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President's Message

Spring Cleaning

At this time of year we often think about going through our closets, basements, drawers, shelves, anything and everything where belongings may have overstayed their welcome. Out with the old and in with the new. Reorganize and reprioritize our physical space. A cluttered home only contributes further to a cluttered mind, so as one of my main initiatives these last four months has been the task of going through our CCPA "basement." There are likely things down there that we can part with, things we want to hold on to, and some hidden treasures.

Rejuvenation

So after the very long winter, it's time to open up the windows, let in Spring's fresh air and clear out excess clutter that has piled up.

- The Council on Accreditation of Counsellor Education Programs (CACEP) rejuvenation project involved forming a Task Group to review the objectives, terms of reference, roles and responsibilities, and plans for succession. A background paper was developed and circulated and questions were posed such as: (a) Why have so few programs achieved accreditation? and (b) What are the benefits of CACEP Accreditation? Discussion continues – stay tuned!
- The Certification Task Force was formed to answer a number of questions concerning the current requirements to become a Canadian Certified Counsellor (CCC) and whether they should be modified in light of the current regulatory environment in Canada. In order to ensure that the best possible decisions were made a Certification Task Force was created to investigate the issues and make recommendations to the Certification Committee. Issues related to quality assurance and program components have been the main focus of discussion to this point.
- The National Office sent out a Cognica survey to the CCPA membership. Thanks to those who took the time to respond! After an analysis of the content, the Board developed action plans, which are now in the hands of the National Office for next steps. Recommendations will be developed and then will be sent to the Quality Assurance committee for review and then to the Board for final approval.
- The CCPA Board supports the idea of a centralized initiative to engage EAP providers in Canada to promote our Association and the competencies of our certified members. In 2011, CCPA conducted a survey of EAP providers in Canada to determine specific employment qualifications across the Nation; the Board believes it is time to re-do the survey. Keep an eye out for updates in our next issue.
- The Awards Committee has also been busy spring cleaning, asking questions about ways to increase the uptake of awards and brainstorming possible solutions. Increasing promotion of the awards, reviewing their monetary value, and considering the due date for awards (currently December 15th for the national awards) are just some of the discussions we have had. In looking ahead to our 50th Anniversary in Niagara Falls next May, the Awards Committee has some surprises in store for us!

Spring cleaning may sound like a chore to some but Directors on the CCPA Board have found that once the cobwebs and dust balls were cleared away, creative ideas started to emerge. Creativity is the quintessential force

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behind all ideas, plans, and solutions which produces novel and breakthrough ideas. Spring cleaning awakens us; it is a time for growth and awareness, a time to make some healthy changes.

Revitalize

To promote research productivity, CCPA has engaged in a research-ENABLE strategy, anchored by mentoring and supervision, with the intent to build strong regional and national research networks. The second CCPA Research Conference in partnership with Université de Moncton, Acadia University, and the University of New Brunswick took place in late February in Moncton. Faculty, professionals, and students spent two days revitalizing their research ideas and exploring how multiple modes of inquiry can advance the practice of counselling and psychotherapy. With poster sessions, presentations, discussions, and panels, this research conference provided a wonderful occasion to learn, share ideas, and network. And where will the third CCPA Research Conference take place? Contact the National Office if you are interested in having a conference at your university.

Reaching out

The National Office continues to collaborate with Impact Public Affairs in reaching out using various external communication approaches. Recently CCPA issued two press releases: one to announce the Canadian School Counselling Week and the other to acknowledge Brain Awareness Week. A press release from Bell announcing Clara's Big Ride for Bell Let's Talk in support of Canadian mental health was posted to the CCPA website. Kim Hollihan from the National Office took part in the Ottawa Mayor's Breakfast and had an opportunity to promote CCPA and our work while talking with Justin Trudeau. Beth Robinson, NS Director; Belinda Josephson, VP School Counsellors Chapter; and Kim Hollihan met with senior officials from the NS Ministries of Health and Wellness and Education and Early Childhood Development to discuss mental health resourcing in NS schools and the role of school counsellors in addressing mental health issues. CCPA advocacy and outreach to the media is paying off!

On the national front, CCPA has significantly increased its involvement with groups such as Health Action Lobby (HEAL), Canadian Alliance on Mental Illness and Mental Health (CAMIMH), and the Canadian Council on Career Development (CCCD). CCPA sits on several committees within these associations including HEAL Management Committee, CAMIMH Public Affairs Committee, CCCD Steering Committee, and the CCCD Certification Working Group. CCPA's participation on these committees increases our visibility as a national association that promotes the profession and its contribution to the mental health and well-being of all Canadians. These collaborative relationships also allow us to nurture strategic relationships with other leaders in the mental health field.

Renewal

Spring is nature's way of saying, 'Let's party!'

- Robin Williams

Come join your fellow members at the joint International Association for Counselling (IAC) and CCPA conferences in Victoria in May. These two conferences present wonderful opportunities for improving professional knowledge and skills that will be repaid many times over when you return to your workplace reenergized and inspired! The IAC is an international leader for counsellors and counselling associations with a mandate to advance "culturally relevant counselling practice, research, and policy to promote well-being, respect, social justice and peace worldwide." IAC has consultative status with the United Nations, ECOSOC, UNICEF, UNESCO, ILO, and the Council of Europe.

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Following the IAC 2014 Conference (May 3 -7), please join us as CCPA hosts the CCPA 2014 Annual Conference from May 7 to 9, 2014. As President, this is my first conference and even better, in a city that I spent many years as a student and faculty member. I look forward to meeting you in Victoria, a beautiful city on the southern part of Vancouver Island and near the southern Gulf Islands, which are the traditional territories of the Lkwungen (Esquimalt and Songhees), Malahat, Pacheedaht, Pauquachin (WSÁNEĆ), Scia’new, Tsartlip (WSÁNEĆ), Tsawout (WSÁNEĆ), Tseycum (WSÁNEĆ), and T’Sou-ke Nations.

I wish you all the best this Spring, the perfect time for renewal and growth within our Association!

Thank you, Merci, Nia:wen,

Blythe Shepard
CCPA President

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President-Elect’s Message

Greetings

Greetings CCPA members,

As your new President-Elect on the Canadian Counselling and Psychotherapy Association (CCPA) Board of Directors, I wanted to take this opportunity to officially introduce myself to you.

My name is Natasha Caverley. I hold a B.A (With Distinction) in Psychology, a M.Ed (Counselling Psychology) and a Ph.D in Organizational Studies from the University of Victoria. From 1998 to present, I have held research and policy analyst and organizational development positions in Aboriginal, non-Aboriginal and public service organizations specializing in community facilitation and troubleshooting, management and organizational behaviour, including policy development, instrument design and analysis, and strategic planning. At present, I am the President of Turtle Island Consulting Services Inc. in North Saanich, BC on southern Vancouver Island. I am a multiracial Canadian of Irish, Jamaican, and Algonquin ancestry.

My professional and volunteer experiences are eclectic in nature. I am very fortunate to work in diverse settings whereby clients welcome my involvement in bringing a “human dimension” (e.g., socio-cultural and health/wellness perspective) to issues such as climate change adaptation in rural communities; career development for Aboriginal communities and the military; occupational health, wellness and safety of public sector and emergency personnel; employment and skills development program design for rural, urban and remote communities; and community planning and literacy development.

To date, I have authored over 20 publications (nationally and internationally) including, but not limited to, contributions in the: BC Counsellor: Journal of the British Columbia School Counsellors’ Association; International Journal of Public Sector Management; Journal of Employee Relations; Journal of Management Studies; Journal of Ecosystems and Management; Native Journal; and Native Studies Review. Most recently, I co-authored two book chapters for the Canadian Education and Research Institute for Counselling (CERIC) – funded career development practice textbook on the topics of career development and planning for Aboriginal people in Canada; and emerging trends in career development and planning in Canada.

Since 2001, I have been a member in good standing with the CCPA holding a Canadian Certified Counsellor (C.C.C) designation—specializing in organizational behaviour, career counselling and development and multicultural counselling.

At present, I am also continuing to serve as the BC/Yukon Director on the CCPA Board of Directors. As part of my board responsibilities to date, I am a member of the CCPA Governance Committee, Indigenous Circle Co-Liaison (with the Prince Edward Island CCPA Director, Margie Cain), BC Chapter Board Liaison, Co-Advisor for the Northern Network (with the Manitoba CCPA Director, Miriam Duff) and member of the Northern Initiative Sub-Committee. In May 2014, I will be “passing the baton” to Ashley Phillips who will assume the role of the BC/Yukon CCPA Director for the remainder of the term (May 2014—April 2015) as I fully transition to the role of President-Elect.

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As a current member of the CCPA Board of Directors, I would like to continue the strong and positive legacy that has been created by past and current board members in advancing CCPA’s leadership, support and promotion of the counselling and psychotherapy field in Canada. The energy and creative spirit on the current board demonstrates to me that there is a genuine interest in exploring innovative ways for supporting our membership and creating new avenues for building awareness and understanding with employers, all levels of government and the general public. It is an exciting time to be a member of the CCPA Board of Directors as we approach our 50th anniversary in 2015!

During my tenure as President-Elect, I bring a scholar-practitioner and multicultural perspective to CCPA Board meetings. In particular, I am working with the CCPA Board of Directors in advancing the Association’s governance-related policy, planning and protocol development; building new organizational partnerships at the provincial and national levels; and promoting initiatives that support information sharing, networking and related extension opportunities for the CCPA membership.

In closing, I look forward to connecting with all of you and appreciate your commitment to the counselling and psychotherapy profession in Canada through your involvement with the CCPA. I hope to meet many of you at the upcoming CCPA 2014 Annual Conference being held in Victoria, BC on May 7-9, 2014.

If you have any questions about my role as your new CCPA President-Elect, please do not hesitate to send me an email message at natasha@turtleislandconsulting.ca.

Thank you/Merci/Meegwetch,
Natasha

Natasha Caverley, PhD, CCC
CCPA President-Elect

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Congratulations to the 2014 Stu Conger Award Recipient! -By Kim Hollihan, CCPA Senior Project Coordinator

CCPA wishes to congratulate Dr Deirdre Pickerell, the 2014 recipient of the Stu Conger Award for Leadership in Career Counselling and Career Development. Below is a biography of Deirdre prepared by Lynne Bezanson, Executive Director of the Canadian Career Development Foundation, the organization which presents this annual award.

The Stu Conger Award includes a scholarship to be awarded to an individual selected by the recipient as an emerging leader in the career development field. Deirdre has chosen Jessica Isenor, PhD student at the University of Ottawa, to receive the scholarship. Jessica is an active member of CCPA as Student Representative for the University of Ottawa (Anglophone) and President-Elect of the Career Counsellors Chapter. Congratulations, Jessica!

Biography

Deirdre exemplifies the type of leadership in career development in Canada (and beyond) that the Stu Conger award is intended to recognize.

Ten years ago, Deirdre joined Life Strategies and is now its Vice-President. She has been a consistent innovator including developing the first fully online certificate program

for career development practitioners. She mapped this program to the Canadian Standards & Guidelines, the Center for Credentials and Education’s Global Career Development Facilitator (GCDF) competencies, and International Association for Educational and Vocational Guidance’s Educational and Vocational Guidance Practitioner (EVGP) competencies and has worked closely with training providers across Canada to get their curricula approved as meeting the GCDF-Canada criteria. This has opened the door to hundreds of career practitioners to receive global recognition for their sector-related training. Her most comprehensive and innovative research project, however, was her recently completed doctoral dissertation examining the career engagement of Canadian career development practitioners. Her dissertation is recognized as showing considerable promise for theory, research, and practice.

Deirdre has devoted many hours to leadership roles within several different career development organizations and associations. She has served as Co-Executive Co-ordinator of ENET, Vice President of the Career Colleges Association, Chair of the BC Career Information Partnership, Co-ordinator of the Career Advancement Network for the BC Human Resource Management Association, and is currently serving as the Bylaws Director for the Asia Pacific Career Development Association. She has served on numerous committees including work to develop and recently revise the Canadian Standards and Guidelines for Career Development Practitioners and is a highly respected leader throughout the career development sector, both in Canada and internationally.

Deirdre’s work has been described as transformational in regard to workforce engagement and career planning. She is an exemplary leader in the field of career development and a deserving recipient of the Stu Conger Award.

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2014 AGM Notice

ATTENTION ALL CCPA MEMBERS

The Canadian Counselling and Psychotherapy Association will hold its Annual General Meeting on May 8th, 2014, from 12:00 p.m. to 1:15 p.m. at the Victoria Convention Center at 720 Douglas Street, Victoria, British Columbia, V8W 3M7. Every member is invited.

AGENDA

Welcome

1. Acceptance of Agenda.
Motion Required: To accept the agenda.
2. Minutes of May 2013 AGM.
Motion Required: To accept the minutes of the May 2013 AGM as presented (as amended).
3. President's Report.
4. Presentation of the Board of Directors 2013 - 2015.
5. Financial Report 2013-2014.
Motion Required: To receive the 2013-2014 audited financial statement as presented.
6. Approval of 2014-2015 Auditors.
Motion Required: That van Berkomp & Ritz LLP be selected as the Financial Auditors for 2014-2015.
7. Continuance
8. Other Business.
9. Good Faith Motion.
10. Adjournment.
Motion Required: To adjourn the meeting.

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Important Information for Future, Current, and Graduating Counselling Students Considering Certification with CCPA – *By Monika Gal, M.Ed., C.C.C. / CCPA Certification Registrar*

Spring is a significant time of the year for CCPA’s Certification program, reflecting the transitions that counselling students are undergoing in their training. For future students, spring is when they receive their acceptance letters and begin forming their identities as future counsellors and psychotherapists. For some current counselling students, springtime marks the end of their first year of studies and their preparations for the hands-on practicum training that typically marks the final year of graduate programs. Finally, there are the graduating students, who are completing their programs and preparing to embark on their professional careers in the field. Each of these moments of transition requires considerations and thoughtful decision-making in preparation for professional practice. In this article, I hope to provide guidance for students in each of these points of transition who may consider seeking CCPA certification upon graduation.

New Counselling Students

Congratulations on your acceptance into a graduate-level counselling program! This can be an exciting time, full of hope and expectations for a fulfilling career. In my experience, many students who are about to embark on a new education and career path are well-informed. There are a number of such students who apply and select their graduate program based upon CCPA’s list of graduate programs on our website. Students who have accepted their offers of admission should browse the course offerings and compare them to sample course descriptions available on CCPA’s website in order to ensure that they select a framework of solid courses in counselling and are informed when they meet with their academic advisor and select their coursework. Some of these students choose to complete a Pre-Evaluation Application, in order to ensure that their program of study will contain foundational counselling courses, which satisfy CCPA’s certification requirements upon graduation.

As the largest national association for counsellors and psychotherapists, CCPA can offer a wealth of important information to help new students in counselling to familiarize themselves with the professional landscape and assist in making informed decisions about their professional training. I would encourage new graduate students to explore CCPA’s website, and specifically become familiar with the laws regulating the practice of counselling and psychotherapy in the province where they intend to practice, as well as the certification requirements with CCPA, in order to ensure that they are informed and prepared to embark on their professional journey.

Current Counselling Students – Preparing for Practicum Placements

Students preparing for their second year of studies tend to be familiar with CCPA and often begin to consider the value membership and certification can offer. CCPA’s incentive program for students is an excellent way to get to know the value of belonging to a professional association. Membership for CCPA students is half-price, at \$85, and comes with many benefits including discounts on liability insurance and webinars! If you are a student member for one year before applying for certification, you will also get free membership for the first year that you are a certified member, a savings of \$170!

The transition from first to second year of graduate studies in counselling is often when students prepare for their first practicum placement and to start working with “real” clients. Finding a counselling placement can be an onerous – and sometimes competitive – process! There are important considerations to keep in mind when seeking

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a practicum placement. As much as a practicum supervisor is vetting students for the position, the student is also vetting the supervisor and placement for their own educational needs. Be an informed consumer and ask potential practicum sites important questions about the workplace, expectations, and qualifications of your supervisor. The answers to these questions can have important implications not only for eligibility to graduate, but also for eligibility for professional designations and licensure. While a university program may review and provide approval for practicum sites, this does not mean that the placements will necessarily satisfy the requirements of professional bodies such as CCPA or a regulatory college.

Regarding CCPA certification requirements, be sure to ask your supervisor the following questions. If the answer is “no” to any of these questions, your practicum may not satisfy CCPA certification requirements, and you may not qualify to obtain the C.C.C. designation:

Would your placement be in a counselling role, where you will have the opportunity to provide direct, clinical services to clients?

Would you likely be able to obtain a combined total of at least 150 hours of client contact hours at the practicum site, including individual, couples, family and/or group counselling?

Would you receive on-site supervision from a supervisor who works at the practicum location?

Would your on-site supervisor have a graduate degree in counselling?

If not, would he or she hold a graduate-level degree in a counselling-related field with a shared scope of practice?

Would your on-site supervisor have at least four years of full-time counselling experience?

Would your on-site supervisor hold a membership, designation or licensure in counselling, binding them to work under a code of ethics?

If not, would he or she hold a membership, designation or licensure in a counselling-related field with a shared scope of practice and equivalent code of ethics?

Graduating Students

Finishing your studies and preparing for professional practice as a counsellor can be a busy time. Seeking a professional designation is one of the many things that are common to add to a “to do” list at this time, amid finishing studies and job hunting. Regardless of what your plans are regarding obtaining a license or professional designation, I strongly encourage you to document and store as much information about your education and training as possible, including but not limited to: course syllabi, transcripts, practicum logs, evaluations, and references. You never know if, in the future, you might decide to seek a designation or be required to obtain a license to practice! Many graduates find it easiest to scan and save the information on a cloud drive where it takes up little space, and can be easily accessed in the case of a relocation or even natural disaster like flooding or a house fire.

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Spring is a busy time for CCPA's Certification program as well; with the influx of recent graduates seeking certification for the benefit of clients and employers, not to mention for themselves, keeps our office very busy! I suggest, if you are interested in certification with CCPA, start putting some thought into your application before you graduate, and apply as soon as possible to avoid the rush of applicants. There are some common questions we are asked by graduating students contacting us about certification:

Can I start applying before I finish my degree?

An applicant's training is not considered to be complete until they have been awarded their degree. However, the applicant may still be able to apply for certification. To do so, the applicant should ensure that his or her transcript indicates that the grade and credit were awarded to all courses required for certification, and in addition provide a letter from the counselling program's director or University Registrar confirming that the applicant has successfully completed the program requirements and indicate the date on which the degree will be awarded.

Should I wait to accumulate all of my documents, or send them in one-by-one?

Applicants can either send their documents one-by-one, or accumulate them and send everything together. CCPA will start an application file once the first document is received, and once all required documents arrive, the file will be sent to the registrar for evaluation. Applicants are contacted by the Certification Co-Ordinator if she notices any concerns or issues with a document.

How can I tell if my documents were received and if my file was sent for evaluation?

Applicants can sign on to the 'Members Only' section of the website and view their profile. Under the certification tab, it will indicate the date on which each document was received and processed at CCPA's office. Once all documents are received, the file will be sent to the Registrar for evaluation, and a date will appear next to the "Date sent to Registrar" field.

How long does the application and evaluation process take?

It can take anywhere from four to six weeks from the date your file was sent to the Registrar for your file to be evaluated. During peak application times, the evaluation can take the full six weeks. CCPA strongly encourages applicants to ensure that all documents are completed in full and all required documentation (especially course descriptions for each course) is provided in order to minimize the evaluation time.

In Summary

Pursuing graduate studies in counselling can be one of the most fulfilling yet onerous times in a counsellor's career. Ultimately, you are the one responsible for your career's direction, and for ensuring that your education and training gives you access to the career path you desire. If the 'Canadian Certified Counsellor' (or any other) designation is a part of your career path, it's important that you make the time to be informed about the professional requirements in order to effectively navigate your studies and ensure that you will be eligible for professional designation upon your graduation. CCPA is always available to answer your questions about certification and regulation in order to assist you through this process. Best wishes!

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Growth and Revival: Volunteer Services Provided by Helping Professionals – By Laleh Skrenes, Ph.D., RCC, CCC, and Jack Jardine, BSW, MA, Contributing Writers

This summer, I was involved in High River, providing Psychological First Aid on a volunteer basis. I was part of the multi-disciplinary team from British Columbia. We were helping citizens of Alberta recover from the worst natural disaster in Canadian history. It was dirty, hot, and the hours were long. Yet in dialogue at the end of the hard days, when my fellow volunteers talked of their own experiences in the event, they used words such as "transformative", "spiritual", "community", and "respect". Days and weeks after, the volunteers related their renewed sense of purpose and focus, and gratitude for having had the experience.

These thoughtful comments caused me to reflect on my own beliefs around the nature of volunteer service. Like everyone else, helping professionals need to take care of themselves, or we burn out. We relax and re-energize through exercise, hobbies, or social events. We go on vacation. My colleagues in High River illustrated to me once again how volunteer service to others can enhance one's own sense of well being and bolster our positive regard for the world around us. Gandhi said, "The best way to find yourself is to lose yourself in the service of others."¹

Our team met each morning to prepare for the day. It was a time to form ourselves as a team, to gird ourselves for the tasks ahead, and to get a sense of where we would be and what we would face in the coming hours. At the end of the day, tired, disheveled and a little shell shocked we came together again to inform each other of the key events of the day, and to make human contact with each other, to care for each other. In relation with and in observation of the people who were living in this disaster, from the survivors, to the first responders and the other helpers, the essential struggles of life were highlighted and compounded by the dynamics of crisis. Abdul-Baha stated that "a soldier is no good general until he has been in the front of the fiercest battle and has received the deepest wounds."² Our team provided comfort, guidance, and support to people experiencing the most trying of circumstances. We did this with no offices or resources except that which we cobbled together, we worked with what we had. And along with the residents, we became stronger and, more resilient.

There was an incredible sense of the "here and now". My concerns and anxieties were pushed aside to meet the needs of the moment. Most of the people I met had lost their homes, and everything they owned. Their photo books were gone, their mementos, their touchstones to their lives: gone. Time after time, I talked with people who were struggling back to the surface, after being engulfed by the maelstrom. Repeatedly I "walked and talked". I helped people get items from the Red Cross to their cars. It was during this practical help that people would off-handedly comment on how they lost their house, or their friend was removed to another town, or their insurance company was refusing to reimburse them. The balance was between helping them shoulder the burden, to discharge a little of their stress and distress, and yet leave them in shape to carry on.

I met an elderly man who was travelling when he received a phone call that his house was in danger of being destroyed by the flood. After days of trying to get home, his house was gone and his pet had perished in the flood. Now he has to live with his daughter in cramped conditions. I spent a fair while letting him talk and unload some of his stress and assisted him to various temporary housing as well as the Red Cross for cleaning supplies and to get some hot food elsewhere on the site.

A recent immigrant woman in her 70s came back from her elderly mother's 95th birthday to find herself homeless. Her home of decades was gone. I stayed with her as she finally found temporary housing. She was relieved to be able to talk to someone about her feelings of despair and loss.

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One gentleman I talked with said that he was in the middle of a conversation with God as the flood struck. He said their discussion was about giving over his earthly possessions to the event and freeing himself from the sadness of his loss. Though he said he was mainly untouched from the flood, he did need to share his close call and his concern for his community's plight.

Our team was variously on site for one, two, or three weeks. Red Cross, the Mission Possible folks and the Samaritans Purse were there for many more weeks. Many people and companies came for the day to help out. Over time, each of these contributions added to a sense of a great endeavor taking place, of belonging to something greater than oneself. There was a palpable sense of a giving community, of grace, and spirit. By volunteering, I was a participant and a beneficiary to all of this.

In hindsight, it was soon over. Like other volunteer missions I have been on, my colleagues and I experienced heightened and transformational self and other awareness with spiritual and emotional depth. The volunteer team, which I was part of, received positive feedback about the care we provided, such as "awesome volunteers", "hard shoes to fill", "we want to be like BC's lite touch" and, "maybe one day we will have to come and help you." Volunteers came from across Canada. This was recognized by the residents and in itself had a strong healing power.

I have kept in contact with a few of my comrades. As is often the case, friendships have formed through the sharing of such strong

experiences in the service of others. Though I might not see them everyday, I come away with the strong knowledge that I am not alone. There is a renewed awareness of my personal experience in context with others, in the disaster event, in my life, and in the global community. Altruistic service, I believe, allows us to hone our higher nature. We gain perspective about who we are as human beings and it is an admirable means of self-care.

Biographies:

Laleh Skrenes, Ph.D., RCC, CCC, has been working in psychotherapy and counselling psychology in a variety of settings including private practice, mental health centers, and hospitals for the past 20 years. She also teaches Masters in Counselling Psychology courses in various universities both in Vancouver and abroad. Her two decades of experience consists of volunteer services on a broad spectrum of clients/patients in not-for-profit organizations both nationally and internationally. She can be reached at Dr.Laleh.Skrenes@gmail.com.

Jack Jardine, BSW, MA, has been a social worker for over 30 years. He is a social entrepreneur, building agencies and programs to help individuals, organizations and communities to better manage their social issues and aspirations. He has recently returned from several years practicing child protection in East London, UK.

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Book Review - Pipher, M. (1994). *Reviving Ophelia: Saving the Selves of Adolescent Girls*. New York, NY: Riverbend Books. - *Reviewed by Sheila Southon, Guidance Counsellor*

This book was published 10 years ago and I wish I had read it then. Dr. Pipher is the former head of APA's Division of the Psychology of Women, and a therapist in private practice. Her insights into the difficulties of being a teenage girl and maintaining some sense of self fits so well with what we see in our daily lives. Pipher draws conclusions about the toxic nature of today's society on young girls, then illustrates her point with examples from her practice.

"Simone de Beauvoir believed adolescence is when girls realize that men have the power and that their only power comes from consenting to become submissive adored objects."

Throughout the book, Dr. Pipher makes the case that in early adolescence girls stop asking "who am I and what do I want?" and start asking "What can I do to please others?" especially males. Yet like Mme. de Beauvoir, she makes the case that it is more about an imbalance of social power than Freud's "penis envy".

This drastic shift is supported by a whole range of cultural institutions – most notably sexism and look-ism -- that further serve to alienate girls from their inner selves. "To the man men the world] criess work! To woman it says: Seem" says Olive Schreiner author of *The Story of an African Farm* (part 2, ch. 4). Girls are judged more by how they look than by how they think, how they feel, their creativity, strength, generosity, kindness or any other skill or quality.

From an increasingly early age (think "toddlers in tiaras"), girls are driven to an external locus of control and away from the authentic selves. At younger ages their authentic selves allows them to explore, to try, to risk, and to experience for themselves.

Pipher discusses how teens are encouraged to break away from the family and be their own person, just when they need the family's ability to cope with societal influences. She discusses the adolescent's relationships with mothers, fathers and peers. She states that many of her clients have only discussed their junior high years when they were in high school; being unable and unwilling to articulate their problems during their early teenage years. The breaking away from parents has always happened to some extent, but socio-cultural changes like the breakup of the extended family and core family mobility have drastically accelerated this process.

Yet, generally, parents are more protective of their daughters than either corporate America or their peers are. Corporate America exploits the dissolution of girls' inner resolve by holding up progressively more unreachable standards of artificial perfection, convincing girls that THIS product will be the key to feeling at least "good enough".

And peers are woefully inadequate to guide inner self exploration when they themselves are adrift. In fact, girlfriends can turn on each other in a heartbeat even through simple inability to know what else to do, if not for some more sinister social reason. Boyfriends are going through their own changes too, and are STILL – despite the veneer of social progress – held to a code of behavior to deny their emotional selves and to sexually conquer girls whenever they get the chance.

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These dramas play out in schools and malls as they always have, but increasingly also over a plethora of social media foreign to most parents. A "look" in the hallway becomes vitriol in 140 characters for the world to see. Sensitive, gentle girls crumple faster than a wounded gazelle under a lion pride.

Our "modern" culture has a pervasive effect worse than the South African finishing school that Olive Schreiner said "was a machine for condensing the soul into the smallest possible area. I have seen some souls so compressed that they would have filled a small thimble." "The less a woman has in her head, the lighter she is for carrying."

Through a constant barrage of mass media, by their peers and by hesitant parents and teachers, our girls are told to be beautiful but that beauty is "only skin deep"; to be sexy but not sexual; be honest but do not hurt others' feelings; be independent but be nice; be smart, but not so smart that you threaten boys. Is it any wonder they are confused?

To perhaps a greater degree than ever, our girls feel "...obligated and resentful, loving and angry, close and distant, all at the same time with the same people. Sexuality, romance and intimacy [are] all jumbled together...."

In my own practice, I am baffled and speechless at the nonchalance of girls towards their own self-respect: "...well yea I left class to give him head. It sucks that I got caught, but – it's not sex anyway." Or the girl who was driven to public humiliation because after 45 minutes in the bathroom with a boy at a party, he loudly proclaimed that she "wasn't any good". She was desperate to apologize, and set out to prove him wrong!

Those of us who witnessed the women's movement of the 1970s are more than chagrined to hear young women now treat the word "feminist" as slightly distasteful. Little do they know how different their lives would be without those hard-won social and political rights. Witnessing girls leaping into the same old role as moral guardians of male behaviour – which society still seems to see as beyond reproach – borders on disheartening.

Case by case, Dr. Pipher walks us through techniques she used to guide these girls back to their internal locus of control. The cases in *Reviving Ophelia* touch on parent-daughter relationships, blended families, the cult of thinness, drugs and alcohol, sex and violence, and of course depression. The most common issues we who counsel girls these days face.

Dr. Pipher looks at parenting dimensions, girls' spiritual selves, signs of innate resiliency, and the importance of supportive relationships as ways to help girls cope. But *Reviving Ophelia* is less a step-by-step manual as a collection of situational suggestions. It reminds me of Dr. Irvin Yalom's *Love's Executioner* for that richness of perspective. It certainly worth having as a clinician's tool.