



**NLCPA**   
Newfoundland and Labrador Counsellors' and Psychologists' Association

## 2012 Conference and Annual General Meeting

*Everybody Has a Story...*

**October 24-26, 2012**  
Capital Hotel • St. John's, NL



# Letter from the President

Conference Participants,

We are extremely proud to welcome you to the 2012 NLCPA Annual Conference and AGM!

"What's your story?" According to Isak Dinesen, "To be a person is to have a story to tell." Most of us grew up with storytelling as a huge part of our culture and learning. I have very fond memories of stories told by influential people in my life, especially my grandmother and father. Storytelling is often referred to as an art and many are true masters in stitching their scripts together. Stories are extremely powerful and influential tools that can be a major part of teaching and social interactions. Our conference theme is *Everybody has a Story...* We are very proud to have Dr. Jeffrey Kottler as our main conference speaker. The title of Dr. Kottler's presentation is *Stories We've Heard, Stories We've Told: Life-Changing Narratives*. We will also hear stories from Anne Marie Hagan, Chief Misel Joe, Cassandra, and Terry Penney. We are delighted with our line-up of conference presenters: Dr. Barbara Maddigan, June Kirkland-Smith, Heather St. Croix, Corinna Cunningham, Tracy Duffy, Dwain Campbell, and Dr. Emily Case.

Many thanks go out to those who help make this conference possible. We are extremely appreciative of the constant support we receive from the NLTA. We would like to extend thanks to the School Districts and other employers who support our participants in attending. We are very appreciative of the support received from Memorial University, College of the North Atlantic, Johnson Inc., Canadian Counselling and Psychotherapy Association (CCPA), Learning Disabilities Association of Newfoundland and Labrador (LDANL), Canadian Hard of Hearing Association - Newfoundland & Labrador (CHHA-NL), Mental Health Commission of Canada, Thrive, and the Association of Psychology in Newfoundland Labrador (APNL).

We express sincere gratitude to the NLCPA membership and conference participants for making our conference happen! It is the dedication and spirit of our members that keeps our Association active and vibrant. We are a very proud Association and we continue to grow.

On a separate note, I would also like to extend a very personal thank you to the NLCPA executive for their hours of volunteering and support. It has been a pleasure to work with Paula, Tamar, Connie, Michelle, and Jennifer.

On behalf of the executive, thank you for continued support. In the next couple of days, share lots of stories and laughter! Learn lots! Enjoy the conference to the fullest!

  
Peggy Hann

President (NLCPA)



## Greetings from the Canadian Counselling and Psychotherapy Association




On behalf of the more than 4500 members of the Canadian Counselling and Psychotherapy Association from across Canada, it is my distinct pleasure to extend my very best wishes to the Newfoundland and Labrador Counsellors' and Psychologists' Association on the occasion of their 2012 Conference and Annual General Meeting in St. John's.

As President of CCPA, I offer my support and that of your CCPA colleagues to the NLCPA as you host "*Everybody Has a Story...*". The Conference promises to be an excellent opportunity for networking, strengthening professional knowledge and skills, and charting your course at the AGM with other Association members.

May you enjoy narratives with Jeffrey Kottler, feel the impact of life-changing stories of Saqamaw Mi'sel Joe, be motivated by Anne Marie's journey of resilience that took her from murder to forgiveness and be inspired by Barbara Maddigan's research into child and adolescent anxiety. I wish you all a most enriching event.

Sincerely,



Lorna Martin  
President, CCPA

## Greetings from CCPA – School Counsellors Chapter



Hello Friends & Colleagues,

On behalf of the Executive and membership of the CCPA's School Counsellors Chapter, I would like to offer my congratulations to Peggy and the NLCPA Executive for putting together another fine professional development opportunity. As well, congratulations to all of you for demonstrating, through your attendance, your devotion to the NLCPA and the profession.

The School Counsellors Chapter of the CCPA is working under the leadership of the CCPA (and President Lorna Martin) to give you a 'voice' on a national level. We are currently working on projects that include the development of a National Framework for School Counselling, the organization of a National Network of School Counsellors, as well as the creation of a Professional School Counselling Week in Canada...stay tuned!

Please consider attending the CCPA's National Conference in Halifax from May 14- 17, 2013. You can check out the details at [www.ccpa-accp.ca/en/](http://www.ccpa-accp.ca/en/).

Be sure to 'live in the moment' and enjoy our time together. It is a great time to be a part of such a thriving and highly respected group of professionals.

Take care,

Trent Langdon, M.Ed, C.C.C.  
President – School Counsellors Chapter

# Wednesday, October 24

## Pre-Conference Session A

### 1:00-2:15 p.m. – Salon C

#### Tracy Duffy & Corinna Cunningham Children Caught in the Crossfire



##### **Tracy Duffy, B.A, M.Ed, CCC.**

Tracy earned her Master's Degree in Counselling Psychology/ Education from Memorial University of Newfoundland in 2004 and a BA in Psychology from Dalhousie in 1993. She has worked with families for many

years in various capacities, and believes in the power of self- improvement and insight. She has received special training in Therapeutic Crisis Intervention, Mediation and Play Therapy. Through a broad base of work experience, she has gained significant skill in facilitation, communication and clinical work. She continues to expand her knowledge base in this field, and enjoys her free time with family, especially her two teenage children, who bring new insights every day.



##### **Corinna Cunningham, B.Sc (Hon), M.Ed**

Corinna earned her B.Sc. (Honours) in Psychology at Memorial University in 1998, and served six years as a Youth Care Counsellor within the Waypoints organization (Emergency Placement Unit)

providing for the well-being of at risk children, youth, and families in a context of respect and collaboration. With enthusiasm and a genuine attitude, Corinna focuses on empowering individuals in realizing and reaching their full capabilities. In an attempt to make a more enhanced, positive impact on clientele; she made the life-changing decision to continue her academic growth and earned her M.Ed. in Counselling Psych from Memorial University in 2006. Corinna's career quickly accelerated over the next five years. Through implementing strength-based and narrative approaches, she has gained vast experience in the field of individual and family counseling, as well as direct practice in completing comprehensive assessments. She is passionately involved with Camp Delight (for a period of nine years) as a volunteer working with families living with childhood cancer. An accomplished athlete, Corinna values healthy living and the energy it takes to keep up with her two young children.

#### **Synopsis**

In the last five years, Family Justice Services has worked clinically with separated and divorcing families during custody, access and support related issues. Throughout this time, it has become increasingly clear that the number of families experiencing high conflict in resolving parenting issues is steadily on the rise. In our work with these families, we endeavor to prevent further emotional harm, teach effective coping skills, and improve family relationships and communication.

However, due to the complex nature of family dynamics during this time, our program is not always able to work with many of the children who are experiencing post-divorce adjustment issues. Because many of these children are within "school-aged" stages of development, we also endeavor to further collaborate with school staff and other professionals who work with some of the same population of families.

Our presentation, *Children Caught in the Crossfire*, is one that focuses on sharing knowledge and insights on how to help children of divorce, through an experiential and collaborative lens. We will provide information on interventions and current research, as well as invite participants to share success stories and brainstorm future opportunities for prevention.

# **Wednesday, October 24**

## **Pre-Conference Session B**

### **1:00-2:15 p.m. – Salon B**

#### **Dr. Emily Case, Dwain Campbell & Cassandra, The Rowan Centre**

##### **Dwain Campbell**

Dwain Campbell is an Eastern School District teacher placed with the Rowan Centre, a program of Mental Health and Addictions (Eastern Health) that provides services to youth. He will speak on patterns of substance abuse in youth, and how youth usage and treatment differs from the adult population.

##### **Dr. Emily Case**

Emily Case, Ph.D, R. Psych. (provisionally registered) graduated from the University of Toronto with a Degree in School and Clinical Child Psychology. In this presentation Dr. Case will speak to the issue of concurrent disorders and substance use.

##### **Cassandra**

Cassandra is a young person with “a story” to tell.

#### **The Rowan Centre**

The Rowan Centre provides non-residential treatment services to youth 12-17 years of age who are being harmfully impacted by alcohol, drugs, and/or gambling. The Centre aims to promote healthy development, positive growth, and an enhanced quality of life for a better tomorrow.

The Rowan Centre is staffed by addiction counselors, a psychologist, a youth care worker, a recreation therapist, and teachers provided in partnership through the Eastern School District. Based on the needs of the client, services may include individual sessions with professionals, or attendance in a day program which offers individual and group counseling as well as academic recovery. Support services are also provided in the form of family education, family support groups, and family therapy.

#### **Signs and Symptoms That May Indicate Drug Use** *(more comprehensive list provided at session)*

- Changes in sleeping or eating patterns: insomnia, napping at inappropriate times; sudden increase or decrease in appetite.
- Avoiding contact with adults/parents: Going straight to their room or the bathroom when arriving home. Related behavior: excessive secrecy or “guarded behaviour.” (examples: always leaving the room to take cell phone calls; quickly shutting down e-mail or instant messages when adults enter room).
- Over the counter drugs disappearing from the family’s medicine cabinet.
- Significantly increased use of strong cologne, mouthwash, or eye drops.



## **Wednesday, October 24**

### **Pre-Conference Session C**

**2:30 - 4:00 p.m. – Salon B & C**

**June Kirkland-Smith & Heather St. Croix**  
**Child & Adolescent Mental Health and Addictions Services, Eastern Health**



#### **June Kirkland-Smith**

June Kirkland-Smith is the Clinical Practice Coordinator with Central Intake, Child & Adolescent Mental Health and Addictions Services, Eastern Health. She has 25 years of Social Work experience working in residential, community and

hospital settings. She worked in private practice for two years. June received her Master's and Bachelor's degrees in Social Work from Memorial University. She was certified in Reality Therapy & Control Theory Psychology in Cincinnati.

June has worked with children, youth, families and groups in a variety of settings. She has focused most of her work in the areas of Mental Health. Through the years June has done volunteer work with numerous community organizations.

In her spare time June enjoys time with family and friends, running, hiking, and rowing.



#### **Heather St. Croix**

Heather St. Croix is an Intake Coordinator with Central Intake, Child & Adolescent Mental Health and Addictions Services, Eastern Health. Heather has been practicing for 13 years and has a Master's Degree in Social

Work from Memorial University of Newfoundland. She has experience in both acute psychiatry and outpatient Mental Health settings. Heather has also been practicing privately for five years. Her practice is rooted in a social constructionist world view, while integrating a number of different therapeutic approaches. Heather would describe herself as a life learner with a vested interest in continued education as a means to ensure quality care in clinical practice.

## **Wednesday, October 24**

### **Wine & Cheese (Music by Terry Penney)**

#### **Terry Penney**

Award-winning contemporary folk artist, Terry Penney is a master storyteller with a social conscience, insightful perspective and a nostalgic yearning for days gone by. His image-driven songs, which have been compared to 3-minute movies, and his intriguing preambles, have captivated audiences from Kerrville, Texas to Belfast, Ireland. As a songwriter he has earned awards and international accolades, including 2009 MusicNL SOCAN Songwriter of the Year and most recently, finalist in the 2012 Kerrville Songwriting Festival competition. In February 2012, he released his 5th critically acclaimed album, *The Last Guitar* (4 stars, *Maverick Magazine*, UK).



*NLCPA would like to extend congratulations to Terry Penney for his recent win at the 2012 MusicNL Awards. Country Artist or Group of the Year: Terry Penney (The Last Guitar)*

## Thursday, October 25



### **Saqamaw Mi'sel Joe** **Story Telling**

Chief Mi'sel Joe comes from a long line of Saqamaw or chiefs in the Mi'kmaq territory. Chief Joe was educated in Mi'kmaq traditions and, after having left the reserve as a young man, he returned in 1973 and became involved in band government politics, first as a councilor and after the death of his uncle, Chief William Joe in 1982, he became traditional Saqamaw and the Newfoundland district chief for the Mi'kmaq Grand Council.

Saqamaw Joe is also the spiritual leader of his people and has lectured on native medicines and traditional healing practices at several international alternative medicine conferences. He led the community of Conne River when it hosted the 1996, 2000 and 2009 International Healing Conferences at Conne River.

He is a member of the Atlantic Policy Congress, the First Nations Trust Fund, Newfoundland Museum Advisory Committee and the Aboriginal Capacity and Development Research Centre, and a member of the National Aboriginal Advisory Group of Heritage

Canada. He also holds a community seat at the United Nations (Human Rights).

Saqamaw Joe received an honorary Degree of Doctor of Laws, honoris causa at session of convocation held Friday, May 7, 2004. This degree was awarded to Saqamaw Joe in recognition of his contribution to the economic, social and political development of the Mi'kmaq people of Newfoundland and Labrador.

Saqamaw Joe is strongly committed to preserving the language, culture and traditions of the Mi'kmaq people. Through public appearances and talks he attempts to create a better understanding of the Mi'kmaq people of Miawpukek among residents of his home province of Newfoundland and Labrador and Canada. Saqamaw Joe is frequently interviewed by print and electronic media, and is in demand for speaking engagements.

Saqamaw Joe's private interests include bone carving, snowshoe making, hiking and spending time learning Mi'kmaq language and songs. He also has business interests. He recently wrote a children's novel titled *Muin'jij* (Little Bear) which was published by Breakwater Books and co-wrote *Mi'sel Joe: An Aboriginal Chief's Journey* with John Crellin and Raoul Andersen.



### **Jeffrey A. Kottler, PhD** **Stories We've Heard, Stories** **We've Told: Life-Changing** **Narratives**

Jeffrey A. Kottler is one of the most prolific authors in the fields of psychology, counselling, and education, having written over 80 books about a wide range of subjects during the past 30 years. Some of his most highly regarded works include *On Being a Therapist*, *The Client Who Changed Me*, *Creative Breakthroughs in Therapy*, *Learning Group Leadership*, *Bad Therapy*, *Changing People's Lives While Transforming Your Own*, and *Changing Peoples Lives While Transforming Your Own: Paths to Social Justice and Global Human Rights*.

Jeffrey has worked as a teacher, counsellor, and therapist in preschool, middle school, mental health center, crisis center, university, community college, and private practice settings. He has served as a Fulbright Scholar and Senior Lecturer in Peru (1980) and Iceland (2000), as well as worked as a Visiting Professor in New Zealand, Australia, Hong Kong, Singapore, and Nepal. Jeffrey is professor of counseling at California State University, Fullerton and President of Empower Nepali Girls, an organization that provides educational scholarships for at-risk children in Nepal.

([www.jeffreykottler.com](http://www.jeffreykottler.com))

## Stories We've Heard, Stories We've Told: Life-Changing Narratives

People are influenced and changed by all kinds of experiences, including stories they've heard. Books, movies, fables, myths, novels, biographies, family legends, song lyrics are responsible for many personal transformations. In addition, the traditions, rituals, and oral history of indigenous cultures are passed on from one generation to the next. Counsellors are, in a sense, professional story-tellers. We use stories, fables, self-disclosures, and metaphors for all kinds of therapeutic purposes. In this program we examine and explore the power of therapeutic stories and how they can be harnessed more effectively.

### Objectives

1. Review of the ways that stories have led to changes in people's lives, including cultural variations and those throughout history.
2. Explore the meaning of relative truth and deception in narratives and how they may be processed in therapy.
3. Examine the meaning of particular stories in people's lives and how their themes may be universalized.

### When the Counsellor is Changed by Stories

Based on several of Jeffrey's books including, *The Client Who Changed Me and Changing People's Lives While Transforming Your Own*, this program continues the discussion about the impact of stories, but focuses on the ways that counsellors are impacted and influenced by the stories they hear and hold. Jeffrey has spent the past 10 years collecting the most significant stories in counsellor's lives, especially those by some of the most prominent theoreticians in the field.

### Narrative Myths and Deceptions

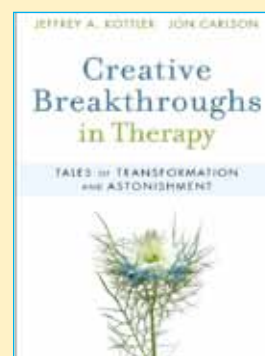
Continuing the discussion of stories that counsellors hear, we make an abrupt switch to examine those that are less than perfectly truthful? What is the meaning of deception and lies in counselling, especially when clients deliberately lie about their lives and history? This program is based on two of Jeffrey's books, *The Assassin and the Therapist: The Meaning of Truth and Lies in Therapy and in Life*, and *Duped: Lies and Deception in Psychotherapy*.

## Stories of Justice and Advocacy

This program explores the ways that counsellors can redefine and expand their roles to become more actively involved in advocacy and social justice issues, especially for marginalized and oppressed groups. Based on the forthcoming book, *Helping Beyond the 50 Minute Hour: Therapists Involved in Meaningful Social Action*, we look at the stories of practitioners who have reached far beyond the usual bounds of their profession to make a difference in the lives of desperate people, both within North America and abroad. Of particular interest will be Jeffrey's own project in Nepal working with at-risk, lower caste girls who are provided mentoring and support to prevent sex trafficking ([www.empowernepaligirls.org](http://www.empowernepaligirls.org)).

### Empower Nepali Girls Foundation

Thirteen years ago, Jeffrey Kottler launched a grass-roots organization of helping professionals and students to make a difference in the lives of lower caste girls who are at greatest risk to be sold into sex slavery. The effort began somewhat impulsively with saving the life of one girl; since then, the program has expanded to villages throughout the most remote parts of the country and now supports 180 girls in 11 villages. Each year teams of volunteers raise money for scholarships and then conduct home visits to mentor the children and support their education and future dreams. It costs only \$100 to support a girl in school for a year. Further information can be found at their website ([www.empowernepaligirls.org](http://www.empowernepaligirls.org)) and Facebook page.



**Creative Breakthroughs  
in Therapy:  
Tales of Transformation  
and Astonishment  
by Dr. Jeffrey Kottler**





## **Anne Marie Hagan** **My Story – The Journey to Forgiveness**

Anne Marie Hagan tells an amazing true story that changed her life, and will probably change yours. Her journey from murder

to forgiveness instills hope, and demonstrates the strength and versatility of the human spirit.

Since her motivational speaking career began, Anne Marie has been showcased by numerous media

outlets across Canada including CBC Television, and CBC Radio. Anne Marie was one of four individuals profiled in the CTV award-winning television documentary, *Forgiveness: Stories For Our Time*.

A strong advocate of restorative justice, Anne Marie's work has been recognized internationally. Her story is part of *The Forgiveness Project*, a UK-based charitable organization whose vision it is to build a better future by healing the wounds of the past.

Anne Marie's book, *Forgiven: Embracing the Man Who Murdered My Father* is scheduled for release in 2012.

([www.annemariehagan.com](http://www.annemariehagan.com))



## **Barbara Maddigan** **M.D., FRCPC** **Child & Adolescent** **Anxiety: Case Stories and Interventions**

Dr. Barbara Maddigan is a child psychiatrist with 16 years of clinical

experience. She received her Bachelor's of Science in Biochemistry and Medical degrees from Memorial University before completing a Psychiatry residency and Child and Adolescent Psychiatry sub-specialty.

Dr. Maddigan began her clinical career at the Janeway Children's Hospital in St. John's, Newfoundland in 1995. She worked as an Assistant Professor at

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

([www.inspiredparenting.ca](http://www.inspiredparenting.ca))

*Thank you for this opportunity to meet with you again and participate in this exciting Conference! I have put together a few points about anxiety which I hope you find helpful. I look forward to our discussion on this very important medical condition, which has such huge impact on our youth.*

## **Questions to ask a Child about Anxiety**

Wording used of course will depend on the age of the child/teen. Questions often need to be very specific to get at an issue. Kids are concrete thinkers so they don't extrapolate like we do!

1. Is there anything that makes you feel scared?
2. Is there a certain place or places where you don't like to be, where you might feel a little scared?
3. Do you feel sad or worried when you are not with mom or dad?
4. Do you feel scared when you go to school? What do you do at recess? Where do you eat your lunch in school?
5. Do big crowds make you feel uncomfortable?
6. Do you worry about being embarrassed?
7. Is it hard to get to sleep at night? Do you worry when you are trying to get to sleep?
8. Does worry take up much of your time?
9. Do you think worry is a problem for you?
10. Does being around people make you feel uncomfortable?
11. Do you think you would enjoy life more if worry was not an issue for you?
12. Do you think your family or friends think you are a worrier?
13. Do you ever remember not feeling worried or nervous?
14. Is there anything in your life that you would change?

## Teen Questions

When discussing anxiety with a teenager, you need to be careful not to sound condescending or trivial. Teens can be more sensitive to disclosing symptoms of anxiety, especially anything to do with OCD. It is helpful to try to take the attitude of ‘normalizing’ the symptoms as such, being non-judgemental, and of course supportive.

Some questions to consider are:

### For Social Anxiety...

“Anxiety is quite common among teens. Many teens tell me that they have a fear of embarrassment when among their peers or in new situations. Does that ever happen to you?”

### For OCD...

“OCD is often the hidden medical condition because many people don’t want to talk much about it. Some

people think that the thoughts they are having or the things that they are doing are really weird. But that’s just the OCD, not you. Are there any thoughts you have that are bothering you, or things that you are doing that you are trying to resist or change?”

### For Generalized Anxiety...

“Many people experience worries about little things, or big things, and this worry can be very distracting. Often the worry can become very intense when one is trying to fall asleep. Does this ever happen to you?”

Teens need to feel a sense of respect in the relationship, and security. Make it clear up front what issues you would have to share with their parents so then they can decide what they can safely share with you. When a trusting relationship develops, you will get much further in the discussions!

## Points to Remember About Anxiety

- Anxiety is common – up to 15% of children and adolescents can have anxiety in some form or another.
- Anxiety has many faces – sad, quiet, shy, angry, oppositional, and even smiling. Look beyond what you see!
- Anxiety is rarely fully expressed – often the child doesn’t even realize the extent and impact of the anxiety.
- As ‘outsiders’, we see only the ‘tip of the iceberg’.
- Anxiety is a real medical condition. Moderate to severe symptoms often require medical management for improvement to occur. The combination of CBT and medication for these cases is best. Milder forms of anxiety often respond to psychotherapy alone. The FAMILY needs to be involved.
- To get a more thorough picture. Ask for their ‘story of anxiety’; this may help fill in the blanks.



## Some Web Sites I Like

- National Institute of Mental Health (NIMH)
- American Academy of Child and Adolescent Psychiatry (AACAP)
- Mine! Inspiredparenting.ca

An excerpt from my book, *Inspired Parenting*, chapter entitled “Our Sad and Worried Children”...

### Points to Remember:

- Some anxiety is needed; excessive anxiety is debilitating!
- Lots of kids get anxiety disorders, which are real medical conditions, with real medical treatments!
- Be aware of your own anxieties and how they may be influencing your child.
- And remember, the apple doesn't usually fall far from the tree. If you had an anxiety disorder as a child and outgrew it without medical intervention, it doesn't mean your child can do it without intervention. The earlier in life that a child manifests a mental

medical condition, the more strength it usually has. So your child may have a ‘bigger dose’ of it than you did.

- If you suspect something may be wrong, trust yourself and get help for your child. There is help to be had and peace to be felt. Don't short change your child from appropriate medical help.
- Learn how to help. You are very important in your child's recovery from an anxiety disorder.
- It is very rewarding as a child psychiatrist to treat children with anxiety conditions. They mostly do very well with appropriate intervention, and their lives and their families' lives improve dramatically! So, chin up!!

*“We bank our credit when  
we pay attention to our loved ones!” ~ Fr. JJM*

*Thanks and Have a Great Conference!  
Barbara A. Maddigan MD., FRCPC  
October 2012*

## Quotes

*To be a person is to have a story to tell.  
~ Isak Dinesen*

*One of the ways to re-incarnate is to tell your story.  
~ Spalding Gray*

*Great stories happen to those who can tell them.  
~ Ira Glass*

*Stories are the only enchantment possible, for when we begin to see  
our suffering as a story, we are saved.  
~ Anaïs Nin*

*Stories are the creative conversion of life itself into a more powerful,  
clearer, more meaningful experience. They are the currency of human contact.  
~ Robert McKee*

*Their story, yours and mine – it's what we all carry with us on this trip we take,  
and we owe it to each other to respect our stories and learn from them.  
~ William Carlos Williams*

# Conference Agenda

## Capital Hotel, St. John's, NL

### Wednesday, October 24

9:00 a.m. – 12:00 p.m.	Branch President's Meetings
12:00 p.m. – 1:00 p.m.	<b>Registration</b>
1:00 p.m. – 2:15 p.m.	<b>Pre-Conference Session A - Salon C (Concurrent)</b> <i>Children Caught in the Crossfire of Divorce</i> Tracy Duffy & Corinna Cunningham Family Justice Services
1:00 p.m. – 2:15 p.m.	<b>Pre-Conference Session B - Salon B (Concurrent)</b> <i>Addictions &amp; Interventions for Adolescents: Cassandra's Story</i> Dr. Emily Case, Dwain Campbell & Cassandra Rowan Centre
2:30 p.m. – 3:45 p.m.	<b>Pre-Conference Session C - Salon B &amp; C</b> <i>Anxiety and School Refusal</i> June Kirkland-Smith & Heather St. Croix Child & Adolescent Mental Health and Addictions Services, Eastern Health
4:00 p.m.	<b>Wine &amp; Cheese/Early Registration</b> Music by Terry Penney (Capital Hotel – open to all conference participants)

### Thursday, October 25

8:00 a.m. – 8:45 a.m.	<b>Registration</b> <input type="checkbox"/> Sign up for AGM lunch by nutrition break <input type="checkbox"/> Sign up for "Scoff & Scuff" by noon
8:45 a.m. – 9:30 a.m.	<b>Opening Ceremonies/Greetings/Welcome</b> Presentation of the Barnes Award Terry Penney – <i>Not Without A Fight</i>
9:30 a.m. – 10:15 a.m.	<i>Story Telling</i> Saqamaw Mi'sel Joe
10:15 a.m. – 10:45 a.m.	Nutrition Break
10:45 a.m. – 12:00 p.m.	<i>Stories We've Heard, Stories We've Told: Life-Changing Narratives</i> Dr. Jeffrey Kottler
12 :00 p.m. – 1:30 p.m.	Lunch <b>NLCPA Annual General Meeting</b> (NLCPA members only) Complimentary Lunch – Memorial University & Johnson Insurance Greetings from Shona Perry-Maidment and Shelly Kawaja
1:30 p.m. – 3:00 p.m.	<i>When the Counsellor is Changed by Stories</i> Dr. Jeffrey Kottler



- 3:00 p.m. – 3:15 p.m. Nutrition Break
- 3:15 p.m. – 4:00 p.m. *Narrative Myths and Deceptions*  
Dr. Jeffrey Kottler
- 7:30 p.m. **Social – “Scoff & Scuff”**  
Bridie Molloy’s  
(Complimentary meal with full registration)

## Friday, October 26

- 8:45 a.m. – 10:00 a.m. *My Story – The Journey to Forgiveness*  
Anne Marie Hagan
- 10:00 a.m. – 10:30 a.m. Nutrition Break (*Sponsored by College of the North Atlantic*)
- 10:30 a.m. – 12:00 p.m. *Stories of Justice and Advocacy*  
Dr. Jeffrey Kottler
- 12:00 p.m. – 1:30 p.m. Lunch (on your own)
- 1:30 p.m. Prize Draw (iPhone 5)
- 1:30 p.m. – 3:00 p.m. *Child & Adolescent Anxiety: Case Stories & Interventions*  
Dr. Barbara Maddigan
- 3:00 p.m. – 3:15 p.m. Closing



You may follow us on Twitter at [NLCPA@NLPCA](https://twitter.com/NLCPA@NLPCA) and on Facebook. Participants are encouraged to tweet and post.

## Special Thanks to Our Sponsors





**Left-right:** Michelle Davis, Jennifer Abbott, Paula George, Tamar Kelly-Duff, Connie Newhook, Peggy Hann

## NLCPA Executive

### **Peggy Hann, President**

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## Branch Presidents

### **Labrador**

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### **Deer Lake/Corner Brook/St. Barbe**

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### **Cormack Trail**

Nancy Macdonald  
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### **Nova Central (West)**

John Hatt  
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### **Nova Central (East)**

Glenda Ball  
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### **Vista**

Colette Oldford-Short  
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### **Burin**

Beaton Walsh  
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### **Avalon West**

Kerri Morgan  
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### **Avalon East**

Boyd Perry  
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## MENU

### **Pan Fried Cod**

*A fresh cod fillet lightly seasoned with salt and pepper*

Or

### **Fish and Chips**

*Two pieces of beer battered Newfoundland cod  
fried to a golden brown*

Or

### **Chicken Dinner**

*Oven roasted half chicken  
brushed with our homemade sweet and tangy BBQ sauce*

All above items are served with your choice of side and vegetables

Or

### **Curried Coconut Penne with Chicken and Shrimp**

*Fresh chicken breast and local shrimp, tossed with bell peppers, mushrooms, tomato and red onions,  
then blended with a red curry and coconut cream sauce*

Or

### **Red Curry Fettuccine**

*Tomatoes, artichokes, red onions and bell peppers,  
all sautéed with garlic and red curry*

– **PLEASE** INDICATE IF YOU HAVE SPECIFIC ALLERGIES –

PLEASE SIGN UP FOR (a) AGM Lunch by Nutrition Break on Thursday.

PLEASE SIGN UP FOR (b) "Scoff and Scuff" by Noon on Thursday.

A sign-up sheet is on the table near the registration area

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

