



CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION
L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

COGNICA

The Canadian Counselling and Psychotherapy Association

VOL. 42 NO. 1 | WINTER 2010



Counselling: What's on the Horizon?

Pre-conference – May 11, 2010 / Conference May 12 – 14, 2010
Delta Prince Edward Hotel, Charlottetown, Prince-Edward-Island

KEYNOTE SPEAKERS:

Hetty van Gurp is the founder of Peaceful Schools International, an organization that provides international support to schools committed to creating a culture of peace.

Benet Davetian is the director of the Civility Institute and Chair and Associate Professor of Sociology and Anthropology at the University of Prince Edward Island.

Kevin Cameron is the Executive Director of the Canadian Centre for Threat Assessment and Trauma Response.

REGISTRATION:

Registration now available at
http://www.ccpa-accp.ca/conference_2010/

ACCOMMODATIONS:

Hotel and conference registration will all be done in one easy step.
Delta Prince Edward Hotel
18 Queen Street
Charlottetown, Prince Edward Island
Tel: 1-888-890-3222

Contact Alene Holmes at
ccacc2010@rogers.com for more information.

This Issue

President's Message	3
President-Elect's Message	5
Ideas into Reality	6
Ethics Corner	8
CJC Scoop	9
Knowledge Know-how and Being in Psychotherapy	10
Canadian Certified Counsellors	13



Myers-Briggs Type Indicator®
GET CERTIFIED. BE IN DEMAND.

Earn continuing education credits from the CCPA

2010 CERTIFICATION PROGRAM

Regina	Jan 19–22	
Toronto	Mar 1–4	\$1895
Vancouver	Mar 15–18	
Calgary	Apr 12–15	
Halifax	May 10–13	

2010 MBTI® STEP II CERTIFICATION

Regina	Jan 22	
Toronto	Mar 4	
Vancouver	Mar 18	\$375
Calgary	Apr 15	
Halifax	May 13	

2010 ADVANCED WORKSHOPS

REGISTER TODAY:
1.800.661.5158
WWW.PSYCHOMETRICS.COM

Visit www.psychometrics.com for more 2010 training dates and locations.

Applying Type with Managers and Leaders
Toronto, March 5

Type Dynamics and Team Development
Halifax, May 14 **\$375**

Coaching Career Development
Victoria, July 30

Psychometrics

1. Myers-Briggs Type Indicator and the MBTI are trademarks or registered trademarks of the MBTI Trust, Inc., in the United States and other countries. The MBTI Certification Program is officially recognized by CCPA as a qualifying program for administrator and instructor of the MBTI instrument.

Publications Guidelines

Cognica’s mandate is to “reflect the current status of counselling across Canada”.

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

Canadian Counselling and Psychotherapy Association
16 Concourse Gate, Suite 600
Ottawa, ON, K2E 7S8
Publication mail agreement no. 40012209
Tel: 613-237-1099
Toll free: 1-877-765-5565
Fax: 613-237-9786
Email: cognica@ccpa-accp.ca

Editorial Committee:
Maxine MacMillan, Sharon Cameron, Julie Ouellette, Nicole Maurice

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

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



President's Message

CCPA – Place and Identity

I have just returned from walking on the beautiful dykes that border the Minas Basin here in the Bay of Fundy. With me were my two black Labrador Retrievers, Gambo and Joey Smallwood (Joey for short). As I walked with them, I reflected on the idea of place and identity. I grew up in Gambo, in Newfoundland and Labrador (NL) and we joined Canada in 1949 under the leadership of our then premier, Joey Smallwood. Gambo and Joey remind me daily of where I came from and how that place and the people in my community contributed to my identity. I had, and continue to have, a sense of belonging to that place. But now I am connected to another place, and as I descend into the Annapolis Valley approaching Wolfville I see Blomidon Mountain and the waters of the Minas Basin which is in the Bay of Fundy, Nova Scotia - my home, my place. I am now connected to family and friends in this community and in this province. I am also connected to the many professional counsellors and psychotherapists who have worked tirelessly in private practice, Nova Scotia schools, career counselling centres, hospitals, mental health settings and in many different agencies; professionals who continually contribute to the wellbeing of people they work with and to the profession of counselling and psychotherapy

in their province and in Canada. As president of the Canadian Counselling and Psychotherapy Association, I also have a professional home, one to which I believe I am contributing, and one that supports me in my work and contributes to who I am. CCPA is my professional place and is one that contributes to my professional identity as a counsellor. I hope it does the same for you, that it gives you a professional home, a professional place to reside.

Vision. Place and Identity require direction. Direction is not a static concept but one in which we engage actively; one that allows us to move in our preferred professional direction as counsellors. In May, members of the Board of Directors, representing the regional and linguistic diversity of Canada arrived at a vision for CCPA, which states "The Canadian Counselling and Psychotherapy Association (CCPA) will be recognized as the leading association (organisation) for counselling and psychotherapy in Canada". They also believe that CCPA has to act in a manner that will ensure the sustainability of our Association especially now that provinces are pursuing regulation. The vision allows the Board to set the direction of CCPA and sustainability allows them to make decisions that protect CCPA.

All of this contributes to the CCPA mandate of providing services to CCPA members and promoting and advocating for the profession of counselling and psychotherapy in Canada. During our Board meeting we discussed how we can connect more with other counselling associations and psychotherapy associations and other counsellors and psychotherapists in each province and territory.

During the National Symposium on Interjurisdictional Labour Mobility which was held prior to the November Board meeting, representatives from all provinces and territories met in Ottawa to advance the mobility of counsellors and psychotherapists across the country. The Symposium was funded by HRSDC and sponsored by CCPA. An article on the findings from the Symposium will be available in the next issue of *Cognica* and online. The profession of counselling and psychotherapy is changing rapidly and CCPA is working hard to stay ahead of the wave and, to anticipate what is happening so that we can better serve the profession and our membership. We have a committed and hard-working board and I feel very confident we are on the right track! The right track is one set by our vision.

Continued on page 4

Continued from page 3

By-Laws and Policy. In November, the Board of CCPA met for two days in Ottawa. CCPA is a policy Board but this has not always been the case. In the 45 years that we have been an Association, it is only since 2004 that we have been transitioning from being a working Board to that of a policy Board. We now determine policy that contributes to our national direction. We now have exceptional national office personnel that perform the working functions, and the Board focuses on policy matters. At our AGM in May, 2010, we will be presenting some changes to our By-Laws for your consideration. I believe these changes are consistent with our vision. You will be able to read about these changes prior to the AGM. One change I would like to mention is the addition of using electronic voting on issues we believe will need the input of all CCPA members. This is something that members requested last year. The reality in Canada is such that we cannot all possibly attend the AGM, nor could we accommodate everyone in the venues we choose for these events (wouldn't it be great if we could have a conference where all 3500 CCPA members attended!). By supporting this By-Law at our AGM, it means that you will have more opportunity to contribute to our direction as a national association representing your needs; more on this later.

Name change. We now include psychotherapy in our name. This has been done so that we can be more inclusive of members and those professionals practicing in Canada who might need a place to reside; a place that contributes to their identity as counsellors and psychotherapists. Our Sustainability Committee is now in the process of identifying associations who represent psychotherapists in the various provinces so that we can make connections that will be

mutually beneficial. Please let us know if you have ideas or information that might be helpful to us as we proceed in this direction.

Connections with provincial associations. In my last message to you, I talked about our meeting with the British Columbia Association of Clinical Counsellors (BCACC) in Vancouver. In November, we had a follow up meeting with Duncan Shields, president of BCACC, and Glenn Grigg, Chair of the BCACC Legislative Review Committee. This was an affirming meeting in that it allowed us to gain an even greater insight into how important it is for CCPA to have close relationships with all provincial associations as well as all counsellors and psychotherapists in all provinces and territories. We especially appreciate the BCACC belief in our national association becoming recognized as the voice of and identity of counselling and psychotherapy in Canada. As a national Association with a vision, we would like all members of all provincial associations and all counsellors and psychotherapists who have no affiliations to join us. As regulation occurs across the country, having a strong national voice will be a vital contribution to our national professional identity.

Professional development. Good news! One of the goals to which our Board committed in May was the generation of new revenue streams for CCPA and to provide more professional development service to our members. The Board has just passed a motion to add additional resources to the CCPA office to develop a model for the delivery of professional development across the country. The timing is good as we will be moving into

our new office space in the spring. This new office will provide space so that our new staff member, along with the expertise of staff members we already have in our office, can get to work developing professional development for you. Over the next few months, you will hear more about this. On the topic of professional development, our PEI conference dates are May 11-14, 2010. Go to the CCPA website for more information. Do I really need to tell you about the quality of conferences our members in PEI deliver? The one in 2000 was absolutely spectacular and I can see from the line-up of events, you are guaranteed quality professional development with exceptional hospitality. I hope to see many of you there.

CJC and COGNICA are going online! The Canadian Journal of Counselling (CJC) and COGNICA are going electronic. The benefits of this will exceed the space I have in this last paper copy of COGNICA. CJC has been preparing for this for the past year and Kevin Alderson has been instrumental in this process. When you go online to view what the team has done, contact Kevin if you like what you see. Here's the link: <http://cjc-rcc.ucalgary.ca/cjc/index.php/rcc>. This represents some of the best of what CCPA offers our members. Thank you Kevin and your team at the University of Calgary for your exceptional contribution to CCPA and to the

A MUST HAVE BOOK FOR EVERY PRACTITIONER

CONSIDERATIONS WHEN COUNSELLING DEAF CLIENTS (Includes DVD)

To order or learn more, visit our website at: counsellinginterpretingmediation.com or call 403 605 9536

H.O.P.E. INC
Healing Opportunities
and Personal Empowerment

professionalization of our discipline! Nicole Maurice, one of our national office staff, has been working diligently to put COGNICA online. She surveyed members and had an overwhelmingly positive response to taking this action. The Board supported Nicole and others at our office in this work. While watching Nicole's presentation to our Board on our online version of COGNICA, I kept thinking of Harry Potter movies and how pictures moved when they read about them. The work they have done is fantastic and Nicole will include a tutorial in each edition so that you can maximize the benefits of this new expanded version of our newsletter. For those of you who still prefer to hold it in your hands, our national office will still provide COGNICA paper copies upon request. I could keep going on and on but will stop. An expanded version of COGNICA does not mean that I have to have longer messages however I felt a need to share some of the exciting things that are happening with your national Association. As I began this message, so too will I end. CCPA is home. CCPA is our professional place, one that contributes to our professional identities. CCPA provides service to our members and advocacy for the profession. The CCPA voice represents your voice and the voice of counselling and psychotherapy in Canada. If you would like to see our new website, go to www.ccpa-accp.ca! If you'd like to see my dogs Gambo and Joey, check out my Facebook page at: www.facebook.com/people/Ron-Lehr/517754359. At this time, I would like to wish all of you the very best that this season, with family and friends, has to offer. Be safe and be joyous.

*Ron Lehr
President, CCPA*



Message from the President Elect A National Voice is Emerging

Lorna Martin

The silent snow slowly drifts to Earth, each flake individually sculpted, graciously blanketing those that have gone before. I sit, knees to chin, hands in mittens my mother knitted wrapped tightly around the cup of cocoa just inches from my lips. My warm breath mixes with the steaming cocoa until I cannot distinguish one from the other...and I again focus on the falling snow, listening for its gentle descent. I detect no sound; just silver jewels slipping through space, each at its own pace, on its own path...a freefall coming to rest with so many others...creating the serenity of winter twilight.

In our country, we each have a magical tale of the grandeur of nature and its serenity: visions of children, eyes to the skies, catching snowflakes on tongues; the "poof" upon falling backwards into a pillow of white to make snow angels; the cutting or mounding of snow to make an igloo or quinzee.... I once knew a man who shared his wintery tale of capturing a snowflake in his chubby childhood palm and his grief upon opening his little fist to share his treasure only to find watery remains. What he thought he had secured and protected had been lost.

Like so many others, winter in Canada is a time of reflection for me. There is a profound sense of peace that overcomes me as I look out at the silent Earth. My colleagues in counselling and psychotherapy offer me this same kind of calm – a trusting peace that the world is unfolding as it should; that we become better versions of ourselves by helping others and that the people we serve experience a kinder, gentler, more forgiving world when they work with us. A sense of this trust was echoed at the recent National

Symposium on Counsellor Mobility, an event hosted in Ottawa by CCPA and sponsored by Human Resources and Skills Development Canada (HRSDC). With diverse delegates representing every province, one territory, and multiple provincial associations, there was an energized cohesion. There was a singleness of vision that saw a coming together of counsellors and psychotherapists across Canada, as they considered what it is that contributes to consistent quality service delivery in a society such as ours, with a highly mobile population and work force. A national voice is emerging. In the coming weeks, check for a report on this two-day Symposium at www.ccpa-accp.ca.

The winter sitting of the Board of Directors was equally reflective – another coming together to achieve a single voice across the vastness of our nation. There was a sense of calling to you in the multiple initiatives undertaken by Directors, each a piece of a larger gestalt. The continuing evolution of our new website (www.ccpa-accp.ca) as a source of information, sharing, and celebration of our profession holds promise as a bridge that invites each one of you to join us in contributing to mental health, happiness and wellness.

In this quiet winter twilight, I hear echoes of our call to you through our initiatives, our website, and our Symposium. The snow continues its slow, silent, steady descent. My cocoa cup is nearly empty. I close my eyes, raise my face to the sky and listen. Is there a whisper? I open my mittened hand and hold it out to the snowy night as a child did so many years ago. Help CCPA keep this profession and its clients safe and protected. Lift your voice. We're listening.



With excitement and long-standing anticipation the completion of the construction of this clinic and our opening happened in January 2009.

Ideas into Reality:

SFU Surrey Counselling Centre

Patrice Keats, Ph.D.

Our dream had been to have a community counselling clinic and research centre connected with the counselling psychology graduate program at Simon Fraser University. With excitement and long-standing anticipation the completion of the construction of this clinic and our opening happened in January 2009. Word spread quickly, our telephones began ringing, and soon a long waitlist of people seeking services was available for our first cohort of graduate students. The possibility of this much-needed centre involved a long process of negotiations, course development, paperwork, and goodwill amongst all the parties involved. This paper describes the process of the centre development including its present purpose and future contribution towards community service, counselling research, counsellor education and supervision.

Beginnings

The more experience counselling graduate students have with direct client contact hours the better their work is in the community once they graduate. As counsellor educators at Simon Fraser University, we held a long-standing vision of building a counselling clinic so that the students in our program could be offered greater opportunity for client contact during their clinical practice experiences. For many years, students entered directly into community practicum placements without the benefit of direct supervision within a clinical training centre where moment-to-moment monitoring could take place. In this circumstance, a significant amount of supervision time was required to guide students through the process of developing their competence. Further, retrospective videotape review was the only means for SFU supervisors to observe client sessions and assist

students in fully integrating and developing their beginning and advanced skills. Thus, in order to create a more ideal clinical practice context—first with direct supervision and then a more independent community placement—there were many layers of complex bureaucratic procedures and administrative assistance to bring our ideas into reality.

Our first step was to convince the executive committee and the Dean of our faculty that this was a wise financial investment, an appropriate use of faculty resources (e.g., faculty members' time), and an advantageous avenue for developing the counselling program. The many conversations and memorandums included articulating our desire to work towards the program accreditation standards of the Canadian Counselling and Psychotherapy Association (CCPA), and enhance the registration potential of our stu-

dents with CCPA or the British Columbia Association of Clinical Counsellors (BCACC). This demanded a significant increase in supervised practice hours. Ensuring that students could gain these hours called for the development of a training centre with clinical coursework that allowed increased clinical supervision. A logical location for the clinic was in the fast-growing city of Surrey, BC and a mutually beneficial partnership between SFU and the Surrey district School Board was one way to advocate for improving our program and serving the community. Fortunately, the faculty administration supported this partnership allowing us to work towards our goal.

Program Development

In addition to the current program, we added three new courses: two single-semester clinical supervision courses, and a counselling ethics course. We also revised some of our skill-based courses and reduced the credit hours so that we were not increasing the amount of credits required for graduation. Our faculty and SFU Senate committees eventually approved all new courses and course changes.

The next step was to develop a legal memorandum of agreement (MOA) between the Surrey School Board and Simon Fraser University outlining the legal, financial, operational, and practical aspects of the counselling centre. An experienced administrator, who consulted with the legal office at SFU and other people involved, wrote this agreement. Briefly, the School Board agreed to carry the cost of renovations and maintenance of the space and SFU agreed to supply and maintain all furniture and equipment, as well as support the cost of faculty and staff to run the clinic. The MOA agreement was signed and the building process began.



Counselling Clinic Construction

With our agreement in hand, a Surrey School Board architect drew up preliminary blueprints, which were then revised and adjusted to meet the design needs of a training centre. Details such as room size (waiting, viewing, and seminar rooms plus four small and two larger counselling rooms), equipment type (e.g., recording, monitors, computers), security systems (e.g., alarms, location of panic buttons), telephone systems, sound-proofing, carpeting, lighting, paint colour, and so on were negotiated as the planning process evolved. Although construction was delayed into the autumn, the centre was completed in December 2008, and our 'grand opening' took place in early January 2009. By that time, a clinic policy manual and ethics forms (e.g., client consent for counselling, intake forms, case summary notes, attendance records) were ready to go and our initial cohort of ten students saw their first clients the second week of January.

Current Practices and Future Possibilities

As a new centre there are many practices that we are utilizing, exploring, and revising. For example, there are three possible avenues

for supervising student sessions: observation through the monitor system and discussing observations with students retrospectively, calling the student during sessions through telephone links between the viewing and counselling rooms in order to give real-time guidance, or entering the counselling room to give the student assistance when necessary. In order to improve the experience for both students and clients, we requested feedback from them about these methods and their effect on sessions. We also asked clients about their response to the clinic service in general in order to deliver services in the best possible way. Other practices in progress include optimal scheduling of clinic time to enhance supervision, refining referral services, and improving liaison with school district counsellors.

In the future, we anticipate that the facility will be a thriving counselling research centre, a space for professional development, graduate and undergraduate skill-based courses, and school counsellors who wish to observe student counsellors, and a collective for increasing shared knowledge between SFU, school, and community counselling supervisors. Indeed, the future is full of possibilities in this innovative centre.



Ethics Corner

Lyda Younghusband, PhD, CCC Chair, CCPA Ethics Committee

One of the ethical principles listed in the CCPA Code of Ethics is nonmaleficence - do no harm. Implicit in this principle is the need for counsellors to be aware of the boundaries of their competence, to avoid any strategies that might present a risk to their clients or that are outside the scope of their training and expertise. As a profession, CCPA members are concerned with ethics and values and we understand that our professional identity is closely related to our knowledge and practice of ethics. It is vital that we are well informed on ethical behaviour for the sake of our clients and our own well-being.

The CCPA Code of Ethics, expressing the ethical principles and values of our Association, was revised in January 2007 and is available on the CCPA website if you do not have a copy. However, it is advisable for every counsellor to display a copy in his/her office.

Acting ethically is not always easy or clear. For this reason and others

CCPA has an active Ethics Committee of four to five members which I chair. The committee is available for questions, concerns and/or complaints to all CCPA members and to the public.

President Ron Lehr asked if I would write something for the Ethics Corner for this publication of COGNICA. I thought I would begin by offering a list of texts that my colleagues and I have found useful to help us determine the most appropriate ethical decision when facing a concern. I would welcome additions to this list so please do send along texts you have found helpful in this respect.

If you are interested in learning more about the Ethics Committee and/or if you have an interest in becoming part of the committee please get in touch with me. If you would like to write an article on ethics please contact me on that as well. I can be reached at lyndajanemorris@hotmail.com.

Recommended Texts

Ethics in Psychotherapy and Counseling: A Practical Guide (3rd edition) (2007) Kenneth S. Pope & Melba J.T. Vasquez John Wiley & Sons, Inc. Published by Josey-Bass: San Francisco.

You may be familiar with Ken Pope's website <http://kspope.com/ethics/> and list-serv. He is a well-respected expert on ethical practice. There are many glowing comments on line about this text: "This is absolutely the best text on ethics around"; "I love this book"; "an indispensable resource"; "stunningly good." Personally, I have found it very helpful as a reference for my work on the CCPA Ethics Committee, and for teaching counselling interns.

Preventing Boundary Violations in Clinical Practice (2008) Thomas G. Gutheil & Archie Brodsky Published by The Guilford Press: New York, NY.

This text comes highly recommended by Kenneth S. Pope, PhD, ABPP and also by Olga Heath, PhD, who uses this text to teach the Ethics course in the PsyD programme at Memorial University of Newfoundland. This book is an excellent guide to understanding and working through the issues involved in staying within appropriate therapeutic boundaries. It is a very useful addition to any student's library as well as those of us who have been practising for years.

Counselling Ethics: Issues and Cases (2006) William E. Schulz, Glenn W. Sheppard, Ron Lehr, Blythe Shepard Published by the Canadian Counselling and Psychotherapy Association: Ottawa

Lorna Martin, President-Elect, CCPA, endorsed this text and wrote that it is "perfectly suited for both structured classroom-based counsellor education and for private study". Again, personally, I have found this text very helpful for work with the Ethics Com-

mittee, particularly because it is Canadian and so suited to our own profession.

Ethical, Legal, and Professional Issues in Counseling (2001) Theodore P. Remley, Jr. & Barbara Herlihy
Published by Merrill Prentice Hall: Columbus, Ohio

There is a very good website to accompany this text, helpful for both instructor and students studying ethics. I have found it quite useful both in teaching and for ethical questions arising.

What Therapists Don't Talk About and Why: Understanding Taboos that Hurt Us and Our Clients (2006) Kenneth S. Pope, Janet L. Sonne, & Beverly Greene
Published by American Psychological Association: Washington

While this is not truly an ethics text, it is a good discussion resource for all those grey areas that counsellors ponder but don't often discuss with their colleagues or their classes, if they teach. Many cases addressing the training and professional development of psychologists/counsellors are included here.

Multicultural Assessment and Ethical Practice Christy Y.Y. Leung & Jeffrey E. Barnett Independent Practitioner, 28 (3), Summer 2008, p139-143

There are many articles available on ethical practice but I include just this one which I came across recently. I work with international students regularly and I learn every day. This article primarily addresses assessment but provides a general understanding of why more than ever, multicultural competencies are important. The ethical issues are many.

The CJC Scoop

Kevin Alderson, CJC Editor



Hard to believe that print copy is now a thing of the past for the Canadian Journal of Counselling (CJC). Our October 2009 issue was it – a keepsake for those of you who liked to collect these over the past 40-odd years. I want to remind you to check out the latest version on-line, and all backlist articles to 1992 as well! Go to <http://cjc-rcc.ucalgary.ca/cjc/index.php/rcc/login> to access everything.

If you don't know or remember either your username and/or your password, (a common symptom of our recession), simply go to the bottom of the screen, press "Forgot Your Password?" and then enter your email address. The system will send you two messages: the first acknowledges that you requested a change of password (it also provides the link to the login page) and the second provides you with your username and the system-generated password. As soon as you log in, it will prompt you to change your password.

In the January 2010 issue, watch for the following articles. Jared French and José Domene looked at the experience of "life calling" in a group of female Christian university students. You might be interested in what they found out.

Another question I used to wonder about is why postsecondary students seek out counselling? Well, Sharon Cairns, Helen Massfeller, and Sander Deeth help to answer this question in this issue.

Ever wonder about girls who are addicted to drugs? I never did until I read this article by Janet Newbury and Marie Hoskins. One of the most refreshing articles I have read in a long time with some great photos.

How about some research from down under? Yes, Vicki Bitsika, Christopher Sharpley, and Therese Melhem have teamed up to look at gender differences in anxiety and depression with university students. They offer some good suggestions for counsellors regarding both conditions.

For those of you in the career field, Bruce Wagner, Kirk Austin, and Dennis Dahl look at how negative career thoughts and feeling incoherent (as I do many days) affect career decision-making.

I hope you find the issue has something that helps you in your work, whether you are a researcher and/or a practitioner. Also remember to submit to the Practitioners' Notebook. Go to <http://cjc-rcc.ucalgary.ca/cjc/index.php/rcc> and begin the submission process today!



Knowledge dictates know-how and the quality of the latter depends upon our being. For me, the only meaning in the universe is that which each individual gives.

Knowledge, know-how and being in Psychotherapy:

© Victor Levant

First presented in April 1997 at the Annual Conference of the Quebec Society of Professional Psychotherapists.

I am a Gestalt therapist. I can only speak for myself. I work with a set of assumptions.

Knowledge dictates know-how and the quality of the latter depends upon our being. For me, the only meaning in the universe is that which each individual gives.

Life is a series of processes with distinct rhythms and cycles.

All healthy organisms tend to satisfy their needs in the search for a new equilibrium.

We exist in relationships with others whether we are aware of this or not. We are who we are for better and for worse.

We are responsible for what we think, do, say or feel.

We are limited by our genetic codes, the boundaries of our skin, our training, the inevitability of our death. What is, is. What was, was and will never be again. What counts is what is in front of us, here and now.

Things happen; no one's to blame.

Only in accepting what is, including our worst qualities, without judgment or reserve, can an opening occur to permit the new to emerge.

Commitment is the only worthwhile response I've found to existential anxiety.

Clients come to therapy because they can't support themselves in their environment; they feel they can't be faithful to themselves in relationships with others; they feel bad and they want to feel better. I

credit the client with intelligence, that they know in their heart of hearts what is best for them.

They have avoided it, rejected it, buried it or forgotten it. The client is fundamentally healthy; his/her decision to enter therapy is a sane response to his/her felt need.

Each client has his/her own unique experience, values, path and rhythm of change. They have every right to be wary, hesitate, take a step backward, remain mute or leave therapy if they want.

I focus on the obvious and the emerging.

In the first telephone call, I'm all ears as the client reaches out to me for help, and I open myself to how they do this.

In the first session, I listen to their story, what brings them to therapy, the emotion behind the words what is important to them, the meaning and labels they apply to their experience, the reasons they offer for their illness, the degree of responsibility they assume, and also for everything they have done to alleviate their suffering, because it hasn't worked.

I establish a therapeutic contract in order to give them responsibility immediately. I've learned to ask what they want, how they imagine themselves being well, the potential impact on their relationships, the time they think it will take and how they conceive their role. If I consider their vision unrealistic, I say so.

I also establish a secure frame for our work as a symbol of our mutual commitment: the time and frequency of our sessions, the fee, and the appropriate notice for cancellation. When I take a vacation, I give notice well in advance, so the client can take my absence into account.

In session, I listen to what they say, for what's missing and the dominant theme. I'm interested in their tone of voice, their posture, gestures, how they walk, sit, stand, hold their head, how much effort they make, whether they flee or hold on to me at the end. I'm interested in their capacity to feel their body, perceive the environment, identify their needs, mobilize their resources and fulfill their goals, and everything they do to interrupt this natural process.

I work to help them admit what they feel, to realize what they do, to speak from the heart, move in harmony, think with feeling, and here I'm interested in what I may be doing to obstruct it.

I enjoy working on the pre-verbal level to offer a respite from the

analytical, logical narrative which I don't consider contactful: dreamwork, supporting excitement, asking clients what sensations they feel when they label an emotion, to mime in a gesture or posture a feeling they can't identify as theirs.

I support honest and genuine expression and confront the phony and the self-defeating. Here I listen for the deep needs often expressed in a twisted fashion. I work with polarities to re-establish equilibrium and natural functioning. If they invoke an error of their past expecting punishment or absolution, I'll ask what they've learned.



“My role as a therapist is to help my clients relieve their suffering; this implies both personal discipline and professional ethics on my part.”

When they interpret, I bring them back to the facts. If they propose an action in violation of their values, I ask them how they'll live with it. When they blame someone, I may ask them to put themselves in the other's shoes. When they talk of being rejected, I ask how they reject others or themselves.

I can ask them to exaggerate a gesture, an attitude, a twisted posture, or just to make a little less effort. When they ask me to interpret their dreams, I invite them to describe, in the present tense and in the first person, the dominant objects, person or atmosphere.

Sometimes, for emphasis, I suggest they add the phrase: “and this is my existence”.

When I judge a reaction excessive, I'll question what situation it reminds them of; the same thing when there's transference.

If they ask me a question, I'll ask them to state what they're thinking. And when I choose to respond, I do so honestly without a sugar-coating.

If they find their grief unbearable, I may share my own and let my own sorrow show. If they're incapable of identifying an emotion, I can whisper a word or suggest they paint their feelings. When a client weeps for a dying loved one, I ask when they'll cry for themselves.

When a client expresses guilt, I'll check if they feel resentment. When they forget something they've said in a previous session, I may recall what they once shared.

I indicate when they're back in the past, or anticipating the future. When they seek to control everything, I remind them of the forces beyond us. If I'm touched or bored I'll say so. If I'm feeling angry, powerless or incompetent, I can choose to tell them how I feel.

I share the messages I hear from them. If an image crosses my mind, I'll evoke it. And at an opportune moment, I can ask a probing question.

Although trained in Gestalt games, I use them sparingly. I may employ the “empty chair” to initiate dialogue between clients and rejected traits of their personality or in situations of interpersonal conflict so they realize how they project their disowned parts onto others. Often, I ask my clients if they will simply accept the existence of a feeling or a fact. Often, they aren't able to.

Then I ask if they'll accept the fact that they don't. Usually they do, and it's the beginning of change.
Continued on page 12

Continued from page 11

But mainly, it's in the silence between us that the client turns inward and feels what's going on.

My role as a therapist is to help my clients relieve their suffering; this implies both personal discipline and professional ethics on my part.

Clients with psychosomatic symptoms must have a medical exam; the same goes for the clinically depressed, in order to eliminate organic causes.

If I find myself repeatedly stuck with a client, I'll go for supervision. If I don't feel I can help a client, I'll refer. I take care of myself in the session. I'm attentive to my own physical sensations; I'll get up and go for a glass of water if I'm thirsty. I take at least a half-hour between clients to make notes and disengage in order to be ready for full contact again.

I question my need to be a therapist. And I work at increasing acceptance of my own personal discomfort. I use empathic listening, yes, but not at the expense of my own mental health. Compassion surely, but tailored to the needs of the moment.

We are who we are for better and for worse. Human beings aren't perfect. Therapists neither, nor need they be. The capacity to commit oneself is sufficient. When we are deeply involved with our clients, our presence is refined, our errors seen clearly, and any need for reading, supervision, additional training or personal therapy emerges on its own.

When I try to be a good therapist, it never works. It's stilted, the session goes nowhere. And the client ends up feeling down, believing it was their fault. When I accept my nervousness before each session, I tremble with cold and have the

impression that I'm opening to what is possible in the hour to come.

I work in a therapeutic frame: a fixed period of time, limited by my experience, my training, my personal shortcomings, with fragmentary information. Yet, I'm there for a purpose.

Faced with a client, commitment is the only response I have: to invest my energy and feelings, and risk my being with them. Doing so, I confront my own values and therapeutic assumptions. In sharing, I call upon the client to do likewise: to say out loud what they think

within, to share their hopes and fears, and bear the unbearable.

Somewhere we are partners in the same quest. Insofar as I accept the course of my life, my own rhythm of change, my worst qualities and my own difficulties in living, there is a possibility that my client will come out of hiding to meet me, heart to heart, in that space between regret and fear, that is called therapy.

"To take to heart", demonstrated Heidegger, is "to take things as they are, there in front of us, here and now, the presence in the present."

Canadian EMDR Training

Offered by Fraser Training

EMDR—an evidence-based therapy

Add joy, hope and optimism to your clinical practice....

EMDRIA-Approved Consultants & Trainers

Small-group, experiential, local courses

Offered in French & English

Central & Eastern Canada

www.BarbaraHorne.ca

telephone: 905-687-6866

The Stu Conger Award for Leadership in Career Counselling and Career Development

CCDF awards The Stu Conger Award for Leadership to individuals nominated by peers as leaders in the field.

In addition to the award, a scholarship is granted to a student, chosen by the recipient, who demonstrates leadership potential.

Recipients of the award to date include: Dr. Dave Redekopp (1997), Judy Lynn Archer (1998), Phillip Jarvis (1999), John McCormick (2000), Dr. Vance Peavy (2001), Dr. Roberta Neault (2002), Dr. Jacques Limoges (2003), Dr. Danielle Riverin-Simard (2004), Dr. Armelle Spain (2005), Dr. Kris Magnusson (2006), Kristine McGhee (2007), Michel Turcotte (2008), Margie Layden-Oreto (2009).

The nomination deadline for the Stu Conger award is **November 30, 2010.**

For more information about the award, go to www.ccdf.ca

Canadian Certified Counsellors:

The following CCPA members have been recently certified.

Alberta

Karim McCallum
Waylon Greggain
Kathleen Henderson
Jennifer Michaleski
Diana Kay
Shelagh Parsons
Adrien Lavoie
Melissa Katona
Paula Jones
Nicole Imgrund

British Columbia

Douglas Andrie
Kathy Jolivet
Elsje Hannah
Shelagh Lytle-McGhee
Shannon McCloskey
Eugenia Hinds
Richard Berghauer
Sean Heales
Joanne Pellerin
Louisa Vachon
Amy Lai
Mary Chow
Yvonne McKenna
Diljit Bassi
Brian Williams
Nancy Taylor
Nancy Watters
Julie Thompson
Kathryn Robb
Sharon Bronstein
Christopher Cunin
Jillian Sugiyama-Mickleborough
Theresa (Terry) Folks

Manitoba

Sylvie Ringuette

New Brunswick

Jeffrey Maguire
Sharon Kincade
Michel Martin
Beth Armstrong
Amanda Pangborn

Newfoundland and Labrador

Kathleen (Kay) Noseworthy
Una Howard
Martin Reid

Nova Scotia

Alison J. Arthur
Mary Ann Campbell
Kathleen Sampson
Jean Blackler
Christine A. Fall Moore
Anne Dobson
Jessie DeBaie
Maria Van Vonderen

North West Territories

Neil Barry
Adrienne Fillatre
Sunday Thomas

Ontario

Thomson Scarlett
Lindsay Bortot
Nicolas Paradis
Dean Donnan
Jill Slemon
Jennifer-Mae Andrus
Lynn Therrien
Erin Edwards
Arthur Henry
Cynthia Schoppmann
Adrienne Benson
Ken Riddell
Dan Luo
Angela Martincich
Zara Canteenwalla
Shelley Briscoe-Dimock
Laura Siegmund
Nina Maher
Alyssa Waks
John Edward Muldoon
Julie Gerrits
Tina Shrigley
Samia Ziane
Valerie Grant
Christine Royal
Juan Liu
Marianne Ledo
Nazira Mawji
Patricia Blanc
Anna Matuszewska
Natalia Obukhova
Luisa Liyue Wang
Dong jun Kim
Taryn Cherman
Natalie Brulotte
Nancy Wood

Dave Neary
Maria Mendoza
Bushra Upal
Valerie Sonstegard

Quebec

Maria Mendoza
Amanda Luterma
Shirin Vosough Gerayeli
Joanne Gagné
Isabelle Lauzon

Saskatchewan

Noreen McGratten
Karen Wotherspoon
Isabelle Hanson

Yukon

Louise Hardy

International

Robert Anderson

ENDOWMENT PROGRAM: BUILDING FOR THE FUTURE

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

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

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

Deadline for submissions is October 31, 2010.

For full details, please download the PDF version of the application form at <http://www.ccdf.ca/PDF/endowment.pdf>.

Please use the Word file at <http://www.ccdf.ca/Documents/endowment.doc> to construct your proposal.

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

CCPA Board Directors 2009-2011

Executive Committee

President: Ron Lehr (president@ccpa-accp.ca)
President-Elect: Lorna Martin (lorna.martin@mts.net)
Past-President: Maria De Cicco (pastpresident@ccpa-accp.ca)
Treasurer: Blythe Shepard (blythe.shepard@uleth.ca)
Secretary: staff
Executive Director: Barbara MacCallum (bmacallum@ccpa-accp.ca)

Provincial Directors

Newfoundland-Labrador: Heather White (heatherwhite@gov.nl.ca)
Prince Edward Island: Deborah Wood Salter (jcsalter@eastlink.ca)
New Brunswick Anglophone: Madeleine Lelievre (madeleine.lelievre@nbed.nb.ca)
New Brunswick Francophone: Serge Hall (sergehall@yahoo.ca)
Nova Scotia: Linda Wheeldon (linda.wheeldon@acadiau.ca)
Quebec Anglophone: Lilli Janzen (janzenl@sympatico.ca)
Quebec Francophone: Louis Cournoyer (cournoyer.louis@uqam.ca)
Ontario Anglophone: Robin Cameron (robin@lifeinspired.ca)
Ontario Francophone: Michel Lefebvre (mlefeb@lacitec.on.ca)
Manitoba-Nunavut: Jeri Booth (jebooth@pembinatrails.ca)
Saskatchewan: Ardele Gorman (ardele.gorman@sasktel.net)
Alberta-Northwest Territories: Blythe Shepard (blythe.shepard@uleth.ca)
British Columbia-Yukon: Kathy Mueller (kathymueller@shaw.ca)
CCDF President: Barbara MacCallum (bmacallum@ccpa-accp.ca)

Standing Committees 2009-2011

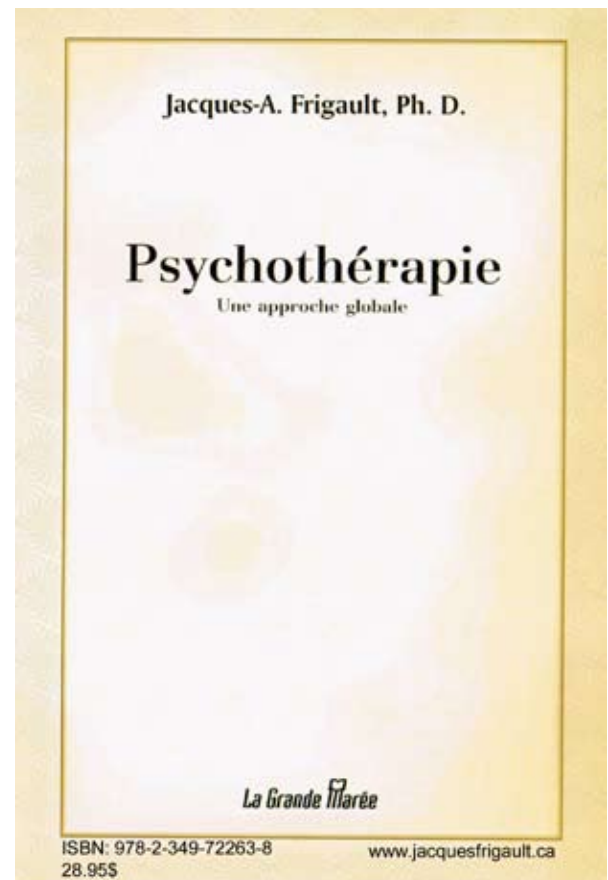
Governance Committee - Maria De Cicco (Chair)
Risk Management Committee - Lorna Martin (Chair)
Quality Assurance Committee - Linda Wheeldon (Chair)
Education or Policy Advocacy Committee – Blythe Shepard (Chair)
Appeals Committee – Ron Lehr (Chair)
Ethics Committee – Lynda Youngusband (Chair)
Certification Committee – Michel Turcotte (Chair)
Awards Committee – Ardele Gorman (Chair)
CACEP – Dr. Bill Borgen & Dr. Sharon Robertson (Co-Chairs)

Chapter Presidents

National Capital Region: Hope Burke (hope.burke@ocdsb.ca)
British Columbia: Wendy Woloshyn (wendywoloshyn@shaw.ca)
Career Development: Sareena Hopkins (s.hopkins@ccdf.ca)
Counsellor Educator: Dr. David Smith (jdsmith@uottawa.ca)
Creative Arts in Counselling: Lucy Lu (lucylu8@gmail.com)
Private Practitioners: Lorne Flavelle (lorneflavelle@hotmail.com)
School Counsellors: Janice Graham-Migel (jgraham@staff.ednet.ns.ca)
Aboriginal Circle: Roger John (rogerj@uvic.ca)
Pastoral and Spiritual Care in Counselling: Jim Robertson (counselh@telus.net)
Social Justice: Sandra Collins (sandrac@athabascau.ca)

CCPA Staff

Executive Director: Barbara MacCallum (bmacallum@ccpa-accp.ca)
Membership: Danielle Veilleux (danielle@ccpa-accp.ca)
Registrar: Josée Taillefer (registrar@ccpa-accp.ca)
CEUs: Marisabelle Terriault-Elibani (ceu-uep@ccpa-accp.ca)
CJC Editor: Dr Kevin Alderson (cjc.rcc@ucalgary.ca)
Office Manager: Denise Beaudette-Manley (info@ccpa-accp.ca)
Member Services Coordinator: Nicole Maurice (memberservices@ccpa-accp.ca)
CEU Administrator: Kimberly Goyette (reception@ccpa-accp.ca)





CANADIAN COUNSELLING AND
PSYCHOTHERAPY ASSOCIATION
L'ASSOCIATION CANADIENNE DE
COUNSELING ET DE PSYCHOTHÉRAPIE

CCPA National Office

16 Concourse Gate, suite 600, Ottawa, Ontario, K2E 7S8
Tel: (613) 237-1099 | Toll Free: 1-877-765-5565
Fax: (613) 237-9786 | E-mail: info@ccpa-accp.ca
Website: www.ccpa-accp.ca

Cognica Ad Rates			
	1 TIME	4 TIMES	SIZE
1 page	\$510	\$430 ea	6 1/2 x 9"
1/2 page	\$325	\$270 ea	3 1/4 x 9"
1/4 page	\$215	\$165 ea	3 1/4 x 4 1/2"
Busines Card	\$85	\$55 ea	2 x 3 1/2"

Play Therapy Certificate Program

THE PLAY THERAPY CERTIFICATE PROGRAM is an intensive training course run by the Canadian Association for Child and Play Therapy. The program is the only one of its kind in Canada, is 30 days in length and will be offered in London, Ontario in May-June 2010.

The Program Covers

1. **Theory and Approaches:** Play Therapy Process, Theoretical Models, Assessment, Family Play Therapy, Group Work, Filial Therapy.
2. **Techniques:** Sandtray, Puppets, Storytelling, Games, Art.
3. **Populations:** Trauma, Abuse, Grief & Loss, Attachment, Learning Disabilities, ODD, Anxiety.

for further information visit
www.cacpt.com or (519) 827 1506

Great News!
For sale:
An Inuksuk just for you!

Here's your chance to give that important person a unique and significant gift, an Inuksuk, which is symbolic of leadership, the importance of friendship and reminds us of our dependence upon one another.



A special purchase for only \$23 from CCPA!

Shipping and handling extra.