



# NLCPA



Newfoundland and Labrador Counsellors' and Psychologists' Association

December 21, 2011

## Letter from the President

Dear Membership,

The tree is trimmed and the halls are decked! Most of the presents are wrapped and the cards are en route.

People who are not employed in the education field often ask us if we are winding down for Christmas as the season approaches. Once again, things frequently wind up for us prior to closure times. This time of the year can be very challenging for many of the individuals that we work with. As many people cope with varying changes and loss they often lean on us a little more and require additional support to help accept their new situations. Some of you may be adjusting to changes in your own lives.

As I count the sleeps prior to Santa's arrival, I always find it helpful to look around and acknowledge all of the "stuff" that I am thankful for. By "stuff" I am not referring to the material things that seem to have taken over the season. When I stare at the lights on the tree and reflect upon the potpourri of non-material "stuff," I think about being so fortunate to live in a wonderful, safe, clean country surrounded by caring family, friends, and colleagues.

As I listen to Diana Krall's album, "Christmas Songs," writing a Christmas message to the NLCPA membership is another feel good part of this season. It has been another very successful year for our association. We have continued to increase our membership and we welcome our many new student and associate members. We were quite pleased with the feedback from our fall conference and we have already started planning next year's conference (October 24-26, 2012).

As the holiday season is upon us, we must continue to find that balance between our professional and our personal/family lives. Recall and practice the strategies we learned from Barbara Maddigan, Carl George, Danie Beaulieu, Gerry Dooley and Judy Beranger.

The end of the calendar year is another wonderful time of reflection and planning. It is also the perfect time to thank individuals for all of the contributions made throughout the year. Counsellors and psychologists continue to make positive differences in the lives of students, parents, educators and other stakeholders. Thank you for having such an impact on so many lives in 2011.

On behalf of the executive, thank you for continued support of the association. We wish you a very Merry Christmas and a Happy, Healthy New Year!

  
Peggy Hann  
President (NLCPA)



*"Merry Christmas from the NLCPA Executive!"*



Michele Davis, Jennifer Abbott, Paula George, Tamar Kelly-Duff, Connie Newhook, Peggy Hann

**Important Dates :**

**NLCPA's Fall Conference & AGM**

**October 24-26, 2012**

**CCPA Conference in Calgary, May 2012**

The Canadian Counselling and Psychotherapy Association (CCPA) National Conference will take place in Calgary from May 25 - 27, 2012. The theme is "Reflecting on Self and Practice."

**Early Bird Rate ends January 31<sup>st</sup>**

**(Register early and you may win an xBox 360)**

# NLCPA 2012 Lifetime Achievement Award

This year's NLCPA Lifetime Membership Recipient hails from across the Gulf. A non-native of Newfoundland who has held honorary "Screeched In" status since June, 1996 she was born and raised in Baddeck, Cape Breton, a locale known primarily as the summer residence of Alexander Graham Bell. Following high school graduation, she embarked on an educational path that took her to Mt. Allison University in Sackville, New Brunswick (B.A.), the University of Alberta (B.Ed.) and finally, to Acadia University in Wolfville, Nova Scotia (M.Ed. in Counselling).

Her education and career path frequently took twists and turns. In the mid 1980's she embarked on learning a second language first in Quebec City at Laval University followed by a work/study/pleasure holiday in Paris, France where she was employed by a Parisian family as an "Au Pair" to their two young boys. While in Paris, she studied French at the Catholic University of Paris during the day as well as night classes in Parisian cafes, bars and nightclubs!

Following her European experience, it was time to settle down to the practicalities of work life. Her first teaching experience was at Kings-Edgehill, a private boarding and day school in Windsor, Nova Scotia. Seven years later she was once again off to post-secondary school, this time to complete her Counselling degree.

Following graduation in 1995, she relocated to Port Aux Basques and worked for one year in the role of educational psychologist. In 1996 she moved into a shared counselling position between two K-12 schools in the Codroy Valley and McKay's area where she stayed for 13 years. Now living and working in Stephenville, she continues to enjoy the hectic pace of a counsellor in a middle school - at least on most days!!!

As well as being a proud member of NLCPA, she has been a member of the Canadian Counselling and Psychotherapy Association since 2003 and holds the designation of Canadian Certified Counsellor. From 2002 to 2006, she served as on the provincial executive of NLCPA as secretary. During this time, she was a member of the steering committee of the 2005 CCA national conference held in St. John's. Most recently, she serves as Branch President for NLCPA District 4.

At the school and community level, she is most proud of her partnership for many years with fellow school counsellors and Service Canada employees on the MMYES Career Planning Committee which undertakes the challenge of preparing youth from grades 9 to 12 for post-secondary decisions. As well, she likes to involve her students in humanitarian projects and has worked with them in fundraising for "Spread the Net" in order to purchase bed net covers to reduce child death from malaria and the construction of wells in rural Africa.

In her leisure time, she enjoys travel of any kind with friends. She has chaperoned three EF tours abroad with students and is eagerly preparing for her fourth EF trip next Easter to Ireland and Scotland.

This year's Lifetime Achievement recipient is.....

**Nancy MacDonald**

## **NLCPA 2012 Lifetime Achievement Award**



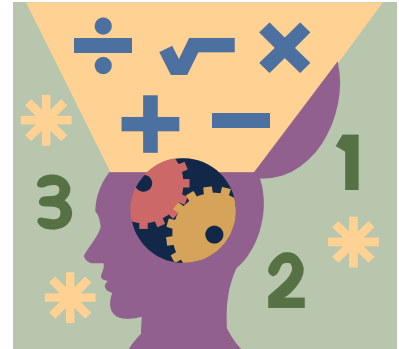
Peggy Hann (NLCPA President), Nancy MacDonald (Lifetime Achievement Recipient), Trent Langdon (Past-President, NLCPA)

**NOTE:**

I am very humbled to accept this award and once again would like to thank the NLCPA executive for this honour. I look forward to my continued participation with this organization and profession.

Sincerely,  
Nancy MacDonald

# FREE GRADE 9 MATH ONLINE TUTORING



**FREE GRADE 9 MATH ONLINE TUTORING** is available to all grade 9 students in the province of Newfoundland and Labrador. The online tutor is a post secondary student who is very qualified for this role. The program was initiated last year and has proven very successful. For more information please visit the online tutoring website at [www.cdli.ca/tutoring](http://www.cdli.ca/tutoring) or contact Jim Paul (CDLI Guidance Counsellor) at [jimpaul@cdli.ca](mailto:jimpaul@cdli.ca).



Submitted by:  
Paula George  
School Counsellor, Leary's Brook Junior High  
Vice-President, NLCPA




**The College of the North Atlantic has added a Disabilities Services Section to their Website.**

**It's a great tool for learning about services, accommodations, and for transition planning.**

<http://www.cna.nl.ca/disability-services/>

**Disability Services**



College of the North Atlantic is committed to providing an inclusive learning environment which celebrates and encourages diversity.





## Fostering an Attitude of Gratitude: Tips for Parents

How many times have you told your child to appreciate the good things in life and to say “thank you?” Probably a lot. Well, the field of positive psychology is interested in gratitude and its beneficial effects on well-being. In fact, research has shown that people who experience gratitude have more positive emotions, such as joy, love, and happiness; have fewer negative emotions, such as bitterness, envy, and resentment; have increased feelings of connectedness and improved relationships; experience greater satisfaction with school and improved academic achievement; and even have better physical health than people who don’t take the time to notice and appreciate the good things in their lives.

Parents can help their children develop the attitude of gratitude through a variety of simple acts and activities. The *Fishful Thinking*<sup>SM</sup> initiative ([www.fishfulthinking.com](http://www.fishfulthinking.com)) is designed to equip parents with the tools they need to raise happy, resilient children and helping their children to feel and express gratitude is an important part of that effort.

### SIMPLE GRATITUDE EVERY DAY

**Model practicing gratitude.** Emotions are contagious. Express thanks to your families, friends, neighbors, and strangers, and ensure that your children see you behaving gratefully.

**Encourage “gratitude” thinking.** For example, if your child wins the spelling bee, help her identify all those who helped along the way. Suggest she say “thank you” in person or by writing a note to someone who made a particular difference.

**Share gratitude daily.** Make time in the morning or at dinner for the family to share at least one thing for which each person is grateful. This can be balanced with one thing that was difficult that day, but starting with gratefulness reinforces positive connections and resources.

**Reinforce grateful behavior.** Watch for grateful behavior or language in your child. Identify it when it happens and reinforce him for it. For example: “That was thoughtful of you to thank your friend for helping you with homework. Good for you. I’m sure it made him feel good and made your friendship stronger.”

**Use visual reminders.** Put notes in your child’s lunchbox reminding her to be thankful for her health, sibling, dog, etc. Text your child and remind her to count her blessings. Share something for which you are grateful.

**Source: National Association of School Psychologists (NASP)**

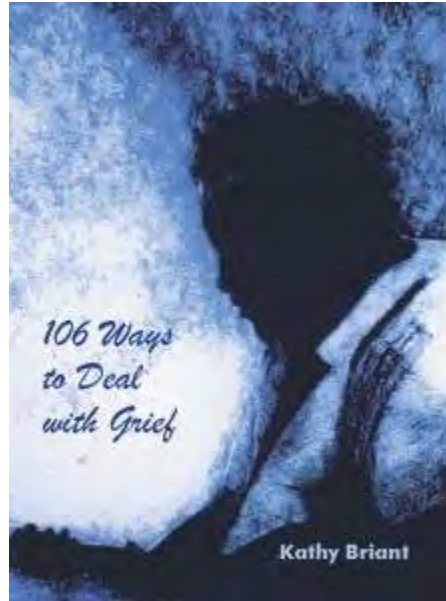
**Activities and more info available at:**

[http://www.nasponline.org/communications/spawareness/Fostering\\_Gratitude\\_Parent\\_Tips.pdf](http://www.nasponline.org/communications/spawareness/Fostering_Gratitude_Parent_Tips.pdf)

## Resource for Helping Deal with Grief

106 Ways to Deal With Grief is a book written by Kathy Briant, who lost her daughter to suicide three years ago. It can be purchased online:

[kathybriantbooks.com/books/106-ways-to-deal-with-grief/](http://kathybriantbooks.com/books/106-ways-to-deal-with-grief/)



Submitted by:  
Joyce Smith  
School Psychologist, Eastern School District (Avalon East Region)



# CCPA National Conference, Calgary, May 2012



Link to CCPA Conference: <http://www.ccpa-accp.ca/conference2012/index.php>

For more information please contact Alene Holmes, Conference Coordinator, by e-mail at [conference2012@ccpa-accp.ca](mailto:conference2012@ccpa-accp.ca) or by phone at 506-446-9159.

Register by **January 31, 2012** to **benefit** from the **early bird rates** and for a chance to **win an X-Box 360**.

## Keynote Speakers



**Marc Gervais**

Marc Gervais is one of Québec's most sought-after professional speakers. A successful author and a police officer by trade, he has a way of talking to his audience that is refreshing, direct and seasoned with his own special brand of humor. Mark has the knack of inspiring people to reflect upon themselves. Sharing his touching and incisive reflections, he holds his audience spellbound, leaving no one indifferent.

### **"Realizing Your True Potential, Communicating Clearly"**

This presentation will encourage participants to take action and examine traits and similarities in people who reach their full potential in order to surpass themselves. In the same sense, this presentation also acts as a guide or tool used to understand the importance of communicating clearly in the workplace and in life in general in order to affirm your presence, to be understood and respected. The importance of communication is accentuated by concrete examples of experiences gained by the presenter during his career as a policeman.



**Jeffrey A. Kottler, PhD**

Jeffrey A. Kottler is one of the most prolific authors in the fields of psychology, counseling, and education, having written over 80 books about a wide range of subjects during the past 30 years. Some of his most highly regarded works include *On Being a Therapist*, *The Client Who Changed Me*, *Creative Breakthroughs in Therapy*, *Learning Group Leadership*, *Bad Therapy*, *Changing People's Lives While Transforming Your Own*, and *Changing Peoples Lives While Transforming Your Own: Paths to Social Justice and Global Human Rights*.

Jeffrey has worked as a teacher, counsellor, and therapist in preschool, middle school, mental health center, crisis center, university, community college, and private practice settings. He has served as a Fulbright Scholar and Senior Lecturer in Peru (1980) and Iceland (2000), as well as worked as a Visiting Professor in New Zealand, Australia, Hong Kong, Singapore, and Nepal. Jeffrey is professor of counseling at California State University, Fullerton and President of Empower Nepali Girls, an organization that provides educational scholarships for at-risk children in Nepal.

#### **"On Being a Master Counsellor: Practicing What You Preach"**

Based on the interviews conducted with the most notable theorists and practitioners, this talk will explore what it means to be a model of personal and professional effectiveness. Among those attributes and skills identified, one consistent factor is the willingness and commitment to "walk your talk," that is, to apply in your own life what you most consistently teach to your clients. We will explore the nature of reciprocal change in therapeutic relationships, especially with regard to how our clients can become our greatest teachers.



**Judith Jordan**

Dr. Jordan is the Director of the Jean Baker Miller Institute at Wellesley College and teaches at the Harvard Medical School in Boston. She and her colleagues have developed Relational-Cultural Theory which emphasizes the relational nature of human development and underscores the importance of taking culture into account. She is the author of : *Relational-Cultural Therapy*, *Women's Growth in Connection*, editor of *Women's Growth in Diversity*, *The Complexity of Connection* and *The Power of Connection*. She has written many chapters and journal articles and has lectured widely on the topics of connection, mutuality, empathy, shame, courage, gender differences, relational awareness.

**The Power of Connection: Healing and Growing:** Connections are a powerful source of energy; we all grow through and toward connection throughout our lives. Yet disconnections are inevitable in life. Developing skills for dealing with disconnections is important to our wellbeing. Mutual empathy, openness to the vulnerability of change, good conflict and responsive authenticity contribute to healthy relationships.

### Colleague Retirements

Please submit retirement notifications and/or articles to  
Michele Davis (Communications, NLCPA) at  
[michelledavis@esdnl.ca](mailto:michelledavis@esdnl.ca)

### Contribute to the NLCPA Newsletter

- ✓ What's happening in your region?
- ✓ What book peaked your interest recently?
- ✓ What's some good news from your school community?
- ✓ What's your favourite counselling/psychology resource?
- ✓ What did you learn from a recent PD session or webinar?

Please submit articles to Michele Davis (Communications, NLCPA) at  
[michelledavis@esdnl.ca](mailto:michelledavis@esdnl.ca)

**Congratulations !**



**Congratulations to Karen Mitchell for winning the iPad 2 at the conference in October.**



## **NLCPA Executive**

### **Peggy Hann, President**

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## Branch Presidents

### **Labrador**

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### **Deer Lake/Corner Brook/St. Barbe**

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### **Cormack Trail**

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### **Avalon East**

Boyd Perry

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#### **Note:**

Congratulations to Jeanette Russell for being elected as Branch President in the Deer Lake/Corner Brook/St. Barbe Branch !!

If there are any errors, changes, or omissions, please contact the executive.



## Branch President's Meetings, October 2011



Bev Park (NLTA), Tamar Kelly-Duff, Connie Newhook, Peggy Hann, George Tucker (NLTA), Paula George, Michele Davis



Back: Kerri Morgan, Bev Park (NLTA), Beaton Walsh, Colette Oldford-Short, Peggy Hann, George Tucker (NLTA), Boyd Perry, John Hatt

Front: Nancy MacDonald, Glenda Ball

### **THANK YOU**

***A warm thank you is extended to the NLTA and to the Branch Presidents for their constant support and dedication to our association.***

## ***Christmas Quotes***

***"Christmas is doing a little something extra for someone."***

***Charles Schulz***

***"From home to home, and heart to heart, from one place to another  
The warmth and joy of Christmas, brings us closer to each other."***

***Emily Matthews***

***Christmas gift suggestions: to your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart.  
To a customer, service. To all, charity. To every child, a good example. To yourself, respect.***

***Oren Arnold***

