



Spring 2023

COGNICA

CCPA's Official Bilingual Publication

Table of CONTENTS

- 02 _____ With Gratitude and Appreciation
Kathy Offet-Gartner, PhD, Past President of the CCPA
- 07 _____ The Tree of Possibilities
Carrie Foster, M.Sc, M.A., CFT, New President of the CCPA
- 11 _____ Creativity and Counselling: Two Sides of the Same Coin
Daniel Climans From StickerYou
- 16 _____ Raising Awareness for Wellness Through the Feet
Michelle Greenwell, BA Psych, MSc CAM, Ph.D. CIH
- 21 _____ Beyond Ourselves: Embracing Transpersonal
Psychology as a Holistic Approach to Psychotherapy
Irish Dhindsa (MACP-In Progress)

*Please note that all references can be requested by
contacting*

communications@ccpa-accp.ca



WITH GRATITUDE AND APPRECIATION

BY Kathy Offet-Gartner

PhD, Past President of the Canadian
Counselling and Psychotherapy Association

As I sit to write this, I realize it will be my last offering as your President. Let me begin by thanking you for trusting this position to me. It has been such an honour to serve and represent you and the CCPA on the national and international stage. I am humbled each time I think of me receiving this privilege--what a privilege it has been!

I want to dedicate this message to gratitude and appreciation. I am grateful for so much in my life...having just had a major life and health scare.... it puts all things into perspective! So please indulge me as I express my gratitude to the many who have made my Presidency so much richer.

First off, I want to thank all of our 13,000+ members of this wonderful association. You are the Association! We don't exist without our members and we have no reason to do the many, many activities of advocacy, promotion, education, and awareness without you. You are the reason we exist and I wish to thank you for choosing us. We are all well aware there are a variety of options available for members to choose. Thank you for choosing CCPA and joining our family!

Next please allow me to thank the couple hundred of volunteers that the association relies on so heavily. From Chapter boards and presidents; to awards, journal, and conference reviewers; those who serve on committees (e.g.,



advancement of clinical supervision, ethics, certification, conference, editorial, and so many more!); to the current, past, and incoming national board members- a huge shout out to all of you- for you are the very heart and soul of this association. Without people like you, who volunteer their time, talent, and energy there is no association and we would all be at a loss if that were the case. As would those we serve. Our standards are high and as a result we have earned a reputation of being confident, reputable, ethical, and very professional. We protect and serve the public. It is a humble privilege to do so. We have much to be proud of!

I want to especially thank the members of the current Board of Directors, many of whom have served two full terms, as well as those who have had to step away early, thank you for all you have

My hope for each of you is that you embrace the experience offered before you and that you receive the richness of knowing you're making a difference

offered during your time with the Board. Your wisdom and guidance have been valued and appreciated. I am saddened our time together has come to an end. It has been my privilege to sit and work amongst you. To those new members just joining the Board and those returning members who have been willing to serve a second term, I welcome you and know that you will find that working together as we do, will bring a richness and understanding that you likely did not have prior to coming on to the Board. There's so much that we do in this association, that as a member, we are often not aware of the scope and the magnitude and depth of all the efforts that the association takes on our behalf. It can be a demanding and time-consuming task, it is also incredibly fulfilling and rewarding. And the relationships that are built can last a lifetime. My hope for each of you is that you embrace the experience offered before you and that you receive the richness of knowing you're making a difference. We have such a vibrant association that is growing and adapting to our rapidly changing world. And you're a part of that--how awesome is that!

Very special message of gratitude must be extended to Dr. Jen Rowett, who strongly encouraged me to put my name forward for this role. Thank you, Jen. Without your warm and personal invitation I would never have considered me worthy. That would have been a major loss for me given all that I have learned over the course of the past 4 years. Your firm sense of self and strong guiding hand and wisdom touch my soul and enrich me as a human - thank you!



I have learned so much with you. Your strength, support, and tenacity have been steadfast and I often lean upon that to help me stay the course. I look forward to continuing my work with Carrie Foster, our incoming President and George Maringapasi, our outgoing Treasurer and Nova Scotia Director and incoming President-Elect. We have served together over the past 6 years in varying capacities, all in a wonderful balance of consensus making and building which truly has assisted us to accomplish a lot and weather some challenging times. I look forward to our continued relationships as I move into the Past President role and continue our work together on the Executive and Board of Directors. I can't wait to see what this next chapter brings us!

To all the National Office staff, and most especially, our most excellent CEO, Dr. Kim Hollihan, a major shout out, with loud accompanying cheers and applause, to express my gratitude and appreciation for all you do to assist our members, Board, Committees, Chapters, the public, the press, and other associations, and make this job so much easier. Thank you seems insufficient and yet it is what the English language permits. I would like each staff member to know how much you and your work are appreciated and valued! Thank you, it has been such a pleasure working with you over the past few years!

I've seen so much growth during my tenure as President. Nearly 4,000 members have joined our association during that short period of time. We have had appearances before parliamentary committees, meetings with Federal Ministers, Members of Parliament and/or their staff, a feat not all associations get the honour of receiving. As well, we launched our new [Code of Ethics](#) and [Standards of Practice](#), including our new section I, [Working with Indigenous Peoples, Communities and Contexts](#), setting a precedence for all other associations to take note. We have an Ethics case



book in the works to accompany these guiding documents and assist people to come to a greater understanding and ability to apply the principles and standards held within. We launched our inaugural Counselling and Psychotherapy month and have celebrated the theme of self-care in our second offering. The focus was on bringing quality personal and professional development to assist each and every one of us to care for ourselves and enrich our lives so that we may continue to do the important work that we do and be well ourselves. I hope you were able to indulge in some of the many activities that were offered. We host such a wide variety of high-quality [professional development opportunities](#) through webinars, lunch and learns, through our [Chapters](#), our conference, and our newsletter. There is so much we offer members, it is no wonder we're growing so exponentially.

I know many of you are craving in-person contact with your colleagues, so it is nice to see that more in-person social and professional gatherings are occurring alongside the many virtual offerings as well. Of course [our conference will be in-person in Toronto this October](#), however sadly, due to hotel size restrictions, we are limited to the first 300 people who register. For those who are unable to travel or who did not manage to get into those limited registrations, you will still have some access, as we have arranged for an [online option](#), that includes the keynotes and several workshops. We will however, be able to welcome far more than 300 of us when we travel to Charlottetown in late May of 2024. I hope to see as many as possible between these events. It will be much like a homecoming, where the energy and enthusiasm will be infectious. I can't wait to be immersed!

Until then, I wish each and every one of you plenty of love, laughter, good health, as well as ample family and friends to share that with. Thank you for your faith in me. Thank you for sharing your many gifts, time, and talents with me, this association, and those we serve. Thank you for allowing me this incredible experience. I hope I have served you well.

In humble gratitude, Kathy





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

GET RID OF THE TAX ON THERAPY TODAY

SHOW YOUR SUPPORT

TAX
FREE
THERAPY



THE TREE OF POSSIBILITIES

BY CARRIE FOSTER, M.SC, M.A.,
CFT,
New President of the Canadian
Counselling and Psychotherapy
Association

Ubuntu (Zulu pronunciation: [ùbúnt'ù])[1] is a Nguni Bantu term meaning "humanity". It is sometimes translated as "I am because we are" (also "I am because you are"),[2] or "humanity towards others" (Zulu umuntu ngumuntu ngabantu). In Xhosa, the latter term is used, but is often meant in a more philosophical sense to mean "the belief in a universal bond of sharing that connects all humanity".[3]

(Zuraida Dada thanks for mentioning this during the Cultural Self-Care Through a BIPOC Lens presentation during C&P Month.)

Spring, a time of renewal, of hope and new life. I feel it. I have just met the members of the board for the 2023-2025 term; "my board" as I am told. The excitement and trepidation well up in me; Spring. They are a group of amazing counsellors and therapists – we will be working together to nourish and deepen the connection, strength and work of the Canadian Counselling and Psychotherapy Association. I am feeling hopeful; hopeful that we will move forward in a

good way that embraces the needs of all of our ever-growing membership. The newness that, a new board, a new vision and the strength that second growth brings to the limbs and the gentleness with which new growth burgeons; a tree of possibilities.

I would like now to introduce you to the people I will have the pleasure to serve alongside for the next two years.

- George Maringapasi, President-Elect
- Kathy Offet-Gartner, Past President
- Charity Fleming, Indigenous Director for Turtle Island also known as Canada
- Janis Campbell, returning Director for Newfoundland and Labrador
- Corinne Hendricken-Eldershaw, returning Director for Prince Edward Island
- Kaitlyn Munn, returning Anglophone Director for New Brunswick
- Sylvie Desjardins, incoming Francophone Director for New Brunswick
- Tanya Surette, incoming Director for Nova Scotia
- Annie Gourde, incoming Francophone Director for Québec
- Maria De Cicco incoming Anglophone Director for Québec
- Angelica Germanese, incoming Anglophone Director for Ontario
- To be confirmed shortly, incoming Francophone Director for Ontario
- Victoria McKay, incoming Director for Nunavut and Manitoba
- Dawn Horner-Wilson, incoming Director for Saskatchewan
- Kevin Alderson, returning Director for the Northwest Territories and Alberta
- Michael Towers, incoming Director for the Yukon and British Columbia

Together, with their many talents and wealth of experience in board work, counselling, psychotherapy and all that this includes, I am sure that the possibilities will unfurl and we “LAND in the AND”.

And as we transition to this new formation, I look back at the legacy and the changes that have occurred. I want to thank those that have come before me for their heart, their hard work, and their strength to keep trying even in the difficult moments. I have learned much in my past 6 years on this board.

“
The newness that, a new board, a new vision and the strength that second growth brings to the limbs and the gentleness with which new growth burgeons; a tree of possibilities.”

I have learned about the oh-so-many things that the CCPA head office undertakes in a week. I have learned about the different styles of those who have led us over the years. I realize that I will be just one more person with only two years to accomplish so much, and I realize that it will be impossible. That my work will be to continue to grow the roots of this family tree that stretches across Turtle Island. I will work to help the Association – that is all of you who are reading this and all of you who don't. All of you who work so hard for your clients and in the communities that

you work and live in. My role is just that - to reach to you for your words of nourishment, to meet your needs, and make sure the roots are there under your feet to give you strength and support in what you need. All that I would ask of you is to water from time to time – [send an email](#), ask for what you need and watch us all grow stronger.

Advocating for the rights and needs of individuals groups and the public has been what I have done all my life – as a small child for my many siblings, as a union rep in my late teens, and in many associations, groups, and centres. Often in the margins, but always ready to have my voice heard for and with the needs of others.

I look forward to all the seasons and the next two years ahead. Hoping to connect with you each soon.

In dedication to all CCPA members,

Carrie Foster



T O R O N T O

2023 CCPA CONFERENCE

OCT 19-21

**REGISTER
NOW**



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE



**UNPACKING FOR EQUITY'S SAKE
DÉCORTIQUER POUR L'ÉQUITÉ**

Creativity and Counselling: Two Sides of the Same Coin

STICKERYOU

Aristotle once said that “No great mind has existed without a touch of madness.” Forensic psychiatrist Lombroso argued that it was this madness that connected with genius and resulted from neurological disorder manifestations. If this is the case, then great, creative, genius minds form from madness and neurological disorders. Perhaps, then, madness and neurological disorders can thus be treated (or at the very least their associated symptoms) through creativity and active imagination.

To put it simply, madness is both manifested by creativity and solved by it. The solving of madness can be done through creativity in the form of psychotherapy. And in the world of psychotherapy, creativity and counselling are two sides of the same coin.

Jungian psychology validates this claim with its beliefs that active imagination (and creativity) is an effective technique for bridging the conscious and subconscious brain: the sane and the insane, the mental disorder and the



BY DANIEL CLIMANS

mental order. It is this reconnection that brings the mind into rational thinking and treats the mental disorder or alleviates the associated symptoms.

The subconscious brain is commonly known to comprise irrational processes—irrational being the operative word here. Furthermore, the subconscious mind is said to affect the way in which the brain processes information and how our body reacts to stress, irrational thoughts and [external stimuli](#). And when so much of the body and brain is exposed to stress and irrationality, stillness and mindfulness are needed as well as learning the practice of active imagination and creative thinking.

The Potential Influence of the Subconscious Mind

Creativity, the subconscious and the conscious are all interlinked parts of the brain, all working together to create either mental disorders or mental health. With regard to creativity and the

different parts of the brain, the creative process comes from the subconscious brain rather than occurring as a conscious process. In other words, the subconscious reservoirs of the mind bring about flashes of insight which creates the creative process. It is through this creative process that the brain becomes a self-organizing process. It is this self-organizing process that helps to create mental well-being. Mental well-being is, of course, a balance between conscious and subconscious minds.

With mental disorders, the bridge between both conscious and subconscious minds is broken, thus creating a need for psychotherapy and creative counselling. To bridge the gap between conscious and subconscious minds and bring about the creative process, active imagination is needed.

Active Imagination Bridges the Gap Between Conscious and Subconscious

Active imagination relates to dream interpretation and the translation of this without using the analysis from the conscious mind. [Good Therapy](#) adds to this, “Active imagination is intended to bring about a state of hypnagogia. This is the state between sleep and wakefulness, where people may be partially aware that they are dreaming. Jung argued that active imagination can be achieved naturally during intense states of relaxation, such as when listening to a story or drifting off to sleep.”

Active imagination is a creative approach to counselling and helps those suffering from mental disorders to indirectly resolve their interpersonal conflicts and unresolved issues placed on the conscious by the unconscious. Explaining this further, [medical sources](#) state that “The creative process is characterized by flashes of insight that arise from unconscious reservoirs of the mind and brain.”



“The brain regions most likely to be involved in the creative process are the association cortices, those brain regions that are most active during REST when a person is engaged in free-ranging and uncensored thought,” reports [medical sources](#).

The latter now points to the importance of rest, stillness and relaxation in creating healing creative thinking.

The Benefits of Finding Moments of Stillness and Relaxation

When referring to stillness and resting, this is not referring to deep sleep, but rather moments of stillness and relaxation, which allows individuals to connect with their subconscious mind and better understand themselves and alleviate symptoms of mental disorders.

Whether it's creatively soothing psychotherapy rooms or relaxing decorative wall art, or soothing wall decals, the immediate environment can either create brain stimulation or relaxation and stillness. Decorated walls or soothing environments can bring back memories, create familiar and comforting care spaces as well as trigger the mind to think or relax. Creativity here does not necessarily mean the art of drawing pretty pictures but being “creative” in the creation of thoughts.

Creating thoughts that aid in mental healing comes from a “resting state.” [Medical reports](#) state, “The ‘resting state’ should be referred to as random episodic silent thought, for which rest is an appropriate acronym. We were not visualizing a passive silent brain during the ‘resting state,’ but rather a brain that was actively connecting thoughts and experiences.”

“*And when rest creates mindfulness, mental well-being is promoted.*”

How Creativity and Mindfulness Can Promote Mental Well-Being

[Medical studies](#) report that “Cognitive-behavioral therapy, art, creative writing, drama, or music therapy may, along with redirecting patients interest into creative fields, reduce patients sufferings, and may yield a better outcome.” It is this outcome that sees creativity and mindfulness promoting mental well-being.

Adding to this, [online resources](#) see this creative counselling and psychotherapy as bringing into “conscious awareness our somatic, non-verbal, unconscious parts of ourselves.” This is all part and parcel of mental healing and counselling.

[Online resources](#) continue, “Both psychotherapy and creativity are also alike in that they both exist within relationships. Whether it is the relationship between the client and the therapist or an artist and their easel, both only exist as something that is neither fully within one or the other; rather, they exist in the space between the two. Creativity and psychotherapy can both be seen as conversations, existing intra- and inter-personally at the same time.”

Creative counselling and psychotherapy, while a general term for treating mental health problems by talking with a psychiatrist, psychologist or another mental health provider, is most certainly two sides to the same coin. During psychotherapy and creative thinking, individuals can learn about their conditions and their moods, feelings, thoughts, and behaviours.

Overall, creativity is counselling, and counselling is creativity. Both go hand-in-hand and work as one.

Creativity and Counselling Are Found in Our Creative Arts Chapter

Applying this thinking that counselling and creativity are two sides of the same coin, [The Creative Arts In Counselling and Psychotherapy Chapter](#) of the Canadian Counselling and Psychotherapy Association helps to advocate, connect and create professional development and research opportunities for mentally-ill patients and those suffering from minor and mild mental disorders.

It is through the employment of creative activities, counselling or stimuli, art, dance, movement, drama, photography, music, play, sand tray, and/or creative writing that mental disorders are treated and patients are brought back to positive mental health and well-being. For more information on creativity and counselling, speak to our professionals [here](#).

-Daniel Climans

JOIN ONE OF CCPA'S CHAPTERS TODAY



CREATIVE
ARTS IN
COUNSELLING
AND
PSYCHOTHERAPY
CHAPTER



PRIVATE
PRACTITIONERS
CHAPTER



ANIMAL
ASSISTED
THERAPY IN
COUNSELLING
CHAPTER



CAREER
COUNSELLORS
CHAPTER



INDIGENOUS
CIRCLE
CHAPTER



SOCIAL
JUSTICE
CHAPTER



Master of Arts in Counselling Psychology

Canada's leading online counsellor
education program



[LEARN MORE](#)

Nationally recognized | Practicum based | Practice oriented

YORKVILLE
UNIVERSITY



RAISING AWARENESS FOR WELLNESS THROUGH THE FEET

BY: Michelle Greenwell

Have you sat down after a long shift of work, or strenuous activity and thought, “If I could just put my feet up for a few minutes”? How about turning to reach for something and tripping over your foot in a sudden stumble? Perhaps you have had someone massage your feet, and you wish they would go on forever it feels so good and relaxing. Our feet provide us with valuable information throughout the day that can inspire us to realize our stress level and support changing our actions.

Take a moment now to notice your feet on the floor as you sit to read this article. What is the awareness of your feet? Can you notice the 9 points of the feet? Can you feel the pads of each of the five toes equally on the floor? How about the outside edge of the foot, the heel? Do you feel the ball of the foot at the big toe joint and at the pinky toe joint? Do you feel the Qi flowing through your feet? People often describe Qi as lightness or tiny bubbles, like when you open a bottle of fizzy water.



Now stand and see if your awareness changes. Take a moment to be aware of your feet before reading on. Where is the weight in your foot? Is it to the heel and your knees are locked with the thighs tight? Perhaps it is into the toes, and they might be trying to grip the floor. Maybe your weight is in the center of the foot. Can you feel the suspension of the arch loosely adjusting to your weight or do you feel the weight rolling into the center and the inside arch of the foot?

All the information you have just gained about your feet can tell you how stress is being held in the body, how much stress, and how that stress is affecting your posture, your weight on the floor or heaviness, your freedom to move with ease and grace, and your status of emotions and clarity of thought. All this from your feet if you take the time to listen, feel and connect.

When I was in my teens my knees ached and had sharp pains while I was dancing. I loved to dance, it was my escape from the world, it was my connection to friends, and it was the place where I could be creative. The knee specialist I saw told me that I should quit dancing and then the pain would stop. I so desperately wanted to be a professional dancer and compete so chose to ignore the pain.

Fast forward to my thirties- I had a thriving business as a dance studio owner and performer, two young children, and a supportive husband who worked in the city all day and then drove

home to our rural community to take over supper and bedtimes. I had learned to ignore signals from my body through my training and my childhood to get what I wanted. When my feet hurt, I just pushed through. Until one day, I could no longer walk on my feet, the pain was unbearable. My knees ached constantly, and I was anxious and depressed (although I wouldn't recognize this until much later with reflection).

What do you do when you lose the ability to walk? When each day you are in pain, and you

no longer have the strength to do what you love? Do you give up? It would be easy to do so. But the desire to do what you love is stronger than the ability to let go. You must find another way. I was introduced to Touch for Health™ (Thie, 2005) at this time. A system to understand the muscle, organ, and structure connections in the body. Based on Chinese

Medicine concepts through the Five Elements and flow to all the systems. I was hooked. My first ability to understand cues was through muscle response testing. This is the opportunity to use a muscle to indicate the status of stress in a certain system in the body.

Fast forward to today, I have gained simple tools to understand the stress in my body through awareness and muscle monitoring. More importantly, I now understand the cues from my feet and by providing them with some gentle rubbing they can be transformed and so can I as

“
*take the time
to listen, feel
and connect*
”



a joyful, loving person.

Postural and dynamic reflexes that engage to move us can be inspired through the feet to support gravity, grounding, stability, balance, and centering. (Masgutlova, 2007) As a dancer, and a facilitator it was not helpful to put my student or client on a massage table and manipulate the foot for them; rather, I needed a quick and simple approach that they could do for themselves before an activity, after a long day of standing, or after a long day at a desk. The foot sensor activities provide the same stimulation that a clinical approach would use, and it can be done standing or sitting anywhere, (under the desk or table, waiting for a meeting, in the car, listening to the radio, or watching a program).

To engage with the activity, please watch the [YouTube video](#) (Greenwell, Foot Sensors, 2021) explaining the activities as they are shared on a special card deck created with sharing the tools easily with children, families, and busy people. (Greenwell & Tanya Levy, It's in the Cards, 2021) The activities can be done as a single activity, or they can be linked together in two cycles which link up the power of the Five Element Theory from Chinese Medicine.

Now go back to your awareness of the feet. What do you notice? Have the 9 points of the feet become more noticeable? Has the weight distributed across the whole foot? How does your posture feel now? Is there less strain in your lower back? Do you stand taller? Have your shoulders dropped? Are the shoulders now lined up with the hips rather than curving forward. All these changes happen without effort because the reflexes in the feet have been stimulated and engaged creating a conversation of dynamic postural opportunities through the body. It is like magic, but it is really a connection within the body.

Why are these reflexes and your awareness of the feet important? They support your mood, decision-making, clarity of thought, ability to stay focused, or opportunity for creativity. They help you feel light and free in your movement, and stable on your feet for confidence and strength (Masgutova, 2005). They also create a sense of being centered. All of this leads to well-being, a calmed central nervous system, proper alignment for supported posture, and of course, happy feet (Greenwell, My Little Black Book of Qi: Qi YINtegration, 2018).

Michelle Greenwell,

BA Psych, MSc CAM, Ph.D. (final) CIH (Complimentary and Integrative Health) is a movement specialist who shares awareness and implementation of movement-based activities through dance, Tai Chi, Touch for Health, Therapeutic Touch, NeuroReflex Integration, with specific exercises to bring balance and flow to the systems for bioenergetic wellness. Michelle is the President of CanBeWell.org, The Canadian Association of BioEnergetic Wellness. Her programs include online group classes for the public (Movement Made Easy, Stepdance, and Qi YINtegration) and her programs for entrepreneurs and business professionals, Balancing Business, are providing insights into how success, efficiency, inspiration, and integrity are accomplished through a body that is moving for wellness and keeping the mind and thoughts open and clear. She offers a 6-week boot camp as well as a 4-month Mastermind to provide support and long-term growth for a wellness plan with business. Her full resources can be found at <https://linktr.ee/dancedebut>.



MAKE YOUR VOICE HEARD

Send a letter to politicians and decision-makers
about the vital need to support Indigenous peoples' mental
health and support their right to self-determination

SEND A LETTER TODAY!



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





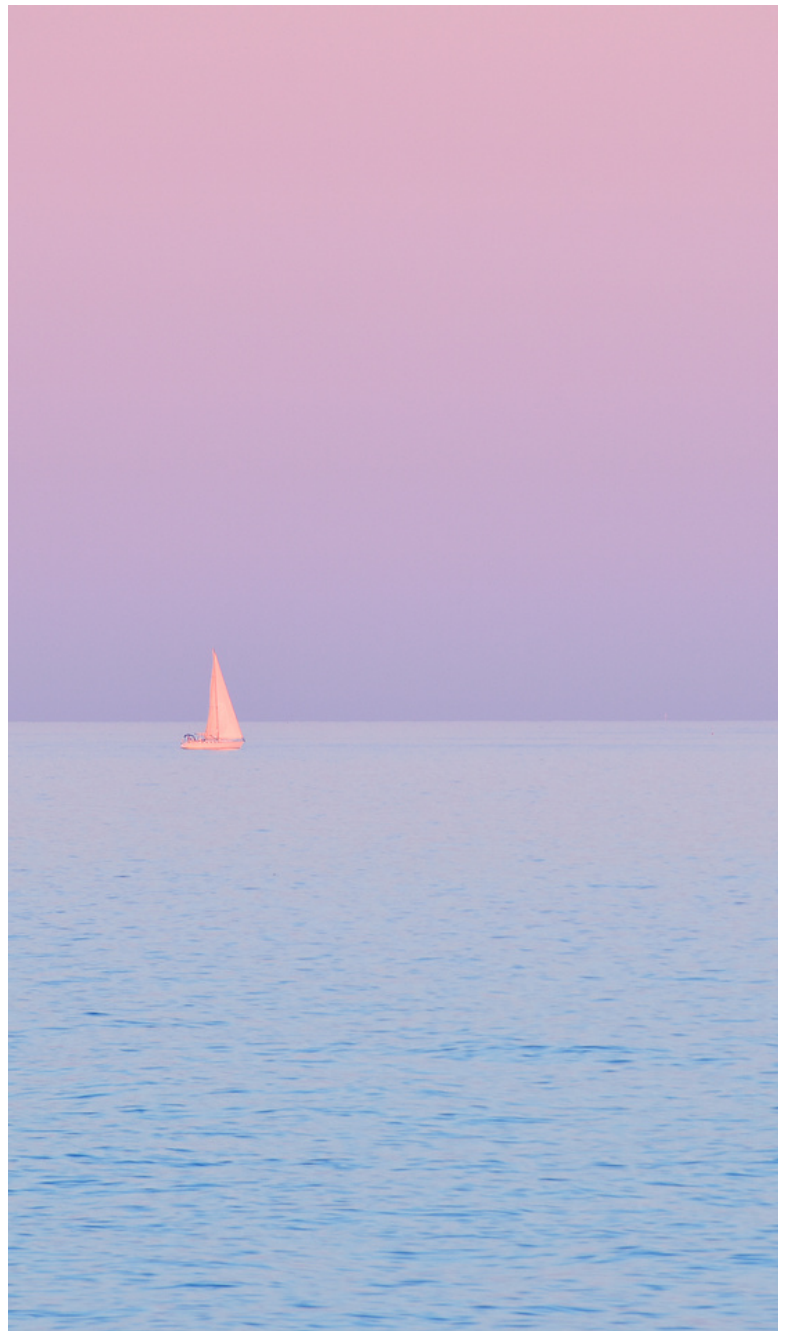
Beyond Ourselves: Embracing Transpersonal Psychology as a Holistic Approach to Psychotherapy

BY IRISH DHINDSA (MACP-IN
PROGRESS)

As I embarked on my new journey of becoming a counselling psychology student in January of 2022, one of the first things I was taught was taking a holistic approach to psychotherapy. I learned that this approach involves understanding the biological, social, and psychological (mental and emotional) elements in a client's life to effectively support them. As I learned more about the holistic, whole-body approach to psychotherapy, I realized that the holistic approach is multilayered. These layers help provide a deeper understanding of the biological, social, and psychological states. In particular, my focus went to the social aspects which included a

variety of factors such as cultural, religious, spiritual, and relational.

The three well known forces of psychology, cognitive, behavioural, and humanistic were the ones I was introduced to initially and I found them incredibly interesting. After a year into the program, I came across transpersonal psychology, which is considered the fourth force of psychology by some while being refuted by other psychology professionals (Cohen, 2022). Coming across this field of study has been an enlightening experience for me, and I am exceedingly excited to continue learning about it.





Historically speaking, spiritual and mystical experiences have been disregarded in the study of psychology because the primary focus took a materialist and reductionist view (Cohen, 2022). This view is still present, but we are starting to see the emergence of this view broadening as we embrace a Culturally Responsive Socially Just framework to psychotherapy. Transpersonal psychology comprises of influences from various spiritual wisdoms from across the world, such as, Hinduism and Daoism, as well as, being initiated into the psychological focus since the 1960s psychedelic revolution (Cohen, 2022).

More recently, transpersonal psychology is said to be entering its second wave which encompasses more than just mystical experiences (Hartelius et al., 2021). The second wave involves somatic experiences, community-based experiences, nature-related experiences, multicultural elements, experiences of self-actualization, and experiences of social transformation (Hartelius et al., 2021). Transpersonal psychology has

expanded and elaborated its reach since the 1960s and contributes significantly to the holistic approach to psychotherapy.

Since transpersonal psychology is a diverse study, I will want to share one example to illustrate how transpersonal psychology contributes to supporting holistic wellness. The Ayurveda is an ancient East Indian approach to holistic healing which shares linkages with transpersonal psychology (Rioux, 2019). Both disciplines acknowledge consciousness as the primary existence expressing itself through matter (Rioux, 2019). They also comprise of the understanding that human experiences have an impact on the mind-body-spirit in an intersecting way (Rioux, 2019). In psychotherapy, when practitioners are working from a transpersonal understanding, they would consider the impact of something like Ayurveda because it is a holistic approach that considers social, environmental, gender, cultural, somatic, and psychological influences on a client's overall wellbeing.

Transpersonal psychology helps us consider aspects beyond our personal psyches to achieve a deeper level of healing in our health and wellness. It is a field of study that is influenced by global spiritual philosophies and mystical experiences, but in today's time it also considers one's psychological relationship to everything in their life that is beyond themselves (beyond their personal psyche/personality).



The Cosmic Colours –

By Irish Dhindsa

This painting is of the Hindu Deity, Shiva, who is a part of the Hindu Trinity. The painting attempts to depict the many facets of the universe through an image of Lord Shiva, representing the universe. In transpersonal psychology, an image like this can be explored in depth through transpersonal inquiry.



IN PERSON TRAINING | EDMONTON - MAY 25 & 26, 2023

2 DAY INTRODUCTION TO THE INTERNAL FAMILY SYSTEMS (IFS) MODEL

ALEXIA ROTHMAN, PH.D.



ONLINE TRAINING | LIVE STREAMING JUNE 23, 2023

WORKING ALONGSIDE CHALLENGING CLIENTS: A Sensorimotor Psychotherapy Perspective

PAT OGDEN, PH.D.



LIVE IN-PERSON & LIVE STREAM CONFERENCE

THE WESTERN CANADA MENTAL HEALTH SUMMIT

Improving Skills & Competencies for
Mental Health & Education Professionals

CALGARY | MAY 24-26, 2023

SPONSORS



Sunshine Coast
Health Centre
A Non-12 Step Mental Health Program

Georgia Strait | WOMEN'S
CLINIC

SAVE 10% PROMO CODE:
CCPASAVE

REGISTER AT: **JACKHIROSE.COM**

COGNICA 23

COGNICA

Spring & Fall

PUBLICATION GUIDELINES

Interested in contributing to COGNICA's next edition? COGNICA is published 2 times per year. The submission deadlines for articles and advertising are Feb 1st & Aug 1st.

CANADIAN COUNSELLING AND PSYCHOTHERAPY ASSOCIATION



202-245 Menten Place
Ottawa, ON, K2H 9E8



communications@ccpa-accp.ca



613-237-1099
Toll free: 1-877-765-
5565 Fax: 613-237-9786

A D R A T E S

	1 Time	Size
1 Page	\$660	6" x 9"
1/2 Page	\$420	3" X 9"
1/4 Page	\$280	3" x 4"
BUSINESS	\$110	3.5" x 2"

EDITORIAL COMMITTEE

Lakawthra Cox, Sandra Dixon, Sarah Pittoello, Priyadarshini Senroy, Vicki -Anne Rodrigue, Carla Pauls, Kathy Offet-Gartner, Carrie Foster, Kim Hollihan, Karina Albert, and Kaylynn Craig.

Submissions should not exceed 2 pages.

Articles published in COGNICA are eligible for Continuing Education Credits. Information on CECs can be found [here](#).

Except where specifically indicated, the opinions expressed in COGNICA are strictly those of the authors and do not necessarily reflect the opinions of the CCPA, its officers, directors, or employees.

All submissions are welcome for consideration. Those accepted will be subject to editorial review prior to publication.

Submit your article for publication today and receive continuing education credits!