



A Discussion Regarding the Development of a College of Counselling Therapists of BC

Jim Browne, Coordinator, Task Group for Counsellor Certification

Between Sessions

Diane Payette, Editor

Task Group for Counsellor Certification Round-table Discussion, June 2001

Preamble

A number of our Association members have expressed an interest in having some more information on the discussions taking place within the Task Group. I have included the full text of a discussion paper that this writer prepared for a round-table Task Group discussion in June, 2001. Hopefully, it will provide some context for new members who are not familiar with the extensive history of the road to statutory self-regulation for the counselling profession.

Background

Some ten years ago, the Government of British Columbia established a Royal Commission to review health care and costs in British Columbia. One of the substantial reviews undertaken focused on professional regulation, an area that is too frequently misunderstood, or confusing, for practitioners and the public alike. Practitioners are inclined to "elitism", "turf", and internecine squabbling. The public is confronted by their need for services (that they would rather not have) and their inherent suspicion of professional (health care) practitioners who they frequently view as self-interested entrepreneurs rather than dedicated helpers and objective "guides".

What is a "profession"? Certainly since Frederick II, Emperor of the Holy Roman Empire (1212-1250), instituted the first medical practice Act to combat the problem of "wise women" (witches) practicing among the people, many different "professions" have evolved, each defining in its own way their definition of "profession". There is a common core that arises out of the multiplicity

of definitions. They all stress the application of special knowledge requiring long training, the exercise of discretion, a commitment to some form of standard to which the pursuit of self-interest is subordinated to the public interest, a system of fee-for-service, and regulation.

Why "regulate"? This was very clearly laid out by the British Columbia Royal Commission on

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This might have happened to you during this past holiday season: you are enjoying yourself at a gathering of friends, dinner party or, social event of some kind and someone asks you what you do for a living. You answer: "I'm a clinical counsellor... a therapist". The brief silence is broken by the following comment: "Like, you're a psychologist... woo! I bet you've analyzed everybody's neurotic behavior around here... I'm sure you have me already all figured out!". Sounds familiar? The perception that people who have chosen to enter the mental health profession spend every minute of their day psychoanalyzing others around them does exist. As we, "therapists-in-action" know, the reality is quite different: we're not always in session! There are the daily chores, the family emergencies, coffee with a good friend, birthday parties, migraine headaches, the energizing yoga class, the pile of unpaid bills, the obnoxious cold, the calming hot bath, the cancelled vacation plan, the horrific picture on the front page of the newspaper and butterfly kisses from our little ones... and, this last year, there also was September 11th. Facing daily life, we are touched, moved, and sometimes shaken to the core... like everyone else. Our professional training does not always provide us with the desired protective shield and, like everyone else, we need the caring of a friend, the nurturing touch, the sounding board, the shoulder to cry on, the comforting hug, the reassuring words. The ability to be on the receiving end is one of the most important gifts to ourselves. This year, let's encourage each other to find more "between sessions" moments when this gift is experienced. Since none of us can predict what life will send our way in 2002, this is my wish for each one of us. ☺

Task from page 1

Health Care and Costs (Closer to Home -1991): "The purpose of regulating members of a profession is to protect the public from preventable harm. The privilege of self-regulation is granted to a profession by the provincial legislature. It is a social contract between the profession and the public. It is the property of the public the profession claims to serve." (Governance of the Health Care Professions: The Privilege of Self-Regulation, D-29).

Before a "profession" can be considered for a grant of self-regulation under the Health Professions Act, the applicant must first demonstrate that the members of that "profession" engage in activities relevant to the jurisdiction and mandate of the Ministry of Health. "Without clear evidence of a benefit to public health, safety of welfare, it is unlikely that there will be sufficient reasons to justify granting any form of self-regulation status to a profession." (Closer to Home - D-37).

The presentation of the "clear evidence" was the task of many of the current Task Group members in individually submitting applications for the counselling profession to be designated as a "health care profession" by the Health Professions Council under the Health Professions Act. While the apparent diversity presented by the applicant counselling organizations produced some confusion in the deliberations of the Council, the Council did determine that "...counselling is a health care profession that should be regulated in the public interest...", but they were not sure that there was a "fit" under the Health Professions Act. The Council directed the Ministry of Health to explore regulatory options. The "exploration" would be guided by the Council's forceful articulation that "the approach must adequately address the risk of harm associated with the practice of counselling, and recognize the diverse activities and practices encompassed by the generic

term (counselling)." (Recommendations on the Designation of Counselling, February, 1997, page 22).

The BC Association of Clinical Counsellors (BCACC) took the lead role in immediately working with the Ministry of Health to explore regulatory options with the assistance of David Logan who was contracted by the Ministry to develop an "options" paper. The Association then volunteered to accumulate responses to the paper by coordinating a "joint response" initiative that embraced all of the counselling applicant groups. In this manner, the "Task Group for Counsellor Certification" came into being in 1998.

Representatives of the Canadian Counselling Association were invited to participate in the development of a "Joint Response" which was submitted to the Ministry of Health in November, 1998.

The "Joint Response" focused on the concept of the core competencies that are necessary to adequately address the risk of harm associated with the practice of counselling. The "Joint Response" recommended that a College of Counsellors be designated under the Health Professions Act, and that the College be based on a competency-based certification model. The "central theme" of such a model is the acquisition of knowledge through training and experience, not where the knowledge was obtained. Many avenues are possible. No avenues were excluded.

The Task Group, in assessing risks of harm, laid out a framework of core competencies that was blocked into six domains: Human Development, Theoretical Foundations, Clinical Practice, Professional Issues and Ethics, Research, and Actual Practice/Experience (see Appendix A on page 27).

Designation

Following two years of negotiations, and some wobbles with another Ministry, the Ministry of Health agreed to proceed with a Designation Regulation for Cabinet approval to establish a College of Counsellors under the Health Professions Act. The Task Group submitted its recommendations on the Draft Regulation in early Spring, 2001. The Draft Regulation sets out the establishment of the College of Counselling Therapists of British Columbia. The Task Group has proposed the following definition as the Scope of Practice for counselling therapists:

"counselling therapy" means assessing, describing, preventing, and treating intrapsychic and interpersonal difficulties (e.g., mental or emotional dysfunctions and disorders) by using scientific, behavioural, systemic, and expressive theories, methods and techniques, including but not limited to

- the use of individual and systemic diagnostic procedures,

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B.C. Association of Clinical Counsellors Annual Business Meeting

Annual
Business
Meeting

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Vancouver, BC V6G 1P6

**Friday March 15th, 2002
3:30 p.m. to 5:30 p.m.**

The Annual Business Meeting is open to all Members of the Association.
Please join the Board of Directors for the Presentation of Reports
Acknowledgment of out-going Board Members
Appointment of new Directors
Presentation of Awards

Wine and
Cheese
Reception

Reception and Members Forum 5:30 p.m. to 7:00 p.m.

Following the Annual Business Meeting,
you are invited to join your Board of Directors
and Delegate Council Representatives
for informal conversation.
Wine & Cheese will be provided.

- counselling and psychotherapeutic principles, theories and techniques,
- clinical research into psychotherapeutic modalities,

for the purpose of enhancing mental, emotional, physical and spiritual health, and growth and development throughout the human lifespan.

Entry Requirements: Striking a Balance

Although it is up to the first Board of the new College to establish entry requirements, a discussion is valuable at this time to pull together perspectives from professional organizations and counsellor educators. The "Discussion Paper" speaks to the critical need to strike a balance between inclusiveness as per the Health Professions Council expectations, and maximizing competencies: two objectives that have the potential to be at odds with one another.

In establishing entry requirements the Board will have to take into consideration all of the existing counsellor practitioners in the province that are under some form of voluntary non-

statutory regulation. This would include registrants and certificants of Task Group member organizations. In addition to formally acknowledging these practitioners, it would create an immediate fee base that is critical for the development of College operations (which must be self-sustaining).

This is not a process of "grandparenting" because the College is a new entity. It represents the process of "porting" by incorporating previously evaluated and currently acknowledged practitioners. This could be framed in the College Bylaws as a transitional entry requirement: "Within the first two years of college operations a candidate is entitled to registration where that candidate shows evidence that they have been continuously registered with a provincially incorporated professional counsellors organization for a period of not less than ten years". The currently existing counsellor organizations all include a mix of the proposed core-competencies domains in their registration/certification requirements.

Collateral to the two-year "porting" window could be the establishment of entry level criteria

that embrace a range of academic and experiential options for "new" applicants for registration with the College. For example, the Bylaws could be expressed in terms of the following:

- 1 A Master's Degree in Counselling or a cognate area, acceptable to the Board of Directors, or its substantial equivalent in core-competencies in a combination of Master's level training and experience; or
- 2 An Undergraduate Degree in Counselling or a cognate area and not less than five years of pre- or post graduate training in an area identified in the scope of practice for counsellor therapists.

The ultimate criteria have to be clearly expressed in terms of the balance. Does the model exclude counsellors who should be included in the public interest? If so, how is this to be dealt with?

The Board will adopt additional criteria including supervised experience, references, a criminal record check, and professional liability insurance. Compulsory continuing education/professional development will be incorporated for continuing registration.

See Appendix on page 27 of this issue of *Insights*. ☺

Announcing The Annual Awards Program

If you know of a person, or agency that qualifies to be nominated for an award in one of the following awards categories please forward your nominations to:

The Chair, Awards Program

BC Association of Clinical Counsellors
#14-2544 Dunlevy Street
Victoria, BC, V8R 5Z2
Fax: (250) 595-2926
E-mail: mashmore@bc-counsellors.org

AWARDS CATEGORIES

Volunteer Of The Year

recognizes an Association member who has been active in services or management, and/or has actively promoted the goals of the Association.

Communications

recognizes a member or organization from the media field who has provided regular, continuing, or special assistance in promoting counselling and/or mental health issues in the community.

Professional Care

recognizes a professional mental health worker (who could be an Association member) or agency who has exhibited special creativity and effectiveness in providing counselling or mental health care.

President's Award

recognizes distinguished contributions to the profession of counselling or the Association.

Nominations, Offices And Elections 2002

Any registered member of the Association, in good standing, is eligible to stand for nomination and to vote for candidates. Members should stand for one position only. Regional Vice-Presidents are nominated and voted on by members in their region.

There are several key Board positions open for 2002. Under current Bylaws, candidates will hold office for a term of two years. Interested candidates will be aware of the transitional times that the Association is moving through and the many challenges before us. All Board positions are time and work intensive, and candidates must be able to make a sizeable time and energy commitment.

Successful candidates will assume office at the Association's Annual Business Meeting, March 15th, 2002.

Board Positions Open: Committee Chairs for Legislative Review, CE/PRO D, Ethics and Standards, Registration, Inquiry, and Discipline; Regional Vice-Presidents for Regions 2, 3, and 5.

The following positions continue for 2002: President - Bev Abbey, Executive Vice-President - Glen Grigg; Chair, Member Services - Gerry Bock; Regional Vice-Presidents: Region 1 - Dale MacIntyre; Region 4 - Nancy Downes; Region 6 - Rob Riddle.

Nominations and Elections Schedule

Call for Nominations:

Winter 2002 *Insights*

Deadline: January 31, 2002

Ballots (if necessary)

Out: February 15, 2002

Deadline for Return: March 1, 2002

Report to Annual Business Meeting

March 15, 2002

Position descriptions, nomination forms, and biographical information forms are available and distributed through the Victoria Office, (800) 909-6303 or e-mail: <mashmore@bc-counsellors.org>. ☺

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President's Award

recognizes distinguished contributions to the discipline of counselling through teaching, research, or advocacy.

Nominations must include the name and address of the person or agency nominated and supportive documentation.

Deadline: February 15th, 2002

Awards will be presented at the Annual General Meeting on March 15th, 2002, at the Coast Plaza Suite Hotel at Stanley Park, 1733 Comox Street (near Denman), Vancouver, BC. ☺

Sights on the Internet

This directory is an exploration exercise in navigating the maze! In each issue, we focus on a website that is of interest to you. After the events of September 11th, it seems fitting to introduce Insights readers to this most relevant website.

www.ctsn-rcst.org

The Canadian Traumatic Stress Network's mission is to be the Canada-wide network of resources dedicated to the advancement of traumatic stress services through education, training, public awareness, professional development, and research. The goals of CTSN are:

- 1 to establish and maintain a national network which will link people, organizations, information, and services;
- 2 to create and maintain a national resource centre to facilitate access to qualified resources;
- 3 to create and maintain a national resource centre of information, contacts, materials and other resources on traumatic stress issues;
- 4 to sponsor training, public awareness, education, and professional development in traumatic stress; and,
- 5 to advance research in traumatic stress, including scientific, applied, and evaluative undertakings

Click on "Terrorist Disaster & CTSN-RCST" to read about the this organization's response to the traumatic events of September 11th. This page also provides resources for dealing with effects of the disaster and is updated as new material becomes available.

This site also offers "TraumaNews", the newsletter of the Canadian Traumatic Stress Network. Timely and well researched articles on Secondary Stress and the Professional Helper, Aggression in the Workplace, Traumatic Grief and Psycho-educational Debriefings, amongst others, are posted for your interest.

The Canadian Traumatic Stress Network / Reseau Canadien du Stress Traumatique page is prepared by David S. Hart, Ph.D. ECPS, Education Faculty, University of British Columbia, 2125 Main Mall, Vancouver, BC, Canada.

If you wish to submit a website for this column, please contact the Editor at <diane@radiant.net>. We are always looking for avid web surfers. 🍷

A Book in Sight

Living With ADD: A workbook for Adults with Attention Deficit Disorder

By M. Susan Roberts, Ph.D. and Gerard J. Jansen, Ph.D. 1997, 164 pages.

Although Attention Deficit Disorder is receiving a lot of attention lately, the first seventy years of research and writing were devoted mostly to ADD in childhood and reflected a primary concern with hyperactivity. The early thinking also assumed that hyperactive children outgrew ADD. Not until the 1980's did clinicians realize that problems maintaining attention did not go away with age. Today, we know that ADD continues throughout the life span, and clinical counsellors may find themselves offering counselling services to undiagnosed ADD sufferers. The Living With ADD Workbook enables adults with ADD to identify the personal problems caused by the condition, and to deal with and minimize those problems. Although medication has been shown to help adults with ADD, this workbook provides an alternative (or complement) to conventional treatment. The book covers important issues such as self-esteem, procrastination, task-directed thinking, mood management, impulsivity, learning and social skills. The authors present a model of change borrowed from the popular book Changing for Good (Prochaska, Norcross &



DiClemente, 1994). This workbook is a wonderful tool in the therapeutic setting as it provides clients with a pre-defined structure to work with during or between sessions.

Excerpt:

"Diagnosis of ADD in adults is increasing. From its almost unknown existence twenty years ago, ADD is suspected to affect 2 to 22 percent of adults. Some clinicians feel that ADD is wildly over diagnosed, and others feel that even at the upper end of the range, 22 percent, it is under diagnosed. Why such controversy?"

"The problem is in accurately diagnosing ADD. At present there is no definitive test for its existence. Types of brain scans have been used for research purposes of comparing one group of people to another, but they are not useful for the clinical diagnosis of an individual. The recent explosion of interest in ADD has resulted in the availability of self-tests, questionnaires, rating scales, and many good books on the topic. But ADD can only be diagnosed by a clinician trained and experienced in the area of ADD with adults... There are three types of ADD (1) ADD with inattentiveness as the primary symptoms; (2) ADD with impulsivity and hyperactivity as the major concerns; or (3) ADD with problems in both areas."

-from Amazon.com 🍷

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Avraham Cohen, M.A., R.C.C., C.C.C
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The Editor's Interview

The Work of Ross A. Laird

On October 23, 2001, Ross Laird's book *Grain of Truth* made the short-list, in the non-fiction category, for the Canada Council's Governor General's Award. This award is the highest literary prize in Canada. This year, a total of 755 titles were submitted in the English-language categories. This nomination was significant since this is Ross Laird's first book! Ross was born and raised in Vancouver. He holds an MA in Counselling Psychology from Antioch University in Seattle and a PhD in Creative Process from the Union Institute in Cincinnati. A poet and a craftsman, he currently teaches creativity, counselling, and psychology. Ross is also a clinical supervisor to various social service agencies in the field of addiction. In February 2002, Ross will be a guest speaker at the British Columbia Psychological Association Annual Conference. His topic will be "Using Creative approaches in Psychology and Counselling." He

has been a member of BCACC since...

What did it mean to you to be nominated for the Canada Council's Governor General's Award?

It was a wonderful, unexpected honour and a great short-list to be invited to join. I was interested to see that two of the books — *Grain of Truth* and Thomas Homer-Dixon's *The Ingenuity Gap* (the winner) are concerned, respectively, with personal and cultural change. This award is frequently won by a biography; the fact that it was not this year is, I think, a signal that people are reflecting more deeply on matters of culture and society.

What is your first love, counselling, teaching or woodworking?

Well, my first love is undoubtedly my family life. My wife and I have two small children. As I mention in *Grain of Truth*, raising them is the most creatively demanding and rewarding

discoveries often involve recapturing a sense of how to learn, how to engage in a romance with knowledge. In the educational system, we tend to focus on the products of learning — facts, techniques, dialects of a given industry. My approach is to focus on the process, on learning as a kind of profound meditation.

And craftwork?

Craftwork — whether in wood, stone, or words — is my devotional or spiritual path. I'm always taken, whether or not I want to go, to the places inside myself I most need to visit. Everyday experience is the gateway into those places, and my craftwork always builds on the everyday.

You mentioned that you prefer to use the creativity groups over individual counselling. How do you work with participants in those Creative Process groups?

These are collaborative and experimental communities in which participants follow their own creative impulses. Typically, participants choose a particular creative path for the duration, working between and during Sessions, and using the context of the group to deepen their work. Many people are simply trying to recapture the spontaneity and expressiveness they once possessed but have lost in the rush and tumble of adult life.

We've had a wide range of participants, from professional artists to those with no creative experience whatsoever. I bring creative exercises, I assist participants in finding a creative path, and sometimes I suggest various directions for the process. Actually, I spend quite a bit of time figuring out how to stay out of the way. In these groups, the definition of what constitutes creative work is very broad: it can be washing dishes, writing, running, oil painting, or working on conflict resolution with kids. Anything can be a creative path.

What prompted you to write a book about craft?

Many people today follow a craft of one kind or another — gardening, cooking, woodworking — whatever nurtures the spirit. My wife is a gifted gardener. A guy up the street from me is rebuilding a car in his garage. His neighbour is building an airplane. They work quietly, without fanfare, without much discussion of the process.

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- How to renegotiate unresolved fight, flight, and freezing responses to completion and discharge
- How to integrate psychophysiological work into your current therapeutic approach

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At the same time, most people involved in craft have profound experiences through the simple work of their hands. There's not much written about this though it's a social movement of tremendous importance. As a society, we're trying to find again what it means to be grounded in the world of the body. Grain of Truth derives from my own sense of wanting to make a contribution, to open a dialogue about the purpose and meaning of creative work. Craft as devotion, as revelation, as a rough opening polished by the shapes of beauty, is an essential aspect of personal and cultural development. We should talk about it.

But craft and art can be seen as luxuries in turbulent times. What is the significance of creativity when resolving conflicts?

Creativity is anything that evokes our full attention. It's a state of mind that signals our deepest presence. In this sense, dealing with turbulent times is a creative process. The day before the September 11 attacks, I was in New York's Metropolitan Museum of Art, a couple of miles from the World Trade Center, looking at stone sculptures from ancient Egypt. There was a face of yellow jasper, made for an unknown queen, to which I was particularly drawn. All that's left is a portion of the face; the rest has been shattered, strewn across the debris field of history. This statue was crafted in turbulent times, much like our own, and it's precisely during such times that the symbols and rituals of the creative become touchstones for what's real, what's most true. Creativity is the soul's prayer. Such prayers are most necessary in times of turmoil. But creative work is not always about healing and clarity. In Grain of Truth, I spend a great deal of time on the shadow of creativity, the way in which it leads, inevitably and implacably, into the labyrinth, or the dark waters. In this sense, creativity can generate, rather than resolve, conflict and difficulty. Creative work is about opening to the unfathomable — to the soul, or the spirit, if you will — and this opening is often ragged, filled with unresolved and unexamined shapes. One of the interesting things about creative work is that if you persevere, if you trust the process, the work itself leads out of the dark

waters. This, you might say, is the light side; the sparkling, joyful waters.

In your doctoral work, you focused on narratives of craft and craftsmanship as distinct literary forms and carriers of wisdom.

What does "carrier of wisdom" mean?

If creativity is the soul's prayer, myth is the soul's history. In every cultural tradition, myths and dreams and collective wisdom are passed on by means of creative work. Creative artifacts — stories, images, icons — are representations of the communal wisdom of any people, of all peoples. These representations are crafted by human hands, working in sacred space and time. This is the subject of my new book: how we come to create and to know the past. The voice of the past — accented with such clarity — speaks only in the language of myth, of story, of ritual, of creative endeavour.

How does under-standing creativity inform the individual therapeutic process?

The therapeutic process is a creative process. The difficult thing is for people to understand that creative work is much broader than what we traditionally think of as art. The idea of needing to possess technique and skill as an artist is actually an impediment to most people's creativity. Knowledge can make the process more difficult. This parallels my own development as a counsellor. I found that I had to unlearn a number of things in order to deepen my therapeutic work. I had to give up the notion of myself as guide. I had to forego the conviction that I actually knew something from

experience. I had to acknowledge that a counsellor or therapist really is powerless to effect change. I had to learn what not to know, to start fresh and new every time. This is the beginning of creativity.

What specific significance do you find in the symbolism of ancient Taoism?

As a philosophy, Taoism is about fluidity, about finding ways to let go into the moments of simple experience. Through these moments, the essential vitality of life manifests. Taoism has no rules, no codes, no credo. It says: follow nature, follow your own experience, trust that your life is hiding gifts under every pebble along your path. I found the eight archetypal symbols of Taoism (wind, earth, thunder, mountain, deep water, shallows, fire, the unfathomable) to be useful in thinking about the diverse flavours of creative work. Wind, for example, embodies initiation,

Interview cont'd on page 24



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Coaching and Counselling: What is the Connection?

By Sharon Brain, MA, RCC, and Juliet Austin, MA Professional Coach, Contributing Writers

Coaching came into its own in the 80's, fed by the human potential movement, counselling and therapy, business and organizational consulting. As change became the norm rather than an exception in corporations, coaching provided one option to guide outsized, downsized, or self-maximizing employees.

Over the past ten years, coaching has spread beyond the business world. People from all walks of life are now hiring coaches to assist them in achieving a variety of personal and professional goals. The growth in coaching is evidenced by the increasing number of coaches joining the International Coaching Federation (ICF), the professional association that sets ethics and standards for the coaching profession and certifies coaches.

According to the ICF, coaching can be defined as "an ongoing partnership that helps clients produce fulfilling results in their personal

and professional lives. Through the process of coaching, clients deepen their learning, improve their performance, and enhance their quality of life."

The name "coaching" uses a metaphor from the sports community where coaching is an established activity. No team of athletes would consider trying to reach excellence without a coach. In being coached, one does not have to admit either to needing help or even to having a problem, so the shame-based feelings often triggered by counselling are bypassed. It is no disgrace to have a coach when even Tiger Williams has had several!

Some of the people who popularized coaching were businessmen like Thomas Leonard, who launched the financially remunerative Coach U, women like Cheryl Richard, from her position as Oprah's coach and writer of two very successful books,

Frederick Hudson of the Hudson Institute, an academic, and Mary Beth O'Neill, from the Leadership Institute of Seattle, an organizational development consultant.

Counsellors and therapists were not in the vanguard of the coaching movement. However, as coaching becomes more popular and more counsellors discover it, more counsellors are found in various coach-training programs, and are either including coaching as one of the services they offer, or transitioning from a counselling practice to a coaching practice.

How is Coaching Different from Therapy?

One of the basic

questions counsellors wrestle with as they think about coaching is, "How is it different from what I already do?" One of the difficulties in answering such a question is therapists do widely different things. So do coaches, of course.

If one compares coaching to psychodynamic models, for example, one might say that therapy focuses on issues of pathology, healing and unresolved psychological issues of the past. Coaching, on the other hand, begins with the present and assists clients in setting very clear and specific goals that they want to achieve in the future. While the past may be discussed on occasion, it is addressed only in the context of discovering what is blocking the client from moving forward. The focus is always on movement and taking action, not on insight or understanding.

Counsellors from the Solution-Focused or more systemic end of the therapy spectrum often say that they already focus on the present and future as well, and do not see coaching as very different from what they do. However, the words, "solution-focused therapy", may still imply that there is a problem for which a solution needs to be sought. In coaching, a client may be seeking solutions, but they are more often seeking to enhance their performance (and sometimes reach excellence) in a given area of their life.

In addition, the word "therapy" conjures up the notion that someone is in need of help or a cure. Coaching clients choose to work with a coach because they want to, not because they need to.

Another difference is that coaches, in contrast to counsellors, are not seen as experts. Rather, they are seen more as a person with a set of skills they use to support people to achieve goals. A coach can be seen more like a partner or buddy whom you check in with from week to week to review your progress, vision for the future and set new goals.

In "Coaching Vs. Therapy: a Perspective," Hart, Battner and Leipsic asked coaches who

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were trained both as therapists and as coaches to report on the critical difference they saw between coaching and therapy.

Their answers varied, but one important difference reported was in the relationship. As coaches, they reported themselves to be more “self-revelatory,” as “having a skilled friendship”, and as being “in partnership.” The boundaries are looser, transference issues are not addressed, they use more humour, and they are more actively engaged.

“You can admit you know them in the grocery store,” one respondent said. Also, they “expect more” from their coaching clients. One counsellor reported that “coaching is not such a tender zone as therapy was.”

They also reported that there was far more flexibility in the delivery of coaching. Subjects interviewed reported coaching clients using telephone sessions, e-mail, and personal meetings over lunch or even on the golf course. Some sessions were an hour, some five minutes.

Nuts and Bolts: How Coaching Works

Coaching usually happens over the phone, although it can also occur in person. Therapists often find it difficult to imagine that they could coach without being face-to-face with their clients. Coaches—and their clients—usually do not find this a difficulty. To the contrary, it can be an advantage as it is more convenient for both client and coach, does not involve travel time or costs, offers clients more anonymity, and encourages coaches to develop exceptional listening skills.

Coaching fees range from \$200-500 per month for three or four 30 minutes individual sessions. Usually included in this fee is additional e-mail and brief telephone calls on an as-needed basis. Fees are usually higher for in-person coaching and/or longer sessions. Fees for corporate coaching can be as much as \$1000 + a month. Fees for group telephone meetings can range from \$100-\$150 or more per month for two or three 1-hour sessions.

The Coaching Process

When a client first contracts with a coach,

they are usually sent an intake package electronically that includes a contract to be signed, several forms (e.g. questions about life goals and plans), and (sometimes) assessments and tests to be completed (perhaps assessing values, behaviours, personality styles, etc.). Clients often send their coach a weekly prep form prior to each session which focuses on accomplishments in the previous week, challenges they are currently experiencing and what they want to accomplish with their coach in the upcoming session.

During the coaching call, the coach will ask what the client wants, listen to the answer, and ask questions that assist clients to clarify, envision what they want, address limits or blocks, identify gaps, and help them move towards taking action. Typically by the end of the session, the coach will want to know three things from the client:

- What will the client do over the next week?
- When will s/he do it by?
- How will the client know s/he has been successful and how will the coach know the client has been successful at achieving his or her goal(s)?

Future Directions

As the coaching movement continues to grow, several trends are emerging:

1. For the consumer, the availability of coaches will mean a change in the way some people seek support, especially those clients outside EAPs and agencies.

2. Some of the

distinctions between therapy and coaching will be made more explicit and will become clearer to the public. People will know when they want to seek therapy or coaching. Some US regulatory boards (e.g. Colorado) that license therapists have suggested that coaching fits under their definition of therapy. This could cause problems for coaches who are not licensed therapists in those states. Organizations like the International Coaching Federation (ICF) and many therapists who are now coaches are addressing these issues, attempting to sort them out.

3. An increasing number of therapists will receive coach training and offer coaching services instead of, or in addition to, their therapy services.

4. Training programs for coaching will increasingly be developed in academe. The

Coaching cont'd on page 23



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Using Personality Types to Understand Mother-Daughter Conflicts

Debbie Clelland, MA, RCC, and Lois M. Campbell, MA, RCC, Contributing Writers

Mothers and daughters share a bond that draws them together for a lifetime. As adults, women find that this relationship can provide much warmth, love, and also frustration. At times, it proves a difficult transition for mothers and daughters to relate to one another in their roles as adults.

One way in which to assist mothers and daughters in making this transition more smoothly is to give them some objective information about personality types. This information can help them to see the other from outside of their mother-daughter roles, and to better understand each other's perspectives. It gives them a common language with which to communicate about their preferences, and how to compromise and meet in the middle.

MBTI and Jung's theory of personality

The personality inventory that we find most

effective is the Myers-Briggs Type Indicator (MBTI). A mother, Katherine Briggs, and her daughter, Isabelle Briggs-Myers, developed this instrument. These two women worked for many years to help people understand Jung's theory of personality. They used the MBTI to help people feel more comfortable with their own individual strengths, and to appreciate how others are different from them.

The MBTI has four scales. An individual will have a PREFERENCE for one side of each scale, and will also be able to access their non-preferred side. In total, there are 16 possible personality types.

The theory is complex and has many layers. We will apply one small component of the MBTI - the first scale: Extraversion-Introversion - to a mother-daughter relationship.

Extraverts and Introverts

One of the precepts in Jung's theory of personality is Extraversion-Introversion. Although

in today's language Extraversion (E) is commonly thought of as talkative and Introversion (I) as quiet, Jung did not intend these meanings in his description. Jung discussed E and I as the means by which individuals obtained energy.

Extraverts get their energy from the external world. They usually enjoy having many people in their lives, and often feel comfortable talking with people they do not know. Extraverts often think out loud, and generally want to discuss their thoughts with others.

Introverts get their energy from the internal world. They gain energy from reflecting, pondering, being alone in a quiet environment, and perhaps meditating. Introverts often like to think inside, and will usually have considered what they say before they speak the words. When we apply this piece of MBTI theory to a mother-daughter relationship, there are three possibilities:

Extraverted mother - Extraverted daughter

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When both mother and daughter are E's, there can be a shared sense of talking things out. Both will probably be comfortable with having many people in their lives, and want to re-energize in active ways.

With both people in this relationship being E's, they can have an imbalance Extraversion. This may translate into one or both of them feeling that the other doesn't listen. Sometimes with two Extravert's, there is a competition for air time. This can bring conflict into the relationship by people talking over one another, or feeling the other does not find what they are saying to be valuable. As counsellors, we can help a mother and/or daughter who are both Extraverted to see this preference in each other. We can help them understand that their need to talk is just their way of processing things, and is not intended to take over. Taking turns to listen is often helpful.

Another difficulty these two may have is speaking words which they wish they could take back.

E's sometimes are left feeling that they have put their foot in their mouth. Again, understanding the other, and knowing that what she says is often not in carefully chosen words, can allow for greater understanding and tolerance.

Introverted mother - Introverted daughter

When mother and daughter are I's, they will probably find comfort in listening and speaking carefully with each other. They will enjoy quiet times together, and opportunities to be reflective.

There may be an overemphasis on Introversion in this relationship. They may have conflicts because they are not talking to one another. Introverts tend to wait for just the right moment to say what they have been reflecting on. Sometimes these moments come long after the conflict-producing incident, and they may be reluctant to bring it up after the storm has passed. This may get stored away until the next time the conflict comes up, and eventually one or both may explode. When both mother and daughter follow this pattern, their relationship may appear smooth for periods of time, or a heavy silence may develop.

As counsellors, we can help these two to realize this pattern of store-then-explode, and

give them skills to minimize the impact. If they can agree to discuss the conflict-producing episode as close to the time it happens as possible, they will be able to deal with one episode at a time, and more easily get to resolution. This needs to be discussed in the context of what is comfortable for an Introvert. I's will naturally want to have time to reflect on a situation before discussing it. It is often not realistic to expect them to stay in the moment and be able to express their feelings about the other's behaviour.

Mother and daughter: one Introvert, one Extravert

In a mother and daughter relationship where one is Introverted and the other Extraverted, the talking and listening will most likely have an easy rhythm: the E thinking out loud, and the I more often doing the listening.

The problems often arise because each may have an idea that the other is supposed to do it her way. The E may assume that the I needs to discuss things now, and the I may think the E uses too many words and doesn't get to the point. As the E is thinking out loud, the I may believe that the E has already made a decision. The I usually thinks inside before expressing a decision. During conflict the E may talk louder and faster; the I may become quieter and quieter. The E may begin to exaggerate to make a point; the I may see this as lying. As the I becomes quieter, the E may see this as deliberately deceptive on the I's part, or perhaps controlling.

We can help the E and I to understand how they process information differently, and to see the

value in their differences. Helping them to meet in the middle often aids this mother and daughter to lessen the conflict in their relationship.

Mothers and daughters will experience many relationship transitions over their lifetime. When a trained and certified practitioner uses the MBTI to help mothers and daughters learn about personality, it can allow for more understanding and appreciation between them.

Biographies

Lois and Debbie are mother and daughter. They each have their own private practice as RCC's. They have been active in the Association for Psychological Type for over a decade. Lois and Debbie have been actively using the MBTI to enhance their mother-daughter relationship since 1984. Lois and Debbie have facilitated Mother-Daughter workshops locally, nationally and internationally. 🐾

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The Counsellor's Counsel

Consent For Counselling Children During Marital Breakdowns

by George K. Bryce, BCACC Legal Counsel and Martha A. Sandor, Family Law Lawyer, Contributing Writers

The questions

The BCACC office has received a number of inquiries from counsellors asking what they should do in obtaining consent before providing counselling services to children during and after marital breakdowns. Can the counsellor rely on the consent of one parent, or does the counsellor have to obtain consent from both parents? Can the child him/herself consent to counselling without parental consent?

Introduction and terminology

A good starting point is to conceptualize custody and guardianship as a bundle of rights and obligations that parents share prior to marital breakdown. After marital breakdown, the bundle of rights and obligations may be divided in a variety of different ways. For example, some rights may

be shared jointly and others taken away from one parent and given exclusively to the other. Also, it is important to appreciate that the single most important consideration in determining how the bundle of rights and obligations will be divided is the best interest of the child. Understandably, during marriage breakdown, the parties may not agree on how to divide the bundle of rights or obligations or how to ensure the best interests of the child are protected and promoted. The legal process can be the source of much anger and frustration, and the parties' perception of the best interests of the child may be obscured by heightened emotions. The counsellor needs to keep these factors in mind when dealing with issues of consent.

Before considering specific questions pertaining to consent, it is useful to define certain terms used in family law:

Guardianship:

This has been defined as encompassing all of the rights, duties, and responsibilities of a parent including the physical care and control over a child and a child's property and person.

Custody: There are two competing definitions of custody. The narrow definition of custody means the physical care and control over a child. The broad definition (which is more commonly used) includes almost all of the rights incidental to guardianship and the physical care and control over a child.

According to the provincial Family Relations Act, if the parties no longer live together and there is no court order or agreement in place, then depending on the circumstances, guardianship may be joint or held by one party. Depending on whether the provincial Family Relations Act or the federal Divorce Act is used, a court order for sole custody may mean that the sole custodial parent is also the sole guardian of the child.

Joint Guardianship and Custody: If the parties have this kind of agreement or court order, then the bundle of rights and obligations remains shared between the parents.

Before ordering joint custody and guardianship, the courts generally require that parents be able to parent cooperatively. Such an order or agreement does not necessarily mean that a child will live with each parent on a 50/50 basis. It is helpful to understand custody and guardianship as defining the legal relationship between parent and child. The amount of time a child will spend with each parent will depend on a variety of factors, and it is not uncommon for a child to spend more time at one residence even in cases of joint custody and guardianship. Although it is rare, a child may even reside primarily with a non-custodial parent.

Joint Guardianship and Sole Custody: This kind of agreement or court order divides the bundle of rights and obligations between the parties and usually defines what joint guardianship means. The key feature of this kind of agreement or order is that, in general, the parents are required to consult with each other about important matters pertaining to the child, but in the event of a dispute, the custodial parent will have the final say.

Samples of two frequently used joint guardianship orders are set out in Table One and Table Two.

Primary Residence: This usually, but not necessarily, means the residence at which the child spends the most time.

Access: It is generally understood as the



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period of time that the non-custodial parent spends with the child. It is a right of visitation and more.

Under the federal Divorce Act, unless a court orders otherwise, a parent who is granted access, “has the right to make inquiries, and to be given information, as to the health, education and welfare of the child.” Like guardianship and custody, access inquiries are child-centred in that it is the child’s best interest that governs.

Supervised Access: As above, but in the presence and under the supervision of the other parent (rare) or a third party who is appointed by the court or approved by the custodial parent or by agreement of the parties.

Interim Court Orders (Custody, Guardianship, Access): Once court proceedings have commenced, the court may make an interim order putting in place a temporary arrangement with respect to custody, guardianship or access until the case is resolved after a trial. By definition, these orders are not intended to be (but can become) permanent and can change at the end of a trial.

Section 15 Report: This is a report prepared pursuant to section 15 of the provincial Family Relations Act. The report is prepared by a family counsellor, social worker, or other person approved by the court, such as a clinical counsellor or a psychologist. The report can be confined to specific issues such as moving the child to another jurisdiction or it may encompass much broader issues of custody and access. The purpose of the report is to assist the court in resolving a variety of issues in family law cases.

Separation: Separation occurs when spouses stop living together and begin to live separate lives. They may in certain circumstances remain in the same residence (for economic reasons, or until the residence is sold, etc.)

Divorce: The termination of a legal marriage by a court order. In Canada, divorce can only be obtained from a superior court (with a federally appointed judge). The Divorce Act sets out the legal requirements for a divorce order to be granted.

Marital breakdowns and counselling

When a marriage breaks down, and there are children involved, it can be useful if the parents and children obtain counselling to help them through this often traumatic event and prepare for life after divorce. While many parents try not to use their children as pawns in the separation/divorce process, it can be difficult to prevent the emotional spillover of that process from affecting the children. Regardless of the problems the parents see in their relationship, for the children that relationship is usually the only experience of family they have had, and they often experience some form of loss as a result of their parents’ separation and divorce.

Counselling provided to the children of divorcing parents by knowledgeable, experienced, and compassionate counsellors before, during and after separation or divorce can help the children adjust to the new reality for their family. Counselling can help the children deal with their feelings of guilt, shame or frustration which may result from their parents’ separation even if not intended. Counselling can help the children develop new perspectives and coping skills for the future.

The issue of obtaining valid consent does not apply if a court has ordered some form of counselling assessment or supervision. This article will consider the specific questions that may arise when a parent brings a child to a counsellor for therapeutic counselling services other than as directed by the courts.

Consent is a process

The phrase: “consent is a process, not a form” should be a mantra for all health professionals. This is particularly true when a counsellor is obtaining consent to provide counselling to children during marriage breakdowns. It is unlikely that any single consent form will apply to the different needs that children and their parents will have for counselling. While a signed form can be evidence that consent was given, it is more important for the counsellor to discuss what is involved in family counselling with the children and parents. The counsellor should clarify who the client is that will receive the counselling services (regardless of who is paying), and who can consent to those services being provided to the child.

Consent cont'd on page 14

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Consent from page 13

Disclosure

As part of the process of obtaining informed consent, the counsellor should also discuss what type of information, which the child may provide during counselling, can be disclosed, to whom and in what circumstances. Conversely, there should also be a discussion as to what information the child may provide that would be confidential between the child and the counsellor and why.

Sometimes a court may order marriage or family counselling. In these cases, the directive given by the court should explain what disclosure is required.¹

The Infants Act and the common law

In an earlier article in this series,² G. Bryce explained that, under either the Infants Act or the common law, a child is permitted to give

legally binding consent to a clinical counsellor without the need for the counsellor to seek the consent of that child's parent(s) or guardian(s).³ But, before obtaining or relying on that consent, the counsellor must determine that:

- the child understands and appreciates the nature of the treatment or counselling service being proposed, and any reasonably foreseeable risks thereof. This necessarily involves the counsellor ascertaining that the child has sufficient intelligence to have such an understanding;
- the child has the capacity or the ability to give or express his or her consent;
- the consent is being given voluntarily and not by undue pressure or fraud; and,
- the proposed counselling service is in the child's best interest.

If these criteria have been met, the counsellor must provide the child with information that a reasonable person would require to understand the services to be provided and make a decision. This would include disclosing information about the nature and purpose of the counselling session, and any risks and benefits that a reasonable person would want to know about. Alternatives to counselling should also be discussed. Finally, the child should be given an opportunity to have any questions about the counselling services answered.

Therefore, it is possible for a child to consent independently to being provided with counselling services during a marriage breakdown. But it will be a rare situation when a child, even a "mature

minor" (see the earlier article for details) comes to a counsellor seeking assistance without a parent also being involved. Therefore, as a practical matter, we should consider the parent's role in consenting to counselling services being provided to children.

The parent as guardian and custodian

The law recognizes that a parent can have several different relationships with a child that are relevant to consent to counselling. A separation of these legal relationships sometimes becomes necessary when the courts are adjudicating the breakdown of a marriage where children are involved.

For the purposes of consenting to counselling for children, the parent who has custody and guardianship of the child has the legal authority to give consent. If only one parent has been granted custody and guardianship, then only that parent can consent.

But if the court has awarded joint guardianship and custody, then either or both of the parents can consent. So, if one parent is bringing a child to the counsellor for counselling services, the counsellor should ascertain what stage the family is in the separation/divorce process.

While the law allows a counsellor to seek the consent of only one parent in a joint guardianship and custody situation, as a practical matter it is best to try to obtain consent from both parents. However, sometimes it is not possible or practicable to obtain dual consent. For example, one parent may be adamantly opposed to the child receiving counselling, while the other feels it is essential for the child's well-being. While the counsellor can rely on the consent of one parent in these situations, every effort should be made to try to obtain the consent of the other parent. Dual consent means there should be less collateral undermining of the benefits of counselling for the child.

Finally, a joint guardian may not be able to consent where the other parent has sole custody and the terms of joint guardianship do not

Consent cont'd on page 25



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A Word From Your President

Bev Abbey

Fundamental Purpose 1

“Developing and advocating for the profession of counselling and the membership”.

In my report to you in the Winter 2001 issue (Volume 12 Number 3, pp. 15-16), I reflected on “Then and Now...” on some Association growth and change history, and provided “A Glance at 2001”. In The Fall 2001 issue (Volume 13 Number 2, p.13), I acknowledged our members, who freely volunteer their time and energy to our Association, consistent with the United Nations Declaration of 2001 as “Year of the Volunteer”. In September, our world changed as we experienced the horror of terrorist attacks on New York and Washington. Each of us will remember where we were, how we heard the news, and the impact of this tragedy. At the October 20th, 2001 meeting of your Board of Directors, we offered respect and condolences, on behalf of our Association, to the families and victims.

We were immediately confronted with the question: “What is our preparation for disaster?” Vancouver accepted re-routed aircraft and some 6,000 passengers were stranded, distressed, and some traumatized. As volunteers, some of our members in Vancouver and Abbotsford were called upon to respond to the needs of these individuals.

Our awareness was significantly heightened of the need for our Association to be better prepared to meet community needs in the event of disasters.

One point of preparation involved our initiation of a Province-wide roster of members who are prepared to assist communities in coping with disaster. The roster includes members with competency in the areas of Critical Incident Debriefing, PTSD, Trauma and Shock, along with generalized counselling skills. Our goal is to have a first draft of the roster completed by the end of May 2002. If

you wish to participate in this project, please contact the Victoria Office at (800) 909-6303.

Another point is our involvement as a member organization of the “Community Counselling and Debriefing Mental Health Emergency Response Planning Task Group” of the Vancouver/Richmond Health Board. It is expected that all health regions across the province will evolve similar emergency response groups. In addition to representing our Association on the Vancouver/Richmond group, I am also a member of the “Emergency Social Services” group and work in the area of Personal Services, where counselling takes place, for the North Shore (Vancouver). Please determine what is happening in your health region and get involved. With some 1100 members across the province, we should be a significant presence in the evolving emergency response teams.

My personal thanks to the many volunteer members who participated in various events on International Depression Screening Day, and who staffed our professional display booths at a wellness show in Coquitlam, and at the International Employee Assistance Professional Association’s annual conference in Vancouver. These opportunities meet a community need and significantly showcase the role of our members and the Association in the community.

Fundamental Purpose 2

“Regulating the professional practice of registered members”.

Please review the Bylaw changes that are enclosed as an insert. We have a new Regulatory Committee and a new Registration Committee.

Fundamental Purpose 3

“Maintaining an operational structure and infrastructure to support the foregoing purposes”.

With the ongoing growth and development of our Association, our Victoria Office staff is

increasingly busy meeting the needs of our membership, committees, and the public. To facilitate communication on matters of interest and concern, the office is utilizing broadcast e-mail and fax to work in conjunction with regional telephone trees. My special thanks to our Victoria Office Team of Michèle, Julia and Aina, who so capably stay on top of things while being ever cognizant of seeking new ways of “doing business”.

Transitions

With the recent changes to our Bylaws, your Board of Directors has appointed Lianne Walker as Chair pro tem of the new Registration Committee (to the March 2002 Annual Business Meeting). Replacing Lianne as Region 1 Vice-President, your Board has welcomed Dale MacIntyre. Former Region 6 Vice-President, Joannell Clarke (Karrington) re-located to Region 4, and your Board welcomed Rob Riddle as the new Vice-President for that Region. Rob had previously served in that capacity, but over the past couple of years he has sat as a member of the Delegate Council.

On behalf of the Board of Directors and the membership we welcome the new Directors and appreciate their commitment to our professional Association.

Points of Interest

Please join us for our Annual Business Meeting on March 15th, 2002, at the Coast Plaza Suite Hotel at Stanley Park from 3:30 to 7:30 p.m. Along with the formal reports will be the presentation of our Awards Program. Your Board of Directors, and many of your Delegate Council Representatives, will be there to greet you.

New Beginnings

With the Fall season behind us and winter in front of us, we hope that the holiday season was all that you wanted it to be, and that the New Year will bring peace and safety to all. 🍷

Executive Vice-President's Report

Glen Grigg

Registration Committee

Changes to the registration process, as ratified by the Delegate Council last June, are now in place. Lianne Walker is chairing the first Registration Committee that is composed of members-at-large rather than regional Vice-Presidents. This is another step toward matching our process to that of professional colleges in British Columbia. When the college that represents our profession becomes law, we will have a pool of experienced members ready to support a college board of registration.

Angela Burns, our Registrar, and John Gawthrop, Deputy Registrar, have put in place the documentation and file structures to make our new registration process work. Our standards for registration are the same as they have always been; the difference will be in a more standardized, step by step review of each application followed up by committee work where needed. Our membership is diverse, so the committee has to exercise educated judgment in complicated situations.

This change is exciting. Our new process will be even more effective than our previous protocol, and shows promise of working more efficiently.

Regulation Panel

Because we are a profession, and not just

an association, there are committees whose first interest is not the membership. The priority for those concerned with registration, inquiry, discipline, and ethics and standards is the protection of the public. Making this a priority serves the membership in the long run because it is these activities that help to make our profession accountable to the trust our clients invest in us. Since the other members of the Board must give their first attention to the well-being of association members, the board members concerned with regulation have begun meeting as a panel prior to Board meetings. This meeting gets the concerns of the regulatory side of the operation "hashed out" without using up scarce minutes at the Board table. We have been meeting informally for some time now, but had our first formal meeting on Friday October 19th.

The meeting, we agreed afterward, was much more than we expected. Regulation of a profession is a complex mix of legalities, ethics, practice standards, communication, and lines of accountability. We found that the different perspectives around the table were helpful in solving problems, and just as important, preventing new ones.

Current work for the panel is centred on finding even more collaborative paths to resolving complaints. 🍷

Registrar's Report

Angela Burns

General Administration

A snapshot of the Association on November 14, 2001: Total members: 1147; Active: 1035; Inactive: 84; Student rate: 28; Honorary: 1

0 (out of province)	23
1	84
2	173
3	81
4	497
5	223
6	66

Directory

An alphabetical directory of the entire membership is now available at our website. Information in this directory includes name, city, and directory telephone number. Access to this directory is available by password to members only. Members without access to the internet may request hard copies of both the alphabetical and the private practice directories from Head Office.

Inquiry

Since April 1st, 2001, we have received 7 new complaints. Since the last *Insights* report we began 3 new investigations. We are currently monitoring 7 consent agreements. 🍷

Focus on Inserts!

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Committee Reports

Continuing Education/ Professional Development

Dianne Symonds

This Committee continues to explore creative options to provide a high quality conference for all our members including those who live outside the Lower Mainland. One option is to ensure that future conferences are professionally videotaped and made available to others around the Province. Of course, this would increase the cost of the conference. Another option is to collaborate with other mental health associations to co-sponsor these conferences. To facilitate this process, in January we will be meeting with 5 other organizations to explore the possibilities.

In our discussions with other organizations, we have inquired about the strategies that they have used to solve this problem. One successful method has been to include the cost of a conference in the yearly dues charged to members. For BCACC this would mean a fee of about \$12-15 per member per year for a yearly conference or half that for a biannual conference. This would include the cost of making videos of the conference available for loan out free of charge to all members wherever they live. This strategy has had the effect of dramatically increasing attendance at the convention/conferences of those associations who have adopted it. The Committee would like to hear from you about your ideas. You can email your ideas to <dsymonds@shaw.ca>. We look forward to hearing from you.

In addition, the Committee is exploring the option of a Community Development educational opportunity at our next Delegate Council Meeting. Delegate Council Representatives and Regional Vice-Presidents would then be able to use such strategies as focus groups to explore our members' ideas about future directions for CE. The idea of listening to our members has always been at the heart of our Association and we want to ensure that process continues.

Discipline

Debbie Suian

The continuing good work of the Inquiry/Ethics and Practice Standards Committees, and the membership as a whole, has resulted in quiet times continuing for the Discipline Committee.

Ethics And Standards

Shiella Fodchuk

Committee member Edward Epp and I met in October and began working on revisions to the Technology Standards May 2001 Draft, distinguishing core issues that should remain standards from those secondary issues that should be guidelines only. Our Committee would like to hear from members who provide telephone or on-line counselling; your practical experience, concerns, and perspective can help to guide our work. You may email me at <stdfodchuk@telus.net>.

Our Committee received a letter from one of our members, Stephanie Ustina, whose concerns resulted in some technical revisions and a review of the standard on complaint procedures, point 7 of Standards for Consent to Treatment and Written Disclosure Forms.

We are hoping to find new Committee members. If you are interested, please contact Michele at the BCACC head office or call me at (604) 947-0828.

Inquiry

James Drinkwater

The Committee convened its regular meetings on July 11, August 8, September 12 and October 10, 2001. One of our newer Committee members, Susan Farling, unfortunately found it necessary to withdraw from the Committee because of time pressures. We are pleased that Jocelyn Harris has joined us and has dived right into the work. The Committee is working well with 7 to 8 members, including the two Investigators and our Case manager. We are: Chair, James Drinkwater (Region 2); Members, Jane Goranson-Colman (Region 4), Jocelyn Harris (Region 2); Investigators, John Gawthrop and Angela Burns; and Administrative Support, Julia Burke.

The current caseload consists of: one investigation underway; 3 cases with the Investigator's report completed and agreements in negotiation; 5 cases with signed Consent Agreements being monitored; 2 new complaints in the early stages of consideration. We have closed 9 cases since March 2001.

Our Bylaws encourage the public to alert us about anything in a member's practice that distresses them. The Registrar informs the Inquiry Committee when someone registers a complaint about the counselling service provided by one of our Association's members. The Committee first determines whether the case is within its jurisdiction and, if it is, directs the Investigator to look into it. After a thorough consideration of the Investigator's Report, the Committee has several options: (1) to close the case finding no or insufficient evidence; (2) to negotiate with the respondent member for a constructive resolution; or (3) to refer the case back to the Registrar with the recommendation to issue a citation for a discipline hearing. The Committee spends most of its time exploring the second option. For the Committee, this can be a rewarding experience when the member is prepared to cooperate, and frustrating when the member does not seem to be interested in cooperating.

While the Committee's regulatory purpose is to protect the public from harm, it can also help to clarify misunderstandings and correct inadvertent errors that occur in the work of clinical counselling.

Legislative Review

Glen Grigg

BCACC is kept lively coping with its own success! Years ago, we set the size of the Delegate Council at one delegate for each 25 members, plus, of course, the Board of Directors. This made for a council of about forty members, a workable number for a deliberative body. Since we now number well over a thousand members, we could, theoretically, have over forty delegates plus the Board, a council of almost sixty people. At last year's delegate council meeting, the committee was asked to look at alternative ways to constitute the Council

so as to preserve representation while keeping the size of the council workable.

Many formulas for representation were looked at. All involved some basic rate of representation for each region plus more delegates based on the number of clinical counsellors in that region. When you do the math, the formula that seems to give us a council of about forty members is two delegates per region plus one delegate for each hundred, or final half hundred, members. The effect of this formula would be to keep the representation from the smaller regions about the same, while reducing the number of delegates from the large urban centres, Vancouver and Victoria, whose membership size gives them a considerable "edge" in claiming seats at the council table. The new approach gives, we think, a more balanced mix of representation by region and by population.

The Board voted to have this change brought forward to the next delegate council meeting in March 2002.

Member Services

Gerry Bock

We are pleased to report that our advertising initiative, through the provincial telephone directories and wellness and trade shows, is showing some positive results. Aina Adashynski in our Victoria Office has been doing a terrific job in developing and maintaining a telephone data base that we monitor on an ongoing basis. Since we began the system in February 2001 through October 2001 we are averaging 153 calls per month mostly through the telephone directories. Female callers represent 68% of the calls that come from (rank-ordered) regions 4, 5, 2, 3, 6, and 1. Monday and Tuesday calls are slightly more numerous than calls on Wednesday through Friday. Due to numerous member inquiries, the office staff has produced a document outlining how referrals are made through the Victoria Office.

A special thanks also goes to Erika Horowitz from Region 4 for coordinating the volunteer

staffing of our professional Association exhibit at the Tri-City Women's Show in September. We have not generally had a lot of interest in promoting wellness and trade shows or other opportunities from other regions. We would like to see more members take interest in potential events in their regions.

The online database is up and running, and we are investigating the possibility of opening up a bulletin board for members. The bulletin board would have many uses for assisting members to share information with one another and provide opportunities for job postings and marketing tips. Check out a demo of what a YABB bulletin board can do by going to <http://yabbdev.xnull.com/cgi-bin/y1dev/YaBB.pl?board=demo>.

In June, we registered our Association as a resource and service provider with the Society of Special Needs Adoptive Parents (SNAP). In September, we were registered as a resource with Grief Works B.C., a provincial bereavement service for children and families.

In October, we were exhibitors at the International Employee Assistance Professionals Association (EAPA) annual conference in Vancouver. Unfortunately, a major component of attendees pulled out prior to the conference, and some presenters did not show up as a result of the tragedy of September 11th.

We have been gearing up for the Surrey Women's Show, January 12 & 13, 2002, the Victoria Health Show, January 19 & 20, and for the Tenth Annual Wellness Show at the Vancouver Trade and Convention Centre, February 1 through 3, 2002.

With the response from members to staff our exhibits, we are in the process of creating a rotating list of volunteers to staff the exhibits and do set-ups and take-downs. If you would like to be included on either of these lists, please contact this writer at phone (604) 574-6555; fax (604) 574-6444; e-mail <GerryBock@aol.com>.

We look forward to continuing the initiative to make the name Registered Clinical

Counsellor a household name. Our progressive theme is "People Helping People".

Registration Committee

Lianne Walker

This is my first *Insights* report as the Committee chair, and so I hope you can bear with me as I get my feet under me. While I have been present on the Board for the last couple of years as Region 1 VP, I am now looking through a new and exciting pair of lenses and look forward to exploring my new role as Chair of Registration. As Glen Grigg reports, we are beginning to implement the changes to the registration process. The Registration Committee is now no longer comprised solely of Regional VP's, but of members at large, which helps free up the other Board members for other Committee and appeal work. The new system will allow us to streamline the review process while, at the same time, giving each of the members of the Committee more concise and complete information about each applicant. These changes also necessitate some changes to the role of the Registrar and Deputy Registrar, which should free up member's time to review straightforward applications and allow us to thoroughly adjudicate difficult or contentious cases in a more timely manner. The first meeting in the new format will take place in January 2002.

As Glen mentioned, this is another step toward matching our process to that of other professional colleges in British Columbia. When the college that represents our profession becomes law, we will have a pool of experienced members ready to support a college board of registration. A call went out to our members after the last Board meeting, via the Regional VPs, for members to volunteer on the committee. I have been overwhelmed by the number of responses and am thrilled that so many members are interested in this exciting work. The registration Committee now consists of four members, the Registrar & the Chair. I'm busily climbing up my new learning curve and will be with you as soon as I can.

I look forward to watching this new Committee develop and grow, and would love your input and suggestions. 🍷

Regional Reports

North Coastal Report 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.

I suppose the most significant change in Region 1, at least from my point of view, is that I was recently named Vice-President - so this is my first *Insights* report to you. I will be completing Lianne Walker's second term as Vice-President, which expires in March 2003. The change was necessary because Lianne took on the job as Chair of the new Registration Committee, so the two positions would have been too much, even for Lianne.

My first task is to offer, on behalf of all the members of the Region, our thanks to Lianne for her work as VP for the last two plus years, and congratulations on her new appointment. I'm sure she will continue to bring the same special creative energy to the new Committee, the Board, and the Executive Committee as she did to the job of Regional VP - and that she will continue to do Region 1 proud.

In terms of the other people fulfilling leadership positions in the Region, I'm pleased to report that, at the same regional meeting that I was named VP, Lynn Gervais accepted the position of Delegate Council Representative (DCR). She replaced me as DCR which I had been since May 1998. I'm also happy that Lynn's acceptance was accomplished without an unseemly amount of begging, cajoling or arm-twisting. Thanks Lynn.

According to the current Association Bylaws, our region is entitled to 3 members of the DC. (As you know, DC representation is based on the number of members in the region - one DCR per 25 members. This formula is currently under review). The other two members are Susan Warner in Parksville, and Marie-Josée Piché in Powell River. The Delegate Council meets at least once a year to advise the Board of Directors, and to ratify (or not) proposed changes to the constitution and Bylaws.

Two more members help with the telephone tree - they are Susan Butler in Nanoose Bay and Parksville, and Cindy Fisher of Nanaimo and Parksville (we're a mobile bunch). By the way, Lynn Gervais lives in Parksville and works all over the place - mostly in Nanaimo.

At this writing, I am looking forward to our next regional meeting. Normally, our meetings take place at the Sand Pebbles restaurant in Qualicum Beach, the third Thursday evening of September, November, January, March, and May. I will give you the exact dates in future reports, and you may check our website at <www.bc-counsellors.org>.

Recently, I had the real pleasure of telephoning some new members of the Association to offer words of welcome. Our conversations put me back in touch with why I became a member in the first place. Listening to them express how pleased they are to be accepted as members after extensive education, training and long experience reminded me of the growing reputation of BCACC as an organization that protects the public and advocates for the profession of counselling. If I ever become cynical and question the benefits of belonging to the BCACC, I will seek out a new member to talk to.

I would like to meet with members in local communities. If you want to organize a meeting of the RCCs in your area and would like me to come and discuss Association business and local concerns I would be happy to hear from you. Here's how you can contact me, about this or anything else: I live in Port Alberni and am in private practice there and Parksville. My phone numbers are (250) 724-1001 (home), (250) 723-9392 (Port Alberni office) and (250) 951-2090 (Parksville office). E-mail: <dale@island.net>.

S. Vancouver Island Report David Reagan, 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.

It is with mixed feelings that I announce

that I will not continue in my role as this Region's Vice-President. It has been a positive experience to serve as the Regional Vice-President. I have enjoyed getting to know many of the Region 2 members as well as gaining an even greater appreciation for how hard the BCACC Office Staff works to make BCACC the efficient and effective organization it is. Additionally, I leave with a tremendous respect for the outstanding work of the Provincial Board, our Executive Director, Jim Browne, and our President, Bev Abbey. Thanks to all, BCACC is doing an outstanding job for BCACC members and the clients we serve. I predict nothing but good things for BCACC in the years to come. I look forward to my continued affiliation with BCACC.

The search is currently underway for a new Vice-President for Region 2. If you have an interest, please contact me for additional information and the application/selection process. This is a great opportunity to serve Region 2, to get to know the many wonderful Registered Clinical Counsellors in Region 2, and have the opportunity to work at the provincial level. Serving as the Region 2 Vice-President is a great career growth opportunity.

I am pleased that we have an excellent General Meeting Program Schedule for this winter and spring. Please see the insert included in this edition of *Insights* for details about the following workshops:

January 11: The Hakomi Method with Ron Kurtz.

Feb. 19: Taking Care of Ourselves — Burnout and Fatigue, with Brenda Lucas.

April 23: Sex Therapy and Transgender Issues, with Julian Young.

All three meetings will be at the University of Victoria Faculty Club, 7:00 - 9:00 pm. I highly recommend members to attend these workshops as they are excellent professional development opportunities and there is always time for networking!

If you have questions or need additional information about any of the above items, please e-mail me: <reagan@alum.calberkeley.org>.

Interior South Report 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.

2001 has been an exceptional year of change and growth for our Region and for the Association as a whole - good things continue to happen with the help of the committed staff and volunteers within our Association. One of the encouraging points this writer has experienced is that personal interaction has increased. I have had opportunity to meet more RCCs in our Region (and other Regions) through conferences, workshops, courses, and meetings in different parts of the province. Because it has been so enriching and rewarding, I highly recommend others to participate whenever possible in these forms of professional development - not just for the growth in more knowledge and skills through the education acquired, but for the camaraderie and networking possibilities as well.

I had the privilege of attending two unique conferences recently. They were the International Congress of the World Assembly for Mental Health - in Vancouver July 22 - 27, and the International EAPA (Employee Assistance Program Association) Conference - also in Vancouver at the same Convention Centre, from October 25 - 30. This latter one had three volunteers from our Region - Regina Case, Margie Laughlin, and this writer. Regina and I had the honor of being on a panel of four counsellors - at the last minute - when the speaker and moderator did not show up as planned; the topic of that presentation was Internet Addiction. I believe most of us came away with new knowledge and practical points to use in our counselling with this growing problem

in our communities and around the world.

Updates

- The wheels of progress toward a College of Counsellors continue to move steadily toward the goal - it is within sight. We are anticipating it within a maximum of one to two years as indicated in the last *Insights*: If you would like more details regarding this progress, read *Insights* and/or give Dr. Jim Browne a call.
- By the end of 2001, we are expecting to have approximately 85 members in our Region. As the Bylaws state, we may have one DC Rep per 25 members. That being the case, I am pleased to introduce one new DC Rep: Kevin Ward, in Salmon Arm, and two newly appointed DC Rep Assistants: John Langston (whom some of you have spoken with when he invited all the RCCs in our Region to his home for a potluck dinner in September), in Peachland, and Margie Laughlin, in Vernon.
- Prompted by the response to the terrorist attacks on September 11th, our Association has been called upon to create a roster of trained and willing RCCs to respond in crisis situations. If you consider yourself eligible, please contact head office.
- Do you have a little extra time and would you like to be involved more with the BCACC? There are at least two Committees eager to hear from you. Contact this writer or Head Office in Victoria.
- Regional Meetings: A breakfast meeting was held in Kelowna on September 17th, and, at this writing, one is planned for November 30th in Vernon. We will continue to plan and hold at least four meetings per year in four parts of our Region, i.e., North, Central and South Okanagan, and the Kootenays. Visit <www.bc-counsellors.org> for future announcements.

- A most valuable website of which to be a member: <www.medscape.com>. Go to "Medical Specialty Sites" and click on "Psychiatry @ Mental Health".

Reminders

The hours of attendance at a Regional Meeting are now being counted toward professional development credits. If you have attended a meeting and wish to receive a certificate of the fact, please contact this writer. Should some of you desire more frequent informal meetings, please contact either this writer or the DC Rep or DC Rep Assistant closest to you noted at the end of this report. Dates, topics, speakers, places, and times will be posted on the website. News for our Region is at <www.bc-counsellors.org/reg3meet.htm>. Please contact me for any relevant additions, e.g., professional/educational meeting dates and times, etc. The website is regularly being updated.

There is a first class BCACC booth available for mall displays and/or Exhibitions/Shows. It's a great way to promote not only the BCACC in your community, but your own services if you happen to be in private practice. Contact me for details.

Please do not hesitate to contact the DC Reps, the Assistants, or this writer anytime. We look forward to answering questions (or directing you to those who can), and to encouraging you as a member. Our phone numbers are:

Kootenays: West: Bob Ewashen (250) 866-5590;
Darlene Mathews (250) 417-3320
South Okanagan: Janet White (250) 770-3121;
Patricia Gregory (250) 770-0804
Central Okanagan: Regina Case (250) 763-4140;
John Langston (250) 767-6773
North Okanagan: Kevin Ward (250) 835-2347;
Margie Laughlin (250) 545-5748
Sam Reimer (250) 868-2338 or Toll-free:
(866) 868-2338; email: <racs-sams@shaw.ca>

We hope you all had a merry Christmas Season and we wish you a Happy and Prosperous New Year!

Vancouver Region Nancy Downes, VP

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

We continue to be an active region with an emphasis on community participation and professional networking.

In August, the writer hosted our biannual New Member Potluck, and 15 new members attended. It was a comfortable evening with good food and scrumptious desserts to share! New Member Kate Talmage suggested that members create a space to share their work experiences. And so, the *Counsellors Cafe* was born, with new member Judy Ebert being the first presenter. We met on the evening of October 23, and Judy discussed the challenges of working with male survivors of sexual abuse. This group is hoping to meet six-eight times over the next year. The participants were Kate Talmage, Lydia Rozental, Judy Ebert and the writer. If you are interested in participating in the future, please contact Kate Talmage at (604) 739-0997.

So many of you (28) responded to the region's call for a Member Disaster Register. The events of September 11th, 2001, made us aware that we want to be prepared to help those in psychological crisis. Our head office in Victoria is maintaining a list for each region, so if you can see yourself in this important role, please contact them.

Member Erika Horwitz organized the volunteers for the October Wellness Show in Coquitlam. Volunteers were Lee Davidson, Jocelyn Reeves, Penny Robertson, Susan Tishler, and Debra Wolinsky.

Several Vancouver members staffed our BCACC Booth at the October EAPA Show in Vancouver: President Bev Abbey was there, and members Z. Wojtaszek, J. Panneton, J. Mathieson, A. Lees, D. Trimble, B. Russell, Doug Norman (who will be coordinating volunteer members in future shows), G.

McArter, D. Brakeley, M. Caplan, L. Stoyanowski.

Our Region was pleased to have Jim Browne, Executive Director, join us at our DC Rep Dinner meeting on November 15. Later that evening, at the Region 4 Meeting, Dr. Browne, gave an updated report on the Counsellor Certification Task Force.

In honour of those who perished on September 11, and to further facilitate collective and personal healing, the writer presented a talk on the "Common Ground - Post Traumatic Stress Disorder - September 11, 2001 and Cancer Diagnosis", in Region 5, November 26, 2001. VP Jim Weibelzahl was the host.

As you can see, there are many ways to be involved in your Association!

P.S. To accommodate the schedule of more members, please note that the regional meetings will alternate Tuesdays and Thursdays throughout 2002.

Fraser Valley Report Jim Weibelzahl, 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.

As I write this report, I am being given a very difficult education into the dangers of the internet and virus protection. My computer system became infected with a very destructive worm over the Remembrance Day weekend that our copy of an antivirus program did not protect against. Before we realized it, the virus had sent off to various and sundry pieces of documents, and then started inserting very obscene language into addresses on my address list and off my sent list. Fortunately, with the quick action and consultation I could secure, we managed to clean up our system, but there may be a lot of people who have been negatively impacted. And the reality of this is very disturbing to me. That there are people

who have 'fun' creating this kind of misery is very upsetting because it leaves the recipient feeling so violated. I am very sorry if any members received a disturbing email from my computer, and I only hope that you managed to contain it and cleansed your system.

What this teaches me is that Clinical Counsellors need to pay close attention to the technology that they utilize. We may be falsely lulled into a sense of security because the systems we use are so friendly and apparently secure. That is, until we are struck by something like a virus that upturns our notion of security and disrupts our sense of what is right. Confidential information is easily penetrated by worms if the system is not protected and may be damaged or distributed via your email lists to others who should not have access to this information. Education concerning the benefits and hazards of making use of technology now seems critical to me. I will be seeking to have a technical expert speak at one of our regional meetings in the near future to talk about the protection of sensitive information, and what to do when security fails. Meanwhile, members are referred to our Association Standards on the use of technology for your reading awareness.

Unfortunately, we had to cancel our speaker for the September Regional Meeting on the topic of "Gifted Children in Classroom and Counselling" as Dr. Susan Jackson had a personal loss to deal with. We will attempt to bring her in at a later date. Dr. Jim Browne, our Executive Director, graciously stepped in at the last minute to provide those in attendance with an update as to the status of the Association and our efforts to gain legislative standing. You will have read in the cover article of this issue of *Insights* as to his thoughts on this matter.

On November 26, 2001, we were privileged to listen to Dr. Nancy Downes speak on the topic "Highlighting Loss: Is there a Connection Between September 11th and Cancer Diagnosis?". Dr. Downes is Vice-President of Region 4 and earned her doctorate in Mental Health from the School of Medicine at the

Professional Liability: “Claims-Made” Policies

Brad Ackles B.A., Vice President at Mitchell & Abbott

University of California. She currently counsels cancer patients at the B.C. Cancer Agency in Vancouver and had much to say to Clinical Counsellors about treatment issues in this important area. It was an excellent professional development opportunity.

There will be further announcements for our Winter and Spring regional meetings listed on <www.bc-counsellors.org>.

The Region has many opportunities for volunteers to help out. Our Continuing Education Committee needs a couple of more individuals who have lots of ideas to share regarding potential speakers, and setting up regional events. We need to consider another venue as well because it recently was brought to my attention that there are those who have trouble coming out to regional events due to accessibility challenges.

Please contact me about important events in your area of work that we can speak about to the membership. I would be delighted to hear from you.

Interior North Report 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.

Welcome to all the new members in Region 6 and to all the old members as well. I took over the reins from Joanel in September of this year as she moved out of our Region. I would like to thank her for her enthusiasm and for starting the Northern Notes, which I plan to continue. I am confident that she will be continuing to serve the BCACC in other capacities. In other news, some of the members in Prince George are planning for a meeting there. As our region is so spread out, we will continue to make every effort to support group meetings of whatever size and also endeavour to communicate with the members in this region through a variety of means. Watch for further information in the Northern Notes. 🍷

Traditionally, professional liability insurance in Canada has been written on what is called a “Claims-Made” basis. The BCACC program is no exception.

“Claims-Made” policies offer several advantages over other forms of coverage for professionals (members), the governing bodies or associations (BCACC), and insurers (ENCON Group).

It is important to understand that the “trigger” to activate coverage under a “Claims-Made” policy is when the claim is made, NOT when the service is rendered.

“Claims-Made” policies originally became necessary because services could be rendered over a long period of time which would make it difficult, if not impossible, to determine when a claim occurred. As insurers may change over the years, “Claims-Made” policies protect members by removing them from situations where two or more insurers would disagree on when the error, omission, or negligent act occurred.

The main advantage or feature of this type of policy is the complete “retroactivity” of coverage. The retroactive nature of the policy means that the insurer will respond to claims first made against the insured member/professional from the moment the policy is in force. From its inception, the policy will respond to claims for services rendered or work performed in the past no matter how many years it was done before your coverage started provided you had no prior knowledge of any negligent act or circumstance which could give rise to a claim.

The “retroactivity” of coverage is a very important feature of a “Claims-Made” policy due to the gradual erosion of the protection of statutes of limitation and today’s legal climate. Claims for services rendered many years ago may only surface today. As a Professional, a higher standard of care is required and expected.

In addition, new members to the BCACC will benefit by having automatic coverage for any past services. In particular, members who move from an employee/employer situation to private practice, or commence part-time private practice work to supplement their income, will again have coverage for past services.

Because the insurers’ exposure to claims expires with the end of each policy period, insurers can produce a more accurate actuarial picture of your insurance program and develop a “fair & equitable” rating structure for all members.

While it may not seem fair that “Active” status members who leave private practice for full time employment must continue to purchase coverage for prior services, allowing members to “jump on & off” the program as their careers change would put a strain on premium levels and cause rates to increase. Consistent levels of participation result in more stable rates for the benefit of all members. It is important to understand that, even if “occurrence” forms of coverage were available, premiums would be significantly higher.

In addition, “Active” members who must maintain coverage, even though they believe they are covered by an employers’ policy, still receive the benefit of the additional coverage provided by the BCACC program (Legal Expense for Disciplinary Hearings & Criminal Defense Reimbursement) as well as the comfort and safety of having their own policy to defend them if ever required.

“Inactive” members who retire, leave the profession, or go on maternity leave, are still required to continue coverage for past services but at significantly reduced rates. The difference is they are no longer seeing any clients.

Remember, the “trigger” to activate coverage under your Professional Liability policy is when the claim is made, not when the service is rendered.

This discussion on the “claims-made” policy will hopefully explain why the renewal process for Professional Liability is different than other policy forms. Each year you are asked to declare, in a renewal application, if you are aware of any facts, circumstance or situations that may reasonably give rise to a claim. Applications will be mailed in February for your April 1st renewal.

Future articles will detail the claims reporting process; what you should report, how to report, and when you should report a claim. 🍷

Coaching from page 9

University of Sidney in Australia is developing a Coaching Psychology program.

5. More sophisticated models of coaching will continue to emerge incorporating theories and concepts from psychology and therapy.

6. Coaches perhaps will be required to have training in assessment for depression, suicide, abuse, and even grief counselling so they know both when to appropriately refer clients for therapy and what to do in order to avoid risking lawsuits.

7. Therapists are likely to refer to coaches more often once their clients reach a place where they are ready to take more action or achieve excellence in their lives. Coaches will increasingly refer a client to therapy when the client seems inappropriate for coaching or gets stuck on an issue that is not being resolved in coaching.

Resources

Books

Co-Active Coaching (1998). Laura Whitworth, Henry Kimsey House and Phil Sandahl. Davies-Black Publishing.

Handbook of Coaching, The.(1999). Frederick Hudson. Jossey-Bass.

How To Become a Coach: A Guide for Counsellors and Therapists (forthcoming, Jan., 2002). Juliet Austin & Sue Bond

Articles

A Week in the Life. A Burnt-out Therapist Becomes a Successful Coach. Patrick Williams. Psychotherapy Networker, May/June, 2001

Coaching versus Therapy: A Perspective. Consulting Psychology (In press). Vicki Hart, John Blattner & Staci Leipsic

Websites

The Institute for Life Coach Training (ILCT): www.lifecoachtraining.com

The International Coaching Federation (ICF): www.coachfederation.org

The Vancouver Chapter of the International Coaching Federation: www.vancouvericf.org

Biographies

Juliet Austin, MA, Counselling Psychology, is a professional coach who assists counsellors and therapists in building therapy and/or coaching practices. She has trained with both Coach University and The Institute for Life Coach Training (ILCT). Juliet is also the Director for the Canadian Office of ILCT.

Sharon Brain is a Registered Clinical Counsellor who trained in Family Systems. She is a Life Skills Coach Trainer and EMDR, and has a private practice in North Vancouver. She works with groups of health care workers suffering from moral distress and secondary trauma. 🍷

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Interview from page 7

whereas the mountain invokes stillness. Each chapter of Grain of Truth is devoted to one of those flavours.

Do you believe that there is a connection between creativity and “descending into the abyss”?

The abyss is a realm of the unacknowledged, the unremembered, the unresolved. It's a symbol of necessary descent. Authentic creative work always leads to the abyss. Our deepest wisdom lies buried there. The abyss is the place of drowning, of surrendering to the forces of inertia, powerlessness and depression. Down in the deep, where no light shines, there are indeed monsters. But there are also fantastic creatures who make their own light, who can surface, bringing with them their own imperative wisdom. The trick is to learn how to surface — a difficult trick, in fact, to which I devote quite a bit of attention in the book.

Does this mean that creative work derives from affliction?

Sometimes — not always, but often — the threads of creativity are woven into the fabric of personal turmoil. Actually, much of the finest creative work arises from our attempts to deal with the wounds of our personal history. This is the abyss, or the deep water. From a creative point of view, our wounds are always fresh, always ready to offer up the difficult and necessary medicine. In the therapeutic world, many people identify with the archetype of the wounded healer, which is essentially equivalent to what I call, in the book and in my teaching work, wisdom in the wound. ***How can therapists integrate creative work into their general practice?***

Everyone is different, and the creative speaks with many diverse voices. For me, it's not so much a matter of bringing creativity into something, but rather of widening our view of what the creative

can be. We tend not to see creative opportunities; we get distracted, or fickle, or forgetful. I see the creative path as devotional. In this sense, it infuses everything I do. Creativity is my general practice. Whatever other names I give it — teaching, counselling, parenting — are merely shadows cast by something vast and luminous that I can't quite see. Others may have similar experiences, but this is a matter of preference and of temperament. Counselling can be a tremendous creative outlet or it can be a burden, a chore. Which one of these it eventually becomes depends on what one believes is possible.

Thank you Ross for letting us in your magical world of craft and good luck on your second book!

Editor's Note: See Ross "Must Read" Book List on page 28 and visit him at www.rosslaird.com

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Consent from page 14

include the right to consent to non-emergency treatment or the right to consent over the objection of the sole custodian.

Questions a counsellor should ask

If a parent comes to a counsellor seeking counselling for a child, whether or not that parent or others will be involved in the counselling sessions, there are some basic questions the counsellor should answer before proceeding.

Is the counselling being sought in response to a marriage breakdown?

What is the current stage in the separation/divorce process? And at what date in the future is it anticipated that there will be a final agreement or divorce order from the court?

Has there been some agreement or court order that specifies in writing which parent (or both) has custody of the child? And which parent (or both) has guardianship? Has joint guardianship been defined (as in the sample orders)?

Has a Section 15 Report been prepared? Is the parent prepared to make it available to you? Is there an order directing that you review it?

It would be helpful if the counsellor was to see, if not also make a copy of, any agreement or order that exists. Depending on the circumstances, however, the counsellor may have to rely on the statements of a parent as to the current legal situation and the content of any agreement or order. If the parent cannot provide a copy of an agreement or order for the counsellor to review, that fact, and the information the parent provided, should be recorded in the clinical notes.

Will the counselling involve just the child? Or are others, in particular one or both parents, also going to be involved?

What information provided by the child during counselling can be disclosed? To whom is that information to be provided? And when?

Does the other parent have knowledge of, and agree with, the proposed counselling?

Depending on where the parent(s) are in any legal proceedings and any resulting

agreement or court orders, some of the above questions may need to be revisited during the subsequent counselling sessions.

If an older child is being seen, that child may be able to give consent to the counselling services without the need for any parental consent. In such cases, the legal status of the parents' relationship to that child would not be a determining factor. The counsellor should follow the guidance for obtaining the consent of a mature child as outlined in the earlier article noted above.

Closing comment

Although efforts are being made to make the legal system more sensitive to issues pertaining to family breakdown, at its heart, the system remains adversarial. Once legal proceedings have been commenced, parties tend to become entrenched in their positions. The language of family law further complicates the situation. For example, it is not helpful that custody disputes are referred to as "custody fights" or "wars". When considering consent for counselling during marital breakdown, it is important for the counsellor to exercise caution and to be mindful of the powerful dynamics at play.

Footnotes

- 1 For a discussion of other circumstances when disclosure may be required by law, see Bryce, G. "Reporting Suspected Child Abuse or Neglect: An Exception to a Counsellor's Duty of Confidentiality", part 1 @ 11:2 *Insights* at pages 9-10, and part 2 @ 11:3 *Insights* at pages 10-11.

- 2 Bryce, G. "Obtaining Consent From Children", 12:2 *Insights* at page 11.
- 3 The recently enacted Health Care (Consent) and Care Facilities (Admission) Act, RSBC 1996, c.181 has codified the common law in relation to consent, but this new legislation does not apply to persons under 19 years of age.

TABLE ONE Provision for joint guardianship - the Master Horn model:

- 1 the Plaintiff and Defendant shall share joint guardianship of the child with guardianship including the tile following rights:
 - a. to be informed of the child's medical and dental practitioners;
 - b. to contact the child's medical and dental practitioners and obtain the child's medical and dental records;

Consent cont'd on page 26

Seminar for Women

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or visit www.pdseminars.com

Consent from page 25

- c. to be consulted with respect to the selection of the child's alternative caregivers, such as daycare and preschools;
- d. to be consulted with respect to the selection of the child's schools and school programs;
- e. to consult with the child's alternative caregivers and teachers;
- f. to be informed of events at the child's schools or daycare so the Defendant may attend;
- g. to be informed of parent/teacher nights so that the Defendant may attend;
- h. to be consulted with respect to any significant health issues relating to the child; and
- i. to be consulted with respect to any significant change in the child's social environment.

SOURCE: British Columbia Family Practice Manual (3rd edition), Continuing Legal Education Society of British Columbia (June 1999, Vancouver), at page 274.

**TABLE TWO:
Provision for joint guardianship where one parent has sole custody - the Master Joyce model:**

- 2 [Custodial parent] and [non-custodial parent] shall have joint guardianship of the child[ren]. Joint guardianship means:
 - a. the parents are to be joint guardians of the

- estate[s] of the child[ren];
- b. in the event of the death of either parent, the remaining parent will be the sole guardian of the person[s] of the child[ren];
- c. [custodial parent], who has the primary responsibility for the day-to-day care of the child[ren], will have the obligation to advise [non-custodial parent] of any matters of a significant nature affecting the child[ren];
- d. [custodial parent] will have the obligation to discuss with [non-custodial parent] any significant decisions which have to be made with respect to the child[ren], including significant decisions concerning the health (except emergency decisions), education, religious instruction, and general welfare of the child[ren], and [non-custodial parent] will have the obligation to discuss these issues with [custodial parent], and each parent will have the obligation to try to reach agreement with respect to those major decisions;
- e. in the event that the parents cannot reach agreement with respect to any major decision despite their best efforts, [custodial parent] will have the right to make such decision. and [non-custodial parent] will have the right, under section 32 of the Family Relations Act, to seek a review of any decision which that parent considers contrary to the best interests of the child[ren];

- f. each parent will have the right to obtain information concerning the child[ren] directly from third parties, including teachers, counsellors, medical professionals, and third-party care givers.
SOURCE: British Columbia Family Practice Manual (3rd edition), Continuing Legal Education Society of British Columbia (June 1999, Vancouver), at page 273.

Post script / Disclaimer

This column is intended to help clinical counsellors gain a better understanding of legal issues that are relevant to their practice. It is not meant to be a substitute for independent legal advice. If you have a particular concern about an issue that you are facing in your practice, you should seek specific advice from your lawyer. The BCACC cannot provide individual counsellors with legal advice and assumes no responsibility for the content of this column.

What other legal issues concern you?

If you have a practice question that you feel raises a legal issue that should be of concern to all counsellors, please mail that question and any background information in confidence to: The Counsellor's Counsel clo the Victoria office. 🐣

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An Evening With Linda Rosenfeld on Committed Suicide

Jeff Fisher, Contributing Writer

Grieving a suicide loss is often an isolating experience. Since many people feel uncomfortable about discussing suicide, they often do not know how to support those who are left behind. It does not help that many invariably use the term “committed suicide”, reinforcing the religious concept of suicide as sin. Obituaries often use the term “died suddenly”, thus leaving the reader with the awkward feeling that perhaps the person took his/her own life. Linda Rosenfeld of SAFER, who spoke at the September 20 meeting of Region 4, chooses to use the term “completed suicide”. It is this careful attention to language, referring to the act, that helps individuals successfully move through the grief process. With such deep discomfort about suicide in our society, the amount of denial about the cause of death often prolongs the process of grieving. Later on in the process, a flood of emotion can often be incapacitating for survivors who search for reasons for the suicide death. Guilt, self-accusation, anger, and a range of other feelings are often repeatedly experienced and then maintained by a society that continues to view suicide as the ultimate taboo.

The grief process following suicide is often qualitatively different than grief following loss from illness. Because of the lack of support in the process, reconciliation is often slower. As a result, grief and anger tend to linger. Occasionally, survivors question all of their beliefs and develop suicidal feelings themselves. Survivors also struggle with a silent accusation. Was I somehow at fault? Was there something I could have done? This may be the factor which prolongs depression for a very long time.

If you wish to consult with a professional about a suicidal client you may consult with the staff of SAFER at (604) 879-9251. In addition, SAFER offers individual counselling and workshops to family members and friends mourning a suicide death. 🍷

Appendix A

The Task Group, in assessing risks of harm, laid out a framework of core competencies that was blocked into six domains.

Domains of Core Competencies

Human Development

Normal, abnormal, psychosocial, life span development
Genetic factors in development
Learning theory
Motivation
Intelligence and its measurement
Personality development
Psychopathology
Perception
Culture, gender and sexuality

Theoretical Foundations

Human values in psychotherapy
Gender and multicultural issues
Theories of counselling and psychotherapy
Interviewing techniques
Testing and measurement
Principles and process of group dynamics
Counselling and psychotherapy with groups and families
Psychodynamic, cognitive, and personality theories
Somatic and expressive therapies
Stress and mood management procedures
Psychopharmacology
Addictions theory
Risk management: suicide, threats to others, and family violence

Clinical Practice

The counselling relationship
The interactive process
Counselling techniques
Clinical assessment interview
Psychodiagnostics (including DSM and ICD classifications)
Psychometrics
Loss and grief counselling
Communication and conflict resolution techniques
Couple and family therapy
Group counselling and therapy

Transference, countertransference and resistance

Professional Issues and Ethics

Counsellor's legal responsibilities and liabilities
Professional socialization
The role of the professional association
Certification/registration legislation
Scope of practice of health care professions
Self-awareness and professional development
Ethical standards models
Models for ethical decision making
Practice standards
Codes of professional conduct

Research

Use of the vocabulary of statistics
Interpret coefficients of correlation, regression, and determination
Describe and use the concepts of validity and reliability
Understand the design and limitations of descriptive and experimental studies
Evaluate the statistical methods found in professional journal articles
Evaluate treatment outcome measures

Actual Practice/Experience

File maintenance and clinical record keeping
Professional relationships and client referrals
Case management
Emergency and crisis measures
Agency policies and procedures
Making referrals
Assimilation and synthesization of client information
Professional and ethical consultation with colleagues
The therapeutic “team”

Ross A. Laird's "Must Read" Book List

This is supposed to be a list of 5 "must read" books, but it has proven impossible to limit the list to that number. At its absolute minimum, the list currently has 8 books. An embarrassment of riches.

All of these books also appear on the enclosed book list page.

1. Hyde, Lewis. *Trickster Makes This World: Mischief, Myth, and Art*. New York: North Point Press, 1998.

This is (in my view) the best work on the cultural aspects of creativity: its role, development, and meaning. Every creative artist and every regular person interested in the creative as a vibrant force in the world should read this book.

2. Sennett, Richard. *The Corrosion of Character: The Personal Consequences of Work in the New Capitalism*. New York: Norton, 1998.

The most cogent discussion of the impact of cultural changes brought about by technology and changing social values. Sennett offers a compelling argument for the decline — and necessary resurgence — of creative and philosophical thinking.

3. Jiménez, Juan Ramon. *The Complete Perfectionist: A Poetics of Work*. Edited and translated by Christopher Maurer. New York: Doubleday, 1997.

A view of how the creative mind makes the world.

4. Wilson, Frank. *The Hand: How Its Use Shapes the Brain, Language and*

Human Culture. New York: Vintage, 1998.

The hand has guided the evolution of the brain; in turn, mind is the child of the hand. See how, and what it means.

5. Merwin, W.S. *The Second Four Books of Poems*. Port Townsend: Copper Canyon Press, 1993.

The most diverse collection of poems by one of the world's greatest living poets. A magnificent creative artifact.

6. Saint-Exupéry, A. *Wind, Sand & Stars*. New York: Harcourt, 1968.

The first modern craft narrative, and the essential template of *Grain of Truth*. A wonderful, lyrical journey of awakening.

7. Nakashima, George. *The Soul of a Tree*. New York: Kodansha, 1981.

One of the best books for exploring woodworking as a spiritual discipline (aside from *Grain of Truth*, of course...): pure, ethereal, lovely.

8. Franklin, Ursula. *The Real World of Technology*. Toronto: Anansi, 1999.

Explores, lucidly and with a compassionate eye, the gifts and perils of the technological age. A thoughtful, essential work.

Fiscal Year Shift & 2002 Membership Renewal

In order to facilitate our total administrative operations, your Board of Directors approved a shift in our fiscal year to the calendar year. The 2001 fiscal year end was December 31st. Membership Renewal Packages for 2002 were mailed out in early November with Membership Fees (9 months only) being due and payable on January 1st, 2002. If you are paying by cheque, please be sure to complete and sign all forms and mail to BCACC. If you are paying with your credit card you may fax your completed forms to BCACC at (250) 595-2926. Be sure to include and sign all your forms where required.

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You can now receive Continuing Education Credits for reading *Insights* and correctly answering a questionnaire contained in each issue. A total of 2 credits will be granted when the questionnaire is mailed into the BCACC Head Office in Victoria. Members are to record these credits on the CE Summary Form that will be included in your BCACC Professional Liability Insurance Renewal package mailed out in February from Mitchell & Abbott.

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For RCC's outside of the Greater Victoria area, but within the province, remember that we have a toll-free line to the Head Office. Please feel free to call for referral information (800) 909-6303.

If your membership information changes, please contact us. The office hours are between 8:30 a.m. and 4:30 p.m., Monday through Friday.

From The Resource Centre

Enclosed in this issue of *Insights* is the full listing of books, videos, documents, and pamphlets available from our Resource Library at BCACC Head Office. Updates will be noted in this column in the Spring and Fall issues of *Insights* and on our website at <www.bc-counsellors.org>.

Please contact Aina at Head Office to request any of these materials. Phone her at (800) 909-6303 extension 0, or send an e-mail to <hoffice@bc-counsellors.org>. The books, pamphlets and videos can be borrowed for one month, and copies of documents are given to members to have on hand as reference material.

The library is comprised of donations, so if you have any items you would like to share with your fellow members, please contact Head Office to make arrangements. ☺

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. For information, contact Brad Ackles or Bridgette Pretto toll free at (800) 461-9462, phone (905) 385-6383 or fax (905) 385-7905.

Pullen Insurance Agencies, Victoria, cover 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 Ian Pullen of Pullen Insurance Agencies by telephone (800) 592-4614, or by fax (250) 592-4953.

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

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April 1, 2002	\$380	\$350	\$255
After April 1, 2002	\$410	\$375	\$265

Calendar of Events

Provincial, National & International

Submissions for events can be made before the advertising deadline date by fax. Contact the editor at <diane@radiant.net>. There is a limit of three items per person/agency. The Calendar of Events and the BCACC Regional Meetings are posted on our website at <www.bc-counsellors.org>

January

25-26: Strategies for Therapeutic Success: The Twenty Most Effective Techniques. Speaker: David Burns, MD. Sponsored by the Institute for the Advancement of Human Behaviour / Masters of Psychotherapy Workshop Series. In Portland, Oregon, at the Holiday Inn Portland Airport. Call (800) 258-8411 or visit <www.ibh.com>

28-29: Healing and the Human Energy Field. Instructor: Marlene Jennings, R.N. Offered by the Justice Institute of BC in New Westminster at 715 McBride Boulevard. 2 Day course. For more information contact Cheryl Bell-Gadsby at (604) 528-5626 or visit <www.jibc.bc.ca/ccs>

30: Sacred Contract: Awakening your Divine Potential. Author: Dr. Carolyn Myss. Sponsored by Banyen Books. 7.30pm. In Vancouver. For tickets call Banyen Books at (604) 737-8858

February

1-3: The Tenth Annual Wellness Show. At the Vancouver Trade and Convention Centre

2-3: A Two-Day Hypnosis Training Seminar. Faculty: Dr. Saul Pilar, Dr. Gordon Cochrane, Dr. Leora Kuttner and others. Sponsored by the Canadian Society of Clinical Hypnosis (BC Division). In Vancouver at the Plaza 500 Hotel at 500 Cambie Street. For further information, call (604) 688-1714

8: Clinical Approaches in Working with Separation and Divorce. Presenter: Ellen Shapiro, M.A. Sponsored by the Jewish Family Service Agency, Bagels & Babble Series. 9-11 am. In Vancouver at the Jewish Community Centre at 950 West 41 Avenue. To register, call (604) 257-5151

12-13: Expressive Play Therapy Methods. Instructor: Marie-Jose Dhaese. Offered by the Justice Institute of BC at 715

McBride Boulevard in New Westminster, BC. Course #CY104. For more information contact Natalie Clark at (604) 528-5627 or visit <www.jibc.bc.ca/ccs>

14-15: Child-Centred Play Therapy. Instructor: Marie-Jose Dhaese. Offered by the Justice Institute of BC at 715 McBride Boulevard in New Westminster, BC. Course #CY104A. For more information contact Natalie Clark at (604) 528-5627 or visit <www.jibc.bc.ca/ccs>

15: "...And It's All Your Fault!" How to Overcome Anger and Interpersonal Conflict. Speaker: David Burns, MD. Sponsored by the Institute for the Advancement of Human Behaviour / Masters of Psychotherapy Workshop Series. In Seattle, Washington, at the Hilton Seattle Airport. Call (800) 258-851-8411 or <visit www.ibh.com>

22: Violence in Our Communities. What Can We Do for the Children. Speaker: Dr. Michael Popkin. Co-Sponsored by the New Westminster School District and the Adlerian Psychology Association of BC. In New Westminster at the Massey Theater at 7.30 pm. For registration and information, call (604) 874-4614, ext.12

22-23: Once Upon a Time: Fairy Tale Interpretation. Presenter: Shirley Halliday. Sponsored by the C.G. Jung Society of Vancouver. At the Vancouver Museum and Space Centre at 1100 Chesnut Street, Vancouver. To register, call (604) 730-2540

23: Tuning In: Strategies for Creating Safe and Caring Communities. Presenters: Rick Fabbro, Kathleen McDonald, Jim Skinner, Edna Nash, and more. Conference co-sponsored by the New Westminster School District and the Adlerian Psychology Association of BC. At Glenbrook Middle School, 701 Park Crescent, New Westminster. 9:00am-5:00pm. For more information, call (604) 874-4614, ext. 12

March

8: Child-Centered Therapy: Countering the Politics of Adult-Child Relations. Presenter: Ninetta Tavano, M.S.W. Sponsored by the Jewish Family Service Agency, Bagels & Babble Series. 9-11 am. In Vancouver at the Jewish Community Centre at 950 West 41

Avenue. To register, call (604) 257-515

15: Enchantment. Presenter: Mae Stolte. Sponsored by the C.G. Jung Society of Vancouver. In Vancouver at the Vancouver Museum and Space Centre at 1100 Chesnut Street. To register, call (604) 730-2540

April

2: Working with Groups. Presenter: Lydia Rozenthal, M.A. Sponsored by the Jewish Family Service Agency, Bagels & Babble Series. 9-11 am. In Vancouver at the Jewish Community Centre at 950 West 41 Avenue. To register, call (604) 257-5151

16: The Therapist as Life Coach: A Natural Transition. Presenters: Juliet Austin, M.A., and Dr. Patrick Williams. Sponsored by the Institute for Life Coach Training. In Vancouver at the Landmark Hotel Conference Centre. Call (888) 256-0602

18-20: State of the HART Habilitative Achievements in Research and Treatment for Mental Health in Developmental Disabilities: A Canadian Report Card. Co-sponsored by Interprofessional Continuing Education at UBC and BC AMH iDD. Coast Plaza Suite Hotel at Stanley Park at 1763 Comox Street, Vancouver. To register, call Interprofessional Continuing Education (604) 822-0054, e-mail <interprof@cehs.ubc.ca>

20: The Therapist as Life Coach: A Natural Transition. Sponsored by The Institute for Life Coach Training. Presenters: Dr. Patrick Williams and Juliet Austin, MA. In Calgary at The Ramada Hotel Downtown Contact by phone at (604) 730-1838 or email <coach@julietaustin.com>

26-27: Relationships: The Psychodynamics of Self and Other. Lecturer: James Hollis. Sponsored by the C.G. Jung Society of Vancouver. In Vancouver at the Vancouver Museum and Space Centre at 1100 Chesnut Street. To register, call (604) 730-2540.

26-28: The Playroom, The Children's Healing Garden; a Safe Place in an Unsafe World. Workshop leader: Marie-Jose Dhaese. Sponsored by the Centre for Expressive Therapies. On Hornby Island, B.C. Contact Marie-Jose at (250) 335-1829, e-mail <mariejose@telus.net>, <www.centreforexpressivetherapy.com>

BCACC Regional Calendar

Region 1

Traditionally, meetings are scheduled on the third Thursday evening of September, November, January, March and May. Visit <www.bc-counsellors.org> for schedule.

Region 2

Jan. 11: The Hakomi Method. Ron Kurtz and Donna Martin. At the University of Victoria Faculty Club, in Victoria, 7:00-9:00pm.

Feb. 19: Taking Care of Ourselves - Burnout and Fatigue. Brenda Lucas. At the University of Victoria Faculty Club, in Victoria, 7:00-9:00pm.

Apr. 23: Sex Therapy and Transgender Issues. Julian Young, PhD. At the University of Victoria Faculty Club, in Victoria, 7:00-9:00pm.

Region 3

We will continue to plan and hold at least four meetings per year in four parts of our Region i.e. North, Central and South Okanagan, and the Kootenays. You will be notified in due time. News for our Region is at <www.bc-counsellors.org/reg3meet.htm>

Region 4

Feb.19: Attention Deficit Hyperactive Disorder. Elin Horton. At the Marriott Residence Inn at 1234 Hornby, 7:30-9:30 pm.

Apr. 18: Integrative Body Psychotherapy. Dana Barton and Carol Wilson. At the Marriott Residence Inn at 1234 Hornby, 7:30-9:30 pm.

Region 5

See <www.bc-counsellors.org> for schedule.

Region 6

See <www.bc-counsellors.org> for schedule. 🐾

For Your Inspiration

*If there is any kindness I can show,
or any good thing I can do to any
fellow human being, let me do it
now, and not defer or neglect it,
as I shall not pass this way again.*

-William Penn

In Memoriam

*Madeline Thomson, a member
of BCACC since January 1989,
passed away in November of 2001.
She had resigned her membership
in May 2001 due to poor health.*

*Madeline resided in Victoria
and will be missed
by friends and colleagues.*

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 B.C. Association of Clinical Counsellors, its officers, directors, or employees.

The publication of any advertisement by the B.C. Association of Clinical Counsellors is not an endorsement of the advertiser, or of the products or services advertised. The B.C. Association of Clinical Counsellors is not responsible for any claims made in advertisements. Advertisers may not, without prior consent, incorporate in a subsequent advertisement the fact that a product or service has been advertised in a publication of the B.C. Association of Clinical Counsellors.

Thank You Contributing Writers!

Insights Editor would like to thank this issue's team of contributing writers: Brad Ackles, Juliet Austin, Sharon Brain, George K. Bryce, Lois M. Campbell, Debbie Clelland, Jeff Fisher, and Martha A. Sandor. Special thanks also to Ross Laird for the interview.

Insights welcomes articles of interest to the membership. To receive the Contributing Writers Guidelines, contact the Editor at <diane@radiant.net> 🐾

Membership Update (From July 26, 2001 to November 13, 2001)

Angela Burns, Registrar

Please join me in welcoming the following new members who have joined us since July 26th, 2001

1833	Palmer	John	Abbotsford
1597	Zaskow	Cara	Belcarra
1812	Malach	Ann	Brackendale
1867	Macdonald	Robin	Burnaby
1821	Iannucci	Jan	Coquitlam
1475	Thomas-Mitton		
		Jean Ella	Creston
1869	Jones	Patty	Duncan
1879	Moreau	Atisah	Fort Langley
1560	Scott	Gwen	Fort Langley
1447	Moulton	Lorraine	Kamloops
1424	Anderson	Diane	North Vancouver
1832	Angus	Bill	Port Coquitlam
1781	Turnbrook	Jennifer	Prince George
1844	Healey-Ogden		
		Marion	Prince George
1813	Lau	Sze-Oi	Richmond
1829	Chow	Esther	Richmond
1795	Grams	Judy	Richmond
1838	Flood	Karen	Surrey
1773	Power	Nirmal	Vancouver
1828	Irlam	Lorraine	Vancouver
1556	Boothroyd	Adrienne	Vancouver
1868	Marx-Zatzick	Francine	Vancouver
1834	Hughes	Megan	Vancouver
1831	Crawford	Fred	Vancouver
915	Tannenbaum	Joe	Vancouver
1824	Hutton	Robin	Vancouver
1894	Setton-Markus		
		Judith	Vancouver
1822	Sharma	Sonya	Vancouver

1819	Drewlo	Margaret	Vancouver
1873	Monk	Iona	Vancouver
1428	Hucul-Kambolis		
		D.Michele	Vancouver
1521	Best	Tricia	Victoria
1816	Numan	Nicole	Victoria
1797	Elsdon	Iris	Victoria

The following members have moved to Inactive Status since July 26, 2001.

1001	VanAndel-Colbourne		
		Kathleen	Burnaby
1364	Jackson	Jamie	Calgary
237	McGillivray	Frank	Hornby Island
1027	Grant	Karen	Port Coquitlam
1501	Nergaard	Bea	Vancouver
415	Page	Lafern	Vancouver
286	Hohert	Sherri	Victoria

The following members have moved from Inactive Status to Active membership since July 26, 2001.

1104	Whittall-Jones		
		Jane	Nanaimo
1327	Farinha	Sharon	Parksville
825	Crosby	Barbara	Vancouver
1301	Nicholson	Ann	Vancouver

The following members have moved from Active membership to "Registered in Post Secondary Institution" since July 26, 2001.

1407	Domene	José	Langley
312	Davis	Sora	Montreal

New on www.bc-counsellors.org Membership Listing

In addition to the Private Practice Directory on the BCACC website a new complete Membership Listing showing Names, Cities and Directory Phone Numbers of all

members is now available to members by password only. Members without access to the internet may request a hard copy of this directory from Head Office.

Announcements

The Counsellors Cafe is born!

A safe place for clinical counsellors in Region 4 to share their work experiences. This group is hoping to meet six-eight times throughout this year. If you are interested in participating, please contact Kate Talmage at (604) 739-0997.

The 2002 Canadian Counselling Association Annual Conference

A special invitation to all BCACC members to attend the 2002 Canadian Counselling Association Annual Conference to be held May 15 - 18, 2002, in Ottawa, Canada. The theme is: The Soul of Counselling: Challenges, Choices, Changes. A wide range of pre-conference workshops, concurrent sessions, keynote presentations and social activities will take place. The call for papers is open until Nov 15, 2001.

Please check the conference website for more details: <www.ccaccottawaconference2002.ca> or call (888) 625-8455. Email: <info@ccacc.ca>.

The Surrey Women's Show

Scheduled to be held at the Guildford Sheraton Hotel, January 12 and 13th, 2002. Attention Region 4 and 5 Members: Gerry Bock is coordinating volunteers and can be reached via email: <GerryBock@aol.com>. The volunteer spaces will fill very quickly, as always, so please get your name in early if you wish to volunteer to represent BCACC and your own practice at this venue.

The Women's show is providing opportunities for the exhibitors who may wish to become more involved in the direct marketing aspects of this project. If you wish to become involved via this opportunity please send your ideas as to how BCACC and the Surrey Womens Show should or could be advertised or presented to the public directly to <GerryBock@aol.com>.

Certificate in ADHD Studies and Related Neurological Disorders

Langara College Continuing Studies is now offering a Certificate in ADHD Studies and Related Neurological Disorders. Over 150 hours of part-time studies held approximately one weekend per month for ten months. For further information, call Kim, the Project Coordinator at (604) 323-

5899, ext 2 and visit us at <www.adhdcertificate.ca>.

BCIFV Online!

The B.C. Institute Against Family Violence has a Resource Centre Online Catalogue available at <www.bcifv.org>.

The Self-Help Resource Association of BC

SHRA is initiating a new program in January 2002: MOST (Mentoring, Outreach, Support, and Training). It will be an innovative extension of SHRA's existing grassroots facilitator training. The focus is on training new trainers and developing tools to empower trainees to establish sustainable self-help/mutual aid groups in their own communities. Let's bridge the gap between professional help and self-help. Please call SHRA at (604) 733-6186 for more information.

Watch for... The Stone Centre Fall Advanced Training Institute - 2002

The Stone Centre relational model (at Wellesley College) emphasizes the centrality of connections in women's lives. Two major collections of writings from The Stone Centre were published by the Guildford Press: Women's Growth in Connection (1991) and Women's Growth in Diversity (1997). The Training Institute explores the complexities of how the relational-cultural approach produces change and effectively translate relational-cultural theory into clinical applications. Participants from past institutes are encouraged to attend as the new material presented build on previous institutes. Watch for information in the Spring

of 202 both on Web at <www.jibc.bc.ca/ccs>. To add your name to the mailing list for this event, please contact the Program Assistant, Janet Gray, at (604) 528-5620 or e-mail <jgray@jibc.bc.ca>.

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.

The British Columbia Association of Marriage and Family Therapy

is pleased to welcome

DR. SUE JOHNSON

**Building Bonds in Couple Therapy:
The Emotionally Focused Approach (EFT)**

April 25-26 Planetarium, 1100 Chestnut, Vancouver

Sought after internationally, Dr. Johnson dynamically blends both practice and research. She began formulating EFT in the 1980's during her work at U.B.C. with Dr. Les Greenberg and has empirically validated the approach by 15 years of outcome research. Now the Director of the Ottawa Couple and Family Institute, Dr. Johnson is a recent recipient of "The Outstanding Contribution to the Field Award" from the American Association of Marriage and Family Therapy.

For information on costs, registration and hotel visit
www.bcamft.bc.ca or call 604-687-6131

Advertising Policy

Insights invites members and colleagues to advertise in this newsletter. All items of interest to the membership must be submitted to the Editor who will provide advertisers with the Advertising Guidelines.

Advertisements

Prices/sizes listed include typesetting/layout.

H x W	
2.25 x 3.5	\$ 40.00
4.25 x 3.5	65.00
4.25 x 7.5	120.00

Inserts (8.5 x 11.0 only)

1250 copies required \$ 130.00

All sizes are in inches. Proposed inserts must be presented to the Editor for approval not less than one week prior to deadline. Inserts must measure 8.5"x11" and will not be accepted on ivory coloured paper. Prices include 7% G.S.T. Cheques, made payable to BCACC, must accompany all approved advertisements and inserts.

Deadlines

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

Ads/Inserts
April 4 / 02

Articles/Reports
April 11 / 02

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

Requests for information should be directed to Diane Payette, *Insights* Editor, Tel: (604) 983-6694, Fax: (604) 983-2694, e-mail diane@radiant.net

WHO'S WHO?

The people in your Association want to hear from you. They invite you to write, phone fax, 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, for telephone and fax numbers.

BOARD OF DIRECTORS

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Executive Vice-President Glen Grigg

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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

Internet Site: www.bc-counsellors.org

Tel: (800) 909-6303 (within B.C.) or (250) 595-4448 Fax: (250) 595-2926

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

Executive Director: Jim Browne, 109 - 15550 26th Avenue, Surrey BC V4P 1C6

Tel: (604) 535-8011 Fax: (604) 535-6261 e-mail jim_browne@telus.net

Insights Editor Diane Payette Tel: (604) 983-6694 Fax: (604) 983-2694 e-mail diane@radiant.net

Continuing Education Questionnaire

Circle **True** or **False** to indicate your response to each of the following questions. Once complete, mail this questionnaire to: BCACC Head Office c/o C.E.Questionnaire (#14 - 2544 Dunlevy St. Victoria, BC, V8R 5Z2).

- | | |
|--|--|
| <p>1) In his article, Jim Browne, Executive Director of BCACC, writes that it was Frederick II who instituted the first medical practice Act. T F</p> <p>2) In Appendix A of Domains and Core Competencies, Emergency and Crisis Measures appears under Clinical Practice. T F</p> <p>3) TraumaNews, the newsletter of the Canadian Traumatic Stress Network can be found at www.ctsn.rcst.org. T F</p> <p>4) Ross A. Laird, the author of Grain of Truth, explains that as a symbol of Taoism, wind embodies the essential vitality of life. T F</p> <p>5) According to the International Coaching Federation (ICF), the key to success in being coached is to admit needing help or having a problem. T F</p> <p>6) It was a mother-daughter team who initially developed the Myers-Briggs Type Indicator based on Jung's theory of personality. T F</p> | <p>7) George Bryce, Legal Counsel for BCACC, explains that under either the Infants Act or the common law, it is possible for a child to consent independently to being provided with counselling services during a marriage breakdown. T F</p> <p>8) According to Linda Rosenfeld of Safer, the term "committed suicide" does not reinforce the religious concept of suicide a sin. T F</p> <p>9) Brad Ackles, Vice President at Mitchell & Abbott writes that the "trigger" to activate coverage under the Professional Liability policy is when the claim is made, not when the service is rendered. T F</p> <p>10) Bev Abbey, President of BCACC invites members with competency in the areas of Critical Incident Debriefing, PTSD, Trauma & Shock to participate in a Province-wide roster of members ready to assist communities in coping with disaster. T F</p> |
|--|--|

Name _____ Membership # _____

The Satir Institute of the Pacific
Presents

OUTER AND INNER SPACE EXPLORATIONS **The Astronauts' Experience**

Come hear scientist, futurist, change agent, Dr. Kenneth Cox from NASA, the Johnson Space Center speak about outer space exploration, the inner experience of astronauts and its significance and meaning for our own personal and professional inner journey and growth.

Hear Dr. Kenneth Cox discuss ways

- To help us change our perceptions of our outer and inner space and time
- To sustain an abiding passion for the well being of Earth
- To get a better understanding of the interconnections of the Cosmos
- To develop new possibilities for self transcendence
- To learn about the discovery, value, and meaning for humankind within the frontiers of inner, outer and under space
- To blend the ultimate frontiers of mind, body, soul, consciousness and multidimensional space

Its value and application for human growth and human transformational change in therapeutic practice will be highlighted.

Mark your calendar Saturday June 8, 2002

For more information
www.satirpacific.org
604 828-3949
toddmclark@hotmail.com

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The Art & Science of Coaching

Reclaim your passion for empowering people. Counsellors across North America are discovering the power and flexibility of the professional coaching practise. In the free Exploration Evening you will discover how Counsellors are transitioning to professional coaching.

"Highly Useful, both Personally & Professionally" Peggy Gilmer, Executive Coach, Boeing Corp.

Free Exploration Evening with Marilyn Atkinson Ph. D., R. Psych: **Monday January 7th - 6:30-9:00**

The Art & Science of Coaching - Four Modules of 4 days each in Vancouver

Developed in Europe and embraced in the US, this 15-Day Weekend & Evening Program will give you the skills necessary to transition to a coaching career or add coaching to your existing practise.

Module 1 - Beginning January 11 (eve)

Module 2 - Beginning January 31 (eve)

Module 3 - Beginning March 7 (eve)

Module 4 - Beginning April 4 (eve)

All four modules cover different material as stand-alone and add up to 15 days

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PPSEC
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20th anniversary
2021 Columbia St. Vancouver



APABC Tuning In

The Adlerian Psychology Association of BC and the
New Westminster School District proudly present:

Tuning In: Creating Safe and Caring Communities



February 22 - Friday: 7:30pm - Massey Theatre: Keynote Speaker: Dr. Michael Popkin

"Violence in our Communities: What can we do for the Children?"

Dr. Michael Popkin, leading North American family educator, founder of Active Parenting Publishers, Consulting Psychologist at Columbine High

February 23 - Saturday: All day - Glenbrook Middle School:

Early Trend In Molding Bullies

Teens Talk: Managing STRESS

Self Defense For Teens

Are You influenced by the Media?

Beyond Survival, Strategies for Teens

Conflict Resolution and Peer Mediation

I'm OK, You're Not: Building Tolerance in Troubled Times

Many more workshops will be offered...

Who Should Come: Families, students, counsellors, educators, and professionals
committed to building Safe and Caring Communities.

For registration and information call (604) 874-4614 #12 or e-mail: info@adler.bc.ca www.adler.bc.ca
Adlerian Psychology Association of BC - Suite 401 - 1195 W. Broadway,
Vancouver BC V6H 3X5