

Issue no-2

May 2015

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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 offer quarterly newsletters and an active 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.**

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



As I am coming to the end of the first year of my two-term as Chair of the Section, I am reflecting fondly on all the hard work and efforts of our Section Executive and the ever-increasing engagement of our membership. In particular, I would like to especially thank the soon-to-be outgoing members of our Executive (Freda Ginsberg, Member at Large: Awards Coordinator; Natalee Popadiuk, Member at Large: Review Coordinator) for their dedication to the Section over the last two years.

If you are interested in running for a one of our open Executive positions, please see the information later in this newsletter and send me the information of the person you would like to nominate, or make a self-nomination as soon as possible (and before May 21st). If you are attending the conference and are interested in serving as a reviewer for our best poster awards, please e-mail Freda Ginsberg at [fgins001@plattsburgh.edu](mailto:fgins001@plattsburgh.edu).

The deadline for our “Name the Newsletter” contest was May 1st and the Section Executive is currently in the process of voting on the entries. A winner will be announced at the Section Business

Meeting at the CPA conference in Ottawa on June 4th, 2015. Further information about the conference and our Section programming is available later in this newsletter.

In line with my Chair initiative to support the internationalization of counselling psychology and the globalization of the field, we have broken tradition and invited an international speaker: Dr. Shuchu Chao from the National Changhua University of Education in Taiwan. She will be presenting on gender equity and the role counselling psychology can play, especially in Taiwan. I hope to see you at the conference, and especially at our Section business meeting and reception on June 4th.

I am also proud to say that the Section is continuing its momentum and gaining increased recognition as a Section within the CPA. For the first time ever, we won CPA’s Best Section Newsletter Award (see our award-winning newsletter here: <http://www.cpa.ca/docs/File/Sections/Counselling/Section%20Newsletters/Newsletter-Fall2014.pdf>)

The Section Executive has also finished collecting data on our Full Member Survey (a summary of the results will be available soon) and recently initiated a survey of our student membership and of all doctoral students in Counselling Psychology programs in Canada (with much appreciation to Julie Cohen and Kayla Christiani for their assistance on this project). With these two studies, we hope to better understand the current state and future of counselling psychology in Canada and work to continue our strength and momentum into the years that come.

Enjoy your day, enjoy your week and celebrate the near end of another academic year.

Sincerely,

Robinder (Rob) P. Bedi, Ph.D.  
Registered Psychologist  
Chair,  
CPA  
Counselling Psychology Section

# CONTEST NAME OUR NEWSLETTER

The CPA Counselling Psychology Section is pleased to announce the launch of a contest to name our newsletter. Our newsletter is currently titled, CPA Counsellor: Newsletter of the Counselling Psychology Section. The contest opened March 1st, 2015 and **CLOSES TODAY** May 1st, 2015 at 11:59pm Pacific Time. The winner will receive a \$50 Amazon gift card.

Submissions will be judged across criteria such as: creativity/catchiness, how well it captures the typical content in our newsletter, and how well it reflects the definition of Counselling Psychology, as adopted by CPA.

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

The contest is open to all members of the CPA Counselling Psychology Section (full, student, affiliates etc.). Individuals are welcome to join the Section at the same time as entry submission:

[cpa.ca/membership/becomeamemberofcpa](http://cpa.ca/membership/becomeamemberofcpa)

Please send your name, contact information and your proposed newsletter title to:

**Rob.Bedi@wwu.edu**

The submissions will be judged by the Section Executive, and the winner and winning name will be announced at the Section's business meeting on June 5th, 2015.

# ADJUDICATORS NEEDED

## CPA CONVENTION

## COUNSELLING SECTION

## POSTER SESSION

## THURSDAY, JUNE 4, 2015

The Counselling Psychology Section of CPA is seeking non-student members who can assist with adjudicating our section's student poster awards. Adjudicators will be asked to review the master's and doctoral student posters at this year's CPA conference. Adjudicators will need to attend our section's poster presentation (please see schedule for time/location) and will also need to be available for approximately 15 minutes before and 45 minutes after the poster section to complete the adjudication process.

### To volunteer, please contact:

Dr. Freda Ginsberg, MBA, Assistant Professor  
fgins001@plattsburgh.edu

Thanks for helping to support our section and our graduate students!

# Doctoral Program Series



## Students' Experiences of Counselling Psychology Programs: McGill University

### An interview with Beheshta Jaghor - Doctoral Student

This article is the third in a series, begun in the February 2014 Newsletter by Dr. José Domene, where current students of Canadian counselling psychology programs are interviewed about their programs of study, and asked to share their advice and wisdom. We are pleased to include this interview with Beheshta Jaghor, a student who is completing her PhD at McGill University. Information about McGill's program in counselling psychology can be found here: <http://www.mcgill.ca/educp/programs/counsellingpsych/phd>

Previous interviews reflecting programs at the University of British Columbia and the University of Alberta are available in our past newsletters archived here: [February 2014 \(UofA\)](#) and [May 2014 \(UBC\)](#).

**1. Beheshta, thank you so much for agreeing to share your perspective about the Counselling Psychology doctoral program at McGill University. Could you begin by telling us a little bit about yourself?**

My experience of living in varied socio-political contexts has greatly shaped my career path in counselling psychology. I was born in Afghanistan, where I spent the first nine years of my life. My early years consisted of my family struggling with the Soviet invasion and experiencing civil war. The political instability and conflict prompted my family to flee to Pakistan, where we spent the next few years. Our illegal status in the country did not bode

well for acquisition of higher education or future opportunities. The socio-cultural barriers to my own access to education endowed me with a passion to help others in their pursuit of learning and meaningful career paths.

My family and I were fortunate to immigrate to Canada. A move that necessitated further adjustments in lifestyle, language, and culture. Each of these experiences has presented me with an array of challenges and unique perspectives. One consequence of these successive cultural changes has been a reflective approach to different social realities, and a genuine interest in understanding how others cope, stay resilient, and make meaning of their circumstances.

**“uniquely distinguished... due to its focus on diversity, multiculturalism, and social justice.”**

Coming to Canada exposed me to a journey of reconciling my multiple cultural identities and abundant academic and professional opportunities. I found my calling in counselling psychology, a profession that is closely aligned with my values such as honouring diversity and multiculturalism, optimal human development, and a commitment to social justice. Various immigrant and humanitarian-based agencies have recognized me for my leadership skills and knowledge of diversity and multiculturalism. For example, I currently serve as vice-president on the board of a local non-governmental organization that serves newly-arrived refugees and immigrants. Through these opportunities, I have gained my voice in the home and host cultures as a minority woman and have negotiated the cultural tensions with integrity and maturity.

I have moved beyond feelings of oppression towards fulfillment and growth, values inherent in my advocacy work and therapy.

**2. Based on your experiences in the program, what would you say are the distinctive aspects and strengths of McGill's Counselling Psychology PhD program?**

McGill's PhD. program in Counselling Psychology is accredited by both the American and Canadian Psychological Associations. It is uniquely distinguished from other graduate counselling programs in Canada due to its focus on diversity, multiculturalism, and social justice. This is reflected in the relatively large presence of international students in the program, the research interests of faculty (e.g. Dr. Ada Siancore), and by extension, the diverse research topics pursued by doctoral students. The program is a nice blend of course



work, research, and supervised practica and internship. Completing the doctoral practicum and internship in Montreal gives students a distinct opportunity to hone their French skills, and gain a unique experience in a cultural mosaic unlike any other in the country.

**3. What have you enjoyed the most about your time there?**

I have particularly enjoyed the mentorship experience in my program. I have had the privilege of pursuing an area of research that is deeply meaningful to me, while being mentored by my supervisor. Furthermore, the opportunity to meet, collaborate, and form friendships with members of my lab has further enriched my experience. During my time in the program, I have been fortunate to present at various conferences. Beyond the inspiration that these experiences provide, I have enjoyed traveling and exploring different cities, and meeting other fellow graduate students and faculty. Finally, living in Montreal has afforded me the unique opportunity to learn French, and immerse in the unique culture of this city.

**4. What advice would you give to students who are thinking about applying to your program?**

The McGill Counselling Psychology program places a strong emphasis on research. As such, my advice for future applicants would be to ensure that they, too, have a strong interest in research. Moreover, it would be prudent for the applicant to ascertain that their particular research interests are aligned with the faculty in the program. In addition, there are opportunities for senior doctoral students to teach courses. If students are interested in a career in academia, I would highly recommend taking advantage of this opportunity to gain teaching experience. Montreal is a beautiful city, and the area surrounding the campus would be not only convenient to live in, but also great to explore.

Finally, I would be remiss if I didn't encourage future students to take advantage of the opportunity to hone their French, and experience the unique and diverse cultural heritage of Montreal.

## APPS FOR THAT



We continue our feature here of apps suggested by our clients and colleagues. 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!

### Relax Melodies

A popular sleep app that allows users to create and adjust ambient sounds to create their own mix. App includes timers and alarms to support good sleep. Playlists can be used to promote relaxation or to de-stress, and playlists can be saved and shared.

### Insomnia Cure

This app contains several "deep relaxation sleep sessions", audio sessions and sleep fact cards, as well as a link to a 40 page e-document with information about ways to promote better sleep and information about accessing help for more complex sleep issues.

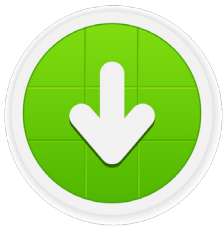


### I Can Do It

Maybe this would be a better choice for January, but it's never too late to get on track with goal setting. This app was created by Louise Hay and contains a calendar of 365 positive thoughts and affirmations.

### Daily Quote

Inspirational and Motivational Quotes - Daily Quote of the Day - is a free app that provides users with an opportunity to pause and reflect.



## THINGS TO WATCH

### **Counselling Theories and Skills in Practice: CBT**

Wiley, Published on September 27, 2012  
<https://www.youtube.com/watch?v=LQ8hNDHoyDU>



### **Person Centred Therapy**

AIPC, uploaded on Oct 22, 2006  
<https://www.youtube.com/watch?v=Ew8CAr1v48M>

### **The Science and Art of Psychotherapy: Insider's Guide**

University of California Television - Assistant Clinical Professor Victoria Lemle Beckner  
Published on May 18, 2012  
<https://www.youtube.com/watch?v=2J3DLFMsGaE>

### **Psychotherapy & Counselling Videos**

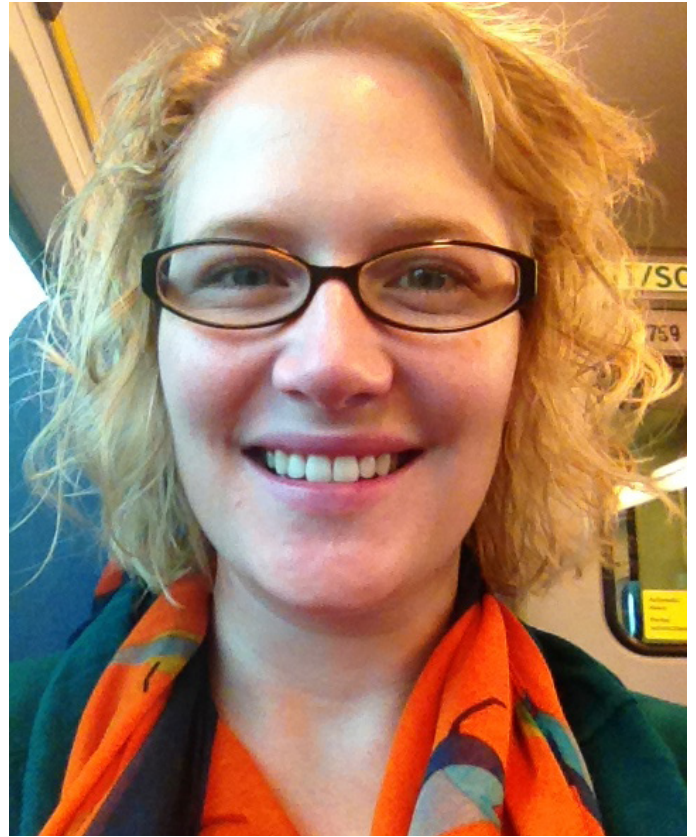
Psychotherapy videos for teaching, training, self-study, and continuing education. Available for purchase.  
<http://www.psychotherapy.net/videos>

# NOMINATIONS

**LARA  
HISELER**

larahiseler@gmail.com

**NOMINATED FOR  
MEMBER AT LARGE  
(Student Awards)**



I am writing to apply for the Member-at-Large (Student Awards) position on the Executive. I have always been passionate about mentoring students in psychology, as evidenced by my commitment to CPA in numerous student leadership roles, such as Student Representative for the Counselling Psychology Section (2010-2012), Graduate Student Affairs Officer for the Section for Students (2012-2014), graduate editor for the CPA student journal, Mindpad (2013-2014), and currently as Student Representative for the Psychologists in Hospital and Health Care Centres Section (2014-2015).

Since I have recently completed my PhD, I wish to continue my involvement with CPA, although in a position of greater leadership. I believe my former student roles position me as a strong candidate to take on coordinating the review and adjudication of the student awards for the Counselling Psychology Section. I recall that the section has desired greater involvement of psychologists in clinical practice within the Section and Section's leadership. I believe that my employment in public service psychological practice will provide unique a perspective, strength, and diversity to the Section's leadership.

When I was a student, I experienced significant reward serving on the Section, and I hope that with my refined skill-set, I can utilize my skills so that the Executive and Section may benefit.

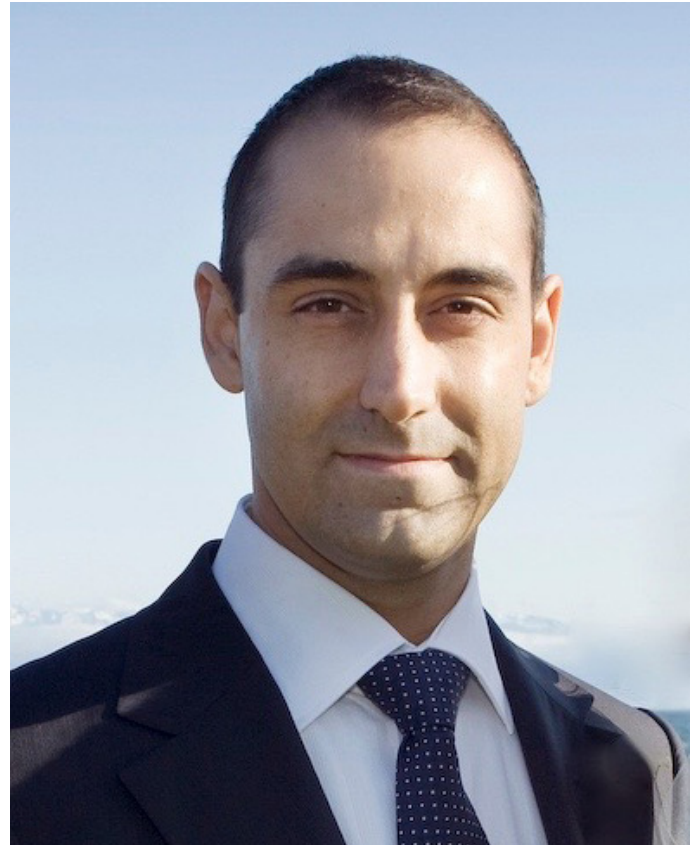
**Biography:** Dr. Lara Hiseler is a psychologist in supervised practice in the forensic program at Ontario Shores Centre for Mental Health Sciences, a psychiatric hospital in Whitby, Ontario. She obtained her doctorate at the University of Alberta in Counselling Psychology and completed a CPA accredited pre-doctoral internship in forensic psychology. She has clinical experience primarily working with adults with serious mental illness who have come in contact with the criminal justice system. Her doctoral work focused on utilizing qualitative methods to understand how to utilize self-compassion as an emotion regulation strategy with women in prison. She has published in the areas of coping with schizophrenia and cancer, positive psychology programming in prison, humanistic therapy, and mentorship of undergraduates in counselling psychology research. Dr. Hiseler has served on numerous committees to promote psychology, namely at Western University, University of New Brunswick, University of Alberta, and for the Canadian Counselling and Psychotherapy Association and Canadian Psychological Association.

# NOMINATIONS

**Carlton  
Duff**

carltonduff@gmail.com

**NOMINATED FOR  
MEMBER AT LARGE  
(Review  
Coordinator)**



I would like to be considered for the position of Member-At-Large (Review Coordinator). My desire to serve the interests of the membership in this position is based on my involvement as a proposal reviewer for the Section since 2008, which has allowed me to understand the importance of contributing our time in service to the profession. I joined the Counselling Psychology Section as a student member in 2006 and have remained a member since that time. As a student and (now) full member, I have reviewed many conference proposals and attended many CPA conferences. I've presented my scholarly work in the section each time I've attended, giving me multiple perspectives on the review process. Should I be elected, this experience is likely to benefit my potential transition to this role.

After completing my MA in counselling at the University of Victoria and my PhD at the University of Alberta, I have maintained a busy full-time private practice, primarily working in schools with children and adolescents for the past three years. As a scholar and practitioner, I have a keen understanding of the challenges counsellors face in translating research to practice. While my research interests lie broadly in the barriers and facilitators to effective mental health intervention and assessment outcomes, I have a particular interest in how research can be made more relevant to the people doing the work with real clients. I'd like to better represent the interests of practitioners in the Executive as well as in the proposal review process of upcoming CPA conferences.



# WHAT ARE YOU READING?

***The Therapeutic Use of Self: Counselling Practice, Research and Supervision***  
Val Wosket, 2002

***Counselling and Therapy Techniques: Theory & Practice***  
Augustine Meier & Micheline Boivin, 2010

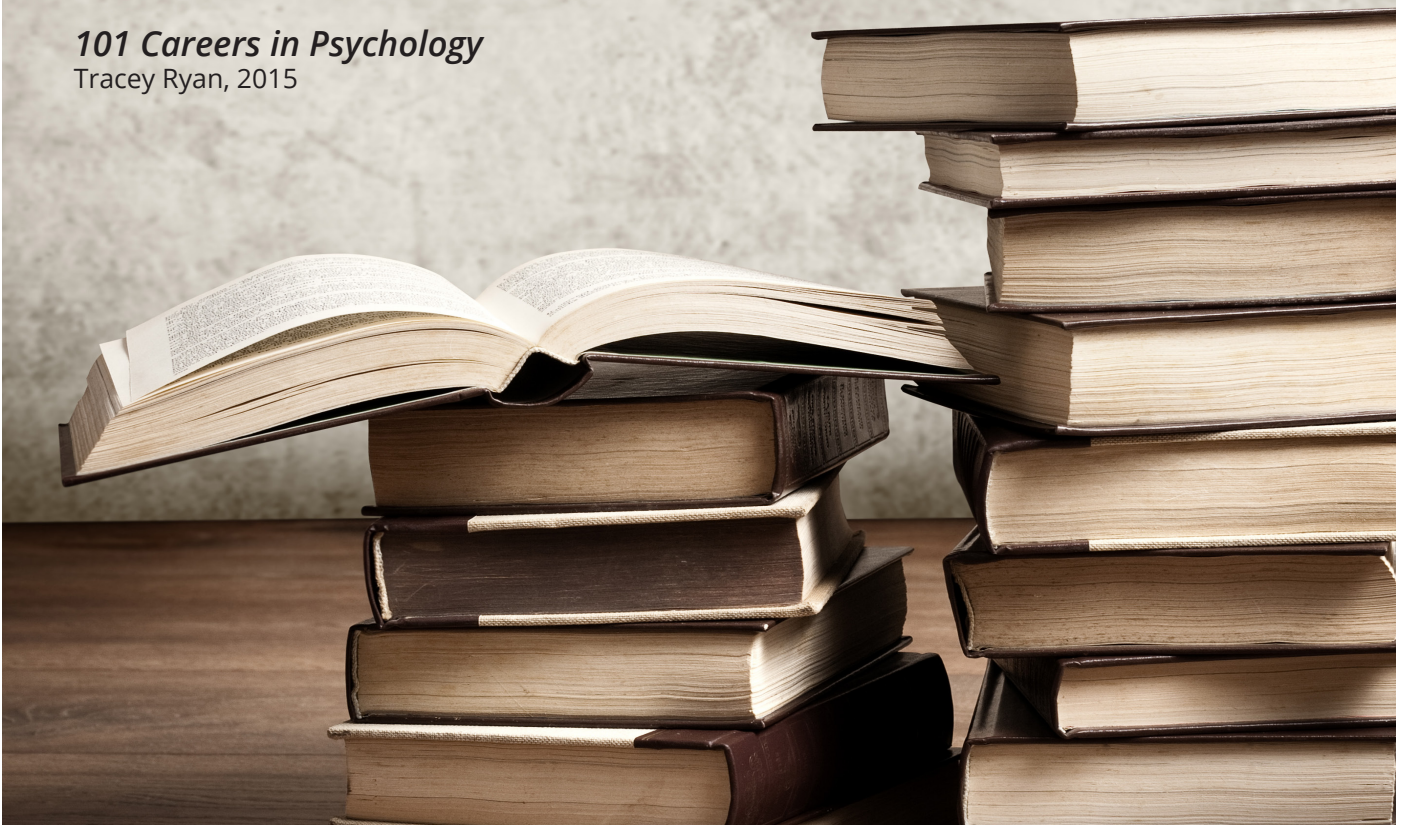
***Critical Psychotherapy, Psychoanalysis and Counselling: Implications for Practice***  
Editor: Del Loewenthal, 2015

***A Manual for Writers of Reseach Papers, Theses and Dissertations***  
Kate L. Turabian, 2013

***Surviving Your Dissertation***  
Kjel Erik Rudestam, 2014

***The Portable Mentor: Expert Guide to a Successful Career in Psychology***  
Editors: Marcus Patterson & Mitchell J. Prinstein, 2003

***101 Careers in Psychology***  
Tracey Ryan, 2015



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

Find Us On  
**FACEBOOK**

CPA COUNSELLING PSYCHOLOGY SECTION STUDENT PAGE

[www.facebook.com/pages/CPA-Counselling-Psychology-Section-Student-Page/177731629100144](https://www.facebook.com/pages/CPA-Counselling-Psychology-Section-Student-Page/177731629100144)

## Therapist Research Participants Needed

a place of mind



**You are invited to take part in a study exploring Canadian therapists' experiences & opinions about the strengths or limitations of applying research to practice.**

**What Is Involved?** You will be asked to complete an anonymous online survey that takes approximately 15 minutes to complete. The survey asks about you and your opinions as a therapist; no risks are expected.

**Why participate?** This is one of very few studies examining Canadian therapists' opinions and experience around incorporating evidence into practice. We hope to produce important information that contributes to improving the field of therapy in Canada, so the contribution of therapists like you is essential and greatly appreciated. Participants will also be offered entry into a draw for one of three \$50 Amazon.ca gift cards.

**Who is eligible to participate?** Therapists (with an MA, MEd, PhD, or PsyD in Counselling or Clinical Psychology) currently seeing clients in Canada.

The survey can be accessed here - [https://ubcarts.co1.qualtrics.com/SE/?SID=SV\\_eX0VseNTjBvaRy5](https://ubcarts.co1.qualtrics.com/SE/?SID=SV_eX0VseNTjBvaRy5)

If you wish to participate, click or copy and paste the link into your browser, and follow the instructions. Clicking on the study link or contacting us in no way commits you to participate. If you do decide to participate you can quit at any time. If you would like more information, please contact graduate student researcher, Nicole Thomson at: [n.thomson@alumni.ubc.ca](mailto:n.thomson@alumni.ubc.ca) or 604 727 2998

**Please Note:** The title of this project is "Practice Characteristics of Canadian Therapists." The principal investigator is Dr. Haney in the Department of Educational and Counselling Psychology, and Special Education at the University of British Columbia. Ethical concerns about the study may be directed to UBC's Behavioural Research Ethics Board at 604-822-8598.



## DEADLINE APPROACHING! MAY 15, 2015

### Nominations for Student Dissertation and Thesis Awards

The Counselling Psychology Section of the Canadian Psychological Association is pleased to accept nominations for its annual Best Doctoral Dissertation and Best Master's Thesis awards. These awards recognize outstanding student research in the field of counselling psychology and include a monetary prize of \$100 per award.

The deadline for nominations is **May 15, 2015**.  
For details on the awards and the nomination process, please visit:  
<http://www.cpa.ca/aboutcpa/cpassections/counsellingpsychology/Awards>

Please send nominations for the award to **Dr. Freda Ginsberg (fgins001@plattsburgh.edu)**

Please note: All master's and doctoral student posters presented at the Counselling Psychology poster session of CPA's annual convention will be eligible to win the Best Doctoral Conference Poster Award and the Best Master's Conference Poster Award (each with a monetary prize of \$100). No separate nomination process is required.

We hope to see you at the CPA Convention in Ottawa this June where we will announce the winners!

## JOIN THE EXECUTIVE 2015/16

Our CPA Counselling Section has several Executive positions coming up for election. Nominations (including self-nominations, which are the norm) are preferred by May 21st but are welcome up until the start of Section's Annual Business Meeting at the CPA conference (June 5th, 2015 in Ottawa). Elections will take place at the annual business meeting but attendance at the meeting is not required for nominees.

Nominees are requested to e-mail a brief biography and nominee statement (what position they are running for and why they wish to serve in this position) to the Chair (Rob.Bedi@wwu.edu), preferably by **May 21st, 2015**. Please direct all questions about these positions to the Chair as well.

Received nominations are profiled on pages 7 & 8.

#### CHAIR ELECT:

The Chair-Elect is available to carry out 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.

In the event that the Chair is vacated, the Chair-Elect shall assume the full functions of the Chair.

#### REVIEW COORDINATOR:

The Member-At-Large (Review Coordinator) shall coordinate the review process for proposals submitted to CPA for the Section. This will include maintaining a list of proposal reviewers, instructing reviewers on the review process, and communicating the results of the review process to CPA within the required time frame. In addition, this individual shall perform such other duties as may be assigned by the Chair and the Executive Committee. It is a two year term.

#### STUDENT AWARDS:

The Member-At-Large (Student Awards) shall coordinate the review process for all student awards. This will include maintaining a list of thesis and dissertation reviewers, instructing reviewers on the review process, and coordinating adjudication of the poster awards. In addition, this individual shall perform such other duties as may be assigned by the Chair and the Executive Committee. It is a two year term.



# Announcements

## ICAP 2018

Montreal, Quebec  
June 26-30, 2018

### Notice to CPA Members:

In 2018, the familiar CPA convention will not be held. However, all of the activities (keynotes, invited addresses, symposia, paper & poster presentations, section business meetings, etc) that make up the normal CPA convention will be incorporated into and offered as part of the ICAP Congress.

The next International Congress of Applied Psychology (ICAP) is scheduled for Montreal, QE, for June 26 to 30, 2018.

Although this event is still in the distant future, its organization is well under way. Check it out on <http://www.cpa.ca/icap2018>

The 2018 ICAP is a major event, organized by the CPA, MITACS Conference Services and the Palais des congrès de Montréal, but delivered under the auspices of the International Association of Applied Psychology (IAAP). According to its website, IAAP is the oldest international association of psychologists. Its official languages are English and French. Founded in 1920, it now has more than 1,500 members from more than 80 countries. To learn more please visit: <http://www.iaapsy.org/>

## Psynopsis Magazine Call for Submissions

### Understanding Suicide

The summer 2015 issue of Psynopsis Magazine – Canada's Psychology Magazine, is devoted to Understanding Suicide. We are inviting submissions from researchers and practitioners that offer information and perspectives about preventing suicide, managing suicidal risk and associated mental disorders, working with stakeholders and family, and indications for strategy and social policy. Send 400-900 words by June 22nd (extended deadline) to Managing Editor, Tyler Stacey-Holmes ([styler@cpa.ca](mailto:styler@cpa.ca)).

## Psynopsis Appel d'articles

### Comprendre le suicide

Le numéro d'été de Psynopsis – le magazine des psychologues du Canada – aura pour thème « Comprendre le suicide ». Les chercheurs et les praticiens qui ont des connaissances sur le suicide et des points de vue particuliers sur la prévention du suicide, la gestion du risque suicidaire et des troubles mentaux associés, le travail auprès des intervenants et des familles et les stratégies et les politiques sociales en matière de suicide sont invités à soumettre un article. Envoyez votre texte (de 400 à 900 mots) avant le 22 juin au directeur des services de rédaction, Tyler Stacey-Holmes ([styler@cpa.ca](mailto:styler@cpa.ca)).

## Survey of Canadian Counselling Psychology Students

This survey is intended only for students who are either pursuing a doctoral degree in Counselling Psychology at a Canadian university or are student affiliates of the Counselling Psychology Section of the Canadian Psychological Association.

*Purpose & Benefit:* The purpose of this research study is to gain knowledge of Canadian counselling psychology students' understanding and practice of counselling psychology in Canada.

Through a survey method of inquiry, the results of this study will aid in educating the wider public as well as the field of counselling psychology about its nature and practice across Canada.

There is a \$15 Tim Horton's (restaurant) gift card for participation. The survey can be accessed here:

<http://surveys.wvu.edu/snapwebhost/s.asp?k=142802121077>

This year, our Counselling Psychology Section was honored to be selected for the CPA's Best Newsletter Award based on our December 2014 submission. It's your contributions that make our Section strong - Thank you!! Missed it? Read it [here](#).

# CPA Convention Update

By Dr. Natalee Popadiuk,  
R.Psych., Associate Professor

Counselling Psychology  
Program,  
University of Victoria



Congratulations to all who will be presenting at the CPA Convention in Ottawa this June!

We had a total of 204 people from across Canada submit individual and group proposals on a variety of engaging and relevant topics. Just a few of the symposium highlights include Canadian Counselling Psychologists in India, Nepal, and Rwanda; Examining the Intersections of Policy, Ethnicity, Sexual Orientation, and Gender; Relational Dimensions of Coping with Illness; and Issues and Approaches to Clinical Supervision.

All proposals were blinded and peer reviewed by at least two volunteer referees from the Counselling Psychology Section, including clinicians, academics, and researchers in the field. Thank you to all of our reviewers for lending their time and expertise.

The submissions that were accepted included:

3 Round Table Conversations:  
3 Theory Review Sessions  
1 Workshop  
12 Symposium Sessions  
and 25 Posters

All submitting authors have now received confirmation of their acceptance to the convention. Unfortunately, a few strong proposals ended up declined due to space limitations at the convention, while others were not quite as clearly written as needed to compete with the pool of excellent entries. We want to thank each person who submitted to the convention this year and to warmly encourage everyone to consider submitting another proposal for next year's convention in Victoria, British Columbia!!

The Convention At-A-Glance Schedule is now available online at the CPA website:

<http://www.cpa.ca/Convention/conventionprogram> and the next three pages of this newsletter highlight sessions that may be of particular interest to our Counselling members.

Be sure to come out and support the Counselling Psychology poster session on the first day of the convention, Thursday, June 4th from 12:30 to 2:25 pm! It is a great way to engage with new and experienced researchers in one-to-one conversations about research methods and diverse research topics.

On behalf of the Counselling Psychology Executive Committee, I want to thank everyone who took the time and effort to submit an abstract for the upcoming CPA Convention. If you have any questions or concerns about your submission, please contact me at [popadiuk@uvic.ca](mailto:popadiuk@uvic.ca) I look forward to seeing you in Ottawa!!

## CONVENTION SCHEDULE

Counselling Section sessions as well as those that might directly appeal to our student members are listed below, along with convention detail information available at the time of print. Please be sure to check details of all session times/dates/locations with Convention Organizers onsite in Ottawa. Enjoy the Convention!



## THURSDAY, JUNE 4, 2015

25509 - **WELCOMING CEREMONY**

**8:45 AM - 9:55 AM**

Confederation I, 4th Floor

25510 - **CPA PRESIDENTIAL ADDRESS**

POSITIVITY ENHANCEMENT IN COGNITIVE THERAPY Kerry Mothersill, CPA President

**10:00 AM - 10:55 AM**

Confederation I, 4th Floor

25511 - **PLENARY SESSION**

PANEL ON FAMILY VIOLENCE

**11:15 AM - 12:25 PM**

Confederation I, 4th Floor

25483 - **POSTER SESSION "A"**

Counselling Psychology

**12:30 PM - 2:25 PM**

Confederation II & III

Exhibitors and Posters Area, 4th Floor

23152 - **SECTION ANNUAL MEETING**

Counselling Psychology

**3:00 PM - 3:55 PM**

Manitoba/British Columbia 85 Theatre, 3rd Fl

23155 - **SECTION INVITED SPEAKER**

**DR. SHUCHU CHAO**

National Changhua University of Education

PROGRESS AND BACKLASH OF THE GENDER EQUITY MOVEMENT IN TAIWAN: RESPONSES FROM COUNSELLING PSYCHOLOGY

**4:00 PM - 4:55 PM** Manitoba/BC Theatre, 3rd Fl

23154 - **COUNSELLING SECTION RECEPTION**

**5:00 PM - 5:55 PM** Manitoba/BC Theatre, 3rd Fl

25512 - **PLENARY SESSION**

Presidential Reception

**6:00 PM - 7:00 PM**

Confederation & Governor General Foyer, 4th Fl

# FRIDAY, JUNE 5, 2015

25513

**Plenary Session**

Honorary President's Address - SHOULD WE BE TREATING NEUROTICISM INSTEAD OF ANXIETY OR DEPRESSION? David Barlow

**9:00 AM - 9:55 AM**

Confederation I, 4th Floor

23477

**Symposium Counselling Psychology**

THE PRACTICAL SIDE OF PROGRAM EVALUATION: USING TRANSFERABLE COUNSELLING PSYCHOLOGY SKILLS TO IMPROVE COMMUNITY PROGRAMS Anusha Kassan, Lauren McCoy, Wendy Salvisberg, Inga Gusarova

**10:00 AM - 11:25 AM**

Confederation I, 550 Theatre, 4th Floor

24633

**Symposium Counselling Psychology**

STRESS AND MINDFULNESS AT MEMORIAL UNIVERSITY Beatriz Rodriguez Rubio, Christopher Duggan, Tricia Teeft,

**10:00 AM - 11:25 AM**

Birch 45 Theatre Executive Level

24294

**Workshop Students in Psychology**

CONDUCTING RESEARCH WITHOUT FUNDING: PRACTICAL RECOMMENDATIONS FOR STUDENTS Marie Pier Vandette, Michelle Gagnon, Lisa Votta Bleeker

**10:00 AM - 11:55 AM**

Saskatchewan 35 Theatre, 3rd Floor

25095

**Symposium Counselling Psychology**

ISSUES AND APPROACHES TO CLINICAL SUPERVISION IN COUNSELLING PSYCHOLOGY Sharon Robertson, Theresa Jubenville, Konstantin Chondros, Jon Woodend

**11:30 AM - 12:55 PM**

Birch 45 Theatre, Executive Level

24787

**Symposium Counselling Psychology**

HELPFUL HINTS FOR STUDENTS, INTERNS RESIDENTS AND EARLY CAREER PSYCHOLOGISTS ON OBTAINING INITIAL REGISTRATION AND PROMOTING THEIR PROFESSIONAL MOBILITY Stephen DeMers, Karen Messer-Engel, Stephen DeMers, Martha Storie

**11:00 AM - 12:25 PM**

Governor General Ballroom II, 4th Floor

24991

**Symposium Counselling Psychology**

MEDICAL STUDENT STRESS AND COPING STRATEGIES: A MINDFUL APPROACH Elizabeth Whelan, Pam Button, Adam Stacey

**1:00 PM - 2:25 PM**

Provinces I, 340 Theatre, 4th Floor

25482

**Theory Review Counselling Psychology**

23501 - COMPREHEND CAREER PSYCHOLOGY VIA A META-THEORETICAL FRAMEWORK

Charles Chen

25480 - CONTEXTUAL ASSESSMENT IN CANADIAN COUNSELLING PSYCHOLOGY: FROM AMBIGUOUS RESISTANCE TO TRANSFORMATIVE PRACTICE

Marvin McDonald

**4:00 PM - 4:55 PM**

Quebec 85 Theatre. 4th Floor

24659

**Round Table Conversation Table #4**

CANADIAN LGBTQ COUNSELLING PSYCHOLOGY: WHERE ARE WE AND WHAT ARE WE DOING? Chérie Moody & Laura Copeland

**4:00 PM - 4:55 PM**

24561

**Round Table Conversation Table #5**

PSYCHOEDUCATION AND MENTAL HEALTH LITERACY: ENLIGHTENING, EVANGELIZING, OR CAPTURING? Karen Ross

**4:00 PM - 4:55 PM**

25437

**Round Table Conversation Table #6**

ASSESSMENT TRAINING IN COUNSELLING PSYCHOLOGY PROGRAMS Michael L. Zwiers & Sharon E. Robertson

**4:00 PM - 4:55 PM**

25522

**MIXER EVENT** - Cash bar and appetizers, Co-sponsored by the CPA and the CSBBCS Governor General Ballroom, 4TH FLOOR

**5:00 pm - 6:00 PM**

25521

**Plenary Session - KEYNOTE ADDRESS**

CHANGING FEAR

Elizabeth Phelps

**6:00 PM - 7:00 PM**

Confederation I, 4TH FLOOR

For full convention details, please visit: <http://www.cpa.ca/Convention/conventionprogram>

# SATURDAY, JUNE 6, 2015

23844

**Symposium Counselling Psychology**  
GENDER AND SEXUALLY BASED VIOLENCE:  
SHIFTING THE DIALOGUE  
Ada Sinacore, Jennifer Bruce,  
Alexandra (Sasha) Lerner  
**9:00 AM - 10:25 AM**  
New Brunswick 35 Theatre, 4th Floor

24896

**Symposium Counselling Psychology**  
MULTIPLE RESEARCH PARADIGMS IN THE  
RELATIONAL DIMENSIONS OF BEREAVE-  
MENT Danielle Brosseau, Derrick Klaassen,  
B. Tammy Bartel, Evgenia Milman  
**9:00 AM - 10:25 AM**  
Oak 85 Theatre – Executive Level

25031

**Symposium Counselling Psychology**  
PROGRESS MONITORING MEASURES: US-  
AGE, IMPLEMENTATION, AND NEW  
DIRECTIONS Jann Tomaro, Gabriela Ionita,  
MeganKnoll, Terra Kowalyk  
**10:30 AM - 11:55 AM**  
New Brunswick 35 Theatre, 4th Floor

24613

**Theory Review Counselling Psychology**  
BIOPSYCHOSOCIAL OR BIOPSYCHOSOCIAL-  
SPIRITUAL MODELS OF HEALTH: WHAT'S  
THE DIFFERENCE AND DOES IT MATTER?  
Jennifer Nicol  
**11:30 AM - 11:55 AM**  
Maple 60 Theatre, Executive Level

23836

**Symposium Counselling Psychology**  
CREATING WELCOMING ENVIRONMENTS:  
EXAMINING THE INTERSECTIONS OF POLI-  
CY, ETHNICITY, SEXUAL ORIENTATION AND  
GENDER Ada Sinacore, Chao-Mei Chiang,  
Samir Durrani  
**12:00 PM - 1:25 PM**  
New Brunswick 35 Theatre, 4th Floor

24564

**Counselling Psychology Workshop**  
FROM WHAT IF TO WHAT IS: AN EXISTEN-  
TIALPHENOMENOLOGICAL APPROACH TO  
THE TREATMENT OF ANXIETY Derrick Klaas-  
sen, Janelle Kwee, Mihaela Launeanu  
**12:00 PM - 1:55 PM**  
Confederation I, 550 Theatre, 4th Floor

23898

**Workshop Students in Psychology**  
SECURING FUNDING FOR GRADUATE  
STUDIES IN PSYCHOLOGY  
Zarina Giannone, Marie-Pier Vandette,  
Michelle Gagnon  
**12:00 PM - 1:55 PM**  
Saskatchewan 35 Theatre, 3rd Floor

23217

**Symposium Counselling Psychology**  
GLOBAL COLLABORATIONS: CANADIAN  
COUNSELLING PSYCHOLOGISTS IN INDIA,  
NEPAL, AND RWANDA Robinder Bedi, Pa-  
trice Keats, Masahiro Minami  
**1:30 PM - 2:55 PM**  
New Brunswick 35 Theatre, 4th Floor

24392

**Workshop Students in Psychology**  
COUNSELLING VS. CLINICAL PSYCHOLOGY -  
WHAT'S THE DIFFERENCE?  
Lindsey Thomson  
**2:00 PM - 3:55 PM**  
Governor General Ballroom II  
240 Theatre, 4th Floor

23999

**Symposium Counselling Psychology**  
COMPASSION THROUGH GENDERED  
LENSES: FINDINGS FROM THE FIELD  
K Jessica Van Vliet, Janice Dicks,  
Lara Hiseler  
**3:00 PM - 4:25 PM**  
Alberta, 45 Theatre, 4th Floor

24609

**Symposium Counselling Psychology**  
PRACTICE GUIDELINES IN PSYCHOLOGY:  
EVALUATING THE LITERATURE, THE EX-  
PERTS AND THE CONTENT OF GUIDELINES  
Martin Drapeau, Andrea Reyes, Constan-  
tina Stamoulos, Lyane Trepanier  
**3:30 PM - 4:55 PM**  
Maple, 60 Theatre, Executive Level

## Reminder

This is an UNOFFICIAL PROGRAM

PLEASE REMEMBER TO CHECK TIMES AND  
DATES ONCE YOU ARE ON SITE



## FROM THE EDITOR

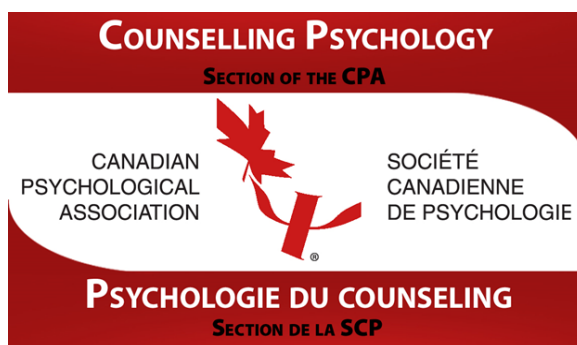
**Spring!** For undergraduate students, it's the time of celebration. A chance to take a breath as the semester ends and summer break begins. For professors, once marking has been completed, we turn our attention towards seminars and conferences, meetings and administration - preparing for research projects and dissemination, planning out courses for next term and organizing some much needed vacation time. For our graduate students, it's often a time to rush towards deadlines, to organize summer practicums or to build up confidence to get through one's defense. And for our Convention organizers... it must be a time of excitement, exhilaration and details! Lots and lots of details! Our thanks go out to all those who are working hard to make this year's convention another example of excellence in professional development. I especially appreciate their top ten list for reasons to attend, and find #7 particularly true (see <http://cpa.ca/Convention/top10>). As you'll see in this edition of the CPA Counsellor, we've done our best to present the Counselling Section convention schedule for you, as well as the plenary addresses and gatherings, and Students in Psychology sessions. Keep checking on-line for updated versions of the schedule and keep an eye on the on-site scheduling boards. We understand that details can change as the dates draw nearer.

While there is so much to enjoy about this season, we as practitioners also know that this is not always a time for celebration and elation. Spring can be a struggle for many Canadians and we know that suicide rates are often highest at this time of year. Although so much of our work happens behind closed doors in safe, confidential spaces, it's important to acknowledge how well we serve our clients in these deeper, personal experiences. It's so important to break the stigma around suicide and to support dialogue around the meaning of life and the purpose of living. And while counsellors are not "life savers" - we certainly know that we help people to save and reclaim their own lives.

While this time of year isn't all sunshine and roses, thankfully there are more of both in the months ahead. May your Spring be full of growth and warmth, appreciation of your good work, strength to get through whatever challenges you face, and time to enjoy the world around you. Best wishes!

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Special thanks to Dr. Natalee Popadiuk for her proof-reading expertise.  
Thank you for being so wonderful!



*Please Note:* The opinions expressed in this newsletter are strictly those of the authors and do not necessarily reflect the opinions of the Canadian Psychological Association, its officers, directors, or employees.



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

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CPA Counselling Psychology Section

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

May 2015

# 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

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