



# NLCPA



Newfoundland and Labrador Counsellors' and Psychologists' Association

May 2012

## Letter from the President



Dear Membership,

The icebergs have arrived and another year is quickly nearing an end!

We have had several positive meetings with the Department of Education since our initial meeting with the Minister of Education, Clyde Jackman on February 14<sup>th</sup>. Since February, Paula George and I have had two separate meetings at the Department. Our first meeting was with Ed Sexton, Assistant Deputy Minister (Acting) with Infrastructure, on March 28<sup>th</sup>. Mr. Sexton was very receptive to the concerns brought forward by the membership regarding issues with new office spaces. We have included a follow-up email received from Mr. Sexton:

"As discussed yesterday, the majority of items that were of concern to Paula and you can be included in our School Planning Manual (under review). These were around sound transmission concerns (doors, walls, and ceilings), location of suite, preferred adjacencies (not next to band or high noise/traffic areas), improved layout for functionality, limit or eliminate disruptions due to required access to mechanical/electrical equipment requirements through guidance areas, etc. These have minimal or very limited cost impacts but are important features to consider early in the process. Much more difficult and expensive to change later." (E-mail from Mr. Sexton on March 29, 2012)

We are very pleased to hear that preventive measures will be put in place to ensure private office spaces that are functional and appropriately located within the school. Also, as part of our meeting with Mr. Sexton, discussions around schools that were already in the process of construction arose. Mr. Sexton initially did not have any problem with having the current plans reviewed but there have been some stumbling blocks. We have brought our concerns to President Lily Cole of the NLTA and we are waiting her response. An overview of our meeting is provided at the end of this newsletter.

Our second meeting at the Department also occurred on March 28<sup>th</sup>. Paula and I met with Director of Student Support Services, Dan Goodyear, and Assistant Deputy Minister of Education, Janet Vivian-Walsh. The purpose of the meeting was to discuss the status of the review of the roles. In Nelson's absence, this task was re-assigned to other consultants. We were informed that there will be a single document that contains the role of the school counsellor, the role of the school psychologist and an assessment protocol. This document is expected to be completed by the end of this school year. We have asked if it is possible for us to review the document when it is completed.

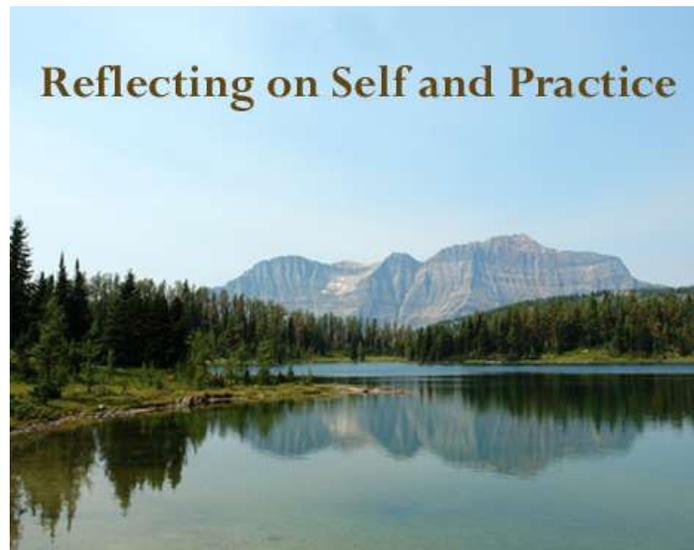
The word on the street is that several of our colleagues are retiring! Please send us a snapshot and a blurb to acknowledge this important stage of their lives.

In June, we will be providing another newsletter with the announcement of the NLCPA Annual Conference and AGM. Very exciting times for us!

Please ensure you keep a healthy balance in the busy weeks ahead! On behalf of the executive, thank you for continued support of the association.

  
Peggy Hann  
President (NLCPA)

## CCPA National Conference, Calgary, May 2012



Link to CCPA Conference: <http://www.ccpa-accp.ca/conference2012/index.php>

For more information please contact Alene Holmes, Conference Coordinator, by e-mail at [conference2012@ccpa-accp.ca](mailto:conference2012@ccpa-accp.ca) or by phone at 506-446-9159.

### CCPA launches its public website: "Talking Helps"

The Canadian Counselling and Psychotherapy Association announces the launch of its new public website "Talking Helps" during Mental Health Awareness Week 2012. This CCPA website is specifically for members of the public seeking information and support about the profession of counselling and psychotherapy. The website raises public awareness of the role of the profession in mental health and wellness and supports informed decision-making when choosing a mental health practitioner. Representing over a year of research and development, "Talking Helps" is one of several initiatives of the Canadian Counselling and Psychotherapy Association focused on the competent, credible, qualified practice of counselling and psychotherapy.

Visit CCPA's new public website! Link: <http://talkingcanhelp.ca/>

## Resources for Separation/Divorce and Co-Parenting:

The following books are great resources, which have been revised and updated and used throughout North America and Internationally. They assist in gaining a greater understanding of the dynamics that children (and parents) face after a Separation and Divorce.

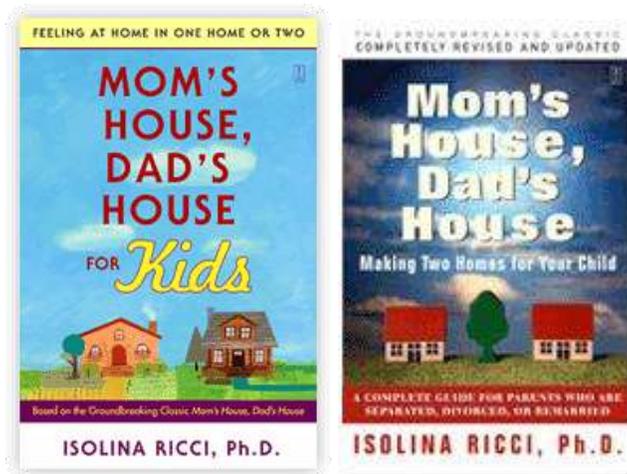
The Author, Dr. Isolina Ricci, is a world-renowned clinician, guest speaker, and consultant in the field of Divorce and Family Dynamics. You can learn more through these websites:

<http://www.coparentingtoday.com/index>

<http://www.momshousedadshouse.com/index.html>

As a local professional in the field of Separation and Divorce, working therapeutically with families, I have found these books to be very comprehensive, and easy to use for families who are co-parenting after separation. The Parent's books deals with many complex and often misunderstood issues, such as: impacts and healing after separation, creating two "homes", how to relate and communicate with the other parent, self-care, legal and parenting arrangements, to name a few. The Children's book/version is age-appropriate and comprehensive, helping kids to understand: changes, blended families, how to live in two homes, while promoting self-care and positive coping.

When used as a resource throughout the divorce community, both of these books have received immense positive feedback. Because they are written in non-judgemental and informative language, the information has been adopted for use in school settings to create programs and groups for children, and as a basis to develop co-parenting programs across North America and internationally.



**Submitted by:**  
**Tracy Duffy (M.Ed., Canadian Certified Counsellor)**  
**Family Justice Services, Avalon East, NL**

# Congratulations !

## Dr. Mildred Cahill takes home lifetime achievement award



On January 24th, 2012 in Ottawa, Ontario, Dr. Mildred Cahill of the Memorial University Faculty of Education was awarded the Etta St. John Wileman Award for lifetime achievement in career development. In front of a capacity crowd of 765 delegates from around the world, Dr. Cahill accepted the award from the Canadian Education and Research Institute for Counselling (CERIC) at their national conference entitled CANNEXUS. This is CERIC's preeminent award for career development in Canada.

NLCPA would like to congratulate Dr. Cahill on her award.

### Contribute to the NLCPA Newsletter

- ✓ What's happening in your region?
- ✓ What book peaked your interest recently?
- ✓ What's some good news from your school community?
- ✓ What's your favourite counselling/psychology resource?
- ✓ What did you learn from a recent PD session or webinar?

Please submit articles to Michele Davis (Communications, NLCPA) at [michelledavis@esdnl.ca](mailto:michelledavis@esdnl.ca)



Roots of Empathy  
Racines de l'empathie

My son Ojay and I started the *Roots of Empathy* program this past fall, 2011. Ojay was about 4 months old. Jolene, our *Roots of Empathy* instructor, did a wonderful job of introducing the program during a home visit before we started and answered any questions or concerns we had. This gave me a chance to do my own research on the program. Mary Gordon has produced an inspirational anti-bullying program, which I believe would be an asset to any classroom or school. I have a background in Montessori Education, where our philosophy is “teaching peace” so this program is right in line with my core beliefs.



We were both welcomed with open arms into the classroom. It was so sweet to see the children so excited to meet Ojay. Each time we visit they have a new topic to discuss and lots of interesting questions for us to answer. The children are always polite and courteous. They even take turns escorting us to and from the classroom.

What I enjoy most about our visits is that the program really highlights how Ojay is learning and growing. It's amazing to see the children getting so excited about him crawling or getting his first tooth.

With all the bullying that we hear about in the media today, this program will give these children the tools to make better decisions which will help end this problem and create more empathetic young people in our society. It has been an honor and a privilege to be involved in the *Roots of Empathy* program. I hope that one day Ojay will be able to experience this program in his classroom.

**Shannon Ofori**  
**Clareville, NL**



## “It’s Okay to Eat Macaroni and Cheese in the Bathtub”

Emerging on the scene as a newly minted guidance counsellor, fresh from the halls of academia, I felt well versed in current theories and approaches to counselling. Yet, who would have thought the most practical advice I would receive during my first year would be acquired from a children’s author. Todd Parr’s book *It’s Okay to be Different* has helped me through many situations during this school year. As a new counsellor you quickly learn the importance of helping people accept who they are and embrace their individuality. It’s okay to eat macaroni and cheese in the bathtub. This whimsical phrase from the book reinforced to me the concept that each child is unique and different, and as such the counselling technique you choose should at times be as unique as the situation or problem they are experiencing.



L-R: Emily Faulkner, Deanna Young, Mallory Tremblett and Jake Kennedy – Gr. 6 students at Matthew Elementary

One of my most memorable experiences this year occurred while implementing a program developed for the Grade 6 students at our school. They were having difficulty accepting each other and were constantly picking on every little thing imaginable. Therefore, in partnership with a counsellor from

Eastern Health, we ran “Kindness Matters,” a program to help students focus on celebrating the wonderful qualities about each other, and also learn how to accept the not so appealing things. The most enjoyable part of the program was experiencing the icebreaker activity that involved taping “high fives” (a piece of paper with the outline of a hand on it) to every one’s back. The students circulated around the room and wrote something they liked about their classmates on every one’s high five. The student’s loved this activity and the classroom was suddenly transformed into a welcoming, accepting environment. Everyone was energetically buzzing around with their pencils writing on each other’s backs. Surprisingly, the students also wrote on the guest counsellor’s and my back; the room was full of laughter and smiles. In an interesting twist, the students did not behave in the way I had expected - to quickly disperse into their usual cliques. Instead, each student wrote on everybody’s high five regardless of whether they hung out or not. When everyone had settled and we gathered to look at each other’s high fives, the students all learned things about themselves and each other that made them special, different, and accepted. The next day when I revisited the classroom, the students had their high fives taped to their desks. When I questioned why, they said, “Because when we look at it, it makes us feel good and reminds us why we are all special.”

The statement “It’s Okay to eat Macaroni and Cheese in the Bathtub” has become a common phrase in my office. Sometimes finding a different way to relay a common message like, “that’s normal” or “just be who you are” helps make it more memorable by creating a common language between you and your students. At the end of the day, the message I took from Mr. Parr, and now pass on to all new counsellors, is to be yourself. Try something new; don’t settle by fitting into a mold. Find what you can bring to the profession and run with it – remember it’s okay to be different!

**Submitted by:**

**Holly Healey (School Counsellor for Matthew Elementary and Catalina Elementary)**

## **Safe and Caring Schools Project Awards**

This year Bishop White School, in Port Rexton, and St. Mark's School, in King's Cove, have both been successful in receiving Safe and Caring Schools Project Awards.

The St. Marks project was put forward by their Social Justice Committee. The students' goal is to increase awareness of discrimination, bullying, and domestic violence in the community and in the school. Their project involves developing video's that will be distributed to schools in the area, and potentially the district, that will highlight these issues. These videos will be designed for specific age groups (i.e. elementary or high school) and will be accompanied with lesson plans and classroom activities to encourage use.

The Bishop White School project centers on the theme of "developing diversity", with a focus on understanding and appreciating those of different cultures, religions, and sexual orientations. One part of this project, for example, is the schools "Culture Wall", which displays interesting facts and pictures about various groups. The information on the Culture Wall is changed every few weeks. Coinciding with this project, Bishop White School is also host this year to the "Sharing Our Cultures" event, where students from various cultures around the world come and present information to other schools. To conclude the project, the school is having a day of presentations (for grades 7-12 students) educating the students about homophobia, gender stereotypes, and human rights. The goal of the presentations, in part, is to toward creating a positive school culture that is universally accepting of everyone, regardless of sexual orientation.

**Submitted by:**

**Stewart Churchill (School Counsellor for St. Mark's School and Bishop White School)**



Presents  
Nena Sandoval  
IN A ONE-DAY WORKSHOP

**Modern Sexuality:  
Implications for Treating Sexual Concerns with  
Children, Adolescents and Adults**

FRIDAY JUNE 1, 2012

For further information about the workshop contact:

**Janice Burke 777- 2031**  
[janice.burke@easternhealth.ca](mailto:janice.burke@easternhealth.ca)

OR

**Jodi Spiegel**  
[jodi.spiegel@easternhealth.ca](mailto:jodi.spiegel@easternhealth.ca)

**Website: [www.nlpsych.ca](http://www.nlpsych.ca)**

***Trent Langdon and Peggy Hann presenting at CCPA Conference in Calgary on Saturday, May 27th***

***AVOIDING THE LONELY ROAD...***

***'SCHOOL PSYCHOLOGY & COUNSELLING SERVICES; ENHANCING PRACTICE THROUGH PERSONAL & PROFESSIONAL AFFILIATIONS' - A NEWFOUNDLAND & LABRADOR CASE STUDY***

The session will be presented in an interactive, open-discussion style to maximize group participation and ensure regional and personal perspectives are brought to the forefront. Participants will be initially guided through self-reflection exercises and opportunities will be provided to share personal experiences.

Universal variables (such as governmental & district policy, urban/rural differences, expectations of key players such as administrators and parents, and availability of external services) that influence practice and are intrinsic to the school system, will be explored. Participants will be given the opportunity to case conference on the issues that arise during the session and share their 'best & proven' practices to overcome the barriers that exist.

The session will conclude with a case study of the NL experience, outlining the evolution of the NL Counsellors & Psychologists Association and its efforts to build a sense of identity for its members through partnerships, provincial initiatives, professional teamwork, and the establishment of key support systems.

In keeping with the conference theme ("Reflecting on Self and Practice"), this session will provide participants with an opportunity to reflect upon their personal experience as a guidance counsellor/psychologist within the school system (an environment that does not easily lend itself to traditional counselling practice) and explore their individual progress towards developing a sense of professional identity.

## NLCPA Executive

### **Peggy Hann, President**

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### **Connie Newhook, Membership Coordinator**

School Counsellor  
Laval High School  
E-mail: connienewhook@esdnl.ca



**Michele Davis, Jennifer Abbott, Paula George, Tamar Kelly-Duff, Connie Newhook, Peggy Hann**

**Important Dates :**

**NLCPA's Fall Conference & AGM**

**October 24-26, 2012**

**CCPA Conference in Calgary, May 2012**

The Canadian Counselling and Psychotherapy Association (CCPA) National Conference will take place in Calgary from May 25 - 27, 2012. The theme is "Reflecting on Self and Practice."

**Colleague Retirements**

Please submit retirement notifications and/or articles to  
Michele Davis (Communications, NLCPA) at  
[michelledavis@esdnl.ca](mailto:michelledavis@esdnl.ca)

## Branch Presidents

### Labrador

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

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**Note:**

If there are any errors, changes, or omissions, please contact the executive.



# NLCPPA



Newfoundland and Labrador Counsellors' and Psychologists' Association

Peggy Hann  
President  
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Paula George  
Vice-President  
E-mail: paulageorge@esdnl.ca

## Meeting RE: School Counsellor Office Space

In attendance: Ed Sexton, Peggy Hann, Paula George

Date: March 28, 2012

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### History:

- NLCPPA Annual General Meeting (October 2010) – Counsellors raised concerns
- 2010-2011: NLCPPA Executive collected information about office space from membership
- June 2011: NLCPPA summarized concerns and wrote a letter to President of NLTA (Lily Cole)

### Key Concerns:

- Privacy
- Location
- Soundproofing
- Exits/Entrances to counsellor's office and to outside meeting/programming area

### February 14, 2012:

NLCPPA Executive met with Minister of Education, Honourable Clyde Jackman, & Deputy Minister, Darin Pike, and discussed concerns about counsellor's office space.

### Action from February 14 meeting:

Mr. Pike will meet with the Infrastructure Division (Assistant Deputy Minister - Ingrid Clarke). Minister Jackman wants a mechanism in place that ensures that counsellors are consulted when schools are constructed. He would like the issues with sound, location, office entrances/exits, and space requirements taken into consideration when the initial designs are completed.

### Summary:

NLCPPA would like to work with the Department of Education to help ensure that students, parents and other key stakeholders have access to a warm, safe, confidential setting with ample space for the delivery of counselling programs and services.

### E-mail from Ed Sexton on March 29, 2012

"As discussed yesterday, the majority of items that were of concern to Paula and you can be included in our School Planning Manual (under review). These were around sound transmission concerns (doors, walls, and ceilings), location of suite, preferred adjacencies (not next to band or high noise/traffic areas), improved layout for functionality, limit or eliminate disruptions due to required access to mechanical/electrical equipment requirements through guidance areas, etc. These have minimal or very limited cost impacts but are important features to consider early in the process. Much more difficult and expensive to change later."