



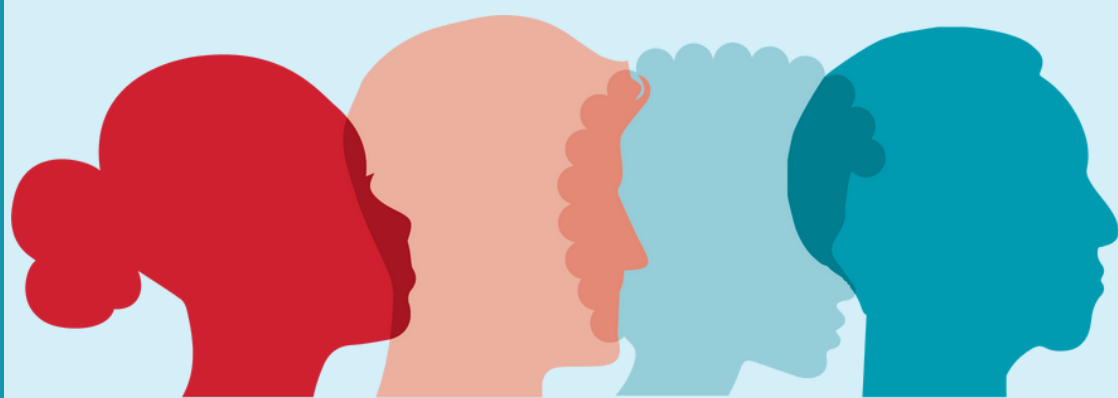
PRE-CONFERENCE 2023

- Upper level of the InterContinental Centre Hotel
- Please note that the Pre-Conference is in person only and will not be recorded nor interpreted
- The Pre-Conference is a separate fee from the main conference
- Half-day sessions are eligible for 3 CECs and the full day is for 6 CECs
- All registrations include lunch, snacks, coffee, and tea



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION

L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE



UNPACKING FOR EQUITY'S SAKE

Thursday
October 19, 2023

8:00 a.m.	Registration Desk
9:00 a.m. to 4 p.m.	<p>Full-day session</p> <p>PC1 Informed Clinical Supervision in Practice: Integrating Foundational Concepts and Competencies to Optimize Process and Outcomes - Kingsway</p> <ul style="list-style-type: none"> • Intermediate • Blythe Shepard and Lori Rudniski <p>This one-day workshop is designed to integrate foundational concepts and competencies in clinical supervision. It is based on the premise that informed supervision emphasizes thoughtful intentionality and is designed to accommodate both a framework structure and responsive flexibility. Workshop participants will engage in reflective discussion and practice as they articulate a philosophy of change in counselling and supervision, demonstrate their preferred supervision models, anticipate ethical and legal issues, contemplate cultural and other diversity issues, and explore risk management practices designed to prevent or respond to supervisory challenges. The intermediate level workshop presumes prior didactic training in clinical supervision and emphasizes experiential learning. Its intent is to enhance performance competency via engaging participants in application of the concepts covered at the introductory level.</p>
9:00 a.m. to 12 p.m.	<p>Morning</p> <p>PC3 From Trauma Informed to Trauma Transformed: how revolutionizing an intake process for the most marginalized populations can lead to the most meaningful results in providing therapeutic services - Caledon/Oakville</p> <ul style="list-style-type: none"> • Intermediate • Olga Shmelova <p>The most vulnerable and marginalized youth who suffer chronic complex trauma and addictions issues face the biggest barriers in accessing appropriate therapeutic services. The superficial level of mental health supports that are available for this population is not helpful and leads to distrust. This workshop will focus on introduction, hands on experience of an innovative comprehensive intake-mapping tool that helps to start a meaningful conversation with a client, and shifts the perspective on their traumatic life experiences. This workshop will also provide some ideas and share some successful practices that we have implemented in Mental Health and Addictions department at Resource Assistance for Youth, Inc. (Winnipeg, MB) while providing mental health services to youth who experience complex trauma and struggle with addictions.</p> <p>PC4 'Doing Dignity' with Clients: How do we know and what does it look like? - Humber</p> <ul style="list-style-type: none"> • Intermediate • Cristelle Audet <p>'Respect for dignity of persons' is considered one of the most fundamental ethical principles across disciplines and is a cornerstone of counselling and psychotherapy. While few argue the principle's aspirational value, critics have described it as "undetermined and inadequately examined," ambiguous and, at worst, rhetorical. These claims—combined with literature suggesting 'dignity' is socially constructed, culturally bound, and changes with society—raise questions such as "What do we mean by respect for dignity of persons? How do we know when we are 'doing dignity' with clients? And what does it look like in practice?". In this interactive workshop, I begin with an overview of how respect for dignity is currently depicted in ethics literature and by some counselling ethicists based on preliminary survey results. With this backdrop, I would like to hold space with attendees to reflect together and share understandings of "doing dignity" with clients, particularly as it relates to diversity, equity, and inclusion. My hope is to foster embodiment of respect for dignity in co-constructive ways to stay accountable to clients' and society's evolving mental health needs.</p> <p>will be highlighted and discussed.</p>
12 p.m. to 1 p.m.	Buffet Lunch - Upper Lobby Back Hall

Afternoon

PC6 Brand New Integrative Trauma Approach T.R.I.P Trauma Regulation & Integration Process for treating Complex Trauma - Caledon/Oakville

- **Intermediate**
- **Monique Hoving-Smeets**

This integrative approach combines eye-brain techniques, working with Parts, somatic therapy, emotionally focused work all viewed through the lens of attachment. This integrative skills set is used to facilitate three core processes: the Projection, Permission & Compassion process to regulate and integrate trauma and distressing experiences. Clients report these three processes provide a profound depth to regulating and integrating trauma they have not experienced before. This 3 hour workshop will provide an overview of the 3 processes, offer you new skills to facilitate the projection and permission process, and showcase a video demonstration of a live session. Current research project in progress, findings may be presented at this workshop.

PC7 Unpacking Gender and Equality - Humber

- **Introductory**
- **Stephanie Tellier (she/they)**

Gender is a social construct that has a very real impact. Gender is ever-changing and fluid over time and place. Yet, cultural beliefs surrounding gender have consistently and unfairly affected people's rights, responsibilities and opportunities. This interactive workshop will review sex and gender terminology and engage participants in exploring their concepts of gender by challenging cultural assumptions and stereotypes. A historical review of DSM diagnoses relating to gender will be discussed to ensure participants are up-to-date with the latest changes. The continued implications of requiring diagnosis for gender-affirming care will be explored. Current 'gender controversies' will be investigated and evaluated from a social justice lens. World Professional Association for Transgender Health (WPATH) standards of care will be reviewed to increase competency in providing gender-affirming care. Participants will be given specific recommendations for best practices and creating safe spaces when working with gender-diverse clients.

PC8 Counselling in 2023: Online Therapy and Digital Context Considerations for Sound Ethical Practices - Halliburton

- **Intermediate**
- **Rosina Mete**

This session provides an overview of the online counselling context and delivery as well as highlights important considerations from the CCPA Code of Ethics section H Use of Electronic and Other Technologies. Professional use of other digital technologies along with their benefits and challenges will be illustrated. Additionally, navigating personal use of online communication such as via social media, will also be discussed and explored within the session. Participants will leave with a better understanding of ensuring professional boundaries and usage within online therapy and related platforms.

PC9 Sand tray Soul Work: Honouring, Giving Voice to, and Working through Difficult Existential Catapult Experiences - High Park

- **Intermediate**
- **Kristin Erickson**

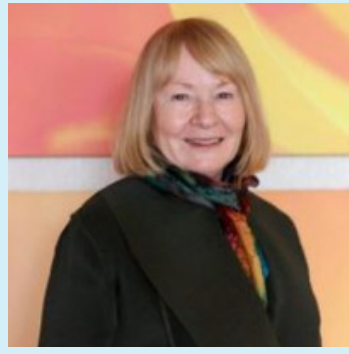
Regardless of how new or how seasoned we are as counselors, we are still human, and at some point, in time we will all face difficult existential catapults that often disrupt and rock us to our very core. Understanding and making sense of these painful, life changing experiences is not easy, nor for the faint in heart. Getting back up from monumental experiences can be rough; these experiences can leave us questioning ourselves, who we are, why we are here, what just happened, and how we will ever work through, heal from, and/or move forward from them. In this interactive workshop, we explain what existential catapults are, how they impact us, and our work with clients. We will invite deep exploration into and normalize the vulnerability of talking about and tending to these often difficult, often taboo, and stigmatized topics in our field – and how that can contribute to maladaptive behaviors, isolation, and increased mental health challenges. We will utilize sand tray interventions to help identify existential themes, break silence, increase awareness of, honour, give voice to, and engage in healthy self-care, while tending to, weathering, and making sense of these difficult, torrential existential storms that come our way. Multicultural and ethical considerations will be interwoven throughout the workshop. Applications, adaptations, and sand tray prompts for use with clients will also be discussed.

Note: Small trays, sand, and miniatures will be provided for participant use. As a result, space will be limited to the first 24 participants who sign up.

1 p.m.
to
4 p.m.



Annie Turcotte



Blythe Shepard



Cristelle Audet



Stephanie Tellier



Lori Rudinski



Kristin Erickson



Monique Hoving-Smeets



Rosina Mete



Nicola Forde



Olga Shmelova