



# COGNICA

THE CANADIAN COUNSELLING AND PSYCHOTHERAPY ASSOCIATION



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SPRING 2020

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# ACTIONS TOWARD TRUTH & RECONCILIATION IN SASKATOON

PRESIDENT'S MESSAGE

As I write, spring can be felt. I'm ready to pack my snowshoes away, as the snow is melting and the air is warming. There is a sense of rebirth, new possibilities, renewal, and growth that this season brings. I could feel it as I walked along the Saskatchewan river early March. As part of the Presidential roadshow, I visited Saskatoon for a professional development experience and to connect with our members, all of which was organized by our Saskatchewan Director, Nicola Sherwin-Roller, and our amazing folks at National office.

During the summer months, Nicola envisioned offering the KAIROS blanket exercise as a professional development opportunity for this region. As you may know, the KAIROS blanket exercise was created in 1997 in response to the *Report of the Royal Commission on Aboriginal Peoples* in 1996 which recommended Indigenous-Canadian history education as being an important step toward reconciliation. The blanket exercise is a unique, experiential history lesson that integrates the history of the land and Original peoples where the exercise is being held. It covers more than 500 years of history in a 90 minute workshop and is followed by a talking circle.

The blanket exercise invites participants to engage on emotional and intellectual levels as they learn about and embody the identities of Indigenous

people through various scripts that they read. Each blanket exercise I have participated in has naturally had its own unique energy and spirit, based on who is facilitating and participating in the experience. In Saskatoon, we had a group of approximately 20 individuals who reported benefiting greatly from this exercise as they grew in their understanding of historical and contemporary colonial violence that Indigenous people have experienced. Our talking circle was filled with heart as participants shared meaningful reflections, stories, and commitments for the future.

***Piluwitahasuwawakon*** (pronounced bill-wee-duh-huz-zoo-wows-sue-wah-gn) is a Wolastoqey term which calls for thinking to change so that actions will follow in a good way toward truth and "reconcili-action" with the emphasis being on the action (UNB, 2019).



*Kairos Blanket exercise hosted by CCPA Director Nicola Sherwin-Roller in Saskatoon on March 13, 2020. From left to right: Jen Rowett, CCPA President; Shannon Loutitt, CEO of Indigenous Speakers Bureau; Elder Sharp; Mike Bellegarde, Kairos Facilitator; Diane Campeau, Kairos Facilitator; Andrea Menard, Actress*

There is a Wolastoqey term related to truth and reconciliation that I learned from my dear teacher, Wolastoqi Elder Imelda Perley. Piluwitahasuwawakon (pronounced bill-wee-duh-huz-zoo-wows-sue-wah-gn) is a Wolastoqey term which calls for thinking to change so that actions will follow in a good way toward truth and “reconciliation” with the emphasis being on the action (UNB, 2019). As Opolahsomuwehs (Dr. Imelda Perley) often says, “It means to walk the talk.” It means changing our way of thinking so that action will follow in a good way toward truth. The core values of piluwitahasuwawakon include respect, harmony, trust, social cohesion, justice, and the honouring of Wabanaki languages and cultures. It is timely to reflect on how I may continue to contribute toward piluwitahasuwawakon personal-

ly and professionally, and I invite you to consider what this means to you in your local context as you are guided by Indigenous people.

May you and your communities of loved ones be and feel safe and healthy during this spring season.

With Gratitude, merci beaucoup, Wela’lin, Woliwon!

Jenny L. Rowett,  
PhD, LCT, CCC-S  
President, CCPA



# CHANGING TIMES REQUIRE CHANGING RESPONSES

PRESIDENT-ELECT'S MESSAGE

**H**i all! I had originally written a lovely welcome to Edmonton, sharing some of the sights and the activities that the city would have offered those who planned to attend our conference. However, the current state of affairs and the need to change every aspect of our lives at this moment, made that welcome one that will have to wait until next year. Instead, I am compelled to write a message to each of you about taking care—of yourselves and of those you love, care about, and take care of.

These challenging times require us to stop, to think and do things *differently*. We all know how easy it is to get stuck in the anxious/depressive loop when things change so drastically and with such unpredictability. However, this is the time for everyone to slow down, b-r-e-a-t-h-e-, take a moment—a long moment, if you can—to see the possibilities in this unique period in history. For every fear there is also a bright moment; for every challenge there is also a lovely possibility. Our quest is to find our safe spots, the places and spaces where we can connect—albeit digitally for everyone's sake—with those we care about, those who inspire us, and those who help ground us. Reaching out by phone, video, mail, email, social media, etc. in positive, loving, kind, and caring ways, is the silver lining of these times: we get to slow our pace and take inventory of what really matters—our own wellbeing and that of those who help connect us to the world and ourselves. Challenging times provide space for us to take stock of what and who really matters. We are in this together and it is together we will come out of this—stronger, surer, and more grounded.

We hope you are staying safe and healthy in all aspects of wellness: mentally, physically, emotionally, and spiritually! Please do all that you can to boost yourself in all the many domains of our lives, after all, there are many people depending on us. When this is all behind us, we will be needed more than ever—so we must take care! For those, like myself, who continue to work and offer support to our clients—I want to thank you! For those of you who must step away for now to care for yourself or others, we hold you in our hearts and look forward to you joining us again soon. CCPA is a family—we care, and we are here for you! Please reach out to the National Office if we can be of assistance in any way. Please feel free to contribute to the [Counselling Connect Blog](#) as I am sure we could all use some additional forms of connection. For more information on how to contribute to the blog, visit the [CCPA website](#) or contact CCPA's Communications Coordinator at [glabbe@ccpa-accp.ca](mailto:glabbe@ccpa-accp.ca).

In closing, I read a quote the other day that seems apropos: "Tough times come and go, but tough teams are here to stay" I think we are going to be here for a very long time! Thank you everyone, stay safe, and stay well!

In gratitude and celebration,

Kathy Offet-Gartner,  
PhD, R.Psych (AB)  
President-Elect, CCPA

WEBINAIRES DE L'ACCP

# CCPA WEBINARS

CCPA members currently have access to  
several **FREE Webinars!**

*Les membres de l'ACCP ont actuellement  
accès à plusieurs webinaires GRATUITS !*

**Counselling at a Distance: Using Video Telephone and Test-Based  
Methods to Connect with Clients**

*Available until June 26, 2020. Access Password: CCPA.2020*

**Psychothérapie et counseling en ligne en 2020**

*Mot de passe: CCPA.2020*

**Summary of Canada's COVID-19 Federal Economic Response Plan  
(up to April 22, 2020)**

**COVID-19: Telehealth, Liability & Business Insurance Considerations**

These webinars are intended for CCPA members only and distribution of  
links is **not** permitted. Available for a limited time only.

*Ces webinaires sont réservés aux membres de l'ACCP et la distribution  
des liens **n'est pas** autorisée. Disponible pour un temps limité.*

# **NOTEBOOK ON ETHICS, LEGAL ISSUES AND STANDARDS FOR COUNSELLORS & PSYCHOTHERAPISTS**

**THE IMPAIRMENT OF COUNSELLORS AND OTHER HEALTH  
PROFESSIONALS: SOME ETHICAL CHALLENGES**

BY DR. GLENN SHEPPARD



Counselling and psychotherapy can be demanding work, and despite the tremendous satisfaction that can be experienced from doing it well, it can also be emotionally challenging. This is not surprising if Sguyres (1986) is correct when he states that therapists make a “loan of self” to the therapeutic relationship. Also, to be the cradlers of the secrets of others in our therapeutic work is both a privilege and a challenge. Some of those secrets can evoke our own rogue thoughts and remind us of our unfinished business about which we may occasionally need to find our own therapeutic help.

Fortunately, our profession is becoming increasingly aware of these and other vulnerabilities. The potential for stress and burnout is being recognized and the reality of vicarious trauma, for those who work with traumatized clients and victims of violence, is being acknowledged.

This is why our profession and other health professions are adopting and promoting an ethic of self-care. The adoption of this ethic in our lives can help us sustain our enthusiasm, competences, and resilience throughout our career. However, the promotion of a healthy lifestyle will unfortunately not inoculate all health professionals from showing signs of impairment from their own physical, mental, and emotional problems. These can include mental health issues, changes to cognitive capacity, and substance abuse. This is why CCPA has this ethical obligation in its *Standards of Practice*:

***Professional Impairment:***

*Counsellors should take steps to appropriately limit their professional responsibilities when their physical, mental or personal circumstances are such that they have diminished capacity to provide competent services to all or to particular clients. Counsellors in such situations may seek consultation and supervision and may need to limit, suspend, or terminate their professional services.*

Cottone and Tarvydas (2003) define impairment as follows:

*Impairment is a covert, often insidious condition that suggests a level of diminished function (obtained by documented evidence) that*

*may be manifested on a continuum by varying degrees of loss of optimal function and may be caused by many reasons.*

Some counsellors and other health professionals may be capable of adhering to their ethical obligations when they are impaired. Of course, others will not be able to comply because it is at a time when their level of personal insight and the capacity for self-regulation is already diminished due to the effects of the impairment. Also, as readers know, denial is a typical ego-protective response to acknowledging the reality of an addiction and other conditions that diminish personal and professional functioning. So, it is often colleagues who take the responsibility to intervene in such circumstances. This intervention may mean sharing their concern with a family member, and it may involve a report to a professional regulator or a certification/registration agency.

***“To be the cradlers of the secrets of others in our therapeutic work is both a privilege and a challenge.”***

For this Notebook, I thought it might be of benefit to examine a case of severe impairment involving a family physician who was denied continued registration due to significant substance abuse and related psychiatric disorders. At that time, a psychiatric assessment prompted by several complaints about the physician to his regulatory college, reported a diagnosis of alcohol and cocaine dependence, cannabis abuse, delusional disorder, grandiosity, and dysthymia. After seven years and several failed efforts to acquire registration, the physician applied for registration again. At that time, he had



not used cocaine for seven years and reported a moderate use of alcohol. The College placed a number of restrictions and conditions on his registration. The physician challenged those requirements. His challenge was heard, the details of which are reported in the case entitled *D. W. C. v. College of Physicians and Surgeons of Ontario, 2017, CanLii 55551*.

The independent Board appointed by the College to address the matters at issue made a number of determinations including: there was no evidence of bias on the part of those who assessed the application including any bias because of his Indigenous status, and his human rights were not violated. Also, the applicant's right to free expression did not prevent medical experts from using his statements, some of which appeared to be bizarre, in diagnosing his condition.

The Board concluded the following restrictions were necessary for protection of the public:

- ⇒ *Monitoring by a psychiatrist and an addictions medicine physician and compliance with treatment recommendations*
- ⇒ *Unannounced biological testing for alcohol and any substance of abuse at an independent laboratory rather than at the applicant's office*
- ⇒ *Total abstinence from drugs and alcohol despite the contested evidence as to whether completed abstinence from alcohol was necessary in the applicant's case*
- ⇒ *Communication by the regulator with family members, workplace monitors and support group leaders about the applicant's behaviour*
- ⇒ *The restrictions would be in place for at least five years, and*
- ⇒ *It would generally be in accordance with the established principles of professional regulation for a registrant to bear the ongoing cost of conditions on his or her certificate of registration.*

Although somewhat extreme in terms of the degree of impairment and associated restrictions, the events and processes would be similar in most cas-

es. There were complaints made to a regulatory college, an assessment, denial of registration, the imposition of restrictions when registration was granted again, an opportunity to appeal these requirements with a commitment to due process, and a priority by the regulatory college to ensure public protection. Also, the Board stated in its decision that the practice of medicine is not a constitutionally protected right. It is a reminder that neither is the practice of counselling and psychotherapy. This underscores, in my view, the privilege and responsibility we are given by our society for professional self-regulation by the maintenance of ethical standards of conduct and a way for clients when they believe we have failed to do so to have their complaints addressed.

**The Notebook on Ethics, Legal Issues and Standards for Counsellors & Psychotherapists** is published in each edition of COGNICA and is an additional ethical resource for CCPA Members.

Previous Notebooks include:

- ⇒ [Email Communication with Clients: A Brief Review and Some Recommendations](#)
- ⇒ [Scope of Practice for Counsellors](#)
- ⇒ [Counselling Records: Best Practices for Counsellors and Psychotherapists](#)
- ⇒ [A Supreme Court of Canada Decision, and the Goudge Report on Complaints & Discipline](#)

For a compilation of selected works, or to download the entire Notebook, [refer to our website](#).

# Animal Assisted Interventions (AAI)

Proposed Guidelines for Practice in Canada as presented by the Task Force on Animal Assisted Interventions

BY EILEEN BONA, MEd, RPsych  
CEO & EXECUTIVE DIRECTOR OF DREAMCATCHER NATURE ASSISTED THERAPY



**T**his work-in-progress document was originally created in 2014 as part of the work undertaken by the national committee serving the Canadian *Task Force on Animal-Assisted Interventions*. This Task Force consisted of like-minded individuals across the country. This committee has worked to achieve this goal since 2010 and it was written by the chair at that time.

## PRELUDE

Animal Assisted Interventions (AAIs) are interventions that are based upon the belief that interactions with animals have inherent value for humans on behavioural,

cognitive, emotional, physical, psychological, relational, and spiritual levels. AAIs are carried out by qualified animal handlers, helping professionals with specially screened, trained and certified animals.

Although there is evidence to support the benefits of partnering with animals in all the aforementioned ways, there is no standard code of practice for how it is done in Canada. Providing guidance to those interested in AAIs, as well as assisting to ensure that AAIs are delivered in the best interests of the participant, the animal, and the facilitator is the intention of this guidance document.

A group of like-minded individuals from across Canada have been working on developing standards for practice in AAI since 2010. This group consisted of AAI practitioners, psychologists, master's level clinicians, and an individual specializing in standards development.

There are a variety of ways in which people are partnering with animals to help people. AAI's range from volunteers taking their certified therapy animal to interact with groups of people who otherwise have no contact with outsiders or animals (e.g., seniors), to individual health professionals who may be bringing their animal into individual therapeutic sessions (e.g., mental health therapists who are integrating animal assisted therapy into their practices.) AAI's are becoming more popular here in Canada and a guide to informed practice has become necessary. Each method of AAI involves various roles and responsibilities for those conducting the sessions as well as for the organizations or facilities requesting them, and an awareness and adherence to ethical animal care and welfare.



This proposed Canadian Guidance for Practice for AAI may serve as a bridge between the intent of the future Code of Ethics and the minimum requirements that will be set by the future Standards of Practice in the field of AAI (not yet developed). It is aspirational and is recommended as a guide for practice, intended to assist practitioners to deliver safe and ethical interventions that protect the welfare of both humans and animals. It may be used by anyone who is either currently or intending to partner with animals to assist people, including individuals, organizations, businesses, charities, schools, and any other institution that may be conducting AAI sessions.

It is recommended that anyone intending to partner with animals in this regard consult with professionals in the health, veterinary, psychological, social welfare, and animal behavior / training sectors as is necessary when developing AAI programs.

This guide seeks to address the roles and responsibilities of all involved in AAI programs and to clarify steps that can be undertaken to ensure the delivery of safe, effective, and ethical AAI's. It is not intended to provide a step-by-step instruction on how to deliver AAI's, as each situation and program will be different due to the uniqueness of people and animals. It is also not intended to serve as a code of ethics or as standards of practice for anyone currently involved in the delivery of AAI's.

Working with animals in a healing or therapeutic format has many names and is done in many different ways. As the field is not yet standardized in Canada, it can be confusing trying to understand all of the different kinds of animal-related work and where your particular practice, skills, and knowledge might fit. Other places in North America and the world have been incorporating animals into healing and learning practices for far longer than here in Canada, and as a result, there are some commonly agreed upon terms. Many of the definitions used within this document are taken from Pet Partners, formerly named The Delta Society, which is an organization in the United States that certifies people and animals to do AAI's, provides resources on AAI's, and are considered experts in the field, as they are a large resource for Animal Assisted practitioners in the United States.

View the [Proposed Guidelines for Practice in Canada](#) here.

*Anyone interested in learning more about the practices of AAI or being involved in its development in our country, please contact Eileen Bona at 780-809-1047 ext. 2.*

# PUBLICATION GUIDELINES

**COGNICA'S MADATE IS TO "REFLECT THE CURRENT STATUS OF COUNSELLING ACROSS CANADA."**

Cognica is published 4 times per year. The submission deadlines for articles and advertising are December 1, March 1, June 1, and September 1.

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

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

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

# CCDF ENDOWMENT FUND & STU CONGER AWARD FOR LEADERSHIP

## ENDOWMENT PROGRAM: BUILDING FOR THE FUTURE

The Canadian Career Development Foundation (CCDF) is pleased to sponsor an endowment program established to stimulate and support innovation in the field of career development.

This fund is intended to promote imaginative and leading edge initiatives that extend our understanding of critical issues, push the envelope and strengthen our practice, offer new and creative approaches to service delivery and career self-management, and contribute to improved quality of life in Canadian communities.

Each year, CCDF will award up to \$7,500 to a project, or projects that demonstrate potential for the advancement of career development.

*Deadline for submissions is October 31, 2020.*

For full details, please download the [PDF version of the application form](#).

There is no provision for completing and submitting your proposal online.

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## THE STU CONGER AWARD FOR LEADERSHIP IN CAREER COUNSELLING AND CAREER DEVELOPMENT

CCDF awards *The Stu Conger Award for Leadership* to individuals nominated by peers as leaders in the field. In addition to the award, a scholarship is granted to a student, chosen by the recipient, who demonstrates leadership potential. Recipients of the award to date include:

Dr. Dave Redekopp (1997), Judy Lynn Archer (1998), Phillip Jarvis (1999), John McCormick (2000), Dr. Vance Peavy (2001), Dr. Roberta Neault (2002), Dr. Jacques Limoges (2003), Dr. Danielle Riverin-Simard (2004), Dr. Armelle Spain (2005), Dr. Kris Magnusson (2006), Kristin McGhee (2007), Michel Turcotte (2008), Margie Layden-Oreto (2009), Sharon Graham (2010), Dr. Charles Bujold (2010), Bill Borgen (2011), Gray Poehnell (2012), Norm Amundson (2013), Deirdre Pickerell (2014), Mark Franklin (2015), Nicole Galarneau (2016), Laurie Edwards & Clarence DeSchiffart (2017), Laurent Matte (2018), Tony Botelho (2019), Jon Fairweather (2019).

The nomination deadline for *The Stu Conger Award* is September 30th, 2020.

For more information about the award, please visit the [CCDF website](#).

# NEWEST CANADIAN CERTIFIED COUNSELLORS

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Congratulations to the following CCPA members who have been recently certified:

## **ALBERTA**

Anderson, Wendy  
Cooper, Jeremy  
Crawford, Joanna (Joasia)  
Desgagne, Gabrielle  
Dulaney, Alina  
Exchange, Karen  
Gallagher, Sarah  
Gardin, Lea  
Gavric, Aleksandra  
Hill, Thomas  
Jackson, Terrie  
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Wong, Gah Mun Connie  
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Daly, Theresa  
Dhaliwal, Jasjeet  
Ellis, Kenneth  
Hsieh, Imelda  
Lau, Janice Wai Yan  
Locker, Lee-Ann  
MacDonald, Mary  
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Motluk, Blair  
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Shchedrinskaya, Olga  
Wanner-Van Osch, Eliane  
Wong, Audrey  
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Mann, Megan  
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Zinn, Colleen

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Beland, Isabel  
Harding, Matthew  
Lerch, Ashleigh  
Modekwe, Valene  
Rashidi, Leila  
Shaban, Amanda  
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Healey, Susan  
O'Connell, Kendall

## **YUKON**

Gibson, Jennifer

## **INTERNATIONAL**

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Mortaheb, Sara

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## 2019-2021

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