



Conference 2023

- At the InterContinental Toronto Centre Hotel
- The conference is eligible for 11 CECs
- All registrations include buffet lunches, snacks, coffee/tea, and two receptions!
- Indigenous Gathering Space, Simcoe, lower level



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>7:30 a.m.</p>	<p>Registration Desk</p>
<p>8:30 a.m. to 9:00 a.m.</p>	<p>Indigenous Welcome and Opening Remarks Edebwed Ogichidaa Kwe - She who speaks the Truth Warrior woman leader - Mkwaa dodem - New Credit doonjibaa - Ballroom</p> <ul style="list-style-type: none"> • Valarie King (English name) Valarie has lived on Mississaugas of the Credit all her life. She has been a skaabayis (helper) in the community and off reserve in various employment and volunteer or grass root positions. For the last 30 years, she strived to bring the sacred bundles of traditional teachings back to the people through ceremonies and rites of passages such as Grandmother moon ceremonies, fastings, traditional teachings workshops, drumming, singing, and feasts. Along with her activism for the sacred water and the families of missing and murdered Aboriginal women, Valarie uses her spiritual sight to be a good helper utilizing energy work to do clearings, medicines, her medicine bundles, and sometimes Western methods. She has worked as the holistic counsellor at Judda's Place collaborating with a doctor and herbalist. She is a Chartered Herbalist, completed her ECE, Bachelor Arts in Health and Women Studies and A minor in Indigenous Studies and has a Masters in Indigenous Social Work. Valarie has seven children and seven grandchildren – who each sing and do traditional dancing around the big drum and hand drum.
<p>9:00 a.m. to 10:00 a.m.</p>	<p>Opening Keynote - presented by Owl Practice</p> <p>Anti-Oppression Psychotherapy: Decolonizing Your Practice - Ballroom</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 and Exhibits - Ballroom/Foyer</p>
<p>10:30 a.m. to 12:00 p.m.</p>	<p>Concurrent Sessions – FA</p> <p>FA1 We Matter: Hope, Culture & Strength - Ballroom B</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>FA2 A Moment for Me in the Creative Arts Therapies Community - Ontario</p> <ul style="list-style-type: none"> • Introductory • Cassandra Brennan, Audrey-Anne Frennette, and Anqi Sun <p>Amidst a full and educative conference, this experiential workshop aims to provide a moment of relaxation and respite open to all participants. The workshop will employ techniques from art therapy, music therapy, drama therapy, and dance-movement therapy in tandem with mindfulness-based practices. Participants will be led through 90-minutes of creative experiences that they can then carry into their personal and professional lives. Experiences will include, among others, visual art making, musical improvisation, and movement-based interventions. This workshop will offer actionable ways of employing creative-based techniques in counselling practice while also advocating for the field of creative arts therapies.</p> <p>FA3 Feeling Safe Again - Key learnings from a therapeutic group for teens with experiences of Complex PTSD - Ballroom A</p> <ul style="list-style-type: none"> • Intermediate • Debbie Wagler <p>This workshop describes a therapeutic group about understanding and managing emotions after complex trauma. Debbie will share the learning outcomes/core content of the teen and caregiver components of the group, discuss practical ways group facilitators built safety and rapport with our teen group members, describe our use of arts and crafts and group sand tray directives to explore difficult topics, and reflect on what we personally learned about equity, diversity, and inclusion while planning and facilitating the group. This workshop aims to inspire other therapists and agencies to design similar groups to help young people heal from trauma earlier in life. Q&A time will be integrated throughout the presentation, and space will be held for resource sharing (come with your favourite book titles, websites, apps, social media, and trauma therapy handouts or tips to share). The hope is that this workshop will attract new and seasoned trauma therapists, as well as therapists interested in designing and facilitating groups.</p> 

	<p>FA4 Bonds that Hurt: Bonds that Heal: Sharing stories of parental incarceration - Niagara</p> <ul style="list-style-type: none"> • Intermediate • Barbara Pickering <p>Counsellors are often in a position to work with people who occupy the borderlands of general society. This work is the culmination of a doctoral research project that invited stories from the edge as shared by people who had a parent in prison when they were children. In this extraordinary film, you will witness how four survivors of parental incarceration experienced their parents' arrests, the aftermath and navigating life across numerous dimensions including school, counselling, friends, and forgiveness. These powerful, yet typically hidden stories of resilience and strength are shared with extraordinary amounts of courage. Following the film, there will be a discussion about lessons learned, how we as counsellors can hone our listening skills in collaborative ways, and how we can apply the wisdom to other marginalized populations who are often restrained by a reified conception of who they are, and how they should be helped.</p>
<p>12:00 p.m. to 13:15 p.m.</p>	<p>Lunch and Exhibits - Ballroom/Foyer</p>
<p>13:15 p.m. to 14:45 p.m.</p>	<p>Concurrent Sessions FB</p> <p>FB1 Mikwendaagwad It is Remembered Sacred Circle CBT - Ontario</p> <ul style="list-style-type: none"> • Introductory • Charity Fleming <p>Join with us in learning more and unpacking for equity's sake, an innovative new indigenous adapted structured psychotherapy model, Mikwendaagwad "It is Remembered" Sacred Circle CBT. Learn a few of the many structured psychotherapy interventions developed that promote wholistic mental health, healing from historical trauma, and increased connection to the spirit of Etuaptmumk, two eyed seeing. This presentation will include a review of the model, demonstration of specific indigenous adapted interventions and reviewing program evaluation and research completed to date. Be part of the vision of Oshikiibimaadizig "the new people" across Turtle Island, that are forging the path of Truth & Reconciliation in mental health today.</p> <p>FB2 Care for Caregivers - Part Workshop/Part Retreat for Pandemic Recovery and Protection from Compassion Fatigue and Burn Out - Ballroom A</p> <ul style="list-style-type: none"> • Introductory to Intermediate • Nicole Schiener <p>Since recovering from secondary traumatic stress and burn out (compassion fatigue), I am passionate about empowering other helping professionals with research-based, trauma informed information and exercises to protect against compassion fatigue. Participants will: 1) Reflect on the impacts of the Pandemic, personally, collectively and professionally from a strengths-based perspective. 2) Learn about personal vulnerabilities and environmental risk factors for compassion fatigue and ways it impacts our work and health. 3) Be introduced to polyvagal informed therapy and identify what supports and what hinders effective social justice work and healthy co-regulation with clients. 4) Explore the importance of completing the stress response cycle. 5) Learn a model for caring without carrying the responsibility for others. Throughout the workshop participants will also be guided through simple practices from: somatic, self-compassion, neuroscience, mindfulness and energy medicine to help cultivate and maintain presence, compassion, healthy co-regulation and separation of work and home life. Experience the difference of infusing these pockets of peace into your day. Leave with access to a FREE guide to personalize your learning.</p> <p>FB3 Formation of the Virtual Therapeutic Relationship in Cross-cultural Counselling with Youth: Emerging research and practices - Ballroom B</p> <ul style="list-style-type: none"> • Intermediate • Krista Socholotiuk; José F. Domene, Katie Lysakowski and Shanzey Altaf <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> 

FB4 Celebrating 20 Years of the Creative Arts in Counselling & Psychotherapy Chapter: Co-creating Pathways to Equity, Diversity, and Inclusion - Niagara

- Intermediate
- Nisha Sajnani, Lucy Lu, Erin Kuri, Shea Wood, Gabrielle Gingras, Rowena Tam, and Lorelei Dietz

It has been 20 years since the founding of the Creative Arts in Counselling and Psychotherapy Chapter of the CCPA. This panel will offer a retrospective account of the history, challenges, and opportunities that gave rise to the founding of this chapter in 2003 and reflect on the contribution of the arts in mental health today with a focus on the relationship between social justice and well-being. Past presidents will consider pivotal moments during their tenure, offer examples of research and practice in their respective communities that reflect a commitment to dismantling systemic barriers that impact mental health, celebrate the accomplishments of a diverse chapter membership, and consider future directions. We will discuss the possibilities and limitations of the arts in counselling and psychotherapy with regard to addressing systemic determinants of health, mitigating the psychological and social impact of exclusion, and supporting individual and collective efforts towards equity.

FB5 Let's Have Chai: South Asian Clients and Family Dynamics - Kingsway

- Advanced
- Dr. Saira Sabzaali

First and second generation South Asian clients are not always finding what they need in counselling. Without an understanding of eldership, joint-family living, sense of honour/duty, and tight-knit extended families, it can be challenging for therapists to support clients to heal the past, set boundaries, find their voice, and explore intergenerational patterns. Clients often report that mainstream therapist approaches and recommendations simply don't make sense in the South Asian context. In this interactive presentation, you will learn about some basics of South Asian cultural expectations of therapy and where things can frequently go wrong. We will explore common cultural beliefs about the roles of family, faith, and mental health. We will explore some shared historical events and discuss the impact of immigration on a person's sense of identity and self. Through a combination of experiential learning and lecture, you will learn how to fine-tune your approach to be more effective with South Asian clients. At the end of this session, you will: - Understand inter-personal expectations in South Asian cultures - Explore the prevalence and impact of stigma on seeking treatment - Have practical ways to teach boundaries and address childhood trauma while respecting cultural norms of duty and privacy.

14:45 p.m.
to
15:00 p.m.

Break and Exhibits - Ballroom Foyer

Concurrent Sessions FC

FC1 Deconstructing & Decolonizing Space: Explorations of Well-being, Inclusion and Identity - Niagara

- Introductory
- Dr. Tanya Surette, Melissa Labrador, and Justin Chevette

This session will describe a participatory action research project that was a partnership between counsellor educator faculty and community artists aiming to deconstruct and decolonize educational spaces. The project aspired to disrupt a hidden curriculum of physical educational spaces and infuse them with imagery that promoted representation and reflection of diversity. Participants in this session will hear about the project and the impact on student experiences who had the opportunity to witness and take part in the transformation of space and interact with the artists. Attendees of this session will be invited to engage with the art pieces, and the narratives shared by the artists, in relation to the imagery, the spaces, and the meaning behind the work. The session will end with a reflection on the implications of the research and participant reflections on the initiative and art pieces.

FC2 The Psychological Hazards of Workplace Psychological Harassment: prevention, intervention, and repair/recovery options - Kingsway

- Intermediate
- Linda Crockett

When negative interpersonal interactions such as harassment, bullying, racism, discrimination, occur in the workplace, employees often become distressed, and experience a loss of psychological safety. The psychological injuries that develop range from mild to traumatic requiring a trauma-informed approach. Our clients need a sense of safety, understanding of their experiences, and a facilitated line of communication with their medical team, the insurance company involved, and/or the employer, for which to identify concerns and psychological safety requirements. Our primary goal is to support first responding professionals, including all treating professionals, to develop their knowledge and skill sets for these complex, multilayered cases.

FC3 Grief, Loss, and the Therapeutic Use of Sand: Caring for the Counselor, Caring for the Client - Ballroom A

- Intermediate
- Kristin Erickson

Grief and loss can leave individuals feeling overwhelmed, exhausted, raw, and vulnerable. Understanding and making sense of painful grief and loss experiences isn't easy. Like many of our clients, at some point in life, it is not uncommon for us as counselors to also face difficult grief and loss experiences that shake our very being. Carl Rogers believed we can only care for clients to the extent we have cared for ourselves (Rogers, 1961). Like our work with clients, engaging in deep self-care soul work can be powerful and profound, and help with the meaning making process of the grief and loss we have experienced as counselors.

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

In this interactive presentation we will discuss and share examples of ways sandtray therapy interventions can be adapted to help counselors process and work-through their own grief and loss issues they experience. Participants will also learn ways to use sandtray interventions to help clients who are coping with, processing, and working through the painful grief and loss experiences they endure. A hands-on sandtray demonstration will be provided. Multicultural and ethical considerations will also be discussed.

FC4 Through the Eyes of Our Ancestors - Indigenous Well-Being - Ontario

- **Intermediate**
- **Roger John**

There continues to be a significant gap in the well-being or "health" of Indigenous peoples and non-Indigenous peoples in Canada. The presenter believes that most of the focus on Indigenous well-being has been a deficit focus which has not served Indigenous peoples nor service providers well. For his doctoral research, the presenter chose to ask Indigenous Knowledge Keepers how they view well-being, how do they describe it? How do they know if someone is well, what are protective factors or behaviors? The presenter will share the findings of his research, and present Indigenous well-being "Through the Eyes of Our Ancestors" (Participant quote).

FC5 Queer Youth, Families and Trauma - Ballroom B

- **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.





YORKVILLE
UNIVERSITY


20:00 p.m.
to
22:30 p.m.

Welcome Mixer - Ontario/Niagara Foyer

- This event is included and will feature **appetizers & non-alcoholic beverages**, two **drag performances**, and a **dance!**
- **Cash bars** available

8 a.m.	Registration Desk
8:45 a.m. to 9 a.m.	<p>Opening Remarks - Ballroom A/B</p> <p>Professional Champion Award 2023 announcement</p>
9 a.m. to 10 a.m.	<p>Opening Keynote - presented by Jane App </p> <p>The Building Blocks of Equitable Practice - Ballroom</p> <ul style="list-style-type: none"> • Dr. Chika Stacy Oriuwa <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>
10 a.m. to 10:30 a.m.	Break and Exhibits - Ballroom Foyer
10:00 a.m. to 12:00 p.m.	Posters - Niagara
10:30 a.m. to 12 p.m.	<p>Concurrent Sessions SA</p> <p>SA1 The Co-Creation of a Private Practitioner Working Self with Diverse Others - Ballroom A</p> <ul style="list-style-type: none"> • Introductory • Dr. Paul Yeung, Corrine Hendricken-Eldershaw, Lorne Flavelle, Veronica Loffreda, and Linda Storm <p>Private Practitioners Chapter is founded on the ideology of embracing and providing support to private practitioners. The aim of this session is to create a dialogical space where members who are in or considering being in, private practice will learn about diverse best practices through a cultural sensitivity lens and have an opportunity to network. As Linda Bovolotto (2012) has thoughtfully put it, as we progress in our own professional development, our ability to help others will mature (Spring 2015 Private Practitioners Newsletter, p. 9). To achieve this, we as private practitioners need to gain the relevant knowledge and skills in relation to this year's conference theme: Unpacking for Equity's Sake. During the session, participants are also encouraged to identify and anticipate ways in which Private Practitioners Chapter can help creatively and effectively meet the needs of private practitioners. Upon completion of the session, participants will gain insights about best practices around working with diverse others, embrace cultural diversity and sensitivity, and celebrate the journey of being a private practitioner.</p> <p>SA2 BIPOC Perspectives on Counselling and Psychotherapy - Ballroom B </p> <ul style="list-style-type: none"> • Intermediate • Anti-Racism Advisory Group Committee Members (Co-Chairs: George Maringapasi and Jasleen Singh) • 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 AntiRacism Advisory Committee, who are eager to share towards equity, inclusion and diverse practices. <p>SA3 Supervision of Pre-professional School Counsellors - A Teacher Counsellor Perspective - Ontario</p> <ul style="list-style-type: none"> • Intermediate • Jennifer Sutherland Lynagh and Taylor Kowalyk <p>Counselling in schools requires professionals to develop strong skills working with students from diverse backgrounds, various (and often overlapping) disabilities, all sexual and gender identities, and all neurotypes. So who helps new counsellors meet these expectations? Shepard et al. (2016) noted that there has been no research on Canadian school counsellor supervision practices, the need for supervision in school counselling, the perceived benefit of supervision for school counsellors, or the effects of supervision on student outcomes and school environments. This is the story of how I (in collaboration with my team) navigated the relatively uncharted (or perhaps chartered but undocumented!) waters of supervision within a Canadian (Alberta) school context. In this session, we will share strategies, takeaways, and insights that have come from building a supervision practice in a high school setting.</p>

	<p>SA4 Unpacking the New CACEP Accreditation Standards: Giving Prominence to Diversity, Social Justice, and Indigeneity - Kingsway</p> <ul style="list-style-type: none"> • Intermediate • Sharon Robertson, William A. Borgen, and Pamela Patterson <p>In August 2022, the CCPA Board of Directors approved revised Council for Accreditation of Counsellor Education Programs (CACEP) standards for the accreditation of master’s level programs in Counsellor Education in Canada. In this session, members of the CACEP Advisory Committee will highlight changes to the accreditation standards, particularly those addressing diversity, social justice, and indigeneity. This interactive session will focus on reviewing the revised accreditation standards, preparing an application, engaging participants in a practice review of their own programs in relation to the revised accreditation standards, and exploring options for meeting the standards. Participants will be encouraged to share ways in which their programs are working towards addressing social justice and indigeneity from an Equity, Diversity, and Inclusion perspective. Participants are encouraged to bring questions they have regarding the accreditation process and how to prepare an application so they may be addressed.</p> <p>SA5 Posters - Niagara</p> <ul style="list-style-type: none"> • Poster listing is here
<p>12:00 p.m. to 13:15 p.m.</p>	<p>Lunch and Exhibits - Ballroom/Foyer</p>
<p>13:15 p.m. to 14:45 p.m.</p>	<p>Concurrent Sessions SB</p> <p>SB1 A Narrative Study of Trauma-Informed Programs in an Early Elementary Education Setting - Kingsway</p> <ul style="list-style-type: none"> • Introductory • Natalie Sweeney <p>Trauma has a life-long negative impact on the growth and development of many children. School-based trauma-informed interventions provide the opportunity to offer cost effective mental health support to children who may not otherwise access counselling. Previous research has found that many school counsellors and teachers report feeling inadequately prepared to support traumatized children. Additionally, many teachers and school counsellors report never receiving training in trauma-informed practices. There is a current lack of empirical Canadian research on the use of trauma-informed practices by school counsellors, particularly with young children. The present study investigated the stories of school counsellors and teachers using trauma-informed practices when supporting young children (ages five to eight) through narrative inquiry. Narrative interviews were conducted with two school counsellors and two teachers. Narrative thematic analysis was employed to construct themes and the verification process included member checking procedures. Four themes emerged from the analysis of participants’ narratives: Being Introduced to Trauma-Informed Practices, Trauma-Informed Practices as a Whole School Approach, Barriers to Trauma-Informed Approaches, and Strengths and Success of Implementing Trauma-Informed Approaches. The constructed themes are presented and the implications of the findings, and recommendations for future educational policy, practice, and research are discussed.</p> <p>SB2 Beyond Ethics Theory: Grappling With Ethical Dilemmas Together - Ontario</p> <ul style="list-style-type: none"> • Intermediate • Dr. Michael Sorsdahl <p>We will discuss the types of ethical challenges currently encountered by CCPA members, and the CCPA resources (publications, courses, and consultation) available to support ethical decision-making and practice. Two CCPA-approved online courses, Ethics Primer and Ethics Refresher, will be briefly introduced, offering options for a self-paced or more in-depth instructor-led review of the new CCPA Code of Ethics, highlighting relevant changes. The newly launched casebook will be introduced as a useful reference for students, counsellor educators, supervisors, and counsellors/psychotherapists regardless of their years in practice. The casebook comprises three parts: Part 1 offers a historical overview to contextualize today’s standards and principles of ethical practice; Part 2 has chapters focused on each of the nine sections of the revised CCPA Code of Ethics; and Part 3 provides case vignettes that illustrate the complexity of ethical practice. Finally, the presenters will examine the interconnectedness of CCPA’s accreditation, certification, and ethics complaint processes, engaging participants in discussion about the complex ethical dilemmas that arise within counsellor education programs, practicum supervision, and the ongoing practice of counselling/psychotherapy.</p> <p>SB3 The Role of the Therapist in Family Restructuring - Ballroom A</p> <ul style="list-style-type: none"> • Intermediate • Alyson Jones <p>Almost 50% of marriages end up in divorce. Therapists can play an important role in assisting families as they restructure. A marital breakdown creates significant stress and change within the family structure. It is a highly charged and emotional time for all family members. There is grief, loss, and the fallout from the parental conflict to deal with. There are also challenges that arise as the parents attempt to maneuver through the overwhelming legalities of this terrain. Therapists can be of great assistance in helping the family deal with change while keeping the best interest of the children at the forefront of the process. The workshop will explore the overlap between mental health and family law from the therapist’s perspective. The different roles a therapist can play within the legal framework will be identified. It will assist therapists in understanding the emotional and legal intricacies of working with families who are experiencing breakdown, and the implications of working with the whole family through this process. The presenter has over 30 years’ experience specializing in divorce and separation and will guide the participants in how to protect themselves and their clients as they navigate the complexities of family restructuring.</p>

	<p>SB4 Brief Crisis Therapy: Working with Diversity with Clients as Experts - Ballroom B</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 and Exhibits - Ballroom Foyer</p>
<p>15:00 p.m. to 16:30 p.m.</p>	<p>Concurrent Sessions SC</p> <p>SC1 Indigenous Health and Wellness: Prioritizing Approaches to Practice, Teaching, and Research - Ballroom A</p> <ul style="list-style-type: none"> • Introductory • Cheryl Inkster, Alanaise Ferguson, Natasha Wawrykow, and Ayumi Sasaki <p>The Truth and Reconciliation Commission of Canada Calls to Action on health and mental health highlight the need to close the gap in health outcomes between Indigenous and non-Indigenous people. It is integral that practitioners in the field identify, share, and critically examine ways that these Calls to Action are currently practiced. As practitioners and educators engaging in psychological practice and research with Indigenous peoples of Canada, we will overview the complexities of integrating Indigenous content into the academic environment as Indigenous educators as well as conducting culturally applicable and respectful research with Indigenous people. The panelists will address the following topics: (a) taking back our education: increasing access to professional psychology training for Indigenous students, (b) incorporating reconciliation promotion in psychology curriculum, (c) culturally safe, respectful, appropriate, and relevant research and outcomes in health care with Indigenous peoples, and (d) promoting health and wellness through cultural connection for Indigenous children and youth. We welcome sharing of ideas, knowledge, and resources from attendees of this panel that will help further engagement among practitioners and educators, and progress in implementing the Calls to Action.</p> <p>SC2 Suffering in Silence: LGBTI Refugee Experiences of Torture: Hope, Culture & Strength - Niagara</p> <ul style="list-style-type: none"> • Intermediate • Mego Nerses <p>LGBTQI refugees are often subjected to discrimination and violence, as well as physical and psychological torture in their countries of origin. This presentation will provide an overview of the mental health experiences of LGBTQI refugees who are torture survivors, including the unique aspects and challenges of adapting to a new country and culture. It will also explore ways that providers can respond to and support LGBTQI refugees who have been tortured in their home countries or elsewhere. Mego Nerses will share their experiences of securing safe asylum in Canada for LGBTQI refugees and torture survivors: both the challenges they face, and the solutions that work. The presentation will highlight some of the mental health issues challenging LGBTQI refugees from an intersectional perspective and describe best clinical practices working with this population.</p> <p>SC3 Meeting the Unique Mental Health Needs of Boys and Men - Ballroom B 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. 

	<p>SC4 Addressing Racism and Harassment Directed at Clinicians During a Counselling Session and Strategies for Addressing Racial Based Trauma using a Compassionate Mind Approach to Trauma - Ontario</p> <ul style="list-style-type: none"> • Intermediate • Zuraida Dada <p>This session will use the conversation circle approach to explore the clinicians' experiences with racism, discrimination and harassment directed at them by clients and will also explore strategies for addressing racial based trauma experienced by clients using a compassionate mind approach to trauma. The anticipated outcome is a protocol that can be used by clinicians to address these experiences and to more effectively support clients.</p> <p>SC5 Asian Psychologist and Podcast Host: Social Activism and Therapy - Kingsway</p> <ul style="list-style-type: none"> • Intermediate • Gina Ko <p>I am a Registered Psychologist of Asian descent. I work predominantly with Asian and racialized clients using an anti-oppressive and anti-racism lens. As a socially just and culturally responsive counselling psychologist, I am the host of a podcast, that was launched in May 2021 to honour Asian Heritage month while many Asians are facing anti-racism and xenophobia. The podcast aims to generate awareness, foster community, and create transformation by coming together to lean into the inspiring work of anti-racism. The byline is "stronger together" as I have guests from all walks of life and we come together to share stories of racism and each episode ends with calls to action. My clients are my most loyal listeners as they will bring in session what they heard from my guests and how they connect with their stories. They tell me it gives them strength and hope when faced with microaggressions, racism, and system racism/oppression. The audience of this workshop will walk away with how to start a podcast, how to maintain it, how to obtain funding and how such a platform of activism and socially just work can connect deeply with our work with clients.</p>
<p>4:40 p.m. to 5:10 p.m.</p>	<p>Elder Closing & Adjourn - Ballroom A/B</p>

Friday Keynote - Dr. Roberta K. Timothy

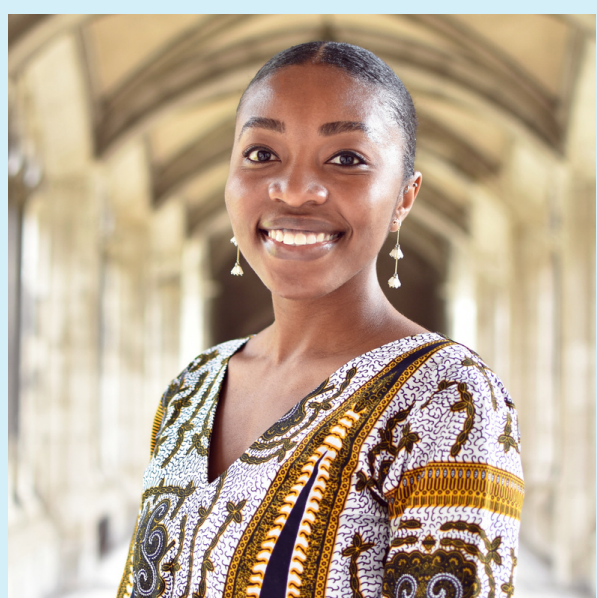


Dr. Timothy is an Assistant Professor in the Teaching Stream, Black Health Lead, and is the inaugural Program Director for the upcoming (September 2023) MPH Program in the field of Black Health at Dalla Lana School of Public Health at the University of Toronto. Dr. Timothy is also an Adjunct Professor 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.



Alanaise Ferguson



Alyson Jones



Andrew Sofin



Audrey-Anne Frenette



Ayumi Sasaki



Barbara Pickering



Cassandra Brennan



Charity Fleming



Cheryl Inkster



Corrine Hendricken-Eldershaw



Danika Charlebois



Deborah Wagler



Dina Bednar



Erin Kuri



Gabrielle Gingras



Gina Ko



Jasleen Singh



Jennifer Sutherland



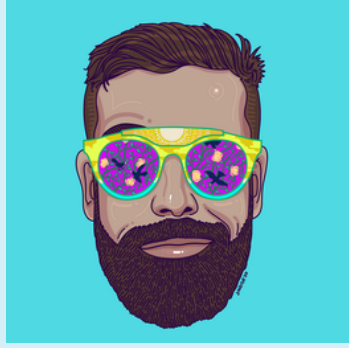
Jillian Bagan



José F. Domene



Julia Imanoff



Justin Chevrette



Dr. Kathleen Leslie



Katie Lysakowski



Krista Socholotiuk



Kristin Erickson



Lorne Flavelle



Linda Crockett



Linda Storm



Lisa Neault



Lorelei Dietz



Lucy Lu



Dr. Mary Bartram



Mego Nerses



Melissa Labrador



Dr. Michael Sorsdahl



Natalie Sweeney



Natasha Wawrykow



Nick Cardone



Nicole Schiener



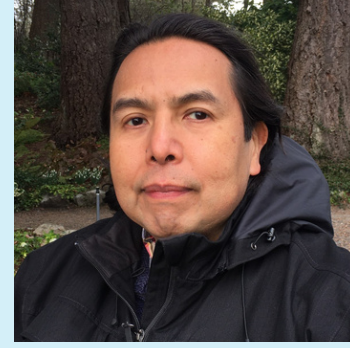
Nisha Sajnani



Dr. Paul Yeung



Dr. Pamela Patterson



Roger John



Rowena Tam



Dr. Saira Sabzaali



Shanezy Altaf



Dr. Sharon E. Robertson



Shea Wood



Dr. Tanya Surette



Taylor Kowalyk



Veronica Loffred



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Victoria McKay



Zuraida Dada