



Live Broadcast Conference 2023

- The conference is eligible for 11 CECs
- Opening remarks and 2 keynotes
- Six 90-minute workshops (set program)
- Interpretation and access to recordings for 30 days



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION




L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE



UNPACKING FOR EQUITY'S SAKE

Friday, October 20, 2023

Saturday, October 21, 2023

<p>8:30 a.m. to 9:00 a.m.</p>	<p>Indigenous Welcome and Opening Remarks Professional Champion Award 2023 announcement</p>
<p>9:00 a.m. to 10:00 a.m.</p>	<p>Opening Keynote - presented by Owl Practice Anti-Oppression Psychotherapy: Decolonizing Your Practice</p> <ul style="list-style-type: none"> • Dr. Roberta K. Timothy <p>The keynote presentation will look at the impact of colonial violence and the need to decolonize one's practice in order to deal with intersectional trauma/violence. I will examine how Anti-Oppression Psychotherapy (AOP), a decolonizing mental health trauma-informed model, can be used as a tool to create healing and wellness with intersectional clients, focusing on Black, indigenous, and purposefully marginalized populations. Firstly, the historical and current context in relation to the impact of anti-Black racism/racism and other determinants of health or what I call "health violence" will be briefly explored. Secondly, the importance of theoretical and methodological concepts and practices of AOP will be discussed and essential definitions of AOP will be described. Thirdly, some of the principles of AOP will be explained in the context of issues relating to colonial trauma, transgenerational connections and psychotherapy. Finally, the experiences of intersectional transgenerational colonial trauma in clients' lives will be looked at using case studies to indicate how AOP can be used as a trauma-informed model for anti-racist, social justice praxis.</p> 
<p>10:00 a.m. to 10:30 a.m.</p>	<p>Break</p>
<p>10:30 a.m. to 12:00 p.m.</p>	<p>We Matter: Hope, Culture & Strength</p> <ul style="list-style-type: none"> • Introductory • Danika Charlebois and Lisa Neault <p>We Matter is an Indigenous youth-led organization dedicated to Indigenous youth support, hope and life promotion. We create resources to facilitate important conversations on mental health, while also generating opportunities for Indigenous youth to step into their power, and see themselves represented positively. Our mission is to communicate to Indigenous youth that they matter, and support those going through a hard time. This session will discuss how sharing the stories of Indigenous youth, words of encouragement, and authentic messages of hope and resilience, can help to make a community and nation stronger.</p> 
<p>12:00 p.m. to 13:15 p.m.</p>	<p>Break</p>
<p>13:15 p.m. to 14:45 p.m.</p>	<p>Formation of the Virtual Therapeutic Relationship in Cross-cultural Counselling with Youth: Emerging research and practices</p> <ul style="list-style-type: none"> • Intermediate • Krista Socholotiuk; José F. Domene, Katie Lysakowski, Shanzey Altaf, and Francis Tombu <p>The pandemic-driven shift to teletherapy saw counsellors and clients experience first-hand the potential benefits of online therapy. Demand for such services has persisted to the point that working online has become an established mode of practice with particular appeal for youth. Decades of evidence confirm the therapeutic relationship is an essential element for successful counselling outcomes. Emerging evidence also suggests counsellors perceive the virtual therapeutic relationship to be resilient in online settings, albeit presenting an array of new challenges, especially within a cross-cultural context (e.g., the need to expend greater energy to create therapeutic connections within a face-focused frame). In this interactive presentation, we will (a) provide a practice-oriented overview of the current state of knowledge on the virtual therapeutic relationship, (b) share findings from our ongoing study on the initial formation of therapeutic relationships between youth and counsellors in cross-cultural teletherapy sessions, and (c) discuss several practice recommendations for culturally sensitive relationship formation for supervisors and counsellors providing online counselling to youth.</p> 
<p>14:45 p.m. to 15:00 p.m.</p>	<p>Break</p>



YORKVILLE
UNIVERSITY


Queer Youth, Families and Trauma

- **Intermediate**
- **Jillian Bagan**

Led by a Queer identified and Registered Canadian Art Therapist this interactive workshop focuses on how to work with LGBTQ2SA+ youth and their families. This workshop is for practitioners who want to deepen their trauma-informed practice and clinical skills when working with LGBTQ2SA+ clients and expand their resources navigating complex sexuality and gender related issues. In this workshop, you will: develop an understanding of social determinants of both physical and mental health for LGBTQ2SA+ youth and adolescents, improve recognition of the intersecting barriers these youth face, gain awareness of the macro issues that impact clients on a micro-level, expand your knowledge of how internalized homophobia impacts therapeutic outcomes, strengthen resources for working with families to promote acceptance of LGBTQ2SA+ children and increase the ability to provide gender and sexuality affirmative-care. Participants will have the opportunity to explore these concepts through presentation, discussions and an art-based exploration. No creative experience is required.

15:00 p.m.
to
16:30 p.m.

<p>8:30 a.m. to 9 a.m.</p>	<p>Opening Remarks</p>
<p>9 a.m. to 10 a.m.</p>	<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 80%;"> <p>Opening Keynote - presented by Jane App</p> <ul style="list-style-type: none"> • Dr. Chika Stacy Oriuwa <p>The Building Blocks of Equitable Practice</p> <p>The pandemic was a destabilizing experience for all, raising awareness of the need for better mental health and wellness supports not only within our communities but within our workspaces as well. An increased need to be aware of injustices and differing experiences for racialized communities became evident, with a need for change and increased support.</p> <p>Dr. Chika Stacy Oriuwa’s keynote will highlight her experience in advancing equity and curating spaces of wellness and inclusion, as she draws on her lived experience as well as her medical and professional expertise to provide effective strategies for supporting mental health and wellness, on a personal and organizational level. Audiences will leave with actionable strategies to better support themselves and those around them, and with a greater understanding of the interconnection between mental health and racialized communities. She’ll explore how to spot and stop subtle discrimination, enact effective anti-racist policies, and become better allies for the BIPOC community within the workplace and beyond.</p> </div> <div style="width: 15%; text-align: right;">  </div> </div>
<p>10:30 a.m. to 12 p.m.</p>	<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 80%;"> <p>BIPOC Perspectives on Counselling and Psychotherapy</p> <ul style="list-style-type: none"> • Intermediate • Angela Grier and Anti-Racism Advisory Committee members <p>Within the CCPA, a group of BIPOC practitioners, staff and board leadership have come together once again to develop an educational tool to share with conference delegates and CCPA members. Participants will be invited to view a pre-recording from BIPOC practitioners who share highlights relevant to working with BIPOC clients and creating inclusive spaces for BIPOC practitioners and communities of practice. The conference session will be hosted and facilitated by members of CCPA’s Anti-Racism Advisory Committee, who are eager to share towards equity, inclusion and diverse practices.</p> </div> <div style="width: 15%; text-align: right;">  </div> </div>
<p>12:00 p.m. to 13:15 p.m.</p>	<p>Break</p>
<p>13:15 p.m. to 14:45 p.m.</p>	<p>Brief Crisis Therapy: Working with Diversity with Clients as Experts</p> <ul style="list-style-type: none"> • Intermediate • Dina Bednar, Andrew Sofin, and Julia Imanoff <p>The Brief Crisis Therapy Three-Session Model focuses on client’s strengths, the client as expert, and a next step by the end of each session. This workshop will demonstrate how this approach utilizes everything about the individuals we work with in a way that increases hope, activates strengths, and provides the opportunity for co-construction of solutions and next steps. This new model was developed inductively by a team of Couple and Family therapists during the Pandemic to deal with the needs of the community, by asking clients ‘what their best hopes were’ and by being curious about their specific needs and wants. The BCT model is one of inclusion, respect, fairness, and celebrating the uniqueness of each person as a therapeutic intervention. At the end of this workshop participants will understand the components of this new approach, the philosophy behind it, and how to make every session as useful as possible and tailored to the specific needs, hopes and goals of the client.</p>

<p>14:45 p.m. to 15:00 p.m.</p>	<p>Break</p>
<p>15:00 p.m. to 16:30 p.m.</p>	<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 60%;"> <p>Meeting the Unique Mental Health Needs of Boys and Men - the Social Imperative of Gender-Sensitive Approaches</p> <ul style="list-style-type: none"> • Intermediate • Nick Cardone <p>Many men and boys have unique needs when it comes to therapy. With high rates of death by suicide, poor seeking behaviours and high dropout rates in therapy, men’s mental health statistics are at CRISIS levels. While therapy as we know it (office/chair/talk) works for some, research tells us that other ways of ‘doing’ therapy have greater resonance for men and boys in distress or living with mental illness. Part of a 2-year grant from Movember Canada, The T.O.N.E. Project was an innovative group therapy service for adult men that looked at HOW and WHERE therapy happens, and aligned it with ways that men tend to explore their inner and outer worlds. This interactive and experiential workshop will:</p> <ul style="list-style-type: none"> • explore the mental health needs of men and boys, including the underlying theory using 2 years of T.O.N.E. participant's stories; • in large and small groups, and using learning stations, experience some of the specific tools, strategies and imagery, used in T.O.N.E.; • explore more deeply their own work, but through a gendered lens; and hopefully • inspire helping professionals to find their own unique path using adventure, expressive and experiential techniques in their own wellness settings. </div> <div style="width: 35%; text-align: right;">  </div> </div>

Friday Keynote - Dr. Roberta K. Timothy



Dr. Timothy is an Assistant Professor in the Teaching Stream, Black Health Lead, and is the inaugural Program Director for the upcoming (September 2023) MPH Program in the field of Black Health at Dalla Lana School of Public Health at the University of Toronto. Dr. Timothy is also an Adjunct Professor in Critical Disability studies at York University. She specializes in the areas of Black health; intersectionality, violence, transgenerational trauma, and ethics in health work; health and racism; art-based methodologies; transnational Indigenous health; and anti-oppression/anti-colonial approaches to mental health. Dr. Timothy has worked for over 30 years in community health working on resisting anti-Black racism and intersectional violence strategies. Dr. Timothy is also co-founder and consultant at Continuing Healing Consultants where she implements and teaches her intersectional mental health model "Anti- Oppression psychotherapy". She is an interdisciplinary scholar, health practitioner,

and political scientist, who examines global health and ethics from a critical trauma-informed decolonizing framework. Her current research is entitled: "Black Health Matters: National and Transnational COVID-19 Impact, Resistance, and Intervention Strategies Project / La santé des noirs compte: le covid-19 et son Impact - un projet de recherche national et transnational sur nos actes de résistances et stratégies d'intervention" . For more information see:

<https://blackhealthmatterscovid19.ca/> Dr. Timothy utilizes a methodology entitled: " Resistance Education" in all her work. She has been living with a visual disability for over 25 years.

Saturday Keynote - Dr. Chika Stacy Oriuwa



One of Time magazine's "2021 Next Generational Leaders", Dr. Chika Stacy Oriuwa is a medical trailblazer spearheading change in healthcare and beyond. She is an accomplished physician, spoken word poet, and advocate for racialized and marginalized populations. Oriuwa draws on her personal and professional experience to share insight and actionable strategies into transformative leadership, mental health and wellness, and igniting change to build a more equitable future for all.

Currently a resident doctor in psychiatry at the University of Toronto (U of T), Oriuwa is a graduate of the University's Faculty of Medicine. When she arrived as an incoming medical student to find she was the only Black student in her cohort, she channeled his disappointment into action, becoming a vocal advocate for improving disparities in Black health and confronting institutional discrimination. Since then, Oriuwa has

become the first Black woman to be named sole valedictorian of the department and has spoken at numerous national and international events on the topics of DEI, leadership, mental health, and her journey as an underrepresented minority in medicine. Oriuwa was also an ambassador and educator of U of T's Black Student Application Program, where she saw the faculty admit the largest group of Black medical students in Canadian history.

In addition, Oriuwa is a professional spoken word artist. Working under the Hamilton Youth Poets, she has earned her place as a national slam poetry finalist twice. In 2017, she released her renowned slam poem "Woman, Black" and in 2018 published her seminal article In My White Coat, I am More Black than Ever for FLARE magazine's Black History Month campaign. She has also been featured on CBC's The National, CTV News, CP24, Toronto Star, Time magazine, and TODAY, amongst others. She is slated to release her first memoir with HarperCollins in 2023.

A recipient of numerous prestigious awards and honours, Oriuwa was named on Maclean's Power 50 List in 2022 and was recognized as one of Best Health Magazine's "2020 Women of the Year". She was also recently honoured in Mattel's #ThankYouHeroes campaign alongside five other women with a one-of-a-kind Barbie doll made in her image to commemorate her contributions as a frontline healthcare worker.

In addition to her medical degree, Oriuwa has a master's degree in Health Systems Leadership and Innovation from the University of Toronto. She also serves on Indigo's board of directors, using her expertise to inform their efforts in advancing equity and curating spaces of wellness and inclusion.



Andrew Sofin



Angela Grier



Danika Charlebois



Dina Bednar



Francis Tombu



Jillian Bagan



José F. Domene



Julia Imanoff



Katie Lysakowski



Krista Socolotiuk



Lisa Neault



Nick Cardone



Shanzey Altaf