



NLCPA

Newfoundland and Labrador Counsellors' and Psychologists' Association



A Special Interest Council
of the
Newfoundland and Labrador
Teachers' Association

February 2013

Message from the President



Dear Members,

We hope the winter finds you well!

The new executive had our first face-to-face meeting in January and we are very excited about our plans for the current term. We are currently working on a new website, arranging meetings to work on best practices fact sheets, and planning a webinar. We will keep you posted in the weeks ahead.

We would like to extend congratulations to Nova Central (West and East) for receiving a NLCPA Special Project Grant. The project is a joint venture between Nova Central School District (NCSD) and NLCPA Central to co-host a Professional Learning Community (PLC) in-service with all of their School Counsellors and School Psychologists. They have secured Dr. Stan Kutcher as their presenter. Dr. Kutcher is an internationally-renowned expert in the area of adolescent mental health and a national and international leader in mental health research, advocacy, training, policy, and health services innovation. Dr. Kutcher will focus on Adolescent Anxiety issues, more specifically on The Big Five - Anxiety Disorders, Depression, Mood Disorders, ADHD and Psychosis.

As part of our ongoing initiative to professionalize our roles, we are still working on our project to highlight counsellors and psychologists who are members of NLCPA. Members who did not have a chance to submit in the fall are being asked to provide a short bio and picture, along with their favourite counselling techniques / questions/quote and professional resource. Please submit your profile to Angie Wilmott (angiewilmott@hotmail.com). We have decided to obtain permission from members and submit a couple of profiles in each newsletter.

We would like to thank NLCPA members for their submissions to the current newsletter. Please keep your articles and ideas coming our way! In addition, we would like to thank our new Communications Coordinator, Angie Wilmott, for her creativity, design, organization and time in bringing this newsletter together.

On behalf of the executive, thank you for your continued support.

Take good care and stay warm!


Peggy Hann
President (NLCPA)

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2012 Lifetime Achievement Award

Dr. Beaton Walsh

Beaton began his career in September, 1980, not in a school yard, as you might expect, but rather in a shipyard, as a pipefitter. It didn't take long for Beaton to conclude that this trade was not his calling, and just two months after beginning the job, he ended his career as a pipefitter. The following September he was off to MUN where he completed a Bachelor of Arts (Education) Degree and a Bachelor of Arts Degree, followed by a Certificate Program in Criminology. Don't quote me on this, but I believe he briefly considered using this Certificate to launch a career in a Crime Scene Investigation Unit....however at that time there was not much demand for "CSI Little Bay."

Beaton's first teaching position was at St. Joseph's All-Grade School in Terrenceville on the Burin Peninsula, where he taught Math and Science for four years. He then moved to St. Bernard's where he spent nine years. He is still fondly remembered by his former students by the "Three F's"....and by that I do not mean failing grades. He is remembered as a:

- ✔ *Fantastic teacher, a*
- ✔ *Funny teacher and a*
- ✔ *Fair teacher.*

Beaton wasn't content with being on one side of the desk. Besides being a teacher he is a committed life-long learner. In the words of Brian Tracy:

"Commit yourself to lifelong learning. The most valuable asset you'll ever have is your mind and what you put into it."— (Brian Tracy)



Above, Eric Short presents Beaton Walsh with the **2012 Lifetime Achievement Award** at this year's NLCPA Conference.

I know of no other person who better fits this statement of life-long learning than Dr. Beaton J. Walsh. After eight years in a fulfilling teaching career, he headed back to MUN to enroll in a Masters of Educational Psychology program. This degree launched him into his current position as Educational Psychologist at the Burin Office of the Eastern School District, a position he has held since 1997.

Many people, after reaching this level of education and professional distinction would be happy to ride out the rest of their career... but not Beaton. In 2000 he received his Doctor of Philosophy Degree in Psychology from Northcentral University, followed by a Doctor of Psychology Degree from Southern California University for Professional Studies. In 2007, he became a Certified Clinical Hypnotherapist. Beaton was accused by a colleague for studying hypnosis as a way to get his wife Debbie to do whatever he programmed her to do.....however Debbie refutes this saying,

“He didn’t have to do the course, I was hypnotized by him from the first time I saw him.”

Beaton’s resume boasts several professional development courses including:

Suicide Management, Cognitive Therapy, Peer Counselling, Conflict Resolution, and 7 Habits of Highly Effective People, however, the full list is too numerous to mention here. The same holds true for professional development sessions offered by Beaton, however, chief among the expertise he has shared with his colleagues would be his anti-bullying presentations; also the focus of his Doctoral thesis.

Beaton was working on the bullying issue long before our current Safe and Caring Schools initiative.

For the past eleven years, Beaton has been running a successful private practice, in addition to his Psychologist position with the Eastern School District. He has come to be known as a highly respected professional and an integral part of the delivery of mental health care on the Burin Peninsula.

Beaton has been an active member of the NLCPA, formally SCAN (or SCAM, as we sometimes jokingly called it) since beginning his career as a Guidance Counsellor. He has served on both local and provincial executives and played an

instrumental role in organizing provincial NLCPA conferences over the years. In addition to being a member of the Newfoundland and Labrador Counsellor and Psychologist Association, Beaton is a member of the Canadian Psychological Association (CPA); the National Federation of Neurolinguistic Programming and is a registered member of the NL Psychology Board.

Perhaps what I admire Beaton the most for is that despite being an extremely dedicated professional and life-long student of the profession, he has continued to look after the most important F’s:

Family . . .

Fitness . . .

Faith . . .

Fun . . .

His dedication to his family, health, faith and being able to let loose with friends is not only foremost in his life but no doubt a key to his success.

Ladies and Gentlemen, I give to you our colleague, our friend, and a role model to all of us:

Dr. Beaton J. Walsh!

Lifetime Achievement Award Presentation Prepared by:
Florence Strang, Debbie Walsh and Eric Short

BARNES AWARD 2012

Trent Langdon Receives the 2012 Barnes Award For Outstanding Professional Development Services

A teacher for over six years, Trent has demonstrated outstanding leadership qualities in his role as President of the Newfoundland and Labrador Counsellors' and Psychologists' Association (NLCPA) Special Interest Council. He was President-Elect (2005-06), President (2006-10) and Past-President (2010-11). In his role with NLCPA he spearheaded numerous projects, including NLCPA Branch Presidents Seminars, discussion forums with MUN's Faculty of Education, development of Ethical Guidelines for Guidance Counsellors, NLCPA Branch Special Project Grant Program, Annual Certificate Training Sessions during conferences, preliminary development of NLCPA scholarship, and provision of textbooks and resources to conference attendees.

Trent has been key in fostering partnerships with the province's educational partners and has been actively involved in various projects/committees with the Department of Education including Review Committee on the Role of the Educational Psychologist, Working Group on the Role of the Counsellor in Assessment, and Consultant regarding the Referral Tracking System. He made presentations/submissions to the ISSP/Pathways and Teacher Allocation Commissions and planned numerous conferences and summer institutes.

Trent is a Canadian Certified Counsellor (CCC) with the Canadian Counselling & Psychotherapy Association (CCPA), a CCPA National Assessment Development Team Member, CCPA School Counsellors' Chapter (SCC) Vice President, CCPA SCC National Network Committee Member, a member of the Mount Pearl Citizens Crime Prevention Committee, and of the New Club Development Team for the Mount Pearl Boys and Girls Club. He has been a member of the Director's Advisory Committee with the Eastern School District as well as a Sessional Instructor with MUN.

Trent is currently Guidance Counsellor at St. Peter's Junior High in Mount Pearl.



Trent receives Barnes Award from Ms. Lilly Cole, NLCPA President

The Barnes Award was established in 1987 to recognize outstanding professional development services provided by teachers at the Special Interest Council level.

Amalgamated Academy Safe & Caring School Initiatives Receive a Great Financial Boost!



“When it comes to creating an environment where students have a sense of belonging, honor diversity, promote respectful, responsible and caring relationships, Amalgamated Academy is top-notch.”

(Pan Canadian Consensus, 2002)

Pictured above from L to R: Lisa King (Principal), Kerri Morgan (School Counsellor/Safe & Caring Committee Chairperson), Heather Sutton (Communities Against Violence Regional Coordinator), Constable John Clarke (Member).

Creating a truly caring and safe school is not an easy mission. Students come from diverse backgrounds, cultures, communities, and socioeconomic status. When it comes to creating an environment where students have a sense of belonging, honor diversity, promote respectful, responsible and caring relationships, Amalgamated Academy is top-notch (Pan Canadian Consensus, 2002).

The Amalgamated Safe and Caring Committee consists of a dedicated and driven group of individuals from both within the school and around the Bay Roberts area. These individuals are true leaders in ascertaining the well-being in our school. Chair, Kerri Morgan states, “We are very grateful for the outstanding dedication and hard work of our safe and caring committee members. Without this teamwork, many of our initiatives would not be possible”. Their efforts have proven effective through their character education programs such as their theme months. These themes promote character building and mindfulness. Girl Power weekends and monthly AWESOME draws are also initiatives that are

run at the school level through this committee. Other programs include The Roots of Empathy program, a Peer Mediation student group, and the Safe and Caring Student Committee to name a few.

Along with the time and effort needed to provide these character building initiatives, a great deal of financial support is needed as well. This year Amalgamated is very lucky to be receiving a grant from Communities Against Violence totaling \$2500. This will mainly be used to cover a Girl Power Weekend and to provide support to our school-wide monthly Awesome program.

For many, Amalgamated Academy has become a safe haven. Constable John Clarke states that Amalgamated Academy thrives via the efforts of the Safe and Caring Committee. **Amalgamated excels through its proactive projects that make this school a more peaceful and pro-social place to be!**



Cognitive Behavioural Therapy & The Perks of Having Cancer

By Florence Strang

When Angie Wilmott, Communications Coordinator for the NLCPA, invited me to contribute an article to their newsletter, I was all over it. I immediately set out to impress you all with a very scholarly article containing lots of big words, like psychoneuroimmunology (it is a real word, trust me). But then I noticed that Angie made more than one reference to the fact that she really loves the "voice" of my blog, perksofcancer.com. Well, that voice is not scholarly at all. In fact, it is more like I am having a yarn with my readers. So that is the approach I have decided to take in this article. (I am giving this little prelude so that you don't think, "OMG, she haven't got the clue how to write for a professional newsletter!")

For more than twenty years in my work as a School Psychologist (notice I did not say Educational Psychologist?) turned School Counsellor (see, I did it again), I have been using a counselling technique called Cognitive Behavioral Therapy (CBT). The basic premise behind this technique is that you can change how you feel by changing what you think. Since we are in the business of changing how people feel (anxious, depressed, insecure, worthless...), this is a handy tool to have about. Although I could get into the details of identifying self-defeating beliefs, cognitive re-structuring, etc, I think you will learn a lot more from a simple example.

Kyle (name changed), is a ten year old student who presents with Tourette's Syndrome. Pretty much on a daily basis, Kyle would be sent to my office in a state of high agitation, which manifested as facial tics (okay, I will leave in a few big words). I would do my usual calming exercises, you know, deep breathing, progressive muscle relaxation, yada, yada, and I would also help him to identify the thoughts underlying his upset. One day, I had a real breakthrough with Kyle, which went something like this:

Me: *So Kyle, what is upsetting you today?*

Kyle: *The recess bell was about to ring and everyone else had their math done except me.*

Me: *Everyone?*

Kyle: *Well, not everyone, maybe 7 or 8 of us didn't get it finished.*

Me: *And those 7 or 8 others, did they get upset like you?*

Kyle: *No, they just went to recess.*

Me: *What were you thinking when you got upset?*

Kyle: *I was thinking that I don't want to have to do the math for homework and Miss would be mad at me for not getting it finished.*

Me: *And what do you think the other kids who didn't get their math done were thinking?*

Kyle: *They probably just said, what odds about it, I'm going to recess.*

Me: *So you see Kyle, it was not the fact of not getting the math finished that caused the upset, otherwise all 8 of you would have been upset. What caused the upset is how you choose to THINK about it.*

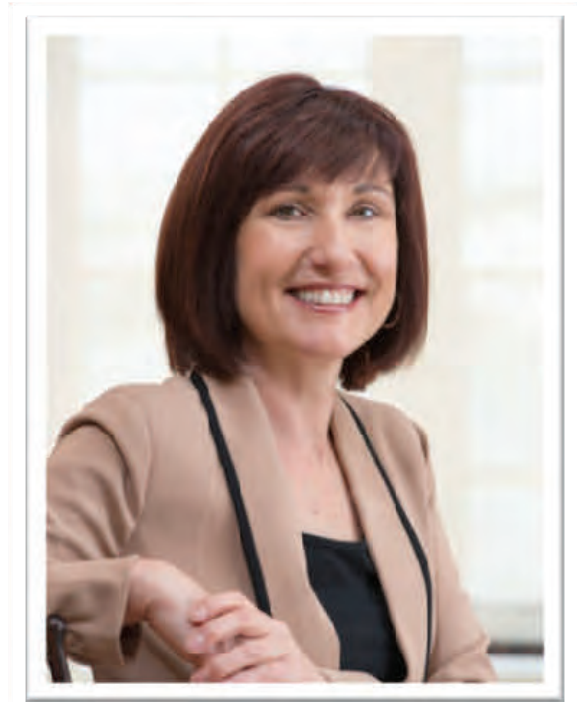
Kyle's face lit right up. He got it! We did a bit more work on changing his thoughts, but I am happy to say that he has not been sent to my office in more than a month. (God love him.)

The real test of CBT for me came in 2011 when I was diagnosed with stage 3 breast cancer. I can honestly say that for six months following my diagnosis, I could have been the poster child for Elizabeth Kubler-Ross's stages of grieving. Now at the time, I wasn't there with my checklist saying, "Denial, check, Anger, check, now it's on to Bargaining..." In fact, it is only in retrospect that I can see that I went through those stages at all. But I can almost pinpoint the exact moment that I came to the final stage, Acceptance. It was a beautiful day in October, six months after my initial diagnosis, and my body was under attack from a very grueling round of chemotherapy. I was lying in bed, too sick to lift my

bald head from the pillow, and throwing myself a real pity party, when suddenly the thought occurred to me: "Physician heal thyself". Okay, it was more like: "Flo, get your F*^%\$* act together", you know what I mean. I realized that I had a choice to make in how I was going to face my cancer journey. I could choose to focus on the ugly, harsh realities, like the terror of facing an untimely death, financial setbacks, change of body image, and the painful medical procedures. OR, I could choose to focus on the positive. So I set about to convince myself that cancer was not THAT bad, hey it even had its perks.

For example, not once since being diagnosed with cancer did I have to help out with the dishes at big family dinners. That thought brought a smile to my face and I decided that if finding one perk could bring a smile to my face, then I would find 100 Perks of Having Cancer. And so, a blog was born.

Blogging 'The Perks of Having Cancer' was instrumental to my healing, and a testament to the power of positive thinking. By changing my thoughts about cancer, and focusing on the perks rather than the quirks, I changed how I felt about the whole experience. Don't get me wrong, I still think cancer is a B*&^%, but I can honestly say that the year I spent battling cancer was one of the happiest of my life. If you don't believe me, I guess you will just have to buy my book, **100 Perks of Having Cancer Plus 100 Health Tips for Surviving It** (Basic Health Publications), due to be released in August of this year. Yeah, having my dream of being a published author realized is definitely perk # 101!!!



*Florence Strang is a Registered Psychologist currently working as a School Counsellor, who also works in private practice. Her story of battling cancer with an unwavering faith and an unbeatable positive attitude is told in **Woman's World Magazine** (April, 2012), and **Chicken Soup for the Soul: The Power of Positive** (2012). Florence has been interviewed by CBC Radio, the NTV Evening News and The Health Monitor (New Jersey). Her writing has been featured in several publications, including **Mindfulness Magazine**, and the latest edition of **The NL Wellness Guide**. Her book, **100 Perks of Having Cancer Plus 100 Health Tips for Surviving It**, co-authored with Susan Gonzalez, R.N, is due for release in August, 2013 by Basic Health Publications out of California. Florence lives in scenic Lewin's Cove on the Burin Peninsula with her three children, Kaitlyn, Donovan and Ben.*



Nova Central School District Helps Raise Eating Disorder Awareness

On November 20, 2012 NLCPA Central, in partnership with Nova Central School District, hosted a PD session on Eating Disorders to all the Guidance Counsellors and Educational Psychologists in the Nova Central District.

The morning session was facilitated by Ellen Foley, Executive Director of the Eating Disorder Foundation of Newfoundland and Labrador and Patricia Nash, who is the foundations Program and Outreach Facilitator. The session outlined characteristics of Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and Eating Disorder not otherwise specified (EDNOS). This was an informative session.

The practical elements discussed were extremely beneficial for individuals working in the school setting.

The Eating Disorder Foundation of Newfoundland and Labrador would like to thank the Nova Central District for giving us such a wonderful opportunity to be present in their community.



Above (left - right):

Ellen Foley (Executive Director of EDFNL), **Patricia Nash** (Program and Outreach Facilitator EDFNL), **Glenda Ball** (NLCPA Branch President Central (East), Guidance Counsellor Lewisporte Academy/ Lewisporte Intermediate), **Linda Webster** (Senior Education Officer - Student Support Services with Nova Central School District)

For more information regarding the Eating Disorder Foundation of Newfoundland and Labrador contact: 722-0500 or info@edfnl.ca

Reaching The North

SCHOOL COUNSELING SERVICE IN LABRADOR'S NORTH IS EXCITING AND ALWAYS WEATHER DEPENDANT.

The communities of Batteau (above) and Black Tickle (lower right) on the historic fishing site of the Island Of Ponds. While Batteau residents have resettled in Cartwright during the resettlement era, Black Tickle has held strong through thick and thin. Pictures (A - LX) Credit: Corby Roberts.

The Fun Part: Getting There!

Waking up at 5:30am on a cold January morning in Happy Valley - Goose Bay to catch a 7:30am flight to Labrador's North Coast, I am wondering if this is all worth it. It is pitch black outside and the sun is not due to rise for another three hours. There has been a cold streak on for days that bites so deep, the thought of putting on multiple layers of clothes before I hit the outside air has delayed me from uncovering my feet from my toasty covers. The cold temperatures also adds to the daily morning routine, including dressing to withstand the outside air long enough to start the truck and unplug the extension cord attached to the block heater that has kept the truck's engine oil warm enough throughout the deep freeze of the uncomfortably beautiful

Labrador night to allow the truck to start without a problem. As the truck warms up, a check is performed to ensure everything needed for a successful visit to the schools on the coast is packed and ready. Travel time, as well as weather, is something to contend with while servicing Labrador's North Coast. Because flying time falls within the work day, one only has so much time left during the first and last day of a visit to prepare for and clue up delivery of guidance programs to classes and follow up with students on active caseloads, as well as making time to receive and review new referrals. With the final check completed, it's time to hit the road. That's when the question arises as whether or not to buy treats from the local doughnut shop for the



Labrador's Coastal Taxi

The de Havilland (DHC) Twin Otter 19 passenger aircraft helps to keep Labrador's North accessible in the Winter during the shipping offseason. These planes have one of the best flying records in the world and are produced in Canada. The pilots of these planes are almost as hardy and steadfast as the planes. The aircraft's fixed tricycle undercarriage, Short takeoff and Landing (STOL) abilities and high rate of climb have made it a successful cargo, regional passenger airliner and MEDEVAC aircraft.

[Photo Courtesy: http://2.bp.blogspot.com/_e0jW5d1E/UPBSE0V40EAAAAAAAAAADIEM/6wY5yABp4I

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Nain and Hopedale (L - R) are quaint and picturesque towns with a vibrant native culture that embraces winter in a way that warm's the heart. Photo Credit: (Nain) <http://www.flickr.com/photos/40419580@N00/369454216/> (Hopedale) <http://www.amoscomanusk12.nf.ca/images/community/walk-in-hills-012.jpg>

Cartwright is connected by road from Blanc Sablon in the South to Happy Valley - Goose Bay in the North via the Cartwright Junction. Some of the scenery along this road, which is still wonderfully underdeveloped, is quite astounding to say the least. Fluffy clumps of pristine white snow contrasted with the tall straight evergreens create a breathtakingly beautiful view with the help of cloud covered late morning sun as shown here.

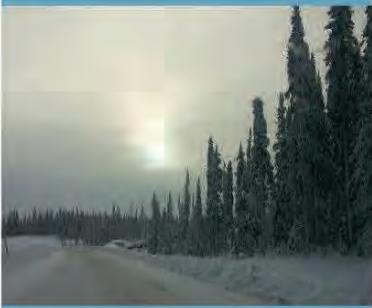


Photo Credit: Corby Roberts

school's staff before reaching the airport. That depends of course on the amount of luggage already packed for the trip. With a strict limit of 2 bags at 25lbs a piece, One has to be choosy about what to bring. Since my hands are usually full of extra "I'd like to try this" or "just in case" material, there is little room left for carry on "luxury" items. Hopping on a passenger plane in the northern parts of this province is a little different than what one would normally experience in the south. For example, people regularly enter the airport from Black Tickle North wearing snowpants coupled with winter boots and parkas sometimes registered for -40 degrees or better. Also, passengers have to take a walk outside before precariously climbing aboard the 19 seater, which may be partially full of cargo destined for people and fledgling businesses in communities (i.e. stops) along the route. Once aboard, the feeling of pure freedom hits when we are thrust into the air. This happens briskly in a twin otter. Due to their short takeoff and landing abilities, Twin Otter aircraft almost literally jump into the air providing an invigorating launch for those fortunate

to love flying. Once aloft, passengers and crew can usually expect one of two extremes, a bouncy ride with little to no view as a result of turbulent air masses and low cloud cover, or a seat as steady as the ground below and a view of a landscape so beautifully coloured with blue, grey and white hues and so ruggedly carved by wind and water that it makes one question the very existence of life here

Travel time, as well as weather, is something to contend with while servicing Labrador's North Coast.

CORBY ROBERTS.

in the north. Once on the ground, preconceived ideas of this world are quickly shed and takes on a new meaning as we are greeted with bright faces so beautifully shaped by the land and the hundreds of generations of their people before them that have kept it well while surviving its extremes. With the dull morning and the flight behind, the question as to whether or not this job being worth it is not a question any longer. It now feels as though a burden is lifted and an energizing effect of the school's students and staff take over. At this point, and for good reason, I find it somewhat difficult to settle into work. This feeling I get each time I travel to the North Coast makes any doubt if it's all worth it quickly disintegrate and go into ether.

Cartwright (Pictured bottom L - R) may not receive winter weather as severe as on Labrador's North Coast, but the scenery in this part of the Big Land is equally dramatic.

Photo Credit: (L - R) Ms Shirley Walsh



Member Profiles

Jennifer Street-Abbott

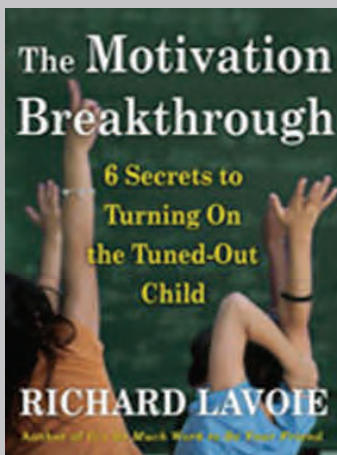


Favourite counselling statements, questions, strategies...

- "What did you (or others) do that was helpful in the past?"
- The Social Autopsy.
- Mood Mapping (can be completed in at least one week) - identify good, bad and indifferent moods you feel. Then the task is to identify what the triggers may be and find solutions, or at least reasonable responses to these triggers.
- Write: 'The Ten Things I Like About Me'
- SMART Goal Setting (Specific, Measurable, Achievable, Realistic & Timely)

Educational / Employment History

- Jennifer has a Bachelor of Science degree in Psychology, Bachelor of Education degree (Primary/Elementary) and a Master of Education (Counselling Psychology).
- She has worked as an Itinerant Assessor, Classroom Teacher and Behaviour Support Specialist.
- At present, Jennifer is a School Counsellor & Instructional Resource Teacher employed with the Avalon East Region of the Eastern School District



Jennifer Likes this!

Hobbies & Interests

Jennifer enjoys traveling and spending time with her family, jogging, cooking, gardening and oil painting.

Jennifer's Favourite Quotes

"Our greatest glory is not in never falling, but in rising every time we fall." Confucius

"Sometimes the best helping hand you can get is a good, firm push." Joann Thomas

As a parent this quote often echoes the importance of family, "The days are long, but the years are short." Barbara Maddigan

April Porter Crews

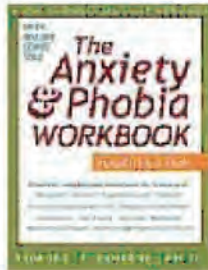


Favorite counselling statements, questions, strategies.....

- ★ If you could use a magic wand tell me how your world would look.
- ★ Have you ever tried deep breathing exercises? Lets try together.
- ★ Use guided imagery to describe in detail your happy place.
- ★ Make a list of the top ten things you are grateful for and keep that list close.
- ★ Whenever you are sad or anxious read your list over and over.
- ★ Pick a mantra or some motto that you truly believe in to help guide your thoughts in a more positive direction. For example, Life is good !
- ★ Exercise is statistically proven to be as or more effective than antidepressants!

Educational/Employment History

- ★ Bachelor of Science - Major in Geology and minor in Math, Bachelor of Education (Secondary) and Masters in Education (Counselling Psychology)
- ★ I have worked as a junior high math and science teacher and high school counsellor.
- ★ Currently, I am a school counsellor at Holy Spirit High, Conception Bay South, Eastern School District.



April's favorite too!

Hobbies & Interests

I am the Mother of two active boys spending many hours on soccer fields and in hockey arenas. I am also the co-owner of Sisters in Fitness, offering over 30 different kinds of fitness classes in the CBS area. My love of nature brings me to gardening, walking, water activities and much more. I love to travel especially on getaways with my husband!

Favorite Quotes

- ★ "Don't trouble trouble until trouble troubles you" (My Mother)
- ★ "It's in our darkest moments that we learn the most" (My Grandmother)
- ★ "Success is not final, failure is not fatal, it's the courage to continue that counts" (Winston Churchill)

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Dr. Kottler Releases His Latest Book

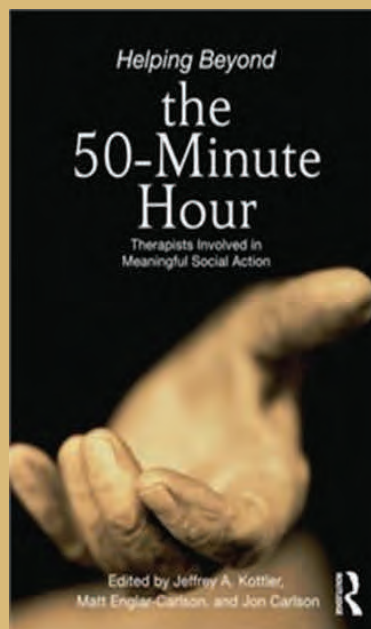
December 2012

Helping Beyond The 50-minute Hour:

Therapists Involved In Meaningful Social Action

"Slacktivism" is a term that has been coined to cynically describe the token efforts that people devote to some cause, without long-term or meaningful impact. We wear colored wristbands, pins, or ribbons proclaiming support for a particular organization. We might post something on social network sites or send messages to friends about causes dear to our hearts. We might even volunteer our time to work on behalf of marginalized, oppressed, or neglected groups or donate money to a charity. Yet the key feature of significant social action is follow through continuing efforts over a period of time so as to build meaningful relationships, provide adequate support, and conduct evaluations to measure results and make needed adjustments that make programs even more responsive.

This book is intended to inspire practicing psychotherapists and counsellors, as well as students, to become *actively* involved in a meaningful effort. The authors have searched far and wide to identify practitioners representing different disciplines, helping professions, geographic regions, and social action projects, all of whom have been involved in social justice efforts for some time, whether in their own communities or in far-flung regions of the world. Each of them has an amazing story to tell



that reveals the challenges they've faced, the incredible satisfactions they have experienced, and what lessons they've learned along the way. Each story represents a gem of wisdom, revealing both questions of faith, as well as of sustained action. The authors have been encouraged to dig deeply in order to talk about the honest realities of their work. After reading their stories, you will be ready to pick a cause that speaks to you and begin your own work.



Poetry Corner

Handwritten-style text in the top right corner of the green header.

School

by Ashley Rideout

We sit

We write

We learn

We laugh

We play

We learn

We cry

We suffer

We learn

We travel

We explore

We learn

Yeah really

School is truly everywhere

I Don't Know Where I'm Going

by Ashley Rideout

I don't know where I'm going

Where you'll take me

Or where you'll take me

I just innocently wander waiting to find home

But there is no "home"

There's only light

Where I started

And darkness

Where I think I'm going

But I don't know where I'm going

I cannot leave this path

About the Author

My name is Ashley Rideout. I'm a 17-year-old level 4 student going to Random Island Academy. I've been diagnosed with Asperger's Syndrome for several years now. I love doing poetry and writing in order to express my thoughts and feelings on the world around me. Poetry is easily my favorite style of writing, especially free verse; all you have to do is play with words. I'm currently hoping to release a small poetry book in the future.

"I Don't Know Where I'm Going" is about the choices that you make in life. We are forced to choose many paths in life. We also can't leave the path of life or else, well, we'd be dead. This poem describes those many choices we have to make in life and how it leads us into the unknown future; from "light" to "darkness" so to speak.

Laughter... the Bestest Medicine

Submitted by Tracy Gardiner (School Counsellor, Gonzaga High)

Teacher: Why are you late?

Student: Class started before I got here.

haha!

Teacher: John, why are you doing your math multiplication on the floor?

John: You told me to do it without using tables.



Teacher: Glen, why do you always get so dirty?

Glen: Well, I'm a lot closer to the ground than you are.

Teacher: Millie, give me a sentence starting with 'I.'

Millie: I is..

Teacher: No, Millie..... Always say, 'I am.'

Millie: All right... 'I am the ninth letter of the alphabet.'

Teacher: Winnie, name one important thing we have today that we didn't have ten years ago.

Winnie: Me!

haha!

Teacher: Now, Simon, tell me frankly, do you say prayers before eating?

Simon: No sir, I don't have to, my Mom is a good cook. (God love him!)

Teacher: Glenn, how do you spell 'crocodile?'

Glenn: K-R-O-K-O-D-I-A-L'

Teacher: No, that's wrong!

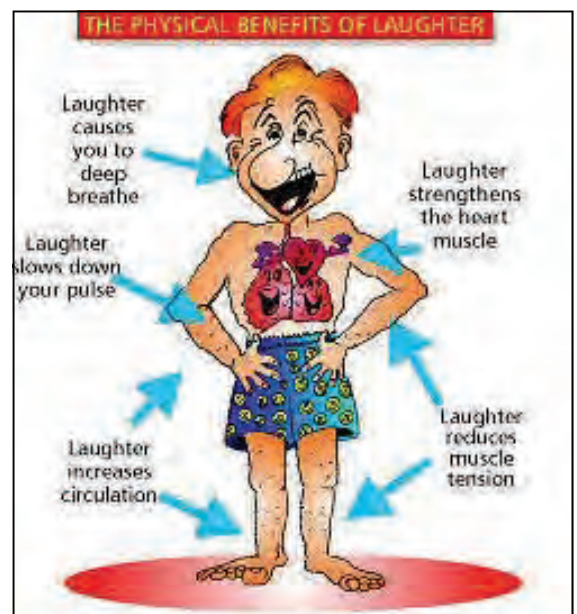
Glenn: Maybe it is wrong, but you asked me how I spell it.

Teacher: George Washington not only chopped down his father's cherry tree, but also admitted it.

Now, Louie, do you know why his father didn't punish him?

Louis: Because George still had the axe in his hand.....

haha!





2013 CCPA NATIONAL CONFERENCE

**Westin Nova Scotian Hotel
Halifax, Nova Scotia**
May 14 - 17, 2013

<http://ccpa-accp.ca/conference/index.php>

KEYNOTE SPEAKERS

Michael Ungar - May 15, 2013

Dr. Michael Ungar is a Professor of Social Work at Dalhousie University and Scientific Director of the Resilience Research Centre. He has published over 100 peer-reviewed articles and chapters and 11 books on the topic of resilience and its application to clinical and community work with children and families with complex needs (the Social Ecological Approach to counselling). His latest work includes a clinical textbook *Counseling in Challenging Contexts*, *The Social Ecology of Resilience: A Handbook of Theory and Practice*, and a novel *The Social Worker*.



Building Resilience Across Contexts and Cultures

This presentation will show how professionals can intervene effectively with children, youth and families labelled "dangerous," "deviant," "delinquent" and "disordered". Based on clinical practice with individuals with complex needs who use multiple services (mental health, child welfare, corrections, special education, and addictions) and research with children and their families around the world, Dr. Ungar will show how a strengths-based social ecological approach to intervention can nurture "hidden resilience" in culturally sensitive ways. While we commonly think of resilience as an individual's capacity to "beat the odds" and overcome problems, this presentation focuses on how we can "change the odds" to make resilience more likely to occur. Dr. Ungar will discuss seven factors that protect vulnerable young people and their families from the long-term impact of disadvantage, violence, and other serious threats to their mental health and he will show how we can help children and adolescents navigate and negotiate for these

resources in ways that sustain their positive psychological growth.

Sylvie Giasson - May 16, 2013

With her passion for communication and writing, Sylvie Giasson has been working for more than 20 years to educate the general public as well as health and education professionals on mental health and sexual orientation issues. She is known for the excellence of her conferences that are touching and funny. Group facilitation, training, human resources and organizational change management have become her specialties. Over the years, Sylvie has distinguished herself with professional excellence awards at the national level. Her third work, *Depression was not in my career plan – finding your way back to your personal and professional path*, is a clear, complete and remarkable guide for people in difficulty, their loved ones and their organization.



Depression Was Not In My Career Plan

Having dealt with mental health problems for nearly 25 years, Sylvie Giasson has some surprising thoughts to share with others on the path that led her from anguish to balance. Based on her own experience with chronic depression and her hospitalization as a psychiatric patient, she speaks of the treatments that are available today, namely psychotherapy, suicide prevention, going back to work and the means she has adopted to find and maintain her own equilibrium. She also addresses universal themes such as the importance of knowing your limits and respecting them, making choices that are in line with who you are and achieving your full potential. The anecdotes she has to share are funny, moving and

2013 CCPA National Conference

educational, both for people with problems as well as those trying to help them. Acclaimed by thousands of people, this conference is anything but depressing!

Martin Antony - May 17, 2013

Dr. Martin Antony is Professor and Chair in the Department of Psychology at Ryerson University in Toronto. He is also Director of Research at the Anxiety Treatment and Research Centre at St. Joseph's Healthcare in Hamilton, Ontario. He is internationally known for his books and research in the areas of anxiety disorders, perfectionism, cognitive-behavioral therapy, and assessment of psychological disorders. Dr. Antony has received career awards from the Society of Clinical Psychology (American Psychological Association), the Canadian Psychological Association, and the Anxiety Disorders Association of America, and is a Fellow of the American and Canadian Psychological Associations.



Transdiagnostic Treatments for Anxiety Disorders

This presentation will discuss recently developed anxiety disorder treatments that target multiple anxiety problems at once. These psychological interventions are potentially useful for individuals with more than one anxiety disorder. They can also be used in group therapy for clients with different types of anxiety disorders. The presentation will include the rationale for developing transdiagnostic treatments, an overview of current transdiagnostic protocols, and a discussion of how these protocols can be implemented in clinical practice.

Interested in Attending??

NLTA members may be eligible to access out of province travel grants. These grants are available to individual members every 5 years. Grants must be approved in advance of travel. For more information please visit:

<http://www.nlta.nl.ca/files/documents/forms/oopgrant.pdf> &/or http://www.nlta.nl.ca/outofprovincegrant_application

Porter Airlines is providing discounts for conference participants. Discount code: **CCPA13**

NLCPA Members Presenting

Don Chafe

Don Chafe is a school counsellor in Newfoundland and part-time faculty in Acadia's Counselling Program. A Canadian Certified Counsellor and CACPT Certified Child Psychotherapist, he has presented internationally on child therapy.

Using Play Therapy in Schools

This workshop is an introduction to Play Therapy for counsellors working with children in Primary, Elementary, and Intermediate school settings. Participants will explore various Play Therapy theories as well as learn and practice some play therapy techniques. Strategies for integrating play with existing school counselling programs will be explored.

Chris Cooper & Dave Warren

Chris Cooper is Lead Counsellor and Counsellor for Engineering Technology at CNA-Q. He is the Past-President of both CCPA and NLCPA. Graduate of UNB with M.Ed. (Guidance and Counselling).

Dave Warren worked for 30 years in the Newfoundland and Labrador school system as a counsellor, administrator, and teacher. Dave is currently employed at the College of the North Atlantic, Qatar (3 ½ years).

Counselling Challenges in the Middle East

Chris Cooper and Dave Warren are two Canadian student counsellors who work at the College of the North Atlantic – Qatar, a technical college from Newfoundland and Labrador contracted by the Middle Eastern gulf state of Qatar to deliver training in the areas of Engineering, Business, IT and Health Science as well as Trades and Contract Training. They discuss their experiences of working with students from the second richest country in the world. What's it like to work in a country with such extremes of climate, vast wealth, conservative religion, deep rooted culture and a booming economy? The challenges and rewards of their experiences will be discussed during this photo rich session.

2013 GLOBAL INNOVATORS CONFERENCE

CNA Qatar looking for Presenters!



College of the North Atlantic's Qatar campus (CNAQ) to host the 2013 Global Innovators Conference: *Leading and Learning in Technical & Vocational Education and Training (TVET).*

The 2013 Global Innovators Conference: *Leading and Learning in Technical and Vocational Education and Training (TVET)* will take place at the Qatar National Convention Centre in April 2013. The goal of this international conference is to share successful innovation in TVET programming and delivery. The counselling stream of the conference will be different in that it can focus on any aspect of counselling and not solely on TVET.

Central Themes of Conference:

1. TVET Leadership and Innovation
2. Applied Research and TVET
3. Teaching and Learning in TVET
4. Supporting Learners in TVET
5. Counselling

Additional Counselling subthemes:

- Managing the transition from high school into TVET
- Managing the transition from TVET into the workforce
- Managing international & cross-cultural perceptions of TVET
- Managing social challenges in an economically prosperous region
- Addressing mental health in a booming economy – issues & answers
- Exploring grief & bereavement counselling in Arab/ Middle Eastern culture

Keynote Speakers: **Dr. Brian Little** and **Dr. Patch Adams** have been secured as Key Note Speakers for the counseling stream. Dr. Brian Little is an internationally acclaimed scholar and speaker in the field of personality & and motivational psychology. And you may remember Dr. Adams from the 1998 Hollywood movie, '**Patch Adams**' in which he was portrayed by Robin Williams! Please visit the conference website for more information on these two amazing speakers!!

Call for Proposals

Counselling professionals are invited to (1) submit their ideas for a presentation at the conference and (2) register as an attendee.

For more details on the Global Innovators 2013 conference, or to submit a proposal or register online, please visit our conference website at <http://www.globalinnovators2013.com>



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Remember. . .



**Be mindful, peaceful,
soulful,
& self-full...**



Please send your submissions to:

angiewilmott@hotmail.com

We will keep compiling until we're ready for the next one!

