

Conference-at-a-Glance Capital Hotel St. John's, NL

Pre-conference: Wednesday, October 24 – Capital Hotel

12:00 pm – 1:00 pm	Registration
1:00 pm – 1:15 pm	Conference Welcome
1:15 pm – 2:30 pm	Becky Winsor "Suicide Intervention Strategies for School Counsellors & Psychologists"
2:30 pm – 2:45 pm	<i>Nutrition Break</i>
2:45 pm – 4:30 pm	Suicide Intervention Strategies , Continued
5:00 PM	Meet and Greet (Hosted by your Provincial Executive)

Conference Day 1: Thursday, October 25 – Capital Hotel

8:00 am – 8:45 am	Registration
8:45 am – 9:30 am	Opening Ceremonies
9:30 am – 10:15 am	Inclusion Choir Musical Performance Veronica Dymond Writer, Comedian, and Cartoonist
10:15 am – 10:45 am	<i>Nutrition Break / New Counsellors' Welcome</i>
10:45 am – 12:00 pm	Julie Temple-Newhook & TJ Jones "Gender Diversity: Beyond the Myths"
12:00 pm – 1:30 pm	<i>Lunch</i> NLCPA Annual General Meeting (NLCPA members only. Complimentary Lunch.)
1:30 pm – 2:45 pm	Concurrent Sessions "Career Development: The early years" - Mildred Cahill "The 'Hows' and 'Whys' of running an ADHD group" - April Miller "What Happens After Children Tell? A qualitative analysis of narratives of women who as children disclosed intrafamilial sexual abuse" - Sheri McConnell
2:45 pm - 3:00 pm	<i>Nutrition Break</i>

3:00 pm – 4:15 pm	<p>Concurrent Sessions Expert Panel of Counsellors and Psychologists - FAQ for those new to the profession.</p> <p>"Neurogenic Tremoring: The body's story of trauma" - Carolyn Hapgood</p> <p>"Helping from a Distance: CDLI" - Janice Rowsell</p>
7:30 pm	NLCPA Social and Mixer -- Trivia Night and Live Music @ Fionn MacCool's
<p>Conference-at-a-Glance Capital Hotel St. John's, NL</p>	
<p>Conference Day 2: Friday, October 26 – Capital Hotel</p>	
8:45 am – 9:00 am	Welcome
9:00 am – 10:15 am	<p>Concurrent Sessions "Heartmath Biofeedback for Anxiety, Depression, and ADHD" - Diane Alida Bouwman</p> <p>"Stop Now And Plan: Emotional regulation and self control for children and families" - Maria Gentle</p> <p>"The 'Hows' and 'Whys' of running an ADHD group" - April Miller</p>
10:15 pm – 10:45 pm	<i>Nutrition Break</i> sponsored by Johnson's Insurance
10:45 am – 12:00 pm	<p>Concurrent Sessions "Trauma and the Brain: Changing behaviour from the Bottom Up Approach" - Diane Alida Bouwman</p> <p>"Stop Now And Plan: Emotional regulation and self control for children and families" - Maria Gentle</p> <p>"Nutrition and Mental Health Connection: Nutritional neuroscience and nutritional psychiatry" - Laurie Pinhorn</p>
12:00 pm – 1:15 pm	<i>Lunch (on your own)</i>
1:15 pm – 2:15 pm	Awards Presentations and New President Address
2:15 pm – 3:30 pm	<p>Florence Strang "Mindful Anxiety Management"</p>
3:30 pm – 3:45 pm	Closing and Evaluation