



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

## CCPA 2021 Virtual Conference / Congrès virtuel de l'ACCP 2021

Saturday, May 01

### Cultural Competency in Isolated Communities (The Need for Anti-Racist & Anti-Sexist Policy in Canadian Mental Health Programs)

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

60 minute presentation / Une présentation de 60...

Intermediate / Intermédiaire

**Jessica Bruhn**

Clinical Director, Re-Creation Healing

Jessica Bruhn has served as a clinical counsellor in remote Inuit and Indigenous communities and resides in Yellowknife, Northwest Territories. As a descendant of white African colonists, born into the colonial Canadian context, they work to reconcile their white privilege while being an effective ally and activist for the abolition of systemic racism and sexism in public mental health programs. This presentation is designed to reflect the challenges, awarenesses, and mechanisms that Bruhn has founded in her private practice, Re-Creation Healing, that navigates these barriers for effective mental health care. Utilizing a combination of EMDR, Dialectical Behavioural Therapy, Narrative therapy, ...

Saturday, May 01

### Restorative Storytelling: Exploring Testimony Giving with Survivors of The Genocide Against Tutsi of Rwanda Living in Edmonton

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

Introductory / Introductive

**Linda Kretizer**

Professor, University of Calgary

**Sophie Yohani**

Associate Professor, University of Alberta

Healing after genocide is a multi-dimensional and complex process, yet finding truth and justice are often seen as fundamental to healing processes. "Ubuhamya" refers to a narrative testimony of one's lived experience, which is viewed as an important educational tool, as well as a mechanism for personal and communal healing by survivors of the 1994 genocide against Tutsi of Rwanda. Despite the prevailing use of testimonies in healing and justice-based processes, little is known about the processes of giving testimony, or its impact on healing. This presentation discusses a pilot project conducted with survivors of the 1994 genocide against Tutsi ...

Saturday, May 01

## A Reductionist Approach to the Neuroscience of Addiction

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

60 minute presentation / Une présentation de 60...

Advanced / Avancé

**Christopher Ashton**

Program Director, TEDDs on Chapel

Breakthroughs in diagnostic imaging techniques and microbiology over the past 15 years are contributing to a new understanding and perspective on substance use disorders. While a complete and comprehensive model based on neurological and behavioral science have yet to emerge, a novel reductionist approach is proving extraordinarily efficacious as the framework for a residential treatment center. By understanding the complexity of addiction through exploration of its many component processes, clients are able to link deleterious thought processes and behaviors on the basis of neuroadaptations in active addiction and leverage neuroplasticity in the healing brain to achieve sustained remission.

Saturday, May 01

## Hidden Wounds: Identifying and Treating Moral Injury to Enable Post-Traumatic Growth

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

Introductory / Introductive

**Lorraine Smith-Macdonald**

Dr, University of Alberta

The construct of Moral Injury (MI) has been gaining significant interest in research and across the helping professions. Defined as the psychological, emotional, and spiritual harm which can occur when a person witnesses or perceives they violated a personal moral or value, MI has been associated with mental illnesses (e.g. Posttraumatic Stress Disorder, anxiety, depression), psychosocial challenges (e.g. substance abuse, suicidal ideation, familial breakdown), and professional impairments (e.g. compassion fatigue, burnout). This session will introduce the participants to the construct of MI, help counsellors be able to recognize MI in their clients and themselves, and offer trauma-informed evidence-based assessment and interventions ...

Saturday, May 01

## Imagination, Insight, and Narrative Identity: Mixed Methods Study of a New Creative and Self-Reflective Writing Task with Young Adults in Canada

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

Intermediate / Intermédiaire

**Jacob Lang**

Ph.D. Student, McGill University

Expressive arts therapies operate under the premise that creative activities offer opportunities to appraise and express memories or ideas that may be otherwise overwhelming due to their emotional charge. Rather than defaulting to avoidance, the client has a degree of control over the distance between consciousness and painful or troubling ideas to safely accrue insight. This is a hypothesized mechanism behind sand-tray and play therapies, which have been studied in samples ranging from adults in career counselling to adolescents with difficulties regulating emotion. Sand-tray therapists provide clients with a set of novel objects to include in a creative display and ...

Saturday, May 01

## Accompagnement en orientation à distance : Transfert de ses savoirs professionnels?

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

Introductory / Introductive

**Michel Turcotte**

819-208-1022

Des études menées au Québec (CEFRIQ, 2016 ; Turcotte et Goyer, 2017 ; Villeneuve, 2019) montrent que les conseillères et conseillers d'orientation faisaient un faible usage du numérique dans leur accompagnement en orientation. Toutefois, au cours de cette année, notre modalité d'intervention en orientation, traditionnellement faite en présentiel, a vu sa pratique profondément changer et se transformer en une pratique à distance, communément appelée la « télépratique ». Force est de constater que ces formes d'intervention et d'accompagnement à distance ont suscité un intérêt auprès des conseillères d'orientation mais aussi de leurs clients. Nous vous présenteront ce que des conseillers ...

Saturday, May 01

## Childbirth Trauma and The Implications on Maternal Mental Health

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

60 minute presentation / Une présentation de 60...

Intermediate / Intermédiaire

**Jennifer Summerfeldt**

Perinatal Mental Health Therapist, JS Coaching Group Inc. / ASK Therapy

The journey of becoming a mother impacts the experience of being a mother. There are many factors to consider when assessing and speaking about maternal mental health. Often, traumatic stress injuries due to complications throughout the childbearing continuum are not considered as contributing factors of PPMD. During this presentation, Jennifer Summerfeldt, author of *Healing After Birth: Navigating Your Emotions After A Difficult Childbirth*, will provide a trauma-informed perspective for PPMD.

Saturday, May 01

## Power Tools for Increasing Influence and Achieving Results

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

60 minute presentation / Une présentation de 60...

Introductory / Introductive

**Michelle Neustaedter**

Michelle Neustaedter Counselling

Participants will have a thorough understanding of the power of questions, helping clients find answers within themselves, and creating powerful motivation for change. They will know how to instantly build rapport and connect and how to be present and listen with intention. There are skill sets that Counsellors, Educators, Career practitioners, Community agencies, Universities and colleges, Employment services, and Policy makers will experience a shift in the ability to influence and empower those they lead to achieve greater results, solve problems, increase leadership skills, and improve engagement.

Saturday, May 01

## Positive Psychology Arts Activities: Creative Tools for Therapeutic Practice

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

60 minute presentation / Une présentation de 60...

Intermediate / Intermédiaire

**Olena Darewych**

Adjunct Faculty, Martin Luther University College - Wilfrid Laurier University

Positive psychology, also known as the science of well-being, is the study of human flourishing and optimal functioning of institutions. Since the inception of positive psychology, a number of subfields have developed, for example, positive education, positive psychotherapy, positive art therapy, and positive arts and humanities. Scholars and researchers in the subfield of positive arts have commenced exploring the intersectionality between positive psychology and the arts, and how the two approaches, in combination, can enhance individuals' mental health and wellness. This presentation describes action-oriented and reflective arts activities grounded in positive psychology frameworks that mental health practitioners can integrate in ...

Saturday, May 01

## Evaluating UPEI Student and Faculty/Staff Interest in WOOFs (Wellness Oriented Outreach for Students and Staff)

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

Introductory / Introductive

**Amy Macquarrie**

University of New Brunswick

WOOFs (Wellness-Oriented Outreach for Students and Staff) is a proposed comfort dog program put forth by Dr. Tracy Doucette, Chair, Psychology Department, at the University of Prince Edward Island, PE, Canada. The program seeks to provide comfort to students, staff, and faculty on campus while raising awareness of the various mental health programs available on campus. In 2019, Amy MacQuarrie, Honours student, under the supervision of Dr. Catherine Ryan, Professor, Department of Psychology, UPEI, and Dr. Tracy Doucette, conducted an exploratory study to evaluate student, faculty, and staff interest in the program as well as attitudes towards pets, the perceived ...

Saturday, May 01

## The Healing Journeys of Adult Survivors of Complex Trauma

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

60 minute presentation / Une présentation de 60...

Intermediate / Intermédiaire

**Serena George**

Assistant Professor, University of Northern British Columbia

This presentation will integrate knowledge from research and counselling practice to better understand the healing experiences of adult survivors of complex trauma. The lives and experiences of 12 adult survivors will be portrayed through the relational landscape of narrative inquiry. The themes and overarching metathemes that emerged from a three-phase narrative approach to analysis will be the focus of the discussion. The effects of early trauma and the hindering factors to healing will be explored to set the context for the discussion on healing and recovery. The perspectives and experiences of trauma survivors will be woven throughout the presentation to ...

Saturday, May 01

## Rescuing the Past: The LI TimeLine as a Mechanism of Transformation

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

Advanced / Avancé

**Sharon Macfarlane**

Childhood trauma can be wounding and leave one's identity fragmented. A person's internal experience of self can remain unstable, and be experienced as foreign or dangerous. Talk therapy can produce change in identifying and acknowledging these wounds, but can be insufficient in realizing true integration of selves for internal transformation. The question remains, what therapeutic mechanisms can transform these wounds into a source of healing and flourishing? The present project sought to answer this question through a case study structured as a self-experimentation hermeneutic single-case efficacy design (auto-HSCED) investigating the use of lifespan integration (LI) therapy in addressing issues with ...

Saturday, May 01

## Reflection and Readiness: Shared Benefits of Using an Oral Final Evaluation to Assess Counsellor Competency

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

Intermediate / Intermédiaire

**Kelly Brenton**

Lecturer, Acadia University

**Tanya Surette**

Assistant Professor, Acadia University

The COVID-19 pandemic has impacted educational systems worldwide, shifting everything from pedagogy to learning environments. The emerging needs and complexities presented during this time has challenged long-standing practices, requiring creativity and innovation to adapt in the midst of uncertainty and accelerated change. This has been the reality within graduate counselling programs where coursework and internships were interrupted, and the counselling environment altered. In the face of such changes, the critical assessment and evaluation of pre-service counsellor competence remains a high priority of counsellor educators. This presentation outlines the practice of adopting an Oral Final Evaluation (OFE) of post-practicum graduate counselling ...

Saturday, May 01

## We Matter – An Indigenous Mental Health Movement for Youth

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

60 minute presentation / Une présentation de 60...

Introductory / Introductive

**Danika Vessel**

Outreach & Programs Administrator , We Matter

Across our Indigenous communities, mental health, addiction, suicide, and bullying are such major concerns, both with youth and adults. A weekend seminar or a single gathering won't solve these issues, rather we need to build a sustained movement around mental health in every single one of our communities across Canada. It is possible to have safe and consistent mental health support available to anyone who needs it, at any time of the day – and this is We Matter's goal. We Matter is full of resources that are designed to empower community members feel confident to speak about mental health, ...

Saturday, May 01

## Integrated Mental Health and Wellness Supports : Reducing Disruption in Mental Health Care During a Pandemic

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

60 minute presentation / Une présentation de 60...

Introductory / Introductive

### Bina Nair

Child and Adolescent Psychiatrist, Terra Centre for Teen Parents

### Chandra Ashton

Lead Clinician, Mental Health Supports for Teen Parents Program, Terra Centre for Teen Parents

In 2017, Terra Centre for Teen Parents integrated mental health services in to the supports they provide to teen-parented families. This approach allowed for a focus on reducing barriers for young parents in accessing counselling and Psychiatric care, built capacity among staff to meet the ongoing needs of their families whether or not young parents on their caseload were accessing our program, and enhanced the already existing supports provided through our Housing, Education, Child Care, and Outreach programs. There were many unintended benefits to integrating mental health and wellness supports into our programming, one of which was the lack of ...

Saturday, May 01

## "Later in Life Lesbians:" Romantic Orientation Transitions of Women in Middle Adulthood

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

Introductory / Introductive

### Malory Beazley

Registered Counselling Therapist - Candidate, Colchester Sexual Assault Centre

"Later in life lesbians" describes a phenomenon by which once-heterosexual-identified women adopt a lesbian identity in middle adulthood, often after being in a long-term heterosexual marriage and raising children. Scholars are devoting an increasing amount of research to the study of women's sexual and romantic orientation transitions, however, limited attention is given to the unique needs of this population in counselling. In this presentation, I will explain the differences between sexual and romantic orientation, discuss how women's sexuality can change across the lifespan, examine how "compulsory heterosexuality" significantly limits women's sexual and romantic evolution, and discuss the implications for counselling.

Saturday, May 01

## Flourishing and Resilience in Blended Family Therapy

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

Intermediate / Intermédiaire

### Stephanie Larrue

RP, CCC, PhD. Candidate, Université Saint-Paul

How Spirituality and Meaning Can Contribute to Flourishing and Resilience in the Face of Adversity in Blended Family Therapy – Preliminary Results from a Pilot Study An online pilot study was conducted during the pandemic in 2020 with blended families. New skills were taught to these families with the aim of strengthening their family bonds. Online one-on-one family workshops were delivered, grounded in three family therapy models: 1- Satir's Systemic Family Therapy (Satir, 1991), a holistic therapy that encompasses the intertwining of intrapsychic and interpersonal modalities for family therapy; 2- Emotionally Focused Family Therapy (EFFT; Johnson & Lee, 1999), an ...

Saturday, May 01

## The Demographics of Male Survivors of Sexual Abuse. Their Histories, Stories and Emotions are More Varied and Darker than Cultural Stereotypes.

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

60 minute presentation / Une présentation de 60...

Intermediate / Intermédiaire

**R. Hellmut Noelle**

Mr., CCPA

In the recent years, the “Me too” movement caught our attention. In this seminar, you will be able to hear about another “Me too,” a portion that is rarely heard and sometimes silenced, the stories of the male survivors of sexual abuse. Since 2008, Hellmut Noelle has been working with male survivors at the Family Resource Centre in Vernon BC. Over the years as part of the detailed intake process, we heard about the ages and gender of the perpetrator(s), the years of silence and the oft times disparaging response of families and institutes. Then there is the complex, intense ...

Saturday, May 01

## Emotion Regulation and Interoceptive Awareness in Mood Disorders: Exploring Change with an Intervention of Emotionally-Focused Individual Therapy

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

Intermediate / Intermédiaire

**Stephanie Kale**

Graduate student (MA Candidate), Saint Paul University

Many people with mood disorders such as depression and anxiety suffer from debilitating affective, cognitive, and somatic symptoms, and are unable to find relief despite numerous existing evidence-based therapeutic approaches. Furthermore, significant overlap exists in the precipitating and perpetuating factors of these mood disorders. Attachment-based literature notes that, along with hereditary factors, insecure attachment history plays a role in the development of mood and anxiety disorders, as important developmental skills related to emotion regulation may have been missed. Studies have also shown that interoceptive dysregulation—or a dysregulation of the body’s felt sense—is common in mood disorders and anxiety: with anxiety, ...

Saturday, May 01

## Universal Wellness Theory

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

Introductory / Introductive

**Stephanie Ramsay**

The session is an introduction to the Universal Wellness Theory which aims to provide a framework for mental health initiatives on a personal, community, and country level. Easily combined with other theories, the Universal Wellness Theory focuses on preventing and treating some types of mental illness such as anxiety and depression.

Saturday, May 01

## An Accelerated Emergence of the Self: The Drive toward Self-Righting and Experience of Personal Growth during the Coronavirus (COVID-19) Pandemic

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

Introductory / Introductive

**Andrew Joseph**  
Mr., AEDP Institute

**Hillary McBride**  
Psychologist, University of British Columbia

Research within the field of positive psychology has demonstrated the potential for individuals to grow and flourish psychologically and spiritually through adversity. While the coronavirus (COVID-19) pandemic has created an unprecedented physical and mental health crisis on an international scale, research exploring individuals' experiences of positive psychological and spiritual growth has not yet been investigated. A qualitative phenomenological methodology was used to explore the meaning and experience of personal growth and transformation that occurred for adults during the COVID-19 pandemic lockdown phase. Data was gathered using semi-structured in-depth interviews and interviews were analyzed using Van Manen's methodological approach to hermeneutic ...

Saturday, May 01

## Mental Health of Chinese Children and Teenagers after Covid 19 Quarantine

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

Advanced / Avancé

**Alejandra Castro**  
LPC, Shanxi Evergreen China

After Covid 19 started in Wuhan China, the whole country went into compulsory quarantine. Quarantine started on most of the cities on January 23, 2020. This was the week of Chinese New year celebration and during the second mayor school holidays for Chinese students. Students weren't able to return to presencial classes until June 2020. And they were required to attend online classes with other 50/60 classmates using an online platform that didn't allow interactions with teacher or classmates. So they were passive listening classes during a school day of 8 or more hours. Many open the online platform but ...

Saturday, May 01

## Brainspotting: Where You Look Affects How You Feel!

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

60 minute presentation / Une présentation de 60...

Intermediate / Intermédiaire

**Allyson Coleman**  
Ms, Private Practice

Brainspotting™ (BSP) is a therapeutic intervention that uses points in the client's visual field to access and process trauma being held maladaptively in the subcortical brain and body. This intervention was developed by Dr. David Grand in 2003 and has grown to an international trauma intervention in over 50 countries around the world with over 16,000 therapists trained. BSP has been found to be effective for not only treating trauma but also symptoms across the mental health spectrum, as well as performance enhancement. BSP utilizes individual neurobiology and attachment to set a relational frame that allows for processing through relevant ...



Saturday, May 01

## Risk and Professional Liability Exposures for Counselling Professionals

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

**Tara Scullion**

BMS Canada Risk Services Ltd.

How much do you know about the risks and liability associated with your work as a Counsellor/Psychotherapist? Join BMS, CCPA's member insurance program broker, as they discuss the CCPA professional liability insurance and types of claims you as a Counsellor or Psychotherapist could face. Learning objectives: Discuss the leading disciplinary and negligence allegations against Canadian counselling professionals. Identify the key features of professional liability insurance coverage and describe how these protect Counsellors/Psychotherapist. Discuss possible risks involving telehealth services and Cyber Security and Privacy Liability Insurance coverage.

Saturday, May 01

## CACEP Standards for the Accreditation of Counsellor Education Programs in Canada: An Update on Approved Changes

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

60 minute presentation / Une présentation de 60...

**Pamela Patterson**

Professor, Adler University

**Sharon E. Robertson**

Professor, University of Calgary

**William Borgen**

Professor, UBC

Recognizing that changes have occurred in the counselling, psychotherapy, and counsellor education landscape since the inception of CACEP in 2003, CCPA created an Advisory Committee to update and rejuvenate CACEP's accreditation standards and processes. In this session, we outline revised accreditation standards approved by the CCPA Board of Directors in March 2021.

Saturday, May 01

## "How Anansi Got Their Stories – A Caribbean Folk Tale"

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

60 minute presentation / Une présentation de 60...

Intermediate / Intermédiaire

**Michelle J. Buckle**

Registered Psychologist & Dramatherapist, MJB Psychological Services Ltd.

Anansi is the Keeper of Stories, the trickster, and the teacher, embodying the wisdom of all stories, often in the form of a spider. Anansi is one of the most important characters of West African and Caribbean folklore. Celebrated as a symbol of slavery resistance and survival, Anansi turns the tables on their powerful oppressors using their cunning and trickery, a model of behaviour used by slaves to gain the upper hand within the confines of the plantation power structure. My autoethnographic performance invites the audience into individual and collective experiences of historical trauma and resilience as Anansi weaves their story into ...

Saturday, May 01

## The Lived Experiences of Online Therapists Maintaining Ethical Boundaries

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

Introductory / Introductive

**Talia Singer**

The provision of counselling and psychotherapy using technology (i.e. tele-counselling or e-therapy), is a relatively new medium for providing psychotherapy and gaining popularity in a world since the Covid 19 pandemic. With so many tech options available, it was incumbent on professional licensing and governing organizations for mental health professionals to provide guidelines for ethical practice. These guidelines, however, cannot begin to describe the unique practice-based challenges practitioners face in their virtual offices. This qualitative research interviewed 10 different practitioners to understand their unique experiences with maintaining ethical boundaries with their clients in the virtual world.

Saturday, May 01

## Ne Kwin Dist Ggan (The Light is Lit Again): Healing Trauma in the Wet'suwet'en Nation with Indigenous Focusing Oriented Therapy

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

Intermediate / Intermédiaire

**Sarah Panofsky**

Trauma and intergenerational trauma resulting from colonial processes have had a devastating impact among Indigenous communities in Canada propelling health inequities experienced by Indigenous peoples. The Wet'suwet'en nation is taking a unique approach to healing trauma in their nation through strategic implementation of Indigenous Focusing Oriented Therapy (IFOT). This nation is using IFOT as the foundation of their wellness strategy. To comprehend the complexity of the impacts of trauma on Wet'suwet'en wellness, we developed a collaborative narrative research project to explore how the IFOT approach addresses trauma and its alignment with Wet'suwet'en wellness. Based upon Indigenous methodologies and supported by ...

Friday, May 07

03:00 PM - 04:00 PM

## Inspire – Chris' Story / Inspirer

English / Anglais \* Eastern Time Zone (ET) / Heure de l'Est! (HE)

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

60 minute presentation / Une présentation de 60...

**Chris Cull**

Through pure honesty and passion, Chris Cull 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. 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 ...

Thursday, May 13

11:00 AM - 06:00 PM

## **P1 – A Primer on Clinical Supervision for Counsellors and Psychotherapists: Enhancing Professional Development of New Challenges via Establishment of a Framework for Informed Supervision**

NOTE: This session is FULL. No further registrations are being accepted.

PRE-CONFERENCE WORKSHOPS / ATELIERS DE PRÉ-CONGRÈS

Full-Day / Journée entière

Introductory / Introductive

**Blythe Shepard**

University of Lethbridge

**Lori Rudniski**

Manitoba & Nunavut Regional Director, CCPA

P1 This one-day introductory workshop is designed to offer a conceptual framework for best-practice clinical supervision. Target participants are those who are interested in contributing in a supervisory capacity to the professional preparation of pre-service students (who are engaged in practicum and/or internship as components of formal study) and/or the continued professional growth of in-service professionals (who may be seeking professional registration/licensure). Employing a combination of didactic and interactive components, the workshop provides broad brushstrokes of the concepts and considerations salient to the practice of clinical supervision. The workshop content is based on the premise that before we may profitably seek ...

Thursday, May 13

11:00 AM - 02:00 PM

## **P3 - ABC... Respirez : promouvoir la santé mentale positive chez les jeunes enfants**

PRE-CONFERENCE WORKSHOPS / ATELIERS DE PRÉ-CONGRÈS

Half-Day / Demi-journée

Introductory / Introductive

**Brigette L'heureux**

Directrice générale, Fédération des parents de la francophonie manitobaine

**Hélène Archambault**

Dre, Université de Saint-Boniface

P3 Hélène Archambault, Ph. D., professeure agrégée à la Faculté d'éducation et des études professionnelles de l'Université de Saint-Boniface en partenariat avec la Fédération des parents du Manitoba et en collaboration avec des partenaires de la communauté investissent dans la conception d'ateliers éducatifs pour promouvoir la santé mentale chez les jeunes enfants âgés de 0 à 5 ans. Cette présentation vise à présenter l'évolution de ce projet éducatif et des prochaines étapes subséquentes.

Thursday, May 13

11:00 AM - 02:00 PM

## P4 - Build Your Own Resilience Plan

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

PRE-CONFERENCE WORKSHOPS / ATELIERS DE PRÉ-CONGRÈS

Half-Day / Demi-journée

Introductory / Introductive

### Maureen Pollard

Social Worker, Maureen Pollard Social Work Services

P4In our work, we are regularly exposed to stress and trauma, which takes a toll on our well-being. We need good strategies and practices to maintain our health and strive for balance throughout our career. In this session, participants will learn 10 evidence-based factors in personal resilience. Throughout the session there will be opportunities to participate in hands-on exercises designed to support the development of a dynamic personalized resilience strategy using these 10 factors. Tools and resources will be provided to create individual action plans that are flexible and workable even with a hectic schedule.

Thursday, May 13

11:00 AM - 02:00 PM

## P5 - Time for Serious Play. An Experience of Expressive Arts to Step Back from Challenges and to Imagine Possibilities

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

PRE-CONFERENCE WORKSHOPS / ATELIERS DE PRÉ-CONGRÈS

Half-Day / Demi-journée

Introductory / Introductive

### Janet Stalenhoef

Art Therapist, [www.artiswell.com](http://www.artiswell.com)

### Mary Norton

Dr., Heart Space Art Therapy

P5Engaging in serious play through expressive arts invites us to tune into our imaginations, step back from challenges, and see new possibilities. Expressive arts therapy integrates image making, music making, movement, writing and other art making process to deepen the experience of each modality and widen awareness. Expressive arts approaches can support people to address serious challenges to well-being while also tapping into sources of wellness and resilience. Drawing from our experiences co-facilitating Time for Serious Play workshops, we will invite participants into an expressive arts process. This will start with a mindful exploration of a personal question, wondering or ...

Thursday, May 13

03:00 PM - 06:00 PM

## P6 - Working with Animals in Practice

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

PRE-CONFERENCE WORKSHOPS / ATELIERS DE PRÉ-CONGRÈS

Half-Day / Demi-journée

Intermediate / Intermédiaire

### Eileen Bona

President, Animal Assisted Therapy Chapter

P6 This session will inform practitioners of the value of including animals into their practices as well as outline the ethics, guidelines and 'how' to go about it safely and effectively. The session will highlight the research, benefits and intricacies of how working in the mediums of animals and in a natural setting allows people to see themselves as they are, build awareness of their strengths, recognize their triggers and patterns and build their resilience through the unconditional acceptance and genuine feedback of sentient beings.

Thursday, May 13

03:00 PM - 06:00 PM

## P7 - Applying Trauma-Informed Mindfulness, in Session

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

PRE-CONFERENCE WORKSHOPS / ATELIERS DE PRÉ-CONGRÈS

Half-Day / Demi-journée

Introductory / Introductive

### Melissa Jay

Psychologist, Canmore Counselling Inc.

P7 Join Dr. Melissa Jay to learn how to apply trauma-informed mindfulness, as a support to your clients. Participants will learn key principles and strategies for working with trauma that apply to a diverse range of experiences and which can be applied to all ages, within the context of yoga offerings. Teachings will be based on relevant research and literature related to trauma, neuroscience, and the ancient mindfulness.

Thursday, May 13

03:00 PM - 06:00 PM

## P8 - An Integrated Model for Training Psychotherapists

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

PRE-CONFERENCE WORKSHOPS / ATELIERS DE PRÉ-CONGRÈS

Half-Day / Demi-journée

Introductory / Introductive

### Sam Berg

Assistant Professor of Counselling, Briercrest College and Seminary

P8 What do students need to learn in order to be ready to enter the profession of psychotherapy? This presentation will describe an integrated model for the practice of psychotherapy. The theoretical base is a description of what it means to be a person in community, and the concomitant aspects of inter- and intra-personal being. The interpersonal aspect is informed by family systems theory, and the intrapersonal aspect is informed by the basic psychodynamic theory including the rational, volitional, and emotional functions. This theoretical base forms the foundation for the application of therapeutic practices derived from primarily narrative therapy practices. This ...

Thursday, May 13

03:00 PM - 06:00 PM

## P9 - Perinatal Mood and Anxiety Disorders (PMADs): Assessment, Treatment and Practice.

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

PRE-CONFERENCE WORKSHOPS / ATELIERS DE PRÉ-CONGRÈS

Half-Day / Demi-journée

Introductory / Introductive

**Kristine Aanderson**

**Mallory Becker**

Registered Psychologist, Pine Integrated Health Centre

P9The 2018/2019 Statistics Canada report determined that 1 out of 4 Canadian mothers experience postpartum depression and/or anxiety in the first year of a baby's life, while 1 in 3 moms in Nova Scotia, and 1 in 3 moms under the age of 25 experience PMADs. PMADs are the number one obstetrical complication and among the leading cause of maternal deaths and suicides. Furthermore, more mothers suffer from PMADs than there are new cases of breast cancer and the combined number of new cases annually for men and women of tuberculosis, leukemia, multiple sclerosis, parkinson's disease, alzheimer's disease, lupus, and ...

Friday, May 14

09:45 AM - 11:30 AM

## Opening Ceremonies & Keynote "A Good Mind, a Strong Mind: Understanding the Indigenous Health Care System" / Cérémonies d'ouverture et présentation « Un bon esprit, un esprit fort : Comprendre le système de santé autochtone »

English / Anglais

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

Sponsored by / Parrainé par - bms.

Opening Ceremonies / Cérémonies d'ouverture

**Dr. James Makokis**

Canada's Two Spirit, Diversity, Indigenous Health and First Nation Expert, Kehewin Health Services, The Centre for Addiction and Mental Health (CAMH)

Our opening ceremonies will take place starting at 9:45 AM ET on May 14th, lasting until about 10 minutes before our keynote from Dr. James Makokis. Our opening ceremonies and conference welcome will include our Elder in Residence opening with a land acknowledgement, some important housekeeping items, our Presidential Award presentation and a special song from artist and songwriter Emma Stevens. In this keynote, 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 ...

Friday, May 14

12:30 PM - 01:30 PM

## A1 - Compassion Satisfaction - Coping with Secondary Traumatic Stress / A1 - La satisfaction de compassion – Gestion du stress traumatique secondaire

English / Anglais

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

SIMULTANEOUS INTERPRETATION / INTERPRÉTATION SI...

50 minutes presentation & 10 minutes Q & A / Un...

Intermediate / Intermédiaire

### Charles Chenard

Counsellor, Strathcona County Family and Community Services

A1This presentation objective is to learn healthy ways to cope/respond to secondary traumatic stress (STS) and maintain (or re-obtain) compassion satisfaction. STS is a common occupational hazard in counselling; this presentation will give concrete ways to identify STS effect on us to prevent burn out or compassion fatigue. Dispositional mindfulness, restorative embodied self-awareness and self-compassion exercises will be part of the presentation. A1Cette présentation a pour but de faire comprendre qu'il existe des façons saines de réagir à l'usure de compassion (stress traumatique secondaire, STS) et de maintenir (ou de rétablir) la satisfaction de compassion. Le STS est une maladie professionnelle ...

Friday, May 14

12:30 PM - 01:30 PM

## A2 - Counselling for Radical Hope in the Context of Unprecedented Uncertainty

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

25 minute presentation & 5 minutes Q & A / Une...

Intermediate / Intermédiaire

### Breanna Lawrence

Assistant Professor, Brandon University

### Rebecca Hudson Breen

Assistant Professor, University of Alberta

A2In this session we explore professional counselling issues related to unprecedented uncertainty. Women and youth tend to be particularly disadvantaged in the workforce, increasingly facing unemployment, underemployment, inequality, and instability. Counsellors and educators are also coping with the overwhelm, stress, and uncertainty that impacts those we work with. In the context of pressing significant threats that include the COVID-19 pandemic, climate crisis, and systemic racism, we discuss what Lear (2006) terms radical hope; that which is "directed toward a future goodness that transcends the current ability to understand what it is" (p. 103). Drawing on concepts of decent work, purpose, ...

Friday, May 14

12:30 PM - 01:30 PM

## A3 - Creating Calm: A Whole Family Approach to Managing Stress and Anxiety

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

50 minutes presentation & 10 minutes Q & A / Un...

Intermediate / Intermédiaire

**Meg Kapil**

A3 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 ...

Friday, May 14

12:30 PM - 01:30 PM

## A4 - The Happy Brain – A Review of the Conceptual Framework of Mental Hygiene and its Implications for Public Mental Health Promotion.

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

50 minutes presentation & 10 minutes Q & A / Un...

Introductory / Introductive

**Guillaume Tremblay**

Lead Nurse Practitioner, The Royal Ottawa Health Care Group

**Nicole Rodrigues**

Research Coordinator, The Royal

**Sanjiv Gulati**

Forensic Psychiatrist, The Royal

A4 Promoting mental health and targeting ways to improve mental well-being is one of the greatest challenge of the 21st century. In Canada, 1 in 5 people will experience a mental illness in their lifetime. This challenge has become further heightened by the COVID-19 global pandemic, which consensus data suggest is negatively impacting mental health worldwide. Innovative, practical, and evidence-based strategies that strengthen the promotion of public mental health are needed now more than ever to address the decline we are faced with. In many areas of health promotion, various public health agencies and organizations offer clear and concise recommendations to ...



Friday, May 14

12:30 PM - 01:30 PM

## A5 -1 - Counseling Across Cultures: The Need for Specialized Training / A5 -2 - Decolonizing Mental Health Practices

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

Combined Sessions / 25 minute presentation & 5 ...

Intermediate / Intermédiaire

### Paula Lazarim

PhD Student in counselor education, University of Tennessee

### Pavna K. Sodhi

Psychotherapist/Adjunct Professor/Author, University of Ottawa

### Pavna K. Sodhi

Psychotherapist/Adjunct Professor/Author, University of Ottawa

A5-1 Counseling researchers have stressed the need to improve cultural competence to better address multiple issues related to pluralistic societies, and long-term opportunities for social justice and intercultural competencies development should integrate counselor students' preparation. Counselor education (CE) and counseling students' preparation to approach diversity and counseling across cultures has mostly emphasized multicultural learning through theoretical instruction and short-term experiential activities. Based on these assumptions, the author of this presentation will share a training model that incorporates intercultural approach, social justice, and community-based learning for better cultural competency, specific skills development, and relatedness to contemporary cultural constructs. In providing relational perspective ...

Friday, May 14

12:30 PM - 01:30 PM

## A6 - Interrupting Institutional Heteronormativity: School Counsellors' Role in Advocating for Students with Diverse Gender Identities and Sexual Orientation

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

25 minute presentation & 5 minutes Q & A / Une...

Introductory / Introductive

### Tanya Surette

Assistant Professor, Acadia University

A6 - Level: Introductory 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. Using narrative interviewing, this qualitative study provided an opportunity to visit the lived experiences of 6 current sexually and gender diverse high school students and their encounters with heteronormativity at school. Through ...

Friday, May 14

02:30 PM - 03:30 PM

## **A7 - Using Digital Health in Trauma-Affected Populations: What do we Know, and What do we need to Know? / A7 - Le recours aux soins de santé à distance auprès des populations touchées par un traumatisme : que savons-nous et que devrions-nous savoir?**

English / Anglais

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

SIMULTANEOUS INTERPRETATION / INTERPRÉTATION SI...

50 minutes presentation & 10 minutes Q & A / Un...

Intermediate / Intermédiaire

**Lorraine Smith-Macdonald**

Dr, University of Alberta

A7As a result of COVID-19, therapists around the world found themselves being required to rapidly move their clinical practices from in-person to using digital health platforms (i.e. telephone, videoconferencing). While most clinicians have been able to adapt, significant questions still remain regarding the use of digital health for psychotherapeutic means, especially for vulnerable populations such as trauma-affected populations. Given the complexity of care usually associated with trauma therapy, careful considerations should be taken to ensure that digital health counselling is effective. This session will (1) review a systematic scoping review of the use of digital health with trauma-affected populations of ...

Friday, May 14

02:30 PM - 03:30 PM

## **A8 - Indoor Bodies - How To Best Support Clients With Eating Disorders During The Pandemic**

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

50 minutes presentation & 10 minutes Q & A / Un...

Introductory / Introductive

**Annina Schmid**

Annina Schmid Counselling

A8This presentation offers best practices, ideas and conversational strategies to therapists who work with clients with eating disorders or disordered eating while many of us are spending more time at home than ever before. Mention will be made of concurrent substance use and the workshop material will be discussed through a feminist, anti-oppressive lens.

Friday, May 14

02:30 PM - 03:30 PM

## A9 - Innerwork for Couples: A Polyvocal and Multidimensional Approach

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

50 minutes presentation & 10 minutes Q & A / Un...

Intermediate / Intermédiaire

**Avraham Cohen**

Adjunct Faculty, Adler University

**Heesoon Bai**

Professor, Simon Fraser University

A9 Innerwork for Couples: A Polyvocal and Multidimensional Approach Presenters: Avraham Cohen, Ph.D., R.C.C., C.C.C. Heesoon Bai, Ph.D., R.C.C. Our Interactive 60 minute workshop offers the innerwork-based couples counselling modality. This modality makes an epistemic commitment to the idea that we perceive, feel, and think who we are, and therefore whatever we have to say about the other—our partner or spouse—is at least as much about us (the self) as them (the other). Having relocated the source of our perception and knowledge back to ourselves, then, the next step is to work through the relational issues we face in terms of ...

Friday, May 14

02:30 PM - 03:30 PM

## A10 - Les processus d'intégration professionnelle et de maintien au travail des femmes cadres : des enjeux aux stratégies

LIVE CONCURRENT SESSIONS / SÉANCES SIMULTANÉES

...

50 minutes presentation & 10 minutes Q & A / Un...

Intermediate / Intermédiaire

**Emilie Giguère**

professeure, Université Laval

A10 Cette communication propose de rendre visibles les contraintes de l'organisation du travail, la souffrance au travail et les stratégies défensives mises en œuvre par les femmes cadres pour s'intégrer et se maintenir au travail. L'étude repose sur une méthode qualitative à partir d'entrevues individuelles auprès de 51 femmes cadres. Les résultats révèlent que les formes de souffrance au travail ainsi que les contraintes de l'organisation du travail d'encadrement amènent les femmes cadres à construire différents compromis et stratégies défensives pour s'intégrer et se maintenir au travail qui ont des implications au niveau de leur construction identitaire : l'humilité stratégique, l'endurance ...

Friday, May 14

02:30 PM - 03:30 PM

## A11-1 - Dogs to the Rescue / A11-2 - The Value of Animal Friendships

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

Combined Sessions / 25 minute presentation & 5 ...

Intermediate / Intermédiaire

Introductory / Introductive

### Azra Alibhai

Social Worker, ABLE2:Support for People with Disabilities

### Kelly Jorgenson

Therapist, Red Deer Therapy Inc.

A11-1 - Dogs to the Rescue: A Historical and Contemporary Analysis of Animal Assisted Interventions amid the Pandemic  
Level: Intermediate  
Mental health issues will be the leading cause of disability, morbidity, and mortality across vulnerable populations (World Health Organization, 2019). There is increasing policy recognition that the alleviation of poor mental health, social isolation, and loneliness across vulnerable populations (e.g., children, refugees, seniors, people with visible and invisible disabilities, indigenous populations), should be prioritized due to the historic rise of mental health disorders and the effects of the coronavirus pandemic. Canada's health care system has struggled to meet the unique challenges experienced ...

Friday, May 14

02:30 PM - 03:30 PM

## A12 - Integrating Hope-focused Practices into Schools for Life and Career Development

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

50 minutes presentation & 10 minutes Q & A / Un...

Introductory / Introductive

### Chelsea Hobbs

Student, University of Alberta

### Kenneth Murdoch

Ph.D Candidate, University of Alberta

### Rebecca Hudson Breen

Assistant Professor, University of Alberta

A12  
Contributing Authors: Cass Thorpe, Jiwon Lee, Amy Badger, Natalie Kuhn, Averi Iwaniuk, Kate Holmlund, Najla Rahall, Wendy Edey, Regan Holt, Natalie Soulodre  
Hope is a sustaining force in the lives of adults working with young people in high-stress work contexts (Murdoch & Larsen, 2018). Every day, teachers are tasked with maintaining a positive learning environment in the face of stressful classroom circumstances, broader organizational pressures, and now a public health crisis (Gray et al., 2017). The role of hope as a resource within educational contexts has garnered an abundance of research attention. For teachers, hope is an important factor in navigating ...

Friday, May 14

04:30 PM - 05:30 PM

## A13-1 - Navigating Uncertainty: Building Youth Resilience & A13-2 - Navigating Validation, Social Justice, and Resilience during Difficult Times

A13-1 - Naviguer dans l'incertitude : renforcer la résilience des jeunes & A13-2 - Naviguer la validation, la justice sociale et la résilience en période difficile

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

SIMULTANEOUS INTERPRETATION / INTERPRÉTATION SI...

Combined Sessions / 25 minute presentation & 5

...

Intermediate / Intermédiaire

### Alexandra Paiva

Graduate student , Brandon University

### Breanna Lawrence

Assistant Professor, Brandon University

### Nathan Thompson

When The World Is Falling Apart: Navigating Validation, Social Justice, and Resiliency During Difficult Times, Block House Counselling Services

### Nathan Thompson

When The World Is Falling Apart: Navigating Validation, Social Justice, and Resiliency During Difficult Times, Block House Counselling Services

A13-1 - Level: Intermediate During this session we explore youth well-being and counselling implications to consider during our "new normal." Based on a recent qualitative study conducted during the initial stages of the COVID-19 health pandemic, we will describe the impact on youth mental health and well-being and make counselling recommendations. Youth experienced significant disruptions to their daily routines, due to profound changes to school and family practices. This context of ambiguity and stress posed risks to well-being and, in some cases, led to a profound sense of uncertainty and isolation. We specifically discuss youth with both learning and mental health ...

Friday, May 14

04:30 PM - 05:30 PM

## A14 - All-Nations Virtual Drum Circle

LIVE CONCURRENT SESSIONS / SÉANCES SIMULTANÉES

...

60 minute presentation / Une présentation de 60...

### Randy White

Presenter, Indigenous Circle Chapter

The Indigenous Circle Chapter (ICC) is pleased to invite you to an All-Nations Virtual Drum Circle. We are so delighted to be able to continue our annual tradition of hosting an All-Nations Drum Circle for CCPA members and delegates at the national conference, only in a new way with a new technology this year. We hope you will join us to gather, connect, and share in songs and drumming. The All-Nations Drum Circle will be hosted by Elders and Knowledge Keepers from the ICC, who will guide us through the sharing of songs. In order to ensure everyone has a ...

Friday, May 14

04:30 PM - 05:30 PM

## A15 - Refreshing Your Ethical Practice

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

50 minutes presentation & 10 minutes Q & A / Un...

Intermediate / Intermédiaire

### Michael Sorsdahl

Psychologist, Juvenation Wellness

### Roberta Borgen (Neault)

President, Life Strategies Ltd.

A15 Maintaining ethical practice is important for both novice and experienced Counsellors and 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 ...

Friday, May 14

04:30 PM - 05:30 PM

## A16 - Video-Conferencing Clinical Supervision of Rural, Remote and Northern Counsellors to Mitigate Compassion Fatigue

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

Combined Sessions / 25 minute presentation & 5 ...

Advanced / Avancé

### Micheala Slipp

Counsellor, Art Therapist, Clinical Supervisor, Professor, Adler University, Athabasca, Private Practice

Level: Advanced A16-1 - This session will summarize the dissertation research results of a mixed methods quantitative-qualitative explanatory sequential research project informed by transformative and feminist epistemology. The research investigated the patterns of engagement in clinical supervision among Canadian professional counsellors across the career span, with a particular sub-focus on the experiences of those in rural, remote, and northern contexts. It also sought to understand how video-conferencing-based clinical supervision can support rural, remote, and northern counsellors to enhance wellness and mitigate compassion fatigue. Of the 125 survey respondents, 55% indicated that they do not have a clinical supervisor. Of those who ...

Friday, May 14

04:30 PM - 05:30 PM

## A17 - The Link Between Sexual Assault and Suicide

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

50 minutes presentation & 10 minutes Q & A / Un...

Introductory / Introductive

### **Sherrie Allsup**

CEO/Founder, Courage Starts With You

### **Wiley Gammon**

Chief of Police, Atlanta Metropolitan State College

A17During this presentation we will discuss the link between the epidemic of sexual assault and suicide on college campuses. We know that sexual assault on college campuses has risen 1000% (yes, one thousand) in the past five years while suicide is currently the second leading cause of death among our college students. We will explore the connection between sexual assault prevention and suicide. This presentation is co-taught by the unlikely duo of a long term sexual assault, trauma and suicide attempt survivor and a college Chief of Police.

Friday, May 14

04:30 PM - 05:30 PM

## A18-1 - More Than Just A 'Safe Space': How To Make Your Practice LGBTQ2S+ Inclusive / A18-2 - The Experiences of Transgender or Gender Non-Conforming People Participating in a Non-affirming Religion - An IPA inquiry

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

Combined Sessions / 25 minute presentation & 5

...

Intermediate / Intermédiaire

Introductory / Introductive

### **Alice Curitz**

Founder & Clinical Director, Our Landing Place Therapy Collective

### **Rachael Babcock**

Ms., Athabasca University

A18-1 - Level: IntermediateA workshop for Counsellors, Psychologists and other professionals. This workshop will cover: -Understanding less commonly understood LGBTQ2S+ terms and the intersections of marginalization and celebration within the LGBTQ2S+ community -How unintentionally gendered and heteronormative language in your website, forms, and interactions impacts queer, transgender and polyamorous clients (and what do to about it) -How to best support your LGBTQ2S+ clients and their families -How to take your allyship to the next level -Live Q&A  
Facilitator: Alice Curitz, MA RCC CCC Alice (she/her) is a queer counsellor with over ten years of experience leading workshops on LGBTQ2S+ issues ...

Friday, May 14

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

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

60 minute presentation / Une présentation de 60...

Introductory / Introductive

### Lauren Groves

Registered Psychologist, Ignite Counselling & Wellness Services

### Michelle Kennedy

Registered Psychologist, Ignite Counselling & Wellness Services

Through an anti-oppressive, social justice, and intersectional feminist lens participants will learn ways of integrating body liberation, weight neutrality and size acceptance to create stronger and more trusting therapeutic relationships with clients of all sizes. Crafted from Body Trust, Intuitive Eating and Health at Every Size approaches this workshop will 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 therapeutic environment. Facilitators Lauren Groves (Registered Psychologist and Certified Body Trust Provider) and Michelle Kennedy (Registered Psychologist) will also guide participants in exploring how our ...

Friday, May 14

## Practicing AEDP during the COVID-19 Pandemic to Decrease Patient Aloneness and Increase Resilience

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

30 minute presentation / Une présentation de 30...

Introductory / Introductive

### Andrew Joseph

Mr., AEDP Institute

### Hillary McBride

Psychologist, University of British Columbia

The coronavirus (COVID-19) pandemic created an unprecedented physical and mental health crisis on an international scale. Clients and therapists alike navigated the fears and uncertainty surrounding the virus, often in an environment of social isolation. The following presentation is a brief overview of the unique stressors and psychosocial factors impacting therapeutic work in the time of the coronavirus pandemic, including fears of the virus and social transmission, relational stressors due to isolation, grieving in isolation, fear of death, financial challenges, and the transition to telehealth. In addition, this paper aims to provide specific interventions and helpful approaches for psychotherapists navigating ...



Saturday, May 15

10:30 AM - 11:30 AM

## **B1 - The Professional is Political: Intersectionality, Counselling Practice and Social Change / B1 - Le professionnel est politique : intersectionnalité, pratique du counseling et changement social**

English / Anglais

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

SIMULTANEOUS INTERPRETATION / INTERPRÉTATION SI...

50 minutes presentation & 10 minutes Q & A / Un...

Intermediate / Intermédiaire

**Giovanna Heron**

**Jason Brown**

Professor, University of Western Ontario

**Melissa Jay**

Psychologist, Canmore Counselling Inc.

**Rabeea Siddique**

ON anglophone director, CCPA

**Stephen Noel**

Education/ Employment & Career Advisor, Saint Mary's University

B1 Intersectionality is a well-recognized framework through which cultural identities are studied. The concept was popularized by Kimberle Crenshaw who combined the work of black feminists Anna Julia Cooper, the women of Kitchen Table Press, Gloria Hull, Barbara Smith, and Paula Giddings with critical race theory (Cooper, 2016). Although the framework has been criticized for its complexity, we agree with Kathy Davis (2008) that "it is precisely the ambiguities of intersectionality that provide opportunities for its improvement". In this workshop, members of the Social Justice Chapter will guide participants through a creative activity based on NiCole Buchanan's (2020) article Salient Circles ...

Saturday, May 15

10:30 AM - 11:30 AM

## **B2 - Third-Party Billing Roundtable**

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

50 minutes presentation & 10 minutes Q & A / Un...

Introductory / Introductive

**Corrine Hendricken-Eldershaw**

CTO, LoveLightPeace, LoveLightPeace

**Monika Green**

Director of Public Affairs, CCPA

We invite all those interested in discussing this top priority for our members to attend the round table. We'd like to hear about your successes and challenges with respect to third party billing as well as best practices and lessons learned when advocating for coverage of fees with insurance companies and employers. This will be an opportunity to learn more about each other's outreach activities in his/her respective area and how members can get involved. We look forward to an engaging afternoon of networking and having a dialogue on this important matter for our profession and the clients we serve.

Saturday, May 15

10:30 AM - 11:30 AM

## B3 - Cultiver la souplesse psychologique de nos clients avec l'approche d'acceptation et d'engagement (ACT)

LIVE CONCURRENT SESSIONS / SÉANCES SIMULTANÉES

...

50 minutes presentation & 10 minutes Q & A / Un...

Introductory / Introductive

### Frederic Piot

Conseiller d'orientation du Québec, Orientation Québec

B3Bon nombre d'individus vivent une impasse dans leurs études ou de leur carrière. En évitant le contact avec les pensées et les émotions inconfortables qu'ils associent à leur situation, ils adoptent des comportements qui les conduisent à de la rigidité psychologique, une telle tendance ayant des effets délétères sur leur santé psychologique. Dans l'optique de les aider à sortir d'un tel piège et de manière à leur permettre de retrouver du bien-être et de l'élan dans leurs études ou leur vie professionnelle, les intervenants du counseling de carrière ont fort à gagner à mobiliser et accroître la souplesse psychologique de ...

Saturday, May 15

10:30 AM - 11:30 AM

## B4 - Fireside Chat with CCPA Presidents

LIVE CONCURRENT SESSIONS / SÉANCES SIMULTANÉES

...

50 minutes presentation & 10 minutes Q & A / Un...

### Jen Rowett

CCPA President

### Kathy Offet-Gartner

Counsellor & President-Elect, Mount Royal University & CCPA

This interactive session with the incoming and outgoing Presidents of CCPA will include 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 that have arisen during a global pandemic.

Saturday, May 15

10:30 AM - 11:30 AM

## **B5-1 - Childhood Adversity & Resilience: Implications for Supporting the Mental Health of Autistic Clients / B5-2 - A Group Digital Art Therapy Program for Adults with Autism Spectrum Disorders**

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

Combined Sessions / 25 minute presentation & 5 ...

Introductory / Introductive

### **Gabrielle Heselton**

Ms., Athabasca University

### **Olena Darewych**

Adjunct Faculty, Martin Luther University College - Wilfrid Laurier University

### **Olena Darewych**

Adjunct Faculty, Martin Luther University College - Wilfrid Laurier University

B5-1How do the childhood experiences of adversity and resilience interact with an autistic identity to influence the mental health and overall wellbeing of adults on the autism spectrum.? In this session, the results of a unique study exploring this topic will be presented. In this study, adults on the autism spectrum were interviewed about their lived experiences with adversity in childhood, the meaning of resilience, and the influence of both on their lives, from their unique autistic perspective. The results of this study have implications for professionals providing mental health supports to both children and adults on the autism spectrum.B5-2The ...

Saturday, May 15

10:30 AM - 11:30 AM

## **B6 - My Therapeutic Work with Racialized Populations during the Pandemic**

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

25 minute presentation & 5 minutes Q & A / Une...

Intermediate / Intermédiaire

### **Gina Ko**

My therapeutic work with racialized populations during the pandemic, Athabasca University

B6During this pandemic, I am working with Asian and Black clients to navigate life, relationship issues, work-related concerns, school challenges, and racism. I use phone, video, and in-person meetings. In this presentation, I will share my culturally responsive and socially just practice with individuals and families. The clients I work with have been historically and presently marginalized with the added layers of distress during the pandemic. I will share how I connect with clients to broach uncomfortable conversations related to racism, intersectionality, intergenerational, and intercultural challenges. School counsellors, educators, private practitioners, community agencies, post-secondary institutions, and policy makers may find ...

Saturday, May 15

01:00 PM - 02:00 PM

## Les générations et les effets secondaires de la Covid-19 sur les carrières / The Generations and the Secondary Effects of COVID-19 on Careers

Français / French

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

### Carol Allain

conférencier, auteur, Les Productions Carol Allain Inc.

La Covid-19 nous invite à repenser le monde du travail et particulièrement en ce qui a trait aux enjeux des générations, l'importance d'interagir entre elles et d'initier de nouvelles manières de faire et d'être. 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'accommodement possibles. Hormis la génération dite traditionnelle, ces générations ont en commun les attributs suivants : l'univers des apparences, le rituel ...

Saturday, May 15

03:00 PM - 04:00 PM

## B7 - Resilient Engagement in the COVID-19 Era / B7 - De l'engagement résilient à l'ère de la COVID-19

English / Anglais

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

50 minutes presentation & 10 minutes Q & A / Un...

Intermediate / Intermédiaire

### Roberta Borgen (Neault)

President, Life Strategies Ltd.

Within increasingly uncertain social, economic, and political contexts, fostering resiliency (the ability to rebound from challenges/stress) is key to managing the complexity and interconnectedness of career, life, and learning roles. COVID-19 has illustrated the importance for counsellors, counsellor educators, supervisors, and leaders to take an integrated, holistic approach to support the mental health, wellbeing, and engagement of their clients (and themselves). The Career Engagement model offers a conceptual framework for strengthening and sustaining resiliency. Exploring the interaction between challenge and capacity enhances understanding of the impact of various life roles and contexts, as well as one's inner resources, on resiliency. ...

Saturday, May 15

03:00 PM - 04:00 PM

## B8 - Dance, Movement and the Pandemic: Embodied and Indigenous Perspective on Well-Being for Counselling

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

50 minutes presentation & 10 minutes Q & A / Un...

Intermediate / Intermédiaire

### Natalia Braun

Counsellor, Private practice ([www.psycounselling.com](http://www.psycounselling.com))

B8 Many people live in isolation due to the pandemic, and social distancing remains one of the live saving rules. Long-term isolation may lead to the development of the symptoms of psychological stress and mental health disorders. Luckily, human creativity is inexhaustible in adapting and surviving. Dance is powerful in preventing and countering these symptoms, including anxiety and depression. It brings body and mind in motion, boosts energy, mood and joy of living, and helps develop creativity, flexibility and resilience. Through dance, chemicals like endorphins and serotonin are being released: this improves mood and reduces stress. Although the effects of dance ...

Saturday, May 15

03:00 PM - 04:00 PM

## B9 - Supervision During a National Crisis

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

50 minutes presentation & 10 minutes Q & A / Un...

Introductory / Introductive

**Angelia Dickens**  
Dr., Liberty University

**Michelle de la Paz**  
Core Faculty, Capella University

B9National crises such as natural disasters and pandemics have created new challenges for providing counseling services as well as clinical supervision during these chaotic times. It is essential that supervisors develop strategies to effectively maintain the supervisory working alliance as well as gatekeeping processes. During the COVID-19 pandemic shut down working remotely became a new norm for both counselors and supervisors. They both had to learn to work isolation and the blending of their work and personal lives. Tele-mental health became more of a necessity instead of an option and so has distance supervision. It is essential that supervisors learn ...

Saturday, May 15

03:00 PM - 04:00 PM

## B10 - Treating Infidelity During the First Weeks of Therapy

LIVE CONCURRENT SESSIONS / SÉANCES SIMULTANÉES

...

50 minutes presentation & 10 minutes Q & A / Un...

Intermediate / Intermédiaire

**Butch Losey**  
CEO, Licensed Professional Clinical Counselor, Waybridge Counseling

B10Treating infidelity is a complicated protocol and more-so in the first weeks of therapy. The beginning sessions of treatment require a crisis protocol that is focused on relationship stabilization and setting boundaries for both partners. This presentation will discuss the clinical tasks of early treatment of infidelity, including managing the trauma symptoms, disclosure of the affair relationship, management of revenge fantasies, and trust-building efforts by the partners and other mental health concerns.

Saturday, May 15

03:00 PM - 04:00 PM

## B11 - Exploring Issues in Rural and Remote School Counselling

LIVE CONCURRENT SESSIONS / SÉANCES SIMULTANÉES

...

50 minutes presentation & 10 minutes Q & A / Un...

Introductory / Introductive

**Jennifer Byrne-Wissink**  
School Counsellor, School District #50 Haida Gwaii

**Vanessa Marie**  
District Counsellor/Clinical Counsellor, School District 46/Wavelengths Counselling

B11Rural and remote school counsellors find themselves in professional contexts that differ significantly from their counterparts in urban areas. For example, these unique circumstances often include working in multiple job sites, having limited access professional contacts and resources, and requiring a larger scope of practice. Through case scenarios and discussion, this workshop explores the questions: "What does it mean to be a counsellor in a remote/rural area?" and "What impacts does this have for our clients and for our own practice?" Suggestions and implications for rural practice will be shared.

Saturday, May 15

03:00 PM - 04:00 PM

## B12 - Increasing Mental Health Professionals' Awareness of Black Canadian Immigrants' Faith Experiences: A Scoping Review

LIVE CONCURRENT SESSIONS / SÉANCES SIMULTANÉES

...

50 minutes presentation & 10 minutes Q & A / Un...

Intermediate / Intermédiaire

### Dania Amin

Research Assistant, Registered Provisional Psychologist, University of Lethbridge

### Juliane Bell

Ms, University of Lethbridge

### Sandra Dixon

prof, uleth

B12A review of the social science literature suggests that there are cross-cultural barriers that interfere with Black Canadians having their needs met through accessing counselling services and engaging in the counselling process. These barriers include but are not limited to lack of culturally specific counselling services, systemic racism, unemployment, cultural stigma around counselling, and social injustices. These issues, in turn, can create challenges for Mental Health Professionals (MHPs) working with this population. For the purpose of this presentation, MHPs include licenced individuals in counselling roles who are skillfully trained to provide mental health support and services to individuals such as ...

Saturday, May 15

05:00 PM - 06:00 PM

## B13 - Competence: The Skills that Connect / B13 - Compétence : des habiletés qui créent des liens

English / Anglais

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

50 minutes presentation & 10 minutes Q & A / Un...

Introductory / Introductive

### Dawn Schell

### Kathy McDonald

Project Director, Canadian Career Development Foundation

### Kathy Offet-Gartner

Counsellor & President-Elect, Mount Royal University & CCPA

### Rebecca Hudson Breen

Assistant Professor, University of Alberta

### Sareena Hopkins

Executive Director, Canadian Career Development Foundation (CCDF)

B13 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 ...

Saturday, May 15

05:00 PM - 06:00 PM

## B14 - The Intersection of Neuroscience and Art: Regulating the Nervous System using Creative Arts Therapy Interventions

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

50 minutes presentation & 10 minutes Q & A / Un...

Introductory / Introductive

### Cayley McConaghy

Mental Health Therapist, The Family Centre

### Lorelei Dietz

Music Therapist, MTA, Coastal Music Therapy

### Nicola Sherwin-Roller

Psychotherapist Art Therapist, Private practice - CCPA Saskatchewan Director

### Rowena Tam

President, Creative Arts in Counselling and Psychotherapy Chapter

B14 This experiential workshop will integrate interventions from three creative arts therapy (CATS) modalities including: Art therapy, drama therapy, and music therapy. 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 amidst a global pandemic, and (3) Recognize creative arts therapies and their interventions as a canonical profession differing from clinicians who employ creative arts in their practice. Research shows that the creative arts therapies can harness one's ability to re-imagine, re-organize and re-frame their ...

Saturday, May 15

05:00 PM - 06:00 PM

## B16 - Cross-Cultural Applications: Adapting and Tailoring Therapeutic Interventions for Ethnic Minority Groups in Canada

LIVE CONCURRENT SESSIONS / SÉANCES SIMULTANÉES

...

25 minute presentation & 5 minutes Q & A / Une...

Intermediate / Intermédiaire

### Rand Al-Houssan

Mental Health & Wellness Counsellor, University of Ottawa

B16 This presentation will cover the various limitations of Western-based psychotherapy when applied to ethnic minority groups, in addition to the challenges and benefits of culturally adapting psychotherapeutic interventions. Cette présentation couvrira les diverses limites de la psychothérapie occidentale lorsqu'elle est appliquée à des groupes ethniques minoritaires, en plus des défis et des avantages des interventions psychothérapeutiques adaptées à la culture.

Saturday, May 15

05:00 PM - 06:00 PM

## B17 - Intervening with the Enforcer: Trauma, Moral Injury and the Police and Military

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

50 minutes presentation & 10 minutes Q & A / Un...

Intermediate / Intermédiaire

### Richard Rapoport

Psychotherapist and Social Worker, Private Psychotherapy Practice

A review of the history and the impact of both the professionalization and militarization of local police authority on the the core sense of identity and socialization that underlies the police brotherhood and the individual mental health of its members. The traditional view of the constabulary was to serve, and to protect and to keep the peace, entailing engagement at the neighbourhood level. The police officer was seen and saw themselves as the extension of the community itself - the highest representation of those communities' cherished values. This narrative fit perfectly into the development of democratic governance in which the ...

Saturday, May 15

05:00 PM - 06:00 PM

## CANCELLED: B18 - Spirituality and Religion: Bridging the Gaps with Culturally Diverse and Non-Dominant Clients

LIVE CONCURRENT SESSIONS / SÉANCES SIMULTANÉES

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50 minutes presentation & 10 minutes Q & A / Un...

Intermediate / Intermédiaire

### Gerard Alberts

Registered Psychologist, Alberts & Associates

### Sandra Dixon

prof, uleth

CANCELLEDB18Spirituality 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, religious and particularly faith 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 cultural groups seems to be under-researched and under-utilized. Although a number of models have been developed to address spirituality, religion and faith in counselling, there is a gap in the multicultural counselling literature of relevant models that address the diverse ...

Saturday, May 15

07:00 PM - 08:15 PM

## Closing Ceremonies, Gamification Results & Prize Awards

ON-DEMAND SESSIONS / SÉANCES SUR DEMANDE

Our closing ceremonies will take place Saturday the 15th starting at 7:00 PM ET. Our Incoming President for 2021 to 2023, Dr. Kathy Offet-Gartner, will lead us through the official closing of our first virtual conference. We will be reflecting back on the experience and the rich learning opportunities that were offered. We will touch on our current plan for the 2022 conference set to take place in PEI. Finally, our Elder in Residence, Elaine Berwald, will be helping us close the event in a meaningful way. Nos cérémonies de clôture auront lieu le samedi 15 mai à partir de ...



Monday, May 17

01:00 PM - 02:00 PM

## **Intersections: Attachment, Adversity, and Health Outcomes and Integrative Healing to Promote Repair / Attachement, adversit  et r sultats sur la sant , ainsi que gu rison int grative pour favoriser la r paration**

English / Anglais

ON-DEMAND SESSIONS / S ANCES SUR DEMANDE

Sponsored by / Parrain  par - Sunshine Coast He...

### **Lori Gill**

Attachment and Trauma Treatment Centre for Healing (ATTCH) & Attachment and Trauma Treatment Centre for Healing (ATTCH) Niagara

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. Les participants apprennent les principes essentiels des donn es neurobiologiques concernant les effets de l'attachement et de l'adversit  qu'ils pourront ensuite pr senter aux clients d'une mani re simple et significative afin ...

Thursday, May 20

03:00 PM - 04:00 PM

## **A Q & A with Lived Experience Keynote Speaker Chris Cull / Une s ance de questions-r ponses avec le conf rencier d'honneur Chris Cull**

ON-DEMAND SESSIONS / S ANCES SUR DEMANDE

### **Chris Cull**

You might have joined us for Chris' live keynote on Friday May 7th at 3 PM. You might also have watched the recording of that live session, which is posted in our conference's virtual portal and accessible by all conference attendees. Chris spoke about his battle with and recovery from opioid addiction after losing his father to suicide. Since we did not have time for a Q&A then, we are giving you the opportunity to join us on May 20th at 3 PM Eastern Time, so you can have the opportunity to meet Chris and ask him any questions you ...