



## Finding Simplicity and Balance During Complex Times...

September 2013

### Letter from the President

NLCPA Members and other Partners,

Welcome to the 2013-2014 academic year!

We are busy planning our Fall Conference and AGM. This year our theme is "Finding Simplicity and Balance During Complex Times..." Our platters are often full and the times can be quite complex. As Covey would say: "What are the big rocks in your life? How do you find balance?"

Our conference line-up includes:

- ✦ **Developmental Sexology: Balancing Issues in Practice** – Nena Sandoval
- ✦ **Compassion Fatigue in the Workplace** – Tracy Duffy & Charmaine Davidge
- ✦ **EAP in the Workplace** – Judy Beranger
- ✦ **Work/Life Balance: My Wake Up Call** – Florence Strang
- ✦ **Relationships First, Restorative Justice in Schools** – Dr. Dorothy Vaandering
- ✦ **DSM-5 – What's New...What's Different** – Dr. Jim Cullen
- ✦ **Mindfulness Counselling Strategies** – Dr. Jim Cullen

As part of our ongoing initiative to professionalize our roles and promote the Association, we ask that you visit us on Facebook and "like" our page. All conference participants who like our page will be eligible for prizes. If you post something to our page or make a comment, you will increase your chances of winning. This year we will be giving away several Apple TVs. If you register before the early bird deadline (October 7th), you will also be eligible to win an Apple TV. We also ask that you encourage student members to apply for the Ron Martin Memorial / NLCPA Scholarship. Information about the scholarship is provided later in this brochure.

On behalf of the Executive, thank you for continued support.

We wish you a very successful year and look forward to seeing you at the conference!

Peggy Hann  
President (NLCPA)





## **FLORENCE STRANG, B.A., B.Ed., M.Ed.**

### **Work/Life Balance: My Wake Up Call**

Florence Strang is a Registered Psychologist with 22 years of experience in the areas of Educational Psychology and School Counselling. Florence is the single mom to three great kids, an autism mom, an avid gardener, and a cancer survivor. She attributes her recovery from stage 3 breast cancer to a holistic approach to healing. Not only did Florence embrace traditional medical interventions such as surgery, chemotherapy and radiation therapy, she also addressed healing at the levels of mind and spirit. Daily meditation, prayer, visualizations, and forgiveness exercises, all played a key role in her survival plan. Florence's story of battling cancer with an unwavering faith and an unbeatable positive attitude is told in *Woman's World Magazine* © April 2012, and *Chicken Soup for the Soul: The Power of Positive* ©2012. She is an award-winning blogger and the author of the newly released book *100 Perks of Having Cancer Plus 100 Health Tips for Surviving It* (Basic Health Publications, California).

In this session, Florence will share with you the touching story of her cancer journey, and how getting cancer served as her "wake up call". Before her diagnosis, Florence admits that she was lacking balance in both her work and home life. Ironically, it took getting a life threatening illness to prompt her to make healthy changes on the levels of body, mind and spirit. Now, as a two year survivor, she is enjoying the best health and happiness of her life!



## **DOROTHY VAANDERING, Ph.D**

### **Relationships First, Restorative Justice in Schools**

Dorothy Vaandering is passionate about supporting educators and youth in their experience with learning and education. In her experience as an educator and researcher she has discovered the significance and simplicity of honouring one another as human beings in the context of schools. This informs her work with nurturing relational school cultures and communities using transformative dialogic approaches that are integrated throughout all aspects of education.

Dorothy has a long history of working with educators and youth in developing relational classroom and school cultures. After teaching in primary elementary schools for 20+ years in Ontario and Alberta, she completed her doctorate in the area of restorative justice in schools. This emerging field is challenging perspectives on the relationships educators have with each other, with their students, and with curriculum. It is also providing a much deeper understanding of the relationships students have with each other and is uncovering new insight into the dilemmas of bullying, school violence, academic disengagement, and social disruption. As a leader in the field, Dorothy has designed and implemented innovative, transformative professional development approaches built on the principles and practices of restorative justice. She is an assistant professor at Memorial University's Faculty of Education. She is the author of several academic and professional articles and book chapters. In March/April 2013 her co-authored article entitled *Hurt people hurt people; Helped people help people* was published in Canadian Teacher.



**NENA SANDOVAL, M.H.S., ACS, Clinical Sexologist**  
**Developmental Sexology: Balancing Issues in Practice**

Nena Sandoval is a certified Clinical Sexologist who has worked in the area of sexuality for almost thirty years and has been a therapist since 1980. She has an undergraduate degree in Psychology from Memorial University of Newfoundland (1979) and a Master's Degree in Human Sexuality from the Institute of Advanced Study in Human Sexuality in San Francisco (1996). She was employed with what is now Eastern Health from 1980 until she retired in 2010, beginning her employment as a Psychological Assistant and retiring as a Clinical Sexologist and sole charge of the Sexuality Program. This was a result of the ongoing support she received from her employer to pursue her interest in clinical sexology and meet the growing demand for sexual health services. She has worked in psychiatry, forensics, psychometrics, developmental disabilities and is an expert witness in the area of sexuality in Newfoundland and Labrador. She has extensive experience in presenting workshops to health professionals, agencies and the general public and developed and taught sexuality curriculum for the medical school of MUN. In 2008 she contributed to the sex education text developed by and for the province of Newfoundland and Labrador. She worked for Pfizer from 2005 to 2010 providing sexual health education to physicians and sat on the Viagra Advisory Board. She continues her private practice and specializes in developmental and forensic sexology, sexual dysfunctions and couple therapy. She pursues and encourages clinical sharing and networking particularly to assist therapists and researchers in understanding the shifts in social-sexual constructs and behaviors that have occurred with the advent of the Internet and social networking.

Nena's session will involve practical strategies for educators. Nena will present about programs and best practices to support students with varying Exceptionalities (Cognitive Disorder, Autism Spectrum Disorder, etc.). The presentation will cover Internet sex addictions, LGBTQ, and her session will also include a question and answer component.



**JUDY M. BERANGER, BA, B.Ed., M.A., CCFE, Cert.Med**  
**EAP in the Workplace**

Judy Beranger is Coordinator for the Employee Assistance Program for Teachers in Newfoundland and Labrador. She is a mediator, author and President of the Elder Mediation International Network, and a Past President of both Family Mediation Canada and Family Service Canada. Judy serves on both the Canadian and international certification committees for mediators and sits on the Professional Development Committee of Family Mediation Canada. She is the recipient of several National Leadership awards and was team lead for a community based research project in Atlantic Canada with the intent to inform the practice of mediation with age related issues. Judy is author of the bestseller, *A Caregiver's Guide for Alzheimer and Related Diseases*, published in both French and English. She has delivered hundreds of workshops and training seminars and is a guest lecturer for several Universities.



**CHARMAINE DAVIDGE, B.A., M.A.**  
**Compassion Fatigue in the Workplace**

Charmaine Davidge has 20 plus years of community work with agencies such as Iris Kirby House, NL Sexual Assault Crisis Centre, Transition House Association of NL and Marguerite's Place. Charmaine has experience as a frontline worker as well as in senior management. Her formal education is in policy development and evaluation and she has a Masters in Political Science. Charmaine is the owner and principle consultant at Coastline Consultants. She is an active volunteer and currently serves on the board of directors of the Coalition of Persons with Disabilities-NL and the Canadian Hard of Hearing Association-NL. Charmaine lives in St. John's and spends far too much time watching NHL hockey and talking about her beloved Philadelphia Flyers.

Whenever you work on the frontline you run the serious risk of experiencing compassion fatigue. This two-hour workshop discusses causes and challenges participants to consider their risk of compassion fatigue. Time is also allocated to develop a self-care plan. The training is delivered through the combination of a PowerPoint presentation to guide the discussion as well as interactive exercises for participants.



**TRACY DUFFY, M.Ed, CCC, FJSD**  
**Compassion Fatigue in the Workplace**

Originally from Ontario, Tracy Duffy has been living in NL since 1986. Having completed her undergrad in Psychology from Dalhousie, she 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, Tracy 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. Tracy is approaching her new role as Newfoundland and Labrador Director of CCPA with excitement and looks forward to networking with hopes to expand the NL membership. Most of all, she enjoys free time with her two teenaged children who bring new insights and joy every day.

**([www.ccpa-accp.ca/en/en/](http://www.ccpa-accp.ca/en/en/))**



## **JIM CULLEN, Ph.D, RSW**

- **DSM-5 – What's New...What's Different**
- **Mindfulness Counselling Strategies**

Based in Toronto, Jim is a registered social worker in private practice and has worked in various addiction, mental health and justice organizations throughout Canada in both clinical and management capacities. Most recently he was the Clinic Head and Manager for Rainbow Services and the Concurrent Disorder Service at the Centre for Addiction and Mental Health. He consults and trains frequently for governments and organizations concerning the addiction and mental health system. Jim is an intuitive trainer, who in addition to providing informative presentations, brings a sense of humor to his trainings.

### **DSM-5 – What's New...What's Different**

The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) was released in May 2013. With this release comes new diagnosis and changes to the way some mental illnesses are viewed. While there has been controversy around some changes, whether in agreement with the changes or not, knowledge of the DSM-5 is still important for professionals working with mental health. While not an exhaustive review, participants will learn about the more significant and controversial changes to the DSM. This workshop is intended for doctors, psychologists, social workers, senior clinicians and professionals working in the field of mental health.

### **Workshop Outline**

- Asperger's is no Longer a Distinct Disorder
- Grief can now Result into Major Depression
- Temper Tantrums or Disruptive Mood Dysregulation Disorder
- Binge Eating Inclusion as a Diagnosis
- Forgetfulness or Minor Neurocognitive Disorder
- Adult ADHD Redefined
- Personality Disorders – from 10 to 5
- Symptom Disorder

### **Mindfulness Counselling Strategies** Activating Compassion and Regulation

The ability to regulate one's body and find balance in emotion, thought, and physical health is at the core of healing and well-being. This workshop is designed to teach participants how to facilitate the development of these skills with their clients, and develop their own capacity for using mindfulness-based strategies in their counseling work. In this highly experiential workshop participants will practice mindfulness, regulation and activation strategies meant to promote compassionate self-awareness and emotional balance.

### **Workshop Outline**

- Key Components of Regulation and Mindful Awareness
- The Active Ingredients of Compassion and Connection
- The Role of Activation and Energy
- Engaging the Body: Mindful Movement
- Signs of Healing
- The Power of Presence and Attunement
- Healthy Connection with Others
- Co-regulation: The Natural Healing of Relationships
- Using Mindfulness and Regulation Strategies in Counselling Settings

([www.jimcullenpsychotherapy.com/index.html](http://www.jimcullenpsychotherapy.com/index.html))

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



# Conference Agenda

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

### Wednesday, October 23

- 8:30 a.m. – 12:00 p.m. Branch President's Meetings
- 12:30 p.m. – 1:30 p.m. **Registration**
- 1:30 p.m. – 4:30 p.m. **Pre-Conference Session A (Concurrent)**  
*Developmental Sexology: Balancing Issues in Practice*  
Nena Sandoval
- OR
- Pre-Conference Session B (Concurrent)**  
*Compassion Fatigue in the Workplace*  
Charmaine Davidge & Tracy Duffy
- EAP in the Workplace*  
Judy Beranger
- 4:30 p.m. **Wine & Cheese/Early Registration**  
(Capital Hotel – open to all conference participants)

### Thursday, October 24

- 8:00 a.m. – 8:45 a.m. **Registration**
- Sign up for AGM lunch (Thursday, Salon A, B, C)
  - Sign up for Kitchen Party / Open Mic Nite
- 8:45 a.m. – 9:30 a.m. **Opening Ceremonies/Greetings/Welcome**
- 9:30 a.m. – 10:15 a.m. *My Wake Up Call*  
Florence Strang
- 10:15 a.m. – 10:45 a.m. Nutrition Break
- 10:45 a.m. – 12:00 p.m. *Relationships First, Restorative Justice in Schools*  
Dr. Dorothy Vaandering
- 12:00 p.m. – 1:30 p.m. Lunch  
**NLCPA Annual General Meeting**  
(NLCPA members only. Complimentary Lunch)
- 1:30 p.m. – 3:00 p.m. Dr. Dorothy Vaandering (continued)
- 3:00 p.m. – 3:15 p.m. Nutrition Break
- 3:15 p.m. – 4:00 p.m. Dr. Dorothy Vaandering (continued)
- 7:30 p.m. **Social – Kitchen Party / Open Mic Nite**  
Capital Hotel  
(A nite of fun and entertainment with colleagues by colleagues.  
**Note:** food cost is subsidized by the NLCPA)

# Conference Agenda

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

### Friday, October 25

8:45 a.m. – 10:00 a.m.

#### **Concurrent Session C**

*DSM-5 – What's New...What's Different*

Dr. Jim Cullen

#### **Concurrent Session D**

*Developmental Sexology: Balancing Issues in Practice*

Nena Sandoval

10:00 a.m. – 10:30 a.m.

Nutrition Break

10:30 a.m. – 12:00 p.m.

Dr. Jim Cullen (continued)

Nena Sandoval (continued)

12:00 p.m. – 1:15 p.m.

Lunch (on your own)

1:15 p.m. – 1:20 p.m.

Prize Draws

1:20 p.m. – 3:30 p.m.

*Mindfulness Counselling Strategies*

Dr. Jim Cullen

3:30 p.m. – 3:45 p.m.

Closing

# Conference Registration Form

Name: .....

Address: .....

Town/Province/Postal Code: .....

Work Tel./Email: .....

Home Tel: .....

Employer/Organization: .....

*\* Students must submit proof of full time registration at a post-secondary institution.*

Session (please indicate session selection)	Before October 7th	After October 7th	Cost
Attending Pre-Conference only (Wednesday) Wednesday A <input type="checkbox"/> or B <input type="checkbox"/>	\$30	\$40	
Attending Conference (Thursday & Friday) <b>NLCPA Member</b> Friday C <input type="checkbox"/> or D <input type="checkbox"/>	\$190	\$215	
Attending Conference (Thursday & Friday) <b>Non-Member</b> Friday C <input type="checkbox"/> or D <input type="checkbox"/>	\$215	\$240	
Attending Conference (Thursday & Friday) <b>Student Member</b> Friday C <input type="checkbox"/> or D <input type="checkbox"/>	\$90	\$115	
Attending Conference (Thursday & Friday) <b>Student Non-Member</b> Friday C <input type="checkbox"/> or D <input type="checkbox"/>	\$125	\$150	
Attending Kitchen Party/Open Mic Nite	\$25		
<b>TOTAL DUE</b>			

On Thursday evening, we will be having a Kitchen Party / Open Mic Nite. The Kitchen Party will be hosted at the Capital Hotel. Sign up for a variety of music, laughter, stories, open-mic, good fun and relaxation. Meal cost is subsidized by NLCPA.

	Check (ONE) in each row
Are you attending the Kitchen Party / Open Mic Nite on Thursday evening?	Yes <input type="checkbox"/> or No <input type="checkbox"/>
Will you participate by playing an instrument, singing, telling a story, doing stand-up comedy, etc.	Yes <input type="checkbox"/> or No <input type="checkbox"/>  If yes, what will you do?

**Make Cheques Payable to:**

Newfoundland and Labrador Counsellors' and Psychologists' Association (NLCPA)

**Please Note:** The NLCPA does not process purchase orders under \$1,000.

**Mail Completed Forms, WITH PAYMENT to:**

Michael Walsh  
NLCPA Membership Coordinator  
23 Sudbury Street  
St. John's, NL A1E 2T9  
michaelwalsh@esdnl.ca

**Hotel Accommodations:**

Capital Hotel - St. John's, NL (Kenmount Road)  
Tel: 1-800-503-1603 / (709) 738-4480  
Fax: (709) 738-4481  
Conference Room Rate: \$112.00 plus tax.

Be sure to identify yourself as a delegate to the NLCPA Conference and AGM 2013.

**(PLEASE CHECK FOR AVAILABILITY)**

**For More Information Contact:**

Peggy Hann (NLCPA President)  
peggyhann@esdnl.ca

## RON MARTIN MEMORIAL /NLCPA SCHOLARSHIP

Ron Martin was a graduate of Memorial University obtaining a Bachelor of Science (Honours) degree in Psychology and a Graduate Diploma in Educational Psychology. He went on to obtain a Master's degree in Education specializing in School Psychology and Special Education from the University of Toronto. Ron began his career in the field of education as a guidance counsellor on Fogo Island and subsequently held positions in Newfoundland and Labrador as Program Specialist for Student Support Services, School Psychologist, and Consultant in the area of Student Support Services with the Department of Education. Throughout his career Ron volunteered his time as an executive member of the School Counsellors' Association of Newfoundland (SCAN – a predecessor to the NLPCA) and the National Association of School Psychologists, having served terms as President of both organizations.

The Ron Martin Memorial / NLCPA Scholarship will be awarded to the applicant who has demonstrated proficiency within the field of school counselling (through previous experience, coursework and internship placements), documented community service, academic achievement, and a desire to influence change (as epitomized by Ron during his own career).

**Value of Scholarship: \$500.00**

Applicants are expected to:

- Be a student member of the NLCPA (Newfoundland & Labrador Counsellors' & Psychologists' Association – A Special Interest Council of the Newfoundland & Labrador Teachers' Association);
- Be in good academic standing;
- Be enrolled in the Masters of Education (Counselling Psychology) Program within the Faculty of Education, Memorial University;
- Submit a resume (with a cover letter outlining their suitability for this award) and two reference letters pertaining to the same. Applicants are asked to have their referees forward their letters to the e-mail address below, clearly identifying the name of the scholarship applicant.

Deadline for application is **October 15th, 2013**. The scholarships will be awarded during the NLCPA AGM on October 24th. The scholarship is administered by the NLCPA.

Submit all applications and reference letters to Tamar Kelly-Duff at [tamarkellyduff@esdnl.ca](mailto:tamarkellyduff@esdnl.ca).



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



## NLCPA Executive

**Peggy Hann, President**

School Psychologist  
NL English School District (Eastern Region)  
E-mail: peggyhann@esdnl.ca

**Paula George, Vice President**

School Counsellor  
Leary's Brook Junior High  
E-mail: paulageorge@esdnl.ca

**Tamar Kelly-Duff, Treasurer**

Teacher  
Janeway Hospital School  
E-mail: tamarkellyduff@esdnl.ca

**Angie Wilmott, Communications**

School Counsellor  
Lewisporte Collegiate  
E-mail: angiewilmott@ncsd.ca

**Allison Kirkland, Secretary**

School Counsellor  
Newtown Elementary  
E-mail: allisonkirkland@esdnl.ca

**Michael Walsh, Membership Coordinator**

School Counsellor  
Bishop Feild Elementary  
E-mail: michaelwalsh@esdnl.ca



**Back Row:** Allison Kirkland, Michael Walsh, Tamar Kelly-Duff, Angie Wilmott **Front Row:** Paula George, Peggy Hann

## Branch Presidents

**Labrador**

Tina Alexander  
E-mail: talexander@lsb.ca

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

Jeanette Russell  
E-mail: jeanette.russell@wnlsd.ca

**Cormack Trail**

Nancy Macdonald  
E-mail: nancyfmacdonald@hotmail.com

**Nova Central (West)**

John Hatt  
E-mail: johnhatt@ncsd.ca

**Nova Central (East)**

Glenda Ball  
E-mail: glendab@ncsd.ca

**Vista**

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**Burin**

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E-mail: beatonwalsh@esdnl.ca

**Avalon West**

Kerri Morgan  
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**Avalon East**

Boyd Perry  
E-mail: boydperry@esdnl.ca



# NLCPA



Newfoundland and Labrador Counsellors' and Psychologists' Association

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*Everybody Has a Story...*



NL and Labrador Counsellors' and Psychologists' Association (NLCPA)

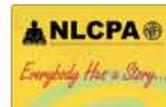
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Education

Newfoundland and Labrador Counsellors' and Psychologists' Association (NLCPA) is a Special Interest Council of the NLTA



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