



December 2013

President's Christmas

NLCPA Members and other Partners,

It's that wonderful time of year again....

A time for reflection, relaxation, family, re-charging....



For the past four years, it has been a real “feel-good” time for me when I take the time to have a “quiet sit” and write you a Christmas wish. It’s similar to meditation. Yes, as in previous years, Diana Krall’s Christmas tunes are playing in the background. There are so many wonderful Christmas songs. I invite you to listen to Brandi Carlile’s song, “Christmas 1984.” Unfortunately, you cannot buy it from iTunes, but you can listen to it on YouTube. Brandi refers to the fact that Christmas songs should be about peacefulness and joy. Her song is about fighting materialism. It’s about people hanging onto Christmas memories and traditions. Many of the “things” we need do not fit underneath the Christmas tree. <http://www.youtube.com/watch?v=-Xi5cJgockY>

Next year’s Christmas greetings will be brought to you by our President-Elect, Angie Wilmott. I would like to take the opportunity to congratulate Angie. She will take over as president in October 2014. We have already started the transition process and I am delighted that she will take the reins next year. We have also booked presenters for the next two annual conferences. In 2014, we are delighted to have Dr. Gabor Mate and Dr. Dani Beaulieu will be back with us in 2015.

We would like to highlight a couple of awards at our 2013 conference. Congratulations to Marissa Bennett, this year’s recipient of the Ron Martin Memorial / NLCPA Scholarship. Congratulations are also extended to Glenda Ball, this year’s NLCPA Honorary Lifetime Member.

President's Christmas Message (Continued)

2013 has been a year of many changes. Change can provide opportunities to make things better for all stakeholders in education. In the new year, we will be sending you a couple of surveys. The initial survey will be about our NLCPA logo/branding. The second survey will be more specific to counselling and psychology practices. In 2014, as we continue to highlight and professionalize our roles, we look forward to finalizing some NLCPA Fact Sheets, continued projects with CCPA, and our first Canadian School Counselling Week (February 2-7, 2014).

Congratulations to our Membership Coordinator, Michael Walsh. Michael has recently accepted the Safe and Caring Schools Consultant position at the Department of Education. Michael was a school counsellor at Bishop Feild Elementary. We wish you all the best in your new role.

I subscribe to a daily Positive Thoughts e-mail. It's always refreshing to take a few minutes to read an uplifting e-mail that helps fill up our buckets with good energy. The December 17th post was about "Gifts..." What are the true gifts in life?

The most important gifts are not those that you can hold in your hand. These, in their purest form, are simply an outward representation of the gifts that are the most lasting: the gifts of time, attention, thought, caring, peace of mind, true friendship, acceptance, patience, tolerance, laughter, joy, freedom of expression, companionship, insight, understanding, compassion. (Positive Thoughts.com, 2013)

I have included the entire Positive Thoughts post within this newsletter. As counsellors and psychologists, we give many gifts on a daily basis. At this time of year, we would like to thank you for the "gifts" you give to your students and school communities. We would also like to thank our partners for all of their support. We would like to thank NLTA, especially George Tucker and Jim Dinn, for their support. We would also like to thank the Department of Education, CCPA, and all other associations and partners.

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

Have a holly jolly Christmas!

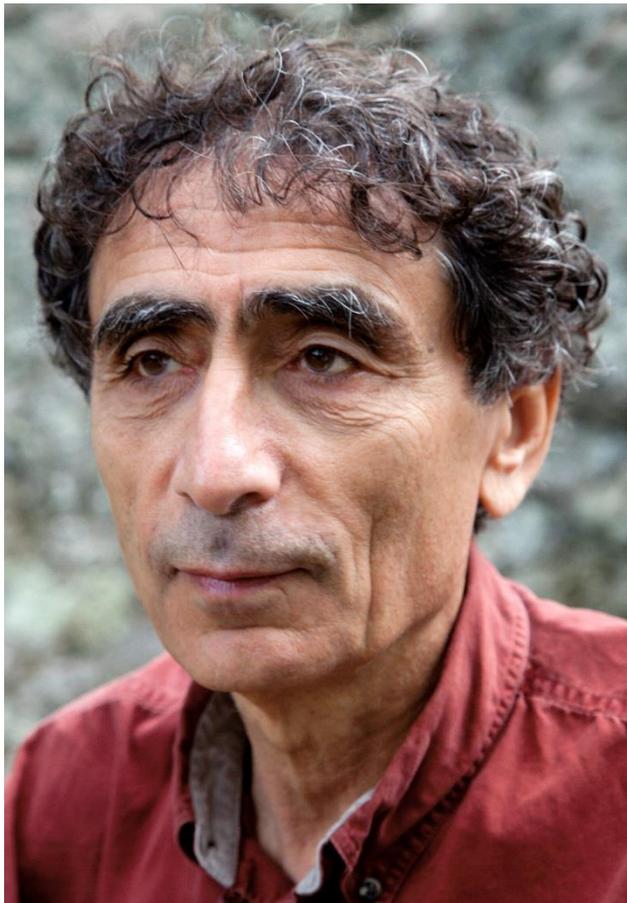

Peggy Hann
President (NLCPA)



NLCPA Annual Conference and AGM 2014

October 15-17, 2014

Capital Hotel, St. John's, NL



Dr. Gabor Maté



<http://drgabormate.com/>

About Dr. Maté

A renowned speaker, and bestselling author, Dr. Gabor Maté is highly sought after for his expertise on a range of topics including addiction, stress and childhood development.

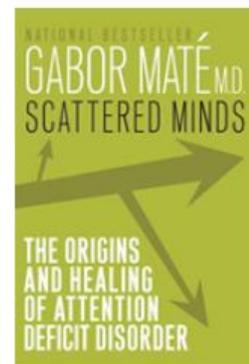
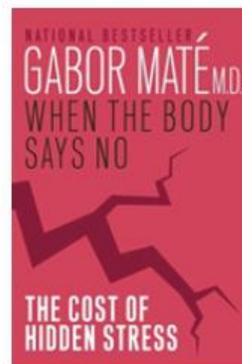
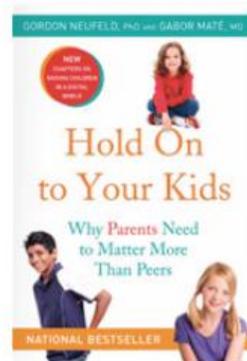
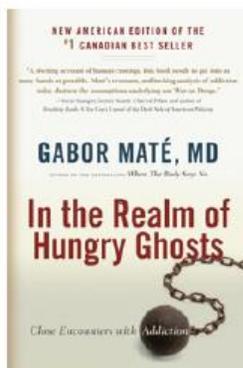
Rather than offering quick-fix solutions to these complex issues, Dr. Maté weaves together scientific research, case histories, and his own insights and experience to present a broad perspective that enlightens and empowers people to promote their own healing and that of those around them.

For twelve years Dr. Maté worked in Vancouver's Downtown Eastside with patients challenged by hard-core drug addiction, mental illness and HIV, including at Vancouver's Supervised Injection Site. With over 20 years of family practice and palliative care experience and extensive knowledge of the latest findings of leading-edge research, Dr. Maté is a sought-after speaker and teacher, regularly addressing health professionals, educators, and lay audiences throughout North America.

As an author, Dr. Maté has written several bestselling books including the award-winning *In the Realm of Hungry Ghosts: Close Encounters with Addiction*; *When the Body Says No: The Cost of Hidden Stress*; and *Scattered Minds: A New Look at the Origins and Healing of Attention Deficit Disorder*, and co-authored *Hold on to Your Kids*. His works have been published internationally in twenty languages.

Dr. Maté has received the Hubert Evans Prize for Literary Non-Fiction; an Honorary Degree (Law) from the University of Northern British Columbia; an Outstanding Alumnus Award from Simon Fraser University; and the 2012 Martin Luther King Humanitarian Award from Mothers Against Teen Violence. He is an adjunct professor in the Faculty of Criminology, Simon Fraser University.

DR. MATÉ'S BEST-SELLING BOOKS



NLCPA Annual Conference and AGM 2015

October 21-23, 2015



Danie Beaulieu

Danie Beaulieu, Ph.D., is the founder and president of Académie Impact, a training institute in Lac-Beauport, Quebec. 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, has authored nine booklets and over one hundred articles on these and other creative techniques in French and English. Her most recent project is the Psyboutique, a collection of original multisensory tools and toys with “added psychological value” for therapy and personal growth.

In addition to giving numerous conferences and workshops to teachers, therapists, counselors and general audiences in Canada each year, Dr. Beaulieu is a highly sought-after international trainer, presenting two- and three-day workshops throughout North America, Africa and Europe. She is regularly invited to present as keynote speakers to different annual meetings of numerous professional societies.

Recognized for her dynamism, humour and her extraordinary simplicity, Dr. Beaulieu is an unequalled communicator in both French and English, for both large and small audiences, for professionals and the general public alike.

<http://www.academieimpact.com/en/index.php>



President-Elect

Angela Wilmott

- Attended Memorial University 1988 -1995
- B.A. (Hon.), B.Ed., M.Ed. (Educational Psychology & Counselling Psychology)
- Registered Psychologist since 1996

Our President-Elect brings a broad experience base with her to NLCPA - she has worked as both an Educational Psychologist and a Guidance Counsellor, and has worked in both rural and urban settings (including a work term in England).

Angie began her career as an Educational Psychologist in 1996 with the Notre Dame Integrated Board and then with the Avalon East School Board (1997-2004). Following the birth of her second child, she returned to her hometown of Lewisporte where she accepted a job as a Guidance Counsellor in her old high school. She continues to live in Lewisporte with her thriving family.

Angie joined the NLCPA executive last year in the role of Communications. She is very proud of the great work the NLCPA has done for its membership and she will work hard with the Executive to ensure we continue to move forward as a membership. She is still hoping Peggy will stay on as President (please, please) . . . but she will do her best.

Currently reading:

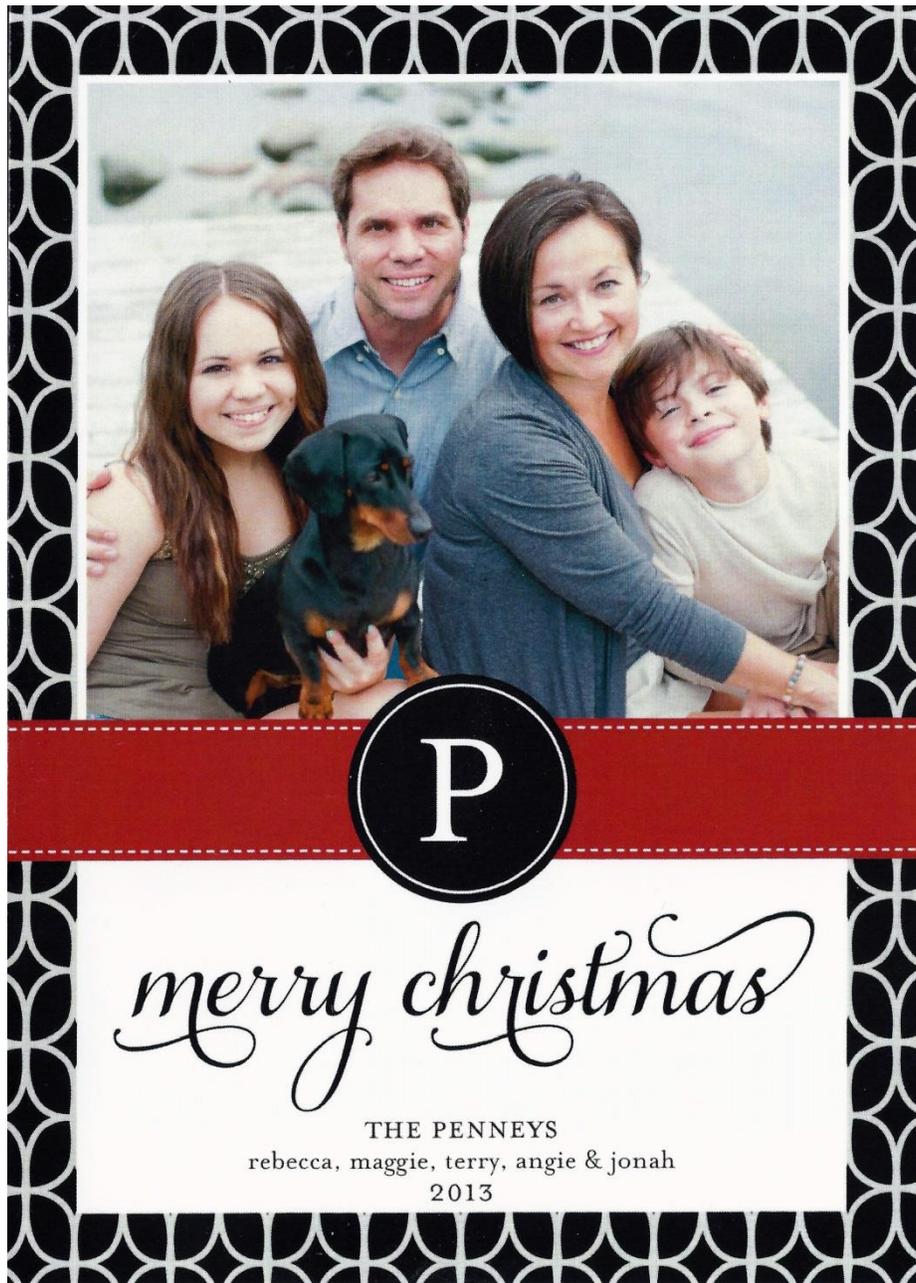
Optimum Nutrition for the Mind, by Patrick Holford

The Power of Your Subconscious Mind, by Joseph Murphy

Interests outside of work include:

Zumba, Karate, nature walks, nutrition, music, background acting, make-up artistry, travelling (and Yoga in the New Year!)

Merry Christmas from our President-Elect





Canadian School Counselling Week

Feb. 3-7, 2014

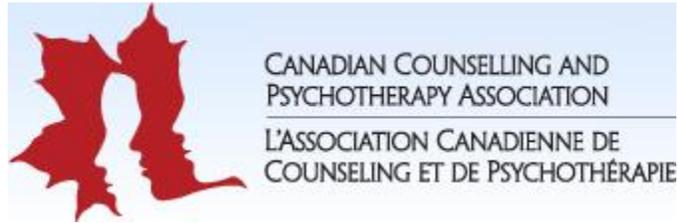
A week to recognize the contributions of the School Counselling Profession to the personal, social, academic and career development, and the mental health and well-being, of all students in Canada.

School Counsellors are invited to join in the celebration of the first Canadian School Counselling Week, Feb. 3-7, 2014. This special recognition week has been organized by The School Counsellors Chapter of the Canadian Counselling and Psychotherapy Association. The Canadian School Counselling Week will be part of a North American focus on the school counselling profession.

The goal of Canadian School Counselling Week is to increase the public's awareness of the scope of programs and services that characterize the school counselling profession in Canada within the twenty-first century and beyond. This special week will highlight the role school counsellors play in supporting student success. It will also build a sense of national identity within the School Counselling Profession.

Individual professionals will have an opportunity to create ideas that will raise public awareness of the ways in which school counsellors foster student growth with respect to their personal, social, academic and career development. By mid-January 2014, The National School Counselling Committee of the CCPA School Counsellors Chapter will make various templates of promotional materials available on the Chapter's website: www.ccpa-accp.ca. Resources may be downloaded by school counsellors to advertise and organize plans for the Canadian School Counselling Week

In 2015, CCPA will celebrate its fiftieth anniversary. The Canadian Guidance and Counselling Association was initiated in 1965 by school guidance counsellors as CGCA, subsequently renamed the Canadian Counselling Association (CCA), and presently the Canadian Counselling and Psychotherapy Association (CCPA).



CCPA School Counselling Award

Awarded By: CCPA's School Counsellors Chapter (SCC)

Purpose: To recognize the work of exceptional School Counsellors and acknowledge their personal and professional commitment to the profession.

Amount: \$300 honorarium + Plaque

Criteria for eligibility...

1. The nominee must be:
 - A CCPA member in good standing
 - A member of the CCPA's School Counsellors Chapter (in good standing)
 - Currently employed as a school counsellor in an elementary or secondary school system, or a retiree from the same
2. The following criteria will be considered when choosing a recipient of the CCPA School Counselling Award.

The recipient will have demonstrated:

- A commitment to 'life-long learning' and evolution of professional practice
- Exceptional leadership service within their school, community, province, and / or on a national level
- Strengths in counselling competency, ethical decision-making, and intervention skills
- Advocacy for school counselling within the school and community

Full details can be attained at www.ccpa-accp.ca.

Keynote Speakers (CCPA 2014, Victoria, BC)



Gabor Maté - May 7, 2014

Dr. Maté weaves together scientific research, case histories, and his own insights and experience to present a broad perspective that enlightens and empowers people to promote their own healing and that of those around them. As an author, Dr. Maté has written *In the Realm of Hungry Ghosts: Close Encounters with Addiction*; *When the Body Says No: The Cost of Hidden Stress*; and *Scattered Minds: A New Look at the Origins and Healing of Attention Deficit Disorder*, among others. Dr. Maté has worked with patients challenged by hard-core drug addiction, mental illness, and HIV, including working at Vancouver's Supervised Injection Site. Dr. Maté has received the Hubert Evans Prize for Literary Non-Fiction; an Honorary Degree (Law) from the University of Northern British Columbia; an Outstanding Alumnus Award from Simon Fraser University; and the 2012 Martin Luther King Humanitarian Award from Mothers Against Teen Violence.

Illness & Health in a Toxic Society

Half of North American adults suffer from chronic illness—a fact Western medicine views largely in terms of individual predispositions and habits. Western medicine imposes two separations, neither tenable scientifically. First, it separates mind from the body, largely assuming that most chronic illnesses have nothing to do with people's emotional and psychological experiences. And yet, a large and irrefutable body of research has clearly shown that physiologic and behavioural functioning of human beings can be understood only if we integrate our body functions with those of the mind: functions such as awareness, emotions, our interpretations of and responses to events, and our relationships with other people. Second, Western practice views people's health as separate from the social environment, ignoring social determinants of health such as class, gender, economic status, and race. Such factors, in reality, are more important influences on health and longevity than individual predispositions and personal factors such as genes, cholesterol levels, blood pressure and so on.

This talk shows how a society dedicated to material pursuits rather than genuine human needs and spiritual values stresses its members, undermines healthy child development and dooms many to chronic illness, from diabetes to heart disease, from autoimmune conditions to cancer.



Stéphane Grenier - May 8, 2014

Stéphane Grenier is a former member of the Canadian Military who retired as a Lieutenant Colonel after serving for just over 29 years. Faced with undiagnosed PTSD after a deployment to Rwanda, Grenier took a personal interest in the way the Canadian Forces was dealing with mental health issues. In 2001, he coined the term "Operational Stress Injury" (OSI) and developed and managed a government-based national peer-support program for the Canadian Military. His work as OSI Special Advisor led to the launch of a second mental health program that delivers "peer based" mental health education to over 20,000 military personnel a year. In 2009, Grenier conceived of a corporate mental health awareness campaign that was endorsed by the Mental Health Commission of Canada, the Canadian Mental Health Association, and the Canadian Alliance on Mental Illness and Mental Health.

New Paradigms: Mental Health in the Workplace

In today's modern, fast-paced workplace, mental health problems have become the leading cause of both short and long-term disability claims, accounting for 70% of workplace disability management costs in Canada. Nevertheless, mental health remains a widely misunderstood phenomenon, often referred to as merely a clinical issue.

In hopes of challenging society's traditional outlook regarding mental health, Stéphane Grenier has spent much of his career redefining how workplaces and individuals should care for and support those affected by mental health problems. His non-clinical approach offers simple and pragmatic ways of giving purpose to the lived experience of members of workplaces and allows organizations to start down the path of systemic wellness and re-humanized workplaces where mental health stigma is no longer a barrier to recovery.

With over a decade of experience in the field and a longstanding personal path to recovery to draw from, Canadian Forces veteran Stéphane Grenier provides riveting new paradigms regarding mental health, recovery and resilience, in order to present a new way of looking at an old problem. His focus resides in providing solutions anchored in both personal experience and research findings of various well-known authors and theorists.



Peter Menzies - May 9, 2014

Peter Menzies is member of *Sagamok Anishnawbek First Nation*, and has spent the past thirteen years building culturally congruent mental health and addiction programs in partnership with both urban, rural and First Nations communities through his work at the Centre for Addiction and Mental Health. A skilled therapist and community developer, Peter has experience working with individuals and families in child welfare, family counselling, and income support programs and is a member of the Ontario College of Social Workers and Social Service Workers. He is an Assistant Professor at the Psychiatry Department at the University of Toronto, and an Adjunct Professor, Faculty of Social Work at Laurentian University. Peter regularly travels throughout northern Ontario providing assessment, capacity building and training support to health care workers in remote communities. His research interests include Aboriginal homelessness, intergenerational trauma, child welfare, suicide and prevention, addiction and mental health needs.

Working with Aboriginal peoples: Psychotherapy and traditional Intervention Strategies

Many of us will eventually or have been working with First Nation/Aboriginal peoples in private practices or through our respective organizations. At times we may be frustrated with our inability to working effectively with First Nation peoples from a clinical and a culture safety perspective. However, it is here where we need to sit back and consider that western approaches and First Nation intervention maybe contradictory and yet at the same time may be mutually beneficial. It is hoped through this presentation that you will explore and develop a framework when providing therapeutic intervention to First Nations/Aboriginal peoples.

Link to CCPA Conference Program: <http://www.ccpa-accp.ca/conference/2014CCPAProgram.pdf>



Peggy Hann, Glenda Ball, Angie Wilmott

Glenda Ball

NLCPA Honorary Lifetime Member 2013

Glenda Ball came to us from Kings Point. She graduated from Memorial University in 1985 with a Bachelor of Science in Psychology and a Bachelor of Education. She began her teaching career in Carmanville where she worked with grades 4-6 and later took a high school English position in Roddickton from 1986 - 1991. She then moved to Lewisporte, soon convocated from the University of Ottawa with M.Ed. in Educational Counselling, and began her career as a Guidance Counsellor. She's been in that role (a role she was clearly born to do) since that time and has filled positions in Lewisporte, Norris Arm, and Campbellton.

As most of you may know, Glenda is a very dynamic and innovative counselor. She has been involved with numerous programs over the years within her schools and communities; often working tirelessly writing proposals for funding for the programs whether it is for her school (Engage, Roots of Empathy, wall murals) or for counsellors in her district in her role as Branch President for NLCPA.

Within her community she developed and facilitated parenting classes for 7 years, she's a Tim Horton's camp day coordinator and she's engaged in countless other activities to support and develop her school(s) and the students.

Glenda clearly enjoys what she does - working with students, staff and parents in the development of young lives in the education system at all levels. She strives to provide a healthy life balance for all those in her care. For these reasons and much more, it is my honor to present Glenda Ball with the Lifetime NLCPA Membership Award on behalf of the NLCPA executive and membership.

Congratulations Glenda !!

Ron Martin Memorial / NLCPA Scholarship 2013



Trent Langdon (Past-President), Peggy Hann (President), Marissa Bennett (Scholarship Recipient), Ron's children Stephanie and Liam

Congratulations!

Congratulations to Marissa Bennett

Ron Martin Memorial / NLCPA Scholarship Recipient 2013

Positive Thoughts Lasting Gifts

Source: <http://positive-thoughts.typepad.com/positive-thoughts/>

Posted: 17 Dec 2013 05:36 AM PST

The most important gifts are not those that you can hold in your hand. These, in their purest form, are simply an outward representation of the gifts that are the most lasting: the gifts of time, attention, thought, caring, peace of mind, true friendship, acceptance, patience, tolerance, laughter, joy, freedom of expression, companionship, insight, understanding, compassion.

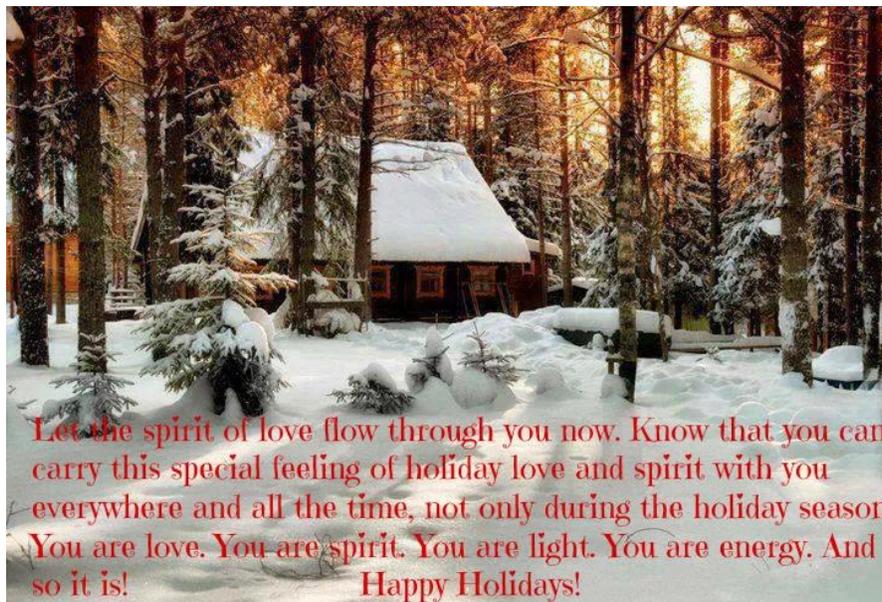
Sometimes what is really important in life becomes obscured by outer concerns. These have a tendency to make us feel poor and wanting when we are not and to pull our attention to focus on the attainment of symbols of a rich existence, which can ultimately leave us destitute if we lack perspective and balance.

Money and possessions are not in themselves important. Only what they represent has meaning. Note also that power, recognition, reputation, influence, control, and manipulation are not included on the list of lasting gifts. Our real life exists elsewhere, for if those inner gifts are ignored or lacking the rest are empty icons that can symbolize ultimately not abundance, but lack.

You are fortunate to be both rich and generous with gifts that have real value. The rest, in the end, is truly nothing. My wish for all of us this holiday season, is the ability to recognize, express, and appreciate the lasting gifts in our lives.

Have a Wonderful Holiday and be good to yourself. You deserve it!

Gail Pursell Elliott



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

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





Don't forget to "like" our Facebook Page



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