to provide a model of career counselling based on narrative therapy in which women construct meaning within their lives as they are guided to tell their stories (Shefer, 2018). What makes this study unique is the emphasis on the importance of women coming together to empower one another while incorporating traditional practices originating from indigenous and Celtic cultures, such as the central role of women, acceptance of non-empirical knowledge, and the use of artistic artifacts to open the heart and facilitate expression (Doetzel, 2018). Realizing that she is the creator of her own story can be a revolutionary idea to a woman who feels powerless(Tafreshi, Khalil, & Racine, 2018). It is hypothesized that the connectedness with other women, and immersion within traditional practices found within both indigenous and ancient Celtic matriarchal traditions, will help women to realize her authentic power and develop the courage to identify meaningful work-life goals as they participate in narrative counselling.

Janet Payne is the mother of seven children and first year PhD student. She has practiced career counselling for over fourteen years and is exploring options to mainstream career counselling techniques.

P5 - Strengths, Hope, and Resources Program for School Mental Health (SHARP-SMH)

(English - Introductory)

Teaching is a complex and demanding profession, with many teachers experiencing high stress and burnout (Gray, Wilcox, & Nordstokke, 2017). Hope serves as an essential and sustaining factor when facing stressful workplace conditions (Flesaker & Larsen, 2010), and is especially necessary when enduring and overcoming challenges in educational contexts (Nolan & Stitzlein, 2011). Using a mixed method concurrent (nested) design, this project adapts an established and empirically supported hope and strengths group program employed in health psychology settings for new use with teachers. Research has shown the program to be flexible in response to context and to enhance participants' hope, emotional well-being, and life-engagement (Howell, Jacobson, & Larsen, 2015). The structured program is simple to deliver with strong potential for wide-spread roll out should evidence of effectiveness be found. The goal of the SHARP-SMH program is to enhance engagement, hope and emotional well-being in schools. The program is also anticipated to contribute to the creation of transformative spaces for teachers, enabling autonomy and agency to sustain their well-being, and possibly empower teachers for social change in their school community (Olivier, Wood & De Lange, 2009). Data will be analyzed using constant comparative analysis to determine initial impact/effectiveness of the program.

Rebecca Hudson Breen is an Assistant Professor, Counselling Psychology at the University of Alberta, and President of CCPA's Career Counsellor's Chapter. Research focus include career-life development and mental health.

Chelsea Hobbs is a doctoral student in the Counselling Psychology Program at the University of Alberta. Her research interests include hope, grief/loss, and reproductive and maternal mental health.

Ji Won Lee is a master's student in the Counselling Psychology program at the University of Alberta. Her research interests include post-traumatic growth, strength-based approaches to mental health, and self-compassion.

Other Authors: Regan Holt, Denise Larsen, Wendy Edey

P6 - Mindful Contextualization: Exploring the Limits of Cross-Cultural Mindfulness Measurement

(English - Intermediate)

When we use mindfulness-based therapies with clients, can we assume a mutual understanding of mindfulness? Given that mindfulness spans continents and centuries, do mindfulness measures capture this complexity? Research suggests that people from different cultures may conceptualize mindfulness differently. As such, mindfulness measures may not effectively measure mindfulness across different cultures. We investigated the measurement invariance (MI) of a popular mindfulness measure – The Kentucky Inventory of Mindfulness Skills (KIMS). To assess MI, we conducted confirmatory factor analyses of 1251 university students in Canada, the United States, and the Netherlands, obtained through retrospective data analyses. We also collected KIMS data from university students in India ($n = 233$). Results indicated that there were substantial differences in global fit indices between groups and configural invariance was not obtained. This indicates that the factor structure of mindfulness differs between the Western and Indian samples, and suggests the items are not being interpreted the same way. Our results emphasize the importance of assessing cross-cultural validity evidence and establishing measurement invariance prior to conducting cross-cultural assessment and/or research using mindfulness measures.

Andrea Antoniuk is a doctoral student in School and Clinical Child Psychology with the University of Alberta.

Authors: Laura Kathleen Deirdre Johnson, Rajneesh Choubisa

P7 - The Impact of Adopting a Child(ren) on the Mental Health and Wellness of Fathers

(English - Intermediate)

Children placed for adoption often display challenging behaviours resulting from early trauma (Hughes, 2006) that can lead to parental confusion, frustration, and heartache (Carnes-Holt, 2012). However, the primary focus of adoption literature has been on the outcomes of adopted children (McKay, Ross, & Goldberg, 2010). Adoptive parents are frequently unprepared for the challenges involved in parenting children who struggle to form attachments, leading to feelings of failure and a lack of responsiveness and connection with their children (Carnes-Holt & Bratton, 2014). Parents who sense they are disconnected from their children, or that they have failed their children, may be at increased risk of developing their own mental health challenges. This study examined the impact of adoption on the mental health of adoptive fathers. Findings from the study uncovered themes that compliment counsellor competencies when working with adoptive fathers and their families. These findings also have implications for all professionals involved in pre and post-adoption support services.

Scott McKirdy is a Master of Counselling Psychology student at the Calgary Campus of City University of Canada.

Robert Roughley is the Program Director, Master of Counselling Psychology at City University in Canada, Calgary Campus. He specializes in sex therapy and the scholarship of teaching and learning.

Gillian McKirdy is a registered psychologist, specializing in adoption and early-life trauma.

P8 - Raising Awareness of Unintentional Harm: When Stigma Becomes a Barrier to Treatment of Clients Diagnosed with Borderline Personality Disorder

(English - Intermediate)

Stigma is a powerful force that shapes attitudes and beliefs of everyone – including therapists. When stigma is internalized, it often remains hidden, provoking misunderstanding, fear, and insecurity that can lead to unintentional harm. This presentation will challenge therapists to critically reflect on their fears, perceptions, and assumptions about clients presenting with symptoms consistent with borderline personality disorder (BPD). Using a narrative approach, an alternative perspective will be offered, encouraging therapists to reframe their understanding of client behaviour. Through this, therapists can begin to dig deeper to recognize how shifts in their approach will allow them to see beyond the pathology; to witness the person within. These shifts can create space for clients who have been wounded within relationships, to begin experiencing safety, where hope is nurtured and healing can begin.

Angela Normand is a recent graduate with a Master's degree of Counselling at the University of Lethbridge. She also received a degree in Community Rehabilitation and Disability Studies.

P9 - Decoding Internet Dependency among adults: Role of Distraction susceptibility and Personality
(*English - Intermediate*)

Internet- "Boon or Bane". Excess of anything is bad, excessive or poorly controlled behaviour regarding internet usage can lead to impairment or distress. Internet can be a boon or a bane depending on its use. Nowadays, increasing number of counselees are complaining of Internet Dependency. To be able to help effectively, counsellor must be aware of the underlying variables that play a significant role. This research aims to study the association between internet dependency among adults and the role of distraction susceptibility and personality. For the purpose of this research, the sample would comprise of 150 participants i.e., working adults (male & female) within the age group of 25-35. The following standardized measures will be used in the current study. Internet Addiction Test (IAT; Young, 1998) will be used to assess the internet dependency, The Stroop Color and Word Test (SCWT; Stroop, J.R., 1935) will be administered to assess distraction susceptibility and simultaneously, NEO PI (Costa & McCrae, 1978) will be used as a measure of personality traits that are prone to internet dependency. After the data collection, appropriate statistical analysis will be conducted. Results and implications shall be discussed.

Gursharanjeet Kaur majored in Psychology and currently enrolled in Postgraduate Diploma in Counselling Psychology. He also volunteered in counselling related projects.

Author: Kamalpreet Kaur Sohi

P10 - Equine Experiences for Veterans' and First Responders with Post-Traumatic Stress Disorder
(*English - Introductory*)

Equine-based interventions aimed at assisting veteran and first responder populations is a relatively new treatment approach for trauma and post-traumatic stress disorder (PTSD). While the research into the efficacy of equine therapy is limited, the emerging evidence highlights beneficial outcomes (Hoagwood et al., 2017; Staudt & Cherry, 2017). The purpose of this interpretative phenomenological study was to explore the experiences and meaning-making of veterans and first responders engaging with horses and how this may be of therapeutic value. Initially, five veterans' who self-identified with post-traumatic stress disorder took part in the study. The study employed focus groups, personal accounts, and semi-structured in-depth individual interviews. Five major themes emerged from the data analysis including; the authentic relationship, active awareness, the role of the horse trainers, the horse as a motivator to engage; and transferable skills. Since the initial pilot study, 12 more participants have taken part in the program and the emerging themes contribute to the original data by furthering understanding of the fundamentals of the human-equine bond, the therapeutic processes of the human-equine partnership and how working with horses appear to fit within a trauma-informed approach to healing.

Katie Grimes is a doctoral Student in Counselling Psychology, Faculty of Education, Department of Educational and Counselling Psychology & Special Education, University of British Columbia.

Marla Buchanan is a professor of Counselling Psychology, Faculty of Education, Department of Educational and Counselling Psychology & Special Education, University of British Columbia.

Author: Colleen Haney

P11 - Exploring Commitment in Polyamory: How Can Counsellors Help?

(English - Introductory)

The prevalence of individuals involved in polyamorous relationships in Canada is increasing. While the body of literature regarding polyamory is growing, there is still a lack of research exploring the lived experience of commitment for individuals in polyamorous relationships. Moreover, few studies have investigated how counsellors and psychologists can best support polyamorous individuals who come to them with relationship concerns. This research is situated in the academic literature relating to the cultural, relational, and therapeutic experiences of polyamorous individuals and calls upon a phenomenological research approach. Through semi-structured interviews, six self-identifying polyamorous participants shared their experiences of commitment in polyamorous relationships and provided suggestions for professionals to better support polyamorous individuals. Using phenomenological analysis of interview data, the themes of education, minimizing monogamous bias, a non-judgemental attitude, refraining from pathologizing polyamory and focusing on communication, emerged as essential to providing culturally competent counselling for polyamorous individuals. The results of this study are contextualized through a discussion of implications and suggestions for counsellors working with polyamorous clients.

Kyla Margulies is a Master of Counselling student from City University of Seattle in Canada. Her educational background is in psychology and anthropology. Kyla is interested in relationship counselling.

Robert Roughley is the Program Director, Master of Counselling Psychology at City University in Canada, Calgary Campus. He specializes in sex therapy and the scholarship of teaching and learning.

P12 - Culturally Competent Counselling: A Scoping Review of the Use of Spirituality and Religion in Counselling Practices

(English - Introductory)

The discipline of counselling psychology has aimed to create a more inclusive definition of culture, to consider spirituality and religion, among various aspects to enhance the practice and professional services provided to diverse clients. Furthermore, spiritual psychology has increasingly been viewed as a multicultural competency (Richards & Bergin, 2014). However, Canadian research has found that there is a lack of confidence and competence to integrate spirituality into counselling practices indicated by over 50% of counsellors (Plumb, 2011). This reflects the possibility that despite counselling professionals supporting the principle of including spiritual and religious aspects of diversity, individuals seeking help may not be receiving care that incorporates their faith-based practices. This scoping review (Arksey and O'Malley 2005) will examine the expanse of research while answering the following research questions within a clinical competency lens: 1) To what extent is spirituality integrated into counselling individuals from various faiths and 2) Through which practices and methods is it applied. The relevance of the findings to clinical practice and future implications for counselling clients who identify as spiritual or religious are explored.

Walaa Taha is a student in Counselling Psychology at the Werklund School of Education and the University of Calgary.

Walaa Katoue is a Research Associate in Counselling Psychology at the Werklund School of Education and the University of Calgary.

Author: Anusha Kassan

P13 - The Effects of Intention

(English - Introductory)

Although many persons dismiss parapsychology out of hand, within the field some phenomena have demonstrated surprising reliability and consistency in reported effects. The “intentionality hypothesis” – that human mental intention has an effect on external phenomena – is one such. One of the most long-term and robust area of study. Studies since the 1960s have claimed significant results of the effects of positive (or negative) intention on a diverse variety of media such as water, crystals, plants, fungi, bacteria, and healing process. We are attempting a replication of these studies in a laboratory setting to determine if an “intentionality effect” is detected on a few different media. We will present our findings and use these as a general introduction to the “intentionality hypothesis”.

Janki Trivedi is in her fourth year of studies in Psychology at The King's University intending to pursue a career in counselling.

Rachel von Elling is in her fourth year of studies in Psychology at The King's University intending to pursue a career in counselling.

Author: Christopher Peet

P14 - Quantitative and Qualitative Research on Immigrant and Refugee Children's Mental Health and Access to Mental Health Care

(English - Introductory)

Their research team conducted two studies looking at immigrant and refugee children's mental health and access to mental health services. Our quantitative study sought to understand the magnitude of differences in mental health indicators between immigrant children and non-immigrant children in Canada and the influence with age, sex, household income, and household education. They completed a secondary data analysis of the Canadian Health Measures Survey (CHMS) using a pooled estimate method. Results show that immigrant children have equal or better mental health compared to non-immigrants, contradicting prevailing beliefs that immigrant children have poorer levels of mental health. To build on these findings they also conducted a qualitative descriptive study on newcomer children's access to mental health services in Canada through eighteen semi-structured interviews with mothers. Findings show barriers to access include financial strain, lack of information, racism/discrimination, language barriers, stigma, feeling isolated, and feeling unheard by service providers. Facilitators to mental health services included schools offering services, higher education, and free services. Taken together, these studies illustrate that although data shows newcomer children have equal or better mental health than non-immigrant children in Canada, there is evidence they face unique challenges in accessing mental health care when it is needed.

Bukola Salami is an Associate Professor at the Faculty of Nursing, University of Alberta. Her research program focuses on policies and practices shaping migrant health.

Sophie Yohani is an associate professor of counselling psychology with an interest in international psychology, multicultural counselling, and the mental health of refugees and migrants.

Mia Tulli is a researcher in the University of Alberta Faculty of Nursing. She recently completed her MA in Political Science.

P15 - How Highly Effective Psychotherapy Supervisors Supervise: A Longitudinal Study of Supervisees' Experiences

(English - Intermediate)

The supervision of pre-professional psychologists is a mandated and essential training process. Supervisors are to act as both gatekeepers to the profession in order to protect the public from incompetent psychologists and as providers of essential training to pre-professional psychologists. Research has explored what constitutes “good” supervision to better understand the process and help enhance training programs. Examining how expert supervisors provide supervision is a new way to study this, as experts have different ways of conceptualizing their work than novices. This study focused on identifying supervisee's experiences of being supervised by an expert supervisor to better understand this process, and identify what supervisors do well that enhances supervision. Snowball sampling was used to identify expert supervisors, who were then recruited to invite their incoming provisional psychologists to partake in this longitudinal study. Expert supervisors were defined as having distinct character traits, engaged in behaviours that enhanced the supervisory alliance, and had specific behaviours that facilitated enhanced learning experiences which improved client outcomes. Main findings from this study will be presented in this presentation in the hopes of creating a dialogue surrounding the importance of supervision, and what we can learn from expert supervisors.

Terilyn Pott is a Registered Psychologist working at the YWCA Edmonton and in a private practice as a clinician and supervisor. Her specialties include supervision, health, and qualitative research.

P16 - The Exploration of Postpartum Post-Traumatic Stress Disorder

(English - Introductory)

Literature is beginning to emerge in the area of perinatal mood and anxiety disorders (PMAD). However there is still an abundant amount of research to conduct to further enrich understanding of the various PMADs, and how they might affect women and their families. This presentation is based on a literature review that was designed to enhance further understanding of postpartum post-traumatic stress disorder (P-PTSD). Postpartum post-traumatic stress disorder is a PMAD that results from a traumatic childbirth experience from the birthing mother. Postpartum post-traumatic stress disorder can be particularly difficult to recognize, as a traumatic birthing experience can be subjective to each mother. The past experiences of each birthing woman might impact their likelihood or resiliency of P-PTSD manifestation. Postpartum post-traumatic stress disorder not only impacts the birthing woman, but also her family and social supports. There could be significant consequences to the mother-child relationship if P-PTSD is left untreated for the mother. As there is a wide breadth of individuals that could be affected by birth trauma, it is important for mental health clinicians to recognize the signs and symptoms of P-PTSD, to ensure the woman are receiving proper treatment and care.

Samantha Copithorne is in her final year of the Master's of Counselling program at Athabasca University. She also completed basic and advanced maternal mental health training.

P17 - Addressing the Gap: Patient, Caregiver, and Clinician Perspectives of System Responses to Individuals with Severe Borderline Personality Disorder

(English - Intermediate)

While specialized evidence-based treatments for Borderline Personality Disorder (BPD) have been developed, most approaches require that clients be ready for therapy, can manage treatment interfering behaviours, and can participate effectively in group therapy programs; unfortunately, a substantial number of the most severe individuals do not meet these minimum requirements for receiving specialized treatment. These individuals become frequent users of emergency departments and crisis teams or “fall through the cracks” altogether. Ineffective treatment for severe emotion dysregulation increases the risk of deterioration, disability, and morbidity. To inform how the healthcare system must adapt to the treatment needs of these individuals, the present study used qualitative methodology to learn about the perspectives of the primary stakeholders: those with severe BPD, their caregivers, and clinicians. Preliminary findings include, but are not limited to, themes describing the current roadblocks to treatment, issues of responsibility and accountability, the necessary tenets of effective treatment, the importance of support, the need for trained clinicians, and the inclusion and support of caregivers. Findings will be used to inform healthcare system changes in Edmonton, Alberta to fill the gap for this population, including the development and evaluation of a severe emotion dysregulation outreach service that minimizes barriers to care.

Laura Friesen is a Ph.D student at the University of Alberta and a researcher with Alberta Health Services. Her specialties include qualitative research, rural psychology, severe mental illness, and assessment.

Authors: Graham Gaine, Vincent Agyapong, Jill Kelland

P18 - Bouncing Back: A Scoping Review on Resilience to Trauma in Children and Adolescents

(English - Introductory)

Resilience has attracted a lot of research attention in the last five years as both a trait and a treatment goal among children who have experienced trauma. The purpose of this scoping review is to summarize and clarify those findings. They look specifically at the variety of ways that resilience is defined, the multilevel factors that affect resilience, and the interventions that effectively promote resilience in this population.

They searched numerous academic databases to find studies that met their inclusion criteria: age of the participants (0-18), resilience, trauma and trauma-related terms (sexual abuse, child violence, poly-victimization, etc.) as a subject term or in the title, and done in primarily western/European cultures and contexts. The exclusion criteria were trauma due to natural disasters, war, or health-related trauma (HIV, Cancer, Burn victims). Through thematic analysis, they identify consensus and controversies around risk and protective factors, interventions and treatment options. While resilience is defined in a variety of ways, most studies suggest that children can develop resilience to trauma through strategies that target cognitive reappraisal and emotional regulation, while bearing in mind contextual factors and individual predispositions.

Jessica Hewitt graduated from The King's University with a BA in Psychology (2020). She volunteers at the Edmonton Young Offender's Centre and plans to become a counsellor for youth experiencing trauma.

Author: Heather Looy

P19 - Resiliency in Aboriginal Adults with Fetal Alcohol Spectrum Disorder

(English - Intermediate)

Aboriginal adults with fetal alcohol spectrum disorder (FASD) have experienced stigmatization, high criminal recidivism rates, misinformation about FASD, and intergenerational trauma from colonization. Despite these obstacles, Aboriginal adults with FASD have developed the resiliency to survive. How have Aboriginal adults with FASD developed this resiliency?

This presentation looks at the preliminary results of a current research project. Attendees will learn how two-eyed seeing was applied as a decolonizing method of research. The two-eyed seeing approach combined Indigenous methodology and phenomenological inquiry to acknowledge the participants' Aboriginal ways of knowing and the researcher's Western ways of knowing. Participants were interviewed in a conversational style about their experiences developing resiliency despite the obstacles they face. We will also look at the differences between resiliency and dysfunctional resiliency and discover how the participants developed these. Finally, we will discuss how the preliminary results can lead to new research and be applied to programming for Aboriginal adults with FASD.

Melanie Samaroden is completing her Master's of Counselling Psychology degree at Athabasca University. She lives in Edmonton, AB with her husband, two children, dog, and snake.

Author: Paul Jerry

P20 - Understanding Wellness: Perspectives of Rural and Remote Educators

(English - Intermediate)

Educators working and living in rural, remote and isolated communities characterize wellness as overcoming challenges. This project asked the questions: 1) How do teachers and staff conceive of wellness? 2) What supports and challenges do teachers and staff identify in relation to wellness? The results of interviews with educators indicate that wellness is conceptualized as primarily physical, with emotional wellness also having a substantial role for some educators. Educators situate their wellness within and alongside the collective wellness of students and the school community. Geographical factors such as isolation, land, access, distance, and cost were identified as both supports and barriers. Implications for school counsellors, educators, and counsellors working in rural and remote communities are discussed.

Elaine Greidanus is an Assistant Professor in Counselling Psychology at the University of Lethbridge. Her research focuses on educator wellness, First Nations community-based research, and collaborative practice in counselling.

P21 - Counsellors Perception of the Integration of Online Psychological Test in Evaluating Client's Personality Traits

(*English - Intermediate*)

This study focused on counsellors perception of the integration of online psychological test in evaluating clients personality traits. The study adopted the descriptive survey research design and five research questions were posed to guide the study.

The sample for the study comprised five hundred seventy certified counsellors randomly selected Nationwide. The instrument for data collection was a structure questionnaire, with a reliability coefficient 0.76. The instrument was administered through self delivery approach and e-mail address of the respondents. Data collected was analyzed using mean and standard deviation. The counsellors had high perception on the integration of online psychological test in evaluating client's openness, extraversion, agreeableness and neuroticism. The findings revealed that counsellors revealed that low perception on the integration of online psychological test for evaluating client's conscientiousness.

It is concluded that despite some discouragement from the world of managed care, psychological assessment continues to be a valuable and often necessary factor in a multitude of settings (for instance mental health, education, forensics, medical arenas, and the workplace), and with a range of ages and populations. It is recommended among others the training and retraining of counsellors on innovative online testing and their appropriate use.

Akunne Lillian Ifeoma is a lecturer in the Department of Guidance and Counselling at the University Awka in Nigeria. She is target oriented, focus, purpose-driven and her quest for knowledge made her venture into different research.

P22 - Micro-Aggressions: Lived Experiences of South Asian Canadians

(*English - Introductory*)

There is a lack of data on cultural competency for those working in the human services supporting the South Asian Canadian population. With South Asian Canadians being the largest visible minority group in Canada, there is a growing need to analyze the experiences of this population. The purpose of this study is to understand the lived experiences of South Asian Canadians and how they are impacted by micro-aggressions. Racial micro-aggressions are intentional and/or unintentional offensive mechanisms of a racist nature. These are subtle, innocuous, preconscious or unconscious degradations, or putdowns. Micro-aggressions may appear harmless, but over time the cumulative burden can contribute to potential psychological and biological harm. The findings of previous micro-aggression research has coined micro-aggressions as the form of modern-day racism. The goal of my research is to improve cultural competency in mental health practices. The methodology is semi-structured interviews with 20 participants. By using qualitative interviewing, the research will be able to capture the voices of the participants and make meaning of their experiences. The proposed outcome will result in practitioners understanding what they can do to encourage South Asian Canadians to access mental health services and practitioners avoiding unintentionally committing micro-aggressions against current or potential clients.

Gurleen Dhial Sangha is currently a Master of Education student at Thompson Rivers University where she is researching racial micro-aggressions and how it has become the form of contemporary racism.

Sunday / dimanche

May 10, 2020 / Le 10 mai 2020

7h30 - 9h00	Registration / Inscription	
8h00 - 8h30	Lived Experience Speaker - Chris Cull / Conférencier avec vécu - Chris Cull	Ballroom
9h00 - 10h15	Concurrent Sessions / Séances simultanées	
9h00 - 10h15	Conversation Café / Café de conversation	Saskatchewan
10h15 - 10h45	Nutrition Break / Pause santé	
10h45 - 12h00	Concurrent Sessions / Séances simultanées	
10h45 - 12h00	Conversation Café / Café de conversation	Saskatchewan
12h00 - 13h00	Lunch on Own / Dîner non-inclus	
13h00 - 14h30	Closing Ceremonies and Keynote Address - James Makokis / Cérémonies de clôture et conférencière d'honneur - James Makokis	Ballroom

8h00 - 8h30

SUNDAY, May 10, 2020 /
Le DIMANCHE 10 mai 2020

7 h 30 - 9 h 00
Registration / Inscription

Lived Experience Speaker

CCPA presents a new conference initiative starting this year bringing you a presentation from a lived experience speaker. These speakers will present on their lived experience with mental illness and tell their personal story of hope and recovery. It is our hope that their story informs and inspires delegates and contributes to our collective work in reducing stigma and improving access to care.

Conférencier avec vécu

L'ACCP présente une nouvelle initiative au congrès 2020 avec une présentation d'un conférencier avec vécu. Ces conférenciers présenteront au sujet de leur expérience avec la santé mentale et partageront leur histoire personnelle d'espoir et de rétablissement. Nous espérons que leur histoire informe et inspire les délégués et contribue à notre travail collectif pour réduire la stigmatisation et améliorer l'accès aux soins.

8 h 00 - 8 h 30

Lived Experience Speaker / Conférencier avec vécu - Chris Cull
Location / Lieu : Ballroom

Inspire

(English - Simultaneous Interpretation)

Through pure honesty and passion, Chris describes how losing his father to suicide sent him down a spiral of drug abuse with a 8 year addiction to opioids and shares his story of overcoming trauma and addiction to cycling across Canada twice through developing an unstoppable mindset. Chris' speaks to how to develop this mindset and the lessons used to work his way up from active drug user to advising at the highest levels.



Chris Cull is a filmmaker and the founder of Inspire by Example. In 2014, he cycled from Victoria, British Columbia, to St. John's, Newfoundland, to raise awareness about prescription drug addiction. As he crossed Canada, Chris filmed his journey and spoke with community leaders, patients and people along the way.

Chris is a nationally recognized public speaker and has advised numerous institutions and organizations on issues around the prevention and treatment of drug addiction including the Canadian Minister of Health, the National Advisory Council on Prescription Drugs, the Centre for Addiction and Mental Health and is on the Board of Directors of the Canadian Centre on Substance Use and Addiction.

In 2016, he bicycled across Canada a second time to raise awareness about the opioid crisis and to demonstrate to others that recovery is possible.

8h00 - 8h30

SUNDAY, May 10, 2020 /
Le DIMANCHE 10 mai 2020

Inspirer

(Anglais - Interprétation simultanée)

Par pure honnêteté et passion, Chris décrit comment la perte de son père au suicide l'a plongé dans une spirale de toxicomanie avec une dépendance de 8 ans aux opioïdes et partage son histoire de surmonter les traumatismes et la dépendance par le cyclisme à travers le Canada à deux reprises en développant un état d'esprit imparable. Chris explique comment développer cet état d'esprit et les leçons utilisées pour passer d'un consommateur actif de drogues à donner des conseils au plus haut niveau.

Chris Cull est un réalisateur de films et le fondateur d'Inspire by Example. En 2014, il a fait du vélo partant de Victoria, Colombie-Britannique à St. John's, Terre-Neuve afin de sensibiliser sur la dépendance aux médicaments d'ordonnance. En traversant le Canada, Chris a filmé son voyage et s'est entretenu avec des dirigeants communautaires, des patients et des gens en cours de route.

Chris est un conférencier de renommée nationale et a conseillé de nombreuses institutions et organisations sur des questions liées à la prévention et au traitement de la toxicomanie, y compris le Ministre canadien de la Santé, le Conseil consultatif national des médicaments sur ordonnance, le Centre de toxicomanie et de santé mentale et est sur le Conseil d'administration du Centre canadien de lutte contre l'alcoolisme et la toxicomanie. En 2016, il a fait du vélo à travers le Canada une deuxième fois pour sensibiliser le public à la crise des opioïdes et démontrer aux autres que le rétablissement est possible.

9 h 00 - 10 h 15

Conversation Cafe / Cercle de conversation

*For a list of Conversation Cafe, see pages 72 - 77. / Pour obtenir la liste des cercles de conversation,
voir les pages 72 à 77.*

9 h 00 - 10 h 15

Concurrent Sessions / Séances simultanées

Indigenous Gathering Space / Espace de rassemblement autochtone

Location / Lieu : Chairman

C1 - Building Resilience to the Effects of Vicarious Trauma, Compassion Fatigue, and Burnout Through Self-Care Planning and Wellness Practices: An Ethical Imperative

(English - Introductory - Simultaneous Interpretation)

Location: Manitoba

This interactive workshop focuses on a review of the challenges faced by Counselling Professionals by the nature of their work (including Vicarious Trauma, Compassion Fatigue, and Burnout), and how to identify symptoms within themselves. The emphasis being on self-care and personal wellness as an ethical imperative to remain competent as practitioners. Working together in the workshop to expand and implement evidence-based self-care strategies in the practitioner's everyday life to increase resilience and remain healthy in their practice.

Michael Sorsdahl is a practicing Psychologist, Educator, and is the Founder of the Juvenation Wellness Centre in British Columbia. He is also the Chair of the CCPA Ethics Committee - Complaints Division.

C1 - Renforcer la résilience face aux traumatismes indirects, à l'usure de compassion et à l'épuisement professionnel grâce à la planification d'autosoins et à des pratiques de mieux-être : un impératif éthique
(Anglais - Introductive - Interprétation simultanée)

Lieu : Manitoba

Cet atelier interactif passe en revue les défis auxquels font face les professionnels du counseling en raison de la nature de leur travail (traumatismes indirects, usure de compassion et épuisement professionnel) et indique comment ils peuvent reconnaître ces symptômes en eux. Il met l'accent sur les autosoins et le bien-être personnel comme impératif éthique pour rester un professionnel compétent. L'atelier invite les participants à travailler en collaboration pour approfondir et mettre en application des stratégies d'autosoins fondées sur des données probantes dans leur vie quotidienne de praticien afin d'accroître leur résilience et de préserver leur santé dans l'exercice de leur profession.

Michael Sorsdahl est psychologue praticien, enseignant et fondateur du Juvenation Wellness Centre en Colombie-Britannique. Il est aussi président du Comité de déontologie – Division des plaintes de l'ACCP.

C2 - Proactive Learning for Career Well-Being

(English - Intermediate)

Location: Alberta

Among the essential tenets that characterize the major theoretical models in the realm of career psychology, the concept of learning has always had its unique relevance in the evolution of major theories that speak to human cognition, emotion, and behaviour in vocational contexts. This presentation attempts to elaborate on the role of proactive learning in adults' life-career development. With the goal of amplifying one's learning experience, proactive learning draws attention to both a new comprehensive theoretical framework of learning and innovative ideas that can increase the effectiveness of the learning process and outcome. In utilizing a series of key concepts and tenets from several major learning theories, this presentation illustrates the newly proposed proactive learning framework (PLF). It addresses the critical importance of understanding the notion of learning, as well as ways to increase the quality of learning. In doing so, it will put forward a host of considerations that can help adults make their lifelong learning a more proactive, constructive, and effective process for career management and development. Relevant proactive learning strategies will be highlighted to inform career development and counselling interventions.

Charles P. Chen is Professor of Counselling Psychology and a Canada Research Chair at University of Toronto. He is in *Canadian Who's Who* and *Who's Who in the World*.

C3-1 - Trauma and Addiction: The Barriers of Growth for Young Adults

(English - Intermediate)

Location: Yukon

The focus of this presentation is understanding the social impact that the challenges that young adults are facing in transitioning to adulthood. Young people are faced with the lure of technology and drugs that present the perfect opportunity to avoid life and stay in the protective cocoon of inactivity and contact avoidance. This present a serious concern for the social structure and with the current rise of death due to drug overdose the impact on families and

communities presents a potential risk that affects millions worldwide. The focus of this workshop is understanding the social impact that the challenges that young adults are facing in transitioning to adulthood. And provide participants with a better understanding of this population, as well as the tools to engage in collaborative treatment and building the support blocks to develop growth and connectivity. And understand the principles of creating a safe environment for trauma work with young adults while supporting sobriety.

Rafael Cortina has worked in Mexico and the United States for twenty years with individuals, couples, and groups. He has a Masters in Counselling Psychology, and he is a Certified Gestalt Therapist.

C3-2 - Assessment and Treatment of Children Who Have Experienced Complex Trauma

(English - Intermediate)

Location: Yukon

The presentation will provide a framework which seeks to anchor the assessment and treatment of complex trauma by weaving theory, research, clinical reflections, experiential activities, and strategies. The participants will have opportunities to explore the neurobiology of attachment, how trauma affects development, how to hold space for the family context, and how to create transformative space in therapy to invite the healing journey. Participants will also learn techniques and strategies for working with complex trauma (deep listening, meditation, imagery, mind-body centring, tapping, play, art and music). Emphasis will be on understanding how complex trauma impacts children's social, emotional, cognitive and relational states of functioning, providing a flexible framework that best meets children with where they are at, regardless of their chronological age. It is their hope that the presentation can invite a bigger discussion among those who are attending, and be used as a springboard for the future interactions with clients.

Helen Vozinidis is a RSW, and former Manager of Assessment Directed Therapy Program at Boost CYAC. Currently in private practice, supporting families and adults in their healing journey's for eighteen years.

Sandra Pribanic is a former employee of Assessment Directed Therapy Program at Boost CYAC. She is a RP, with fourteen years of experience in private practice and teaching.

C4 - Co-Developing a Canadian-Specific LGBTQ2S + Counselling Competency Framework

(English - Advanced)

Location: Centennial

Counselling competency frameworks are used by mental health professionals to work with people from diverse experiences in the most culturally-appropriate way. For lesbian, gay, bisexual, trans, queer, two-spirit and other sexual and gender minorities, Canadian mental health professionals have relied on American competency frameworks and guidelines from the American Psychological Association (APA) and the American Counselling Association (ACA). These frameworks are limited due to American-specific core values, attitudes, and issues which may not be relevant for a Canadian context. Therefore, this interactive workshop aims to bridge this gap in practice knowledge by inviting interested practitioners and researchers to co-develop a Canadian-specific counselling competency framework. The workshop will begin with an examination of current APA and ACA guidelines for practice, followed by discussion of limitations and strengths, and then collaboration on necessary expansions and changes to these frameworks.

Chris Cumby is a mental health counsellor and LGBTQ2S+ activist in Newfoundland and Labrador. He is currently pursuing a Ph.D. at Memorial University of Newfoundland's Faculty of Education.

C5 - Evidence-Based Practice for Counsellors and Psychotherapists

(English - Intermediate)

Location: Devonian

No longer can we, as counsellors and psychotherapists, conduct our work without reference to an evidentiary base. We live and practice in a time when health professions of all types promote evidence-based practice as an ethical and practice imperative. Despite this, controversy and confusion often accompany this movement leaving counsellors and psychotherapists questioning its relevance and applicability to their practice. Much of this discord can be tracked back to the empirically supported treatment lists promulgated by the Society of Clinical Psychology of the American Psychological Association in the mid-1990s. The evidentiary landscape, however, has changed considerably since this time, opening up new ways to conceptualize and embrace evidence as foundational to our practice. In this presentation, we review and explicate various lines of evidence, their strengths and limitations, and how they can be meaningfully incorporated into daily practice.

Simon Nuttgens is an Associate Professor with the Graduate Centre for Applied Psychology at Athabasca University. Simon's research interests include ethics, supervision, and distance counsellor education.

Murray Anderson is an assistant professor in the Graduate Centre of Applied Psychology at Athabasca University. He maintains a small private practice working with couples, issues of stigma and identity.

C6 - What Can I Do with a Master's in Counselling Psychology: Stories from Five Graduates Seven Years After Graduation

(English - Introductory)

Location: Chancellor

This session is intended for students and new graduates. Each of the presenters has a different career path since graduation and will share their journey, bumps along the road, and information about how to follow one's own path.

Shelley Skelton works in private practice and teaches at Mount Royal University. She is a registered psychologist, graduate of Athabasca University, and is currently working on a Ph.D in Developmental Psychology.

Sarah Elton graduated from Athabasca University in 2012. She had a variety of experiences at various non-profit organizations before deciding to risk the world of private practice. So far venturing into the unknown has been a blessing!

Maria Bianco has always had an interest in social dynamics and relationships. She has taught overseas and locally. An AU grad and educational psychologist, she works at schools, universities and privately.

Chris Rozell is a registered psychologist in private practice in Calgary. He specializes in biofeedback, including EEG biofeedback, Quantitative EEG, heart rate variability, and other peripheral modalities.

Melissa Jay is Founder/director at Canmore Counselling and accredited Trauma-Informed Yoga Psychology School, she integrates modern psychology with ancient wisdom traditions. As a Métis citizen, she is dedicated to reconciliation through connection.

C7-1 - “Becoming Friends with My Demons”: Understanding the Intersectionality of Trauma and Spirituality

(English - Intermediate)

Location: Strathcona

Trauma continues to be 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. In response to trauma, intense and overlapping emotional, cognitive, spiritual reactions and symptoms can result. 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. The purpose of this interactive presentation will be to explore the intersectionality of trauma and spirituality.

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 Faculty of Nursing, University of Calgary.

Gerard Vardy.

C7-2 - Spirituality and Religion: Bridging the Gaps with Culturally Non-Dominant Clients

(English - Intermediate)

Location: Strathcona

Spirituality and religion, salient aspects of individuals' cultural identities, are increasingly discussed across counselling disciplines, including but not limited to pastoral care and multicultural counselling. Spiritual and religious dimensions are recognized as beneficial to clients' well-being, and yet appear to be infrequently applied in the multicultural counselling context. More so, spirituality in practice pertaining to work with non-dominant groups appears to be under-researched and under-utilized.

Although a number of models have been developed to address spirituality and religion in counselling, there appears to be a gap in the multicultural counselling literature of relevant models that address the diverse spiritual perspectives of non-dominant groups. A model that currently appears to be most applicable across spiritual and religious groups is the Tree Ring Technique (Ybañez-Llorente & Smelser, 2014). This technique has been suggested for use with diverse belief systems due to its open-ended structure. Therefore, one aim of this interactive session is to allow for stimulating discussions about how to bridge this gap in the counselling literature. Building on the Tree Ring Technique, participants will also have an opportunity for interactive practice of the technique to enhance practical knowledge and skills for their work with diverse clients.

Sandra Dixon is a Registered Psychologist in Alberta and Assistant Professor at the University of Lethbridge. Her research interests include faith, multicultural counselling, cultural identity reconstruction, and immigrant issues.

Gerard Alberts is a Registered Psychologist in Alberta who has operated a private practice in counselling and formal assessment for twenty-five years. His expertise includes executive coaching with multicultural clients.

10 h 45 - 12 h 00

SUNDAY, May 10, 2020 /
Le DIMANCHE 10 mai 2020

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

10 h 45 - 12 h 00

Conversation Cafe / Cercle de conversation

For a list of Conversation Cafe, see pages 78 - 82. / Pour obtenir la liste des cercles de conversation, les pages 78 à 82.

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

**Indigenous Gathering Space / Espace de rassemblement autochtone
Location / Lieu : Chairman**

C8-1 - Fostering Hope with Youth: Career Resilience in the Face of Precarious Work

(English - Introductory - Simultaneous Interpretation)

Location: Manitoba

During this session we will explore professional counselling issues related to work precarity and mobility. The United Nations estimates that 65% of the jobs that will be available to children born today do not yet exist. Youth tend to be particularly disadvantaged in the workforce, increasingly facing unemployment, underemployment, inequality, and instability. Emerging adults who are not in employment, education or training (NEET) face not only economic but also mental health concerns. We explore the links between NEET as a group of vulnerable emerging adults and the ways in which hope can serve to facilitate transitions into decent work. We will discuss the concepts of adaptability and career resilience as an interactional processes that reflects the unique opportunities for growth within a context of changing economies and rapid technological advances. Hope-based interventions can serve to buffer adversity or stressful life events, promoting positive coping, ability to identify career-life goals, and improved ability to overcome obstacles in moving towards a preferred future. This ability to reformulate work-life goals and strategies is required in an unprecedented time of necessary and ongoing retraining across the lifespan.

Breanna Lawrence is an Assistant Professor in the graduate counselling program at Brandon University. She has worked with children and their families for ten years in educational and clinical settings.

Rebecca Hudson Breen is an Assistant Professor, Counselling Psychology at the University of Alberta, and President of CCPA's Career Counsellor's Chapter. Research foci include career-life development and mental health.

C8-1 - Nourrir l'espoir chez les jeunes : la résilience professionnelle face à la précarité d'emploi

(Anglais - Introductive - Interprétation simultanée)

Lieu : Manitoba

Durant cette séance, nous explorerons certains aspects de la profession de counselling liés à la précarité d'emploi et à la mobilité. Les Nations Unies estiment que 65 % des emplois qui seront accessibles aux enfants nés aujourd'hui n'existent pas encore. Les jeunes ont tendance à être nettement désavantagés sur le marché du travail, un nombre croissant d'entre eux font face au chômage, au sous-emploi, à l'inégalité et à l'instabilité. Les jeunes adultes qui n'exercent aucune

activité professionnelle ou ne suivent aucun enseignement ou formation sont confrontés non seulement à des difficultés économiques, mais aussi à des problèmes de santé mentale. Nous explorons les liens entre ce groupe de jeunes adultes vulnérables et les façons dont il est possible de cultiver l'espoir pour favoriser les transitions vers un travail décent. Nous examinons les concepts d'adaptabilité et de résilience professionnelle en tant que processus interactionnels qui offrent des possibilités de croissance uniques dans un contexte de changements économiques et de progrès technologiques rapides. Les interventions fondées sur l'espoir peuvent contribuer à atténuer l'adversité ou les aspects de la vie stressants, à favoriser une adaptation positive et la capacité à se fixer des objectifs de carrière et à améliorer l'aptitude à surmonter les obstacles pour bâtir un meilleur avenir. Cette capacité à redéfinir ses stratégies et objectifs professionnels est nécessaire en cette époque sans précédent où il nous faut poursuivre notre perfectionnement professionnel tout au long de notre vie.

Breanna Lawrence est professeure adjointe dans le programme de counselling à l'Université de Brandon. Elle travaille auprès des enfants et de leur famille depuis dix ans dans les milieux scolaire et clinique.

Rebecca Hudson Breen est professeure adjointe en psychologie du counselling à l'Université de l'Alberta et présidente de la Section des conseillers/ères d'orientation de l'ACCP. Ses recherches portent, entre autres, sur le développement carrière-vie et la santé mentale.

C8-2 - Caring in the Workplace: A Compassion-Focused Lens for Understanding and Fostering Well-Being at Work

(English - Introductory - Simultaneous Interpretation)

Location: Manitoba

Research on the experience of compassion, as a fundamental aspect of well-being, has only recently made its way the literature on career development and work-related wellness. In this session, we present a study in which we investigated the experience of compassion toward and from others in the workplace. A community sample of forty adults working full-time in a range of occupations participated in one-on-one semi-structured interviews that centered on participants' experiences of workplace caring, whether from or toward colleagues. Additionally, participants discussed their perspectives on the meaning and importance of caring at work. Using a basic interpretive methodology (Merriam & Tisdell, 2016) and thematic data analysis methods (Braun & Clarke, 2006), we derived themes that capture a nuanced understanding of workplace caring, from the participant perspective. We then interpreted our findings in the context of Gilbert's (1992) social mentality theory, which provides a framework for understanding caregiving and care receiving as part of compassion-focused motivational systems. Finally, we discuss several important practice implications of our findings and social mentality theory more generally, for counsellors with an interest in supporting people's career development and workplace well-being.

K. Jessica Van Vliet is an Associate Professor at the University of Alberta, where for the past thirteen years she has taught and conducted research in counselling psychology.

José F. Domene is a Professor in the Werklund School of Education at the University of Calgary, where he researches and teaches in the counselling psychology program area.

Authors: Chayse M. Haldane, Brea A. McLaughlin, Brooklyn N. Mankasingh, Lindsay S. Warner

C8-2 - Se soucier d'autrui au travail : une approche axée sur la compassion pour comprendre et cultiver le bien-être au travail

(Anglais - Introductive - Interprétation simultanée)

Lieu : Manitoba

C'est seulement récemment que la littérature sur le développement de carrière et le bien-être au travail a fait état de recherches sur l'expérience de la compassion comme élément fondamental du bien-être. Dans cette session, nous présentons une étude dans laquelle nous avons examiné l'expérience de la compassion témoignée ou reçue. Un échantillon de 40 adultes travaillant à plein temps dans divers cadres professionnels a participé à des entretiens semi-dirigés individuels qui étaient centrés sur les expériences de compassion des participants à l'égard ou de la part de collègues de travail. En outre, les participants ont partagé leurs perspectives sur la signification et l'importance de se soucier d'autrui au travail. En nous appuyant sur une méthodologie d'interprétation de base (Merriam et Tisdell, 2016) et des méthodes d'analyse des données thématiques (Braun et Clarke, 2006), nous avons dégagé des thèmes qui favorisent une compréhension nuancée de la compassion au travail du point de vue des participants. Nous avons ensuite interprété nos résultats en fonction de la théorie des mentalités sociales qui offre une grille d'analyse pour comprendre les soins donnés et reçus dans le cadre de systèmes motivationnels axés sur la compassion. Enfin, nous examinons plusieurs répercussions importantes de nos résultats sur la pratique et de la théorie des mentalités sociales dans son ensemble pour les conseillers intéressés à soutenir les gens dans le développement de leur carrière et leur bien-être au travail.

K. Jessica Van Vliet est professeure agrégée à l'Université de l'Alberta, où elle enseigne et mène des recherches en psychologie du counselling depuis 13 ans.

José F. Domene est professeur à la Werklund School of Education de l'Université de Calgary, où il mène des recherches et enseigne dans le programme de psychologie du counselling.

Auteurs: Chayse M. Haldane, Brea A. McLaughlin, Brooklyn N. Mankasingh, Lindsay S. Warner

C9 - Admissions to Graduate Counselling Programs - Personal Qualities & Gatekeeping Considerations

(English - Intermediate)

Location: Alberta

Counsellor personal qualities are widely cited as central to mastery (e.g., Jennings & Skovholt, 1999), including qualities such as warmth, empathy, flexibility, and self-awareness (Halinski, 2009). Considering that some of these qualities may not be teachable (or even taught) during graduate training (e.g., Orlinsky & Ronnestad, 2005; Pope & Klein, 1999), there have been calls to screen for personal qualities during admissions (McCaughan & Hill, 2015). Unfortunately, research on admissions in counselling programs in Canada is virtually nonexistent (Sebok & MacMillan, 2014) and few studies have explored how admissions committees incorporate personal qualities even outside the Canadian context (Hernandez et al., 2010). Thus, we completed a qualitative study exploring how a small subset of Canadian faculty considered and assessed personal qualities during admissions reviews for their counselling and counselling psychology programs. Participants were interviewed to explore the counsellor personal qualities they deemed important as well as how such considerations played into admissions decisions. This session will explore the results of this study in the context of what is currently known about admissions and important counsellor personal qualities. With a focus on best practices and ethics, implications for professional practice and counsellor education will be explored.

Heather Gower is a Registered Provisional Psychologist in Edmonton, Alberta. She is also a doctoral student at the University of Alberta with a research focus on counsellor education & regulation.

C10 - What do Counsellors Need to Know About Parent-Led Weight Restoration in Adolescent Anorexia?

(English - Intermediate)

Location: Yukon

Family based therapy (FBT; Lock et al., 2001) is an evidence-based intervention for adolescent anorexia that prioritizes a rapid reversal of weight loss. Parents are assigned the task of providing meal support and supervision for high calorie meals and snacks until weight is recovered. This process of parent-led weight restoration is the key therapeutic intervention of FBT, but weight restoration in anorexia is tremendously stressful (Zabala et al., 2013). Counsellors are not immune to the enormity and stress of this therapeutic approach, and the treatment manual can instill an important sense of confidence and optimism for counsellors. But specifying a treatment in written form often results in a linear, de-contextualized and top-down account of the therapy where professional perspectives dominate. Drawing from the findings of a study that explored parents' actions and strategies while helping their adolescents recover weight using FBT (Socholotiu, 2015), this session will share what was learned about the parents' and family needs during weight restoration. Using case illustrations, this session will describe problems frequently encountered by families (and parent-generated solutions to these problems), flexible options to therapy requirements discovered by parents, and specific requests parents had of their counsellors and treatment team.

Krista Socholotiu is an assistant professor at Simon Fraser University. She is also a registered psychologist who provides counselling and assessment to families, children and youth.

C11 - The Embodied Counsellor: Integrating Yoga, Meditation, and Mindfulness into Practice

(English - Introductory)

Location: Centennial

Do you want to learn ways to embody presence in your work? Are you curious how to integrate body awareness practices into your sessions? Not sure how to transition from talk therapy to body awareness? If so, this workshop is for you!

In this session, they will explore:

- Current research findings on yoga, meditation, and mindfulness for mental health;
- Trauma-informed considerations for yoga, meditation, and mindfulness, including contraindications and scope of practice;
- Safe, ethical, and effective techniques to share with clients;
- Ways to embody presence and integrate yoga, meditation, and mindfulness into session and your life.

The workshop will include opportunities to try safe, accessible, easily modified yoga, meditation, and mindfulness techniques. Full participation will be possible from your seat. Participants do not require props or special clothing, but are encouraged to wear something comfortable that does not restrict breath. Options for individuals with injuries, chronic pain, or other needs will be available.

Melissa Jay is a registered psychologist and director of Canmore Counselling and the Trauma-Informed Yoga Psychology School. From an attachment-based trauma-informed lens, she is passionate about connection, mindfulness, and self-awareness.

Amy Rubin is a counsellor and certified yoga therapist (C-IAYT) who uses an integrated approach to address issues such as substance misuse, anxiety, depression, chronic pain, trauma, and PTSD.

C12 - Reduce Your Test Anxiety: An Introduction to the Canadian Professional Standard for Counselling and Psychotherapy (CPSCP): Entry to Practice Competency Assessment

(English - Introductory)

Location: Devonian

Are you or one of your students or supervisees preparing for the registration exam in Alberta or Ontario? Test anxiety, particularly in relation to high stakes exams like entry-to-practice registration exams is often related to fear of the unknown. Reduce that fear by learning more about the competency-based, simulation-style, computer-based registration exam for counselling therapists and psychotherapists that is currently in use in Ontario and soon to be in use in Alberta. Learn more about what is meant by "competency-based" and "simulation-style". You'll talk together about test-taking strategies and preparation for a competency-based exam. Ample time will be reserved for answering questions.

Lorna Martin has a twenty+ years academic and experiential background in the mental health profession and fair assessment practices. She has coordinated multiple provincial and national examinations.

C13 - How does a Horse Heal a Human Being?

(English - Intermediate)

Location: Chancellor

This presentation will definitively answer the "Why horses?" question that has challenged the efficacy of Equine-Assisted Psychotherapy (EAP) for several years. Empirical research supporting the interpersonal neurobiology of EAP will be used to address the impact of a therapy horse on a human. What do biomarkers as well as MRI scans reveal about the healing process therapy horses help facilitate in a human being? This unique process will be explained in lay person's language so that EAP practitioners are better equipped to explain how a horse can heal a human being.

Corinne Byerlay is a Neuro-Psychotherapist, she conducts brain-based trauma therapy at the Stress Resiliency Clinics in Alberta. She also specializes in the interpersonal neurobiology of Equine-Assisted Psychotherapy (EAP) for treating trauma survivors.

C14 - Access to Counselling Records: What the Judges Have Said

(English - Introductory)

Location: Strathcona

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

Glenn Sheppard, is a CCPA President Emeritus, author of *Cognica Notebook on Ethics*, a primary contributor to CCPA Code of Ethics and Standards of Practice, areas of long term professional engagement.

13 h 00 - 14 h 30

SUNDAY, May 10, 2020 /
Le DIMANCHE 10 mai 2020

12 h 00 - 13 h 00

Chapter Presidents Meeting and Lunch / Réunion et dîner des présidents des Sections

Location / Lieu : Devonian

12 h 00 - 13 h 30

Lunch (on own) / Dîner (non-inclus)

13 h 00 - 14 h 30

Closing Ceremonies and Keynote Address / Cérémonies de clôture et conférencier d'honneur - James Makokis
Location / Lieu : Ballroom

Miyomâmitoneyihcikan, sohkemâmitoneyihcikan – “A Good Mind, a Strong Mind: Understanding the Indigenous Health Care System”

(English - Simultaneous Interpretation)

In this talk, Dr. Makokis will provide an overview of the Nehiyô health system and what contributes to building and creating resiliency within individuals. The Nehiyô health system is based heavily in cultural and ceremonial activities that provide for both health prevention and intervention processes. The health system is also reflected in land formations and visual representations in ceremonial activities. Participants will gain an understanding and appreciation of these and how vital it is to incorporate into all aspects of care for Indigenous Peoples.



James Makokis, M.D., is a two-spirit Family Physician who practices Family Medicine in Kinokamasihk Nehiyawak Nation (Kehewin Cree Nation) and in Edmonton where he has a subspecialty transgender health practice. He believes that only through the inclusion of Indigenous knowledge across all areas of programming in Indigenous Nations, and working collaboratively with traditional medicine people will true healing occur. Most recently, James and his partner Anthony won The Amazing Race Canada as Team Ahkameyimok.

Miyomâmitoneyihcikan, sohkemâmitoneyihcikan – «Un bon esprit, un esprit fort : Comprendre le système de santé autochtone»

(Anglais - Interprétation simultanée)

Au cours de cette présentation, le Dr Makokis donnera un aperçu du système de santé Nehiyô et de ce qui contribue à renforcer et à créer la résilience chez les individus. Le système de santé Nehiyô est fortement basé sur des activités culturelles et cérémonielles qui prévoient à la fois des processus de prévention et d'intervention en matière de santé. Le système de santé se reflète également dans les formations territoriales et les représentations visuelles lors des cérémonies. Les participants acquerront une compréhension et une appréciation de ceux-ci et de l'importance vitale d'intégrer tous les aspects des soins aux peuples autochtones.

James Makokis, MD, est un médecin de famille bi-spirituel qui pratique la médecine familiale dans la nation Kinokamasihk Nehiyawak (nation crie Kehewin) et à Edmonton, où il a une pratique privée dans sa sous-spécialité, la santé des transgenres. Il croit que seule la prise en compte des connaissances autochtones dans tous les domaines de la programmation des nations autochtones et la collaboration avec les spécialistes de la médecine traditionnelle permettront une véritable guérison. Récemment, James et son conjoint Anthony ont gagné The Amazing Race Canada: Une course contre la montre faisant partie de l'équipe Ahkameyimok.

**9 h 00 - 10 h 15
Conversation Café / Cercle de conversation**
Location / Lieu : Saskatchewan

CC1 - Counselling and Assessment: Measurement Need Not be a Four-Letter Word
(English - Intermediate)

Assessment in counselling is defined as a process of gathering and integrating information from multiple sources in order to make inferences about a client's needs, goals, and directions for treatment. Psychological measurement is one of several assessment strategies for gathering information. Counsellors engage in assessment all the time insofar as their roles require them to gather information, evaluate it, and come to conclusions based on that analysis. However, few counsellors would report using psychological measures to facilitate their assessments. And for good reason. There are real challenges to integrating the assumptions of psychometric theory with most counsellors' humanistic, culturally-responsive counselling frameworks. This interactive session will invite dialogue on the challenges and possibilities for measurement as a tool in the service of therapeutic work. Some ideas and theories counsellors might consider to facilitate better integration between the seemingly dissimilar paradigms will be discussed, including transactional and constructivist approaches (e.g., Finn & Tonsager, 1997). Messick's (1995) seminal, but perhaps less well-known, work in the area of validity and validation, especially his notions of fairness and the consequential validity of score meaning and implications, will also be shared.

Krista Socholotiu is an assistant professor at Simon Fraser University. She is also a registered psychologist who provides counselling and assessment to families, children and youth.

CC2 - Meeting the Mental Health Needs of Adolescent Parents: A Study in Integrated Youth Services
(English - Intermediate)

Lifting barriers young parents face is a long supported mission of Terra Centre for Teen Parents in Edmonton, Alberta. Most recently they have begun focusing attention on those barriers that exist with regard to meeting their participants' mental health needs. Research indicates mental health services are best received by youth when they are provided in a way that integrates service provision into the other supports youth already access in their community. Literature indicates that two areas in which this approach has been successful, is in the school or primary care settings. At Terra Centre for Teen Parents, we have taken this approach in a unique way by providing therapeutic supports as a component of holistic, wrap-around care (that also includes outreach, housing, academic, and childcare supports), with great overall success.

In this session, Canadian Certified Counsellor Chandra Ashton, will share her experience as a mental health service provider at Terra and offer insight into what her team has found successful in integrating mental health supports into Terra services. Most surprising are the unintended benefits of this approach that have come to the young family, the therapist, the staff, and the community that surround them.

Chandra Ashton has almost twenty years experience working with traumatized youth and their families and values finding unique and relationship-centred ways to support individuals and the communities that surround them.

CC3 - The Holistic Healing Experiences of Adult Survivors of Complex Trauma: A Narrative Inquiry

(English - Intermediate)

This presentation will explore the healing experiences of adult survivors of complex trauma through the relational landscape of narrative inquiry. Individual research interviews were carried out with twelve adult survivors of childhood trauma and analyzed following a narrative approach to capture the meanings they attach to their stories of healing. Ten broad categories were identified with narrow themes grouped to each category. The themes and broader metathemes that emerged from the participant's narratives will be the main focus of the presentation. The results provide an in-depth understanding of the participants' unique and holistic healing journeys as well as the factors they perceived as helpful and hindering in their recovery. The findings from this study provide information to assist helping professionals in counselling and health care settings to better support individuals who have experienced prolonged and early trauma.

Serena George is a Canadian Certified Counsellor through the CCPA. Her clinical practice includes counselling support for children, youth, and adults who have experienced trauma.

CC4 - The Insights of the Psycho-Evolutionary Theory of Emotions and the Theory of Positive Disintegration for Counselling of Adolescents and Young Adults

(English - Intermediate)

In this presentation, Krystyna Laycraft reviews the Psycho-Evolutionary Theory of Emotions and the Theory of Positive Disintegration, which she incorporates into her own counselling style. Her main clients are adolescents and young adults who suffer disordered anxiety, nervousness, and depression. They are often gifted, talented, and creative young people. The Psycho-Evolutionary Theory of Emotions is very useful for her counselling. The circular model of the eight primary emotions is a great tool for teaching a client about primary adaptive emotions. Based on this model, clients start to understand their secondary reactive emotions such as misery, loneliness, pessimism, anxiety, resignation, and so on. These emotions need to be explored deeply in order to get their primary emotions that provided access to adaptive information. Another theory, which she incorporates to her counselling, is The Theory of Positive Disintegration, which introduces an essential change in adults' attitudes toward creative and gifted young people. It leads to a positive understanding of their inner psychological conflicts and eliminates the negative belief that they require medical treatment. It appears important to bring together insights from these theories in order to achieve a more integral understanding of the complex process of the emotional development of young people.

Krystyna C. Laycraft brings both practical and academic knowledge to her counselling. Krystyna offers assistance to adolescents and young adults. She delivers seminars about their emotional needs.

CC5 - Seven More Days: Living a Life That's Bursting with Positivity and Happiness...Before It's Too Late

(English - Introductory)

How happy are you? What if you had seven days to live, would you be happy with the life you led? Did you accomplish what you wanted in life?

A touching story told through true life events, author Amy N. Dix wrote *Seven More Days: Live a Life That's Bursting with Positivity and Happiness...Before it's too Late*, an international best-selling book filled with emotion, hope and change as her family discovers her mother was diagnosed with terminal brain cancer. From six simple words on her deathbed "I am not afraid to die," the family was in awe, moved and awakened on how they too can live a life of positivity and without fear.

This led Dix to study positive psychology and become a Positive Psychology Practitioner helping others design a life filled with value and meaning. Through understanding the real science behind happiness *Seven More Days* will help the reader understand how the human brain processes information, events, and emotions.

This inspiring story captures the true meaning of happiness and challenges the chaos in today's world leaving you to question your past actions, yet changing them for the future.

Amy Dix, an International Speaker, two-time No. 1 International Best-Selling Author, and Positive Psychology Practitioner, inspires others to live life on a different level, rooted in positivity and pure happiness.

CC6 - Enhancing Self-Compassion in Athletes: A Feasibility Study of an Online Self-Compassion Program for Athlete Anxiety and Performance

(English - Introductory)

The nature of sport competitions involves athletes being compared and ranked based on athletic ability, with athletes constantly confronted by potential threat of failure or loss within their sport context. Given this circumstance and the extraordinary amount of pressure often experienced by athletes, developing an ability to be kind towards oneself in the face of perceived failure could be an important part of training. While research has focused on the positive impact of self-compassion on athlete well-being, no studies to our knowledge have directly examined the relationship between self-compassion and objective athletic performance. The hypotheses of the study are that the online program will be acceptable to athletes and that those assigned to the self-compassion intervention will report less general and sport-related anxiety, more confidence in perceived athletic ability and performance, and better actual athletic performance than participants assigned to the control group. Competitive athletes who participate in time-based sports will be recruited and randomly assigned to either a 1-month self-compassion training, or a wait-list control group. Feasibility data will be analyzed using descriptive statistics and mixed linear models will be used to evaluate intervention effects on continuous outcomes (self-compassion, mindfulness, general anxiety, sport-related anxiety, perceived and objective athletic performance).

Alaina Flegar is a M.A student in Counselling Psychology at the University of Ottawa. Her research interests involve topics in sport and performance psychology and mindfulness interventions.

Author: Diana Koszycki

CC7 - Multi-Generational Mental Illness- Is it Taught or Inherited?

(English - Introductory)

This workshop will focus on a group discussion regarding mental health and mental illness. We often believe children's values are passed on from their parents. But what about mental illness? If children 'learn what they live' and 'live what they learn' do parents teach children by their example, a mental illness? And if they do, can we then teach them to learn a different way to cope? That anxiety or depression as examples, do not have to be their norm. Can we teach them to choose wellness instead?

Betty-Ann Buott specializes in working with women, children and adolescents. She runs A Tranquil Place, a wellness centre devoted to holistic health and well-being.

CC8 - The Essential Guide to A Happy and Fulfilling Polyamorous Relationship

(English - Intermediate)

Monogamy is not the only means to a successful relationship. Relationship structures are changing and becoming more diverse in their understanding of love and sexual relationships. This session is derived from Susan Wenzel's clinical work with polyamorous clients, her personal experience in an open relationship and her book. The purpose of the session is to adequately prepare clinicians to provide treatment for their polyamorous and non-monogamous clients. It is also designed to enhance clinicians' awareness of any biases and misconceptions regarding open relationships that might get in the way of the therapeutic process.

This session will focus on the following three areas that therapists need to know:

- (1) Misconceptions and understanding about alternative relationships.
- (2) Dealing with jealousy and other insecurities in a polyamorous relationship.
- (3) Cultivating healthy boundaries and communication in CNM relationships.

At the conclusion of this session, participants will be able to identify at least three strategies of managing jealousy and illustrate ways to cultivate positive habits in polyamorous and other CNM relationships. She will use helpful tools such as case studies, vignettes, and handout-quiz to engage the participants. Her therapeutic approach will consist of CBT and EFT.

Susan Wenzel is a certified sex therapist, clinical sexologist and a registered counsellor. She works with individuals and couples and leads seminars in the United States and in Canada.

CC9 - Counselling Practice with Female Lone Parents Resettled as Refugees from Africa

(English - Intermediate)

Every year thousands of people are resettled in Canada as refugees, mainly from war-torn areas including Africa, the Middle East, and Asia (Statistics Canada, 2017). Some are female lone parents, many having become separated from partners/spouses. Immigrating often results in multiple changes including changes in support systems, particularly for women resettled as lone parents. In the absence of family or friends close to them, the women may turn to counsellors for support as they navigate new systems. A client's sense that their counsellor understands them is necessary for building a strong therapeutic alliance. Counsellors may struggle to understand clients from minority populations including female lone parents resettled as refugees. Therefore, there is growing need for counsellors to become better informed on working with minority groups especially this population. The objective of this presentation is to help counsellors support clients from this population better by drawing on the findings of a study conducted with refugee female lone parents from Africa. The discussion will focus on findings likely to apply more generally to refugee female lone parents. Participants will engage in experiential activities and discussion related to counselling such refugee clients using several case studies.

Lucy Amadala is a recent graduate of the University of Calgary. Her research and practice interests include supporting the resettlement of immigrants, particularly women refugee lone parents.

CC10 - Existential Sexualities: Supporting and Understanding Sexualities in Counselling

(English - Intermediate)

This session will discuss key outcomes from research in the area of existential sexualities and will provide recommendations for counselling practice. Understanding one's sexualities is integral to the self, with Foucault (1976/1990) noting that it is through "the deployment of sexuality that each individual has to pass in order to have access to his own intelligibility, to the whole of his body, to his identity" (p. 155). Furthermore, as the available number of sex and sexuality identities expands, so too does the potential need and pressure for people to navigate such identities. People are left to explore and choose how, what, and who to identify as. Sex identities, gender identities, sexuality identities, and relationship identities combine to allow people a freedom in expression and self accompanied by an existential weight that may come with such decisions. Counselling professionals may play a role in supporting clients in coming to know their sexual selves and navigate such decision making. Culturally sensitive and informed counselling has the potential to offer a valuable space to discuss sex outside of normalizing, judgmental, and shaming voices that may be present in the external world.

Chris Graham is based in Calgary, Alberta and works in counselling, assessment, and research in a variety of contexts, addressing sexualities as well as trans, non-binary, and gender diverse care.

CC11 - Critical Incident Stress Debriefing: A Case Study in Helping the Helpers

(English - Introductory)

More and more employers are recognizing the importance of involving critical incident response services to various industries, including helping front-line services such as nursing. Critical incident research has shown that the opportunity to speak to someone outside of the organization, in an in-person and in timely fashion, can mitigate the difficulties in processing the critical incident(s). This talk will discuss a case study of a critical incident regarding the sudden death of a youth, the critical incident debriefing model to help the helpers, and the impact of the death on more novice nursing staff.

Nancy Tavares-Jones is a registered psychotherapist and critical incident responder in the Greater Toronto Area. She also has a private practice in North York, Ontario.

CC12 - Embodied Awareness: A Spiritually Directed Therapy for Emotional Healing and Community Renewal

(English - Introductory)

Explore Beth Hedva's integrative psycho-educational 5-step Spiritually Directed Therapy group protocol for recovery. This workshop offers an experiential introduction to each step of the protocol:

1. CONNECT with inner and outer healing resources
2. OBSERVE and become mindful of stress reactions—shock, crisis, grief and mourning or mental health concerns- to awaken insight and resilience
3. DEEP LISTENING: Listen to self and others with your whole body, heart and soul. Honour and share emotional feelings. Practice having compassion for yourself and others.

4. ENGAGE EMBODIED AWARENESS to gain insight, healing and support for self-directed inner guidance on next steps for healing and self-care

5. EMPOWER Self-care for yourself and others by doing "what helps over what hurts"-- leading by example in support of oneself, others, community and environment.

Developed originally in response to the S.E. Asian tsunami disaster at the request of the Indonesian Psychology Association, this protocol has been tested, and applied world-wide, including the two most severe natural disasters of this century, in Aceh, Indonesia and Haiti; and was presented at the United Nation's Symposium on Human Rights Violation and Recovery: Body, Mind Spirit Practices in New York.

Beth Hedva is currently Director of Counselling and Training at the Canadian Institute for Transpersonal and Integrative Sciences (CITIS), Hedva teaches professionals and lay-audiences online and in person world-wide.

10 h 45 - 12 h 00
Conversation Café / Cercle de conversation
Location / Lieu : Saskatchewan

CC1 - Exploring Self-Regulation Strategy Use in a Self-Regulation Intervention with Adolescents with Fetal Alcohol Spectrum Disorder

(English - Introductory)

Fetal Alcohol Spectrum Disorder (FASD) is a neuro-developmental disorder caused by in-utero alcohol exposure. It is common for alcohol-affected individuals to have significant difficulty with self-regulation, which is the ability to manage thoughts, behaviours, and emotions. In this study, the Alert Program®, a self-regulation program, was adapted and administered with the aim of improving self-regulation in adolescents (ages 11-17) with FASD. Adolescents with FASD attended twelve one-on-one sessions where they learned how to identify their regulation levels, to use sensory-based strategies that can help them to regulate, and how to integrate those strategies into their daily lives. This presentation will discuss a research project that investigated the types of strategies used by the participants in the intervention, specifically looking at which self-regulation strategies adolescents with FASD used the most, found to be the most helpful, and whether strategy use was generalized outside of the intervention. Exploring self-regulation strategy use for adolescents with FASD allows for the development of more effective intervention initiatives that may help these adolescents best access their strengths. Working to improve behavioural and emotional regulation may ultimately contribute to reducing the risk of negative outcomes common in the FASD population, helping them move more successfully into adulthood.

Aamena Kapasi has an M.A in Counselling Psychology and is a Ph.D candidate at the University of Alberta. Aamena is currently completing her pre-doctoral residency at the IWK hospital.

CC2 - Bodies As Homes: Size Diversity, Body Liberation and the Therapeutic Relationship

(English - Introductory)

In this session, facilitators Michelle Kennedy and Lauren Groves will guide participants in exploring the ways their bodies influence the relationships we have with ourselves and their clients. Attendees can expect to begin or continue the journey from body respect and acceptance to body trust and liberation in a way that may parallel the process of their clients.

This session asks: When did we learn that our bodies were a problem? What is the story of our bodies? How do we do things “for” and “with” our bodies instead of “to” and against”? What is normal eating? And how do we guide clients (and ourselves) out of diet culture and into body trust?

As fat, queer, feminists, and Registered Provisional Psychologists, Lauren and Michelle are uniquely positioned to share their personal and clinical experience. Through an anti-oppressive, social justice, and intersectional feminist lens participants will learn new ways of creating a strong and trusting therapeutic relationship crafted from Body Trust, Intuitive Eating and Health at Every Size approaches. They will also highlight, using real world examples, the ways in which these paradigms can be brought into your practice to create a more body and size inclusive environment.

Michelle Kennedy is a Registered Provisional Psychologist in Edmonton. She is the President of the Social Justice Chapter of the CCPA. She loves cats.

Lauren Groves is a Registered Provisional Psychologist in Edmonton. She is a Certified Body Trust Provider and the owner of Ignite Counselling and Wellness. She loves cats.

CC3 - Opening the "Man Box" - A Male Gender Deconstruction

(English - Introductory)

This workshop will start with a summary of current research of men & masculinity as documented in the journals of the Society for the Psychological Study of Men & Masculinities (APA Division 51). The main focus of the workshop will then be interactive exercises in dyads/triads followed by a group discussion on three themes: 1) opening & exploring the "Man Box", 2) creating an individual gender image of a boy or man you know, & 3) creating a pathway to a healthy & fluid gender identity by challenging the myths of masculinity. Handouts & a reference guide to the literature on masculinity will be provided.

Eric Skoglund has a private practice at the Labrador Friendship Centre in Happy Valley Goose Bay, Labrador. He has a lifelong interest in the study of men & masculinity.

CC4 - Factors Influencing the Experience of Reporting Sexual Violence in Post-Secondary Institutions

(English - Introductory)

Reporting sexual violence is often the first step in accessing available services; however, only one in ten individuals typically report incidents to authorities. In this presentation, Christina will describe a study that examined the experiences of reporting incidents of sexual violence to post-secondary institutions within Alberta. The aim of this research was to gather information that could help improve the reporting process and expand support for victims of sexual violence. She will summarize the factors that both help and challenge the experience of reporting, which can be useful for those who are involved in the reporting process or work with and support individuals impacted by sexual violence. I also describe the method of the Enhanced Critical Incident Technique, and how this method is useful for others in examining counselling services and procedures.

Christina Sander is working towards her Ph.D in Counselling Psychology at the University of Calgary. She is interested in program evaluation, as well as intervention and recovery for individuals.

CC5 - Addressing Weight Bias and Discrimination in Counselling Education

(English - Introductory)

People who live in bodies classified as fat or "obese" find themselves the target of fat shaming and weight-discrimination on a daily basis. Over the past two decades, scholars in different disciplines have argued that weight bias is pervasive in all sectors, including education and health care. These studies deeply explore the negative consequences of weight discrimination that people with larger bodies face in medical treatment (Puhl & Heuer, 2010); however, the study of such bias and discrimination in the mental health profession has been understudied (Warchal & West, 2013). In this presentation, Bahar will argue that counselling education must address weight bias, and how body inclusive it has to be. In doing so, she will draw on her experience of teaching a course on diversity in counselling at Memorial University in 2018 that focused on training culturally competent counsellors in the syllabus for which she incorporated readings on weight-stigma and fat-phobia. Based on the feedback she received and the conversations she had, she will conclude how a "body-becoming" pedagogy (Rice, 2014) can open possibilities for teacher education and counselling education "to

think[ing] beyond conventional bio-pedagogical interventions toward more creative ways of challenging body and normality." (Rice, 2015, p. 387).

Bahar Haghigheh is a Ph.D. candidate in Education-Curriculum Design at Memorial University. She has a Bachelor's degree in Counselling Psychology and a Master's degree in Educational Psychology.

CC6 - Counselling in the Age of Neoliberalism: How are we Participating in, Perpetuating, and Resisting the Impacts Experienced by Clients, Practitioners, and Educators?

(English - Intermediate)

What does "Neoliberalism" have to do with therapeutic practices? If you are anything like me, you may have avoided this topic, assuming it would be impossible to tackle. Once I entered into this conversation, I began to understand the relevance to us, as a family of therapists.

Under this ideology, we are socially and institutionally organized to practice in ways that can be complicit with harm that results from capitalism. Many of these practices are built into how we are required to perform in our counselling fields of practice and education. From competition with each other for resources to locating the struggles of our clients solely as residing within them (rather than considering how they might have come to be in response to systemic and relational deficiencies), we are all implicated.

In this presentation we will consider examples of oppressive practices in our everyday work, and unpack ways in which we may be participating in and unintentionally perpetuating them. In response to practices occasioned by this ideology, we will discuss our options for productive resistance, counter-practices, and accountable participation. Finally, we will propose practical strategies for practicing ethical responsiveness and loving relatedness as an antidote.

Emily M. Doyle is a registered psychologist, counsellor educator, systemic family therapist, and leadership consultant. Her research interests include institutional ethnography, social justice in action, and post-modern therapeutic practices.

CC7 - Brief Therapy with Minoritized Clients

(English - Introductory)

In this presentation, Gina Ko will share her work with minoritized clients in brief therapy. A minoritized group is a social group that is devalued in society; this devaluing encompasses how the group is represented, what degree of access to resources it is granted, and how the unequal access is rationalized" (Sensoy & DiAngelo, 2017, p. 226). She practices in a single-session walk-in setting and she also has a private practice. She worked with individuals, couples, and families from immigrant and refugee backgrounds, Indigenous clients, and also clients who identify as LGBTQ+. She will discuss how she connected with clients who have been historically and presently marginalized. School counsellors, educators, private practitioners, community agencies, post-secondary institutions, and policy makers may find this presentation beneficial.

Sensoy, O., & DiAngelo, R. (2017). Is everyone really equal? An introduction to key concepts in social justice education. New York, NY: Teachers College Press.

Gina Ko is a Registered Psychologist and has a doctorate in Educational Leadership; she works with often marginalized populations. Gina's research pertains to minoritized youth and activism.

CC8 - "I Could Hardly Breathe": Teachers' Experiences of Bereavement After the Violent Death of Their Student
(English - Introductory)

Following the deaths of students, teachers are expected to be grieving role models and act as helping professionals when caring and supporting grieving students. However, teachers' experiences of bereavement while teaching are sparsely documented in academic literature. A phenomenological methodology was adopted to explore teachers' experiences pertaining to the violent death of their student(s). Interviewing five participants revealed the experience is both personal and professional when teachers' place of work becomes a place of grief. While navigating the changes that arise, teachers may face many roadblocks when seeking help. No matter how many times a teacher experiences the loss of a student each death will be unique. Collegial support was reported to be important on teachers' journeys of healing. Implications for targeting counselling suggests that teachers' needs immediately following the loss may be different than ongoing counselling needs. Furthermore, follow-up counselling support, targeted one or more years after the loss, may be more important than previously considered.

Elaine Greidanus is an Assistant Professor in Counselling Psychology at the University of Lethbridge. Her research focuses on educator wellness, First Nations community-based research, and collaborative practice in counselling.

Author: Aleigha Arksey

CC9 - Counsellors, Neuroscientists, or Neuro-Counsellors? Using the Science of the Brain to Enhance the World of Counselling
(English - Introductory)

Neuro-counselling is an emerging and complex modality being used in greater volumes in the counselling industry each year. With a history that can be traced back to the beginnings of counselling theory development, neuro-counselling is an enhancer to the existing theories counsellors commonly use in their practice with clients. However, there are also specific modalities that focus on brain-based counselling, such as neuro-feedback, eye movement desensitization and reprocessing (EMDR) and prolonged exposure (PE) therapy. In addition, several existing theories and modalities have been slightly altered to include neuro-counselling elements, such as cognitive behaviour therapy (CBT) and group counselling. Neuro-counselling is beneficial to numerous populations counsellors work with, including children who have experienced adverse experiences, adults with trauma histories, and military personnel who have been exposed to combat trauma. This presentation will share ways in which neuro-counselling can be of greatest advantage to these populations, as well as how counsellors can use this increasingly popular area of counselling in their own practice to maximize positive outcomes. We may not be neuroscientists, but a fundamental understanding of the brain and how its biology acts on and is acted upon by emotions and experiences can revolutionize the way we deliver our services.

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

CC10 - ONEBird: Integrating Mindfulness, Self-Compassion and Creative Expression
(English - Introductory)

ONEBird is a model that integrates mindfulness, self-compassion and creative expression. The workshop will open with a brief introduction to Mindful Self-Compassion (MSC) – an empirically proven program that increases emotional strength and resilience, while decreasing anxiety, depression and shame. MSC training is also linked to better management of

caregiver fatigue. Participants will be introduced to a key self-compassion practice, followed by a creative activity and discussion to integrate their learning. The self-compassion practice offers immediate personal benefits for counsellors and can be readily shared with clients. Participants will also receive information on the ONEBird model and the MSC training program should they wish to further explore the application and relevance of self-compassion personally and/or professionally. While the workshop is applicable to all professionals, it may be of particular interest to those who integrate art and creative expression into their counselling or helping practice.

Born in Alberta, **Patricia Rose William** is a Metis woman who works as a clinical counsellor, art therapist, Mindful Self-Compassion Teacher, and visual artist. She is grateful to live in Victoria, British Columbia.

CC11 - Undercover Anti-Bullying Teams in Schools: A Re-Storying and Restorative Approach

(English - Introductory)

This session will provide participants with a narrative-based intervention for bullying problems taking place in upper-elementary to high school contexts. First, restorative and narrative frameworks shaping this intervention will be reviewed, followed by an outline of the process which will all be accompanied by sample case studies spanning international contexts. This alternative and somewhat surprising approach targets the problem while providing students with the opportunity to rewrite the roles they've been playing in the problem story. It is a student-led intervention which moves away from punitive approaches, and empowers students. This session is suited for any and all practitioners working in schools or with students impacted by bullying. All related handouts and worksheets covered in the presentation will be shared with participants through email following the session.

Winner of the CCPA's 2018 School Counselling Award and VP of the School Counselling Chapter, **Natalie Doucette** has a long-standing passion for this field that shines through in all her work.

CC12 - Working with Muslim Clients: A Multicultural Competency Training Workshop for Mental Health Professionals

(English - Introductory)

The purpose of this training is to support practitioners in their personal and professional development in the area of best practices for working with Muslim populations. This training was born out of Ubah's graduate research which sought to address the current gap in both the counselling profession and literature regarding educational training programs for mental health professionals working with Muslim populations (Abdullah, 2007; Abu Raiya & Pargament, 2010; Ahmed & Amer, 2012).

This training workshop draws from spiritually-integrative therapeutic approaches for working with religious clients, anti-oppressive perspectives as well as transformative learning theory and focusses on the following key areas:

1. Understanding Muslims in the West and the role of Islam in their mental well-being
2. Enhancing cultural literacy regarding Islamic-based mental health conceptualizations and interventions
3. Learning how to work with Muslims from a spiritually-integrative psychotherapeutic approach
4. Building therapist self-awareness through challenging explicit/implicit biases

Ubah Mohamoud is a counselling therapist who works primarily with immigrant and refugee populations. She provides psycho-education for marginalized ethno-cultural communities and offers diversity consultation and training for counselling professionals.

Who is CCPA? / Qu'est-ce que l'ACCP?



The Canadian Counselling & Psychotherapy Association (CCPA) is a national and bilingual association of professionally trained counsellors engaged in the helping professions. CCPA is dedicated to the enhancement of the counselling profession in Canada. CCPA members work in many diverse fields of education, employment and career development, social work, business, industry, mental health, public service agencies, government and private practice. CCPA presently has approximately 5,500 members across the country. CCPA members who undergo the certification process are eligible to use CCPA's Canadian Certified Counsellor (CCC) designation.

The association has provided leadership and has been involved in the promotion of counselling since 1965. It nurtures formal and informal links with similar organizations in Canada and internationally. It offers the opportunity for its members to be in contact with other counsellors, who are active in a variety of work settings, world wide, in order to exchange ideas and best practices, provide mutual support and promote professional development. In addition, CCPA presently has several Chapters, representing specialized interest groups of counsellors from all parts of Canada.

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L'Association canadienne de counseling et psychothérapie (ACCP), une organisation nationale bilingue composée de conseillers et conseillères professionnels impliqués en relation d'aide, est vouée à l'avancement de la profession de conseiller(ère) au Canada. Ses membres œuvrent dans différents domaines de l'éducation, de l'emploi et du développement des carrières, du travail social, des affaires, de l'industrie, de la santé mentale, des agences de services publics, au gouvernement et en pratique privée. L'ACCP compte présentement environ 5,500 membres à travers le pays. Les membres qui prennent part au processus de certification peuvent se prévaloir de la désignation Certification pour les Conseiller(ère)s canadien(ne)s (CCC) de l'ACCP.

Depuis 1965, l'association assure son leadership et est impliquée activement dans la promotion du counseling. Elle entretient des contacts formels et informels avec des organisations similaires au Canada et sur le plan international. Elle offre aussi à ses membres l'occasion de communiquer avec d'autres conseillers et conseillères du monde entier qui œuvrent dans une variété de milieux afin d'échanger des idées, de comparer les méthodes, de s'offrir un soutien mutuel et de promouvoir le développement professionnel. De plus, l'ACCP a présentement douze sections régionales, représentant les groupes de conseillers et conseillères selon leurs intérêts spécifiques et venant de partout au Canada.