

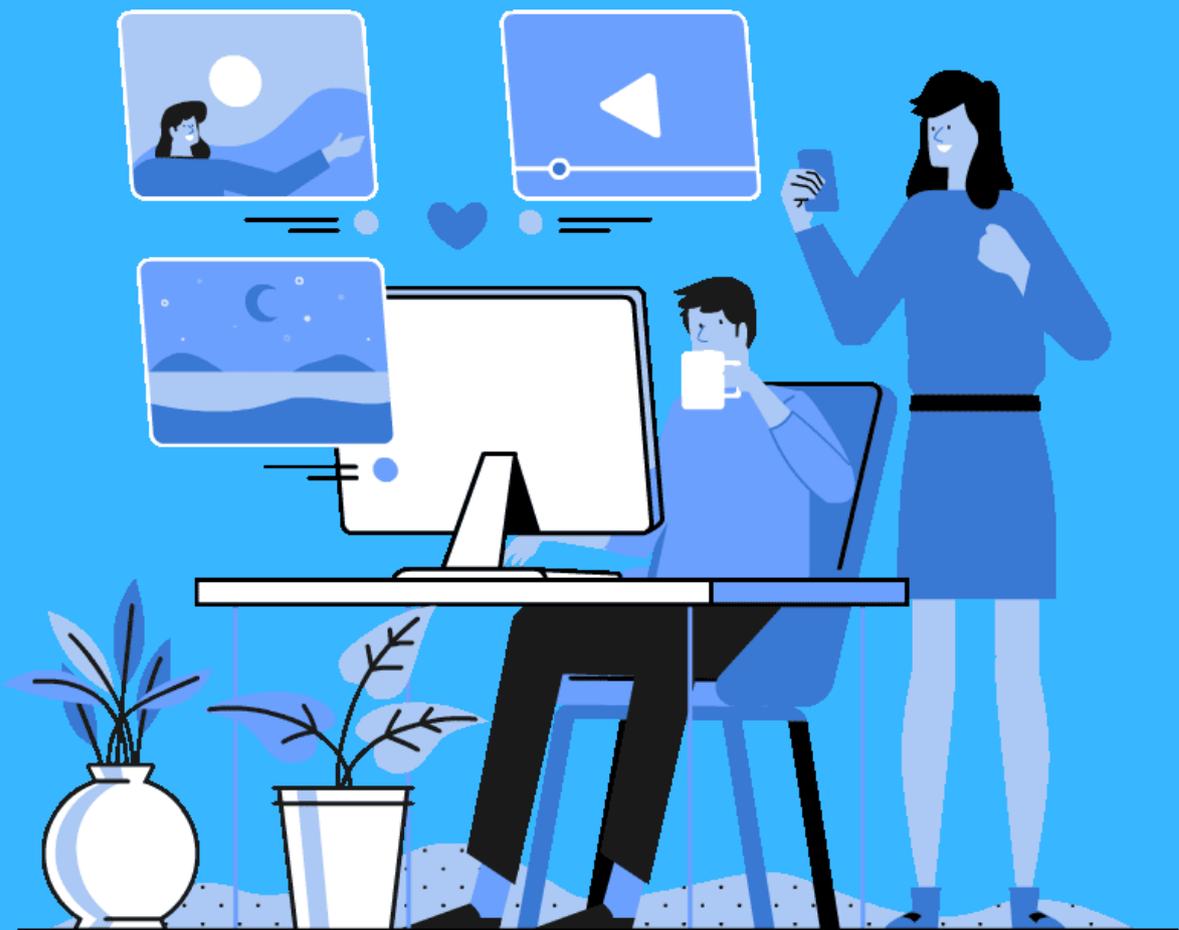


# Showcase Posters / Sessions d'affiches



**May 15 / le 15 mai**

**14 h 00 - 16 h 00**



**#CCPA2021 #ACCP2021**



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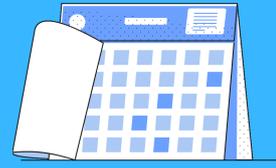
### **A Mixed-Methods Study on Gambling in the Workplace: Characteristics and Experiences** - Rebecca Hudson Breen, James Sanders, Lauren Trafford

Little is known about the nature of gambling in the workplace. This project employed a three-phase mixed-method design to investigate the characteristics and experiences of Canadians who engage in gambling in the workplace. We present here results of Phase I, the descriptive analysis of cross sectional quantitative survey data (n= 1742). Participants responded to a Canada-wide online panel for adults who 1) gamble, 2) are employed full-time, 3) have access to a computer with internet in the workplace, and 4) gamble on non-lottery activities at least once per month. Findings shed light on the nature of workplace gambling (including gambling formats, involvement in shared pools, methods of access, motivations, and consequences for workplace gamblers). Further, we examine the characteristics that distinguish workplace gamblers with gambling-centric motives compared to those with non-gambling-centric motives (e.g. avoidance, social engagement). The overall three phase study design is described, including implications for employers and considerations for decent work.

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### **A Holistic Approach to Understanding Refugee Trauma: Lessons from Community Research with Syrians in Edmonton** - Sophie Yohani, Anna Kirova

Canada has currently resettled over 58,000 Syrians who fled the ongoing civil war that began in 2011. Individuals with refugee experiences represent a diverse group whose psychosocial adaptation and well-being is influenced by pre-, trans- and post-migration experiences, demographic variables such as gender, age, ethnicity, and social variables such as social connections. Yet prevailing narratives of refugee well-being emphasize pre-migration trauma experiences with Post Traumatic Stress Disorder (PTSD) as the primary outcome. In this presentation, counsellors will be invited to adopt a more holistic understanding of refugee trauma and migration experiences with associated counselling interventions that attend to social justice. The presentation draws on findings from our community-based participatory project that explores critical aspects of psychosocial adaptation and integration after trauma using Community Learning for Empowerment Groups (CLEGs) with 60 Syrian men, women, youth and seniors living in Edmonton. We share themes generated from 35 CLEG dialogue sessions centred on safety, relationships/bonds, and identity that highlight both the threats and protective factors that influence and shape refugee integration and well-being in Canada.



## **Utilizing Arts-Based Methods in a Virtual Space: Challenges and Opportunities**

- Jasmine Nathoo, Sophie Yohani

Arts-based research methods utilize non-discursive forms of representation as a form of knowledge and evidence in research. This may include visual and performative representations (e.g., drawings, photography, theatre, dance). Arts-based interventions are also widely used in counselling practice settings. Arts-based techniques are considered to be particularly effective in both research and applied settings as they allow opportunities for enhanced self-reflection, and for individuals to attend to internal sensory cues and organize these cues before presenting them. These methods are widely used in particular with youth. However, the shift to online research and practice as a result of the COVID-19 pandemic has created challenges in the application of these methods. This poster presentation will begin with a review of the literature on arts-based research in counselling psychology, followed by an exploration of both the challenges and opportunities of adapting arts-based research to a virtual setting in the context of an ongoing research project with Syrian refugee youth. Implications for research and counselling practice with youth in virtual settings will be presented.

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## **Grounding and Centering Activities to Support College Students with a Trauma Background - Tanya Levy**

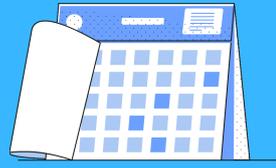
We are seeing an increasing number of college students with mental health challenges who have experienced trauma. In this presentation Tanya Levy will share grounding and centering activities that assist students with a trauma history to decrease stress, increase relaxation, focus on their studies and increase their success. She will also share her Stone Exercise that she has used for 20 years in orientation that provides an anchor for healing with students. In our current environment many of us are providing online counselling and these strategies can be used face to face and online. Principles of bio-energetic awareness or improving our body wisdom and intuition will be discussed as well.

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## **Empowering Eating Disordered Clients to Overcome Intellectualization**

- Shirley Katz

Presenting a model for working with disordered eating and body image concerns that views the thoughts and behaviors as a way of coping with potentially overwhelming emotions or anxiety, and ways to help the client address the issues that lead to the dysfunctional ways of coping as well as teaching new, more effective coping skills that contribute to well being and a stronger sense of self.



## **Adapting a Strengths- and Hope-Based Program for Schools Within a Changing Economic and Public-Health Context** - Kenneth Murdoch, Chelesa Hobbes,

Rebecas Hudson-Breen ; Author: Denise Larsen

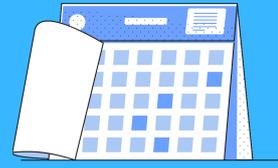
Teaching is a complex and demanding profession (Gray et al., 2017) being further complicated by the emergence of 2019-nCoV ("Covid-19"). Teachers across Canada are navigating rapidly changing politico-economic-health/safety work environments while maintaining the well-being of both themselves and their students. Hope has long been described as a sustaining factor for those facing stressful workplace conditions (Flesaker & Larsen, 2010), and is necessary to overcoming challenges in educational contexts (Nolan & Stitzlein, 2011). The Strengths, Hope and Resourcefulness Program for School Mental Health (SHARP-SMH) is a positive psychology program adapted from studies in varied healthcare contexts (Howell et al., 2015; Murdoch et al., 2020). Initially proposed as a mixed method design, the project has adapted to meet the needs of teachers following the Covid-19 outbreak. Now utilizing participatory action research, teacher-researchers have become co-investigators on the project. As the impact of Covid-19 on mental health continues to be investigated, promoting responsive mental health practices and literacy are a priority for professionals in school contexts. The SHARP-SMH program is committed to the co-creation of transformative spaces for teachers and students, supporting autonomy and agency to sustain their well-being. We provide commentary on responding to major field changes during research implementation and data collection.

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## **Equine Program for Veterans and RCMP with Occupational Stress Injuries**

- Marla Buchanan, Colleen Haney, Karie Grimes

Attendees will learn about an equine assisted program provided to 24 veterans and RCMP officers who reported occupational stress injuries. The purpose of this equine research program was to understand how natural horsemanship skills could influence Veteran's and RCMP's OSI symptoms. The participants took part in 8, one hour, equine sessions over a 4 week period. The participants were interviewed using a focus group interview design. A thematic content analysis was conducted using Braun and Clarke's (2006) six-stage method. The findings of this study will be presented along with recommendations for future inclusion of equine assisted-learning programs for populations affected by the traumatic stress created by occupational stress injuries.



## **Break Isolation through Virtual Movie Discussion During Covid-19**

- Hailing Huang

2020's quarantine has separated us from each other, isolation could lead to all kinds of mental health issues, such as loneliness, anxiety and depression. On-line Movie discussion group intends to break down isolation, inviting participants watching movie together, and having discussion panel to practice communication skills and other soft skills such as listening, reflecting, supporting, collaboration. Instead of passive coping, it is a proactive approach of empowering people's skills.

Movie has long been one of the favorite entertainments that everyone is familiar with, also it has often been used in therapist training. Movie discussion group adopts this kind of platform, invite participants watching movie together and discussing the questions which are designed by the therapist.

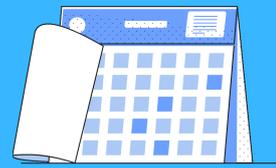
Participants exchange their thoughts on different roles and scenarios in the movies. By expressing their opinions and giving feedback to others' opinions, participants express who they are, how they feel and what they think. It is the process of practicing analytical skill, reflection skill, listening skill, communication skill, and leading skill etc. all of those soft skills. The 12 weeks "the Movie Connect" program accompanies participants go through hard winter together, instead of passively quarantining ourselves at home, we invite people actively empowering, connecting, learning and preparing for the future.

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## **Impact of the COVID-19 Pandemic on Self-Care Practices and Well-being Amongst Mental Health Professionals and Stakeholders in the Caribbean**

- Rosalia Samuel, Anu Asnaani, Ifrah Majeed

Globally, mental health professionals are prone to experiencing high rates of burnout and psychological distress. However, engaging in self-care may minimize these risks. This study will explore the impact of the COVID-19 health crisis on self-care practices, well-being, and psychological distress symptoms amongst mental health providers in the Caribbean nation of Saint Lucia. Learn about how mental-health professionals safeguard their well-being amidst COVID-19.



## **Caring in the Workplace: A Psychoevolutionary Lens for Understanding and Fostering Well-Being at Work**

- K. Jessica Van Vliet, Chayse Haldane, José F. Domene, Lindsay Warner

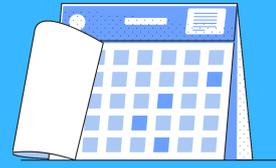
Research on caring, as a fundamental aspect of well-being, has only recently made its way into the empirical literature on career development and work-related wellness. In this session, we present a study in which we investigated the experience of caring toward and from others in the workplace. A community sample of 40 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 an original framework for understanding care giving and care receiving as part of psychoevolutionary motivational systems for compassion and cooperation. 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.

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## **The Lived Experience of Older Adults Living Alone in the COVID-19 Pandemic**

- Mindy Ming-Jung Chiang

The ongoing COVID-19 pandemic has profoundly impacted people's lives around the world. Recent research has documented the adverse psychological effects of the pandemic. Older adults face heightened health risks in the pandemic and may be especially susceptible to its negative mental health impacts. The impact of isolation due to home-confinement measures is particularly concerning for older adults. As such, a sub-group of older adults warrants special attention in the current context—those who live alone. To understand the lived experience of this group of older adults in the pandemic, we conducted a qualitative, phenomenological inquiry with the central research question: What is the experience living in the COVID-19 pandemic for older adults who live alone? In-depth interviews were conducted with 12 retired older adults aged 65 and over who live alone in British Columbia. These interviews took place approximately 4 months after the declaration of a public health emergency in BC, when stay-at-home orders were beginning to ease. Preliminary thematic analysis suggests that grief and loss, insecurity, uncertainty, and adjusting to a new normal form the core experience of living in the pandemic for older adults who live alone. Implications for practitioners supporting older adults will be discussed.



## **Emotion-Focused Mindfulness Therapy: A Feasibility Study for Late Life Anxiety**

- Stacey Hatch

The worldwide prevalence of anxiety in older adults is estimated at between 6% and 10%. In Canada, adults 65 and older experience anxiety at a rate of 6.4%, affecting more than 300,000 people. Anxiety in older adults has been linked to difficulties retaining new information and engaging in instrumental daily activities of living. Due to COVID-19 restrictions, novel methods of delivering therapy programs remotely are needed, however data is limited. There is some evidence that older adults prefer non-pharmacological approaches for anxiety that can be delivered in the community.

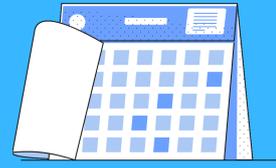
Emotion-Focused Mindfulness Therapy (EFMT) is a mindfulness-based intervention that shows promise due to its emphasis on meditation and observing thoughts and emotions as they arise, and has been demonstrated to reduce symptoms of anxiety in general populations. This study aims to evaluate the feasibility of EFMT older adults.

The study is a pilot feasibility randomized controlled trial using a wait list control trial design. Due to COVID-19 restrictions, this study has pivoted from in person delivery to Zoom. The primary outcomes will determine the feasibility of the intervention based on recruitment, enrolment, retention and adherence to all components of the intervention. The secondary outcomes will be changes to anxiety over time. The results of this trial will determine the feasibility and potential effectiveness of video-delivered EFMT for late-life anxiety compared to no treatment. If the results are promising, a larger randomized controlled trial may be conducted.

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### **Kink Aware Professionals - Angel Sumka**

Many of our clients/patients engage in alternative lifestyles and sexual activities, which can be a barrier for these clients when accessing care. By developing our understanding of these lifestyles and the risks involved, we can reduce these barriers! This session will provide service providers with the information they need to provide judgement-free, informed care to persons who engage in activities under the BDSM/Kink umbrella. From lingo to consent, we will explore ways to differentiate between healthy, consensual activities, how to address risks and risk reduction strategies, and explore resources for continued learning opportunities.



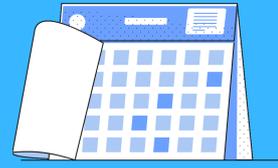
## **The 8-Week Circle of Security© Parenting Program: Shifts in Parenting Through Greater Awareness - Lisa Gray**

From a relationship-based lens, 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-PTM), aims to shift focus back onto the parent-child relationship from a previous focus on child behaviour modification, highlighting the need for strengthening parent's relational competencies, enhancing parental reflective functioning, teaching parent's how to identify, privilege, and name their child's emotions, and developing a more empathic relationship with their children. We designed a qualitative descriptive study to gather parent's rich descriptions of how they experienced shifts or no shifts in their parenting practices after their participation in the 8-week COS-PTM program. Through data analysis, the theme of Parent's Greater Awareness gained through COS-PTM was found to be a key component to parents experiencing significant shifts in their parenting practices and relationship with their children. Parent's Greater Awareness encompassed seven sub-themes including (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 great awareness through the 8-week COS-PTM program. We will also discuss how clinicians can use these identified themes in their work with families to help facilitate parents' greater awareness.

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## **Contemporary Racism in Canada: Lived Experiences of Canadian-born South Asians - Gurleen Dhial Sangha**

Anti-racism has recently come to the forefront in Canada. A common question that is asked is, what can I do about it? This presentation is based on a study with South Asian Canadians and their experiences with racial microaggressions. Microaggressions are brief, common, daily, derogations that make BIPOC populations feel unworthy. These subtle and innocuous put downs may appear harmless, but overtime, the cumulative burden can contribute to psychological, biological, emotional, financial, and social harm. The participants in the study share their stories that are heartbreaking and, at times, disturbing. Only after understanding the effects of racism can we move to answer the question of what can we do about it. This presentation will also address what individuals and organizations can do to support the anti-racism movement.



## **The Development of the Emotionally Focused Individual Therapy Adherence Measure** - Caitlin Edwards, Lucas Schaefer, Robert Allan

In this poster, we aim to share the initial development of the Emotionally Focused Individual Therapy Adherence Measure (EFIT-AM), and describe its primary purpose for use in preliminary outcome research on Emotionally Focused Individual Therapy (EFIT) and secondary purpose for use in therapist supervision and education. EFIT is a developing model emerging from the field of adult attachment theory and science contiguous thirty-four years researching and practicing Emotionally Focused Therapy (EFT) for couples. EFIT therapist interventions can be measured according to these foundations as well. Central to evidence-based practice is the ability to measure how well a therapist's behaviour aligns with a model that has itself been supported by research evidence - in essence, the degree to which a therapist utilizes interventions and techniques specific to their therapeutic modality. In researching particular models of therapy, it is also important to ensure that the model under study is in fact the one that has actually been carried out. The measure was piloted using participants (n=20) with advanced training in EFT who used the measure to rate therapist adherence to EFIT model and interventions while observing a previously videotaped therapy session. Participant ratings were compared to examine consistency among ratings of therapist behavior, and to receive thematic feedback regarding overall user experience for the EFIT-AM.

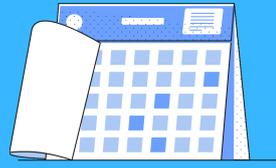
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## **Defining Career Development Success: What we can Learn from Young Women who aged-out of out-of-home care in Canada**

- Ashlee Kitchenham, José F. Domene

In Canada, young people who age-out of out-of-home care are recognized as one of society's most vulnerable populations. Indeed, research indicates that in comparison to non-care peers, young people who age-out of care experience distinct disadvantages. One such area of disadvantage particularly relevant to counsellors, educators and career practitioners is career development. The majority of the existing literature related to the career development of young people who age-out of care focuses on the abundance of career-related challenges and elucidates numerous deficits in these young people's career-related outcomes. However, there are young people who age-out of care who experience career development success. This raises an important question: How do young people who have aged-out of care and identify experiencing career development success conceptualize their success?

To address this question, this poster will describe how young people who age-out of care in Canada and experience career development success conceptualize their success, and provide recommendations for counsellors working with this population.



The poster draws on existing literature and findings from a qualitative study with five young women who aged-out of out-of-home care in Canada. Data was collected using open-ended, individual interviews and analyzed using Braun and Clarke's thematic analysis. Three primary themes (economic security, supportive work environment, and suitable career fit) and several corresponding sub-themes were revealed.

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