

# COGNICA

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## Winter - 2002 - Hiver

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## LIKE MOTHS TO THE FLAME: A SUMMER OF POSSIBILITIES, A FUTURE WITH HOPE

The question of improving my effectiveness led me to a local workshop last spring and then to a not so local summer intensive training experience in Santa Fe, New Mexico this past summer. The topic of the spring session was Brief Solution Oriented Therapy. The title itself seemed to hold immediate attraction for me as a school counselor- a counseling approach that led to solutions and more, could be accomplished with brevity. The workshop presenter for both the spring in-service and the summer intensive on Possibility/Solution-Based Therapy was Bill O'Hanlon.

The content of Possibility Therapy can best be described as rich, innovative and relevant. Bill O'Hanlon the presenter and founder of this form of therapy is dynamic, articulate, personal and totally committed to the mission of spreading the message. But the attraction goes beyond just content and beyond Bill O'Hanlon the man. It has as much if not more to do with what I would call "soul" and ultimately, the legitimacy of the message of possibility and hope for those who struggle. I define "soul" as the ability of the therapist to envelop his client within a safety zone that conveys acceptance, inclusiveness, hope and, most of all, respect. While I am sure there is more than one way of doing this, in relation to possibility therapy this is accomplished through the therapist risking being vulnerable and his willingness to extend that vulnerability to the client, through self-disclosure. Carl Rogers would have called this "rapport". William Glasser would have defined it as "involvement". Neither term fully

captures what I refer to here. While most counselors possess degrees of "soul", in my 27 years as a counselor, I have met only a very few who have mastered this ability. Bill O'Hanlon is one of the few.

According to Bill, "possibility therapy is about acknowledging and validating clients felt experiences and ideas about their lives, while ensuring that possibilities for change are discovered and amplified." It is this acknowledgement and validating of the clients experience that distinguishes possibility therapy from other forms of solution oriented therapy. Most pure forms of solution therapy move very quickly toward solutions and rarely linger on the issues or beliefs that originally bring the client through the counselor's door. Possibility therapy is also remarkable in its inclusiveness as it does not attempt to displace other paradigms or forms of therapy but rather "attempts to introduce flexibility into the theories and methods therapists have, as well as introducing possibilities into closed-down or self-blaming ideas clients have about themselves or their circumstances." I watched Bill, again and again, first in the spring in a room of over 200 professionals of different orientations and then over the week of the intensive with eight divergent therapists, put each of them at ease as to the inclusiveness of his ideas with their beliefs. Even this in itself, I found to be remarkably respectful.

As a former student of Milton Erickson, Bill's early years as a therapist were greatly

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<http://www.ccacc.ca>

Whether your interest is to be informed on the Association's activities or on the services offered, to learn more about counselling techniques, to benefit from the experience of your colleagues, or simply to find something to trigger some thinking on your role as a counselling professional, this issue of *Cognica* provides something for everyone.



Que vous soyez intéressés à vous informer sur les dossiers en cours à l'Association ou sur les services qu'elle vous offre, à en connaître davantage sur des techniques en counseling, à vous enrichir de l'expérience de vos collègues ou tout simplement à trouver matière à réflexion sur votre rôle en tant que professionnel du counseling, ce numéro de *Cognica* en offre pour tous les goûts.

Particularly interesting leading articles on, among other subjects the power of optimism and new forms of therapy will no doubt raise your interest. With respect to services, the new legal assistance program implemented with the co-operation of our insurers should be noted. Our column on ethics provides an account of a few interesting decisions from case law which might lead to some reflection and in cyberspace, we explore in the area of mental health.

Des articles de fond fort intéressants portant notamment sur le pouvoir de l'optimisme ainsi que sur de nouvelles formes de thérapie sauront j'en suis sûre capter votre intérêt. Côté services, notons la mise en place d'un nouveau programme d'aide juridique avec la collaboration de nos assureurs. Notre rubrique sur l'éthique présente quelques jugements intéressants qui font réfléchir et dans le cyberspace, nous explorons du côté de la santé mentale.

On another note, the newsletter includes an article on the CCA's annual conference and a brochure with all of the relevant information for your registration. Distinguished speakers await you at this conference in a National Capital Region which begs to be discovered. This rendezvous is not to be missed!

D'autre part, vous trouverez dans cet envoi un texte sur le congrès annuel de l'ACC et un dépliant qui contient toute l'information requise pour votre inscription. Des conférenciers de marque vous y attendent dans la Région de la capitale nationale qui mérite d'être connue. C'est un rendez-vous à ne pas manquer!

Évangéline Britt, M.Ed., c.o., ccc  
Editor

Évangéline Britt, M.Ed., c.o., ccc  
Éditrice

## Publication Guidelines

## Guide de publication

*Cognica's* mandate is to "reflect the current status of guidance and counselling across Canada".

*Cognica* is published 4 times per year. The submission deadlines are:

December 1, March 1, June 1, September 1

Le mandat de *Cognica* est de refléter les tendances du milieu de l'orientation et du counseling au Canada.

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

A moins d'indication contraire, les opinions exprimées par les auteurs publiés dans *Cognica* sont personnelles et ne sont pas nécessairement partagées par l'ACC, par ses directeurs, ni par ses employés.

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

Nous lirons avec plaisir tous les articles soumis et assurerons la révision des textes retenus avant la publication.

I am writing this message during the holidays and, not surprisingly, I find myself in a reflective mood. The horror of September 11th and subsequent events continue to intrude on my thoughts, and I suspect that this has been unavoidable for you too. No doubt these events have also been the topic of many church sermons, counselling sessions, and bar and dinner table discussions.

Many say that the world changed on that tragic morning. Maybe it has. It has certainly caused all of us to feel unsettled, uneasy, a little less safe. Some might say that it has raised our existential anxiety. Because these terrorist acts took place in our continental neighbourhood it maybe that our reactions, for the most part, are typical of the human response to sudden tragedy and loss of life. Such events remind us, like all such experiences, that life is unpredictable with no guarantees. They also confront us with our own vulnerability, our mortality, and with the challenge to make sense of it all.

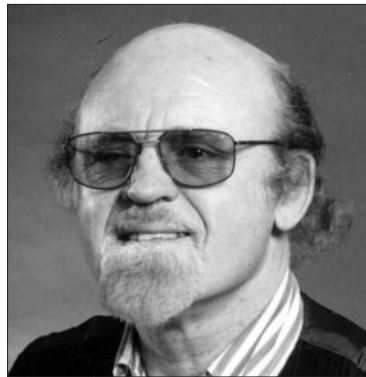
In the face of such tragedy how can we respond and carry on with a normal rhythm to our lives. I believe that we can look for some answers to the very beliefs and optimism that underpin our daily professional work with our clients. We use our relationship and our skills to engage them in the process of acting, sometimes courageously, in the face of their vulnerabilities and uncertainties. We help them to reach for career and life goals despite the constraint of self-doubt, to risk loving again after loss or broken relationships, and some we help to speak the unspeakable following their terrible experiences.

If we expect such courage from our clients we can expect no less from ourselves. So, to all of you, I wish for the best year yet, and the courage to transcend any fears or uneasiness this last year has brought and the ability to embrace life to the fullest.

Of course, I am also reflective about CCA at this time. It has been a good year but a year of change and transformation to be sure. We have had our first Executive Director, Doris Lavoie, since May, 2000. With his hard work, we are accomplishing a great deal. We hope that it is obvious to you in the quality of our services and products.

The CCA Board is working hard as well. It too is engaged in making the transition from a management board to a policy-making one. For the past 35 years the President, Executive, and Board have managed the affairs of the Association, but always with the help of a competent and dedicated secretary. It is a credit to all those volunteers that the Association has survived and done so well. Let us applaud them for their dedication to CCA and its mandate.

Now, of course, the day to day management of the Association is the responsibility of our Executive Director. The Board is



Glenn Sheppard, Ed.D. CCC

J'écris ce message pendant les vacances des Fêtes. Il n'est donc pas étonnant que je sois d'humeur à réfléchir. L'horreur du 11 septembre et les événements qui ont suivi m'obsèdent encore, et je me doute bien qu'il en est de même pour vous. Sans doute, ces événements ont aussi fait l'objet de beaucoup de sermons dans les églises, de séances de counseling et de discussions dans les bars et autour de la table du cuisine.

Beaucoup disent que le monde a changé en ce matin tragique. Peut-être. Chose certaine, depuis, nous nous sentons tous troublés, mal à l'aise et un peu moins en sécurité. Certains diront même que ces événements ont eu pour effet d'accroître notre angoisse existentielle. Parce que ces actes de terrorisme ont eu lieu près de chez nous, sur notre continent, il se peut que, pour la

plupart, notre réaction soit une réaction typiquement humaine à une tragédie soudaine et à la perte de vie. De tels événements, comme toutes les expériences du genre, nous rappellent que la vie est imprévisible et sans garantie. Ils nous mettent face à nos propres vulnérabilités, à notre mortalité et au défi d'y trouver un sens.

Comment pouvons-nous réagir à une telle tragédie et continuer à vivre à un rythme normal ? Je crois que nous pouvons trouver des réponses dans les principes et l'optimisme mêmes qui sont à la base de notre travail quotidien avec nos clients. Nous utilisons nos rapports et nos compétences pour les inciter à réagir, souvent de façon courageuse, à leurs faiblesses et à leurs incertitudes. Nous les aidons à atteindre des objectifs personnels et de carrière malgré la gêne occasionnée par le manque de confiance en soi, à prendre le risque d'aimer de nouveau après un deuil ou des relations brisées, et nous en aidons certains à parler de l'indicible après leurs terribles expériences.

Si nous nous attendons à un tel courage de la part de nos clients, nous ne devons pas en attendre moins de nous-mêmes. Je vous souhaite donc à toutes et à tous la meilleure année possible ainsi que le courage de dépasser toute crainte ou tout malaise que l'année dernière a apporté et la capacité de vivre pleinement votre vie.

Évidemment, je pense aussi beaucoup à l'ACC en ce moment. Ce fut une bonne année, mais aussi une année de changement et de transformation. Depuis mai 2000, nous avons un premier directeur général en la personne de M. Doris Lavoie. Grâce à son travail efficace, nous accomplissons beaucoup de choses. Nous espérons que vous le remarquez par la qualité de nos services et de nos produits.

Le Conseil de l'ACC travaille également d'arrache-pied. Lui aussi est occupé à la transition d'un conseil axé sur la gestion à un conseil axé sur l'énoncé de politiques. Au cours des 35 dernières années, le président, l'exécutif et le conseil ont géré les affaires de l'Association, mais toujours avec l'aide d'une secrétaire dévouée et compétente. C'est grâce à tous ces bénévoles que l'Association a survécu et accompli autant. Applaudissons-les pour leur dévouement à l'ACC et à son mandat !

Aujourd'hui, bien sûr, la gestion au jour le jour de l'Association est la responsabilité de notre directeur général. Par conséquent, le conseil est occupé à l'élaboration de politiques et à la direction générale de l'Association.

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## President's message

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consequently busy with policy development and with the task of giving overall direction to the Association.

Early in this new year you can expect to see the results of our recent intensive workshop on developing a new CCA strategic plan intended to give us direction for the next several years. We have also approved our first ever Standards of Practice for Counsellors. They are now being prepared for publication and will be ready for you and for our National Conference by May, 2002.

The first phase of our work on the development of a program for the accreditation of counsellor education programs in Canada is nearing completion. Thanks to the dedicated and hard work of co-chairs, Dr. Sharon Robertson and Dr. Bill Borgen, two well-known past presidents of CCA, we expect to begin implementation of this important service within this new year.

Another past president, Dr. Walt Pawlovich, is hard at work chairing our committee on the review of our certification program. We expect to be hearing from this committee early in this new year as well.

As you know from your visits to our website and from Cognica, we have reached out and established partnerships with many associations that are allied with our work and those that can identify with the essential elements of our mandate. You also know that our most robust relationship is reserved for CCA affiliates, a new category of relationship, the policy for which was approved in May, 2001. We have received considerable support and encouragement from the dedicated individuals in the Nova Scotia Association of Professional Counsellors (NSAPC) in our mutual pursuit of this shared goal of establishing a provision for CCA affiliation. At our national conference in Prince Edward Island, our president at that time, Dr. Renée Piché, and Anne Mariner, current President of NSAPC, signed a tentative affiliation agreement. On behalf of the CCA Board, I am delighted to inform you we now have a final agreement, and to announce that NSAPC is the first CCA affiliate. We hope that this inaugural agreement will pave the way for others who will see the mutual benefits of this type of relationship.

There is more to report on from this dynamic year ending and to look forward to in, what I know will be, a busy year ahead. There are interesting and challenging developments with respect to the statutory regulation of counselling in a number of provinces. This is particularly so in British Columbia and Ontario and CCA is very much engaged in those new, and very political, processes. I will report on these developments in the next issue of Cognica.

In the meantime, on behalf of myself and all the CCA directors, I reiterate best wishes for this new year. We look forward to seeing many of you at 'tulip time' in Ottawa at our National Conference 2002.

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## Mot du président

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Au début de l'année, vous pourrez constater les résultats de notre récent atelier intensif qui était axé sur l'élaboration d'un nouveau plan stratégique pour l'ACC qui nous donnera une orientation pour les prochaines années. Nous avons aussi approuvé nos toutes premières « Normes d'exercice pour les professionnels du counseling ». Elles sont aujourd'hui sur le point d'être publiées et seront à votre disposition et prêtes pour notre Conférence nationale qui aura lieu en mai 2002.

La première phase de notre travail sur l'élaboration d'un programme concernant l'accréditation des programmes de formation pour les conseillers au Canada arrive à terme. Grâce au travail dévoué des coprésidents Sharon Robertson, PhD, et Bill Borgen, PhD, deux anciens présidents bien connus de l'ACC, nous pensons pouvoir commencer la mise en oeuvre de cet important service dans le courant de l'année.

Le Dr Walt Pawlovich, un autre ancien président, travaille fort comme président du comité de révision de notre programme de certification. Nous nous attendons aussi à entendre parler de ce comité au début de cette nouvelle année.

Comme vous le savez par vos visites sur notre site Web et par Cognica, nous avons tendu la main et établi des partenariats avec beaucoup d'associations. Elles sont à nos côtés dans notre travail, et certaines peuvent s'identifier aux éléments essentiels de notre mandat. Vous savez que notre relation la plus forte est réservée aux filiales de l'ACC, une nouvelle catégorie de relation, dont la politique a été approuvée en mai 2001. Nous avons reçu un appui et un encouragement considérable des personnes dévouées de l'Association des conseillers professionnels de la Nouvelle-Écosse (NSAPC) pour la poursuite de notre objectif commun qui est d'établir des dispositions pour une affiliation à l'ACC. Au cours de notre conférence nationale à l'Île-du-Prince-Édouard, notre présidente de l'époque, le Dr Renée Piché, et Anne Mariner, la présidente de la NSAPC, ont signé un accord d'affiliation provisoire. Au nom du Comité de l'ACC, je suis heureux de vous informer que nous avons maintenant un accord final, et aussi d'annoncer que la NSAPC est la première association affiliée à l'ACC. Nous espérons que cet accord inaugural sera le précurseur de beaucoup d'autres qui témoigneront des avantages mutuels de ce genre de relation.

Il y a encore plus à dire de cette fin d'année dynamique et à anticiper de ce qui, je le sais, sera une année très active. L'évolution de la réglementation statutaire du counseling dans certaines provinces est intéressante et pleine de défis. C'est notamment le cas en Colombie-Britannique et en Ontario, et l'ACC est très fortement engagée dans ces nouveaux processus très politiques. Je vous en dirai plus sur ces évolutions dans le prochain numéro de Cognica.

Dans l'intervalle, et de la part de tous les directeurs de l'ACC et de moi-même, je vous renouvelle mes meilleurs voeux pour le Nouvel An. Il nous tarde de rencontrer beaucoup d'entre vous « au temps des tulipes » à notre Conférence nationale 2002 à Ottawa.

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# Message from the Executive Director

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# Mot du directeur général

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Greetings to all,

As Executive Director, I see it as my role to offer to the members a bit of an organized update about what is going on inside and outside of the Association. In this respect, a lot has happened since our last issue.

## CONFERENCE 2002

Planning for our CCA 2002 Annual Conference in Ottawa (May 15 to 18, 2002) is well underway. In this issue of Cognica, you will find an article on the subject, together with Conference documentation and the Registration form. We really hope to meet all of you in Ottawa this Spring.

## CCA LIST-SERV

Our CCA Electronic Bulletin and list-serv are proving quite popular. So far we have over 650 members who have subscribed and the number is constantly growing. As mentioned before, this is a monitored list and all submissions have to go through the National Office. What we normally do with them is wait until we have enough items (questions, news, requests, announcements) and send an e-mail through the list in the form of an electronic bulletin. By keeping the "traffic" at a manageable level, we can sustain the interest of the subscribers. I am also very happy to report that so far, nobody has unsubscribed from the list after trying it out. If you are not part of our list-serv and would like to be, simply send an e-mail to [info@ccacc.ca](mailto:info@ccacc.ca) with "subscribe to the CCA list" in the title or the body of the message.

## STRATEGIC PLANNING SESSION

As mentioned in the last issue of Cognica, the Board members and the Chapter presidents held a strategic planning session early last November. The consultant's report is currently being developed into a comprehensive strategic plan which will identify required priorities and resources (human & financial). The goal is to have it ready in time for the new CCA fiscal year (April 1st).

## EXTERNAL RELATIONS

CCA recently signed the Pan-Canadian Consensus Statement on Positive Learning Environments in Schools



Doris Lavoie, MSW

Salutations à toutes et à tous,

En tant que directeur général, c'est aussi mon rôle de tenir les membres au courant de ce qui se passe au sein et à l'extérieur de l'Association. À cet égard, il y a beaucoup à signaler depuis notre dernier numéro.

## CONFÉRENCE DE 2002

La planification de notre conférence annuelle 2002 de l'ACC à Ottawa (du 15 au 18 mai 2002) va bon train. Vous trouverez dans ce numéro de Cognica un article à ce sujet, ainsi que de la documentation sur la conférence et le formulaire d'inscription. Nous espérons vraiment vous retrouver en grand nombre à Ottawa ce printemps.

## LISTE ÉLECTRONIQUE DE L'ACC

Notre liste et notre bulletin électroniques de l'ACC sont de plus en plus populaires. Nous avons déjà plus de 650 membres qui y sont inscrits et ce nombre continue d'augmenter. Comme nous l'avons déjà expliqué, cette liste est contrôlée et tous les envois doivent passer par le bureau national. Nous avons pris l'habitude de regrouper plusieurs sujets (questions, nouvelles, demandes, annonces) et d'envoyer un courriel par le biais de la liste sous forme de bulletin électronique. En limitant ainsi « l'achalandage » à un niveau acceptable, nous conservons l'intérêt de nos abonnés. Je suis également heureux d'annoncer qu'à ce jour, personne n'a encore demandé à être retiré de la liste d'envoi après en avoir fait l'essai. Si vous ne recevez pas nos bulletins électroniques, envoyez-nous un courriel à [info@ccacc.ca](mailto:info@ccacc.ca) en indiquant « Abonnement à la liste de l'ACC » dans le titre ou dans le message lui-même.

## SESSION DE PLANIFICATION STRATÉGIQUE

Tel qu'indiqué dans le dernier numéro de Cognica, les membres du Conseil et les présidents des chapitres se sont réunis pour une session de planification stratégique au début de novembre dernier. Nous sommes présentement en train de transformer le rapport du consultant en un plan stratégique complet qui identifiera les priorités et les ressources (humaines et financières) nécessaires. L'objectif est de le compléter à temps pour la prochaine année fiscale de l'ACC (1er avril).

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(see [www.safehealthyschools.org/positivelearning.htm](http://www.safehealthyschools.org/positivelearning.htm))

I also recently accepted a seat on the NEADS (National Educational Association of Disabled Students) advisory committee and on the SOGC (Society of Obstetricians and Gynaecologists of Canada) Working Group on Contraception and Sexual Health Awareness.

I am also still sitting on the CARS (Canadian Automotive Repairs & Services) Council steering committee.

#### MOVEMENT IN ONTARIO

Following the recent HPRAC (Health Professions Regulatory Advisory Council) recommendations to the Ontario Minister of Health contained in their Review of the Regulated Health Professions Act (RHPA) Report, CCA participated in an exploratory meeting in Toronto with OACPP (Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists), OSP (Ontario Society of Psychotherapists), OAMFT (Ontario Association for Marriage and Family Therapy) and the Toronto Adlerian School of Psychology. We are trying to form a coalition of "like-minded" associations to protect counsellors and other mental health practitioners' rights and professional status in Ontario. Other Ontario counselling (or counselling related) groups have also been invited. The next meeting should take place in early February. More to follow...

Finally, we are also pursuing various leads or projects in order to further improve the quality and the diversity of our services to the members and to the community.

Please do not hesitate to get in touch with us or with a member of the Board if you have any question or concern.

Sincerely,  
Doris Lavoie, CCA Ex.Dir.

#### REPRÉSENTATION

L'ACC a récemment signé l'énoncé de l'entente pan canadienne pour un environnement positif d'étude dans les écoles (voir [www.safehealthyschools.org/positivelearning.htm](http://www.safehealthyschools.org/positivelearning.htm), disponible en anglais seulement).

Je siège également depuis peu à un comité consultatif de l'Association nationale des étudiant(e)s handicapé(e)s au niveau postsecondaire et sur un groupe de travail de la Société des obstétriciens et gynécologues du Canada (SOGC) sur la contraception et la santé sexuelle.

Je fais également toujours partie du comité d'orientation du Conseil des services d'entretien et de réparation automobiles du Canada (CARS).

#### DE L'ACTION EN ONTARIO

Suite aux recommandations au ministre de la santé de l'Ontario par le Conseil consultatif de réglementation des professions de la santé (CCRPS), présentées dans leur rapport sur l'examen de la Loi sur les professions de la santé réglementées, l'ACC a participé à une réunion exploratoire tenue à Toronto avec l'ACPPPO (Association des consultants et conseillers en santé mentale, psychométriciens et psychothérapeutes de l'Ontario), l'OSP (Société ontarienne des psychothérapeutes), l'OAMFT (Association des psychothérapeutes conjugaux et familiaux de l'Ontario) et l'école de psychologie adlerienne de Toronto. L'objectif est de former une coalition d'associations partageant des points de vue semblables afin de protéger les droits et le statut professionnel des conseillers et des autres praticiens en santé mentale de l'Ontario. D'autres groupes de conseillers (ou de professions similaires) ontariens ont également été invités. La prochaine réunion est prévue pour le début février. À suivre...

Enfin, nous poursuivons pour vous certains autres dossiers ou projets afin d'améliorer la qualité et la diversité de nos services aux membres et à la collectivité.

Surtout n'hésitez pas à communiquer avec nous ou avec un des membres du CA pour quelque question que ce soit.

Cordialement,  
Doris Lavoie, DG ACC

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# NATIONAL EATING DISORDER INFORMATION CENTRE

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The National Eating Disorder Information Centre (NEDIC) is a non-profit organization, established in 1985 to provide information and resources on eating disorders and weight preoccupation. As a form of primary and secondary prevention, NEDIC is mandated by the Mental Health Programmes and Services division of the Ontario Ministry of Health to provide information about issues related to eating disorders, including current information on treatment services available to individuals with eating problems. A primary role of the Centre is to raise general awareness around the issues of eating disorders, food, and weight preoccupation through the provision of public education in all its forms.

## Philosophy

NEDIC has a non-dieting, client-centered, feminist philosophy. In essence, this means that NEDIC workers will not refer clients to diet centers or services that advocate restrictive eating patterns as a solution to food and weight preoccupation or other problems. The philosophy held by NEDIC is that dieting is intrinsically harmful to the individual in that, in addition to potential physiological harm, it perpetuates the illusory cultural notion that imposing control over one's body-size will create control and efficacy in one's life.

NEDIC promotes healthy lifestyles, which includes both healthy eating and appropriate, enjoyable exercise. Being client-centered dictates that staff strive to provide all available information and guidance regarding available services, treatment modalities, and alternatives in a manner which empowers the client to make informed choices. The feminist philosophy of NEDIC includes the unequivocal belief in the equal value of all human beings and their right to equivalent civil rights. This position underpins the methodical attempts that NEDIC makes to illuminate the socio-cultural aspects of eating problems. An additional aspect of this is to raise awareness of fat-prejudice and the myths and stereotypes that perpetuate irrational and damaging responses for all persons, thin or fat. It also informs the work that NEDIC staff does to locate women and men's food and weight issues within the contexts of their lives rather than as individual pathologies.

## Services provided

- An information and referral telephone line at 1-866-NEDIC-20 (1-866-633-4220) or 416-340-4156 in Toronto/GTA
- A nation-wide listing of treatment services and resources (please contact us if you provide counselling in this area and would like to be listed in our database)

- Information on support groups for families, and for those with eating disorders, food and weight preoccupation
- Written information on eating disorders and food and weight preoccupation, including the Bulletin which is published five times per year
- Assistance in the development of information materials
- Sponsor of the national Eating Disorder Awareness Week (first week of February annually)
- Sponsor of annual International No Diet Day on May 6
- Prevention and awareness campaigns
- Promotional materials including posters, buttons, T-Shirts, postcards

## Eating Disorder Awareness Week - February 3 - 9, 2002

Eating Disorder Awareness Week (EDAW) is an annual co-operative effort by groups across Canada and the U.S. and increasingly, groups in Europe and Australasia, to educate the public on the relationship between dieting, body dissatisfaction, and eating disorders. The goal is to increase awareness of the social factors causing individuals, particularly women, to develop anorexia, bulimia, and weight preoccupation. Many women and men act on these feelings and go to dangerous and damaging lengths to change the bodies they have. Given that we have a genetic predisposition to a particular weight, shape and size, it is no wonder that dieting fails for 95% of individuals. This is why the slogan "Celebrating Our Natural Sizes!" was chosen for Eating Disorder Awareness Week. The week encourages individuals to move away from one narrow ideal of beauty to healthy lifestyles and a celebration of natural diversity. This allows people to accept their bodies, get beyond appearance, and concentrate on putting their energies into more empowering, enjoyable activities. It is important to take a strong stand in challenging rigid, unrealistic, and damaging expectations. Please contact us for more information on any of our services or material.

National Eating Disorder Information Centre  
200 Elizabeth Street, CW 1-211  
Toronto, Ontario M5G 2C4  
Telephone 416-340-4156 · Fax 416-340-4736  
Toll Free: 1-866-NEDIC-20 (1-866-633-4220)  
Website: [www.nedic.ca](http://www.nedic.ca)  
Email -- [nedic@uhn.on.ca](mailto:nedic@uhn.on.ca)

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## Like Moths To The Flame...

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influenced by Ericksonian practice and belief. One of these beliefs is the caution that both men have around what Erickson called Iatrogenic injury. Originally applied to medicine, Iatrogenic injury refers to problems caused by treatment. Erickson was one of the first persons to apply this same principle to therapy as far back as 1961. Possibility therapy includes the awareness, that even with the best of intentions, counselors can cause damage to the clients who come to them for help. The way we acknowledge and accept clients experiences, issues and beliefs about their situation; conceptualize, diagnose and label their problems, or view them as the problem; evaluate their prognosis for change, make conclusions as to their motivation or show disrespect by moving too quickly toward solutions and invalidating their present reality are all possible sources of harm.

Bill suggests a seven-step framework as a guide to doing possibility therapy:

1. Create an atmosphere of change and possibility (through language, assessment methods and nonverbals).
  - Use possibility language (While not invalidating where they are now)
  - Assume change can happen.
  - Do not assume irrevocable damage or pathology.
  - Ask about future preferences for therapy outcomes and for life.
2. Acknowledge pain, suffering, problems, explanations, feelings and points of view while keeping possibilities for change open.
  - Validate current reality without assuming that things will stay the same.
  - Listen without trying to make things more cheerful or better than they seem to the person who is speaking about the situation.
3. Orient to preferred future and goals.
  - Find out what people want out of therapy or what the minimal change they would hope for would be (goals, directions).
  - Find out if people have any unrealized hopes and dreams that might be relevant to resolving the problem.
4. Track problem patterns (viewing/doing/context).
  - Have people teach you how to "do" the problem i.e. get them to teach you the culture of the problem.
  - Find typical viewpoints of people involved in the problem situation.
  - Find where the attention is focused in the problem situation.
  - Find out what happens around the problem situation socially.
  - Find any time or spatial patterns or regularities in the problem situation.
5. Elicit solution patterns (viewing/doing/context).
  - Explore exceptions to the problem.
  - Explore positive coping methods and times.
6. Connect with or evoke motivation... i.e. you either want something you don't have or more of it, or you want to stop something or some aspect.
  - Find any context in which the problem would not occur.
  - Find out where attention is focused in non-problem moments or times.
  - Identify any alternate stories or ideas that are different from typical or problematic stories or ideas.
  - What are people involved in the problem situation motivated for and what are they motivated away from or to avoid.
  - Also who are the people involved and who is motivated for the changes to occur. This is particularly relevant in schools with conflicting motivation for a student to see the counselor depending on who referred the student and who is more motivated for the change to occur. It is not uncommon for the parent or some other player to be more motivated than the student, or for that matter to be the only one motivated.
  - Experientially connect people with their motivations in order to bring about change in the problem situation.
7. Introduce and notice small changes.
  - Identify anything anyone in the problem situation is willing or able to do to make even a small change in viewing, doing or context.
  - Usually this will involve some rigidly repetitious aspects of the problem situation.
  - It might involve deliberately taking some action that is part of the solution patterns evoked or identified i.e. act yourself into a new way of feeling and thinking.
  - While it is true that if nothing changes, nothing changes, it is also true that too high an expectation for change in a client or failure to acknowledge successive approximations of a desired outcome can contribute to disillusionment and impaired growth.

A couple of years ago, on my 50th birthday, I was home sick with a cold, feeling sorry for myself on a rainy dark January morning. Just when I thought it couldn't get any bleaker, the phone rang. It was my father. He was calling to ask me if I would pick him up from the B.C. ferry terminal and drive him to attend the funeral of his younger brother. This uncle was the one family member I was always compared to. He was creative and a little eccentric, a poet and a painter and someone of great promise. He was also plagued by the family predisposition to somatic illness, ADHD and a few other compulsive tendencies that Kenneth Blum and his colleagues might conclude fit neatly under their label, "reward deficiency syndrome". According to Blum et al, (1996), there may well be a common genetic basis to an array of addictive, hyperactive and compulsive behaviours, where-in the individual appears to be predisposed and even compelled toward seeking excessive gratification and overindulgence. Like moths to the flame, the

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## Like Moths To The Flame...

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consequences for these individuals can often be disastrous, or at the very least, life limiting. Actually, I had lost track of the high drama of my uncle's life course in the years leading up to his death. If truth be known, as far back as I can recall he was always dying of something or other. It turns out though, that when he did finally make the big exit, he died from severe complications from treatments for illnesses that he didn't have. Go figure, eh!

Spending the day with my father, who along with myself has these same predispositions, and attending my uncle's funeral on my 50th birthday, turned out to be a gift I had not anticipated. In spite of having inherited the same lineage, I was left with a great sense of hope. As I walked out of the church, I looked up at a clearing sky and said, "thank you".

Bill would say that my viewing of my situation had altered, and he would have been right, at least in part. What had also occurred was that the experience had validated a whole array of "actions" that I had performed at an earlier cross road in my life, that were different from those that my father and uncle had been able to make in their life times. It was the "doing" that had made and continues to make the difference. Bill says that if therapy is to make a difference in people's lives, it must have an influence on their actions. "Acceptance and change. He describes these as the "essential components" of possibility therapy. Or as he says it, "Carl Rogers with a twist." In spite of having spent many years hiding and running from the reality of who I was, I had finally accepted my truth and then taken action to create a different future. I learned the day of my uncle's funeral that we are not all doomed to passively repeat the past. Regardless of how genetically "hard

wired" the patterns are and for how many multiple generations they seem to have played out in our families, the future has an unlimited array of hope, if we are willing to open ourselves to the possibilities.

Blum, Kenneth et al, 1996, Reward Deficiency Syndrome: American Scientist, vol 84, pgs132-145.

O'Hanlon, William & Beadle, Sandy, 1999, A Guide to Possibility Land: Fifty-one Methods for Doing Brief, Respectful Therapy, W.W. Norton & Co., New York, NY 10110.

For more information on possibility therapy, an extended bibliography of readings, Bill's speaking engagements and many other interesting and useful tidbits of information visit Bill's website at [www.brieftherapy.com](http://www.brieftherapy.com) or contact him directly at [PossiBill@aol.com](mailto:PossiBill@aol.com). Bill can also be reached by snail mail at Bill O'Hanlon, M.S., Possibilities, 551 Cordova Rd., #715, Santa Fe, NM 87505., 800.381.2374; Fax# 505.983.2761.

Stephen R. Fraser, M.Ed., R.C.C., C.C.C.

Stephen is the Coordinator of Counseling and Rehabilitation Services with the Coquitlam School Board in British Columbia. Stephen also runs a small "hopeful" private practice in Horseshoe Bay for adolescents and adults who are diagnosed with ADD/ADHD. Stephen conducts workshops and in-services on this and other topics. You can reach Stephen at [sfraser@sd43.bc.ca](mailto:sfraser@sd43.bc.ca) or 1100c Winslow Ave, Coquitlam, BC V3J 2G3, 604.936.0491; Fax# 604.936.5451. Think of the possibilities

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## Directrice francophone de l'Ontario

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Chers(ères) collègues francophones de l'Ontario et chers(ères) membres,

Pour vous tenir au courant des développements relativement aux objectifs fixés en mai dernier, je tiens à vous donner un aperçu de mes énergies investies.

### Compte rendu de mes activités depuis mai 2001:

- initiation des contacts avec l'ACOFO pour une création de liens ou partenariats avec ses membres francophones de l'Ontario, tel que mentionné en mai dernier;
- participation aux présentations offertes par le chapitre de la Capitale nationale à l'Université St-Paul (français et anglais) et à l'Université d'Ottawa (13 novembre 2001);
- participation au comité éditorial de Cognica;
- participation aux réunions du «Steering Committee» pour la conférence 2002 à Ottawa pour représenter le conseil d'administration de l'ACC. Par ailleurs, pour des raisons personnelles, j'ai choisi de ne

plus être membre officiel du volet programmation pour la conférence.

### Mon implication ciblée au sein du conseil d'administration

- participer au nouveau comité des publications, de la recherche et des communications;
- continuer à promouvoir et assurer le fait français au sein du conseil d'administration et de l'association au niveau de ses communiqués et publications.

Pour m'assurer de bien vous représenter auprès du conseil d'administration de votre (notre) association et pour améliorer notre fonctionnement, vous pouvez me faire part de vos commentaires, suggestions et idées par courriel [mcmartel@uottawa.ca](mailto:mcmartel@uottawa.ca) ou par téléphone 613-562-5200.

Au plaisir,

Marie-Claude Martel  
Directrice francophone de l'Ontario

Glenn Sheppard, Ed..D., CCC

### **A Few Interesting Decisions from Case Law**

As you know, the interpretation and the development of our ethical practices and professional standards can be greatly influenced by decisions rendered by our courts, as well as by quasi-judicial judgements, such as, those made by provincial access to information and privacy commissioners. I have chosen the following interesting case examples to demonstrate this point:

#### **Case I: A School Counsellor's Notes**

In 1995 a mother, residing within the Cranbrook school district of British Columbia, sought access to an elementary school counsellor's notes from counselling sessions with the woman's two children. She said that she was interested not in what the notes might say about what the children had said to the counsellor but rather what the counsellor had said to them.

The school counsellor and her school district refused to release the counselling notes. The School District invoked the argument that such refusal was permitted under section 19(1)a of the Freedom of Information and Protection of Privacy Act (FIPPA) of British Columbia. This section permits discretionary refusal of such a request if disclosure can reasonably be predicted to negatively affect the mental or physical health or the safety of the person(s) involved. The Information and Privacy Commissioner of B. C. was asked, by this parent, to rule on this refusal decision. The Commissioner ruled that the counsellor's notes were in the custody and control of the School District which meant that the Commissioner had the jurisdiction to rule on the matter because such notes were covered by the provisions of the FIPPA.

The counsellor, dissatisfied with the Commissioner's ruling, took the matter to Court. She argued before the Court that her notes were really her personal possession made only as an aid to her and, in fact, she reasoned she was not required to keep counselling notes anyway and that she kept them in a notebook at home.

The Court ruled in favour of the Commissioner's view that the notes were under the custody and control of the School District because they originated as an aspect of the counsellor's work as a District employee. Therefore, the question of access to these counselling notes came under the authority of the Freedom of Information and Protection of Privacy Act.

This jurisdictional decision notwithstanding, the question of whether or not the notes should be released in this instance

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### **Quelques décisions intéressantes tirées de la jurisprudence**

Comme vous le savez, l'interprétation et le développement de nos normes professionnelles et de nos pratiques éthiques peuvent être grandement influencés par les jugements de nos tribunaux, aussi bien que par ceux des organismes quasi-judiciaires, par exemple ceux rendus par les commissaires provinciaux chargés de l'accès à l'information et du droit de la vie privée. J'ai choisi quelques exemples intéressants pour démontrer ce point :

#### **Cas no 1 : Les notes d'un conseiller d'orientation**

En 1995, une mère qui demeurait dans le district scolaire de Cranbrook, en Colombie-Britannique, a demandé à voir les notes prises par la conseillère de l'école élémentaire au cours des sessions avec ses deux enfants. Elle disait que ce qui l'intéressait n'était pas ce que les enfants avaient dit à la conseillère mais plutôt ce que la conseillère leur avait dit.

La conseillère de l'école et la Commission scolaire ont refusé de lui transmettre les notes des sessions. La Commission scolaire a fait savoir qu'un tel refus était permis, selon l'article 19(1)a de la loi d'accès à l'information et de la protection de la vie privée (FIPPA) de la Colombie-Britannique. Cet article de loi permet le refus discrétionnaire d'une telle demande si l'on pense que sa divulgation peut nuire à la santé mentale ou physique de la ou des personnes concernés. La mère en a référé au Commissaire de l'information et de la vie privée de la C.-B. pour qu'il statue sur cette décision de refus. Le Commissaire a décidé que les notes de la conseillère étaient la propriété et sous le contrôle de la Commission scolaire, ce qui signifie que le Commissaire avait le droit de statuer sur la question parce que de telles notes étaient couvertes par les clauses de la FIPPA.

N'étant pas d'accord avec la décision du Commissaire, la conseillère a fait appel au tribunal. Elle a soutenu devant le tribunal que ses notes étaient sa propriété, qu'elle n'en prenait que pour s'aider et que, de toute façon, elle estimait qu'elle n'était pas tenue de garder les notes prises au cours de ses sessions et qu'elle les gardait dans un cahier chez elles.

Le tribunal a statué en faveur du Commissaire en disant que les notes étaient la propriété de la Commission scolaire et étaient sous son contrôle parce qu'elles faisaient partie d'un aspect du travail de la conseillère et que cette dernière était une employée de la Commission. Dès lors, la question de l'accès aux notes des sessions tombait sous l'autorité de la Loi de l'accès à l'information et de la protection de la vie privée.

En dépit de ce jugement sur la juridiction, la question de savoir si oui ou non on devrait avoir accès aux notes dans un tel cas demandait plus ample réflexion. À ce sujet la conseillère soutenait qu'elle avait

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warranted additional consideration. On this matter the counsellor argued that she had an ethical obligation to keep the notes confidential. The court was understanding of this position, however, the issue of disclosure was not specifically before the Court in this case but rather the issue of jurisdiction. The judge did show some concern for the protection of children's right to privacy. It was noted that in the case of a child the parent or guardian normally has the right to consent to the release of the child's counselling record. In this case, it was the parent who was requesting the release and was, therefore, in a position to consent to her own request. This raises privacy protection concerns for sure! By the way, this decision did not necessarily diminish the school counsellor's responsibility to treat her counselling notes as confidential information. (Neilson v. British Columbia (Information and Privacy Commissioner), 08/07/1998. B.C. J. No. 1640, Vancouver, B.C.)

**Case II: The Firing of a Social Worker**

In July, 2000, the Newfoundland Supreme Court dismissed the claim of a social worker that he was unfairly fired for misconduct. In 1979-81, the social worker was working as a youth counsellor at a St. John's detention center for girls where a girl of 14 was admitted and became one of his clients there. It was clear to the Court that the counsellor had consensual sex with this girl just after she turned sixteen and while she was living in a community group home. This relationship continued for nearly three years and was not disclosed by the girl until 1995. At this time the social worker was a regional supervisor for the Youth Detention Center where he and the girl had first met. The Court ruled that dismissal by his employer was not an unreasonable consequence for this type of conduct. In the light of this case, readers might like to review the 'post-termination' prohibition as stated in the CCA Code of Ethics. (Evening Telegram, St. John's, NF, 15/07/00)

**Case 111: Access to the Questions, Answers, and Scoring Procedures of Standardized Tests**

In 1994 parents residing within the jurisdiction of the Lincoln County Board of Education wanted to challenge a school psychologist's decision that their daughter was not a gifted student. In making this judgement, the psychologist had relied heavily on the results of the Stanford Binet Intelligence Scales.

The School Board refused the parents's 'freedom of information' request to see all the answers and the scoring procedures for their daughter's performance on the Stanford-Binet. School authorities argued that they had a discretionary right of refusal under a section of the Ontario Freedom of Information

l'obligation éthique de protéger la confidentialité de ses notes. Le tribunal comprenait cette position, mais le problème soulevé devant le tribunal n'était pas celui de divulgation, mais plutôt de juridiction. Le juge a manifesté une certaine inquiétude en ce qui a trait à la protection des droits de la vie privée des enfants. On a souligné que dans le cas d'un enfant, le parent ou le tuteur a normalement le droit de consentir à la divulgation du dossier de counseling de l'enfant. Dans ce cas précis, c'était un parent qui demandait la divulgation; elle devenait ainsi en mesure de consentir à sa propre requête. Il est certain que cela soulève le problème de la protection de la vie privée ! Au fait, cette décision ne diminuait pas nécessairement la responsabilité de la conseillère scolaire de considérer ses notes comme information confidentielle. (Neilson c. la Colombie-Britannique (Commissaire du Droit d'accès à l'information et de la protection de la vie privée), 08/07/1998. B.C.J. No. 1640, Vancouver, C.-B.)

**Cas no 2 : Le licenciement d'un travailleur social**

En juillet 2000, la Cour suprême de Terre-Neuve a rejeté la plainte d'un travailleur social qui prétendait avoir été injustement renvoyé pour mauvaise conduite. Entre 1979 et 1981, le travailleur social travaillait comme conseiller auprès des jeunes dans un centre de détention pour filles de St-Jean où une jeune fille admise à 14 ans est devenue une de ses clientes. La Cour a reconnu que le conseiller avait eu des rapports sexuels consensuels avec la jeune fille dès ses 16 ans alors qu'elle vivait en hébergement collectif communautaire. Cette relation a continué pendant presque trois ans et n'a été dévoilée par la jeune fille qu'en 1995. À ce moment-là, le travailleur social était devenu superviseur régional pour le Centre de détention des jeunes, là où lui et la jeune fille s'étaient rencontrés pour la première fois. La Cour a décidé que le renvoi par l'employeur n'était pas une conséquence déraisonnable pour ce genre de conduite. À la lumière de ce cas, les lecteurs aimeront peut-être revoir l'interdiction de post-résiliation telle qu'elle est énoncée dans le Code d'éthique de l'ACC. (Evening Telegram, St-John's (T.-N.), 15/07/00)

**Cas no 3 : L'accès aux questions, aux réponses et aux procédures à suivre pour compter les points dans des tests standards.**

En 1994, des parents qui demeurent dans la juridiction du conseil de l'éducation du comté de Lincoln souhaitaient contester le jugement du psychologue scolaire à l'effet que leur fille n'était pas surdouée. Pour ce jugement, le psychologue s'était fié dans une large mesure sur les résultats des échelles d'intelligence du test Stanford-Binet.

Nonobstant la demande des parents faite en vertu du « droit d'accès à l'information », le conseil scolaire leur a refusé l'accès aux réponses et aux modalités de notation qui ont

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and Protection of Privacy Act (FIPPA).

They further reasoned that the Stanford-Binet was purchased from a third party, in this case, Nelson Canada, and that maintenance of confidentiality with respect to answers and scoring procedures was essential to the integrity and continuing validity of this psychometric instrument. Nelson Canada also argued that disclosure would reveal a trade secret and have economic consequence for it.

When the parents referred this case to the Information and Privacy Commissioner his decision was that the one-page creativity test developed by the School Board should be released to the parents along with a separated copy of the fourteen pages of the Stanford-Binet Booklet on which the student's answers were recorded. Because a release of this booklet would reveal the scoring pages and invalidate the Test, the School Board refused the order and went to Court. The Board argued that the Commissioner (actually an assistant commissioner in this instance) ignored the significant consequences of releasing these pages, particularly those relating to the Vocabulary and Absurdities sections of the Test. The Court agreed with the School Board and considered the Commissioner's decision unreasonable because he had failed to take into account these consequences to the validity of the Test. The Commissioner's decision was overturned by the Court and the Board did not have to make any such release of the Stanford-Binet information. (*Lincoln County Board of Education v. Ontario (Information and Privacy Commissioner)*, [1994] O.J.No.2899(Div.Ct.))

### Case 1V: A Young Person's Right to Consent in Common Law

(I am including this decision of fourteen years ago because it surprised many people at the time. Also, because the concept of competency to consent has emerged since that time as taking precedence over any arbitrary age limit such as in the concept of 'minor')

In this case, a pregnant sixteen year old girl had left home to seek access to an abortion. Her parents were opposed to her obtaining an abortion on moral grounds, and they went to Court to prevent it arguing that she was not competent to give such consent. Although the Court expressed empathy for the parents in these circumstances, it concluded that the girl understood the abortion procedure and the associated risks. She was therefore judged competent to give her informed consent and her parents' objections were overruled. Interestingly, the Court ruled that a parent's right to make treatment decisions for their child terminates if and when the child achieves a sufficient understanding and intelligence to fully comprehend the treatment being proposed or recommended.

(*C. v. Wren*, 1987, 35 D.L.R. (4th) 419, Alberta)

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## Aide-mémoire sur l'éthique...

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servi à l'évaluation de leur fille à l'aide du test Stanford-Binet. Les autorités scolaires ont soutenu qu'elles avaient un droit de refus discrétionnaire en s'appuyant sur un article de la loi ontarienne sur l'accès à l'information et la protection de la vie privée.

De plus, on a fait valoir que le test Stanford-Binet avait été acheté d'une tierce partie, en l'occurrence, Nelson Canada, et que le maintien de la confidentialité des réponses et des procédures de notation était essentiel pour le maintien de l'intégrité et de la validité de cet instrument psychométrique. Nelson Canada soutenait aussi que la divulgation dévoilerait un secret professionnel, ce qui aurait des conséquences économiques pour eux.

Quand les parents ont soumis cette affaire au commissaire de l'accès à l'information et de la protection de la vie privée, ce dernier a décidé que le test de créativité d'une page élaboré par le Conseil scolaire devrait être mis à la disposition des parents avec une copie des 14 pages du cahier Stanford-Binet sur lesquelles les réponses de l'élève avaient été enregistrées. Le conseil scolaire a refusé l'injonction et porta l'affaire en justice parce que la divulgation de ce cahier aurait pour effet de dévoiler les pages de notation et d'invalider le test. Le conseil a laissé entendre que le commissaire (dans ce cas-ci, en fait, un commissaire-adjoint) avait ignoré les conséquences de la divulgation de ces pages, notamment celles qui traitent des sections Vocabulaire et Absurdités du test. La Cour s'est dite pleinement d'accord avec le conseil scolaire et a considéré la décision du commissaire comme déraisonnable parce qu'il n'avait pas tenu compte des conséquences sur la validité du test. La décision du commissaire a été renversée par la Cour et le Conseil n'a pas eu à divulguer les informations sur le test Stanford-Binet. (*Lincoln County Board of Education c. Ontario (Information and Privacy Commissioner)*, [1994] O.J.No 2899 (Div.Ct.))

### Cas no 4 : Le droit d'une jeune personne à donner son accord selon la common law

(J'inclus ce jugement d'il y a quatorze ans parce qu'il en avait étonné plusieurs à l'époque. Aussi parce que le concept d'aptitude à donner son accord est apparu depuis lors et qu'il a préséance sur toute limite d'âge arbitraire comme dans le concept de « mineur ».)

Dans ce cas, une jeune fille de seize ans enceinte avait quitté le domicile pour chercher à se faire avorter. Ses parents s'y opposaient pour des motifs d'ordre moral. Ils se sont adressés au tribunal pour empêcher l'avortement en soutenant qu'elle n'était pas apte à prendre une telle décision. Même si dans les circonstances le tribunal a exprimé de l'empathie pour les parents, il a conclu que la jeune fille comprenait la procédure d'avortement et les risques qui y étaient associés. Elle a donc été jugée apte à donner son accord en connaissance de cause et les objections de ses parents ont été rejetées. Il est intéressant de constater que le tribunal a statué que le droit d'un parent à prendre des décisions pour le traitement de son enfant s'arrêtait si et quand l'enfant atteint un niveau de connaissance et d'intelligence suffisant pour comprendre pleinement le traitement proposé ou recommandé.

(*C. c. Wren*, 1987, 35 D.L.R. (4th) 419, Alberta)

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# The Power of Optimism

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© Lucy MacDonald, M.Ed.

Let me confess right here and now. I am a recovering negaholic; that's right, I am a former negative person. A negative take on the world has some benefit. Being negative means you don't take any risks, you create a buffer between yourself and others so you will not be vulnerable, you don't have many disappointments because you have no expectations. However, being a negative person also means that co-workers shy away from you, your children will think you are an old grouch, you might not get that job promotion, or your general health, mental and physical, may suffer.

Optimism has the power to help you live with purpose, passion and possibility. Who does not want to live a meaningful life, have more fun and be successful?

Optimism is an attitude that sets us up for life success by focusing on what works and how we contribute to what works.

According to Martin Seligman, who pioneered much of the research on optimism, being optimistic involves how we explain the good and bad things that happen to us. When good things happen the optimist takes the credit and the pessimist considers it to be fluke or a stroke of luck. The optimist believes that good things will last whereas the pessimist believes that good things will not last.

When bad things happen the optimist believes that the situation is temporary, that the bad event is limited to a particular situation and that bad events are caused by circumstances. Pessimistic people believe that bad events are permanent and will affect all areas of their lives and they blame themselves.

The result of being optimistic is that optimists interpret experience and influence outcomes positively. Does that mean that optimists never get down, depressed, upset with life? Absolutely not. Being optimistic is about being real. The difference is that optimists are active and have a sense that what we do matters. In addition living life as an optimist means that we take responsibility for our actions. Just because we believe that bad events are not a result of something internally wrong with us, we do acknowledge when we have done wrong and work towards making amends. Optimism is realistic, flexible, and above all hopeful.

According to Max Moore the author of Dynamic Optimism, optimists have a number of personal characteristics. Optimists have a selective focus; they emphasize the enjoyable, constructive aspects of life. They refrain from complaining and question limits and challenge beliefs. Optimists operate with a sense of abundance and recognize the world to be full of opportunities for themselves and others. Optimists typically make excellent use of laughter as a way to reduce their distress and relieve tension.

Optimists live life that is driven by trust, not fear and use reasons to objectively assess situations. We believe that we have the ability to make good things happen and we take charge and create the conditions for success. This involves personal responsibility, which means living a value-driven life. Optimists attract and are attracted to positive people and situations.

The power of optimism manifests itself in physical and mental health.

According to the Mayo Clinic, studies show that optimists live longer than pessimists. The immune system of people who are optimistic is more effective and optimists are more likely to seek medical advice and stick to a health regime. In addition they are more likely to see support as a coping strategy which has an impact on both physical and mental health. Optimism protects against depression and we now understand that many illnesses are influenced by feelings. The relationship between stress and heart disease is well documented.

Can you learn to become more optimistic? If you answer yes, you are most likely an optimist! Martin Seligman's book entitled *Learned Optimism*, says it all. The ability to be optimistic is considered to be one of the skills of emotional intelligence. The good news is that skills can be learned. (However, there is one caution. If you have been living with an ongoing sadness for years, you should seek the advice of a health care professional. You may have a biologically based depression that requires medical intervention; no amount of therapy or willpower will change a chemical imbalance.)

Plug into the power of optimism and light up your life, improve your health and create happiness for yourself and those around you.

=====

Lucy MacDonald, M.Ed., CCC  
President  
Private Practitioner Chapter, CCA

Lucy is the creator and presenter of "How to Start Your Private Practice" and "How to Market Your Private Practice" workshops.  
[www.lucymacdonald.com](http://www.lucymacdonald.com)  
[lucy@lucymacdonald.com](mailto:lucy@lucymacdonald.com)  
514-426-7154

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## COUNT DOWN TO CCA CONFERENCE 2002

### **The Soul of Counselling: Challenges, Choices, Changes**

[www.ccaccottawaconference2002.ca](http://www.ccaccottawaconference2002.ca)

Ottawa, Canada's capital, welcomes you to the CCA Conference 2002 from May 15 to 18, 2002 at the University of Ottawa. Our conference promises to be an unforgettable experience beginning with keynote speaker, M. Jean Vanier. M. Vanier, founder of the international L'Arche community and son of the late Governor General George Vanier, will set the theme of Conference 2002, The Soul of Counselling: Challenges, Choices, Changes. You will also have the opportunity to hear other well known keynote speakers: Grace Cirocco, Eutonah V. Olsen Dunn, Leslie Greenberg, Jacques Limoges and Barbara Wainrib. Don't forget our pre-conference workshops.

To date, the Conference 2002 program committee has accepted over 100 workshop proposals. The national four-day conference in May 2002 promises to be the arena for exciting development against the backdrop of a city in bloom.

Our conference coincides with the 50th anniversary of the Ottawa Tulip Festival. Locals and tourists alike may enjoy the green parks sprinkled with tulip gardens as well as pathways conducive to jogging, walking, roller-blading and bicycling. The National Capital region boasts excellent shopping and dining, a lively nightlife and a strong artistic culture. The social committee for the CCA Conference 2002 has promised, "something for everyone".

Circle May 15, 16, 17 and 18 on your 2002 calendar. Print in "CCA Conference in Ottawa". Call us or email and confirm your attendance to this exciting national conference. The Canadian Counselling Association, NCR Chapter in Ottawa invites you to join the unique experience, of professional and personal growth in The Soul of Counselling: Challenges, Choice, Changes

For additional information please call (613) 721-7061 or toll free at 888-625-8455, fax (613) 721-3581 or email us at: [info@unconventionalplanning.com](mailto:info@unconventionalplanning.com)

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## COMPTE À REBOURS AVANT LA CONFÉRENCE 2002 DE L'ACC

### **Au cœur du counseling : défis, choix, changements**

[www.ccaccottawaconference2002.ca](http://www.ccaccottawaconference2002.ca)

Ottawa, la capitale du Canada, vous souhaite la bienvenue à la Conférence 2002 de l'ACC qui se déroulera du 15 au 18 mai 2002 à l'Université d'Ottawa. Notre conférence promet d'être une expérience inoubliable en commençant avec le conférencier principal, M. Jean Vanier. M. Vanier, fondateur de la collectivité internationale L'Arche et fils du regretté gouverneur général George Vanier, établira le thème de la Conférence 2002, Au cœur du counseling : défis, choix, changements. D'autres invités de marque seront aussi parmi nous: Grace Cirocco, Leslie Greenberg, Eutonah V. Olsen Dunn, Jacques Limoges et Barbara Wainrib et n'oubliez pas de vous inscrire dès maintenant aux ateliers de pré-conférence qui auront lieu mercredi le 15 mai 2002.

Jusqu'à maintenant, le comité du programme de la Conférence 2002 a accepté plus de 100 propositions d'ateliers. La conférence nationale de quatre jours en mai 2002 promet d'être le théâtre d'un développement sensationnel dans le contexte d'une ville toute en fleurs.

Notre conférence coïncide avec le 50e anniversaire du Festival des tulipes d'Ottawa. Les résidents et les touristes peuvent profiter des parcs de verdure parsemés de jardins de tulipes ainsi que des sentiers adaptés au jogging, à la marche, au patin à roues alignées et au vélo. Le comité social de la Conférence 2002 de l'ACC a promis « quelque chose pour tout le monde ».

Encerclez les 15, 16, 17 et 18 mai à votre agenda 2002; inscrivez-y « Conférence de l'ACC à Ottawa ». Communiquez avec nous par téléphone ou par courriel pour confirmer votre présence à cette passionnante conférence nationale. L'Association canadienne de counseling, chapitre de la région de la capitale nationale d'Ottawa vous invite à vous joindre à une expérience unique de croissance professionnelle et personnelle intitulée Au cœur du counseling : défis, choix, changements.

Pour obtenir des renseignements supplémentaires, veuillez téléphoner au (613) 721-7061 ou sans frais au 888-625-8455, télécopieur : (613) 721-3581 ou par courriel à : [info@unconventionalplanning.com](mailto:info@unconventionalplanning.com)

# Quebec Anglophone Director's Report

In December I mailed a 2 page newsletter to Quebec Anglophone Members introducing myself as the new Quebec Anglophone Director, succeeding Lorne Flavelle who has moved on to the role of President-elect. We are proud to see so much Quebec representation in the operation of CCA. Apart from the Quebec Francophone Director, Sandra Salesas, the editor of this Cognica is Evangeline Britt, whom Sandra replaced as Francophone Director. The new CCA Private Practitioners Chapter is chaired by Lucy Macdonald and the newsletter editor for the chapter is Ann Vine. These 2 ladies co-chair the local Montreal area Private Practitioners group. Ann can be reached at avine@securenet.net. CCA members as well as members of the Quebec Counselling Association (QCA) are invited to attend these meetings. Participants do not have to already have a private practice to attend and admission is free.

The next Montreal area Private Practitioners group meetings will be:

February 21 - 02, Concordia University, Room H769

March 21 - 02, Vanier College, Room K322

May - Closing Event t.b.a.

The Quebec Counselling Association has embarked on a format which includes a professional development format following its Board of Directors' Meetings. While membership in QCA will normally be required, first-time guests are invited to attend. McGill psychologist Evelyn Rodinos will present the first session entitled: "From Procrastination to Productivity" on January 28th, while Marc Leger, a Concordia University Counsellor, will speak on "Counselling Gay and Lesbian Clients" on March 4th. These events are held at Shadd Business Centre, 1000 Old Orchard Avenue in Montreal at 7:30 information.

I would like to encourage Quebec members to join their colleagues from across Canada to attend the Annual CCA National Conference which, this year, is being held in nearby Ottawa in May. Information appears elsewhere in this newsletter. Early registration can give participants a better rate and priority in the keynote presentations.

Wishing all members the best in the new year,

Wayne Clifford, Quebec Anglophone Director

Canadian Counselling Association  
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Association canadienne de counseling  
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May 15-18  
du 15 au 18 mai

*"The Soul of Counselling:  
Challenges, Choices, Changes"*  
*« Au cœur du counseling :  
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For more information, visit:  
www.ccacottawaconference2002.ca  
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• Calgary, April 25-26 • Kelowna, May 2-3

**SUMMER INTENSIVE 2002**  
• Calgary, July 2-5

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# BOOK REVIEWS

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Louise Stevenson

## **Disclosing HIV/AIDS to Children: Disclosing The Paths We Take,** *Dale DeMatteo and Jillian Roberts, 2001*

Disclosing HIV/AIDS to Children: The Paths We Take is a collaborative work resulting from research and family participation. In the late 1990's researchers from the Hospital for Sick Children in Toronto joined researchers from hospital and community HIV programs across Canada together with 44 families to process and organize information that might help families living with HIV and support professionals with disclosing.

The result is a concise and sensitive 86 pages of personal experiences, descriptions and quotes from children, youth and adult family members about their struggles, fears and ways of coping with both disseminating and receiving disclosure of HIV/AIDS infection. The book is not intended to be a "how to" manual but instead a series of snapshots of the experiences of a range of family members living in a variety disclosure.

If I were facing this task, I would certainly find guidance and support in reading this book. The research is well done, well compiled and well presented. The authors, Dale DeMatteo and Jillian Roberts are experienced as researchers, community workers, teachers and authors. A list of resources (including on line resources) is included for both adults and children.

ISBN 1-55059-220-3  
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210-1220 Kensington Rd., N.W.  
Calgary AB, T2N 3P5;  
Tel:403 283-0900; Fax: 403 283-6947;  
e-mail: temeron@telusplanet.net;  
website: www.temerondetselig.com.

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## **How To Find Work in the 21st Century,** *Ron McGowan. 2001*

In How To Find Work in the 21st Century, Ron McGowan begins by describing the shift in the workplace from the twentieth to the twenty first century. No longer can we expect a college or trade school or university education to be a ticket to a job with an organization or company. The advent of computers, both office and home, have changed the face of employment in industrialized nations and have changed the "predictable" to the "confusing and uncomfortable".

McGowan says that "there is a lot of work available today but that does not mean that there are a lot of jobs available". This creates the challenge of a huge shift in thinking. We must look for work instead of the stability of a job. This more than ever requires that we have self confidence in order to know and market our skills and strengths.

In the book, we are guided by four sections: 1) How the Workplace Has Changed, 2) What Exactly do you Have to Offer/, 3) How to Market Yourself and 4) Getting Started: The First Ninety Days.

Mr. McGowan has done a professional job of organizing this material, writing it in a clear and easy to read format and including

many details to guide one through preparation for "work" in the 21st century. His suggestions for the creation of a resume to meet workplace needs demystifies the mixed messages of the past for the ideal resume. He offers marketing tools, networking ideas and directions for using the internet in collecting work.

I believe this enlightening work is a must for the shelves of every guidance and employment counsellor. It could be used as a self-help book or as a guide to direct individuals or groups. The only difficulty I found was in the quality of the printing in my copy. It looked as if the printer was almost out of ink and it was sometimes disconcerting to have to guess at the words. I trust that not all copies are like this one.

ISBN 1-55212-466-5  
Trafford Publishing,  
Suite 6E, 2333 Government St.,  
Victoria, BC, V8T 4P4;  
Tel: 250 383-6864; Fax 250 383-6804;  
email: sales@trafford.com;  
Website: www.trafford.com



## Call For CJC Editor

The Canadian Counselling Association (CCA) is requesting applications for the position of Editor of the Canadian Journal of Counselling. The position begins May 1, 2003 and is for three (3) years with the possibility of renewal for two (2) additional years. It is a part time position located in the editor's place of employment. The responsibilities include general management, administration, staff supervision, coordination of manuscript review and selection processes.

Applications are due by February 28, 2002, and selection will be made by May 15, 2002. For information about the application procedure contact CCA Executive Director, Doris Lavoie, at the CCA National Office (toll free number 1- 877-765-5565, e-mail - dg@ccacc.ca)

## Appel d'offres pour le poste d'éditeur(e) de la Revue canadienne de counseling

L'association canadienne de counseling (ACC) accepte présentement les candidatures pour le poste d'éditeur(e) de la Revue canadienne de counseling. Ce contrat de trois (3) ans commence le 1er mai 2003 avec possibilité de renouvellement pour une période additionnelle de deux (2) ans. Ce poste à temps partiel est situé au lieu de travail de l'éditeur(e). Les responsabilités comprennent la direction de la revue, l'administration, la gestion de personnel, la coordination de la révision des manuscrits et le processus de sélection.

Les demandes doivent nous parvenir pour le 28 février 2002 et la sélection sera faite le 15 mai 2002. Pour plus d'information ou pour faire une demande, communiquer avec le directeur général de l'ACC au bureau national (No sans frais 1-877-765-5565 ou dg@ccacc.ca)

## Upcoming Conferences in Canada / Conférences à venir au Canada

Check our website ([www.ccacc.ca/uc.htm](http://www.ccacc.ca/uc.htm)) for more details

Jetez un coup d'oeil à notre site Web ([www.ccacc.ca/french/uc\\_fr.htm](http://www.ccacc.ca/french/uc_fr.htm)) pour plus d'info

March 04-05, 2002

LMCIA (Labour Market and Career Information Association) Career Development Conference

Inspiration - Career Development from the Inside Out

Best Western Richmond Hotel & Convention Centre, Richmond, BC  
[www.lmcia.bc.ca](http://www.lmcia.bc.ca) or 604-929-8303

March 04-05, 2002

The Canadian Boys Conference  
Untold Stories: It's about time...  
Toronto Colony Hotel, Toronto, ON  
[www.open.uoguelph.ca/cdnboys](http://www.open.uoguelph.ca/cdnboys) or 519-767-5000

March 04-06, 2002

Brandon Career Symposium 2002  
Keystone Centre, Brandon, MB  
[www.career-symposium.ca/Home%20Page.htm](http://www.career-symposium.ca/Home%20Page.htm) or 204-726-7459

March 14-15, 2002

3rd Alberta Harm Reduction Conference  
Harm Reduction in Alberta, Red Deer, AB  
[www.catie.ca/e/events/abHarmRed.html](http://www.catie.ca/e/events/abHarmRed.html)

March 14-15, 2002

SEA (Special Education Association of BC) Conference  
Crosscurrents  
Westin Bayshore, Vancouver BC  
[www.bctf.bc.ca/psas/SEA/Conf\\_2002.html](http://www.bctf.bc.ca/psas/SEA/Conf_2002.html) or 604-576-1528

March 21-23, 2002

Time Use Conference  
Pressure, Work-Family Interface, and Parent-Child Relationships: Social & health implications of time use  
Best Western - St. Jacobs Country Inn, Waterloo, ON  
[www.lifestress.uwaterloo.ca/Conference.htm](http://www.lifestress.uwaterloo.ca/Conference.htm) or 519-888-4567 ext. 3468

21-23 mars 2002

Conférence de l'AQETA (Association Québécoise pour les troubles d'apprentissage)  
La Diversité : Une richesse  
Hôtel Le Reine Elizabeth, Montreal, QC  
[www.aqeta.qc.ca/congres.htm](http://www.aqeta.qc.ca/congres.htm) ou 514-847-1324 (poste 27)

March 22-26, 2002

ACA (American Counseling Association) Annual Conference  
Unity through Diversity  
Hilton New Orleans Riverside, Doubletree Hotel, and the Embassy Suites, New Orleans, LA

[www.counseling.org/conference](http://www.counseling.org/conference) or 1-800-347-6647, ext. 222

March 25-26, 2002

RRI (Rotman Research Institute) Conference  
Emotions and The Brain  
Fairmont Royal York Hotel, Toronto, ON  
[www.rotman-baycrest.on.ca/content/welcome/conference/conference.htm](http://www.rotman-baycrest.on.ca/content/welcome/conference/conference.htm) or 416-785-2500 ext. 2363

April 4-6, 2002

QHR (Qualitative Health Research) Conference  
Banff Centre for Conferences, Banff, AB  
[www.ualberta.ca/%7Eiiqm/qhr2002/index.html](http://www.ualberta.ca/%7Eiiqm/qhr2002/index.html) or 780-492-9041

April 12-14, 2002

SIOP (Society for Industrial and Organizational Psychology) Conference  
Sheraton Centre Toronto Hotel, Toronto, ON  
[www.siop.org/Conferences/confer.htm](http://www.siop.org/Conferences/confer.htm) or

April 13-14, 2002

CANLP (Canadian Association of Neuro-Linguistic Programming) Conference  
Modeling Excellence in an Increasingly Complex World  
Sheraton Ottawa Hotel, Ottawa, ON  
[www.leadershipfrontiers.ca/nlp/index.htm](http://www.leadershipfrontiers.ca/nlp/index.htm) or 613-247-1789

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## INTRODUCING.....LEGAL ASSIST PROGRAM

The pro bono program was created in collaboration with the Canadian Counselling Association, Aon Reed Stenhouse Inc., broker for the only CCA sponsored professional liability insurance program, and St. Paul Canada. The purpose is to provide a summary legal advice service to participants of the CCA Professional Liability Insurance Program on practical and legal issues. The goal is to render advice on questions regarding potential civil claims or disciplinary complaints to avoid or reduce the probability of a claim or complaint. By use of our toll free inquiry line, eligible counsellors from across Canada have access to prompt and informed legal advice as to the everyday issues that challenge them.

Cameron Godden is a senior partner of Bell, Temple. He was called to the Bar of the Law Society of Upper Canada in 1974 and since that time has built an extensive practice in the defence of health professional malpractice claims and health discipline matters. Cam heads the Health Discipline Unit at Bell, Temple. Lisa Hamilton studied philosophy and psychology as an undergraduate at the University of Victoria and received her LLB in 1989 from the University of British Columbia. She articulated at Bell, Temple and was called to the Bar in 1991 in Ontario. She was called to the Bar in California in 1994. As part of the health discipline team at Bell, Temple, Lisa represents health professionals in malpractice claims and before Professional Health Discipline Tribunals. Together they represent insurers and health professionals across Canada. Following are some examples of issues they deal with:

- Response to subpoena;
- Security of records;
- Self assisted suicide;
- Misrepresentation of credentials;
- Confidentiality – client files/records
- Release of information
- Incompetence
- Other professional misconduct issues
- Danger of harm to others / duty to report;
- Consent

Cam and Lisa respond to all pro bono calls from participants of the CCA Professional Liability Insurance Program in Ontario. They act as a clearinghouse for calls by members from provinces other than Ontario. They refer such calls to one of the approved pro bono counsel in the appropriate province. The service provided is to be summary. Each telephone consultation is limited to 30 minutes per inquiry. They endeavour to respond promptly to your calls, as often, there is an element of urgency. They take full particulars of the caller's name, telephone number and address as well as your policy and certificate number. They ask for a concise summary of all relevant

continued on page 19

## DU NOUVEAU..... PROGRAMME D'AIDE JURIDIQUE

Ce programme gratuit est le fait de la collaboration de l'Association canadienne de counseling, d'Aon Reed Stenhouse Inc., courtier du programme d'assurance responsabilité professionnelle appuyé par l'ACC, et de St. Paul Canada. Il vise à fournir aux participants au régime d'assurance responsabilité professionnelle de l'ACC un service sommaire de conseil juridique sur des questions d'ordre pratique et légal. Ce service de conseil a pour but de réduire les risques de poursuites civiles ou de plaintes pour manquement disciplinaire. Grâce à notre ligne sans frais, les conseillers admissibles d'un bout à l'autre du Canada peuvent obtenir rapidement une opinion juridique éclairée répondant aux préoccupations auxquelles ils sont confrontés quotidiennement.

Cameron Godden est associé principal de Bell, Temple. Depuis son admission au Barreau du Haut-Canada en 1974, il se voue à la défense des professionnels de la santé dans des litiges mettant en cause la responsabilité professionnelle et la négligence. Cam dirige la direction chargée des professions de la santé chez Bell, Temple.

Lisa Hamilton détient un diplôme de premier cycle en philosophie et en psychologie de l'université Victoria. Elle a obtenu son baccalauréat en droit à l'Université de la Colombie-Britannique en 1989. Elle a été stagiaire chez Bell, Temple et a été admise au Barreau de l'Ontario en 1991. Elle a par ailleurs été admise au Barreau de la Californie en 1994. Au sein de l'équipe se vouant à la défense des professionnels de la santé chez Bell, Temple, Lisa représente les professionnels de la santé dans des litiges mettant en cause la responsabilité professionnelle et devant les comités de discipline des professionnels de la santé. Ensemble, Cameron et Lisa représentent les assureurs et les professionnels de la santé d'un bout à l'autre du Canada. Ils se consacrent, entre autres, aux domaines suivants :

- réponse à une citation à comparaître;
- sécurité des dossiers;
- suicide assisté;
- fausse déclaration de titres;
- confidentialité – dossiers des clients;
- communication de renseignements;
- incompetence;
- autres fautes professionnelles;
- risque de dommages ou blessures à autrui/ devoir de faire rapport;
- consentement.

Cam et Lisa répondent à tous les appels dans le cadre du service gratuit offert aux participants au programme d'assurance responsabilité professionnelle de l'ACC en Ontario. Ils agissent comme intermédiaires pour les appels des membres d'autres provinces que l'Ontario, acheminant ces appels au service conseil gratuit de la province concernée. Le service fourni se veut sommaire. Chaque consultation est en effet limitée à 30 minutes. Cam et Lisa s'efforcent de répondre promptement à vos appels, ceux-ci comportant souvent un aspect urgent. Ils notent soigneusement les nom, numéro de téléphone et adresse de chaque demandeur, de même que son numéro de police et de certificat d'assurance. Ils lui demandent un

suite à la page 19

facts and the specific nature of your question and concern. Often it is necessary to research the issues and guidelines and jurisprudence and typically there are calls back and forth concerning the inquiry.

In their response they endeavour to provide information, advice and practical suggestions to respond to the problem. The question ought to be about an actual fact situation as opposed to a hypothetical one. The subject matter and the time available may be inappropriate under the pro bono format. In such circumstances they may recommend to the counsellor that he or she must seek formal legal advice outside the ambit of the pro bono program.

We encourage the participants of the CCA Professional Liability Insurance Program to take advantage of this exceptional pro bono legal advice service! For more information or to take advantage of this value added benefit, please contact Aon Reed Stenhouse at 1-800-267-9364.

rapport concis de tous les faits pertinents de même que la nature précise de sa question et de sa préoccupation. Les juristes conseils jugent souvent bon d'examiner certains aspects particuliers d'une question de même que les cas de jurisprudence avant de se prononcer, de sorte que leur recherche comporte habituellement une série d'appels téléphoniques.

Dans leur réponse, ils se font un devoir de fournir des renseignements, des opinions et des suggestions pratiques en fonction du problème qui leur a été soumis. Les questions qui leur sont posées doivent donc concerner des faits réels et non hypothétiques. Il est possible que des cas ne puissent être traités compte tenu des limites de temps imposées à ce service gratuit. Les deux juristes recommanderont alors aux conseillers de rechercher ailleurs une opinion juridique officielle.

Nous invitons les participants au programme d'assurance responsabilité professionnelle de l'ACC de tirer profit de ce service conseil gratuit exceptionnel! Pour plus de renseignements ou pour tirer profit de cet avantage supplémentaire, n'hésitez pas à communiquer avec Aon Reed Stenhouse au 1 800 267-9364.

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## **Stu Conger Leadership Award / Prix Stu Conger de leadership**

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It is with pleasure that we announce that Dr. Roberta Neault is the recipient of the 2002 Stu Conger Award for Leadership in Career Counselling and Career Development awarded by the Canadian Career Development Foundation. Roberta's passion for career development began in the late 70's as an employment counsellor with HRDC and has continued unabated until today, where she is the President of Life Strategies Ltd. which she founded in 1993; a counsellor educator at Douglas College and Simon Fraser University; a Career Management Specialist whose doctoral dissertation on "Thriving in the New Millennium: Career Management in the Changing World of Work" was considered a strong contribution to knowledge about career transitions and the importance of optimism, an author, adult educator and active career counsellor. Her contributions to community as a leader of cancer support groups, the vice president of the B.C. Chapter of CCA and as a mentor to large numbers of past and present students are also exemplary.

Along with our colleagues at CCDF, CCA members extend very sincere congratulations to Roberta upon receiving this award. Her role now in selecting a student to whom to award the scholarship which is part of the Stu Conger Award will be challenging indeed as she is known for bring out the very best in the many students whose lives she touches.

Visit the CCDF website at [www.ccdf.ca](http://www.ccdf.ca) to find out more about the Stu Conger Leadership Award

Il nous fait plaisir d'annoncer que le Prix Stu Conger de leadership en consultation professionnelle et en avancement de la carrière attribué par la Fondation canadienne pour l'avancement de la carrière est accordé en 2002 au Dr Roberta Neault. La passion de Roberta pour les services d'orientation a commencé à la fin des années 1970 alors qu'elle était conseillère en emploi auprès de DRHC et s'est maintenue avec autant d'intensité jusqu'à aujourd'hui. Elle est maintenant présidente de Life Strategies Ltd., société qu'elle a fondée en 1993; formatrice de conseillers au Collège Douglas et à l'Université Simon Fraser; spécialiste en gestion de carrière dont la thèse de doctorat, intitulée « Thriving in the New Millennium: Career Management in the Changing World of Work », était considérée comme un apport important à la connaissance sur la réorientation professionnelle et l'importance de l'optimisme; auteure, formatrice auprès des adultes et conseillère d'orientation encore active. Ses contributions à la collectivité en tant que leader auprès de groupes de soutien liés au cancer, de vice-présidente du chapitre de la Colombie-Britannique de l'ACC et de mentor pour un grand nombre d'anciens étudiants et d'étudiants actuels sont également exemplaires.

Les membres de l'ACC se joignent à nos collègues de la FCAC pour exprimer leurs très sincères félicitations à Roberta à l'occasion de la remise du prix. Elle doit maintenant choisir un étudiant à qui remettre la bourse d'études dont est assorti le Prix Stu Conger, rôle qui peut s'avérer un bon défi compte tenu du penchant qu'on lui reconnaît d'amener beaucoup de ses étudiants à donner le meilleur d'eux-mêmes.

Consultez le site Web de la FCAC à [www.ccdf.ca](http://www.ccdf.ca) pour en savoir davantage sur le Prix Stu Conger de leadership.

## BC Chapter Hosts a Networking Event - Vancouver, BC

On Wednesday, December 5th, the BC Chapter sponsored a professional development and networking evening on the theme of "Professional avenues in counselling: An evening of ideas and networking." Approximately 70 counsellors and counselling psychology students attended the informal evening held at the Simon Fraser University, Harbour Centre campus.

Four of the BC Chapter board members introduced some of their own work and then held separate "cracker barrel" sessions with more extensive information and a chance for interaction on each topic.

- Bruce Bailey spoke about his involvement with critical incident stress debriefings, citing situations such as train accidents and bank robberies and their stressful toll on employees.
- Roberta Neault shared her experience related to assisting individuals and management in corporate transition, whether dealing with an environment of radical change within a company, or large-scale layoffs.
- Indira Dhaliwal presented an introduction to the area of personal coaching, having recently completed her M.A. thesis exploring the experience of clients in coaching

relationships, including a comparison with the process of counselling.

- Tara Ramdin discussed the topic of multicultural women's issues from her experience working with women in career and personal transition.

Those who attended were a mixture of current professionals and students. For example, Shauna and Crystal attended (as a result of the invitation of one of their SFU professors) in order to become more aware of the various career paths available to them after completing their degrees. Meena, a school counsellor, came in part to explore the potential for making a career change in the future.

Response to the evening was tremendously positive, with significant interest in continued occasions for both learning and professional networking. Common requests for future topics included more on various counselling career opportunities, developing a private practice, ethical issues, and creative therapies. Those attending were encouraged to apply for CEU credits.

Look for more in the future!

Kurt Penner

## Certified Canadian Counsellors Conseiller(ère)s canadien(ne)s certifié(e)s

### CCA members recently certified / Membres de l'ACC nouvellement certifiés

#### Alberta

Jessica Altrows  
Joyce Baker

Pam Sikal  
Amy Hing Ma Wong

#### Manitoba

Kathy Hamilton  
Wayne Siemens

#### British Columbia / Colombie-Britannique

Bradley Bender  
Bonnie Chatwin  
Sara Kammerzell  
Cindy Morrison  
Mircea Munteanu  
Amanda Sawatzky

#### New Brunswick / Nouveau-Brunswick

Bert Thompson

#### Nova Scotia /

#### Nouvelle-Écosse

Jeffrey Hosick  
Sheena Mutale

#### Ontario

Michael Beauchesne  
Hélène Boivin  
Janet Izumi  
Darlene Labadie  
Amelia Moroz  
Rena Sheskin  
Wendy Spent

#### Quebec

Esther D'Amour  
Patricia Dray  
Marie Noëlle Gagnieux  
Heather Mullin

#### Saskatchewan

Carole Alphonso  
Michelle Beyko  
Timothy Nickel

#### IMPORTANT REMINDER !

In order to maintain your CCC status , you must:

- renew your annual membership \$ 120
- pay the annual CCC fees \$ 50
- send proof of professional development - minimum of 4 credits over the previous three year period.

Visit our web site : [www.ccacc.ca](http://www.ccacc.ca)

#### À NOTER !

Pour maintenir votre statut de CCC , vous devez:

- renouveler votre adhésion annuelle 120 \$
- payer les frais annuels de CCC 50 \$
- faire parvenir une preuve de développement professionnel - minimum de 4 crédits au cours des trois années précédentes.

Visitez notre site web : [www.ccacc.ca](http://www.ccacc.ca)

# CCA CONTINUING EDUCATION UNITS

## ACC unités d'éducation permanente

EVENTS / ÉVÉNEMENTS	DATE DATE	PLACE LIEU	SPONSOR/ PARRAIN	CEU UEP	CODE CODE
Puppet Power Student Discipline in Ontario	Apr 19-21	Calgary	W.P. Puppet Theatre	1.0	7031
	March 20	Toronto	Lorman Business Ctr.	1.0	7090
Level I: Solution-Focused Counselling	March 25-26	Victoria	Solution Talk	2.0	6591A
Level I: Solution-Focused Counselling	Apr 30 - May 1	Kelowna	Solution Talk	2.0	6594B
Level 2: SFC with Difficult Clients	March 27-28	Victoria	Solution Talk	2.0	6593A
Level 2: SFC with Difficult Clients	April 18-19	Edmonton	Solution Talk	2.0	6589A
Level 2: SFC with Difficult Clients	April 25-26	Calgary	Solution Talk	2.0	6589B
Level 2: SFC with Difficult Clients	May 2-3	Kelowna	Solution Talk	2.0	6595A
Angry And Agressive Behavior	June 10	Toronto	Leading Edge Seminars	1.0	7093
Building Tomorrow Today	May 1-3	Edmonton	CDAA / ACDAG	3.0	7097
Cognitive Behavioral Th. of Depression	April 22	Toronto	Leading Edge Seminars	1.0	7096
Treating ADHD & Learning Disabilities	June 7	Toronto	Leading Edge Seminars	1.0	7095
Treatment of Anxiety in Children & Youth	April 19	Toronto	Leading Edge Seminars	1.0	7094
Six Sigma Training	April 2-4	Stratford	Cooper Standard Automotive	3.0	7098

Contact: Nancy McConkey, Solution Talk, Ph. (403) 216-8255 Fax: (403) 949-3321 E-mail: [soltalk@telusplanet.net](mailto:soltalk@telusplanet.net)  
 Michael Kerman, Leading Edge Seminars, Ph.(416) 964-1133, Fax (416) 964-7172 Email: [Info@leaqdingedgeseminars.org](mailto:Info@leaqdingedgeseminars.org)  
 Marilyn Berezowsky. BTT Ph (780) 459-7301 Fax (780) 459-9307 Email: [millmgt@aol.com](mailto:millmgt@aol.com)  
 Anita Stager, Cooper Standard Automotive, Ph (519) 272-8713 Fax (519) 271-0022 Email: [Astager@cooperstandard.com](mailto:Astager@cooperstandard.com)

**NOTE:** A CEU transcript will be issued to all applicants once a year in February for the preceding year. One additional transcript will be available upon request, free of charge. A \$5.00 fee will apply to any requests for more than one additional transcript.  
 Tous les participants recevront un relevé d'UÉP au mois de février. Un relevé additionnel sera disponible sur demande sans frais. Un montant de 5 \$ s'applique à toute demande de relevé supplémentaire.

When submitting requests for Continuing Education Units (CEU), applicants are asked to use the new prescribed form. You can find a copy of this form in the new revised CEU booklet. The booklet (including the forms to download) is available online at <http://www.ccacc.ca/ceu.htm>. Members who would like to receive a free copy by mail can contact the National office at (613) 237-1099 or 1-877-765-5565.

**N.B.** When distributing attendance forms to workshop participants, please use any colored bond except white. This avoids delay in processing of events that have already been evaluated. Certified counsellors are kindly asked to keep up to date on the number of CEU's acquired toward certification maintenance which is due every three (3) years.  
 The application form for continuing education credits has been upgraded and can be downloaded from the CCA website at [www.ccacc.ca](http://www.ccacc.ca)

Pour ceux et celles qui désirent obtenir des unités d'éducation permanente (UÉP), un nouveau formulaire est requis. Veuillez vous référer à la nouvelle brochure révisée sur les UÉP. La brochure (y compris les formulaires à télécharger) est disponible en ligne à [http://www.ccacc.ca/french/ceu\\_fr.htm](http://www.ccacc.ca/french/ceu_fr.htm). Les membres qui désirent qu'on leur poste un exemplaire gratuit peuvent s'adresser au siège social au (613)237-1099 ou 1-877-765-5565.

**N.B.** Avis aux organisateurs des événements. Veuillez photocopier le formulaire d'U.É.P. sur du papier de couleur de votre choix sauf blanc. Ceci accélère le traitement de la demande. Les conseillers et les conseillères certifié(e)s sont prié(e)s de se tenir à jour en ce qui a trait au nombre requis d'unités d'éducation permanente pour le maintien de leur certification qui est renouvelable à tous les trois ans.  
 Le formulaire de demande pour les unités d'UEP a été modifié et peut être téléchargé du site web de l'ACC à [www.ccacc.ca](http://www.ccacc.ca).

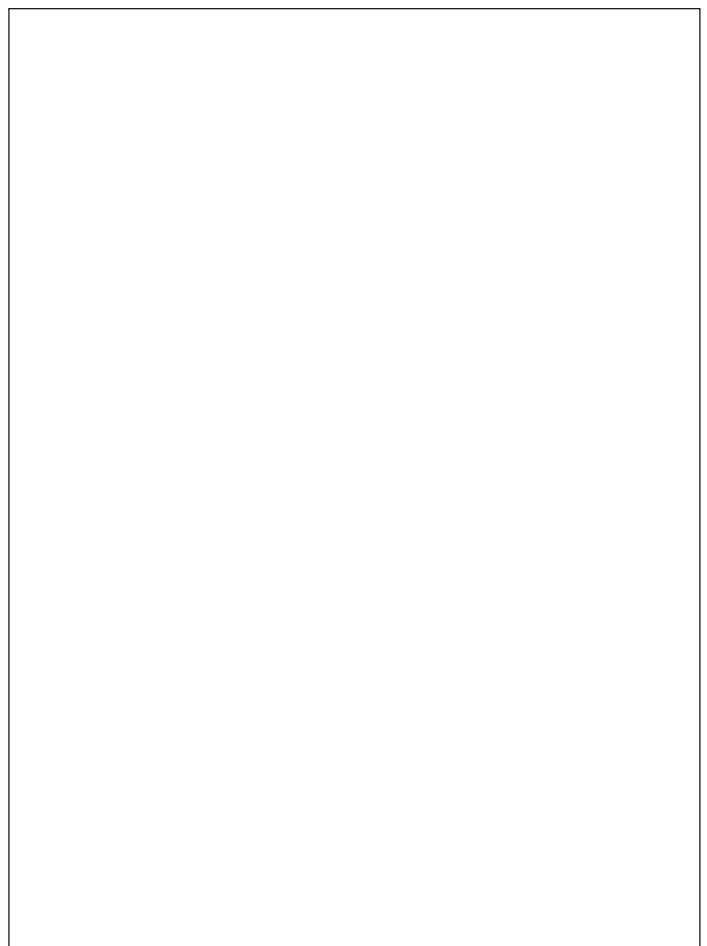
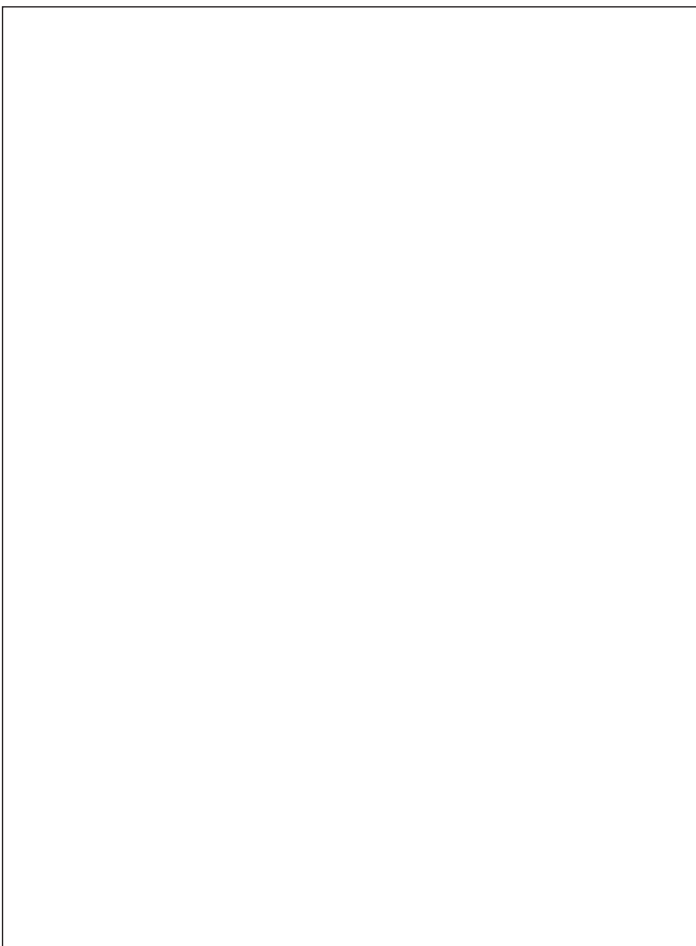
## While in cyberspace...

This month, we entered "Mental health" in our browser. Over 600,000 sites were identified. Here is a small sample of what we found interesting. There exists an infinite number of such sites. We only wanted to wet your appetite.

## En voyageant dans le cyberspace...

Ce mois-ci, nous avons soumis le thème "Santé mentale" à notre fouineur. Au delà de 600 000 sites ont été identifiés. Voici un petit échantillon de ce qui nous a paru intéressant. Il en existe beaucoup plus. Nous voulions simplement aiguïser votre appétit.

Santé mentale au Québec <a href="http://www.cam.org/~rsmq/smq/index.html">http://www.cam.org/~rsmq/smq/index.html</a>	Santé Canada (Santé mentale) <a href="http://www.hc-sc.gc.ca/hppb/sante-mentale/">http://www.hc-sc.gc.ca/hppb/sante-mentale/</a>
Santé mentale au Québec (english) <a href="http://www.cam.org/~rsmq/smq/english/index.html">http://www.cam.org/~rsmq/smq/english/index.html</a>	Mental Health Net <a href="http://mentalhelp.net/">http://mentalhelp.net/</a>
Canadian Mental Health Association Association Canadienne pour la santé mentale <a href="http://www.cmha.ca/">http://www.cmha.ca/</a>	Canadian Health network Réseau canadien de la santé <a href="http://www.canadian-health-network.ca/">http://www.canadian-health-network.ca/</a>
Réseau international de promotion de la santé mentale <a href="http://www.mhpconnect.com/index_f.html">http://www.mhpconnect.com/index_f.html</a>	Internet mental Health (A "free encyclopedia of mental health information"): <a href="http://www.mentalhealth.com/">http://www.mentalhealth.com/</a>
International Network for Mental Health Promotion <a href="http://www.mhpconnect.com/index_e.html">http://www.mhpconnect.com/index_e.html</a>	National Institute for Mental Health (USA) <a href="http://www.nimh.nih.gov/">http://www.nimh.nih.gov/</a>
L'adaptation scolaire et sociale de langue française <a href="http://www.adaptationscolaire.org/">http://www.adaptationscolaire.org/</a>	Centre for Addiction and Mental Health Le Centre de toxicomanie et de santé mentale <a href="http://www.camh.net/">http://www.camh.net/</a>
Children's Mental Health Ontario Santé Mentale pour Enfants Ontario. <a href="http://www.cmho.org/">http://www.cmho.org/</a>	Community Mental Health Foundation (USA) <a href="http://www.cmfh.org/">http://www.cmfh.org/</a>
Health Canada (Mental Health) <a href="http://www.hc-sc.gc.ca/hppb/mentalhealth/">http://www.hc-sc.gc.ca/hppb/mentalhealth/</a>	Le Réseau de Santé Mentale du FRSQ Mental Health Network of the FRSQ <a href="http://www.rsmq.qc.ca/">http://www.rsmq.qc.ca/</a>



# OUR PARTNERS / NOS PARTENAIRES

## Affiliated Organization / Organisation affiliée

Nova Scotia Association of Professional Counsellors (NSAPC)

## Reciprocal Associate Organizations / Organisations associées réciproques

- International Association for Counselling (IAC)
- American Counseling Association (ACA)
- American Mental Health Counselors Association (AMHCA)
- Australian Counselling Association (ACA)
- Australian Guidance and Counselling Association (AGCA)
- Career Practitioners Association of New Zealand (CPANZ)
- NZAC: New Zealand Association of Counsellors
- Canada Career Consortium (CCC)
- Association québécoise d'information scolaire et professionnelle (AQISEP)
- British Columbia School Counsellors Association (BCSCA)
- Networking, Education and Training for Workers in Employment, Rehabilitation and Career Counselling (NETWERCC)
- Nova Scotia School Counsellors Association (NSSCA)
- Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists (OACCPP)
- Ontario Native Education Counselling Association (ONECA)
- Ontario School Counsellors' Association (OSCA)

## Others / Autres

- Canadian Career Development Foundation (CCDF) / La Fondation canadienne pour l'avancement en carrière (FCAC)

### Reciprocal Associate Organization

A reciprocal associate organization is a provincial, national or international association actively involved in counselling or a related field which agrees to the exchange of membership and professional information with CCA without cost to either group. This exchange occurs between head offices and does not affect individual members themselves.

### Organisation associée réciproque

Une organisation associée réciproque est une association provinciale, nationale ou internationale impliquée activement dans le counseling ou dans un domaine relié qui accepte un échange d'adhésion et d'information professionnelle avec l'ACC, sans frais pour aucun des deux partis. Cet échange n'implique que les sièges sociaux et n'affecte en rien les membres individuels eux-mêmes.

## Upcoming Conferences in Canada / Conférences à venir au Canada

April 25-28, 2002

CAHR (Canadian Association for HIV Research) Conference  
Eleventh Annual Conference on HIV/AIDS Research  
Winnipeg Convention Centre, Winnipeg, MB  
[www.cahr-acrv.ca/cahren.htm](http://www.cahr-acrv.ca/cahren.htm) or 1-800-883-3941

April 30 to May 03, 2002

First National Aboriginal Hepatitis C Conference  
Ramada Inn, Edmonton, AB  
[www.visions.ab.ca/DesignTemplates/HepC/default.htm](http://www.visions.ab.ca/DesignTemplates/HepC/default.htm) or 780-906-9869

May 01-04, 2002

CAPO (Canadian Association of Psychosocial Oncology) Conference  
Cancer and the Family  
Westin Nova Scotian Hotel, Halifax, NS  
<http://capo.ca/conference.cfm> or 807-343-1680

May 02-04, 2002

ONECA (Ontario Native Education Counselling Association) Conference  
Empowerment through the Seven Teachings  
Water Tower Inn, Sault Ste. Marie, ON  
[www3.sympatico.ca/oneca/poster2000.htm](http://www3.sympatico.ca/oneca/poster2000.htm) or 705-692-2999

May 04, 2002

IS-TDP (Atlantic Centre For Intensive Short-Term Dynamic Psychotherapy) Conference  
Intensive Short-Term Dynamic Psychotherapy: Evaluation, Technique, Outcome And Follow-Up  
Atlantic School of Theology, Halifax, NS  
[www3.islandtelecom.com/~cstew](http://www3.islandtelecom.com/~cstew) or 902-464-3116

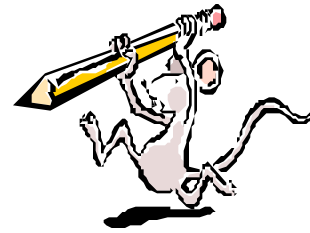
May 08-10, 2002

OACDP (Ontario Alliance of Career Development Practitioners) Conference  
A Dialogue on Career Development and Employment Preparation in Ontario  
Hamilton Convention Center, Hamilton, ON  
[www.onestep.on.ca/opportunities](http://www.onestep.on.ca/opportunities) or 905-884-3718

# Canadian Counselling Association Association canadienne de counseling

Did you renew your membership to CCA?  
Membership is due the 1<sup>st</sup> of the renewal month and a late fee of \$25 applies as of the 1<sup>st</sup> of the following month.

Avez-vous renouvelé votre adhésion à l'ACC?  
Votre adhésion est due le 1<sup>er</sup> du mois de renouvellement.  
Tout retard entraînera des frais supplémentaires de 25 \$ à compter du 1<sup>er</sup> du mois suivant.



## CCA Board of Directors / Conseil d'administration de l'ACC 2001 - 2003

### Executive Committee / Comité exécutif

Renée Piché:	Past-President/Présidente sortante
Glenn Sheppard:	President/Président
Lorne Flavelle:	President-Elect/Président élu
Lyse Laframboise:	Secretary/Secrétaire
Vivian Lalande:	Treasurer/Trésorière
Doris Lavoie:	Executive Director/ Directeur général

### Provincial Directors / Directeurs provinciaux

Alana Walsh-Giovannini	Newfoundland/Terre-Neuve
Sherren Morrison:	P.E.I./I.P.E.
Margie Layden-Oreto:	New Brunswick Anglophone Nouveau-Brunswick
Robert Baudouin:	Nouveau-Brunswick francophone New Brunswick
Ron Lehr:	Nova Scotia/Nouvelle Écosse
Sandra Salesas:	Québec francophone
Wayne Clifford:	Quebec Anglophone
Leslie Lumsden:	Ontario Anglophone
Marie-Claude Martel:	Ontario francophone
Bill Schulz:	Manitoba / Nunavut
Kris Larson:	Saskatchewan
Vivian Lalande:	Alberta/N.W.T.-T.-N.-O.
David Paterson:	British Columbia/ Colombie-Britannique/Yukon
Barbara MacCallum:	President of the Foundation/ Présidente de la fondation

CCA National Office/ Siège social de l'ACC  
116 Albert Street, Suite 702 Ottawa, Ontario K1P 5G3  
Tele: (613) 237-1099 Fax: (613) 237-9786  
Toll Free / Sans frais: 1-877-765-5565  
E-mail : info@ccacc.ca  
Website - www.ccacc.ca

### CCA Standing Committees for 2001- 2003 Comités de l'ACC 2001- 2003

Appeals / Appel	- 3 Presidents
Personnel	- Glenn Sheppard (Chair)
Ethics / Déontologie	- Ron Lehr (Chair)
Finances & Strategic Planning / Finances & planification stratégique	- Vivian Lalande (Chair)
Publications, Research & Communications / Publications, recherche & communication	- Robert Baudouin (Chair)
Internal Affairs / Affaires internes	- David Paterson (Chair)
Standards of Practice / Normes de pratique	- Glenn Sheppard (Chair)
Certification Advisory / Comité consultatif pour la certification	- Walt Pawlovich (Chair)
Special Committee on Accreditation / Comité spécial pour l'accréditation	- Sharon Robertson & Bill Borgen (Co-Chairs)

### CCA Chapter Presidents / Présidents de chapitres de l'ACC

Atlantic / Atlantique	- Maxine MacMillan
British Columbia / Colombie-britannique	- Bruce Bailey
Career Development / Développement en carrière	- Dr. Nancy Arthur
Counsellor Educator / Formateurs de conseillers	- Dr. Mildred Cahill
Feminist Network / Réseau féministe	- Donna Bretell
National Capital Region / Région de la capitale nationale	- Jeanette Rooney-Ozols
Private Practitioners / Conseillers en pratique privée	- Lucy MacDonald
School Counsellors / Conseillers scolaires	- Sherren Morrison