

WEDNESDAY, OCTOBER 21 Pre-Conference 1:00-2:30 p.m. – Salons A, B and C



JUDY FURLONG-MALLARD

A Practical Application of the DSM-5 in Diagnosing Specific Learning Disorder & Intellectual Disability

Judy Furlong-Mallard is a high school counsellor at Holy Heart High School (population 1000) in St. John's. She has 24 years of experience counselling in the school system at the primary, elementary, junior high and high school levels. She received a Bachelor of Science in 1989, a Bachelor of Education degree in 1991 and a Master of Education (Educational Psychology) degree in 1994. Judy is a Registered Psychologist who has her own private practice, Psychological Services and Assessment Inc. She is highly involved with the local hockey community and dedicates many volunteer hours at the rink. In her spare time Judy enjoys running, scrap-booking, spending time at the cabin and trying to keep up with her three teenage boys.

This session will cover the diagnostic criteria and severity descriptors for both Specific Learning Disorder and Intellectual Disability using specific case studies. We will discuss when assessment/re-assessment is required, review the Department of Education's exceptionalities, and examine relevant DSM-5 criteria specific to both. If time permits, we will take a closer look at the specific communication disorders identified in the DSM-5. **(see Appendix A)**

WEDNESDAY, OCTOBER 21 Pre-Conference 2:45-4:00 p.m. – Salons A, B and C

CONVERSATION CAFÉ

Participants engage in 5 consecutive roundtable info sessions

- Each session is 15 minutes
- There are 14 possible sessions to choose from
- All tables are clearly numbered and titled
- A sound will notify you it's time to move to a different table

A Conversation Café is kind of like "Speed Dating For Knowledge" (a quick way to network, learn a few tips, gain some info and direction)

Conversation Café Topics:

1. **Introduction to Acceptance and Commitment Therapy (ACT)** – Dr. Jodi Spiegel (Eastern Health)
2. **Developing an Effective & Sustainable GSA** – Rob Sinnott (Eastern Health) & Trent Langdon (School Counsellor)
3. **CCPA - Advocating for Canadian Counsellors: the Benefits of Membership & the Future of Regulation** – Tracy Duffy (President CCPA, NL Chapter)
4. **Occupational Stress Management – Tips for Dealing with People Who Can be Difficult** – Judy Beranger (NLTA)
5. **'What do you mean, I've got to live here?' Understanding Healthcare & Academic Education at the Youth Treatment Centre** – Andrea Brown (Psychologist) & Sherri Head (Principal), Tuckamore Treatment Centre
6. **Professional Regulation for Psychologists: What Does it Mean and Why is it Necessary?** – John Harnett (Newfoundland and Labrador Psychology Board)
7. **Brief Review of Thrive Services and Using Positive Adult-Youth Relationships to Build Inclusivity with Marginalized Youth** – Ellie Jones (Thrive)
8. **Mental Health Advocacy & the Current Mental Health Movement** – Meaghan Barnhill (Coalition 4 Mental Health)
9. **Youth Involvement in Mental Health Matters** – Simon Henley (Metro Youth Mental Health Committee)
10. **The Yoga, Meditation and Mental Health Connection** – Jill Holden (Moksha Yoga)
11. **Innovating with Online Low Intensity CBT Mental Health Tools** – Peter Cornish (Counselling Centre, Memorial University)
12. **Building Your Emotional Strength with Emotional Freedom Technique (EFT)** – Phyllis Reardon (Counsellor & Life Coach – The Wellness Centre)
13. **Loving Kindness Practice** – Daphne MacNeil (ITZ Focus Solutions, Inc.)
14. **FRIENDS for LIFE** – Francine Doyle (School Counsellor/IRT)

THURSDAY, OCTOBER 21

9:30-10:15 a.m. – Salons A, B and C



MARK GRUCHY

Mark Gruchy is a successful criminal defense attorney with Gittens and Associates who has been an active mental health advocate for over 10 years. Mark was the longest standing president of the Canadian Mental Health Association-NL. He is the past and first co-chair of the Community Coalition for Mental Health. Mark was diagnosed with depression at 15 and with bipolar disorder at 16. He was forced to leave high school thereafter but graduated at the Waterford Bridge Road Centre directed by Donna Kavanagh. He is actively changing the face of Mental Health in Newfoundland and Labrador and challenging stigma daily! Mark is also the provincial NDP candidate for Cape St. Francis district where he resides.

THURSDAY & FRIDAY

October 22-23
Salons A, B and C



DR. DANIE BEAULIEU

Building Emotional Intelligence Using Impact Techniques

Danie Beaulieu, Ph.D., is the founder and president of Académie Impact training institute. A psychologist specializing in the innovative multisensory intervention and teaching methods, she is co-developer of Impact Therapy and Eye Movement Integration Therapy and is currently the only person authorized to teach these two approaches in Canada and in the French-speaking world. She has published seventeen books, contributed to several ones in Germany, Italy and the USA and has authored ten booklets and over fifty articles on these and other creative techniques in French and English. In addition to giving numerous conferences and workshops to teachers, therapists, counsellors and general audiences in Canada each year, Dr. Beaulieu is a highly sought-after international trainer and has taught on four continents. She is also among the six experts on anxiety chosen by the *Psychotherapy Networker* to help service providers in better understanding anxiety, as well as, the most effective methods for management.

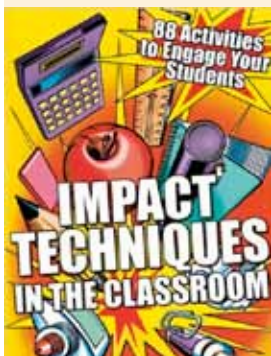


The scientific proofs brought by Daniel Goleman shows that when it comes to helping children and adults, the five dimensions of emotional intelligence cannot be ignored. In fact, in focusing our work on developing these five dimensions, we make sure our work will count – for the years to come since these dimensions are the basis for resilience, happiness and emotional maturity. Scientific studies will also be shown to support the value of these dimensions.

The five dimensions of emotional intelligence:

1. Techniques specifically addressing self-awareness
2. Techniques specifically addressing self-control
3. Techniques specifically addressing auto-motivation
4. Techniques specifically addressing empathy
5. Techniques specifically addressing social skills

(PLEASE SEE APPENDIX B FOR WORKSHOP HANDBOOK)



Conference participants will receive a free copy of Dr. Beaulieu's book:

Impact Techniques in the Classroom: *88 Activities to Engage Your Students*

For more information regarding Danie Beaulieu, visit her website:

www.academieimpact.com/en/danie-beaulieu.php

Check out these Free materials!

Conversation Café Presenters



DR. JODI SPEIGEL (EASTERN HEALTH)

Introduction to Acceptance and Commitment Therapy (ACT)

Dr. Jodi Spiegel is a Registered Psychologist. She practices at the Terrace Clinic at Eastern Health, conducting individual and group therapy with adults 18 and older. Dr. Spiegel is an active participant in training new Psychologists in Newfoundland and Labrador, including supervision of practicum students, Psychology Residents at Eastern Health, and Provisionally Registered Psychologists. She has been practicing in Newfoundland and Labrador since 2001. Dr.

Spiegel also maintains an active private practice in the evenings.



ROB SINNOTT (EASTERN HEALTH) & TRENT LANGDON (NLESD SCHOOL COUNSELLOR)

Developing an Effective & Sustainable GSA

Rob Sinnott (BSW, MSW, RSW) is a social worker who works as a Community Counsellor with Eastern Health. He received a Bachelor of Social Work from Memorial University in 2000 and a Master of Social Work from Dalhousie University in 2008. Rob works with LGBTQ + folks and families in his practice. As a volunteer, Rob's past involvements have included coordinating the LGBTQ Youth Group – St. John's, and acting as a mentor with Camp Eclipse: OUT in the Woods, a leadership retreat for LGBTQ+ youth, both run through Planned Parenthood, NL Sexual Health Centre. Rob is the Chair of the Transgender Health Services Network of Providers with Eastern Health. In that role he is working with other service providers and partners to review and develop capacity in the area of trans health. Rob is a board member of CPATH (Canadian Professional Association for Transgender Health) and he is a member of WPATH (World Professional Association for Transgender Health).



Trent Langdon has been a school counsellor at St. Peter's Junior High in Mount Pearl for the past eight years. He is dedicated to advocacy for adolescents, their families, and communities; the development of a strong GSA at St. Peter's has been a priority for him over the last three years. Trent is a Past President of the NLCPA and was elected for a second term in March of 2015 to the Provincial Executive of the NLTA. He is also Past President of the School Counsellors Chapter of the Canadian Counselling & Psychotherapy Association. Trent has recently joined the team of Epic Engage (www.epicengage.com) as Director of Public & Community Education.



TRACY DUFFY (PRESIDENT CCPA, NL CHAPTER)

CCPA – Advocating for Canadian Counsellors: the Benefits of Membership & the Future of Regulation

Tracy Duffy has been living in NL since 1986 but hailed originally from Ontario. She first completed her undergrad in Psychology from Dalhousie, and then earned her Masters in Counselling Psychology/Education from Memorial University of Newfoundland in 2004. She has worked for many years in various capacities, including the non-profit sector (crisis intervention – sexual assault), helping youth in residential care, and in provincial government, with families experiencing separation and divorce. Most recently, she has added private practice and group facilitation to this list, working in the area of anxiety and stress management. Through this broad base of work experience, she has gained significant skill in teaching, mediation, and counselling with both individuals and groups. Wishing to expand her knowledge base, she has recently completed training in the areas of play therapy and mindful practice. She is approaching her new role as Director with excitement and looks forward to networking with hopes to expand the NL membership. Most of all, she enjoys free time with her two teenage children, who bring new insights and joy every day.



JUDY BERANGER (NLTA)

Occupational Stress Management – Tips for Dealing With People Who Can be Difficult

Judy McCann-Beranger (B.A., B.Ed., M.A., CCFE, FMC Cert. CFM) is the Employee Assistance Program Coordinator for teachers in NL. Along with her Community Development, Psychology and Conflict Resolution and Education background Judy is a certified FMC Comprehensive Family Mediator and certified Elder Mediator. Judy is the Chair of the Certification Committee for Family Mediation Canada, drafter of the first Code of Conduct (since published in four languages) and a past president of Family Mediation Canada, Family Service Canada and the Elder Mediation International Network. Judy was three times recognized by the Government of Canada for her work in the field of age related programming and is a recipient of several awards including the Family Mediation Canada Long Term Achievement Award, the International Elder Mediation Award, and the Governor General's Golden Jubilee Award. Judy is the author of the bestseller, *A Caregiver's Guide for Alzheimer and Related Diseases*, published in both French and English, and is an honorary member of both Family Mediation Canada and Mediation PEI Inc.



ANDREA BROWN & SHERRI HEAD (TUCKAMORE TREATMENT CENTRE)

'What do you mean, I've got to live here?' – Understanding Healthcare & Academic Education at the Youth Treatment Centre

Andrea Brown is a Child and Adolescent Psychologist who has worked in children's mental health for the past 13 years. Specializing in mood and anxiety disorders and the impact of child/adolescent and family stressors on mental health, Andrea has worked as a consultant within the school systems, served as a front-line worker in remote Northern Communities, as well as outpatient and long-term residential treatment. Currently, Andrea works at the Tuckamore Youth Treatment Centre for Complex Mental Health in Paradise.

Sherri Head is the Principal for the Hospital School, with classrooms located in three different healthcare facilities in the province: the Janeway Children's Health and Rehabilitation Centre in St. John's, the Tuckamore Centre in Paradise, and the Hope Valley Centre in Grand Falls-Windsor. Her role as principal sees her working within the Newfoundland and Labrador English School District, and in partnership with both Eastern and Central Health, to ensure that during periods of hospitalization, rehabilitation, and treatment, youth who are admitted to these healthcare settings are provided with academic education and services.

Sherri holds Bachelor's Degrees in both English and Education, as well as a Master's Degree in Educational Leadership, each from Memorial University of Newfoundland. She has experience working with youth in grades 7 - 12, as classroom teacher, learning resource teacher, assistant principal, and principal.



JOHN HARNETT (REGISTRAR, NEWFOUNDLAND AND LABRADOR PSYCHOLOGY BOARD)

Professional Regulation for Psychologists: What Does it Mean and Why is it Necessary?

John Harnett has been the Registrar with the Newfoundland and Labrador Psychology Board since 2009. Prior to this experience, 35 years has been spent working with the College of the North Atlantic both here in Canada and at the College's campus in Qatar in the Middle East.

It is hoped that, in this session, a better understanding and appreciation of professional regulation can be achieved and some clarity can be given with respect to the skills that psychologists bring to the teams that are part of improving the lives of students and patients with whom they work each day.

John also hopes to be able to put the regulation of the profession of psychology into a North American context, some of which drives how, as a profession, psychology must be regulated.



ELLIE JONES (THRIVE)

Brief Review of Thrive Services and Using Positive Adult-Youth Relationships to Build Inclusivity with Marginalized Youth

Ellie Jones is the Director of Programming at Thrive. Thrive is a non-profit organization in St. John's which provides a continuum of services for youth – from street-based outreach to alternative learning opportunities. After completing her M.Ed. in counselling psychology from MUN seven years ago, Ellie joined the Thrive team and has worked to support marginalized and vulnerable youth as they realize their potential and work to complete their high school education.



MEAGHAN BARNHILL (CO-CHAIR, COALITION 4 MENTAL HEALTH)

Mental Health Advocacy & The Current Mental Health Movement

Meaghan Barnhill has been an activist for the majority of her life. She has organized events and movements across Canada in various social justice groups. Currently she is focusing on mental health and addictions through her work with the Community Coalition 4 Mental Health, PTSD Buddies community support project and helping to push the creation of a peer-lead mental health crisis centre. She works with youth in the care of child protection for a living.



SIMON HENLEY (METRO YOUTH MENTAL HEALTH COMMITTEE)

Youth Involvement in Mental Health Matters

Simon Henley is a high school student currently completing Grade 12 at Holy Heart High School. Simon is the Senior Chair for the Metro Youth Mental Health Committee and is heavily involved with initiatives surrounding mental health. On top of that he produces electronic dance music and likes meeting new cool people. He is very excited to be a part of the NLCPA Conversation Café!

MYMHC: Who we are, what we do and why



JILL HOLDEN (STUDIO OWNER/TEACHER, MOKSHA YOGA)

The Yoga, Meditation and Mental Health Connection

Jill Holden has made Yoga an integral part of her life for more than 15 years. Jill initially explored yoga to aid in the recovery of running injuries. From a regular practice, she fell in love with the physical and therapeutic benefits of yoga, which offered her a balance of strength, flexibility and peace in body, mind and life. Jill travelled to India in 2009 to complete the Moksha Yoga Teacher Training. In 2012, she left corporate life to explore her passion and love of yoga more

deeply and opened Moksha Yoga St. John's. Jill is a dedicated student of yoga and meditation practitioner. She is certified in Moksha, Yin, Blissology (Vinyasa/flow), and guides free weekly community meditation sessions at Moksha Yoga. She lives for the ocean, nature, and travel, and is always up for an adventure!



PETER CORNISH (COUNSELLING CENTRE, MEMORIAL UNIVERSITY)

Innovating with Online Low Intensity CBT Mental Health Tools

Dr. Peter Cornish, an Associate Professor and Director of the Health Wellness and Counselling Centre, joined Memorial in 1994. Over the years at the Counselling Centre he became a strong advocate for interprofessional collaboration, encouraging the development of health-related partnerships with a broad range of disciplines (including medicine, nursing, psychology, social work, education, human kinetics, arts and science) within the university and within the public health sector. His clinical and research interests include interprofessional team functioning, interpersonal and

group dynamics, healthy communities, online health service innovations, stepped care and gender issues. His empowerment-oriented approach to professional practice and administration draws on feminist, psychodynamic and community psychology theory. Dr. Cornish is a registered psychologist in Newfoundland and Labrador as well as Saskatchewan.



PHYLLIS REARDON (COUNSELLOR & LIFE COACH – THE WELLNESS CENTRE)

Building Your Emotional Strength with Emotional Freedom Technique (EFT)

Phyllis Reardon, B.A. (Ed), M.Ed. is a counsellor, life coach, author, professional speaker, Certified Emotional Freedom Technique (EFT)/Tapping practitioner and is known as Coach Phyllis.

Phyllis is the author of three life coaching books, one of which, *Life Coaching Activities & Powerful Questions* has been in the top five on Amazon since 2012. She is also the author of *Know Your Strengths Inventory*, 2011, Amazon; *Life Coaching Questions*, 2012, Amazon; *Heal Yourself: Drug-Free Healing By The Power of New Science & Ancient Wisdom*, 2014, Balboa Press; and *A Woman's Journal of Daily Thoughts*, 2015, Amazon.

Phyllis works from her office at The Wellness Centre, 98 Bonaventure Ave., St. John's, NL and can be reached at 771-8277 or phyllis@coachphyllis.com. Find out more about Phyllis at www.coachphyllis.com



DAPHNE MACNEIL (ITZ FOCUS SOLUTIONS, INC.)

Loving Kindness Practice

Daphne MacNeil is founder of ITZ Focus Solutions Inc., a leadership coach/consultancy practice. She is a skilled facilitator of group process, certified MBSR Teacher, a Myers Briggs Facilitator and is Teacher Certified by the Government of NL. Her practice areas include: leadership development (self, teams, organizations, professional associations, communities), team building, organizational culture, solutions focused problem-solving, facilitation and mindfulness.

This session of Loving Kindness Practice has benefits which include well-being, providing release from disease and improving emotional intelligence.



FRANCINE DOYLE (NLESD SCHOOL COUNSELLOR/IRT)

FRIENDS for LIFE

Francine Doyle began teaching in 1984, in Junior High/High School, and has experience with all grades, as well as in the area of Instructional Resources. Francine has taught in British Columbia and Newfoundland, and became a School Counsellor in 2003. She has worked as Itinerant Counsellor, and is currently at St. Mary's Elementary as School Counsellor/ Instructional Resources teacher. Francine was trained in the FRIENDS for LIFE program 4 years ago, and has implemented both the FUN FRIENDS and the FRIENDS for LIFE resource at her school. She is co -chair of the FRIENDS Working Group, which advocates for the accessibility of this program for all children. (www.funfriends.org.nz; www.lifepaths.org.nz)

Be silly. Be fun.
Be different. Be crazy.
Be you, because
life is too short
to be anything
but happy.



FRIDAY, OCTOBER 23

2:30-3:30 p.m. – Salons A, B and C



CARL GEORGE, WOLF OF WELLNESS

Natural Wellness Specialist, Motivational Speaker, Humanitarian

Carl's credentials include Bachelor of Arts, and Bachelor of Education from Memorial University, Newfoundland and Labrador, 28 years Special Education Teacher, Yoga Instructor, Keiki Practitioner (Healing Touch), Personal Trainer, Nutritional & Wellness Specialist, Integrative Medicine student, and Inspirational Speaker.

After being told he had a rare aggressive stage IV cancer and given the prognosis of a few months at best to live more than two years ago, Carl became a true renegade in his approach to health and wellness. He was told by major hospitals throughout Canada that no one walks away from this type of cancer. Rather than seeing this as an obstacle or even a challenge, Carl viewed this as an opportunity to show others that we have more control over our wellness than we are led to believe.

Using a platform called *Life: A User's Manual*, he guides others through what may seem as insurmountable odds. He has been granted the Humanitarian Outreach Award from The World Organization of Natural Medicine for the work he does with medical refugees and he is a presenter on their forum panel.

Carl shares his unique personality and life's learning on how every person has the power to take charge of their lives. Through his own inspirational story he offers individuals practical personal, emotional and physical health solutions to empower and believe in themselves. He inspires individuals to take charge of their lives based on the principle that each person has the internal control and power to develop the confidence in their own decisions. He offers a practical toolkit on healthy living that will help you unleash your potential.

