



NLCPA



Newfoundland and Labrador Counsellors' and Psychologists' Association

June, 2014

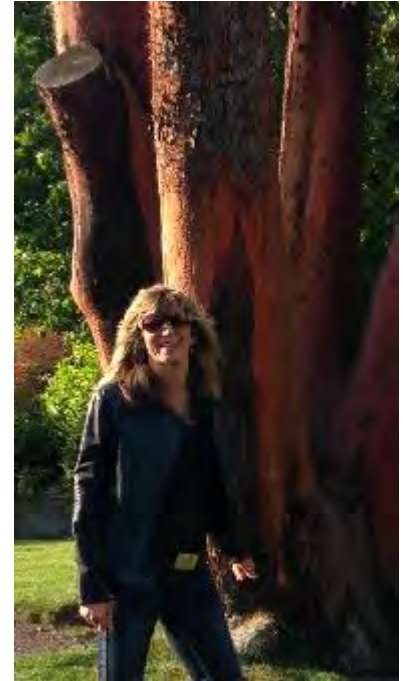
Letter from the President

Dear NLCPA Members and Partners,

School's out for summer !!

It's a wonderful time of year for those that work in education. Counsellors and psychologists have an opportunity to reflect and put closure on another year. As we review the successes of the current year, we can now re-charge, rejuvenate and relax.

As the current executive completes the final leg of a four year term, we are very proud of our accomplishments over the past number of years. It is my last June Newsletter and that feels "bitter sweet." We are busy preparing our transition as Angie takes the reins in October. We are also super excited about the months ahead.



We are planning an outstanding conference for October 15-17, 2014. Our conference theme is: ***Mind What Matters: Reconnecting the Dots...*** Our main speakers are Dr. Gabor Mate and Stephane Grenier. During our pre-conference on Wednesday afternoon, we will be hosting a Conversation Café. A Conversation Café is kind of like "speed-dating for knowledge." Participants will have the opportunity to find out about 4-6 key topics from a dozen or so options. We have a tentative list of topics within the current newsletter and the topics will evolve over the summer.

As we reflect on the current year, we are very proud of the continued strength of relationships with our networks. We are also feeling quite positive about our advocacy for additional counsellors and psychologists. In the months ahead we will be continuing to advocate for more counsellors and psychologists. We will also be completing some of our factsheets, networking with the Autism Centre, and exploring a mentorship program for new counsellors and psychologists.

A warm thank you to all of our partners that support our association. A special thanks to NLTA (especially Jim Dinn and George Tucker), NL English School District, and the Department of Education. A heart-felt thank you to all of our members for their constant support, advocacy and caring nature. You make an incredible difference each and every day.

On behalf of the executive, thank you for continued support. Have a safe and wonderful summer! Live, Love, Laugh....

Take good care and enjoy the present moment...

Peggy Hann
President (NLCPA)

NLCPA Fall Conference and AGM 2014

NLCPA is busy planning our Fall Conference 2014. Our conference dates are October 15-17, 2014 and it will be held at the Capital Hotel. This year's theme is:



Mind What Matters: Reconnecting the Dots...

As part of our conference, we have invited Stephane Grenier to present on Thursday, October 16th. Stephane is a retired member of the military who completed many tours overseas. He has had depression and PTSD. He tells a powerful story and has lots of insight into supporting and understanding people with Mental Health challenges. He talks about the importance of peer support and of how self-stigma affects him. His bio is on the next page and here is a link to a short presentation (<http://www.mentalhealthcommission.ca/English/node/942>).

On Friday, October 17th, we have Dr. Gabor Maté (<http://drgabormate.com/>) presenting for the entire day. Dr. Maté is a physician and an author. Dr. Maté weaves together scientific research, case histories, and his own insights and experience to present a broad perspective that enlightens and empowers people to promote their own healing. All conference participants will receive a copy of Dr. Maté's book: *When the Body Says No: The Cost of Hidden Stress*. (Dr. Maté's bio is included).

Other local presenters will be also presenting at our Conversation Café. There will be many opportunities for networking and sharing of best practices.

Conference Café Topics:

Understanding High Conflict Personalities – Judy Beranger (NLTA)

CCPA Certification – Blythe Sheppard (President CCPA)

Career Development: From the Early Years til Graduation – Engaging All Key Players
-Dr. Mildred Cahill (MUN)

Planning a Mental Health Wellness Day at a High School – Judy Furlong Mallard (Holy Heart High)

Practical Interventions for Counsellors/Psychologists in Times of Loss
Derek Elliott and Michele Davis (NL English School District)

Storing and Sharing Confidential Information in a Digital World: Key Tips....
Heather Hillier (NL English School District)

Mental Health Supports in Newfoundland and Labrador – Paula Corcoran (CHANNAL)

Q and A with Nena Sandoval, Clinical Sexologist

Positive Psychology – Dr. Jodi Spiegel (Eastern Health)



Stéphane Grenier – October 16, 2014

Stéphane Grenier is a former member of the Canadian Military who retired as a Lieutenant Colonel after serving for just over 29 years. Faced with undiagnosed PTSD after a deployment to Rwanda, Grenier took a personal interest in the way the Canadian Forces was dealing with mental health issues. In 2001, he coined the term "Operational Stress Injury" (OSI) and developed and managed a government-based national peer-support program for the Canadian Military. His work as OSI Special Advisor led to the launch of a second mental health program that delivers "peer based" mental health education to over 20,000 military personnel a year. In 2009, Grenier conceived of a corporate mental health awareness campaign that was endorsed by the Mental Health Commission of Canada, the Canadian Mental Health Association, and the Canadian Alliance on Mental Illness and Mental Health.

New Paradigms: Mental Health in the Workplace

In today's modern, fast-paced workplace, mental health problems have become the leading cause of both short and long-term disability claims, accounting for 70% of workplace disability management costs in Canada. Nevertheless, mental health remains a widely misunderstood phenomenon, often referred to as merely a clinical issue.

In hopes of challenging society's traditional outlook regarding mental health, Stéphane Grenier has spent much of his career redefining how workplaces and individuals should care for and support those affected by mental health problems. His non-clinical approach offers simple and pragmatic ways of giving purpose to the lived experience of members of workplaces and allows organizations to start down the path of systemic wellness and re-humanized workplaces where mental health stigma is no longer a barrier to recovery. With over a decade of experience in the field and a longstanding personal path to recovery to draw from, Canadian Forces veteran Stéphane Grenier provides riveting new paradigms regarding mental health, recovery and resilience, in order to present a new way of looking at an old problem. His focus resides in providing solutions anchored in both personal experience and research findings of various well-known authors and theorists.



Gabor Maté – October 17, 2014

Dr. Maté weaves together scientific research, case histories, and his own insights and experience to present a broad perspective that enlightens and empowers people to promote their own healing and that of those around them. As an author, Dr. Maté has written *In the Realm of Hungry Ghosts: Close Encounters with Addiction*; *When the Body Says No: The Cost of Hidden Stress*; and *Scattered Minds: A New Look at the Origins and Healing of Attention Deficit Disorder*, among others. Dr. Maté has worked with patients challenged by hard-core drug addiction, mental illness, and HIV, including working at Vancouver's Supervised Injection Site. Dr. Maté has received the Hubert Evans Prize for Literary Non-Fiction; an Honorary Degree (Law) from the University of Northern British Columbia; an Outstanding Alumnus Award from Simon Fraser University; and the 2012 Martin Luther King Humanitarian Award from Mothers Against Teen Violence.

Illness & Health in a Toxic Society

Half of North American adults suffer from chronic illness—a fact Western medicine views largely in terms of individual predispositions and habits. Western medicine imposes two separations, neither tenable scientifically. First, it separates mind from the body, largely assuming that most chronic illnesses have nothing to do with people's emotional and psychological experiences. And yet, a large and irrefutable body of research has clearly shown that physiologic and behavioural functioning of human beings can be understood only if we integrate our body functions with those of the mind: functions such as awareness, emotions, our interpretations of and responses to events, and our relationships with other people. Second, Western practice views people's health as separate from the social environment, ignoring social determinants of health such as class, gender, economic status, and race. Such factors, in reality, are more important influences on health and longevity than individual predispositions and personal factors such as genes, cholesterol levels, blood pressure and so on.

This talk shows how a society dedicated to material pursuits rather than genuine human needs and spiritual values stresses its members, undermines healthy child development and dooms many to chronic illness, from diabetes to heart disease, from autoimmune conditions to cancer.

Dr. Gabor Maté (<http://drgabormate.com/>)

NLCPA Website
<http://www.nlcpa.ca/>

A Message from President-Elect Angela Wilmott

What a year this has been! I joined the NLCPA Executive as Communications Coordinator at the 2012 Conference. I was on deferred salary that year and to be honest, I am doubtful if I would have considered the position otherwise.

As a Type A Personality working in the role of caregiver at work (and at home), I was always focusing on the needs of others and considered it selfish to take time for myself, especially when there was still work to be done (after all, when you are given a job to do, it HAS to be possible to get it all done and all done very well. . .right?). After 16 years of working this way as a School Psychologist and Guidance Counsellor, my proverbial well had gone dry. I know vicarious trauma and compassion fatigue cannot be ignored, but I was always a better advocate for others than for myself. I had paid into deferred salary leave with the view to perhaps write a book or do private work, but by the time I took my year off, I was exhausted and just needed rest. In focusing so much on what I needed to do for those around me, I totally lost track of myself. For the first time ever, I spent my summer with no expectations for myself other than resting, relaxing and reconnecting. Then, from this positive place, I decided to compile a dream list of fun things to do, rather than my typical setting goals for myself to accomplish things (Type A remember?). It is amazing what can happen when we reconnect with our authentic selves! What an awesome year it was! Filled to the brim with family/friends, travelling, eating, reading, and relaxing. . .just awesome!

Reconnecting with my professional peers at the 2012 NLCPA Conference was a slightly different experience, however. Coming in from a relaxed and happy place, it saddened me to see so many highly competent and caring professionals who were very frustrated - struggling to meet the needs of those in their care in light of unrealistic workloads. Their wells were in danger of going dry too. When the opportunity arose for me to join the NLCPA executive - to be a part of the group that strives to advocate strongly for its members through a collective voice - I was in!

Following the completion of my deferred salary year (did I mention that I highly recommended it to everyone?), I was actually really looking forward to going back to work. I love my job and I was excited to be able to return to my role as guidance counsellor feeling refreshed with lots of positive energy to share. I knew I now had a much greater capacity to help others and I could not wait to get started. My head was filled with so many great ideas for addressing the needs of my students! It was awesome! When we are happy, relaxed and at peace, it is so much easier to truly connect with others and help them. Unfortunately, the magic was somewhat short-lived. As the needs at my schools escalated and I strived to get everything done, I soon realized that my inability to effectively juggle everything was less about my personal juggling skills (my training, experience, time management, etc.) and more about the laws of physics. . . it is actually impossible for one individual to keep all those balls up in the air!

But what is the alternative? First, we need to do a better job of protecting our 'downtime' (yeah, we actually all NEED that!) and we need to ensure that our employer has a clear understanding of the laws of physics as well. So, at the 2013 NLCPA Conference, despite feeling like I already had plenty on my plate, I accepted the nomination for President Elect for NLCPA. I am very proud of the work NLCPA does for its members and I am so excited at the prospect of a better working ratio. Can you imagine the impact we can have with our students within each of our schools and the province as a whole when we are working with a 1:250 ratio? Please do.

I hope you all thoroughly enjoy your summer break – you certainly deserve to! While you're in your happy place, think about how we can better meet the needs of those in our care and give some thought to being a part of the NLCPA Executive! Let's work together for progress.

Angela Wilmott
President- Elect; Vice President (NLCPA)

**Tell us about your education....**

B.A. (Hon.) (Memorial University), B.ED (Memorial University), M.R.E. (Toronto), M.ED. (Ottawa)

What career roles /positions have you had?

Taught for 2/3 of my career. Guidance 1/3.

What are some of the fondest memories of your career?

I coached for 27 years. I thoroughly enjoyed the relationships that developed

What is one of your favorite quotes or sayings?

From the movie version of Oliver Sachs novel "Awakenings" starring Robin Williams. At the end of the movie after achieving great success with a number of his patients, the medication that has brought success fails (L-Dopa), and his patients return to their previous catatonic state. When faced with this tragic reality he simply starts over with the opening phrase, "Let's begin". For me counselling has been a series of restarts. Often we fall, pick ourselves up, only to start again.

What is one of the favorite approaches/strategies/techniques you like to use?

I am eclectic in my approach. Rapport building is extremely important for me. I believe in the readiness for counselling. When parents wish me to speak with their child before they are ready the results are usually poor.

What advice would you give a young person considering this career?

Remember that counselling is first and foremost about listening. Listen to both what they say and don't say. Remember also that counselling is a journey that you travel with the one you are in dialogue with.

What will you miss most about your work in education?

The day-to-day relationships that I developed with both students and staff.

Tell us about your retirement plans....

I enjoy various things. I see myself involved in a number of physical activities such as swimming, biking, running, kayaking, etc.... As well retirement will provide my wife Michelle and I with more flexibility for travel (European trip planned for the fall) as well as visiting my own kids who are moved from home. Reading and cabin life is also part of the plan. The rest I leave open.



The Avalon West Region of the NLCPA would like to acknowledge the outstanding contributions of 4 of their school counsellors who are retiring:

Rosemary O'Neill is a well-respected “go to” person in the school of Roncalli Central High in Avondale. Not only is she a “go to” person at her school, her expertise is utilized by many of her fellow counsellors in the area. In the past, Rosemary took an active role in the former SCAN (School Counsellors Association of NL) and continues to be a member of the NLCPA. Good luck Rosemary !

Debbie Williams is the busy person at Coley’s Point Primary in the Bay Roberts area. Debbie’s background in social work has made her a “valuable” source of information to many of her colleagues. Debbie will now have more time to dedicate to her love of travel. You will be missed by all Debbie. Congrats Debbie!

Tony McCarthy has spent the last number of years at Ascension Collegiate in Bay Roberts. He is a familiar face to many as he, and his wife, have both lived and worked in the area for many years. Tony will not be slowing down too much in the years to come as he will try out a new role in the working world. Best of Luck Tony!

Roy Mercer is also currently working at Ascension Collegiate in Bay Roberts, where he is also living. Roy will soon enjoy his well-deserved retirement as he has worked in the capacity of both an Educational Psychologist and Guidance Counsellor. Congrats Roy!

Submitted by:
Kerri Morgan
Branch President (Avalon West)

CONGRATULATIONS RETIREES !

NLCPA would like to wish all retirees a healthy and happy retirement! It's a wonderful next step in life.
Enjoy each and every day to the max! Congratulations!



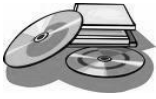
**The trouble with retirement is that you never get a day off !
Abe Lemons**

**Don't play too much golf. Two rounds a day are plenty.
Harry Vardon**

**The best time to start thinking about your retirement is before the boss does.
Author Unknown**

Congratulations to all NLCPA Retirees

**Beaton Walsh
Debbie Williams
Eric Short
Jill Mercer
John Hatt
Kathleen Brenton
Linda McAlister
Rosemary O'Neill
Roy Mercer
Tony McCarthy**



ACT & Mindfulness Resources for Anxiety & Depression



Get Out of Your Mind and Into Your Life (The New Acceptance & Commitment Therapy). Steven C. Hayes, PhD. with Spencer Smith. New Harbinger Publications, 2005

Meditation for Beginners (with CD). Jack Kornfield. Sounds True, Inc., Boulder, CO, 2008

The Happiness Trap (How to Stop Struggling and Start Living). Russ Harris. Trumpeter Books, Boston, MA, 2008

The Mindfulness & Acceptance Workbook for Anxiety (A Guide to Breaking Free from Anxiety, Phobias & Worry Using Acceptance & Commitment Therapy). John P. Forsyth, PhD & Georg H. Eifert, PhD. New Harbinger, 2007 (Includes CD with guided meditations & worksheets)

The Mindfulness & Acceptance Workbook for Depression (Using Acceptance & Commitment Therapy to Move Through Depression & Create a Life Worth Living). Kirk D. Strosahl, PhD, Patricia J. Robinson, PhD, & forward by Steven C. Hayes, PhD. New Harbinger, 2007 (Includes CD with guided meditations & worksheets)

The Mindful Path to Self-Compassion (Freeing Yourself from Destructive Thoughts and Emotions). Christopher K. Germer, PhD. The Guilford Press, 2009

The Mindful Way Through Depression (Freeing Yourself from Chronic Unhappiness). Mark Williams, John Teasdale, Zindel Segal, & Jon Kabat-Zinn. The Guilford Press, 2007 (Includes CD with guided meditation exercises)

The Reality Trap (Finding Peace and Fulfillment When Life Hurts). Russ Harris. New Harbinger Publications, Oakland, CA, 2012

The Worry Trap (How to Free Yourself from Worry & Anxiety Using Acceptance & Commitment Therapy). Chad Lejeune, PH.D. New Harbinger Publications, Oakland, CA, 2007

Things might go terribly, horribly wrong (a guide to life liberated from anxiety). Kelly G. Wilson, PH.D & Troy Dufrene. New Harbinger Publications, Oakland, CA, 2010

Source:

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BE HERE NOW

Inhale and exhale

Essence of Mindfulness Based Cognitive Therapy is the focus on the breath and being present. It is our inability to focus the mind which causes a lot of distress. Many different types of Breath can help support the focusing of our mind. At different mental states there are different breaths which are more helpful than others

Breath techniques also called Pranayama

Anulom Vilom

In this breathing technique, you inhale from one nostril at one time and release the breath through the other nostril. You alternate between the two nostril at a regular comfortable pace. Mental benefits: Reducing anxiety, calming the nervous system, focus on the now

Kalaphati breath

Kapalabhati is done in a sitting posture. Focus on "exhaling". Inhale as normal. Exhale and simultaneously contract the abdomen muscles with each exhalation. Kalaphati is a more advanced breath technique.

Mental Benefits; Releases persistent thoughts, releases anger, relieves depressive moods.

Looping breath

This breath is about focusing on the cyclical nature of a breath. Inhale, Exhale and noticing the retention and the holding at the top and bottom of the breath

Mental benefits: Present focus, Calming effect, longer term stress release

Caroline Elson, M.Ed, CCC-S A wholistic psychotherapist and clinical supervisor offering group and individual sessions both remotely and in Ottawa.

WEI (Witnessing, Experiencing, Integrating) Clinical group supervision offered in collaboration with Jacques Legault, Clinical Psychologist

Adventure Based Supervision Beginning fall 2014!

Identifying our vulnerability and enhancing our adaptive capacity: An ethical imperative for professional counsellors

To promote and restore your wellbeing in the face of challenges to personal and professional functioning, consider:

Cultivating and acting on self-awareness:

- Be aware of yourself and others; identify triggers that may cause you to experience distress. Know your own limitations and keep the boundaries you set for yourself and others.
- Do you know your strengths and weaknesses?
- Are you aware of your belief system and how different people impact you at different times?
- Clarify your own sense of meaning and purpose in life
- Clarify your professional role and purpose

Seeking help/support:

- The days of “suck it up” need to be banished. Keeping issues inside and hidden will only lead to eventual eruption and internal suffering. We expect open communication and a helping relationship from our clients therefore the same beliefs apply to counselors.
- This means expressing feelings either by debriefing after a stressful event and/or journaling your thoughts and feelings

Balancing home and work:

- When your home and work life is in balance, your body and mind are more likely to be in balance. Exposure to difficult clients can push us to move out of balance
- Do you only talk about work, even at home?
- Can you enjoy time relaxing with family members without thinking about what you have to do tomorrow at work?

Setting boundaries at work and home:

- Knowing what you are able to do without stressing or distressing yourself is a healthy protective factor. Setting boundaries is related to balance and being able to know when you are able to push yourself and when you need to pull back.
- Boundaries exist in relation to being overworked, therapeutic boundaries with the patient, personal boundaries in relation to how much of oneself to devote to the work, and knowing one’s limits. (e.g., limit the number of trauma clients seen on a daily basis)

Practicing self-care strategies:

The ABCs

Awareness – being attuned to one’s needs, limits, emotions and resources. Practice mindfulness and acceptance.

Balance – maintaining a work-life balance. Take time away from work for rest, for friends and family, for self, and for professional development.

Connection – connection with oneself, others, and community. These connections offset isolation and increase validation and hope.

4 Rs

Reflect upon your reactions.

- What is my life meaning and purpose?
- What have I done lately that will make a difference in someone's life?
- What is my hope for the result of my work?
- What small moments could I have enjoyed more in the last day or so (e.g. a smile on someone's face, a sunset etc.)?
- What reactions have I had towards my clients lately, positive and negative?
- How can I take better care of myself?

Respect your limits.

- Are your goals realistic and reasonable?
- Are you taking on too much?
- Are you able to leave work at work?

Recharge your batteries regularly.

- Being able to 'escape' and recharge
- Take vacations when needed
- Avoid working during mealtime (i.e. talk about other things)
- Develop a routine of meditation/relaxation time

Reconnect with others

- Stay connected with friends and family as much as possible
- Establish a network for mutual monitoring and support such as regular team meetings, peer mentoring, support groups etc.
- Celebrate successes together

Self-Care References:

Best Start Resource Centre. (2012). *When Compassion Hurts: Burnout, Vicarious Trauma and Secondary Trauma in Prenatal and Early Childhood Service Providers*. (PDF Document). Retrieved from http://www.beststart.org/resources/howto/pdf/BSRC_Compassion_FINAL_Nov.pdf

Borysenko, J. Z. (2001). *Inner peace for busy people: 52 simple strategies for transforming your life*. Carlsbad, California: Hay House
[Books24x7 version] Available from <http://common.books24x7.com.cyber.usask.ca/toc.aspx?bookid=7573>.

Weiss, L. (2004). *Therapist's guide to self-care*. New York, NY: Brunner-Routledge

Autism in Education (AIE) Professional Learning Symposium Presentation

The Autism in Education (AIE) Professional Learning Symposium presentation, "**A Positive Approach to Consulting in Schools: Evidence-Based Practices for Promoting Effectiveness and Acceptance**" by Dr. Dennis Reid and Dr. Carolyn Green is now available on the AIE website. I had the opportunity to attend this presentation and found it quite useful. Not all the ideas were new but they were presented in a way that made you think about the way you consult. The focus of the presentation is on coaching and support strategies for consultants working in inclusive school settings. The strategies pertain to working with and supporting classroom staff and school teams working with students with autism and/or challenging behaviour. Common obstacles to successful consulting when working in a **non-supervisory capacity** are also discussed, along with recommended strategies to overcome the obstacles. The 3-hour presentation is divided into 9 sections, with a video and accompanying presentation slides available for each section.

To access Dr. Reid and Dr. Green's presentation:

1. Visit the AIE website www.apsea.ca/aie if this is your first time accessing this site, you will need to register
2. Go to the "Training & PD" tab at the top of the screen
3. At the bottom of that drop-down menu, you will see the link for "**Autism in Education Symposium Presentations**"
4. Click on the video link and/or presentation slides link for each section you wish to view

***please note that depending on your internet connection speed, the videos may take several seconds to load and begin playing*

Submitted by:
Paulette Jackman
Consultant (Autism Spectrum Disorder)
Department of Education



**DONE IS BETTER
THAN PERFECT.**

AND WHY THIS IS ACTUALLY TRUE IN LIFE

Happy People...

live minimally, tell the truth,
never make excuses, take time to listen,

don't hold grudges,

speak well of others, choose friends wisely,

establish personal control,

dream big,

see problems as challenges,

nurture social relationships, avoid social comparisons

treat everyone with kindness,

exercise,

don't sweat the small stuff,

accept what can not be changed,

meditate,

avoid seeking approval from others,
express gratitude for what they already have,

eat well,

wake up at the same time every morning,

and get absorbed

in the "Now".

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Be mindful, peaceful, soulful, and self-full...

