



NLCPA

**Newfoundland and Labrador Counsellors' and
Psychologists' Association**
A Special Interest Council of the NLTA

Letter from the President



Dear Membership,

Let me start with "Happy Summer !"

Year end is a wonderful time of reflection and a great time for planning. It is also an opportune time to thank individuals for all of the contributions made throughout the year. Counsellors and psychologists have a very unique skill set and throughout the year they make positive differences in the lives of students, parent, educators and other stakeholders on a daily basis. Take some time and give yourselves a "pat on the back" for all that you have done this year. The executive would also like to give you that pat on the back and say "Hats off to you!" for another successful year completed !

Just a few updates since our last newsletter in early May....

Updates from the BGM

First of all, special thanks to Trent Langdon for representing NLCPA at the BGM during Easter vacation. Our resolution (presented from the floor) re: Counsellor Office Space & Privacy was voted in favor of by the assembly. We were also able to contribute to debate surrounding the need for Special Services Department Heads. This was also voted in favor of by the assembly and the NLTA will lobby for this piece with the Department of Education. Discussion and debate was quite significant throughout the three days and there were many opportunities to bring forward the concerns of counsellors and psychologists in the areas of reimbursement for travel and movement on the inclusionary model.

Counsellor Office Space

As a follow-up to the BGM, a letter outlining your concerns RE: renovations and new constructions has been submitted to Lily Cole on June 13. In our letter we emphasized how it is critical that counsellor office spaces are designed to ensure that they are warm, safe, confidential settings with ample space for the delivery of counselling programs and services. We have asked that the NLTA take the lead and lobby government to address the concerns. We have requested the development of a set of guidelines and best practices for counsellor office spaces. Lily responded to our letter immediately. She has forwarded our concerns to the Benefit and Economics Division and to the Collective Bargaining Committee.

CCPA Conference in Ottawa

We had strong representation at the CCPA conference last month. Trent Langdon, Tamar Kelly-Duff, Paula George, and I all attended. I was thrilled to have such support from the executive. It was a great opportunity for net-working, professional learning and wellness. Presentation summaries for some of the sessions are provided in this newsletter. Some presentations are available in the Virtual Teacher Centre.

Virtual Teacher Centre

If you do not already have an account, go to myvtc.ca and set up your Virtual Teacher Centre username/password. Request that you become a member of the NLCPA group. It's an awesome way for us to share information on relevant topics and to share presentations and best/better practices. Get your VTC account today !! We have a membership/VTC promotion and you have the opportunity to win an iPad 2 ! Sign up today !

CCPA National Conference Announcement

The Canadian Counselling and Psychotherapy Association (CCPA) is pleased to announce that the 2012 Conference is in Calgary from May 25 - 27, 2012. The theme is "Reflecting on Self and Practice."

NLCPA Provincial Conference Announcement

Our Annual Conference and AGM will be held in St. John's from October 26-28th. We are delighted with our conference line-up: Danie Beaulieu, Barbara Maddigan, Gerry Dooley, Amy House, Carl George, and Judy Beranger. The conference theme is: "Taking Care of You & Me."

On behalf of the executive, thank you for continued support of the association. Let me end in the same fashion as in Lily Cole's best wishes for summer: "Enjoy the lazy, hazy days of summer !"

Take good care!



Peggy Hann
President (NLCPA)

NLCPA's Fall Conference & AGM

October 26-28, 2011

Impact Therapy

"Taking Care of You & Me"

Pre-Conference – Wednesday, October 26th

Presenter: Gerry Dooley

Topic: Laughter and all the other C.R.A.P.P.

- Our pre-conference will start at 1:00 PM

- Certificates for completion of Gerry's session will be provided

Thursday, October 27th

Amy House – Laughter the Best Medicine for All !

Dr. Danie Beaulieu - Impact Therapy



Who is Danie Beaulieu?

Danie Beaulieu, Ph.D., is the founder and president of Académie Impact, a training institute in Lac-Beauport, Quebec. A psychologist specializing in the innovative multisensory intervention and teaching methods, she is co-developer of Impact Therapy and Eye Movement Integration Therapy and is currently the only person authorized to teach these two approaches in Canada and in the French-speaking world. She has published seventeen books and numerous booklets and articles on these and other creative techniques in French. Many of them are translated in different languages. Her most recent project is the Psyboutique, a collection of original multisensory tools and toys with “added psychological value” for therapy and personal growth.

In addition to giving numerous conferences and workshops to teachers, therapists, counsellors and general audiences in Canada each year, Dr. Beaulieu is a highly sought-after international trainer, presenting two- and three-day workshops throughout North America, Africa and Europe. She is regularly invited to present as keynote speakers to different annual meetings of numerous professional societies.

Recognized for her dynamism, humour and her extraordinary capacity for work, Danie Beaulieu is an unequalled communicator in both French and English, for both large and small audiences, for professionals and the general public alike.

Impact Therapy

Impact therapy is a brief, creative, integrative and concrete approach that will add real Impact to your clinical repertoire. Learn the underlying concepts of this original and eclectic set of theories and techniques, while mastering the art of addressing your client's entire neuronal network by engaging all the senses. Both therapists and clients become more active in the process of resolving a wide variety of clients' difficulties – with quick and lasting results.

Integrate these new tools by trying them out during stimulating training sessions, presented with lots of energy, creativity and – an essential element of Impact Therapy – with a great deal of confidence in the clients' own inner resources. In this session you will learn the main theories and their applications, permitting immediate integration of **Impact Therapy** into your practice. The **Impact** approach is useful in therapy with children, adolescents and adults; as well as for couples, family and group therapy.

Comments on Danie Beaulieu

"Danie Beaulieu's session on Impact Therapy emphasized visual and kinesthetic methods to engage an individual's sensory systems to facilitate understanding and resolution of their difficulties. Danie presented many excellent counselling techniques and strategies to engage my students in the counselling process both in and out of their sessions. Her ideas are particularly useful to me as a counsellor in the junior high school setting in dealing with adolescents."

Paula George, School Counsellor, Leary's Brook Junior High

"I have been presenting nationally and internationally for over 25 years. I have been active in national organizations for over 30 years. During that time I've heard thousands of speakers and I would have to say that Dr. Danie Beaulieu is among the top 5 that I have ever heard. She is special. I've had the pleasure of hearing her speak a number of times and have known her for over 10 years. I know of no other speaker who gives even half as many talks as she does each year. Not only does Dr. Beaulieu know the subject very well, but also she has a presentation style that is very inviting. She is humorous, serious, well-prepared, and can think on her feet. Dr. Beaulieu has a keen sense of her audience and varies the formats of her talks to keep her audience very energized."

Jeffrey K. Zeig, Ph.D., Founder and Director, The Milton H. Erickson Foundation

"The teaching of Danie Beaulieu, Ph.D., during her workshop about Eye Movement Integration EMI in Freiburg/Germany was an absolutely unique mixture between a precise didactic structure and spontaneous humorous improvisation on a very high level. During the workshop more than one time I asked myself: If she can teach in this brilliant way in English, what is this woman able to do in her own native language? I regret not speaking French and not being able to have the full fun. You should see her soon, before she is getting so famous you have to travel long-distances to attend her workshop or perhaps you cannot afford her workshops anymore."

Bernhard Trenkle, Past-President Milton Erickson Society Germany (M.E.G.), Member Board of Directors Milton Erickson Foundation

All participants will be provided with a FREE copy of her book on Impact Techniques for Psychotherapists.

Danie's website is: <http://www.academieimpact.com/en/daniebeaulieu.php>

Friday, October 28

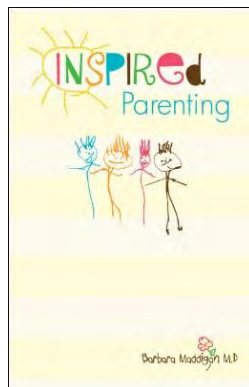
Dr. Barbara Maddigan - Child & Adolescent Anxiety

- Impact on Performance & Quality of Life
- Communication Around Anxiety



Dr. Barbara Maddigan is a child psychiatrist with 15 years of clinical experience. She received her Bachelor's of Science in Biochemistry and Medical degrees from Memorial University, before completing a Psychiatry residency and Child and Adolescent Psychiatry sub-specialty.

Dr. Maddigan began her clinical career at the Janeway Children's Hospital in St. John's, Newfoundland in 1995. She worked as an Assistant Professor at Memorial University, as the Psychiatry Training Program's curriculum director, and as the Director of Training for the Psychiatry Training Program. She was promoted to Associate Professor at Memorial University in 2004, completing a six-year term as the Psychiatry Residency Training Program Director. Dr. Maddigan left her hospital-based practice in 2004 to establish a busy community-based practice in St. John's.



All participants will receive a FREE copy of Dr. Maddigan's new book *Inspired Parenting*.

Website: <http://www.inspiredparenting.ca/>

Friday, October 28 (continued)

Burnout and Fatigue (Danie Beaulieu)

Meditation/Healthy Living (Carl George)

How is Your Wellness Wheel Rolling? (Judy Beranger)

The WOW Session

Creative Breeze Training Inc.

(CCPA Conference, May 2011)



Janice Butler was born the small village of Paquetville in the province of New Brunswick and now lives in Bear Island near Fredericton. She had a training career in Australia and in North America! Then, she became business owner and president of her own company, Creative Breeze Training Inc.

Like she says so often..."life is too short to wait until the end and then say ...oh! I wish I had done this"!

Janice has this gift to inspire people and lights up the room when she walks in! Her enthusiasm is contagious...

This was a magnificent and energy filled session by Janice Butler to help participants attract remarkable success. It was filled with powerful and motivational tools, techniques and experiences to help participants realize success through immediate action. Janice delivered inspiring topics assembled into an energetic and well orchestrated flow of dynamic, visual, musical, practical, and memorable moments to help people: understand how to take advantage of their thoughts; specify their vision, their goals, and objectives; discover how to deal with internal dialogue that sometimes stops them from moving on; master practical and powerful ways to recharge their batteries and have the energy to accomplish life's feats; realize the benefits of getting off the path and creating their own tracks. This session was an opportunity for participants to stimulate creativity and celebrate originality; have fun; enjoy the moment and; be inspired!

For more information on this and other sessions offered by Creative Breeze Training please visit www.creativebreezetraining.com

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

Compassion Fatigue: What's New? What Works?

(CCPA Conference, May 2011)

Presenter: Francoise Mathieu is one of the leaders in Compassion Fatigue and Vicarious Trauma education in Canada. Since 2001, Francoise has given hundreds of seminars on compassion fatigue and vicarious trauma across the country to thousands of helping professionals in the fields of health care, trauma services, law enforcement, education and addiction treatment.

Compassion fatigue can strike the most caring and dedicated helpers/workers. These changes can affect both their personal and professional lives with symptoms such as difficulty concentrating, intrusive imagery, loss of hope, exhaustion and irritability. It can also lead to profound shifts in the way helpers view the world and their loved ones. Additionally, helpers may become dispirited and increasingly cynical at work, they make clinical errors, violate client boundaries, lose a respectful stance towards their clients and contribute to a toxic work environment.

In this presentation, she presented the newest findings on Compassion Fatigue strategies for improved counsellor self-care:

1. Social Support in the Workplace
2. Training on Self-Care and Self-Awareness
3. Rebalancing Caseload and Workload Reduction
4. Limiting Trauma Inputs
5. Improved Work/Life Balance
6. Developing CF Resiliency through Relaxation Training
7. Accessing Coaching/Counselling/Clinical Supervision as needed

Information on this topic as well as workshops and resources, can be found at www.compassionfatigue.com

Submitted by:
Tamar Kelly-Duff, Treasurer (NLCPA)
School Counsellor (St. John Bosco School)

Colleague Retirements

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

Why Aren't You More Like Me? Discover the Secrets to Understanding Yourself and Others

(CCPA Conference, May 2011)

Presenter: Ken Keiss, MBA President of CRG Consulting Resource Group International, Inc., is an internationally known author, speaker, and consultant and considered one of the foremost global authorities on how assessment strategies increase your success.

Understanding personal style and the influence it exerts on everything we do is essential for creating healthy, sustainable personal and group success. The compatibility (or incompatibility) between your personal style and your personal/professional responsibilities is evident in your wellness and stress levels. As a part of this session, participants completed the Personal Style Indicator to equip themselves (and in the future others) with a plan they could implement immediately and intentionally. Participants learned about the difference between personal style and personality – they are not the same! The presenter, Keiss noted that recent research established that only 2% of the population will realize their full potential if they are not aware of the things contained in this session – information that is foundational to living a fully engaged and successful life on purpose.

Information on this topic as well as available workshops and resources, can be found at www.crgleader.com

Submitted by:
Tamar Kelly-Duff, Treasurer (NLCPA)
School Counsellor (St. John Bosco School)

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

Helping Clients Forgive: A Model of Forgiveness

“Having looked the beast in the eye, Having asked and received forgiveness,
Let us shut the door on the past.
Not to forget it, But to allow it not to imprison us.”
Desmond Tutu

This session by Daniel Klassen addressed the importance of forgiveness with clients in counselling. Some benefits of forgiveness include: reduced anger; diminished anxiety; reduced depression; improved self-esteem; less preoccupation with offenses and; increased optimism and hope. Through the process of forgiveness the client is able to recognize an actual injustice and abandon resentment toward the offender. The injured one then cancels the debt which the offender owes, acknowledging that justice has been served.

In helping clients forgive, the counsellor must recognize that individuals differ in their readiness to forgive. Some families practice forgiveness generously while others do not. Cultural considerations must come into the equation as some cultures discourage the practice of forgiveness. The need for forgiveness is innate to the human condition. We are social beings and interpersonal relationships are a primary need. When we offend each other with injustices, the offenses put the relationship at risk. The negative effects of injustices can then be repaired through the process of forgiveness.

The themes on the path of forgiveness include dealing with justice, grieving the loss and cancelling the debt. These themes do not follow a linear pattern or chronological style. Instead, the pattern may be called “spiral” with themes being visited over and over. Changes come in small increments and no one leaves a theme in the same way in which they came into it. In choosing to abandon resentment rather than respond with justifiable retribution and cancelling the debt, the injured one acknowledges that justice is done. In choosing to remain resentful and respond with justifiable retribution the injured one refuses to release the debt and therefore cuts themselves off from the full rewards that justice has to offer. When clients refuse to cancel the debt they burn the bridge over which they themselves must cross in order to allow justice to do her work. One of the reasons forgiveness feels so unfair is that the injured do all the work. However, they are the only ones with the authority to do it. No one can cancel the debt and forgive for them.

Helen Keller once said, “so much has been given to me, I have no time to ponder that which has been denied.” This is an important consideration in helping clients understand that a new identity emerges from injustice. They are more than what they have lost and the loss is not the title of their story. Clients may then define themselves by what they have left rather than by what they have lost. Finally, cancelling the debt does not mean the client is giving in or giving up, nor does it mean that someone has won and someone has lost. Clients may become stuck at this stage for a variety of reasons. *“Most of us can forgive. We just don’t want our offender to forget that we have forgiven.” (Ivern Ball)*

„Forgiven“ means the scales of justice are balanced and that the highest level of justice has been reached; justice tempered with mercy. Forgiving serves the purpose of repairing relationships which have been put at risk through offenses and injustices. In most cases, as people forgive, they discover new and more comprehensive life principles. These new principles are based on new understandings with new boundaries, should harm ever come their way again. Forgiveness counselling involves listening to the story, identifying the offense, separating what happened from what needs to be done, accepting and supporting resistance and identifying the themes which emerge. The process of forgiveness in counselling, involves helping the client move beyond the injustice and redefine their new realities. *“Forgiveness is the fragrance that the violet sheds on the heel that crushed it.” (Samuel Clemens)*

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

Isaac Prilleltensky, PhD. - May 20, 2011



"Psychology and Social Justice: Linking Personal and Community Well Being"

Dean of the School of Education at the University of Miami and the Erwin and Barbara Mautner Chair in Community Well-Being

www.education.Miami.edu/Isaac

As we help students who face many challenges we often refer to social justice. In his unique approach to this topic, Isaac Prilleltensky discussed linking psychology and social justice. Isaac considered life satisfaction and well-being by initially referring to the results of life satisfaction studies. In the 1990's, Columbians had the highest levels of life satisfaction. They also had the highest rate of murder at that time. In 2007, the same results were found in Mexico. Prior to getting us to ponder our well being and happiness, the presenter jokingly attributed the high satisfaction in Columbia and Mexico to drugs and tequila. Some messages from his presentation were:

- Signs of well-being are supported by a set of values
- Justice is about balancing my dues/ our dues
- A sense of control is important; managers report having the highest level of life satisfaction; Sir Michael Marmot refers to control over your life; the more of a sense of control you have over your life - the less risk of death
- Organizational well being is a 3 legged stool (Effective, Supportive, Reflective); Work place well being and performance are not independent; Investing in occupational well-being is important; Your boss could be the best doctor or your worst killer
- "Fun" changes behaviour. He played the YouTube video about getting people to walk the stairs if it is fun. If you have not seen this video, Go to Youtube and type: Piano Stairs – The FunTheory.Com. The whole point is you can do things in your work place or home to encourage positive behaviour change.
- A well being continuum and a justice continuum exists
- When people are coping and living in suboptimal conditions of justice we observe resilience, adaptation, compensation and downward comparison.
- When people are suffering and living in persisting conditions of oppression, we observe helplessness and upward comparison
- Under optimal conditions of justice we should expect "Thriving"; we should not aim to just cope. We should be thriving and flourishing. People who thrive engage in individual pursuit. People who thrive avoid comparing themselves to other people
- Conditions of Community Well-being; Gifts of heart, hand, head
- The point of life is not just coping, it is flourishing !

A copy of the entire PowerPoint presentation is available within the Virtual Teacher Centre.

Submitted by:
Peggy Hann, President (NLCPA)
School Psychologist (Eastern School District)

"Coping is not enough. We want thriving. We want flourishing."

NLCPA Membership FAQ's

1. How do I become a member?

Simply complete an application and fax, e-mail, or mail to the Membership Coordinator, Connie Newhook. (Contact information is found on the application.)

2. Where do I find an application?

E-mail the Membership Coordinator (connienewhook@esdnl.ca) and an application will be e-mailed to you.

3. What is the annual membership fee?

Annual NLCPA membership costs \$50.00.

4. Is there a student rate?

Yes, the annual fee is \$25.00 for students.

5. Do you have to be a counsellor or psychologist to become a member?

No, the NLCPA offers Associative Membership to those interested in the field of counselling and psychology, and supports the objectives of the Association.

6. How do I pay my membership fees?

There are two ways to pay fees. The first, available only to Department of Education employees, is through automatic payroll deduction. This is a one-time deduction made in December each year.

The second way is to pay an annual fee via cheque or money order in the fall of the year. In order to remain a member, this fee must be made each year, usually before the annual AGM and Conference. Fees are due by October 15th.

7. What if I am uncomfortable faxing my S.I.N.?

Your S.I.N. is required for payroll deduction. If you are uncomfortable faxing your S.I.N., you can e-mail, phone or send through Canada Post.

8. How do I know if I am a member?

If you are a member, you should be receiving our e-mails and newsletters, as this is how the executive normally communicates with its members. Check with the Membership coordinator by email if you would like to check your status or update your e-mail.

9. What if I want to stop automatic payroll deduction?

If a member decides to stop automatic payroll deduction, the NLCPA executive must be notified prior to October 15th.

10. When I retire, is my membership automatically cancelled?

No, it is not necessarily cancelled. If you are on automatic payroll deduction, and as a retiree, would like to cancel your membership you must notify the Membership Coordinator. Many retirees remain members.

If you are not using automatic payroll deduction, and instead are paying annually, your membership will be cancelled unless you continue to pay.

Submitted by:
Connie Newhook, Membership Coordinator (NLCPA)
School Counsellor (Laval High School)

NLCPA Membership Promotion

Members of NLCPA who are also members of the Virtual Teacher Centre and part of the NLCPA group will have a chance to win an iPad 2 at the conference in October.



A draw will take place on Friday, October 28th.

New and current members will have an opportunity to win. You must be a part of the NLCPA group within the Virtual Teacher Centre. Your chances of winning are better than 1 in 300!

Get your VTC account today !

NLCPA Executive

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Note:

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

A few "Canon Moments" from the CCPA Conference in Ottawa, May 2011



A few more "Canon Moments" from the CCPA Conference in Ottawa, May 2011



Quotes from the CCPA Conference in Ottawa, May 2011

*"Unless we learn to release them, offenses have a way of defining and confining us."
Daniel Klassen*

*"Justice cannot do her work with debts outstanding."
Daniel Klassen*

*"Forgiveness is the oil of relationships"
Josh McDowell*

*"To forgive
Is to set
A prisoner free
and discover
the prisoner is me."
Corrie Ten Boom*

*I will never be held accountable
For what has been done to me
But will always be responsible
For what I do in return."
Viktor Frankl*

