

Issue no-3

December 2014

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# CPA Counsellor

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Newsletter of the **Counselling Psychology Section**

Canadian Psychological Association



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The CPA Counsellor focuses on teaching, scholarship and practice for Counselling Psychologists and graduate students in training. We're proud to introduce our renovated newsletter and new blog site to our membership and hope that you will feel inspired to give us your feedback and become even more involved with our growing community.

[www.cpacounselling.wordpress.com](http://www.cpacounselling.wordpress.com)



## REFLECTIONS from the CHAIR

**Robinder (Rob) P. Bedi, Ph.D.**

**Associate Professor, Department of Psychology. Western Washington University**

It is with great excitement that I am writing my first newsletter column as Chair of CPA's Counselling Psychology Section. I am indebted to Dr. Ada Sinacore, the current Past-Chair, who did a wonderful job mentoring me into this leadership role last academic year (when I served as Chair-elect and she as Chair). I have also been fortunate to work with some dedicated Section Executive who have put in countless time and efforts towards Section endeavors. I want to thank the newly departed former Executive members who completed their terms (Jennifer Titus, student representative; Dr. Anusha Kassan, secretary-treasurer) and welcome their successors (Julie Cohen and Dr. Sharon Cairns). As I look forward at my first of two years as Chair, I am both quite content with the strength and growth of the Sec-

tion and of Canadian counselling psychology but also eager to continue our momentum. Section membership has grown to over 450 members and the last CPA conference in Vancouver had very strong representation from Section members. I feel honoured to have the opportunity to serve as your Section Chair and will discuss my chaired section initiatives further in the next newsletter. For now, I will say that developing a stronger international presence for Canadian counselling psychology and becoming a better global citizen myself are very important goals for me. To this end, I recently returned from a trip to India during which I visited four university counselling programs and one non-profit social service organization with the objective

of fostering international collaboration for me, my students, and colleagues. As you also may recall from a previous newsletter, the Canadian counselling psychology survey is part of a larger project with colleagues from United States, England, Australia, South Korea, South Africa, New Zealand and Australia, and we intend to look at similarities and differences in counselling psychology across these countries.

As Chair, I focused a lot of my time helping secure and orient both a new Webmaster after the departure of Chao-Mei Chiang and a new Newsletter/Blog Editor after the departure of Dr. José Domene. I am pleased to announce that Lindsey Thomson (graduate student from the University of Ottawa) has taken over as web-

**Our Section has grown to over 450 members!**

master and Dr. Janet Miller (Chair of Student Counselling Services at Mount Royal University) has taken over as our newsletter/blog editor. We (Dr. Sinacore, myself, and undergraduate student Kayla Christiani) have also been devoting a lot of attention to completing the survey of full members of the Section. Data collection has closed with about 75 respondents and we are currently in the process of analyzing the data. A survey of our student membership is expected to be initiated in mid-2015.

I and the Section Executive have spent considerable time talking about internships. The Section Executive is well aware of the difficulties doctoral students have in finding suitable internships, particularly those that are accredited by CPA. We have made some efforts already this academic year to address the situation. First, the Section initiated e-mail contact with all counselling centre directors in Canada educating them about the need for, importance of, and benefit to them of creating CPA-accredited internships. We also sent them a copy of a multi-media powerpoint presentation authored by Melissa Tiessen (from CPA head office), Dr Stephan Kennepohl, and Dr. Ada Sinacore, entitled, "Why and How to Develop a Counselling Psychology Internship Program at your University Counselling Centre." This presentation included video clip interviews with two existing directors of training at CPA-accredited counseling centre internships. We also offered to



**“...developing a stronger international presence for Canadian counselling psychology and becoming a better global citizen myself are very important goals for me.”**

provide consultation and other support for those counseling centres interested in developing an accredited internship program.

Secondly, we have just initiated an ad hoc Internship Committee under the capable committee leadership of Dr. Anusha Kassan. You should have already heard a call for volunteers. Please seriously consider joining the committee and helping work towards solutions for the betterment of the entire field in Canada. As for other news and updates: Under the leadership of the CPA Board of Directors, the Section also is pleased to announce the unveiling of our new Section logo (see our website and elsewhere in this newsletter). Please be sure to check out our revamped Section website:

<http://www.cpa.ca/aboutcpa/cpasections/counsellingpsychology>

While we needed to stay within the standard CPA template, the website was completely refreshed with updated content, new sections, new graphics, a student page, and a readings list.

We hope that you find it more dynamic and informative than its predecessor. I want to express great thanks to our webmaster for working hard and closely with me on this. Our social media presence is also enhanced with our recently developed blog:

[www.cpacounselling.wordpress.com](http://www.cpacounselling.wordpress.com)

and student Facebook page:

<https://www.facebook.com/pages/CPA-Counselling-Psychology-Section-Student-Page/177731629100144?fref=nf>

Please be sure to check them out!

As I close off my newsletter entry, I wish to alert everyone about the

upcoming openings in June 2015 for some Executive positions: Chair-elect and both Member-at-Large positions. Please consider nominating someone or self-nominating. This will be a great opportunity to help lead Canadian counselling psychology into greater growth, political influence, and prosperity. The Section is only as strong as its membership's commitment and enthusiasm. The recent milestones and other accomplishments achieved by the Section rested on the laurels of the hard-working and dedicated members who stepped forward to join the Executive. I hope that you will consider doing the same.

Feel free to contact me or any of the Executive Committee members if you have any questions about these positions.

Robinder (Rob) P. Bedi, Ph.D.

## MEET YOUR EXECUTIVE

### Member-at-Large (Student Awards)



Dr. Freda Ginsberg

The Student Awards Officer coordinates the review process for all student awards. She maintains a list of thesis and dissertation reviewers, instructs reviewers on the review process and coordinates the adjudication of the poster awards.

### Past Chair



Dr. Ada Sinacore

The Past Chair aids the current Chair in transitioning into the position, and provides support to the section for various Section initiatives. We are grateful for the continued support of Dr. Ada Sinacore and welcome her into this role on our Executive team.  
Read more about Ada on Page 9.

## MEET YOUR EXECUTIVE

### Secretary Treasurer



Dr. Sharon Cairns

The Secretary-Treasurer prepares and maintains the minutes of the general meetings and of the Executive Committee. Sharon works with the CPA Head Office to maintain our members' list, and is responsible for the care and custody of the Section funds, assets, financial transactions and financial records. Learn more about Sharon on Page 10.

### Student Representative



Julie Cohen

Our student representative serves as a liaison between student members of the Section and the Executive. Julie is also responsible for our student Facebook page, and actively posts on our Section list serve and blog site.

Please see page 12 to learn more about Julie's background and goals for her term ahead.

## MEET YOUR EXECUTIVE

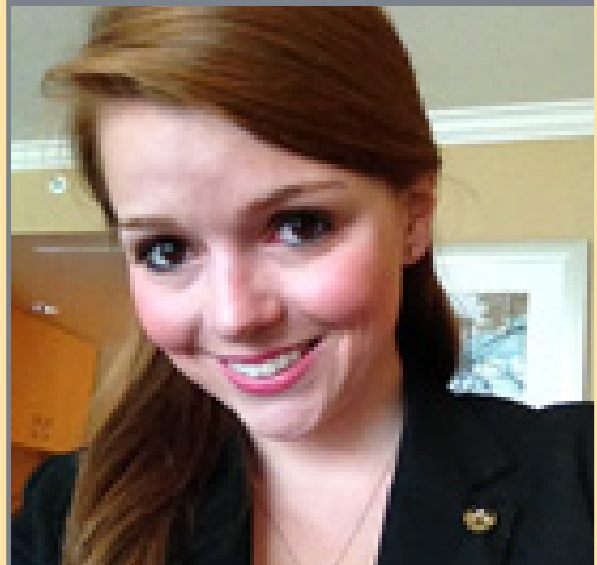
Member-at-Large  
(Review Coordinator)



Dr. Natalee Popadiuk

The Review Coordinator organizes the review process for conference proposals submitted to the CPA for the Counselling Section. Natalee maintains a list of proposal reviewers, guides reviewers on the review process and communicates results of the review process to the CPA.

Webmaster



Lindsey Thomson

The Webmaster updates and maintains all information posted to our Counselling Section webpage. Lindsey works with the team to post relevant information of the Section and for our members.

[www.cpa.ca/aboutcpa/cpasections/counsellingpsychology](http://www.cpa.ca/aboutcpa/cpasections/counsellingpsychology)

## WHAT ARE YOU READING?

***The Handbook of Person-Centred Psychotherapy and Counseling.***

Editors - Maureen O'Hara, Mick Cooper, Peter Schmid Arthur Bohart, 2013

***Triangles - Bowen Family Systems Theory Perspectives.***

Peter Titelman, Editor 2007

***The How of Happiness: A New Approach to Getting the Life You Want.***

Sonja Lyubomirsky, 2008

***The Gift of Therapy: An Open Letter to a New Generation of Therapists and Their Patients.***

Irvin Yalom, 2009

***Driven to Distraction (Revised): Recognizing and Coping with Attention Deficit Disorder.***

Edward M. Hallowell, & John J. Ratey, 2011

Let us know what you're reading! Email our newsletter Editor: [jbmiller@mtroyal.ca](mailto:jbmiller@mtroyal.ca)  
or start the conversation on our NEW BLOG SITE! [www.cpacounselling.wordpress.com](http://www.cpacounselling.wordpress.com)



## APPS FOR THAT



Whether we see it as a supplement to counselling, or as a light form of entertainment, health-related apps are certainly being well used among today's clientele. If you have a candidate for a great app, we'd like to hear about it!

Email the Editor - Dr. Janet Miller - [jbmillier@mtroyal.ca](mailto:jbmillier@mtroyal.ca)

### MoodKit



Drawing on a cognitive-behavioural framework, this app was developed by two clinical psychologists and uses about 200 mood improvement activities to help users to boost their mood.

### Happy Habits

This app will lead you through a happiness Journaling exercise. It guides you to record happy moments and positive events and then makes suggestions on how you might improve your outlook.



### Cyclemeter

This app helps you to track fitness activities, including biking, walking, and running. It skips over calorie estimates and focuses instead on distance, speed & routes.

### Facts of Life

Yes there's an app for that! This app was designed to help parents to talk with their children about sex and the facts of life - developed by Jillian Roberts from the University of Victoria.

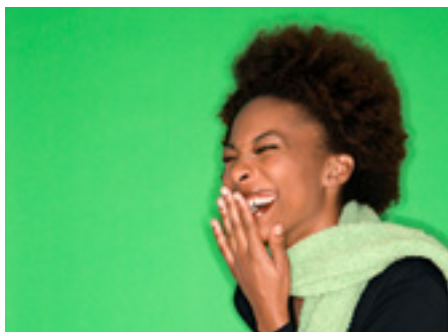
## ARTICLES TO CONSIDER



### Social Capital

Harel, Y., Shechtman, Z. & Cutrona, C. (2011). Individual and group process variables that affect social support in counseling groups. *Group Dynamics, Theory, Research & Practice*, 15(4), 297-310.

Pochebut, L.G. & Mararista, L.V. (2013). Individual strategies of managing social capital: A new look at the psychology of interpersonal relationships. *Procedia, social and behavioral sciences* (1877-0428), 86, 557.



### Laughter

Bliwise, R. J. (2014). The science of laughter. *The Chronical of Higher Education*.

Mora-Ripoll, R. (2011). Potential health benefits of simulated laughter: A narrative review of the literature and recommendations for future research. *Complementary Therapies in Medicine*, 19, 170-177.



### Depression

Cooney, G., Dwan, K., & Mead, G. (2014). Exercise for depression. *Journal of the American Medical Association (JAMA)*, 311(23), 2432-2433. doi:10.1001/jama.2014.4930.

Fam, J., Chen, H., & Wang, J. (2011). Supportive counselling for postpartum depression in Asian mothers. *Asia-Pacific Psychiatry*, 3, 61-66.



# THINGS TO WATCH

## The Psychology of Happiness by Dr. Richard (Dick) Day

McMaster University - Alfred Lager Lecture Series - October 3, 2013  
[https://www.youtube.com/watch?v=wJn8Dz\\_9W1U](https://www.youtube.com/watch?v=wJn8Dz_9W1U)



## Perspectives on Counselling Psychology - Zachary Elison

Graduate students and an early career professional were interviewed about what makes counseling psychology a unique profession and how their training has impacted them. Published July 2014  
[www.youtube.com/watch?v=vQxllR5QedA](http://www.youtube.com/watch?v=vQxllR5QedA) <https://www.youtube.com/watch?v=vQxllR5QedA> <s://www.youtube.com/watch?v=MT9Rt8kqthQ>

## Exploring Careers in Clinical and Counselling Psychology Panel Discussion - Carleton University

A career panel focused on undergraduate students - <https://www.youtube.com/watch?v=vQxllR5QedA>

## Existential Analysis Live Psychotherapy Demonstration - Part 2

Existential Analysis in Action: Phenomenological Encounter & Psychotherapy - Dr. Alfred Langle's presentation consisting of a live therapy demonstration. Published on Jan 17, 2013  
<https://www.youtube.com/watch?v=X6hdj8dtilk>

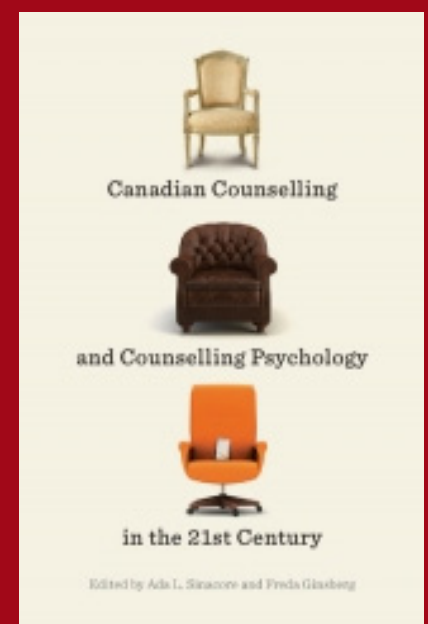
## Trauma and Narrative Therapy - Michael White

Michael White presented an all day workshop on his narrative therapy approach to working with trauma survivors at the International Trauma Studies Program in New York City on April 1, 2007. The videoed portion of the workshop is in five parts. <http://vimeo.com/34671797>

## About Dr. Ada Sinacore...

Ada Sinacore, Ph.D., L.P.C., is an Associate Professor in the Counselling Psychology Program at McGill University. She has more than 20 years of experience working in the U.S., Canada, and abroad and is internationally recognized for her expertise and extensive presentations and publications in social justice, career development, migration and immigration, gender equity, pedagogy, and feminist psychology. As well, she is highly sought out for her consultation and program evaluation skills. Additionally, she was the founder and Conference Chair of the Inaugural Canadian Counselling Psychology

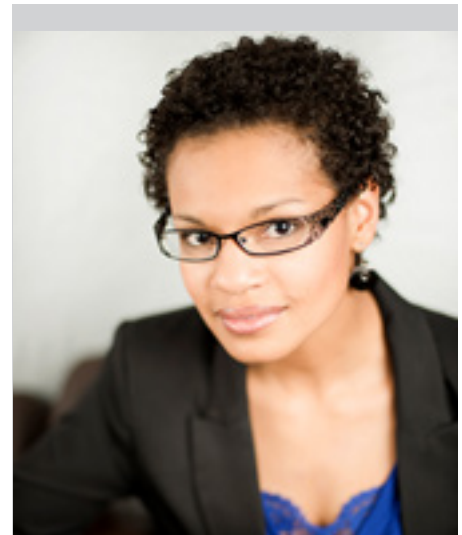
Conference held in Montreal and was the Guest Editor for the Special Section on Counselling Psychology published in Canadian Psychology. Additionally, Dr. Sinacore co-edited a book on Canadian counselling and counselling psychology which is to be released sometime in December 2014. In 2010, she received the Oliva Espin Award for Social Justice Concerns in Feminist Psychology: Immigration and Gender, from the Association for Women in Psychology. Most recently, she was elected to be a Fellow of the Canadian Psychological Association.



## The Experience of Adolescents and Emerging Adults Living with a Parent with an Acquired Brain Injury

### ABSTRACT

Although research studies have investigated the impact of an individual's acquired brain injury (ABI) on spouses, parents, and siblings, little is known about the experience of adolescent and emerging adult children living with a parent with an ABI. Using heuristic inquiry, the aim of this study was to provide an understanding of what it is like for adolescents and emerging adult children to grow up living with a parent with an ABI. Six sons and daughters, aged 18-32 years, who were adolescents at the time of their parent's ABI participated in semi-structured interviews. From their narratives, four categories (Impact, Changes in Family System, External Supportive Resources, Coping) were developed to describe experiences of living with a parent with an ABI. The findings are discussed in relation to existing literature and new understandings arising from the study. Implications for theory, research, and practice are presented.



**E. Aiofe Freeman**  
**Best Masters' Thesis**  
**2014**

**Congratulations!**

## A message from our secretary-treasurer

Hello Everyone,

It is with pleasure and excitement that I have rejoined the Section Executive in the role of Secretary-Treasurer. For those of you who do not know me, I will offer a brief introduction.

My career as a psychologist began in post-secondary counselling at the University of Calgary with a particular interest in interpersonal trauma and attachment theory. Eight years ago an opportunity arose to transfer to a faculty position in Counselling Psychology here at the U of C, where I have continued my research on post-secondary counselling. I have

been a member of CPA since the mid '80's and previously served as Chair-Elect, Chair, and Past Chair of the Counselling Section.

Since returning to the section executive, in addition to taking minutes at two Skype executive meetings I have worked with the previous treasurer, Anusha Kassan, and CPA head office to close out our previous bank account and transfer the funds to the centralized account in Ottawa. Many thanks go to Anusha for her well-organized records and for her patience in answering my many questions. A little later this month, I will be

working with the executive to develop our budget for 2015. I anticipate this budget being approved early in the New Year. As the semester wraps up for all of the students and faculty members I wish you all a well deserved break over the coming holidays. To our clinicians, I appreciate the extra work you may experience as you support clients who are in need of extra care over the holidays. May you also find time to nurture yourself and your loved ones.

Warm regards,  
Sharon

### AWARDS and APPRECIATION

Our CPA Counselling Section prizes are awarded for outstanding student research in the field of counselling psychology, and include a monetary prize of \$100. Special thanks go out to this year's adjudicators for the Best Thesis and Dissertation awards: Jessica Van Vliet, Freda Ginsberg, and Maryann Saltstone.

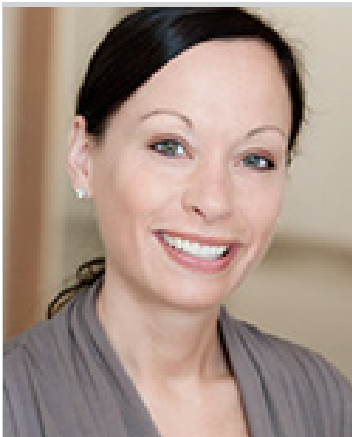
Great thanks also goes out to Jose Domene, Anne Marshall, Jessica Van Vliet, and Rob Bedi for their work adjudicating the Best Doctoral Conference Poster Award and the Best Master's Conference Poster Award.

## When Time Runs Out: The Experience of Unintentional Childlessness for Women who Delayed Childbearing

**Emily Koert**

**Best PhD  
Dissertation  
2014**

**Congratulations!**



### ABSTRACT

Given that an increasing number of women are waiting to have children there is growing concern that more women will end up unintentionally childless as they continue to delay childbearing past the time when a viable pregnancy is possible. However, little is known about the experience of permanent, unintentional childlessness for women who have delayed childbearing. This phenomenon was the focus of this study. A qualitative approach was used to answer the question: What is the meaning and experience of permanent unintentional childlessness for women who delayed childbearing? In-depth, tape recorded interviews were conducted with 15 women who had expected to become mothers but were now permanently and unintentionally childless after delaying childbearing. The interviews were transcribed, coded, and analyzed using van Manen's (1990) hermeneutic phenomenological method. Thematic representations and rich descriptions of the experience of this phenomenon were developed. Six common themes were identified across the women's experiences of unintentional childlessness after delay including: 1) Sense of Grief and Loss; 2) Sense of Being an Outsider in a World of Mothers; 3) Sense of Judgment and Assumptions; 4) Sense of Powerlessness; 5) Need to Make Sense of Childlessness; and 6) Sense of Reconciliation and Acceptance. Trustworthiness of the results was determined using criteria consistent with the hermeneutic phenomenological method. The findings are compared with the theoretical and extant literature, with emphasis being placed on how they extend our current understanding of the phenomenon of permanent unintentional childlessness after delay for women. The implications for Counselling Psychology practice and future research are also addressed.

**Megan Suehn**

**Best Masters Conference Poster Award 2014 - Congratulations!**

## Moving Beyond Addiction: The Role of Gaming in the Lives of Counselling Clients

### ABSTRACT

This poster will discuss of the necessity of acknowledging and understanding the role of video/online gaming in the social lives of counselling therapy clients. Much of the research on gaming has focused on the dangers of engagement in so-called addictive gaming activities, and until recently, little research has explored the role of online and gaming spaces as legitimate spaces offering great potential for human social growth and development. Modern gaming offers individuals the opportunity to inhabit a world where they have power to completely create and control their identity. Experiences within gaming spaces offer an idealised world built on justice and fairness; yet paradoxically, these spaces possesses potential for personal growth and healing as well as traumas when real-world structures are inadvertently reproduced by some players. Since many games are set up and advertise explicitly to offer players an immersive roleplaying component of gameplay, individuals within these spaces must necessarily be affected by this even deep level of immersion and social engagement. This poster will discuss the social power of gaming for counselling clients who have grown up as natives within modern gaming culture. Implications will be offered for embedding narrative themes from gaming within counselling practice when working with this population.

**Eating disorder therapists' personal eating disorder history and professional ethics: A qualitative study**

**ABSTRACT**

Questions have been raised regarding the potential benefits and risks to clients with eating disorders (EDs) of treatment delivered by therapists who, themselves, have personally experienced an ED. Using Interpretive Description, a discovery-oriented, qualitative approach within the constructivist paradigm, this study sought to explore and understand ED therapists' perceptions of whether and how their personal ED histories had professional ethical relevance. Analysis of multiple interviews with 11 therapist-participants indicated that they viewed their personal ED histories as having significant ethical relevance in their day-to-day practice with ED clients, specifically regarding boundary issues, therapist wellness, perceived helpfulness of their personal ED to clients, and openness regarding therapists' personal ED histories. The results have practical utility for the education, training, and continuing education of ED-historied practitioners, and suggest the usefulness of fostering unconstrained dialogue on the topic of ethics and ED-historied practitioners in order to best support these clinicians' ethics practice.



**Merls Williams**  
**Best Doctoral**  
**Conference Poster**  
**2014**

**Congratulations!**

## More from JULIE COHEN

My name is Julie Cohen and I am excited to be the new Student Executive member for the Canadian Psychology Association's (CPA) Counselling Psychology Section. In this two-year position, my primary role is to work as a CPA student liaison for each Canadian Counselling Psychology program in Canada, through email, phone, and our Facebook page, as well as lead student initiatives to promote and engage students to connect, and feel empowered to share their research. In addition to these duties I am currently working as a research assistant in our Section Chair, Dr. Rob Bedi's laboratory. Although we are in the early phases of our study, our aim is to gain a better understanding of the diverse needs of our student members across

Canada through the creation and dissemination of a survey for doctoral members and student affiliates. With this research we hope to gain perspective regarding counselling culture, our counselling section in the CPA, and how as a field of study it can be shaped for future generations to come. In addition to my position as Executive, I have had the opportunity over the past three years in the Master's program of Counselling Psychology at the University of British Columbia (U.B.C) to work with a variety of different faculty members and laboratories. As such, I have learned how important the relationship with your academic community can be. In the position of research assis-

tant with Dr. Anusha Kassin's Multicultural & Diversity Laboratory I have worked extensively in the area of multicultural counselling competencies (MCC). Specifically, our research in this area aims to shed light on our understanding of the perspectives of both immigrant clients and counsellors who see immigrant clients. This research aims to increase our field's ability to support the growing diverse population that makes up our society here in Canada. Current results from our research will be disseminated at both the CPA and the American Psychological Association Conferences in 2015. As a research co-ordinator of the Psychobiological Determinants of Health Laboratory in the department of Psychol-

**Students' Facebook Page** - <https://www.facebook.com/pages/CPA-Counselling-Psychology-Section-Student-Page/177731629100144?fref=nf>

**UBC**  
**Multicultural Counselling Competencies with Immigrant Youth:**  
**An Examination of Preliminary Findings and its Implications for Culturally Sensitive Counselling Practices**  
 Julie Cohen, B.A., Neeraj M. Narang, B.A., & Anusha Karam, Ph.D.  
 Department of Educational & Counselling Psychology, and Special Education - The University of British Columbia

**Theoretical Framework**

Tripartite Model of Multicultural Counselling Competencies

AWAWARENESS  
KNOWLEDGE  
SKILLS

RELATIONSHIP

**Research Question**  
 How do providers' experiences with immigrant adolescents?

**Methodology**

Phenomenological Research Design: Psychological approach  
 Phenomenon of Interest: MCC (inclusive definition of multiculturalism)  
 Criterion Sampling: Work with immigrant youth in counselling capacity  
 Recruitment: Advertisement via community agencies, \$30 honorarium  
 Data Collection: Informed consent form, demographics questionnaire, semi-structured qualitative interview  
 Data Analysis: Transcript review, horizontalization of the data (core & additional MCC), structural & textual descriptions, narrative  
 Credibility & Trustworthiness: Reflexivity, bracketing, peer debriefing, accuracy, verification, dependability, transferability, catalytic validity

**Demographic Information**

Age: 29-48 y.o., mean 38 y.o.  
 Sex & S.O.: 5 females, identified as heterosexual  
 Ethnicity: 2 Iranian, 2 Caucasian, 1 Indian  
 Status: 3 Canadian Citizens, 3 immigrated to Canada themselves  
 Current Position: 1 Clinical Counsellor, 1 Employment Counsellor, 1 Case Manager, 1 Manager of Youth Services, 1 PhD Student  
 Field of Study: 1 Counselling Psychology, 1 Cultural Anthropology, 1 Clinical Psychology  
 Age of Clients (seen in current position): 15-30 y.o.  
 Years in Current Position: 3 mths - 11 yrs., mean of 3 yrs.

**Preliminary Results**

**Knowledge**  
 Participants acknowledged a difference between actively learning about a culture, and coming into a session already "knowing." Claiming that you "know" another's culture was something the participants were hesitant to endorse. Therefore in terms of knowledge most of our data centered around knowledge derived from personal experiences such as:

1. Knowledge from personal experience of immigration:  
 i. When I see my clients, I can myself mostly see their eyes. I've been through all this, its coming and different issues in the family can move forward and be they really want to"
2. Derived from personal working as a counsellor as a youth:  
 i. ...of what it's like to be a ... myself and working with the ... from the parents" ... they might be going ... if not having gone to school ... understanding what it ... whether it's a very different

**Skills**

1. Empathy:  
 i. Using active listening skills,  
 ii. Validating Emotions,  
 iii. Being attuned to client:  
 "She knows, people can experience sadness and you don't have to like know the culture in my journey... I can just see if you're sad"
2. Connecting newcomer youth to community:  
 i. Connecting clients to field of study,  
 ii. Having clients step outside of their comfort circles,  
 iii. Talking with newcomer youth to resources.
3. Creating a space for newcomer youth to be themselves:  
 i. Getting on same level as youth,  
 ii. Making client feel comfortable inside and outside the office (e.g., humor),  
 iii. Allowing newcomer youth to make their own experience,  
 iv. Using creative activities (e.g., theatre projects, drawing, art, non-verbal activities),  
 v. Letting youth know they matter and are being seen
4. Use of Self Disclosure.

**Multicultural Counselling Relationship**

1. Newcomer youth needs come first:  
 i. Being youth centered,  
 ii. Following newcomer youth's lead,  
 iii. Giving newcomer youth choice and agency,  
 iv. Supporting youth initiatives,  
 v. Being reliable and acting as a role model.
2. Putting the client-counsellor relationship above all else
3. Role of personal cultural identity in building alliance:  
 i. Importance of shared culture and language,  
 ii. Having a diverse background allows for connection,  
 iii. Being a visible minority creates safety for youth to share:  
 "In the issue of racism I found some up over and over again with the youth of color without me having to ask for it."

**Additional Categories**

1. What's helpful:  
 i. Giving information to newcomers directly upon arrival,  
 ii. Using interpreters when appropriate,  
 iii. Focusing on the individual while still drawing family in and talking about family,  
 iv. Giving space to experience feelings,  
 v. Group work.
2. What's not helpful:  
 i. Being too formal or inflexible,  
 ii. Using the term "bicultural"  
 iii. Being outcome driven versus process oriented.
3. Resources:  
 i. Teachers and the importance of acceptance at school.

**Implications for Counselling**

The term "culture" does not necessarily capture/do justice to newcomer youths' identities and experiences.

Knowledge should be a learning experience and drawn from personal experience.

Creating a safe space where newcomer youth can express themselves is essential - using humour, meeting them at their level, and being flexible are key.

Putting the client's needs and the counselling relationship first is essential to the Multicultural Counselling Relationship.

Group work and connecting youth to appropriate programs and community services are

ogy at UBC, I worked intimately at the BC Cancer Agency over an eight-month period with a multicultural and varied group of caregivers of family members with terminal brain cancer. Working with these individuals gave me insight into the challenges and the resiliency of those caring for the ill. This position deepened my understanding of the journey of coping emotionally and physically with cancer. Additionally, it gave me a glimpse into the lives of many individuals in need of support through this difficult time of transition in their lives.

In my last year of my Master's degree I am coming to a close on my thesis research which employs a grounded theory method of inquiry in order to create a substantive model that explains how the emerging adult immigrant population understand and create their sense of identity. In the future I hope to expand my current research and understanding of the areas of immigration, identity, and multicultural counselling com-

petencies. Moving forward, my research interest is to develop a meaning-making tool from the model yielded from my Master's thesis to aid in the dialogue of cultural levels of identity between counsellors and clients.

Not only has my research experience inspired my position as an Executive member for our section, my training and professional experiences have given me valuable knowledge that will guide my future studies and research. Clinically, through U.B.C's supervised training and in my current practicum position at Vancouver Community College (VCC) I am expanding my knowledge of different attachment-based and somatic interventions in both career and individual counselling. Additionally, through VCC and Richmond's Chimo Crisis Services, I have lead and co-facilitated the Sociocultural Competency Training and the Active Cultural Communication Training programs, respectively. In leading these training groups, my responsibility is to facilitate both process and psychoeduca-

tion around culturally responsible ways to communicate, set boundaries, assert needs, and bring curiosity and awareness to participants' own cultural scripts and backgrounds.

As the new Student Executive member I hope to bring my experience and passion for creating a sense of community to our counselling section. I truly hope to inspire other students to feel empowered to bring their research, experience and training to conferences such as CPA, and to help disseminate the work that will inevitable shape the field of counselling for years to come. If you are interested in connecting with us, please visit our Facebook page by searching "CPA Counselling Psychology Section Student Page" to learn more about upcoming conferences, potential awards for students, and how you can become involved! You can also get involved by contacting me directly at [jcohen153@gmail.com](mailto:jcohen153@gmail.com)

Sincerely and with warm regards,

Julie Cohen

# Zarina Giannone

membership in action

Zarina Giannone is a Master of Art's student in Counselling Psychology at the University of British Columbia. She is passionate about both research and clinical work and intends to pursue a Ph.D. in Counselling Psychology upon the completion of her Master's program. Together with esteemed research supervisor, Dr. Colleen Haney, Zarina's thesis project investigates the relationships between athletic identity, coping, and mental health outcomes after sport retirement. She is drawn to this area of research due to her personal experiences playing competitive sport on the Canadian National Soccer Team ((Youth) 2002-2005) and the UBC Varsity Women's Soccer Team (2006-2011). In an attempt to bridge her research with practice, Zarina currently works as an Athletic Counsellor and Mental Skills/Performance Consultant with varsity athletes at the University of British Columbia as she pursues Professional Membership with the Canadian Sport Psychology Association. A Joseph Armand Bombardier Award recipient (SSHRC), Zarina is enthusiastic about promoting awareness for psychological health among athletes in Canada.

Zarina is employed as a Graduate Research Assistant in the Department of Educational and Counselling Psychology, and Special Education at the University of British Columbia. In conjunction with principal investigator, Dr. Alanaise Goodwill, Zarina is currently work-

ing on a project which explores the current practices and therapeutic interventions used to support marginalized and gang-affiliated Aboriginal populations as they transition out of gang life. She appreciates the common threads among her thesis project and the present study. Through studying both sport career retirement and the transition out of gang life, Zarina has learned the immense value of and need for support and guidance throughout major life transitions. She has developed a deeper understanding of the transition and adjustment difficulties inherent in changing life circumstances (e.g. identity, loss, mental health, etc.) and aspires to transfer the knowledge that she has gained to affect positive change in peoples' lives.

## Aspiring to transfer gained knowledge to affect positive change in peoples' lives.

Zarina participates in the dissemination of research through her roles as Associate Editor for the Health Professional Student Journal at the University of British Columbia and Peer Reviewer for the Graduate Student Journal of Psychology at Columbia University, New York. She enjoys attending and presenting at conferences, and meeting other professionals who share a common sentiment for understanding and serving the human condition.

Additionally, Zarina is committed to student involvement within

the Canadian Psychological Association. She holds two positions with the CPA including Chair-Elect, Section for Students in Psychology, as well as, Director (Representing Students), for the CPA Board of Directors.

In her position as Chair-Elect, Zarina works together with other student executive members to advance student involvement in psychology and to promote Section initiatives. There are a number of duties which she is responsible for, including conference preparation, abstract review and selection, workshop development, and assisting with student social events. Other tasks include participating in regular meetings, managing section budgets, assisting with decisions regarding current and future student initiatives and finding new and innovative ways to connect students with the CPA. Zarina is the Program Founder CPA's Student Mentorship Program which offers Student Affiliates the opportunity to engage in mentor-mentee relationships with fellow students in Canada.

In her role as Director (Representing Students) on the CPA Board of Directors, Zarina is serving a three year term. Her chief responsibility



in this role is to attend all board-meetings which are held in different cities across Canada and to participate in the decision-making process for the organization. The primary purpose of this position is to represent psychology students at all levels of education from across Canada and to function as their voice, advocating, if necessary, to ensure that they are heard. There are two other significant duties involved with this role. First, along with other Board members, Zarina goes on "Board

Ambassador Tours" which involve travelling to different universities in Canada, spreading awareness of the organization and strengthening relations with faculty and students. Second, Zarina serves as an Executive Member on the CPA Membership Committee. This position enables her to assist in fostering growth and improvement in the quality and quantity of the CPA's membership. Although she considers her life to be a daily balancing act, Zarina remembers to incorporate time for self-care. Her

spare time is spent in the company of family and friends and participating in sports and physical activity. Zarina believes the key to success is to give back to the community that has given and continues to give her so much. She is constantly inspired by the people who she meets along the way, who touch her heart, and who consistently clarify her life purpose: to make a positive difference in the lives of others.

Thank you Zarina! And best wishes for all that lies ahead.

## CPA's Student Mentorship Program

CPA Student Mentorship Program offers Student Affiliates the opportunity to engage in mentor-mentee relationships with fellow students. The primary purpose of this program is to facilitate the exchange of information and the sharing of personal experiences amongst CPA Student Affiliate Members with varying levels of education (i.e. graduate and undergraduate students) across Canada. This program will launch in 2015. The Section for Students Executive will send out a call for mentor applications (i.e. graduate students in various areas of study in psychology). We will select mentors and provide guidelines regarding the details and scope of the mentor position. We will then post details on the CPA website about how prospective mentees (i.e. undergraduate students) can be matched with a graduate student mentor in their preferred area of psychology. We encourage all interested students to get involved as both mentors and mentees to further enrich the collective experience for students in the Canadian educational system and the profession as a whole. For more information, please contact Zarina Giannone - [zarina.giannone@gmail.com](mailto:zarina.giannone@gmail.com)

## Are you looking for ways to become more involved?

Our Counselling Section Executive Committee is looking for new members for our ***Ad-hoc Committee for Counselling Psychology Pre-Doctoral Internships.***

The initial mandate of this Committee includes the following:

Advocate to CPA in order to increase internship placements of counselling psychology students in Canada; assist current internship programs in counselling centers that want to become accredited; and support counselling psychology students in Canada who are interested in internship programs that are already accredited. We are looking for active members who are interested in addressing the internship challenges that currently face counselling psychology students in Canada.

For more information, please contact Anusha Kassan - [anusha.kassan@ucalgary.ca](mailto:anusha.kassan@ucalgary.ca)

### UPCOMING ELECTION - CHAIR ELECT

Elections will take place in June, 2015 for the Chair-Elect position of our CPA Counselling Section Executive Board. This person will be required to be available to carry out the duties assigned by the Chair or requested by the Executive Committee, or the general membership.

In the absence of the Chair, the Chair-Elect will preside at meetings.  
Please consider nominating yourself or a colleagues for this position!

Thank You !

## FROM THE EDITOR

Hello everyone! My name is Janet, and I'm excited to be joining with the CPA Counselling Section team as our Newsletter Editor. I am inspired by the longstanding commitment of our past editor, Michael Huston, and I hope to continue in his good stead to make a newsletter that is interesting for our membership. Our most recent editor and past Chair, Dr. José Domene did a great deal of work to revise our visual style and launch our first blog site. His hope was to create a forum that would inspire activity amongst our membership, and I hope that together we will work towards realizing his vision. I'm a counselling psychologist and I work with the Student Counselling team at Mount Royal University. I'm also an adjunct professor with U of Calgary, and have a private practice in the heart of the Calgary. I am developing my skills with newsletter development and layout and would appreciate your help in making this publication something special. With 450 members we have a lot to be proud of, and so much to share! I would like to invite you to submit your ideas, stories, successes and interests for publication in future newsletters and/or inclusion in our new blog site. I am envisioning profiles of our members, examples of our work, resources to support our practice and event information to promote ongoing development. I've been asked to bring more of a practitioner-focus to the newsletter, and so we're going to include resource information that might be of interest to you and your clients. I invite you to share resources that you've found helpful, to send in book reviews or highlights from interesting articles, and to consider ways that you can help to make this newsletter more collaborative. Through our stories we hope that you will feel connected to our Executive, informed about the happenings of our Section and inspired to get involved. I also encourage you to contribute to conversations about our profession by using our blog site and submitting your comments. Please help me to bring more focus to the meaningful work that we do. Send me your ideas, feedback and words of encouragement! I'm looking forward to hearing from you!

Best wishes,

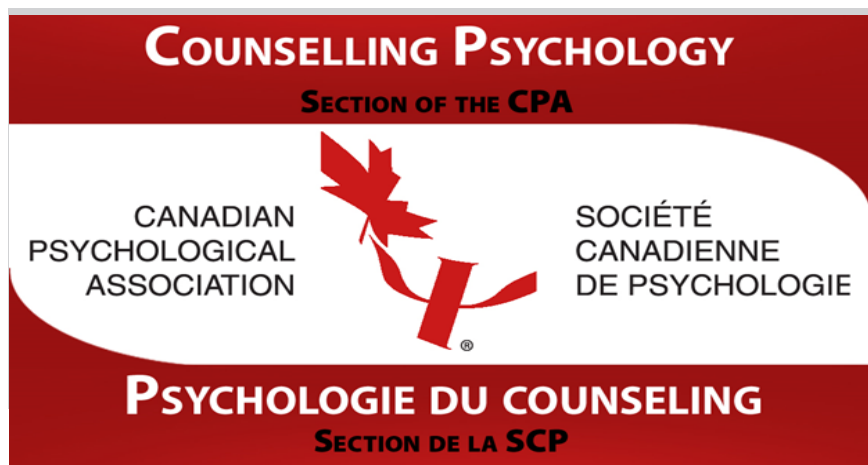
janet

Dr. Janet Miller - jbmiller@mtroyal.ca

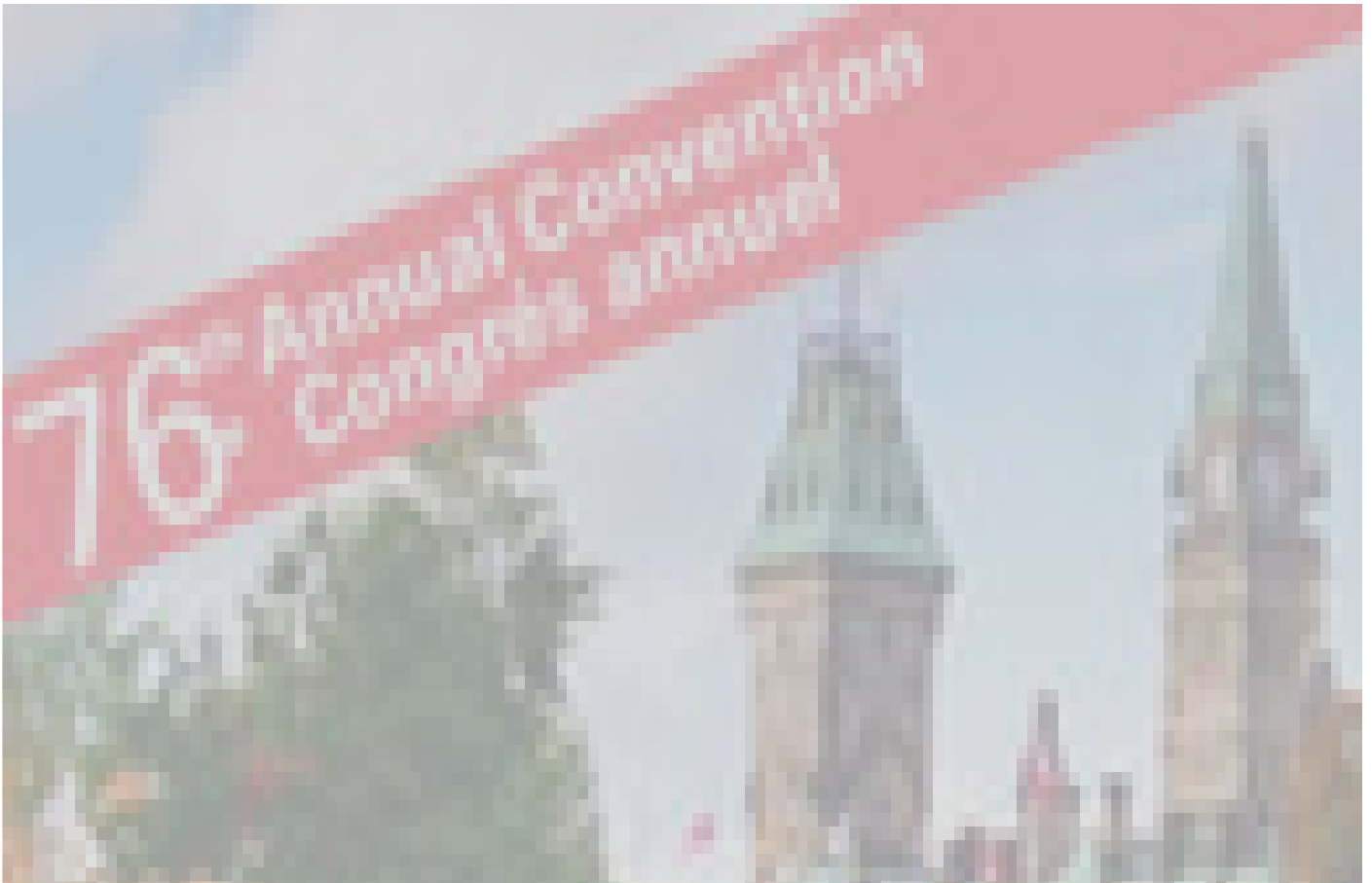
CPA Counselling Psychology Section Newsletter Editor



[www.cpacounselling.wordpress.com](http://www.cpacounselling.wordpress.com)







## **CPA Convention 2015**

**June 4-6, 2015**

**Ottawa, Ontario**

**<http://www.cpa.ca/Convention/>**

### **Brief Update from the Review Coordinator**

**Dr. Natalee Popadiuk - [popadiuk@uvic.ca](mailto:popadiuk@uvic.ca)**

The 2015 CPA Conference call for submissions closed on November 29th with 43 submissions for theory reviews, workshops, symposia, and posters. The blind peer review process is now underway with a committed group of volunteers representing psychologists in private practice, professional clinical roles, and academic positions. Thank you to all who came forward so quickly to be involved in this important service. Peer reviews will be completed by December 21st, and as the Review Coordinator, I will finalize the Section's submissions by January 5th, 2015. Thanks again to all our reviewers this year, and I look forward to seeing everyone in Ottawa next June!!

2014 - Issue 3

CPA Counselling Psychology Section

Newsletter submissions: [jbmiller@mtroyal.ca](mailto:jbmiller@mtroyal.ca)

December 2014

# CPA Counsellor

## Newsletter of the **Counselling Psychology Section**

Canadian Psychological Association

# COUNSELLING PSYCHOLOGY

## SECTION OF THE CPA

CANADIAN  
PSYCHOLOGICAL  
ASSOCIATION



SOCIÉTÉ  
CANADIENNE  
DE PSYCHOLOGIE

# PSYCHOLOGIE DU COUNSELING

## SECTION DE LA SCP

SECTION CHAIR - Dr. Rob Bedi - [rob.bedi@wwu.edu](mailto:rob.bedi@wwu.edu)  
Newsletter Editor - Dr. Janet Miller - [jbmiller@mtroyal.ca](mailto:jbmiller@mtroyal.ca)