



## Mission, Purposes and Volunteers...

Jim Browne, Executive Director

Our **Mission** expresses that we are "...a society of regulated Clinical Counsellors dedicated to providing the highest standard of professional counselling, consulting, assessment, testing and training services. Members of the society act to enhance mental health by providing responsive, accountable, and ethical counselling, consulting, assessment, testing and training services to individuals, couples, families, and groups."

Our **Mission** is achieved through our **Fundamental Purposes**: (1) "Developing and advocating for the profession of counselling (promoting the self-interest of the membership and the profession)"; (2) "Regulating the professional practice of registered members (protecting the public interest through entry criteria, peer review and discipline); (3) "Maintaining an operational structure and infrastructure to support the foregoing fundamental purposes."

Traditionally (and typically), resource infrastructure is conceptualized in terms of responsible administrative management of funds and human resources. For example you will see from the Finance Report in the 2005 Annual Report (pages 8 and 9) that the Human Resources (HR) envelope (Administrative Support and Executive Staff) accounts for about 43% of the \$600,000+ fiscal operation for 2005 (for more budget details, see "Dollars and Sense, and Branding" in *Insights*, Fall 2005, Volume 17 Number 2, pages 1 and 2). However, this is only a part of the overall human resources picture. There is another part that is essential to our ability to achieve our Mission through our Fundamental Purposes: **volunteers**.

We are a voluntary professional Association based on a "grass roots" tradition, governed by an elected Board of Directors and guided by strong membership links through our regionally-represented assembly called the

Delegate Council. All of these members are volunteers who give freely of their time, energy, and expertise in order that our Association can evolve as a strong profession, and as a leader in the provincial counselling scene. Add to this our very active committee members, and members who staff our displays at regional trade and wellness shows, and you are getting a figure close to twelve percent of our total membership base.

The volunteer-hours continue to mount with the vigorous commitment of our members  
*Volunteers cont'd on page 2*

## Meditation On Leading Quietly

By Diane Payette, Editor

Every profession has its leaders and great figures. Think of the women and men who have created new therapeutics models, transformed the way we practice counselling and have literally reshaped the profession through their contributions. We look up to these contributors as role models, read their books, get training to use their approach and have faith in their knowledge and expertise. I recently had an interesting discussion with colleagues who were challenging the view that the great leaders in our profession are public figures. One of them, having read the book *Leading Quietly* by Joseph L. Badaracco Jr,<sup>(1)</sup> shared this definition of leadership: "professionals who do their work in an ethical, patient and careful way day in and day out". Badaracco calls them "quiet leaders". These leaders do not receive any public recognition for their diligent work and for all the small deeds they do. A book will never be published about the counsellor who consistently gives more time to clients than what was scheduled. We won't give an award to the one who does pro-bono work and we won't see a television interview with the counsellor who volunteers weekly for an obscure non-profit organization either. As I reflected on this conversation, it highlighted for me that the philosophy of quiet leadership offers an interesting perspective. It starts by acknowledging our motives not our accomplishments.

Albert Schweitzer who was awarded the Nobel Peace Prize in 1952, wrote in his autobiography: "Of all the will toward the ideal in mankind only a small part can manifest itself in public action. All the rest of this force must be content with small and obscure deeds. The sum of these, however, is a thousand times stronger than the acts of those who

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to the CCA/BCACC National 2007 Conference – developing the high-content areas of Program, Local Facilities, Arrangements and Socials, Publicity, and Translation services.

Now, if you are inclined to do some number crunching, convert this into “person-hours”, and, using our Recommended Fee Schedule Effective October 2004 as a benchmark (at \$100/hour), the real overall cost of doing business, at the personal volunteer level, presents an awesome picture. For example our Board of Directors of 14 members meeting for 8 hours per meeting with three meetings per year – go for it, do the math. Add to that travel and missed family and social times...

The Task Group for Counsellor Regulation Working Committee on Competency Profile Development, comprised of 11 members from 6 organizations meeting for 7 hours for 10

meetings, plus conference call meetings and e-mailing, and you are close to one hundred thousand volunteer-dollars!!

Add to the mix, above for our Association, the members who have generously placed their names on the Volunteer List to respond to Community Counselling in Disaster needs (now called the Provincial Disaster Stress & Trauma Response Services), and you are looking at a volunteer base in the region of twenty-five percent.

Twelve-to-Twenty-Five Percent are huge numbers and we need to know of the time and energy freely given by our dedicated cadre of volunteers that cumulatively contribute so much toward the real costs of achieving our Mission through our Fundamental Purposes.

*This article is based on the author's Annual Report "Twelve-to-Twenty-Five Percent" (BCACC 2005 Annual Report, page 5).* 🐾


*Meditation from page 1*

receive public recognition. The latter, compared to the former, are like foam on the waves of a deep ocean."<sup>(2)</sup>

The philosophy of quiet leadership is all too human. It starts and ends with the personal motives of the individual. With this spirit in mind, here is a brief list of what I call my “good enough” motives. The reader might want to add to this list:

1. I'll do no harm: I'll remain cautious and humble no matter how many years I have been doing this work.
2. I'll be sure that I really care: I need to regularly assess how much I care about my work. I can take my clients' problems 'personally enough' to be willing to persist, to endure and to be present until the end of the process.

*Meditation cont'd on page 27*



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## And The 2005-2006 Provincial Awards Recipients Are...

### President's Award: Distinguished Contributions to the Profession of Counselling

In the late Winter of 2003, George Bryce, BCACC and Task Group for Counsellor Regulation, Legal Counsel, was completing work with another professional client, on the development of a "Competency Profile" for that profession. George was very enthusiastic about the work and the profile, and suggested that the Task Group consider doing the same thing for the profession of counselling, as an important step toward becoming a self-regulating college under the Health Professions Act.

With hesitation, George introduced us to **Dr. David Cane** a consultant who focuses on the development of competency-based employment and educational standards. I say "with hesitation" because George was aware that the Task Group was comprised of diverse areas of counselling practice, and had been criticized by the (now defunct) Health Professions Council in 1997, for "not being able to work together". Although the creation of the Task Group had produced solidarity in the diversity, could an agreed-upon Competency Profile, defining regulatory requirements for counsellors, really be created? What a challenge!

Then, the Task Group met Dr. Cane, who has worked with professional associations, with certification agencies, regulators and accrediting authorities across Canada, including being actively involved with the Canadian Medical Association accreditation process for health professions. He shared that "regulatory requirements defined in terms of competency statements are the industry norm in that they are both defensible and measurable. They allow education programs to be evaluated for regulatory compliance, and they facilitate objective assessment of the skills of foreign-trained practitioners". Competencies also provide the means of evaluating the portability of professional qualifications, between provinces, under the Agreement on Internal Trade.

In April 2004, the Task Group formed the Working Committee on Competency Profile

Development and proceeded to work with Dr. Cane's capable direction and facilitation, focusing on areas of agreement, holding aside other areas for later consideration. It was wonderful to experience the Working Committee, in Teams, coming together so productively (to the point of saying how much they liked doing the work...). This morning, we were pleased to meet the Working Committee at the Delegate Council Meeting and to see the Competency Profile for the profession of Counselling Therapy, unfold. A tremendous success story, still in progress...

This success is largely due to Dr. Cane's high caliber professionalism and leadership in pulling together the very diverse group of counsellor organizations, achieving the complex task of analysis in a manner that was inclusive, productive and enjoyable, in having an eye for detail but also understanding the big picture, and his ability to find concise and inclusive language to document the process of the Competency Profile journey.

Prior to becoming a full-time consultant in a 1998 (as an owning partner in Catalysis Consulting located in Kamloops, BC), Dr. Cane worked in the BC Postsecondary Education system, where he held positions as college president, vice-president, dean of health sciences, department chair and faculty member.

It is such a pleasure to honour Dr. Cane, today, with the President's Award for Distinguished Contribution to the profession of counselling through the

development of a competency profile for the profession of counselling therapy.

### Professional Care Award: Exhibiting Special Creativity and Effectiveness in Providing Counselling Services in the community.

Despite our profession's dedication and commitment to enhancing mental health in our communities, many individuals remain underserved, and are unable to access or benefit from counselling services. In the Fall of 2005 **Katie Hughes**, Executive Director and **Martha Dionne**, Program Facilitator, North and West Vancouver Branch, Canadian Mental Health Association, launched a unique pilot project providing services to this underserved group in our community; individuals who could not afford the costs of counselling, did

*Continued on page 27*

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## Sights on the Internet

[www.ismho.org](http://www.ismho.org)

### Mission Statement of the International Society for Mental Health Online

The International Society for Mental Health Online (ISMHO) was formed in 1997 to promote the understanding, use and development of online communication, information and technology for the international mental health community. To this end, ISMHO seeks to:

1. aid and stimulate mental health professionals and clients in the development of new online technology and applications;
2. educate mental health professionals and clients about existing online information and communication technologies and applications;
3. explore and develop the use of computer assisted communication in the work of mental health;
4. highlight endeavors by members consistent with the goals of the Society;
5. provide online discussion forums and news concerning the work of mental health online;
6. develop standards for online interactions between mental health professionals and consumers;
7. help coordinate technological efforts amongst its members;
8. work to stimulate grants and other funding for the development of information and communication systems and technologies specific to mental health online;
9. promote the development of online databases of information, information and communication tools and software which are easily accessible to all mental health professionals and which will serve to advance the profession and discipline of online mental health and research;
10. encourage other professional societies, associations and interest groups to allocate resources to the investigation, development and promulgation among mental health professionals of online resources and online technologies;
11. provide advice to legislative bodies and governmental agencies concerning the use, needs and benefits of online resources which have been

formed with significant input from its members.

ISMHO conducts all of its official business via the Internet, as our board members (and membership in general) reflects a diverse, international makeup. Most of the active discussion of the organization is conducted on the Members-only mailing list. You must be a member in order to subscribe to this list or access its extensive, multi-year archive. Virtually any topic having to do with mental health online has been discussed at some point on the list, including online therapy, the nature of online communication and behaviors, Internet addiction, and more. The list archive serves as a valuable resource for researchers, clinicians, and ordinary people interested in the topic of online mental health.

ISMHO does not endorse or hold any official position about the legitimacy or usefulness of e-therapy (or online counselling). ISMHO has, however, released a set of Suggested Principles for the Online Provision of Mental Health Services in order to help provide a guide to both clients and clinicians about this new modality.

ISMHO has over 200 members active in many countries throughout the world. Members are mostly professionals involved in the mental health field, but also include researchers, students, and ordinary people interested in mental health topics. There are no membership requirements other than to pay our annual dues on a timely basis. 🍷

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**Special Thanks to  
Elizabeth Fortes,  
Sol Mogerman,  
Esta Porter and  
Maggie Ziegler for  
their valuable contribution  
to this issue of *Insights*.**

**Your participation  
makes *Insights* shine!**

## A Book in Sight

### Finances After Separation: A guide to Financial Renewal and Success for Separated Families

**By Douglas P. Wellbanks. 246 pages, 2006, ISBN 0-9738024-0-5**

A colleague of mine, Daniel Stone recommended to Douglas Wellbanks that he send me a copy of his book for a possible book review in *Insights*. Upon receiving the book, even before reading it, I knew that many clinical counsellors do mediation work and would find this new publication a valuable resource for their clients. This exceptional book has been endorsed by many professionals who work in the areas of financial planning, bankruptcy, family law, business, and women and finances. The current modern financial landscape is complex for everyone and becomes even confusing when one faces separation and divorce.

Wellbanks reports that, "according to Statistics Canada... from 1999 to 2003 there were 354,147 divorces". Common-law relationships are not included in these statistics. Some of these people have ended up in the office of numerous counsellors who might not have a grasp of the complexities of the financial matters that crop up during and after a divorce. Because these financial matters take a huge emotional toll on the client, it is essential that counselor empower themselves with some of the basic required information Wellbanks' book provide.

The book is divided into nine chapters that cover the topics of separation, financial planning, budgeting and income, family assets, family creditors, cash and credit, mortgages and housing, car purchase and consumerism and financial hardship, bankruptcy and debt dissolution. It also offers more than 47 pages filled with Canadians

resources that address all money-related facets of divorce.

But it is the acknowledgement of the emotional upheaval right from the start that makes this particular book so special. The opening chapter deals with the question of coping and lists the ten first steps one might want to take when facing a separation. The first one recommends a visit to the doctor because stress can cause sleep deprivation, which makes it difficult to think rationally. Symptoms of anxiety and depression are also common for people entering this most difficult process. Human compassion combined with a deep knowledge surrounding all financial issues makes this book a must read.

The book will be available at most bookstores or from my website at [www.financesafterseparation.com](http://www.financesafterseparation.com) or Sandhill Distributors at [www.sandhillbooks.com](http://www.sandhillbooks.com). Price: \$22.95 🐾

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## Exploring “Culture” While Addressing Cultural Grief

Eliza Fortes, Contributing Writer

*“Every act of immigration is like suffering a brain stroke. One has to learn to walk again, to talk again, to move around the world again, and, probably, most difficult of all, one has to learn to re-establish a sense of community.”*

- Vivian Rakoff

Over several years of working with immigrant and refugee groups in Vancouver, as a Suicide Intervention Clinician<sup>(a)</sup> I have reflected on how to help members of these communities to better utilize the Western counselling paradigm while facing personal crisis.

Coping with “cultural changes” requires a profound transformation of the concept of self-identity. Explaining one’s cultural origins, vis a vis a North American culture for example, is an often puzzling, disempowering exercise. If newcomers were to find an easier way to

emotionally “arrive” in Canada, their level of stress and anxiety might be reduced. I wondered if a gradual dialogical approach integrating crisis interventions, psycho-educational topics and group activities would be effective. My initial assumption was that getting in touch with one’s sense of self within a “culture of origin” would be the first stepping stone for expanding the individual’s sense of personal transformation. A sequence of other themes would follow to generate discussions. Through dialogical processes that would explore self-identity within cultures of origin and within the individualist Western paradigm, the dynamics of cultural transitions could be addressed. If transformative insights, cultural awareness and adaptive strengths could be developed, this process could also indicate the protective values required to assist social integration. This dialogical back and forth

journey between the cultures in consideration would lead to a more congruent sense of identity and agency, which would be an empowering experience in the new social environment.

Out of these considerations, a proactive approach slowly emerged. The process grew towards the creation of inner resources to address the grief of losing one’s culture, the milieu in which the primal concept of self came into being. Such a perception of loss required articulation in our groups, as it built congruent options for the exploration of “cultural differences”. Eventually, some celebration of the transitions that usher in a more inclusive multicultural identity were to be acknowledged.

The theoretical construction of Cultural Grief can be articulated through the exploration of sequential themes (see summary attached),

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**For further information and registration contact: Vange Willms Thiessen**

**vanget@twu.ca; vangethiessen@hotmail.com; 604-556-2428**

touching upon social and personal milestones, traumatic changes, issues of loss and trauma, the immediacy of shock, the recurrent searches for equilibrium and finally, the possibilities of acceptance/ reconciliation and integration of new meanings. This has to proceed at a slow, exploratory pace. The thematic sequence is closely articulated with Paulo Freire's theory of social change. In *Education for a Critical Consciousness*<sup>(6)</sup>, Freire theorizes that under the impact of social change, individuals' social consciousness may emerge from a condition of *Cultural Immersion* into a stage of *Naïve Transitivity*, characterized by a heightened creativity to deal with change. Within this creative window however, individuals who find themselves on the "cusp" of significant social movements, may affirm their progressive choices or become once again submerged in renewed oppressive conditions.

While seeking to reorient themselves within the available momentary opportunities opened up at a naïve transitivity stage, individuals will construct explanations for how to think and act. They may resort to retractions to a *Semi-Transitive* state of consciousness, rigidifying into *Fanaticism* or *Massification* or, they may move towards creative social development while choosing "to grow in awareness and conscience". In essence, this is the progressive step named by Paulo Freire as *Conscientization*<sup>(6,8)</sup>.

The necessity of using Grief theory within a critical approach to cultural change became my way of "problematizing"<sup>(8)</sup> the situations I was seeing as a worker on the interface of culture who also had personal experience on the other side as an immigrant to Canada from Brazil. (This topic was also the subject of personal dialogues with Freire.) When I arrived in Canada, it was a time of traumatic political changes in my

country of origin. Bringing with me the impetus to chart a transformative vision became a daily practice, and, over the years, persisted while this work took shape. An orientation towards the development of cultural awareness was part of the Freirean paradigm, which guided my curiosity. Later some reflections continued at a distance while studying several of his dialogical essays<sup>(7,8)</sup>. For a time, I was concerned that some of Freire's early works were exceedingly idealistic and although I understood how valuable his innovative ideas were, I needed to develop them as a step by step process in the area of mental health.

Amongst their multiple professional tasks, mental health workers often contact and welcome members of diverse populations into their programs. In my work, I frequently noticed that the clients who came from "the

*Culture cont'd page 29*

### **The 4th Annual Institute in Response-Based Practice Re-Shaping Responses to Victims of Violent Crimes May 24th to 27th, 2006, Cowichan Bay, B.C., Canada**

*"The response-based approach is one of the most exciting, politically sensitive and useful models of theoretical and clinical work to come along in a long time."*

*– Imelda McCarthy*

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**Linda Coates (Ph.D)** has received international acclaim from researchers, legal and mental health professionals, and victims' advocates for her work on the connection between violence and language in diverse settings. Linda is an Associate Professor of Psychology at Okanagan College.

**Cathy Richardson (Ph.D.)** has documented the ways in which Metis people respond to violence, racism, oppression and cultural attacks. Cathy has worked as a family therapist in Metis and First Nations communities, is currently an instructor with City University, and is the President of the Aboriginal Family Therapy Centre.

**Allan Wade (Ph.D.)** works in private practice as a therapist, researcher, and clinical supervisor. He teaches locally and internationally, has published several articles and book chapters on response-based practice, and is Senior Faculty with City University.

#### **LOCATION AND SCHEDULE**

The Oceanfront Grand Resort & Marina - 1681 Botwood Lane, Cowichan Bay, B.C. To book a hotel room please call the hotel directly at 1-800-663-7898. (May 24th consists of an evening meeting only, 7:00 to 10:00 p.m.)

#### **COST**

\$350.00. (\$300.00 per person with a group of 3+) Reduced fees are available for students and others on low income, on request. A \$100.00 deposit is due at the time of registration.

#### **REGISTRATION AND INFORMATION**

Contact Dr. Allan Wade. E-mail: [awade@cityu.edu](mailto:awade@cityu.edu) Ph: 250-701-0713. Fax: 250-746-0713.

## Bilateral Barrier Theory

Sol Mogeran, Contributing Writer

In order to describe a useful definition of trauma and what counsellors can do to facilitate the innate ability to heal, I believe it is necessary to first acknowledge the presence of an energizing force found in all life. There are many scientific and religious explorations of this phenomenon, but no universally accepted definition. Accordingly, I will employ a personal metaphor to help communicate my understanding of this energizing force.

*Imagine the universe as an enormous tuning fork waiting to be struck— an anonymous static object showing no sign of life and devoid of character. At the moment this structure is animated by force, however defined or named, it generates vibration that infuses its smallest particles and vastest structures with energy. I call this energy “life force” and believe that it is the fundamental requirement for life*

The activation of “life force” within the body, at birth, creates the opportunity to develop a concept of “self” as a first person awareness of being alive (“I”) and the ability, however primitive at first, to actively relate with the world (“am”). This deeply subjective perspective (“I am”) is a human expression of “life force” and consequently the essential motive to initiate and energize the process of “self-actualization”. “Self-actualization” as described by Abraham Maslow (1954) is an individual’s innate drive to realize the potential of his or her deepest aspirations and, in my opinion, is a healthy response to “life force”.

Maslow (1954) created a hierarchy of needs that he believed needed to be met in order to fulfill the potential of the drive to “self-actualize”. It provides a clear and logical model of the process of “self-actualization”. It is also useful as a comparative tool to identify how responses to trauma affect health and well-being.

The following is a summary of my understanding of Maslow’s “Hierarchy of Needs”:

The first of these needs is for physical survival of the human organism and has to do with the provision and maintenance of a level of food, shelter, and clothing necessary to sustain “life force”. The meeting of this need is

essential for the physiological continuance of life and, well chosen as the basis upon which to build the rest of the hierarchy.

The second need is to be safe and secure from threats to physical survival. Threats arise from within or without the human community and may concern many of its members. It follows that the need for protection from threats to the general public is often addressed through social, political, and legal agencies or institutions.

When needs of physiological survival and safety are met, the impulse to express emotion emerges as a defining quality of human existence. The compelling nature of this drive sets it as the third need in the “hierarchy of needs”, and implies that it is universal among humans and best articulated with others.

The fourth need is to safely relate and communicate within the bond of the family group, which is primarily responsible for meeting the basic needs of survival and protection mentioned above.

Establishment of safety within the family group provides an opportunity to expand communication to the larger human community and relate to it successfully through participation in a vocation or career which generates the fifth need in the hierarchy of needs.

Functioning successfully within the complexity of human society evokes the need to appreciate the qualities with which an individual is successful. This need for self-esteem marks the first time in Maslow’s hierarchy that the perception of “self” is experienced outside the realms of survival and safety. Addressing this need is the pivotal point at which the “self” can entertain the idea of realizing the intention to “self-actualize” through activities that consciously amplify the awareness of “life force”. The ability to have self-esteem leads directly to fulfillment of the potential to “self-actualize” and the final need in Maslow’s “hierarchy of needs”.

The journey through the “hierarchy of needs” is not necessarily a singular process in the life of an individual and, though originally initiated by the significant event of birth, it can

also be seen to have distinct beginnings at the starting points of each opportunity for “self-actualization” encountered during the process of a lifetime.

Each beginning is shadowed by the possibility of not having needs met during the quest for fulfillment and therefore vulnerable to loss, through trauma, of the ability to “self-actualize”. Loss of the ability to “self-actualize” inevitably reflects in the momentum of the “life-force” that creates potential to meet needs. This makes trauma a bilateral blow to both ability and the subjective expression of “life force” (“I am”).

*Trauma creates a unique profile or “trauma void” through the subjective experience of loss that obliterates, in varying degrees, the ability and potential to continue to meet one or more of the needs described in Maslow’s hierarchy. It is possible to illustrate this profile and see how a trauma has blocked different needs from being met by having a client draw in his or her specific responses to the trauma on a worksheet. The closer in the line of the “barrier” around the “trauma void” is rendered (at the level of each specific need) to the column of “life force” (“I am”), the greater the experience and perception of loss of ability to meet that need.*

The initial profile of trauma is walled off from “life force” by a “barrier” resulting from the suspension of emotions integral to the grieving process. These emotions, acknowledged in the work of Elisabeth Kubler-Ross (1969), include shock/numbness, fear, anger, sadness, denial, guilt, and hope (my addition).

It is my belief that acknowledging and grieving specific losses of the ability to “self-actualize” creates movement and openings in the “barrier” surrounding trauma. These openings provide the opportunity for “life force” to pass through and re-energize the potential to “self-actualize”. If this is the case, a purposeful amplification of the awareness of “life force” combined with the grieving process serves to effectively restore the “trauma void”

*Barrier cont’d page 9*

*Barrier from page 8*

with “life-force” and re-establish the potential to “self-actualize”.

Therefore, the two processes that combine in the “bilateral” approach to healing trauma are grief and the amplification of awareness of “life force”. Both are natural to human beings and readily available if understood in the following manner(s).

Grief is the innate process that humans use to heal from loss. Each time there is the opportunity to feel a particular emotion (or combination of emotions) *about* a loss, there is an actual re-experiencing of the relationship to that loss with diminishing emotional attachment until the pain of separation (from what has been lost) has receded to a tolerable level.

If the emotions of grief are not naturally expressed, they can enlarge the “barrier”, arrest the healing process, and become enmeshed with “life force” as “I am” resulting in a crippling level of emotional response. It is important to encourage clients to grieve with as many emotions as possible to broaden the grieving process and avoid the over-concentration on any one emotion that can create the enmeshment with “life force” mentioned above.

Grieving does not have to be an unpleasant activity and can be effectively accomplished through employment of therapies that focus on the sharing of stories and creative recreations. These therapies also have the capacity to evoke pre-trauma levels of access to “life force” as they can inspire all facets of the teller to be present in the process of reminiscence.


Amplifying the awareness of “Life Force” can be achieved by simply *doing anything that resonates with an individual's deepest sense of well-being* and does not include activity that is purposefully harmful to the human organism. Choice of action can be drawn from any or all physical, mental, spiritual, or creative pursuit(s) and is unique to the natural predilection of each individual.

The successful practice of Bilateral Barrier Theory depends upon a therapeutic relationship

that allows the counsellor and client to co-create:

- a) An accurate client driven description (or “profile”) of trauma through either use of “worksheets” (figure 1), or interview processes that record and pay special attention to responses that can strengthen the ability to meet compromised needs of Maslow's Hierarchy. Acknowledgement and identification of preferred mode(s) of grieving or choice of emotion(s) to respond to loss.
- b) Opportunity for expressing feelings of loss and grief specifically related to trauma.
- c) Discovery and encouragement of life-affirming interests and activities avidly pursued or participated in (before or after the experience of trauma).
- d) Strategy for matching interests and activities with perception of quality or qualities of life lost through trauma.

The advantage of a flexible approach to theory is that it is portable to any counselling style, context, or environment and allows the healing process to be truly client driven and responsive to the needs of any and all therapeutic situation(s). Bilateral Barrier Theory is not a specific set of skills nor created or meant to be followed in a lock-step manner. The charts and worksheets of figures 1-3 are best used to illuminate theoretical ideas, and as reference points for the counsellor and client to keep in mind throughout the process of counselling. Bilateral Barrier Theory is intended as a framework of understanding to be consulted during the dynamic course of a therapeutic relationship built upon the qualities of empathy, trust, respect, curiosity, and humor.

The unedited version of this article, including graphics, can be accessed at [www.solmogerman.com](http://www.solmogerman.com) 

## Glossary

**Am:** The ability of **self** to actively relate with the world.

**Barrier:** Response to **trauma** that separates **self** from ability to **self-actualize** through suspension of **grieving process**.

**Bilateral:** Working on both sides of the **barrier** through a combined process of grieving losses and re-energizing **I am** through amplifying awareness of **life force**.

**Grief (Grieving process):** Innate process used to heal from loss through feeling and cycling of emotions.

**Hierarchy of needs:** Maslow's model of needs that have to be progressively met in order to **self-actualize**.

**I:** first person awareness of being alive (**self**).

**I am:** Subjective expression of **life force**.

**Life force:** the energizing force found in all life.

**Profile (of trauma):** Visual representation of how response to **trauma** affects ability to meet specific needs of **hierarchy of needs**.

**Self:** first person awareness of being alive (**I**).

**Self-actualize(ation):** an individual's innate drive to realize the potential of his or her deepest aspirations.

**Trauma:** Loss of the ability to meet need(s) for **self-actualization**.

**Trauma void:** Area of potential to **self-actualize** that is blocked from **life force** by **barrier**.

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## Positive Psychology Primer

Esta Porter, PhD, RCC, LMHC, Contributing Writer

It has been about seven years since Martin Seligman met in Mexico with a group of colleagues and convened Positive Psychology's first organizational meeting. It is and will be a challenge to the mainstream psychological community to reorient from the 60 or so years of it's preoccupation with mental pain and illnesses. We are all familiar with pathologies as outlined in the DSM-IV-TR, the manual which we have come to understand as a map for treatment modalities. The main bent of psychological intervention to date has been to diagnose and treat maladies. Not that it is unimportant to understand and know about pathology, but those of us who have been in therapy or have worked as therapists may note that simply knowing about pathologies whether biological or situation never created change. This realization was noted by Dr. Martin E. P. Seligman, known as Marty to all who meet him.

One day while working in his garden, Marty's 5 year old daughter named Nikki was bounding

with light and energy, throwing weeds about with great delight. Marty was annoyed with her behaviour and let her know. To this she said, "Well, Daddy, I made a decision not to be whiney so you can make a decision not to be a grouch." In that moment stemming from the clarity of a child, came the birth of Positive Psychology. This new discipline stems directly from the concept that there is a choice as to how to live life. From that beginning, Marty and many colleagues both directly and synchronistically engaged in research and have come up with many interventions based on and tested in hard science that work to change how a person is rather than just modify behaviour.

Seligman, the former President of the American Psychological Association, first studied helplessness in order to validate his own feelings. His parents were from middle class origins—civil servants, running the rat race. He observed that the helplessness in them was not far from what he had observed in laboratory animals. He

noticed that when dogs that were being electrically shocked and unable to escape were given the opportunity to escape being shocked, they oddly enough did not leave the stimulus. Instead, they submitted to it in a helpless fashion. Seligman might have said that there was a conclusion to be reached... that nothing really mattered... or known as learned helplessness. We see it all the time in our societies. He was fascinated by this phenomenon and began studying the effects of helplessness, noting thinking styles among other factors, which he hypothesized, contributes to depression. He was more interested in expanding human happiness rather than simply bumping unhappy, depressed people up a few pegs on the misery scale.

In the research done it has come to light a formula—that Happiness equals S (a biological set point, a place we tend to return to after changes in our life) coupled with C (circumstances such as age, sex, education, location, climate and job... not surprising that the C only accounts



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for about 10-15% of what makes us happy as we are able to adapt) plus V (volitional activity... that which we do that makes sense to us and enhances our lives—accounting for the greater movement in our happiness quotient). Marty did not particularly like the direction his profession was taking: accentuating the negative and using treatments that did not work, massively involving the medical profession whose job it is to prescribe medications as treatment when the psychological treatment (talk therapy) left people high and dry wanting a cure. He noted that therapists were focusing on childhood wounds, entitlements, passivity, and self-centeredness. He also knew that the therapeutic approaches most commonly used, set up people for disappointment and social isolation, hence encouraging depression. The situation called for a paradigm shift.

In 1998, Seligman and researcher Mike Csikszentmihalyi (pronounced cheek-sent-me-high) met in Mexico with others to talk about a new concept of Positive Psychology. They would later recruit the brightest thinkers in the field to do rigorous longitudinal, demographic, and outcome studies. From that the VIA (Values in Action) Signature Strength project was born. Seligman and Chris Peterson (University of Wisconsin) launched an exhaustive study of character strengths and virtues, a cornerstone of the Positive Psychology movement.

What is Positive Psychology anyway? Leaning heavily on the character strengths that a person has (not the behavioural manifestations of said strengths), this new discipline uses a series of well validated instruments to measure signature strengths and happiness inventories that can mark progress in one's therapeutic work. It is the psychological science of using strengths to work towards a happy life. Seligman contends that there are three pillars of happiness: flow, meaning and pleasantries. The pleasant life is not ascribing to the hedonic treadmill, rather learning to savor life as it is. It is however one of the least important components of happiness giving way to the good life... the life that is built on using our signature strengths and virtues in order to lose oneself in our work, conversation, accomplishments, contemplations and any other

parts of our existence. It is also called "flow". The meaningful life is the dedication of one's life to something outside and larger than self. It goes beyond family, personal and/or intellectual achievement. It can embrace altruism and love. The discipline of Positive Psychology is a new vision of psychology emerging as a strong, moral, social, positively influenced and focused research discipline. It holds that well researched, tested and validated interventions can be incorporated into a way of life that is unencumbered and most natural. One of the premises of Positive Psychology is that psychological intervention is not relegated to the office of a clinician only but is a living, evolving, and generative way of experiencing life.

In 2005, *Time Magazine* as well as *O: The Oprah Magazine*, *Psychology Today*, and *Scientific American* carried mainstream articles on Seligman and the movement (discipline) of Positive Psychology. These articles as well as a growing number of text books and trade books have made their way to the public. Going beyond the conventional self help books, these techniques are tested and empirically proven. Positive Psychologists led by a host of internationally renowned scientists and clinicians are setting up courses and researching data that will undoubtedly revolutionize the thinking of many of our cohorts.

In a Positive Psychology course one can expect to gain experiential *Insights* on how to simply be happy. There are well defined and tested exercises, (or shall we call them interventions), from blessings exercises with a new twist to gratitude letters, to forgiveness experiences, to learning about maximizing and satisfying. Learning about signature strengths and how to enhance them is an excellent use of a person's strengths rather than his pathology to guide treatment. The realization has unfolded that the past can be a trap if you do not use the gifts of your past as a guide to the present and take it into the future. All this earmarks the makings of a new view on how we choose to live out our lives. To quote a wise client, a crack baby with very difficult circumstances to overcome: "God gave me a life. It is up to me to

choose how to live it." The question does arise — if science can discover what constitutes happiness, can it give us tools to teach us how to experience enduring happiness? Can we enter into a course that gives us ideas and things to do to help us? According to Marty, "The science is well underway. The current challenge is to apply the science in the world. Analytic thinking and experimentation is only as good as the synthetic applications to practice." Before taking the course with Marty himself, I was a skeptic. I now know that it is possible to move from stuck, depressive states with a series of well researched, validated exercises that make sense and for the most part are fun. I once saw a great sign... Let's put the fun back in dysfunctional... I think it works!

### About the Author

Esta Porter, PhD, RCC, LMHC is a graduate of the Authentic Happiness Coaching Program and a veteran therapist. She offers therapist training teleclasses that are based on the concepts of Positive Psychology. For further information, she can be reached at (250) 229-2244 or [Esta@claimyourstrengths.com](mailto:Esta@claimyourstrengths.com)

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## Ecological Consciousness, Psychotherapy and Neuroscience

Maggie Ziegler, Contributing Writer

Despite an almost infinite possibility in our genetic potential for imagination, creativity, and wholeness, too many of us live in a narrowed universe bound by limited intimacy with ourselves, others, and all planetary life. This narrow place has tightened as our separation from land and community has increased. Adrift in broken landscapes, preoccupied with private suffering, we fall into spiritual crisis. We are unable to come home to our true nature; indeed, we have no real idea what it is. Yet a sustainable future depends on moving beyond isolation into circles of connected caring that can help us find the courage to break cycles of violence. Ecopsychological perspectives on the energetic connectedness of all life can deepen psychotherapeutic practice, expanding the growing emphasis in psychotherapy and neuroscience on relationship.

Neuroscience, Daniel Siegal writes, views mind as emerging from the flow of energy and information within the brain and between brains. Relational experiences determine how genetic templates unfold, and how neurons, the microscopic processing units of the nervous system, form interactive networks. Despite our individualistic culture, we remain social mammals who learn self-regulation only in relationship. Children who experience attunement, intimate and collaborative communication without spoken language, are open systems whose stimulated brains integrate sensory experience and establish complex wiring.

Eco-philosopher David Abram moves beyond the interpersonal domain, suggesting that present experience and genetic inheritance combine to orient the individual to the world. For land-based oral cultures not separated from the living environment, this orientation is a deep attunement to the landscape. Leroy Little Bear suggests that verb-rich aboriginal languages describe 'happenings' rather than 'objects,' reflecting a process view of existence. "If everything is animate then everything has spirit and knowledge. If everything has spirit and knowledge, then all are like me. If all are like me, then all are my relations." Human speech becomes part of a vaster discourse.

Held by land attuned to the human community, humans are inextricably part of their environment. The idea that the land might be listening, that trees can communicate, is a challenge to the western colonized mind. But science moves in this direction. For example, biologist Chris Url describes research explaining how trees stressed by an infestation of tent caterpillars emit signals inducing neighbouring trees to quickly develop a toxic caterpillar repellent. If trees can 'talk' to each other, then why not to us? If we listen carefully enough, we might attune with the trees in a way similar to that of a deeply connected child and care-giver. A patient and experiential practice of deliberately cultivating a new relationship initiates a re-learning of this lost language.

*I ask the pond permission to sit a while at the water's edge. The pond seems happy with my company and so I am happy too, drawn to the dusty pollen swirling on the pond surface, the water bugs spinning and diving, the burbling outflow stream, the sudden breeze that sets a shivering through my body and through the pond until we vibrate in unison. I feel welcomed and not the least bit lonely. I am just here breathing the living earth, the living earth is breathing me. My heart sings thank you and the reflection of a soaring eagle suddenly passes over the water.*

Painful experiences lead to defensive personality structures. Infants and young children with attachment disruptions often experience chaotic and despairing inner worlds. The abused or neglected child separates thoughts from feelings, behaviours from sensations. Disconnection may be the best survival strategy in impossible situations, but it binds energy and barriers the self, creating deficits in the developing brain. The result of psychological disconnection and neural limitation is constriction and loss.

The internal fragmentation experienced when one is violated or abused also occurs in relation to our 'primal trauma', which psychologist and activist Chellis Glendinning argues is the disorientation we experience, consciously or unconsciously, because 'civilized life' exiles us

from the natural world. She suggests a 'screaming link' between our internal disconnection and our ecological troubles, between interpersonal violence and assaults on the land.

We can hypothesize that a diminished relationship to nature also constricts brain development. When children directly interact with nature they perceive themselves as a vital part of an attentive universe. Pathways built in the brain due to this mutual interaction continue to strengthen and expand until the child experiences separation through socialization. Then, a view of nature as intelligent and interactive becomes ludicrous.

Although there are many theories about how we came to separation – patriarchal dominance, the development of alphabetic writing, the shift from hunter-gathering to agricultural economies, the growth needs of capitalism, the traumatic impact of war and violence – there is agreement that healing involves the re-integration of what has been split off and lost. Psychotherapy, neuroscience and eco-psychology all contribute to this task of reconnection.

Psychotherapy encourages growth through integrating split off aspects of self and rebuilding connections with others. In neuroscience terms, the task is to build new neuronal patterns of connectivity. Similar factors promote psychological and neural growth, suggests psychologist Louis Cozolino. First, psychotherapy requires first a trusting relationship within a stimulating environment. It is the therapist's capacity for attuned presence that creates the sacred ground in which therapy unfolds. Next, new information and experiences build bridges between thoughts, feelings, sensations and behaviours, joining into new narratives about self and world. These experiences also build new neural architecture. Brain scans taken before and after therapy for conditions such as depression and post traumatic stress dramatically illustrate the possible: new parts of the brain are firing.

Through developing an ecological consciousness we enter the flow of life, beginning to bridge the chasm between ourselves and the rest of nature. Here, too, we begin with a

*Consciousness cont'd on page 13*

*Consciousness from page 12*

supportive relationship, one in which we initially attend to what is attractive and nurturing, in order to develop a state of trust. Then we can relax enough to engage with the land with all our senses. Practices of deliberate communication with the land lead to the re-animation of the landscape that contains ourselves.

*Enchantment is everywhere. The hollow-boned feathered inhabitants of the wetland sing sweet spring songs -nuthatches trumpet, robins chatter. Pink salmonberry flowers anticipate the return of the hummingbirds while buzzing bees dance erratically. Lacy alder branches uncurl their leaves above the sharp smell of skunk cabbage. Cool breeze, my own cool nature. Nose running like the stream, the clouding sky, the memory of yesterday's rain, moisture moving through everything, breaking down barriers. The shattered tattered world*

*receding as feelers grow all over my body, threads reaching outwards to join with the energy strands all around me.*

When we challenge conditioning that silences our experiences of communication with nature, we can weave new, shared stories that bring us one step closer to an empathic relationship with all life. Combining our neurological drive towards integration with the psychological journey towards wholeness and a deepening ecological consciousness, we move towards a full partnership with the living systems of earth. With such an expanded consciousness our spiritual crisis melts away, dissolving into a deep knowing of who and where we are, and what is being asked of us.

### About the Author

Maggie Ziegler, MA, RCC, facilitates 'reconnection to life' retreats for anyone who

cares about the planet, and workshops for psychotherapists that link trauma and ecopsychology. For more information, [mziegler@saltspring.com](mailto:mziegler@saltspring.com)

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Gerry Bock, MA, CTS, RCC

Sometimes you can see that you are going to have a slower day or a slower week than usual, sometimes you can't. Many aspects of a practice need to be re-balanced from time to time. This article is about ideas for rebalancing the marketing activities of your practice, which can be the productive goal of a business slow down.

Here are some ideas that you can use to improve your marketing abilities:

- Get together with a colleague and share ideas about which marketing systems or ideas have worked in the past.
- Beef up on your learning by going to the library to check out books on marketing a service based business.
- Put together topical articles of interest (typically in the form of a brochure) to

distribute to your referral sources or in the form of an interactive workshop to a community group that may be interested in your services.

- Write a manual or book about new methods of treatment with clients and sell it on the internet.
- Meet face to face with new sources of referral and discuss what you can do for them as well as what they can do for you.
- Take a course, enroll in a workshop on marketing or learn new skills and tools that you can use to develop a new niche market.
- Put on a workshop in the community to attract clients interested in your areas of specialty.
- Take some time off to plan a new

marketing or advertising campaign.

- Consider meeting with a business planner to see where your practice is going and how you may be able to develop new areas together.
- Interview your referral sources to find out what you are doing well, or what you could improve on.

These are just a few of the many ideas that you may be willing to consider implementing the next time your client referral list slows down. There are many creative things you can do, to improve the bottom line. 🐻

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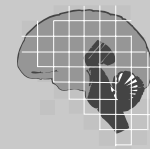
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## A Word From Your President

Bev Abbey

March may come into our lives like a Lion, but it goes out like a Lamb!

As we turn the corner and the calendar into March, we gear up for the “marathon weekend” of meetings. The Victoria Office staff are focused and carefully preparing the volumes of material for Committees, Delegate Council, Annual General Meeting, and the first 2006 meeting of the Board of Directors.

This Report will summarize these meetings, and take a look at what is in the planning stages for 2006.

### Delegate Council Meeting

The Delegate Council meeting is comprised of representatives from each Region, based on a formula described in our Bylaws (Section 65), plus the Board of Directors. Based on our membership at December 31<sup>st</sup>, 2005 (1594) there were 26 regional representatives and 15 Board members, plus guests, around the table.

Dr. David Cane, and the Task Group for Counsellor Regulation’s Working Committee on Competency Profile Development, presented an excellent overview on their work-to-date on the Competency Profile for the profession of Counselling Therapy. Following a round of applause for their very high calibre work, the Working Committee members: Dale Trimble and Lydia Rozental (BCACC); Max Innes and Roger Wells (BCAMFT), David Paterson and Blythe Shepard (CCA), Randy Frost (AAPC), Shiella Fodchuk (Spirituality), Kevin Kirkland and Stephen Williams (MTABC) and Michelle Oucharek-Deo (BCATA), were acknowledged with Appreciation Award plaques. The Committee then headed back to their meeting room to continue the refinement work on the Competency Profile.

Representatives of the Continuing Competency Committee (Dianne Symonds, Rob Riddle, Elizabeth Morris and Jocelyn Harris)

presented a Draft of the proposed Continuing Competency Model. This model is presented in the Continuing Competency Report in this issue of *Insights*. It is important to read.

Through small-group discussions, several suggestions were brought forward to the Committee, for review and consideration.

The afternoon session was focused on the Association’s “Identity Project”. It seemed like yesterday that our Association worked on its first attempt at an identifying logo. In March, 1993, *Insights* introduced the Celtic rune “Sowelo” to us. It has been with use ever since. All product identities undergo changes in keeping up with changing times, and we determined that it was “time” to take a long look at our “BCACC” and “RCC” branding, keeping pace with changes in the 21<sup>st</sup> Century. Duncan Shields, Chair, Member Services, readily accepted the challenge of leading the “Identity Project” initiative, and, with a very respectful process, brought together members from each Region, and Uri Sanhedrai, with 30 years of experience in the branding field, and who is also an Art Therapist. When the final draft was unveiled at our meeting, the representatives gasped in awe at the beautiful work that Uri had created for “BCACC” and “RCC”. The representatives also voiced their appreciation at being educated about the “branding process” and outcome. There was unanimity in the recommendation to the Board of Directors, to adopt the draft presented.

In closing, the representatives expressed their feelings that the meeting was very beneficial and energizing.

### Annual General Meeting

At the Annual General Meeting, I was very pleased to summarize the accomplishments of the Board of Directors, and Board Committees,

*President cont'd on page 16*

## Executive Vice-President’s Report

Glen Grigg

Should we continue to be a “shadow college”, matching the functions of a traditional professional college as best we can? Should we continue to look at master’s degrees as the key indicator of competence to practice clinical counselling? And should we continue to generate the decisions of the regulatory division based on standing volunteer committees?

These are the questions that will be taken up by the Board at a one-day strategic planning retreat in June. A White Paper was presented to the Board at the March meeting outlining the planning challenges that face the regulatory dimension of BCACC’s work. Highlights of this paper are that, while a college seems more assured than ever, the pace of establishing a college is driven by slowed-down provincial legislative process coupled with the need to align any new college with a national consensus on counselling as a profession. We have many initiatives in place for working with these requirements, including a working partnership with the nationally-based Canadian Counselling Association, sponsorship of the National Symposium on Counsellor Regulation, the Competency Profile project, and, of course, the Task Group on Counsellor Regulation.

Continuing to regulate the profession of clinical counselling involves some crucial decisions. We have an opportunity to demonstrate innovation in our regulation functions, or we can continue to emulate a traditional college. On the registration side, it has become clear that with the advent of non-chartered degree programs emerging in at least four Canadian provinces, we can rely even less on graduate degrees as indicators that applicants possess the

*Exec. V-P cont'd on page 17*

### *President from page 15*

for 2005, in fulfilling our Mission and Fundamental Purposes:

- Entered an agreement with the Canadian Counselling Association to co-host the 2007 National Conference in Vancouver, May 22<sup>nd</sup>-25<sup>th</sup>, 2007.
- Preparation of an Inquiry Committee Guide for Members brochure.
- Custody and Access Assessment Report Standards.
- Policy for Appointing Members to Committees.
- Payment for Clinical Counselling Services Standards.
- Consent to Clinical Counselling and Use of Personal Information Standards.
- Website Privacy Policy.
- Conflict of Interest Guidelines for Association Volunteers.
- Canadian Journal of Counselling to be provided to BCACC members.
- Participated in the Disaster Stress Trauma response Service's evolution to the status of a Provincial Project in the Ministry of Health, in conjunction with the Vancouver Coastal Health Authority, and the development of a training workshop being piloted and presented to the members in the Lower Mainland, April 21<sup>st</sup> and 22<sup>nd</sup>, 2006.
- Developed a joint project with the CMHA, North and West Vancouver Branch, counselling underserved clients.
- Delivered Member Orientation Workshops across the Province.
- Began an in-depth exploration of EAP and Extended Health Benefits Programs through the Third-Party Payers project.
- Developed a Model for Continuing Competency.
- Redeveloped Regional Meetings, with a shift to one-day workshops for Region 4.
- Five articles on the Inquiry process authored by Shirley Halliday, Chair, Inquiry Committee, published in *Insights*.
- Received the latest Draft of the Competency Profile of the Counselling Therapist, and a report on the ongoing validation process.

- Victoria Office went through technological and personnel transitions.
- Convened and co-hosted the overwhelmingly successful Symposium 2005: Counsellor Regulation in Canada.
- Our Registrar, Angela Burns, reported that we had 1594 members registered as of December 31<sup>st</sup>, 2005.

Our Provincial Award recipients: Dr. David Cane (President's Award for Distinguished Contributions to the Profession of Counselling); Duncan Shields, John Fraser and John Hayashi (Volunteer of the Year Award), Diane Payette (Communications Award); Katie Hughes and Martha Dionne, CMHA/North and West Vancouver Branch (Professional Care Award), accepted and spoke, acknowledging their appreciation for being recognized by our Association, in this manner.

Outgoing Directors Joannell Clarke (Discipline Committee), Edward Epp (Ethics and Standards Committee), and Pauline Carey (Vice-President, Region 5), received Appreciation Awards, with thanks.

Thirteen years ago, in the March 1993 issue of *Insights*, Dr. Jim Browne introduced himself to us. Since then, it is amazing how many projects have been successfully managed by Jim, as our Executive Director (the list, above, is only for 2005). However, this year, when all his work was recognized, the Board of Directors unanimously agreed to present Jim with an Award of Commendation in recognition of extraordinary leadership in advancing the counselling profession, as this year was not only transformational for our Association but the work far exceeded expectations.

At the end of the Awards presentations, in my excitement, I omitted introducing our Directors for 2006, and our staff. I apologize and wish to do so in writing:

- Executive Vice-President: Glen Grigg
- Chair, Inquiry: Shirley Halliday
- Chair, Registration: Kathy Lauriente
- Chair, Member Services: Duncan Shields
- V-P Region 1 Dale MacIntyre
- V-P Region 2 John Hayashi
- V-P Region 3 Sam Reimer

- V-P Region 4 John Fraser
- V-P Region 5 Pauline Fitzgerald

The Ethics and Standards, Legislative Review, and Discipline Committee Chairs are vacant and being held in abeyance until our 2006 Strategic Planning has been completed.

- Executive Director: Jim Browne
- Executive Assistant: Michèle Ashmore
- Registrar: Angela Burns
- Deputy Registrar: John Gawthrop
- Admin. Support: Julia Burke, Aina Adashynski, and Moira Malafry

Thank you for all of the work you have done in the past, all that you do in the present, and for your commitment and dedication to our continuing journey...

We extended our thanks to Brad Ackles, Vice-President of Mitchell & Abbott, our insurance brokers, who generously contributed to our post meetings' Reception.

A great day was had by all.

### **Board of Directors**

Our meeting on Saturday was filled with policy discussions and respectful deliberations.

The Board acted on the recommendation of the Delegate Council and approved the branding for "BCACC" and "RCC" created by Uri Sanhedrai. The Council asked the Identity Project Team to determine the colour scheme and proceed to bringing "products" online (displays, website, brochures, stationery...).

A highlight was the review of a White Paper, leading us to our Strategic Planning Day in June.

The CCA/BCACC 2007 National Conference is coming together very well, thanks to the energy of the Steering Committee. The Program and Social plans are very "rich". Be sure to look at the announcing flyer and reserve the dates – May 22<sup>nd</sup> - 25<sup>th</sup>, 2007. The Committee is expecting a large registration, and space is limited.

### **2006 At a Glance**

TEAM BC (Bev Abbey, Glen Grigg, Diane Payette) along with David Cane and Blythe Shepard, and a large CCA contingent, left on March 29<sup>th</sup> to attend the 2006 International CCA/ACA Convention in Montreal (at the Palais

## Office of the Registrar

Angela Burns

### General Administration

Renewals are almost complete and we are looking forward to another year of growth and development here at head office. We have had a number of positive changes which include office moves, staff changes, database changes and a brand new logo (in the wings!).

A snapshot of the Association on April 3, 2006: **Total members:** 1603; Active: 1461; Inactive: 116; Student rate: 25; Honorary: 1

<b>0</b>	(out of province)	<b>40</b>
<b>1</b>	121	<b>2</b> 218
<b>3</b>	127	<b>4</b> 703
<b>5</b>	316	<b>6</b> 78

### Criteria Equivalence

BCACC has a fast track for regulated professionals from jurisdictions whose criteria for membership meet or exceed ours. Since the last issue of *Insights*, we have not had any new members via this route.

### Inquiry

Since January 1<sup>st</sup>, 2006 we have received 4 complaints. We have closed 1 case.

### Deceased

Renzo Peripoli, February 12, 1946 –March 2006. Renzo was a member since June 16, 1988 and most recently resided in Hamilton, Ontario. 🌳

des Congrès). Several thousand registrants were expected. TEAM BC members made presentations in a number of sessions, and promoted the 2007 National Conference.

Our Board of Directors will spend a day in June developing a Strategic Plan that will embrace several Association functions, bridging to a College of Counselling Therapists of British Columbia.

The validation phase of the Competency Profile will be completed and will have international exposure.

The Continuing Competency Model will be completed and ready to pilot.

Our new “BCACC” and “RCC” look will be presented.

You, our members, are the backbone of our Association. Our success in all of our endeavours is directly accountable to your willingness to volunteer, and support our Association, in the many ways that you do.

A special thank you, to you all... 🌳

*Exec. V-P from page 15*

competencies required for accountable practice. In addition, the decisions made by our committees of registration, inquiry, and discipline are becoming even more “high stakes” as the designation “Registered Clinical Counsellor” becomes more crucial to employment and professional practice. In answer to these challenges, the Board will be looking at competency-based registration systems, complaints processing based on restorative justice principles, and systems for specific training for members of regulatory committees.

Already, we are engaged in the best kind of professional regulation, which is preventing difficulties in the first place. Our Member Orientation Workshops are being well attended, and these events help all members reflect on the requirements of professional accountability, and how the Association supports members to keep that trust with clients and the public. We have also brought forward new standards for Custody and Access reports, a traditional area of professional complaints. These new standards make clear not just how comprehensive and involved such reports must be, but also how carefully relationships with the courts, families, and other professions must be managed. Practice standards continue to evolve, with BCACC taking a lead on issues of personal privacy, informed consent, and the use of electronic communications in counselling. Our regional governance system is creating unprecedented levels of member involvement, professional connections which support professional practice and identity. By anticipating areas of risk and potential harm, and creating safety for all concerned, our members are continuing to deepen the trust they have earned in our community. 🌳

## The Web Corner

[www.bc-counsellors.org](http://www.bc-counsellors.org)

Aina Adasynski

Please note that the **Child Custody and Access Assessments and Reports Standard**, which was approved by the Board of Directors on October 22, 2005, has been added to the Code of Ethical Conduct and Standards of Clinical Practice for Registered Clinical Counsellors. A printable version of the entire booklet is available at [www.bc-counsellors.org/code2001.btm](http://www.bc-counsellors.org/code2001.btm).

bc-counsellors.org is a great resource for RCCs to learn about and advertise upcoming Continuing Competency events, office space for rent, and career postings. Contact Aina at head office for more information: e-mail [aina@bc-counsellors.org](mailto:aina@bc-counsellors.org) or call 1-800-909-6303, ext. 0. 🌳

**Are You Moving Soon?**

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**Fax us at (250) 595-2926**

**or e-mail**

**[hoffice@bc-counsellors.org](mailto:hoffice@bc-counsellors.org)**

**Thank You For Helping Us**

**Stay In Touch**

## Committee Reports

### Continuing Competency

*Dianne Symonds, Chair*

For several years the Continuing Competency Committee members have been focused (between organizing conventions) on the development of a Continuing Competency Program that would outline the Association's and members' roles in ensuring that our members remain competent to practice. There were two reasons the committee embarked on this process. As BCACC moves toward regulation under the Health Professions Act, we recognize that we will have a duty "to establish and maintain a continuing competency program to promote high practice standards amongst registrants" (Article 16 e).

For the present, as a responsible Society, we recognize the importance of ensuring the competency of our members. However, each group of health professionals in BC has developed a unique program. The committee

members' task was to develop a program that met the needs of our members, was respectful to the wide range of practice situations and recognized the geographic distribution of our members. That task is nearing completion. I would like to outline the process the committee used to prepare the document.

#### Development of the Continuing Competency Program for BCACC

##### Consultation process:

1. A questionnaire was distributed to BCACC members to determine the methods they used to remain competent and their priorities for a Continuing Competency Program.
2. A survey of other health professional organizations was completed to determine the design of their continuing competency programs.
3. Three representative professional organizations were invited to a panel presentation to discuss the strengths, challenges and process used to implement their programs.
4. Our fellow Task Group for Counsellor Regulation members were invited to the panel presentation and to participate in a discussion following its completion. Delegates from Family and Marital Therapy, Music Therapy, Pastoral Counselling, and Art Therapy attended. Bev Abby also attended this meeting.

##### Development of Draft Program

1. Using the information obtained from the above process a set of guiding principles for the new BCACC Continuing Competency program was established. Bev Abbey attended this meeting.
2. The first draft of the proposal was created and given to the Board.

##### Feedback from the Stakeholders

1. The Regional Vice-Presidents took the draft document to their regional meetings and discussed the document with the members. Their feedback was then directed back to the committee for inclusion in the document.

2. Task Group members were circulated the draft document to obtain feedback from their members. This information was also forwarded to the committee.
3. A meeting was held to which the Task Group for Counsellor Regulation representatives were invited to provide feedback. This information was also incorporated into the document where appropriate.
4. The Current Draft document was presented at the Delegate Council (DC) meeting in March '06 for feedback. Their valuable contribution will be incorporated into the plan.
5. The Final draft will be presented to the Board in June for its approval.

Once the Continuing Competency program has been adopted by the Board, it will be circulated widely among our members. Thanks as usual to the committee members who have worked on your behalf to develop this important program.

### Inquiry

*Shirley Halliday, Chair*

What might be the focus of a report from the Committee in this edition of *Insights*? This felt like a problem for two reasons. First, we have completed, with the last edition of *Insights*, the series of five articles (reports) from the Committee filling out for you some examples of complaints that have been received by the Committee, and doing this by using the framework of the statements of ethical standards of BCACC. Second, the report from the Committee in the Annual General Report (posted on BCACC website) brings you up to date on the activities of the Committee over the past year. So, you may better understand the question: what can be a central focus at this time to the members of BCACC from the Committee?

A small article in the *Vancouver Sun* provided me with a possibility. The title of the article: "Act will remove legal liability of 'sorry'" had as its subtitle "B.C. Apology Act to 'promote early, mutually beneficial resolution of disputes'" (Terri Theodore - Vancouver Sun -

## CCA/BCACC 2007 National Conference

Mark your calendars for May 22nd - May 25th, 2007 for the joint CCA/BCACC 2007 National Conference. Please review the flyer announcement, included with this issue of *Insights*. Watch for further registration information and plan to register early. As a national conference, with interest being shown in the Western States, participation is going to be limited to the first 500 registrants as a matter of space constraints.

March 29, 2006). On March 28<sup>th</sup>, 2006, the Attorney General of B.C. introduced a new Apology Act. *“British Columbia is the first Canadian province to introduce legislation to allow people and organizations to make an apology without fearing legal liability.”*

#### **Briefing notes**

George Bryce, legal counsel for BCACC provides the following briefing notes. The *Apology Act* is at a preliminary stage. Before this could become law the bill (#16, 2006) must receive second reading, a review by the Committee of the Legislature, and a third reading. After passing through these steps it can then receive Royal Assent and the resulting Act can then be proclaimed into law. The Attorney General has not given any indication about when this legislation will be debated further or when it will come into force. However the Attorney General press release said that “the introduction of the Apology Act supports the ministry’s goal of reforming the civil justice system and making laws fair, equitable and efficient for all British Columbians, while protecting individual rights and judicial independence.” So, presumably, this proposed bill would make its way through the process sooner rather than later.

#### **Definition in Apology Act**

In the Appendix “A” of Bill #16 (2006) – *The Apology Act* – the following is described as the effect of apology on liability:

- “1. An apology made by or on behalf of a person in connection with any matter
- (a) does not constitute an express or implied admission of fault or liability by the person in connection with the matter,
  - (b) does not constitute a confirmation of a cause of action in relation to that matter for the purposes of Section 5 of the Limitations Act,
  - (c) does not, despite any wording to the contrary in any contract of insurance and despite any other enactment, void, impair or otherwise affect any insurance coverage that is available, or that would, but for the apology, be available, to the person in connection with that matter, and,

(d) must not be taken into account in any determination of fault or liability in connection with that matter.

2. Despite any other enactment, evidence of an apology made by or on behalf of a person in connection with any matter is not admissible in any proceeding and must not be referred to or disclosed to a court in any proceeding as evidence of the fault or liability of the person in connection with that matter.”

In other words, this Bill provides that an apology made by or on behalf of a person in relation to any civil matter does not constitute an admission of fault or liability by the person or confirmation of a cause of action in relation to the matter, does not affect the insurance coverage available to the person making the apology, is not admissible in any judicial or quasi-judicial civil proceeding and must not be considered or referred to in relation to fault or liability in any such proceeding.

#### **Impact on BCACC**

What is of particular interest to BCACC concerning this Bill is how it could be employed in the future to assist BCACC via its Inquiry Committee to resolve complaints against counsellors.

Before we look to the future we need to look at our past experience with complaint cases. A central theme that the Committee has noticed is that the experience of being harmed (feeling hurt) that the complainant has is a tremendous burden that is crucial to be resolved in order for relationships to be restored. This type of healing in relationships faces huge challenges when it is unacceptable to the professional group that is reluctant to offer an apology due to legal and insurance concerns.

It has certainly been part of the experience of the Committee that sometimes a potential complainant is looking for and feeling a need for an apology, from an RCC, recognition that some harm has been experienced. It is an anecdotal impression from working on this Committee that some formal complaints could be averted if the RCC were able to apologize to a client, when a client approached him/her about some source of dissatisfaction in the

therapeutic relationship. This Bill would make it a real option for the RCC to apologize, without the standard outcry that tends to come about being advised by one’s lawyer or insurance representative not to apologize. Therapeutic relationships are more likely to benefit from this approach.

We all know that it is so very difficult to take ownership of our acts of omission and/or commission in our lives that result in harm being experienced by another. It is particularly difficult when we are the ones trying to provide help and assistance or support as members of a helping profession.

The proposed legislation would provide an environment in which a regulatory body or professional association could have room to implement restorative justice in how it approaches complaints. It is a world of difference when we are able to say “I’m sorry you are hurt because I did...” as opposed to saying “I’m sorry, I did something wrong”.

## **Legislative Review**

### **Glen Grigg, Chair**

The committee is currently working on a major project, which is preparing a set of bylaws that anticipate the presence of a college. When the provincial government creates a college, regulatory functions in our bylaws must be removed, and the college will take over the work of overseeing professional discipline. As well, the committee is looking at how to include students in the activities of the BCACC without creating the confusion that existed when it was unclear both to students and the public that students were members of an association, but not full members of a profession. Much thought is being given to how to protect the clarity and trust that has been built around the idea of membership in the BCACC as being synonymous with accountable professional practice. Related to this issue is the notion of keeping a place in the Association for inactive members, while at the same time respecting the principle that professions are self-governing. Right now, inactive members can

serve as non-voting members of committees, essentially making them consultants.

Having served as chair of legislative review for the past ten years, this will be my last report, as I am stepping down. As I know each of you understands, it is essential to refine and evolve the balance of family, friendship, work, and community service. Right now, I want to make space on the committee for a leader who has the time, energy, and long-range perspective this role calls for. This committee is a strong BCACC contributor, and thanks for this go to team members Elizabeth Herman, Robin Hutton, Sheldon Bixler, Elizabeth Chambers, Dennis McGill, Charlaine Avery, and Brenda Broughton

## Member Services

*Duncan Shields, Chair*

### Creating a Unified Vision

*A single match is quickly blown out, but with a few more sticks you can nurture the flame. Add more still, and together they create a fire that no wind can blow out.*

One of our Association's fundamental objectives is to develop and advocate for the profession of counselling and the interests of the membership. This objective can be pursued in a number of ways, however each path chosen tells a story about who we are and who we wish to become as professionals.

Whether as individuals or as an Association, how we choose to promote ourselves creates and communicates the meta-message of who we are. This impression that we create in every contact with the public, is the foundation upon which we either build, or fail to build, meaningful and constructive relationships. At a fundamental level, all promotion and marketing endeavours are simply communication tools that help us build relationships with our client groups.

To effectively position ourselves as a profession we must ensure that our messages are congruent with our goals at every level

and in all communications. To do this it is important to be conscious of the messages that we give, the impressions we make, and the identity we wish to communicate.

Last Fall, out of the work of the third party billing committee and through dialogue with members around the province, a convergence of opinion emerged that our brand image and logo no longer accurately reflected the strength of our Association today. As a result, this Winter, our Association embarked on a journey of self-discovery to explore who we are as clinicians and as a professional regulatory body today, and how to better communicate that identity to the public through our information material and visual identity.

At first blush, the diversity of our members' backgrounds and areas of practice would seem insurmountable obstacles to the creation of a unified vision of our professional identity. However this diversity is also our strength because it invites dialogue and opens new ways of thinking. Over the past year I have been pleased to observe how our Association embraces this strength through processes marked by a deep respect for the dignity of individuals, for collaboration and consensus building.

This characteristic of inclusive and respectful dialogue is, I believe, one distinct differentiating characteristic of our Association. From our regulatory affairs and complaint adjudication processes, to the work of our committees, councils and in our boardroom, the work of our Association and its members stands out for its humanity.

As we continue to establish our professional identity and find our voice as an association, I hope that we will continue to lead by our example, embroidering the tapestry of our professionalism with the threads of humanity, inclusiveness and respect.

### Revitalizing the BCACC Brand Image

Our logo and brand identity are an important part of how we contact, develop and maintain meaningful relationships with

the public. Because of this, it was felt that decisions about re-branding needed to be made with representation from the grass roots of our Association.

In order to facilitate that involvement, an "identity" team was recruited with representatives from the Regions, and from the member service and regulatory divisions of our Association. This team volunteered many hours to brainstorm and consider the visual identity and key communication objectives of our Association.

The identity team members are: Bev Abbey, Michèle Ashmore, Gord Auld, Allison Bates, Jim Browne, Nancy Downes, Glen Grigg, Lida Izadi, Michelle Morand, Diane Payette, Leora Splett, Ralph Wright.

Working with the team, we have been fortunate to be able to benefit from the professional direction of our consultant, Uri Sanhedrai. Uri brings over thirty years of international branding experience to the table, and also "speaks our language" as he is a practicing Art Therapist with an MA in Clinical Psychology. I believe that Uri's skilled facilitation of the group meetings was a key factor in helping the team focus on identifying the unique differentiating characteristics of our Association.

Over the past few months this team has considered and selected redesign proposals for our logo, tradeshow booths, brochures, stationery, website, *Insights* layout and other material. The team decided to select two logos for these materials in order to better communicate the relationship between the Association and its membership; one for BCACC and one for the RCC designation. These logos were warmly received at the Delegate Council meeting in March and the Council voted unanimously to send the proposal to the Board with their recommendation for adoption.

I am pleased to announce that on March 25, the Board approved adoption of our new logos and cleared the way for the team, under Uri's direction, to move to the

implementation phase of the identity project. That implementation, and the change in the look of our Association will be rolled out over the next few months and our look will begin to appear on tradeshow booths, brochures, stationery, website and other material.

I look forward to introducing the new look of our Association newsmagazine in the next issue of *Insights*.

### Other Initiative Highlights

#### 1. Brief Counselling Project for Under-Serviced Clients

The request by the CMHA for our members' assistance with this project reflects a growing public recognition of our Association and our members. This kind of opportunity increases accessibility, visibility and showcases our memberships' commitment to community.

This pilot project has also presented our Association with a unique opportunity to gather outcome data on the effectiveness of the services provided by RCCs specifically. This data, although reflecting only a small sampling so far, may grow to provide us with another clear demonstration of the value of our members' services.

I was very pleased that Martha Dionne and Katie Hughes of the CMHA were honoured with our President's Award for Special Creativity in the Provision of Mental Health Services, for their work planning and coordinating this project. To read the full report on this project, please see the Member Services Report in the 2005 Annual Report on our website at [www.bc-counsellors.org/report03.htm](http://www.bc-counsellors.org/report03.htm)

#### 2. Trade Show Program

Allison Bates, Provincial Trade Show Coordinator

We have been very busy this past year working to promote our Association and the work that we do at the various trade shows and conferences throughout the province. The shows are very well attended and we have no problem finding volunteers to staff our booth. It has however, been difficult

finding someone willing to coordinate the volunteers for the shows as well as set up our booth as the booth we were using was heavy, large and complicated to set up.

As part of our work updating our whole look, from brochures to our booth graphics, we have purchased a new type of display that is light, easy to transport and very simple to assemble. I am hoping all of these changes will amount to a fresh, modern representation of who we are, and showcase our work in a whole new light as we encounter thousands of potential clients at these shows throughout the year.

I am very excited about the changing face of our Association and the message we will be sending about the professionalism of Registered Clinical Counsellors.

#### 3. Employee and Family Assistance Programs

– Claire Sutton, EAP Advisor to the Members of the BCACC.

Thoughts of EAP / EFAP are alive and well within the mindset of many RCCs. More and more counsellors appear to understand that the field of EAP has many entry points with a variety of role or position options available. That is to say, there are variations within a salaried position and variations within a contract position. Also more counsellors seem to understand that an EAP skill-set is conducive to other areas of counselling.

The Western Canada EAPA Chapter has welcomed many new faces to its meetings on the 3<sup>rd</sup> Thursday of every 2<sup>nd</sup> month. The presentations have been hot topics for EAP practitioners. Recent presentations were: "The Impact of Eldercare on the Middle Generation", "So I'm not Crazy Afterall: Short-

### Notice To The Profession:

## Designation Update

The annotated chronology posted at the BCACC website under the heading "Toward the Designation of Counselling Therapists" has recently been updated.

During the past year, there has been a lot of activity on the regulation of counseling at the national level, and this is reflected in a new stream of information at this website under the title "National Events and Initiatives".

In November 2005 the BC government provided details of its long-term plans for designation.

The Task Group for Counsellor Regulation has also been busy in 2005, having participated in a review of the regulation of psychotherapy in Ontario. The Group continues its work on developing the competency profile for the entry-level counselor.

The updated chronology can be found at the BCACC website: [www.bc-counsellors.org/college.htm](http://www.bc-counsellors.org/college.htm) or by following the link at the home page under the title *Health Professions Act*.

Term Work with Adult Survivors of Child Abuse” and “Working with Clients in Conflict”. The next presentation will be: “Bullies at Work” (May 18<sup>th</sup>).

Note that there is a call for presentations for the 2006-2007 Chapter year. If you could present or would like to suggest a speaker with a topic relevant to the field of EAP, please visit [www.bceapa.com](http://www.bceapa.com) or e-mail me at [csutton@clairesutton.com](mailto:csutton@clairesutton.com).

#### 4. Private Practice and Career Resource Guide

The first portion of this guide is nearing completion. I believe it will be a valuable resource for our members. The final version of the booklet will consist of several edited submissions on varying topics by members who specialize in assisting other counsellors develop their practices. Claire Sutton has submitted a chapter entitled “ Launching Your Counselling Career ”. Gerry Bock, who is the originator of this guide, will be submitting a section about marketing a private practice. Stay tuned...

#### 5. Extended Health Insurance Pilot Project Update

Region #2's Third Party Billing Committee identified the need for strategic education efforts in order to expand coverage of RCC services under extended health insurance plans across BC. In the process of their investigations, the committee also recognized that the content and “look” of our presentation material needed to be updated and upgraded in order to present our Association in the best possible light. This portion of the third party billing project has been dovetailed into the same task set out for the Association as a whole and is proceeding as an identity project.

We are continuing to communicate with the Canadian Counselling Association's Executive Director, Barbara MacCallum, to investigate how collaboration between our two organizations could benefit our initiative and have agreed to share information and strategies in order to be in position to proceed with presentations to insurers once

our new branding and presentation material is ready.

#### 6. Directory Listings

We are continuing to update our YellowPages and Directory Listing. Gerry Bock has agreed to manage this process and is revamping our ads to better promote the RCC designation and our referral line.

These highlights from the past year speak volumes for the dedication of our members.

Our association is only viable with your support. Only through your time, your effort, and your intellectual resources, can we successfully meet the challenges of the twenty-first century. In partnership with your colleagues, you can make a difference and help ensure BCACC's future as an outstanding example of what a responsible accountable professional regulatory body can be.

Thank you again, to all of our volunteers who conceived of, planned and executed these initiatives. Our successes are built on your successes.

#### Registration Committee

*Kathy Lauriente, Chair*

The Registration Committee reviewed 29 files in January and 22 at the March meeting.

The Registration Committee has identified areas of our registration process that need to be addressed to move us into alignment with the BCACC's direction of eventual regulation. Specific areas of interest for the Registration Committee include degree relevance and recognized educational institutions. The Board of Directors responded by establishing an Ad Hoc Institutional and Program Review Committee, which has been working hard this past year to address these areas. This Review Committee is still in process but the Registration Committee is confident that the ensuing recommendations will inform good policy development and pave a clear path for our ongoing committee work.

In general, we continue to see large

numbers of applicants go through our quarterly meetings, and this year we saw our provincial membership break the 1600 mark. That's exciting! The Committee continues to be impressed with the quality and diversity of our new members and we frequently comment on how this benefits all RCCs by building a strong, professional and competent image. Further, we take heart in knowing that there are so many incredible RCCs out there doing great work as evidenced by supervisors' reviews. These are things we can all celebrate as we continue to define who we are as Registered Clinical Counsellors.

I remain impressed, on an ongoing basis, by the commitment, thoughtfulness, creativity and humour of the committee members - Mario Testani, Chuck Montalbetti, Helen Huang, Joan Campbell and Sam Reimer - and our Registrar, Angela Burns. What a team! 🌳

## From The Resource Centre

Members who wish to borrow library materials can contact Aina at Head Office. Phone her at 1-800-909-6303 extension 0, or send an e-mail to [hoffice@bc-counsellors.org](mailto:hoffice@bc-counsellors.org). Books, pamphlets and videocassettes can be borrowed for one month. Copies of documents and reports can be kept by RCC's to have on hand as reference material.

You can find the current Resource Centre list on our website at [www.bc-counsellors.org/reslib.htm](http://www.bc-counsellors.org/reslib.htm), or contact Aina at Head Office and she will send you a hard copy.

## Regional Reports

### North Coastal Dale MacIntyre, VP

**Region 1 - North Coastal: All coastal regions of the province north of the Sechelt Peninsula up to and including Powell River, and the northern portion of Vancouver Island, which is past but not including Chemainus, and which includes Gabriola Island.**

First, let's catch up on recent regional events. Last November, I was pleased to chair the first teleconference meeting of our Regional Council. It was an informal meeting and the members were supportive and willing to help in any way they could. I feel I have a group of committed people I can call on – and I have on a few occasions. For instance, Susan Butler (Nanose Bay) agreed to represent our region at the first Disaster Stress and Trauma Response Services Workshop in Vancouver in April, and Brien Dolan (Campbell River) stepped in to replace Susan when she couldn't attend the Delegate Council Meeting and the AGM in March.

In January we had a Regional Meeting in Parksville. This meeting has been a tradition in our region where we have brought ethical dilemmas and other questions for consultation to the group. Although it was a good meeting with interesting discussion, the turnout was small, so the Regional Council will consider whether we should drop this 'extra' meeting.

In February, the Member Services Committee asked for regional representation for its "Identity" project to create a new logo and other marketing materials for the Association. No one on the Regional Council was able to travel to Vancouver to represent Region One on this project. Esther Kane of Courtenay was not able to travel to Vancouver on short notice either, but she agreed to liaise with a member of the project so our region would have a voice even though an indirect one - a 'second best' solution.

Our region hosted its second Members' Orientation Workshop in Nanaimo on February 25. There were 28 participants: 10 members and 1 perspective member from Region 1; 11 members and 1 perspective member from Region 2; 3 members and 1 perspective member

from Region 4, and 1 member from Region 5.

Our most recent Regional Meeting was on Saturday March 4 in Nanaimo. Again, the turnout was good and appreciative of the chance to get together. Majie Lavergne, a relatively new member in Nanaimo, presented a model that he developed for the treatment of traumatized youth in which he integrated art therapy and internal family systems. Thanks to Majie for taking the time to share his expertise with us.

At this writing our region is preparing to host a workshop on Saturday, April 8 exclusively for members at Edgewood Treatment Centre in Nanaimo. Sessions will be presented by members of Edgewood's management team and its Director of Psychiatric Services. This workshop will be offered free of charge to members courtesy of financial support from the Edgewood Foundation.

We are also preparing for our May Regional Meeting in Nanaimo. On Saturday afternoon, May 13, we'll be gathering at a farm owned by Deborah Marshall to hear about her work using horses in therapy - Equine Facilitated Psychotherapy. There's always something interesting to look forward to in the BCACC, and you'll hear all about it my next report.

#### **Region One Regional Council**

Mari-Josée Piché (Powell River)

Susan Warner (Parksville)

Susan Butler (Nanose Bay)

Monika Grünberg (Courtenay)

Brien Dolan (Campbell River)

Faye Schwab (Parksville) - Regional Marketing Co-ordinator

Please contact me if you have any comments, questions or suggestions.

Dale MacIntyre: (250) 713-3370 or e-mail at [dmmacintyre@shaw.ca](mailto:dmmacintyre@shaw.ca)

### S. Vancouver Island John Hayashi, VP

**Region 2 - Southern Vancouver Island: All regions of the Island south of and including Chemainus, and the Gulf Islands south of but not including Gabriola Island.**

Our most recent Regional Meeting took place on Saturday April 1<sup>st</sup> and featured guest presenter Brian Grimes TIR Traumatic Incident Reduction trainer. Brian is a very experienced trainer and has trained many of our members in the lower mainland and other areas of our province. The presentation was attended by approximately 22 of our members and was very informative. We got to watch a video clip of TIR in action with a trauma victim. Brian is looking at bringing TIR training to Vancouver Island and scheduled a 4-day training session for May 4, 5, 6 & 7, 2006.

Our Regional Meetings are generally well attended, but are especially well attended when we host an all day continuing education event. With the help of the Regional Council, community resources and careful planning, we have been able to provide very professional continuing education opportunities to a large group at very low cost. A recent continuing education event we organized was provided to approximately 60 of our members at a cost about \$14.00 per head out of my regional budget. The \$14.00 per head covered an all day professional workshop, presenters, a catered lunch and other items. Due to recognizing the need for highly professional continuing education events for our members and how valuable our members' time is, we are moving towards hosting fewer Regional Meetings, but making those we do host as valuable and attracting in as many members as possible.

In addition to moving towards fewer meetings but larger scale continuing education events, the other Regional VPs and I are exploring the concept of large inter-Regional Meetings whereby members from different parts of the province come together for continuing education and other matters. Imagine us going to Kelowna for a meeting of 200 of our members or 150 members from other parts of the province coming to our region! The Regional VPs are exploring how we might plan these events,

share our resources and co-ordinate such large-scale events. I will be receiving input from the other regions and will be preparing a report for our June Board meeting.

Our Association is going through some very exciting times as we move towards an even higher level of professional identity by establishment of a professional college, modernizing our logo, marketing materials and display booths. We are being watched by other organizations nationally and internationally for where we are taking counselling as a profession and the variety of expertise we bring. In keeping with these developments, the Regional Council and I are exploring organizing a large-scale one-day event in 2007. We would like to host a BCACC counsellor exposition whereby our members can run a series of workshops to the general public. The idea behind a counsellor exposition would be to promote our Association to the general public, allow our members to showcase their talents and therefore directly market themselves and to provide others in the field a continuing education opportunity. If we are able to organize this event we will need to arrange seminar space, catering services, BCACC presenters, display booths

and volunteers to help with the day. If you are interested in volunteering to help organize the event, run a workshop, or help out on the day of the event, then please stay tuned for the broadcast email we will send out in the near future.

I will be attending the Disaster Stress & Trauma Response Services (DSTRS) training in Vancouver. I will then begin the task of reviewing where we are at with our DSTRS volunteers in our Region. I am looking forward to this training, as although I have provided critical incident response services in many situations, I have never taken part in a large-scale community disaster response such as that experienced in Kelowna.

The Regional Council reps are Leila Paul, Michelle Morand, Eli Chambers, Jan Sommers and Mélodie Dupuis. As we are moving ahead on some very exciting projects please step forward as now is a great time to join our team! You can contact me, John Hayashi Regional VP, at [johnkbayashi@shaw.ca](mailto:johnkbayashi@shaw.ca) or on my cell phone at (250) 818-1228.

### Interior South Sam Reimer, VP

**Region 3 - Interior South: Bounded on the north by a line drawn between but not including Hope, Westwold, Chase, east to Arrowhead near the Alberta border; south to the U.S. border; west up to but not including Hope. The Region encompasses the Okanagan and the Kootenays.**

We can take true pride to see how our Association is evolving, especially to observe how the relevancy of the RCC status is being appreciated and respected on a wide scale. Along with recent developments undertaken within our Region, there is also excitement in seeing, and expecting, some significant changes on a Regional, Inter-Regional and Provincial level of the BCACC.

One of the most impacting things that came out of the recent DC Meeting (March 24<sup>th</sup>) and the Board Meeting (the following day) was the acceptance of a new BCACC

logo. Numerous meetings had been held in the previous months (with provincial representation) to focus on: Revitalizing the BCACC Brand Identity. Our marketing representative, Lee Splett represented Region 3. The result was a new, up-to-date brand identity including a visual signature and various communication tools such as logo, stationery, masthead for *Insights*, brochure, website, etc. The team that devoted many hours to it is to be congratulated! Please read all about it in this edition of *Insights*.

Other things to be aware of and maybe even get excited about are the following changes and events on the various levels:

#### Regionally

- John Gawthrop will be presenting the Member Orientation Workshop in Kelowna on Saturday May 27<sup>th</sup>. We are expecting this to be a special and enriching experience for all participants. If you haven't already attended, whether you are a long-time or more recent member, please mark your calendar and attend if at all possible. It's free and these are also Continuing Competence hours!

- Suzan Milburn (our recent Regional Council assistant for the north Okanagan) organized a social networking meeting in Vernon on January 27<sup>th</sup>. This meeting was well attended with 10 RCCs present. It was decided to meet there on a similar basis every second month. I am hoping that the same initiative will be taken in other cities/towns throughout our Region.

- Patricia Gregory (our RC assistant for the south Okanagan) has recently given up her counselling position at the Penticton Counselling Centre as well as cutting back on her private practice in order to devote her energies in her new position as Communities for Kids Coordinator, Understanding the Early Years (for the Okanagan Similkameen). Congratulations Patricia and all the best wishes to you!

- A big **thank you** goes out to Dr. Will Bussey who served us on the Regional Council for the past number of years. Will has recently chosen an inactive member status; he thereby leaves his place on the Regional Council

#### Note From The Editor

The Editor was informed by a concerned BCACC member that the phrasing of question #7 in the Winter 2006 Continuing Education Questionnaire could have been perceived as discriminatory against white children.

The BCACC Board of Directors and the editorial team wish to reassure its membership that no such implication was intended.

vacant. At this writing we are currently seeking an energetic and enthusiastic volunteer for this position to represent the south Okanagan. If you are an RCC in that part of our Region and are interested in serving on the Regional Council, please contact this writer.

- The usual four Regional Meetings – one in each of the respective areas of the north, central, south Okanagan, and the Kootenays – are being planned over the course of the year. This may change with beginning discussions about doing some Inter-Regional one-day workshops. Watch for details about meetings in our Region at our own site: [www.bc-counsellors.org/reg3meet.htm](http://www.bc-counsellors.org/reg3meet.htm).

- Counsellors in the Kelowna area wishing to participate in an informal study and networking group are encouraged to contact Sam Reimer or Lee Splett.

- The large BCACC Booth was present at the Health Show in Kelowna March 4–5; many thanks to Lee Splett and Merry Miller for attending to the booth and its visitors. It was a meaningful time of promoting the Association and its counsellors.

#### **Inter-Regionally:**

The V-Ps of the Regions are in discussion about working together to plan one or more inter-Regional workshops for the membership and other Mental Health Professionals.

As usual, please feel free to contact this writer or any of the Regional Council Reps if you have any questions, comments or suggestions. Here is who and where we are:

Carmen Carter (Nelson): (250)354-4485;  
[carmencater@shaw.ca](mailto:carmencater@shaw.ca)

Kevin McMullen (Cranbrook): (250)489-3114 or (250)421-9809  
[kcmcmullen@summitfamily.ca](mailto:kcmcmullen@summitfamily.ca)

Lee Splett (Kelowna): (250)860-6661;  
[lasplett@telus.net](mailto:lasplett@telus.net)

Kevin Ward (Salmon Arm): (250)832-0031;  
[kward@telus.net](mailto:kward@telus.net)

Barry Williscroft (Rossland) (250)364-7107;  
[bwilliscroft@telus.net](mailto:bwilliscroft@telus.net)

Sam Reimer (Kelowna): (250)868-2338;  
[sams@silks.net](mailto:sams@silks.net)

## **Lower Mainland Northwest John Fraser, VP**

**Region 4 - Lower Mainland North: This Region includes Vancouver, Burnaby, North and West Vancouver, Richmond, Port Moody, Coquitlam, Port Coquitlam, New Westminister, all regions up to and including Whistler, and the Sechelt Peninsula.**

#### **Region 4 Regional Council Representatives**

The current list of Regional Council Representatives for Region 4 includes the following members: John Fraser (Vice-President), Jerry Arthur-Wong, Geoffrey Ayi-Bonte, Allison Bates, Marilyn Beloff, Nancy Downes, Lida Izadi, Sara Kammerzell, Jo-Anne Kates, Eva Merriam, Betty Rainford, Diana Romer, Elaine Roth, and Jennifer Scott.

Region 4 has been allocated up to 18 Regional Council Reps so if you are interested in joining the Regional Council or would like further information regarding this volunteer position please feel free to contact John Fraser at (604) 602-0890 (office), (604) 648-9976 (fax) or at [johnfsi@telus.net](mailto:johnfsi@telus.net).

#### **Emotionally Focused Therapy**

Presenter: Yolanda von Hockauf, M. Ed., R.M.F.T.

As part of Region 4's ongoing commitment to provide quality professional development activities, there will be at least 2 full day workshops provided this year. The first of these workshops will be Emotionally Focused Therapy presented by Yolanda von Hockauf. This workshop will take place on Saturday April 29<sup>th</sup>, 2006, from 9AM to 4PM. The topic of the second workshop is yet to be determined and will be held in the Fall. Stay tuned for further details!

Attendance at both of the above-mentioned workshops is free and is open to all Region 4 members. As part of a regional collaboration initiative, members from other regions are welcome to attend, space permitting.

#### **Counsellors' Café**

Region 4 is also pleased to continue sponsoring the ever-popular Counsellor Cafés. These Cafés take place at the residence of Dr. Nancy Downes and are organized by Diana

Romer. The Cafés offer both an opportunity for professional development as well as a great opportunity for informal professional networking. If you are interested in participating in an upcoming Café please contact Diana to register. There is a limit on the number of people who can attend the Café so registration is required. Diana can be reached by e-mail at [deromer@shaw.ca](mailto:deromer@shaw.ca) or by calling (604) 290-6407. Cafés start at 7PM and finish at 9PM. **Please arrive on time, as late arrivals can be disruptive to the presentations.**

The Counsellors' Café has also been a great opportunity for our professional colleagues to showcase their talents. The success of the Café has been the result of the contribution and willingness of RCCs to volunteer their time and expertise to further enrich the professional development of our members. If you have a topic or area of specialty that you would like to present please contact Diana Romer with your ideas. The presentations are very informal and are quite fun and stimulating. Your contributions in this respect are very much appreciated!

There will be no Cafés held over the summer months, July and August. To date, there are no Counsellors' Cafés booked for April or June and only one booked for the Fall in October.

#### **Upcoming cafés**

May 25<sup>th</sup> 2006: Jeff Thompson talking about Psychodrama.

October 26<sup>th</sup> 2006: Maecan Campbell & Dana Barton presenting on Integrated Body Psychotherapy.

## **Fraser Valley Pauline Carey, VP**

**Region 5 - Fraser Valley: This Region is composed of Surrey, Delta, White Rock, Langley, Clearbrook, Agassiz, Mission, Chilliwack, Abbotsford, and Maple Ridge, and all smaller communities within these boundaries including Hope.**

Region Five is in a state of transition, with a new VP taking office, and several new Regional Council Reps having swelled our ranks recently. Pauline Fitzgerald is replacing Pauline Carey as

VP, and we are delighted to have Pauline to represent and lead our Region. In addition, another two RCRs have joined since my last *Insights* report. They are: Dawn Toews, a relatively new member from Langley, and long-standing member James Logan, of White Rock. We are delighted to have both Dawn and James join our Council. RCR Debbie Clelland has stepped down from the position to focus on her PhD studies and other commitments, however we look forward to welcoming her back as a guest speaker in February 2007, when she will speak to us on the subject of gifted children. Thank you, Debbie, for all your many contributions as an RCR, and we look forward to you sharing your knowledge with us.

#### Regional Meetings

All members (from any Region) are invited to attend our Regional Meetings, which are held on the last Monday of the month in February, May, September and November. The venue is the Sunrise Banquet Centre, on the corner of Highway 10 and 188<sup>th</sup> Avenue in Surrey. A reminder of the dates and speakers will be sent to members in Regions 4 and 5, a few weeks before each event.

**February 27<sup>th</sup> 2006:** An enthusiastic group of RCCs and their guests attended a wonderful presentation by Brian Grimes, who is a master TIR practitioner and trainer. Traumatic Incident Reduction (TIR) is already practised by several dozen RCCs throughout BC, with excellent results. TIR is a therapy which is extremely effective for permanently resolving the effects

of trauma, in a relatively short time. It also yields excellent results with all other negative emotional baggage, from anger to depression.

**May 29<sup>th</sup> 2006:** BCACC Executive Director Dr Jim Browne will address our meeting briefly, followed by guest speaker, David Granirer. David is a counsellor and stand-up comic. His presentation is called "I'm OK but you need professional help", and entertains while teaching the use of humour to help clients and as a form of self-care. David runs a course called Stand Up for Mental Health, in which mental health consumers turn their problems into comedy, and then perform their acts at conferences, treatment centres, psych wards, and for various mental health organizations. Join us for an evening of education and entertainment.

**September 25<sup>th</sup> 2006:** Brian Grimes returns to share with us his knowledge and experience working with learning disabled adults and children. In addition to his TIR training, supervision and private practice, Brian runs an organization called Visual Literacy Solutions, which offers education, correction and healing to people diagnosed with dyslexia, ADD, ADHD, mild FAS and high functioning Autism. In the words of an elementary school teacher "This correction program can eliminate forever the frustrations and failures of the past and opens new pathways and strategies for a successful lifetime of learning". If you work with children or families, or have any interest in learning disability solutions, you won't want to miss this informative and innovative mini-workshop.

Please feel free to contact me, or any member of the Regional Council, if you have any concerns or questions.

- Gordon Auld (Abbotsford): [gmauld@sbaw.ca](mailto:gmauld@sbaw.ca); (604) 859-2364
- Charlaine Avery (Langley): [cavery@telus.net](mailto:cavery@telus.net); (604) 724-7763 (w), (604) 514-0763 (h)
- Gerry Bock (Cloverdale): [gerry@bock.ca](mailto:gerry@bock.ca); (604) 574-6555
- Patricia Dubberley (Surrey): (604) 930-0286
- Pauline Fitzgerald (Abbotsford); (Incoming Regional Vice-President):

[connections@sbaw.ca](mailto:connections@sbaw.ca); (604) 850-8685 (w); (604) 824-8680

- Cliff Holloway (Abbotsford): [cliffholloway@sbaw.ca](mailto:cliffholloway@sbaw.ca); (604) 859-5783
- Elizabeth Morris (Chilliwack): (604) 793-9846
- Muzaffar Syed (Surrey): [syedma@yahoo.com](mailto:syedma@yahoo.com); (604) 897-2062 (w); (604) 930-2062.
- Dawn Toews, (Langley): [DawnToews@hotmail.com](mailto:DawnToews@hotmail.com); (778) 908-2009 (w); 604-514-3151(h)
- James Logan (White Rock): [rcc@familycoach.ca](mailto:rcc@familycoach.ca); (778) 786-0870 (w)
- Pauline Carey (Outgoing Vice-President): [Pauline.carey@dccnet.com](mailto:Pauline.carey@dccnet.com); (604) 507-8055 (w); (604) 572-6771 (h); (604) 315-1750 (cell)

#### Interior North Rob Riddle, VP

**Region 6 - Interior North: Includes the rest of the Province north and east from a line drawn between Hope, Westwold, Chase, east to Arrowhead near the Alberta border.**

In November, we had our first Member Orientation Workshop in Prince George. There were a small number of members but those present were pleased with the information presented by John Gawthrop.

Also in November, I attended the Symposium on Regulation with representatives of counselling associations from all across Canada. The results of this historic meeting were summarized for members in Region 6 by e-mail following this event and also discussed further at a Regional Meeting in Kamloops.

We now have replaced Barb Ingram, who resigned last Fall, with Ralph Wright from near Williams Lake as our fourth member of the Regional Council. Ralph agreed as well to be our representative on the BCACC Identity Project Team working on the new BCACC logos.

We look forward to another year of development with Regional Meetings in Kamloops and hopefully in Prince George. Nikki Pawlitschek represented us at the DC meeting. Unfortunately Ralph was unable to attend. 🌲

## Subscriptions

Subscriptions for *Insights* are available at a cost of **\$21.40 (G.S.T. INCL.)** for three issues.

Please contact  
BCACC Head Office  
for particulars.

*Meditation cont'd from page 2*

3. I won't try to save the world: I will be careful how I invest my time, energy and effort with each client. In other words, I will invest wisely.
4. I will do only what I am good at: I will know when to back off. I can't be good at everything so when I get the feeling that I am outside of my sphere of competence, I will do my client a favour and refer them where they will get what they need.
5. I will count my rewards: what am I getting out of doing this work? How does it enrich my own life journey?
6. I will remember that my clients have as much to teach me, as I have to teach them. I will continue to believe in 'mutual healing'.
7. I will embrace complexities, in the world, in my clients and inside myself.

Quiet leaders don't kid themselves about how the world works: they clearly see that it often consists of tough situations. And that is so true in our profession. Have you ever had clients who fired their last five therapists? Have you worked extensively with people who seem to have a borderline personality disorder? Have you ever had to tell a client something they really don't want to hear? Have you dealt with suicidal clients? Have you ever had to call Child Protective Services to report a child when suspecting abuse?

When quiet leaders face these challenges, they work patiently and persistently to get a grasp of what the issues are, what they need to do, what they are learning in the process and whose help they require. And, to borrow Schweitzer's words, "they are content working in obscurity".

## References

- (1) Joseph L. Badacarro-, Jr., *Leading Quietly: An Unorthodox Guide to Doing the Right Thing* (Harvard Business School Press, Boston Massachusetts, 2002)
- (2) Albert Schweitzer, *Out of My life and Thought* (New York: New American Library, 1963), 74. 🐼

*Continued from page 3*

not need psychiatric services, and who were ineligible for third party coverage such as ICBC, WCB, EAPs or extended health insurance.

In order to gather the professional resources to provide short-term, confidential one-to-one counselling to adults living on the North Shore, Katie and Martha fostered cross-association partnerships and set an example that has sparked interest from a variety of other communities who would like to replicate the service. Outcome data shows that this project has provided a community service that the client participants consider to be of exceptional value. Katie and Martha's facilitation of the program has resulted in an equally positive and rewarding experience for the volunteer counsellors.

The second half of the pilot project is currently taking place with six volunteer counsellors serving a total of 15 clients.

Thank you so much, Katie and Martha for exhibiting special creativity and effectiveness in providing counselling services to underserved populations.

This is the second time, since the inception of our Provincial Awards Program in 1995-96, that the Canadian Mental Health Association has been acknowledged for its exemplary contributions in promoting counselling and mental health issues in the community. The BC Division received the Communications Award for 1998-1999.

## **Volunteer of the Year Award: Exceptionally Dedicated and Effective Service in Advancing and Promoting the Mission of the association Through Personal Volunteer Endeavours.**

As President of our Association, an Association that is driven by the membership and lead by volunteers, it is so exciting and gratifying to share with you that there is not one member in this category this year, but three...!!!

**Duncan Shields**, assumed the Chair, Member Services, one year ago. During his first year, he has been involved in implementing a

pilot project on the North Shore (where he has served with his private practice since 1996) that has facilitated the use of RCC volunteers to provide mental health services to under serviced clients. He has also been involved in drafting conflict of interest guidelines for volunteers, has participated in the ongoing work of the third party billing committee, designed a new brochure for the Human Resources Management Association conference and has created new layouts for ads in various publications. He has written a variety of public relations and advocacy letters on behalf of the Association and members, and has worked with a team of member representatives to establish a new logo and brand identity for our Association. Duncan also serves as volunteer Co-Chair, Local Arrangements and Facilities Sub-Committee, for the 2007 National CCA/BCACC Conference.

Duncan is a proponent of our professional responsibility for community mental health and believes that our Association and its members have an important contribution to make "giving back" to the communities that sustain us.

Although Member Services has a leadership role to play in supporting the goals of our Association, Duncan firmly believes that the key asset in achieving this progress lies in the size, diversity and talent of the members themselves. Ultimately, the success and profile of the RCC designation is driven by informed, involved and well-supported membership.

What Duncan would really like to be doing is sailing a gaff-rigged sailboat.

"Now, John, your task, today is organizing a meeting of the 647 members residing in the Lower Mainland Northwest (aka Region 4)...". Ugh, sorry, it doesn't work that way. Regional meetings have been tried, over many years, and found wanting, not attracting very large attendance.

Enter an inspired **John Fraser**. Prior to becoming the Regional Vice-President, John sat on the Regional Council for some 10 years. John has replaced the concept of regional meetings with two, annual full-day training events. The

*Continued on page 28*

*Continued from page 27*

first of these was a workshop on Ecotherapy (April 2005), and the second on Marketing Your Private Practice (November 2005). Both proved to be extremely successful with participation at over 100 for each event. The next scheduled event, in April of this year, deals with Emotionally Focused therapy, with 122 persons registered, as of this writing. It is not unusual for members from Region 5 to attend Region 4 events.

A continuing, very successful regional event is the Counsellors' Café, which brings together Association members and other colleagues to present on their skills and areas of expertise.

Another success story is the organization of Member Orientation Workshops in the region with a hefty amount of creative energy going into finding space that does not overflow. Imagine – a waiting list to participate in a Member Orientation Workshop...

The work of a Regional Vice-President is

endless and seems never done. Thank you, John, for your exemplary volunteer efforts on our behalf.

Similar to Region 4, Region 2 (South Vancouver Island – well, sort of...) Vice-President stays very busy as an Association volunteer overseeing an increasingly busy region.

After working for a number of years under contract with the Saanich Police Department as a therapist dealing with issues such as theft behaviour, domestic disputes, victims of violence and violent offenders, **John Hayashi** went into a large group counselling practice of 8 clinical counsellors and 3 psychologists, where he is now Co-Director.

John's main goal is to serve Association members by providing inter-disciplinary continuing education events, promoting professional inter-disciplinary relationships and creating opportunities for members to build their professional counselling practices. He has

organized and hosted presentations on Psychopharmacology, Transference/Counter-Transference and PTSD Issues and Court Reports. Characteristically, Region 1 members are invited to these presentations in cooperation with Region 1, Vice-President, Dale MacIntyre. John continues to oversee the exemplary work of the Extended Health Billing Committee in cooperation with Member Services.

John has served as Regional Vice-President since March 2003 and reflects on the challenges and the balancing act required of a busy Association volunteer between earning a living and often pressing Association activities.

We appreciate your exemplary volunteer efforts, John. Thank you.

### **Communications Award: For Exemplary Services in developing *Insights* Into a World class NewsMagazine.**

Have you ever tried to sit down and put "pen to paper", and end up with a product that clearly expressed your ideas and feelings? Well try to pull together a large number of written pieces and blend them into a meaningful form that will be attractive, and have readers, eager to read. "How many of you, here today, read *Insights*?"

**Diane Payette** shared with us, in the Annual Report, that *Insights* is neither a newsletter nor a magazine. It is subtitled "News for the Clinical Counsellors of B.C.", so we have come to affectionately call that classy, glossy publication, a "Newsmagazine" as it continues to evolve as a model publication for professional associations here and elsewhere.

Appointed Editor in 1994, Diane has achieved a balance of creative thought and academic precision, and coaxed our Association newsletter into a very readable, professional publication. She has worked tirelessly to create a product that serves as a members' forum on counselling and mental health issues, provide a communications link between the membership and the Board of Directors, and extend outward to promote counselling and mental health issues in the community.

Diane is a member of the Identity Project Team, and serves as Chair, Bilingual Subcommittee on the 2007 CCA/BCACC National Conference Steering Committee. She is off to Montreal in about a week, with Team BC, to participate in the 2006 CCA/ACA International Conference.

Diane's exemplary work with *Insights* was previously acknowledged by our Association with the 1996-1997 Communications Award.

Congratulations on this well-earned award, Diane. As Jim Browne has said "A good publication makes a profession shine!" We are shining... thank you. 🍷



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*Culture from page 7*

margins” of the Canadian mainstream often responded to such offers of supportive counselling with hesitation, as layers of confusion and distrust shrouded their acceptance of such help. I wondered if the reasons for that fear could have been dispelled earlier, immediately upon arrival, before some of that defensiveness became entrenched only to reappear later on, during a crisis. (As it is generally understood, a current suicidal crisis may include contributing factors from past cultural traumas that have remained unaddressed for a long time).

As this approach evolved, I made use of every opportunity to offer presentations to multicultural groups in Vancouver. In 1994, I went to Iqaluit, Nunavut Territory to attend the CASP/ACPS<sup>(b)</sup> Conference on Suicide Prevention and it was on that occasion, with simultaneous translation into Inuktitut for the overflowing audience sitting on the floor, that this material received an overwhelming positive response.

It has been rewarding to me that it was a group of people from the Canadian North, desperate to address their Cultural Grief issues that responded to this approach. The Inuit had already been struggling with deep challenges to their cultural survival<sup>(2, 23, 26)</sup> and had noticed that their ways of life continued to be impacted by the high rates of suicide and grief that were now reaching alarming proportions.

The developmental themes included in my outline were so wholeheartedly welcomed, that the organization of themes “made sense”. Subsequently, several residential workshops (4-10 days long) were carried out in Nunavut and in the NWT.

A few introductory aspects of this work are summarized here. Further information is available by contacting me. To broaden its exploration, the concept of “culture” is initially addressed as a “brainstorming” activity. The contributions from the group are eventually integrated into a definition of “culture” as an open, non-static, multifunctional, ideological environment within which a historical

perspective can be developed. This experiential overview is slowly built as a meditation on actions, behaviours, values and beliefs a people may hold, a broad review of the multilevel complexities embedded in various “ways of life”. A range of “unspeakables” or taboo areas are also raised, such as death, sex, family violence, sexual orientation and spiritual beliefs.

A working notion of “cultural change” is then explored by welcoming reflections on what happens when “cultures” collide, merge and transform each other within an ever-evolving “world” scenario. The simple diagram of two partially overlapping semicircles, each symbolizing a particular “culture”, allows for the discussion to be focused on the experiences of those living within the fluidly overlapping area, the site of a metaphorical 3rd area of experience, as proposed by Winnicott<sup>(28)</sup> and Hubner<sup>(14)</sup>

Within this “transitional zone” individuals as carriers of “different cultures” interact. In this manner, different “cultures” encounter, compete, contradict and often overcome one another. Here, participants may begin to share some memories of their own “cultural encounters and transitions”. This non-threatening dialogue invites stories that reflect uniqueness and commonalities, setting up a supportive stage in the search for meaning, intrinsic to working out grief-related narratives.

Individuals’ inner struggles often go unacknowledged in social milieus undergoing cultural transitions. However, these become recognizable whenever the concept of adaptation stress is validated and brought into consideration. Referring to visual representations of the overlapping semicircles, as a diagram on the blackboard, survival in each of the two distinct cultures can be reflected upon as analogous to the physiological processes of the finely tuned life of organisms in intertidal zones. Human beings adjust their behaviour and perception systems to achieve coherence in each culture, at the price of cumulative stress incurred while bridging transitions.

Most individuals are able to recognize the heightened awareness required on a daily basis, to accommodate contradictory cultural experiences. Effortful attempts to adapt to a new cultural system are usually counteracted by inner retractions into the comfort of one’s culture of origin. This may go on subconsciously, to preserve self-identity and to restore physiological energies, often leaving the individual with inarticulate questions about themselves and their sense of belonging. This response is partly due to the complex negotiations of stress in “cultural transition zones”.

Although the stress becomes consistently registered within the human beings’ systems of perception, the struggles remain less noticeable. Cultural ecosystemic tensions become lodged within each individual AS they cope with the constant and intermittent rhythms of opposing sets of “cultural” demands. While caught in this ebb and flow of daily adaptations, individuals are often silent, unable to voice the extent of their experience of stress. Salman Rushdie<sup>(24)</sup> refers to such a sensibility as “a burdensome freedom”.

While attending a Cultural Grief workshop, as soon as participants start to speak from their perceptions of stress and dislocation, within their defined circumstances of “cultural” change, they find a new voice and begin to “admire” the stress they’ve been living with. To “admire” something is Freire’s expression for “thinking aloud and pondering together, during a dialogue”.<sup>(6,7,8)</sup> This is a reflective stance on something meaningful, largely denied: it is an emerging critical attitude, stimulating of new understandings of one’s social predicament. This is an invitation to the practice of “naming”, one of the literacies from which critical consciousness emerges.

Cultural Changes imply levels of stress that are rarely addressed even when rapid social processes occur. Witness the present process of globalization. Some hidden elements of the process are only told retrospectively, by statistics and demographics.

*Culture cont’d on page 30*

*Culture cont'd from page 29*

During the delivery of the program, the group's exploration of stress expands while addressing diverse notions and gradations of "power" in personal, social, "cultural" and spiritual dimensions. (...) (Pinderhughes, 1989; Adair, 1989; Sefa-Dei, G. 2002?)

These emancipatory learnings are richly explored in role playing activities that often indicate participants' knowledge of their own creative skills, both personal and communal.

The collaborative construction of a historical timeline is another useful group experience during these workshops, and once it is completed on large pieces of flip charts, it becomes the backdrop for reflections on "culture as a container". Within such a framework, participants interpret how succeeding generations renewed their connections to land, values, and symbolism of self and other. Based on these steps, dialogues on choice/contingency, identity and individuality gain in prominence. A series of introspective tasks aim to create space for personal histories to be addressed. Awareness of psychological safety must be firmly established at this point so that individuals do not decompensate for delving too deeply into traumatic chapters of their lives, though these are often identified. While taking "stock" of their lifetime trajectories participants have often disclosed their major losses and losses to suicide. Others have explored the myths surrounding the impact of these tragedies.

Alternating introspection with sharing circles and dialogues, personal narratives spiral outwards as empowering perspectives. Individuals recognize, support and validate each other's efforts to become more conscious of their options in dealing with cultural changes as the use of audio-visual materials, media and bibliographical resources enrich the learning atmosphere. Evaluations from individuals and their coworkers have reported that an increased cultural competence and decisive leadership skills have emerged as a result of participation in these programs<sup>(19)</sup>.

## About the Author

Elizabeth C.G. Fortes, MA (Antioch), RCC has over 20 years of Clinical experience in Suicide Prevention Counselling and Trauma. She has worked extensively in the NWT with Aboriginal Caregivers and in Nunavut with Inuit Teachers. She was born in Brazil where early in life she experienced the influence of Prof. Paulo Freire. As an independent scholar, she has incorporated his methodology in her lifetime interest in developing a critical/experiential process for minority groups to work through "Cultural Grief" and its unfolding into culturally-competent practices.

## "Cultural Change, Grief and Self-identity"

### (Summary of Themes and Activities)

1. Introductions: (schedules, clarification of objectives, housekeeping, reasons for attending, first stories)
2. Culture (a wordweb, group process)
3. Where does culture come from? Visuals. (Winnicott, 1980; Hubner, 1984)
4. Grief, Loss and Change: "The Human Condition": (Theory, wordweb, visuals).
5. Attachment Theory (visuals, intergenerational images, activities)
6. Cultural Immersion (P. Freire, 1982. Image: "The fish in/out of the water").
7. A break in life's continuity: Traumatic ruptures & Transitions. "Shattered assumptions" (Jannoff-Bulman). Naïve Transitivity, search for equilibrium ; coping behaviors; Conscientization: Freire, 1982.
8. Efforts to cope / denials of change ("cultural shock", coping patterns, stress of transitions and re-enactments ; PTSD ).
9. Psychic Numbing: the inability to articulate change. Silence: some feminist developmental observations.
10. Traumatic responses: Silence and loss of the formative capacity for symbolization (Lifton, 1984). Fanaticism: Semi-intransitivity: Freire.
11. Chronic Reactions: reenactment of patterns, despair, self-doubt. (From mythic consciousness to massification: Freire, 1982).
12. Personal and group process: 1. *Who am I?*

2. *What price have I paid to arrive at this self-identity?* 3. *What do I want from this experience?*

13. Experiences of disempowerment: Implied & inarticulated searches for self. Confusion. Loss of meaning. Self-blame. Powerlessness.
14. Reflection: Starting a personal history timeline. Awareness. Staying in the moment... What can be done? Observing body/mind reactions.
15. Coping with grief: dialectical increments of emotional literacy of self.
16. Exploration: "Empowerment": experiences of self in cultural context(s). Development of Critical Consciousness: Subjectivity, Reflexivity and Historicity; Freire, 1982.
17. Historical location of self, within the circle of past, present and future.
18. Intergenerational history. "Cultural" origins. Traditions. Analysis of Power & Privileges.
19. Cultural location of experience. Symbolic imagery: oppressions as forces impinging on center of self-identity.
20. Language to tell personal story: self-narratives. Important relationships that define the self. Interfaces become connections. Vertical Axis as relationship to the unknown. Community as container.
21. Observations on process: staying in the moment, practicing introspective skills and self-care. Non-judgmental attitude: relational challenges and Reflective Solidarity.
22. Agency: ever expanding relationships to personal and social history.
23. Assessing Resilience: What have I learnt throughout my journey?
24. Summing up and Reconnections: At the deepest level, traumatic experiences shatter (?) the capacity for symbolization. Lifton, 1984.
25. Self-identity can become re-organized around new values and choices.
26. Individuals processes as extensions of the "cultural" community.
27. Dialogues on Transitions: developing introspective skills to "admire" (in a Freirean sense) the overlap of cultures within one's own experience. Generalizing to communities: reflections, group process.

*Culture cont'd on page 31*

*Culture cont'd from page 30*

28. Redefining "cultural change": Communities in transition, experiencing grief and finding a language to articulate complexity. Socio-political aspects. Colonization, Globalization.
29. Grieving: the process as praxis and as Critical Literacy.
30. Literacy: Emotional, Cultural, Historical, and Spiritual.
31. Goal setting: Reintegration of workshop content into possible objectives in personal life, workplace and community.
32. Closure process: the group, as a community, facing new transitions.

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- (a) At SAFER (Suicide Attempt Follow-up Education and Research) with VAST(Vancouver Association for the Survivors of Torture ).
- (b) Canadian Association for Suicide Prevention/ Association Canadienne pour la Prevention du Suicide.

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**The Hakomi Institute of BC****COMPREHENSIVE TRAINING IN HAKOMI BODY-CENTRED PSYCHOTHERAPY and RE-CREATION OF THE SELF (RC-S)**

with Beth Falch-Nielsen, Certified Hakomi Therapist &amp; Trainer, RCC

**1<sup>st</sup> year – Twelve 3-day weekends****February 2007 - February 2008, Vancouver BC**

These approaches and techniques focus on four fundamental therapeutic orientations: that the defining aspect of our lives is the quality of experiences that we have; that these experiences can be known, evaluated, evolved and chosen through the application of self-awareness known as Mindfulness; that the ultimate source of wisdom and change is within the client; and that all aspects of the client's world - physical, emotional, spiritual and cognitive - are necessary arenas for exploration. Hakomi and RC-S offer clients a commitment to safety and wholeness, the skills to study carefully the nature of present experience, and the opportunity to move beyond habitual and limiting experiences into more fulfilling and self-supportive ones.

**UPCOMING WORKSHOPS:**

The Art of Compassionate Therapy, Professional Skills

Fri. May 12th, 1-5pm, Sat. May 13th, 9-5, Vancouver, BC

Workshop for Couples

May 26 - 28, 2006, Nanaimo, BC

WHAT? The Practice of Mindful Communication, Personal Development

June 17 - 18th, Nanaimo, BC

Visit our website [www.hakomibc.ca](http://www.hakomibc.ca)Info: Rae Bilash (250) 361-2045 [info@raebilash.ca](mailto:info@raebilash.ca)

## Insurance Information

**The Mitchell and Abbott Group of Hamilton, Ontario** is BCACC's Broker of Record for Professional Liability Insurance (Errors & Omissions) and Office Contents/Premises Liability Insurance for Members of BCACC. The annual Renewal date for your insurance policy is April 1<sup>st</sup>. For information contact Brad Ackles at:

The Mitchell and Abbott Group  
Insurance Brokers Limited  
Suite 305, 393 Rymal Road West  
P.O. Box 6040, Station D  
Hamilton, Ontario L8V 5C4  
Toll free (800) 461-9462  
or (905) 385-6383  
Fax (905) 385-7905.  
Or contact Brad by email  
[backles@mitchellabbottgrp.com](mailto:backles@mitchellabbottgrp.com)

If you have any concerns or complaints about BCACC's insurance brokers or policies please contact Julia Burke in our Victoria Office.

**Pullen Insurance Agencies, Victoria,** covers the BEN-I-FACTOR GROUP INSURANCE PROGRAM for BCACC members. This program offers Dental Benefits, Extended Medical Benefits, Disability Insurance and Group Life Insurance. For information contact Pamela Lewis or Rick Reynolds of Pullen Insurance Agencies at:

Pullen Insurance Agencies  
220-2186 Oak Bay Avenue  
Victoria, BC V8R 1G3  
Toll free (888) 592-4614  
or (250) 592-4614  
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[pulleninsurance@telus.net](mailto:pulleninsurance@telus.net)

## Are You Interested in Being Published in *Insights*?

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***Insights* welcome articles on a wide variety of topics that appeal to clinical counsellors throughout the province.**

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### Vancouver's 4<sup>th</sup> Trauma Conference

#### **Practical Approaches to Working with Interpersonal Trauma and Violence June 22-25<sup>th</sup> 2006**

Featuring **Drs. Chris Courtois, Laurie Anne Pearlman, Pat Ogden & Ervin Staub**

Participants will have the option of attending a half-day workshop or all four workshops over four days. Fees include continental breakfast and 2 refreshment breaks during the day and written handouts from the speakers.

- June 22: One-day workshop on ***Trauma, Attachment and the Body*** by Dr. Pat Ogden
- June 23-24: Two-day workshop on ***Relational Treatment of Complex Trauma Survivors*** by Drs. Laurie Pearlman and Chris Courtois
- June 25: Half day workshops, including ***Genocide and Mass Killing*** and ***Wounded Children, Healing and Altruism born of Suffering*** by Dr. Ervin Staub

The early registration deadline is extended for BCACC members.  
For more information, visit <http://www3.telus.net/trauma/Conference2.html>  
or contact Anne Dietrich at [adietrich@telus.net](mailto:adietrich@telus.net) or 604-889-3787

## Announcements

### Mental Health Works Launched at the Bottom Line Conference

Thank you to everyone who participated in the official launch of CMHA BC's new Mental Health Works program at the 2006 Bottom Line Conference. Continuing the momentum of our 4th Annual Conference on workplace mental health, Mental Health Works is a series of tools and workshops designed to help employers and employees learn to effectively address the complex issues around mental health problems in the workplace. Services offered include, "Complex Issues. Clear Solutions," a full-day award-winning workshop providing clear strategies and practical tools for managers through an interactive learning experience, delivered only by Mental Health Works Certified Trainers. For more information, visit [www.cmha.bc.ca](http://www.cmha.bc.ca) or e-mail [mentalhealthworks@cmha.bc.ca](mailto:mentalhealthworks@cmha.bc.ca).

### New Fraser Health Campaign Asks Young Adults "How Are You Coping?"

A major new public awareness campaign has been launched by Fraser Health centered on young adults facing the early stages of a range of psychotic conditions, such as schizophrenia or bipolar disorder. "How Are You Coping" is the second campaign launched under Fraser Health's Early Psychosis Intervention (EPI) Program, following the success of its "Psychosis Sucks" initiative which began in 2003. The EPI program offers clinical services for persons experiencing their first psychotic episode; those who have a suspected psychosis; or those with a family history of psychotic disorder and are experiencing a recent deterioration in their ability to function. For further information about the EPI program, please contact (604) 538-4278 or visit [www.earlypsychosisintervention.ca](http://www.earlypsychosisintervention.ca).

### New Eating Disorders Prevention Resources

Awareness and Networking Around

Disordered Eating (ANAD) has released a series of eating disorder prevention resources. Read about disordered eating and the experiences of families, seniors, men and queer women, as well as some helpful tips on prevention. Produced in partnership with the BC Partners for Mental Health and Addictions Information, the series is available at [www.anad.bc.ca](http://www.anad.bc.ca) or [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca).

### Violence Against Women: It's Not Only Physical

If someone says violence, the image that most immediately comes to mind is one of an act causing bodily harm. What is less often thought of or considered, however, is non-physical violence, or emotional abuse. Violence against women – inside and outside the family – is defined by Health Canada as "acts that result, or are likely to result, in physical, sexual and psychological harm or suffering to a woman, including threats of such an act, coercion or arbitrary deprivation of liberty" in public or private life. See "Violence Against Women: It's Not Only Physical," at [www.canadian-health-network.ca](http://www.canadian-health-network.ca). CMHA is the national mental health affiliate for the Canadian Health Network.

### New Issue of Visions on Criminal Justice

This edition of *Visions: BC's Mental Health and Addictions Journal* explores the intricate relationship between criminal justice and mental illness and addictions. Issues surrounding available treatment for disorders in prisons, stereotypes in the media, criminalization of individuals, surviving after prison release, mental health court, integration with the community, street crime, advocacy in the court systems, forensic psychiatric settings, and more. First-hand experiences and perspectives of the criminal justice system in BC are also shared.

*Visions* is published by BC Partners for

Mental Health and Addictions Information, of which CMHA BC is member. *Visions* is written by and for people who have used mental health or addictions services, mental health service providers, family and friends, and mental health and addictions leaders and decision-makers, and provided free of charge to these same groups. To view this issue of *Visions* online, or to subscribe visit [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca).


### Canadian Research

*Clinical Treatment Should Include Reduction of Mental Health Risk in the Workplace*

According to the authors of a review published in the Canadian Journal of Psychiatry that looked at studies of mental health and the workplace, the effect of depression and anxiety on work ability is significant, and clinical treatment should include the goal of maintaining productivity in the workplace. See "Common Mental Disorders in the Workforce: Recent Findings from Descriptive and Social Epidemiology," available at [www.cpa-apc.org](http://www.cpa-apc.org).

Learn more about supporting people with mental illness in the workplace with the Mental Health Works program and other resources available on the CMHA BC website.

### Mental Health Toolkit for First Nations People

"Pathways to Healing: A Mental Health Toolkit for First Nations People" has been released by the Canadian Collaborative Mental Health Initiative (CCMHI). The toolkit provides a basic overview of mental illness and mental health, focusing on the historical, social, economic and political conditions that have impacted the mental health of First Nations people. Specific sections include information on protecting one's mental health, other pathways and holistic approaches to healing, and online resources and suggested readings. The toolkit is free to download in PDF format at [www.ccmhi.ca](http://www.ccmhi.ca). 

## Child Custody and Access Assessments and Reports Standard

The Child Custody and Access Assessments and Reports standard was approved by the Board of Directors on October 22, 2005. A printable version of this document is posted on our website under "What's New" at [www.bc-counsellors.org](http://www.bc-counsellors.org). The standard has also been added to our Code of Ethical Conduct and Standards of Clinical Practice for Registered Clinical Counsellors, which can be found at [www.bc-counsellors.org/code2001.htm](http://www.bc-counsellors.org/code2001.htm). If you need a hard copy of either document, please contact BCACC head office at 1-800-909-6303.

## Canadian Journal of Counselling

Through an agreement with the Canadian Counselling Association we have enclosed, with this issue of *Insights*, a copy of the *Canadian Journal of Counselling*, on a trial basis.

## B.C. ASSOCIATION OF CLINICAL COUNSELLORS

Introduces the new

### Member Orientation Workshops

**In just one day, new members can experience  
an in-depth overview of BCACC.**

New members come across a vast array of committees, public initiatives, professional expectations and opportunities, by virtue of their new status as RCCs. But how and where does one get started?

The Board of Directors of BCACC has understood these difficulties. There is so much to learn and potential to be explored. New members receive a Welcome Package as a paper introduction, but up to now there has been no experiential mechanism to assist in the process.

Accordingly, the Board has taken steps to support and inform new RCCs about what BCACC is about. This is taking the form of a one-day "Member Orientation Workshop". This training event is designed to introduce new members to the Association and its structure, the regulatory function of BCACC, and ethical decision-making. Attendance is free of charge, but advance registration is required. All materials, together with refreshments and a light lunch, will be provided.

The Board expects all new RCCs to attend the workshop within one year of joining the Association. By attending this event you will gain much more of a grounding in what being an RCC entails and you will tap into a wide network of support. Current members are also welcome to attend. Upcoming locations and dates are shown below and could be changed.

CITY	REGIONAL CONTACT	DATE
Kelowna	Sam Reimer	Saturday May 27, 2006
Vancouver	John Fraser	Saturday September 16, 2006
Kamloops	Rob Riddle	Saturday, November 4, 2006

#### Workshop Presenter: John Gawthrop, MA, RCC

John has a counselling background going back 25 years. He is Deputy Registrar of BCACC and is a past Chair of Ethics for the Association. In 1994 he provided leadership in redrafting our existing Code of Ethics into a set of Ethical Practice Standards, which formed the basis for our current Code of Ethical Conduct. He has conducted ethics investigations for BCACC since 1997 and is a certified regulatory investigator. In addition, John has delivered ethics training and consulting in academic and private sector settings since 1994. He designed the Orientation Workshop and drew from his knowledge of and history with the varied aspects of the Association in creating and/or editing the informational and experiential components of the day. The intent is to provide a well-paced and lively experience that will be of lasting relevance to new and current RCCs alike.

## Calendar of Events

### Provincial, National & International

Submissions for events can be made before the advertising deadline date by email at [dipayette@sbaw.ca](mailto:dipayette@sbaw.ca). There is a limit of three listings per agency or person. The Calendar of Events and the BCACC Regional Calendar Meetings are posted at [www.bc-counsellors.org](http://www.bc-counsellors.org).

### May

**15: Making Sense of Adolescence.** Presenter: Gordor Newfeld, Ph.D. In Vancouver at the Curtis Law Building, University of British Columbia. Sponsored by Jack Hirose. For more information contact Jack Hirose and Associates at (800) 456-5424 or visit [www.jackhirose.com](http://www.jackhirose.com)

**16-17: Dealing with Self-Mutilating Behavior in Young People.** Instructor: Grant Charles. Sponsored by the Centre for Leadership and Community Learning of the Justice Institute. In New Westminster, at the Justice Institute of BC. For more information, contact Caroline White at (604) 528-5620 or [carolinew@jibc.bc.ca](mailto:carolinew@jibc.bc.ca). To register, call (604) 528-5590 or (877) 528-5591 (toll free). Visit [www.jibc.ca/ca/clcl](http://www.jibc.ca/ca/clcl)

**16-17: Solution-Focused Counselling with Chronic Illness, Grief and Loss.** Presenter: Nancy McConkey, MSW. Sponsored by SolutionTalk Inc. In Calgary. Call (403) 216-8255, e-mail [soltalk@telusplanet.ca](mailto:soltalk@telusplanet.ca) or visit [www.solutiontalk.ab.ca](http://www.solutiontalk.ab.ca)

**17-19: Working With violent and Aggressive Children & Youth.** Presenter: Gordor Newfeld, Ph.D. In Vancouver at the Curtis Law Building, University of British Columbia. Sponsored by Jack Hirose. For more information contact Jack Hirose and Associates at (800) 456-5424 or visit [www.jackhirose.com](http://www.jackhirose.com)

**18-19: Solution-Focused Counselling with Couples and Families.** Sponsored by SolutionTalk Inc. In Calgary. Presenter: Nancy McConkey, MSW. Call (403) 216-8255, e-mail [soltalk@telusplanet.ca](mailto:soltalk@telusplanet.ca) or visit [www.solutiontalk.ab.ca](http://www.solutiontalk.ab.ca)

**18-19: Healthy Foundation for People with Developmental Disabilities.** In Vancouver. Sponsored by the UBC Interprofessional Continuing Education. For more information visit

[www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

**24-27: Art & Science of Psychotherapy Conference.** Presenters: Dr. David O. Antonuccio, Ph.D.; Dr. David Burns, M.D.; William and Carleen Glasser. Sponsored by Jack Hirose and Associates. In Richmond at the Best Western Richmond Inn Hotel & Conference Centre. For more information contact Jack Hirose and Associates at (800) 456-5424 or visit [www.jackhirose.com](http://www.jackhirose.com)

**24-27: The 4<sup>th</sup> Annual Institute in Response-Based Practice:** Re-Shaping Responses to Victims of Violent Crimes. Presenters: Linda Coastes, Ph.D., Cathy Richardson, Ph.D. and Allan Wade, Ph.D. In Cowichan Bay, BC at the Oceanfront Grand Resort & Marina at 1681 Botwood Lane. For registration and information, contact Dr. Allan Wade at [awade@cityu.edu](mailto:awade@cityu.edu)

**25-26: Advanced Innovative Practices in Clinical Supervision (#EP288).** Sponsored by the Centre for Leadership and Community Learning, Justice Institute of BC. Instructor: Monica Franz. At the JIBC New Westminster Campus. For more info, contact Caroline White at (604) 528-5620 or [carolinew@jibc.bc.ca](mailto:carolinew@jibc.bc.ca). To register, call (604) 528-5590 or (877) 528-5591 (toll free). Visit [www.jibc.bc.ca/clcl](http://www.jibc.bc.ca/clcl)

**26-28: Workshop for Couples** Using Skills from Hakomi Body-Centered Psychotherapy and Re-Creation of the Self. Sponsored by the Hakomi Institute of BC. In Nanaimo, BC. Contact Rae at (250) 361-2045, e-mail [info@raebilash.ca](mailto:info@raebilash.ca), or visit [www.hakomibc.ca](http://www.hakomibc.ca)

**29-30: [Re]Moving the Margins:** Inclusive Community Engagement (#COUNS104) Sponsored by the Centre for Leadership and Community Learning, Justice Institute of BC. Instructor: Jannit Rabinovitch. At the JIBC Victoria Campus For more info, contact Caroline White at (604) 528-5620 or [carolinew@jibc.bc.ca](mailto:carolinew@jibc.bc.ca). To register, call (604) 528-5590 or (877) 528-5591 (toll free)

**29-31: David Berman Memorial Concurrent Disorders Conference:** Rethinking How We Work In Mental Health & Addictions. In Vancouver at the Coast Plaza Hotel and Suites at Stanley Park,

Vancouver. For more information visit [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

**31: Fostering Hope Self Abuse Workshop.** Workshop sponsored by Self Abuse Finally Ends BC (S.A.F.E.). In Vancouver, from 8:30 am – 3:00 pm at 1260 Howe Street. For more information or to register contact Mary Graham at (604) 669-6552 or e-mail [safebc@yahoo.ca](mailto:safebc@yahoo.ca)

### June

**1-3: Maternal Child Youth Conference 2006:** Optimizing the Care of Mother, Children and Youth . Pre-Conference Workshop with Penny Simkin: When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women. Sponsored by UBC Interprofessional Continuing Education in Partnership with Fraser Health, BC Children's Hospital and BC Women's Hospital and Health Center. In Vancouver at the Coast Plaza Hotel and Suites at Stanley Park, Vancouver. For more information visit [www.interprofessional.ubc.ca](http://www.interprofessional.ubc.ca)

**13-16: Alcohol & Drug Four-Day Training Intensive.** Speakers: June 13, 2006: Dr. Michael Leeds, Ph.D.; Dr. Ross Laird, Ph.D.; Brigid Ting, R.Ac (NADA), BSN, M.Ed, for June 14, 2006: Dr. Michael Leeds, Ph.D.; Dr. Ian Martin, MD, CCFP, ASAM, MHSc; Vikki Reynolds, MA, RCC., for June 15, 2006: Dr. Barry L. Duncan, Psy.D.; Cpl. Scott Rintoul, BA. And for June 16, 2006: Dr. Christine Courbasson, Ph.D., C.Psych; Rob Axsen, BA. Sponsored by Jack Hirose & Associates. In Vancouver at the University of British Columbia in the Curtis Law Building. For more information contact: Jack Hirose & Associates at (604) 924-0296.

**17-18: What? The Practice of Mindful Communication:** Personal Development Workshop, The Hakomi Institute of BC. In Nanaimo, BC. Contact Rae: (250) 361-2045, e-mail [info@raebilash.ca](mailto:info@raebilash.ca), or visit [www.hakomibc.ca](http://www.hakomibc.ca)

**20-22: Enhancing Your EMDR Skills.** Presenter: Andrew Leeds. Sponsored by Health and Emotional Wellness Seminar. In Whistler,

## BCACC Regional Calendar

BC. For more information, call (604) 938-3511 or visit [www.healthandemotionalwellnesseminars.com](http://www.healthandemotionalwellnesseminars.com)

**22-25: Vancouver's 4<sup>th</sup> Trauma Conference:** Practical Approaches to Working with Interpersonal Trauma and Violence. Presenters: Dr. Chris Courtois, Laurie Anne Pearlman, Pat Ogden and others. Sponsored by the BCAMFT. For more information contact Anne Dietrich at [adietrich@telus.net](mailto:adietrich@telus.net) or call (604) 889-3787 or visit [www3.telus.net/trauma/conference2.html](http://www3.telus.net/trauma/conference2.html)

**24: Mental Health and the Movies:** The Clinical and Educational Applications of Film in Mental Health. Instructors: Caroline Coutts, Dr. Harry Karlinsky, Ramon Kubicek. In Vancouver at the UBC at Robson Square. Contact: UBC Division of CPD-KT: phone (604) 822-7301 or for more information, visit [www.bluecomet.ca/medmovies/index.htm](http://www.bluecomet.ca/medmovies/index.htm)

### July

**3-6: Summer Intensive:** Levels 1 and 2. Presenter: Nancy McConkey, MSW. In Calgary. Contact: Solution Talk Inc. by phone at (403) 216-TALK (8255). Visit [www.solutiontalk.ab.ca](http://www.solutiontalk.ab.ca) or e-mail [soltalk@telusplanet.net](mailto:soltalk@telusplanet.net)

**7-9: EMDR Training (Part 1).** Instructor: Marshall Wilensky, Ph.D. Sponsored by the British Columbia School of Professional Psychology. In Vancouver at the Pacific Coast Family Therapy at 3026 Arbutus Street. For more information e-mail [wilensly@interchange.ubc.ca](mailto:wilensly@interchange.ubc.ca) or Olivia Scalzo at (604) 251-7275 or e-mail [joscal@sbaw.ca](mailto:joscal@sbaw.ca) or visit [www.emdrtraining.com](http://www.emdrtraining.com)

### August

**8-11: Clinical Supervision in the Emerging Therapeutic Culture:** Instructor: Vange Thiessen, MA, AAMFT. In Langley at the Trinity Western University at 7600 Glover Road. Deadline date for registration: July 15, 2006; limited to 20 participants. For further information and registration contact Vange Willms Thiessen at [vanget@twu.ca](mailto:vanget@twu.ca); [vangethiessen@hotmail.com](mailto:vangethiessen@hotmail.com); (604) 556-2428

**9-13: Dreaming the Future: Expanding**

**our Consciousness Through Gestalt Therapy:** 8<sup>th</sup> International Conference sponsored by AAGT. In Vancouver at UBC. Keynote speaker Erving Polster and the best Gestalt therapists from around the world. C.E. credits available. For information or to register online: [www.aagt.org](http://www.aagt.org)

**19-22: International Conference on Brain Development and Learning:** ADHD, Autism, Dyslexia, Memory, Bilingualism and more topics. Sponsored by the UBC Interprofessional continuing Education. In Vancouver at the Sheraton Vancouver Wall Centre. Visit [www.interprofessional.ubc.ca/brain\\_dev\\_and\\_learning.html](http://www.interprofessional.ubc.ca/brain_dev_and_learning.html)

### September

**25-27: The 7<sup>th</sup> World Indigenous Women & Wellness Conference:** Warriors Against Violence. Speakers: Madeleine Dion Strout, Bruce Wood and Ginger Gosnell. Sponsored by UBC Interprofessional Continuing Education in Partnership with the Pacific Association for First Nations Women and Women's Hospital and Health Centre. In Vancouver at the Westin Bayshore Resort and Marina. For more information e-mail [ipinfo@interchange.ubc.ca](mailto:ipinfo@interchange.ubc.ca) ☺

#### *For Your Inspiration*

*Ring the bells that still can ring*

*Forget your perfect offering*

*There is a crack in everything*

*That's how the light gets in.*

*- Leonard Cohen*

Please mark your calendar for these upcoming regional meetings. For more information and contact names, read your Regional Report and for current updates, visit [www.bc-counsellors.org](http://www.bc-counsellors.org).

### Region 1

We are preparing for our May Regional Meeting in Nanaimo. On Saturday afternoon, May 13<sup>th</sup>, we'll be gathering at a farm owned by Deborah Marshall to hear about her work using horses in therapy - Equine Facilitated Psychotherapy.

### Region 3

John Gawthrop will be presenting the Member Orientation Workshop in Kelowna on Saturday May 27<sup>th</sup>. We are expecting this to be a special and enriching experience for all participants.

### Region 5

May 29<sup>th</sup> 2006. BCACC Executive Director Dr Jim Browne will address our meeting briefly, followed by guest speaker, David Granirer. David is a counsellor and stand-up comic. His presentation is called "I'm OK but you need professional help", and entertains while teaching the use of humour to help clients and as a form of self-care.

September 25<sup>th</sup> 2006. Brian Grimes returns to share with us his knowledge and experience working with learning disabled adults and children.

### Region 2, Region 4, Region 6

Visit [www.counsellors.org](http://www.counsellors.org) for upcoming meetings in these Regions. ☺

***Welcome Back Aina  
Adashynski to our  
Head Office Team!***

## Membership Update (From December 1, 2005 to March 31, 2006)

Angela Burns, Registrar

Please join me in welcoming the following new members who have joined us since December 1, 2005

2466	Kelly	Price	Abbotsford
2503	Candace	Postal	Abbotsford
2548	Melody	Deeley	Abbotsford
2524	Eila	Norris	Burnaby
2586	Suman	Jaswal	Burnaby
2532	Michelle	Hume	Campbell River
2609	Clare	Carver	Chemainus
2519	Jeannine	Crofton	Coquitlam
2579	Danuta	Iniewska	Coquitlam
2350	Wally	Lejbak	Kelowna
2572	Ernie	Leeck	Kelowna
2516	Dawn	Toews	Langley
2558	La Verna	Wilk	Langley
2569	Milly	Ng	Langley
2552	Irene	Matijczak	Maple Ridge
2533	Balvir	Joshi	Nanaimo
2530	John	Rathbun	Nelson
2592	Samantha	Banton-Smith	Port Alberni
2540	Lori	Damon	Port Moody
2550	Andrew	Lee	Richmond
2604	Muhammad	Ali	Richmond Hill, Ont.
2565	Daniel	Cook	Saanich
2539	Carissma	Nance Coelho	Terrace
2360	Ellen	Abrams	Vancouver
2514	Pauline	Mullaney	Vancouver
2520	Judy	Robertson	Vancouver
2527	Paul	Bains	Vancouver
2529	Shoshana	Dayan	Vancouver
2536	Janel	Ball	Vancouver
2542	Sandra	Wiens	Vancouver
2545	Paula	Wise	Vancouver
2562	Mark	Jeffrey	Vancouver
2567	Michelle	Gilligan	Vancouver
2575	Tracey	Sutton	Vancouver
2578	Michele	Long	Vancouver
2588	Laura	Jones	Vancouver
2599	Marian	Smith	Vancouver
2601	Donna	Vidas	Vancouver
2508	Allison	MacLeod	Victoria
2573	Jean	Flannigan	Victoria
2589	Marita	Poll	Victoria

The following members have changed status since December 1, 2005.

Inactive to Active

127	Elaine	Holgate	Delta
205	Lora	Favor	Shawnigan Lake
630	Margaret	Nefstead	Whitehorse
918	Anne	Morelli	Burnaby
958	Sara	Kalmakoff	Vancouver
1105	Joanell	Clarke	Van Anda
1149	Kerry	McKenzie	Harrison Hot Springs
1159	Marilyn	Murdock	Victoria
1200	Lynn	McCaw	Parksville
1213	Lorraine	Crump	North Vancouver
1224	Karen	Kappe	Vancouver
1722	Lexcie	Richies	Victoria
1763	David	Galeski	Naramata
1825	Rosemary	Holland	Victoria
1876	Tamara	Dalrymple	Victoria
1925	Rae	Neilson	Surrey
1930	Benjamin	Wong	Richmond
1962	Faye	Solano	Port Moody
2027	Donna	Thomas	Surrey
2119	Rosamond	Chan	Vancouver
2130	Arloene	Burak	Cowichan Bay
2150	Shona	Mackinnon	Wood Maple Ridge
2244	Holly	Jones	Chilliwack
2296	Leanne	Novakowski	Abbotsford
2362	John	AtkinAtkinson	Penticton
2364	Dominic	Wan	Burnaby

Active to Inactive

426	Kirk	Austin	Abbotsford
509	Simon	Beck	Fort Langley
914	Stella	Charalambidis	Vancouver
1049	Lynn	Cameron	Vancouver
1464	Karen	Kranz	Vancouver
1701	David	Mckenzie	Langley
2160	Meena	Makkar	Abbotsford

Reinstated

1338	Louise	Kirkshope	Nanaimo
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Regular to Professional Full Time Student

213	Rochelle	Sharpe	Lohrasbe Sidney
236	Jane	Bilson	Victoria
2255	Laleh	Skrenes	New Denver
2386	Lisa	Ferrari	Burnaby
2460	Michael	Pratt	Prince George

## Advertising Policy

*Insights* invites members and colleagues to advertise. All items of interest must be submitted to, and approved by, the Editor prior to publication. Current Advertising Guidelines are available by contacting [dipayette@shaw.ca](mailto:dipayette@shaw.ca)

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H x W	Member	Non-Member
2.25 x 3.5	\$ 30.00	\$ 45.00
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4.25 x 7.5	90.00	135.00

### Inserts

8.5 x 11.0 single sheets only

1850 copies are required

Inserts \$100.00 \$150.00

All sizes are in inches. Proposed inserts must be presented to the Editor for approval not less than one week prior to deadline. Brochures and pamphlets are not accepted. Inserts should not be printed on ivory coloured paper. Prices include 7% GST. Cheques, made payable to BCACC, or credit card information, must accompany all approved advertisements and inserts.

## Deadlines

Please mark the following dates on your calendar for submissions to *Insights*:

**Ads/Inserts** .....  
**July 20 / 06**

**Articles/Reports** .....  
**July 25 / 06**

**Note: all submissions must be delivered to the Editor by the close of business on the dates indicated.**

## Who's Who?

The people in your Association want to hear from you. They invite you to write, phone, e-mail, contribute, discuss, work, and visit. Do you need a contact number? Please call the BCACC office at 800-909-6303, or 250-595-4448 in Victoria, or e-mail [hoffice@bc-counsellors.org](mailto:hoffice@bc-counsellors.org), for telephone and fax numbers.

### BOARD OF DIRECTORS

President Bev Abbey  
 Executive Vice-President Glen Grigg

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Region 1 - North Coastal Dale MacIntyre  
 Region 2 - South Vancouver Island John Hayashi  
 Region 3 - Southern Interior Sam Reimer  
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 Region 5 - Fraser Valley Pauline Fitzgerald  
 Region 6 - Northern Interior Rob Riddle

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### EXECUTIVE and ADMINISTRATIVE STAFF

#### BCACC Head Office

#14 - 2544 Dunlevy Street, Victoria, BC V8R 5Z2 E-mail [hoffice@bc-counsellors.org](mailto:hoffice@bc-counsellors.org)

Tel: (800) 909-6303 or (250) 595-4448 Fax: (250) 595-2926

Internet Site: [www.bc-counsellors.org](http://www.bc-counsellors.org)

Office Hours: Monday through Friday 8:30 a.m. - 4:30 p.m.

Registrar Angela Burns  
 Deputy Registrar John Gawthrop  
 Executive Assistant Michèle Ashmore  
 Administrative Support - Regulatory Julia Burke  
 Administrative Support - Association Aina Adashynski

#### BCACC Surrey Office

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**Insights Editor** Diane Payette Tel: (604) 921-6624 e-mail [dipayette@shaw.ca](mailto:dipayette@shaw.ca)

## Continuing Competency Questionnaire

Circle True or False to indicate your response to each of the following questions. Once completed, mail this questionnaire to: BCACC Head Office, #14,2544 Dunlevy Street, Victoria, B.C., V8R 5Z2. A total of 2 credits will be granted when the questionnaire is received. Members are to record these credits on the CE Summary Form that is included in your BCACC Professional Liability Insurance Renewal package mailed out each year in February from the Mitchell & Abbott Group.

- In his article, Executive Director Jim Browne writes that volunteers are essential to BCACC's ability to achieve our Mission through our Fundamental Purposes. True False
- Aina Adashynski writes in the Web Corner that the Child Custody and Access Assessments and Reports Standard, which was not approved by the Board of Directors on October 22, 2005, and therefore has not been added to the Code of Ethical Conduct and Standards of Clinical Practice for Registered Clinical Counsellors. True False
- A Provincial Award Recipient, Dr. David Cane is a consultant who focuses on the development of competency-based employment and educational standards. True False
- In her article Psychology Primer, Esta Porter writes that in a Positive Psychology course one cannot expect to gain experiential insights on how to simply be happy and that there are no well defined exercises. True false
- According to Registrar Angela Burns, the total number of active members in BCACC is 1461. True False
- In the President's Report, Bev Abbey reminds the readers that thirteen years ago, in the March 1993 issue of *Insights*, Dr. Jim Browne introduced himself to us. True False
- Glen Grigg, Chair of the Legislative Review Committee reports that when the provincial government creates a college, regulatory functions in our bylaws must be removed, and the college will take over the work of overseeing professional discipline. True False
- In her article, Exploring "Culture" while addressing Cultural Grief, Eliza Fortes offers the reader this thoughtful quote: "Every act of immigration is like suffering a brain stroke. One has to learn to walk again, to talk again, to move around the world again, and, probably, most difficult of all, one has to learn to re-establish a sense of community." -Vivian Rakoff True False

Name \_\_\_\_\_

Membership # \_\_\_\_\_

### Notice

Except where specifically indicated, the opinions expressed in *Insights* are strictly those of the authors and do not necessarily reflect the opinions of the BC Association of Clinical Counsellors, its officers, directors, or staff.

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### Important Notice to All Members Changing Membership Status

When you are changing Membership status, particularly when going to Active from Inactive, please notify Head Office at once. It is important that you contact Mitchell and Abbott to ensure that you have the proper coverage before commencing private practice. Inactive insurance provides you with coverage for counselling you undertook **prior** to the onset of your inactive policy. All changes in status are verified by Head Office with a letter of confirmation of the status change. Status changes are reported to the Membership in the next issue of *Insights*.

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