



# NLCPA



Newfoundland and Labrador Counsellors' and Psychologists' Association

September 2014

## Letter from the President

NLCPA Members and Community Partners,

Welcome to the 2014-2015 academic year!

We are busy planning our Fall Conference and AGM. We are super excited about this year's conference. Our theme is:

 **Mind What Matters:  
Reconnecting the Dots...**



Our conference line-up includes: Dr. Gabor Maté and Stéphane Grenier. Our pre-conference includes a session on Dialectical Behavioural Therapy and a potpourri of sessions as part of our Conversation Café.

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 contribute to our page will be eligible for prizes. If you register before the early bird deadline (September 30<sup>th</sup>), you will also be eligible to win an Apple TV or a VISA card. We also ask that you encourage student members to apply for the Ron Martin Memorial / NLCPA Scholarship. Information about the scholarship is provided on the last page of this brochure and on our website ([www.nlcpa.ca](http://www.nlcpa.ca)). Please forward this brochure to colleagues and community partners.

As we end our second term, the current executive is very proud of this year's line-up. As you aware, this is an election year for the executive and we encourage you to consider becoming involved. Angie Wilmott will take the reigns as our new President on October 17<sup>th</sup>.

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

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

  
Peggy Hann  
President (NLCPA)

# NLCPA Annual Conference and AGM

October 15-17, 2014

Capital Hotel, St. John's, NL

## *Conference Theme:*



**Mind What Matters:  
Reconnecting the Dots...**

As part of our conference, we have invited Stéphane Grenier to present on Thursday, October 16th. Stéphane is a retired member of the military who has completed many tours of duty overseas. He has had depression and PTSD. He tells a powerful story and has lots of insight into supporting and understanding people with Mental Health challenges. He talks about the importance of peer support and of how self-stigma affects him. His bio is on the next page and here is a link to a short presentation (<http://www.mentalhealthcommission.ca/English/node/942>).

On Friday, October 17<sup>th</sup>, we have Dr. Gabor Maté (<http://drgabormate.com/>) presenting for the entire day. Dr. Maté is a physician and an author. 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. All conference participants will receive a copy of Dr. Maté's book: *When the Body Says No: The Cost of Hidden Stress*. (Dr. Maté's bio is included).

Other local presenters will be also presenting at our Conversation Café. There will be many opportunities for networking and sharing of best practices.

## Wednesday, October 15 (Pre-Conference)



**Tanya Purchase**



### **Using Dialectical Behavioural Therapy: Mindfulness and Distress Tolerance Skills**

Tanya Purchase is a registered psychiatric nurse who has spent the last 15 years working with children and adolescents in the mental health program at the Janeway. She graduated from the General Hospital School of Nursing, St. John's Newfoundland in 1996. She obtained a diploma in Advanced Studies in Mental Health from Mount Royal College, Calgary Alberta in 2003. In 2006, she was successful in becoming a certified Psychiatric Mental Health Nurse through the Canadian Nurses Association. Tanya has completed extensive training through Behavioral Tech, Seattle Washington, in the area of dialectical behavioral therapy. She serves on their board of directors for continuing education. Along with a colleague, she co-lead the first DBT group for adolescents in Newfoundland. This group has now been running for 5 years. Her current position is in the outpatient child and adolescent psychiatry clinic, where she is responsible for individual and group counselling/therapy and mental health research.

# Wednesday, October 15 (Pre-Conference)

Participants engage in 5 consecutive roundtable info sessions

- ⇒ Each session is 15 minutes
- ⇒ There are 11 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:

**Understanding High Conflict Personalities** – Judy Beranger (NLTA)

**The Value of Professional Belongingness: How CCPA Minds What Matters to You...**  
– Blythe Sheppard (President CCPA)

**Career Development: From the Early Years til Graduation – Engaging All Key Players**  
– Dr. Mildred Cahill (MUN)

**Planning a Mental Health Wellness Day at a High School** – Judy Furlong Mallard & Boyd Perry  
(Holy Heart High)

**Practical Interventions for Counsellors/Psychologists in Times of Loss**  
Derek Elliott and Michele Davis (NL English School District)

**Storing and Sharing Confidential Information in a Digital World: Key Tips....**  
Heather Hillier (NL English School District)

**Mental Health Supports in Newfoundland and Labrador** – Paula Corcoran (CHANNAL)

**Q and A with Nena Sandoval**, Clinical Sexologist

**Positive Psychology** – Dr. Jodi Spiegel (Eastern Health)

**Trauma and PTSD** – Dr. Jennifer Neil (Private Practice)

**Using Twitter to Build Your Own PD** – Trent Langdon (St. Peter's Junior High)

Thursday, October 16<sup>th</sup>



**Stéphane Grenier**



**Stéphane Grenier** – October 16, 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  
Implementing Peer Support – Concept to Action**

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.

Stéphane's website: [www.mhic-cism.com](http://www.mhic-cism.com)

Bio with Publication links: [http://www.mhic-cism.com/bio\\_sgrenier.html](http://www.mhic-cism.com/bio_sgrenier.html)

Friday, October 17<sup>th</sup>



**Gabor Maté** – October 17, 2014

Gabor Maté M.D. is a physician and best-selling author whose books have been published in twenty languages internationally. His interests include child development, the mind-body unity in health and illness, and the treatment of addictions. Gabor has worked in palliative care and as a family physician, and for fourteen years practiced addiction medicine in Vancouver's Downtown Eastside. As a speaker he regularly addresses professional and lay audiences throughout North America. He is the recipient of a number of awards, including a Simon Fraser University Outstanding Alumnus Award and an honorary degree from the University of Northern British Columbia. His most recent book, *In The Realm of Hungry Ghosts: Close Encounters With Addiction*, won the Hubert Evans Prize for literary nonfiction. He is Adjunct Professor in the Faculty of Criminology, Simon Fraser University.

## **When The Body Says No: Mind/Body Unity and the Stress-Disease Connection**

Based on the book *When The Body Says No: The Cost of Hidden Stress*  
(U.S. subtitle: Understanding the Stress-Disease Connection)

Stress is ubiquitous these days — it plays a role in the workplace, in the home, and virtually everywhere that people interact. It can take a heavy toll unless it is recognized and managed effectively and insightfully. Western medicine, in theory and practice, tends to treat mind and body as separate entities. This separation, which has always gone against ancient human wisdom, has now been demonstrated by modern science to be not only artificial, but false. The brain and body systems that process emotions are intimately connected with the hormonal apparatus, the nervous system, and in particular the immune system. Emotional stress, especially of the hidden kind that people are not aware of, undermines immunity, disrupts the body's physiological milieu and can prepare the ground for disease. There is strong evidence to suggest that in nearly all chronic conditions, from cancer, ALS, or multiple

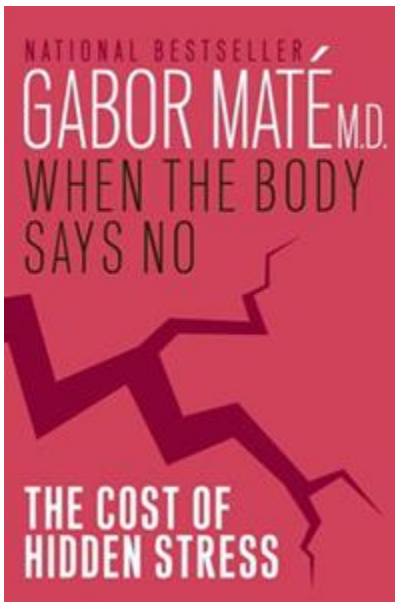
sclerosis to autoimmune conditions like rheumatoid arthritis, inflammatory bowel disease or Alzheimer's, hidden stress is a major predisposing factor. In an important sense, disease in an individual can be seen as the “end point” of a multigenerational emotional process. If properly understood, these conditions can provide important openings for compassion and self-awareness, which in turn are major tools in recovery and healing.

Dr. Maté’s presentation includes research findings, compelling and poignant anecdotes from his own extensive experience in family practice and palliative care, and illuminating biographies of famous people such as athlete Lance Armstrong, the late comedienne Gilda Radner, or famed baseball legend Lou Gehrig. The presentation is based on *When The Body Says No*, a bestselling book that has been translated into more than ten languages on five continents.

Topics covered:

1. The mind/body unity as explained by modern science (psychoneuroimmunology);
2. The nature of stress and its physiological consequences;
3. The three major stressors: Loss of Control, Uncertainty; and Conflict;
4. How the early environment “programs” us physiologically and psychologically into chronically stressful patterns of feeling and behavior;
5. Why stress remains hidden in our culture;
6. The stressful work environment: how to recognize it and transform it;
7. How to recognize stress and prevent it;
8. How the understanding of stress can inform and enhance clinical practice.

**Conference participants will receive a copy of Dr. Maté’s book:  
When the Body Says No: The Cost of Hidden Stress**



Dr. Gabor Maté (<http://drgabormate.com/>)



# CONFERENCE AGENDA

## CAPITAL HOTEL, ST. JOHN'S, NL

<b>WEDNESDAY, OCTOBER 15</b>	
<b>8:00 – 11:45 AM</b>	<b>Branch President's Meetings</b>
<b>12:00 – 1:00 PM</b>	<b>Registration</b>
<b>1:00 – 2:30 PM</b>	<b>Pre-Conference Session:</b> <b>Using Dialectical Behavioural Therapy:</b> <b>Mindfulness and Distress Tolerance Skills</b> <b>(TANYA PURCHASE)</b>
<b>2:30 – 2:45 PM</b>	<b>Nutrition Break</b>
<b>2:45 – 4:00 PM</b>	<p style="text-align: center;"><b>Conversation Café</b></p> <p>Participants engage in 5 consecutive roundtable info sessions</p> <ul style="list-style-type: none"> <li>⇒ Each session is 15 minutes</li> <li>⇒ There are 11 possible sessions to choose from</li> <li>⇒ All tables are clearly numbered and titled</li> <li>⇒ A sound will notify you it's time to move to a different table</li> <li>⇒ 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)</li> </ul>
<b>4:00 PM</b>	<b>Wine &amp; Cheese / Early Registration</b> Safeharbour Lounge, Capital Hotel (Open to all conference participants)



# THURSDAY, OCTOBER 16

<b>8:00 – 8:45 AM</b>	<b>Registration</b> <input type="checkbox"/> Sign up for AGM lunch (Thursday, Salon A, B, C) <input type="checkbox"/> Sign up for Kitchen Party
<b>8:45 – 9:30 AM</b>	<b>Opening Ceremonies / Greetings / Welcome</b>
<b>9:30 – 10:15 AM</b>	<b>Keynote Address</b>
<b>10:15 – 10:45 AM</b>	<b><i>NUTRITION BREAK</i></b>
<b>10:45 – 11:45 AM</b>	<b>New Paradigms: Mental Health in the Workplace</b> STEPHANE GRENIER
<b>11:45 – 1:30 PM</b>	<b><i>LUNCH</i></b> <b><i>NLCPA – Annual General Meeting</i></b> <b><i>(NLCPA members only. Complimentary Lunch)</i></b>
<b>1:30 -3:00 PM</b>	<b>Implementing Peer Support – Concept to Action</b> STEPHANE GRENIER
<b>3:00 – 3:15 PM</b>	<b><i>NUTRITION BREAK</i></b>
<b>3:15 – 4:00 PM</b>	<b>Implementing Peer Support – Concept to Action</b> <b>Question &amp; Answer</b> STEPHANE GRENIER
<b>7:30 PM</b>	<b>Social – Kitchen Party</b> Capital Hotel (A nite of fun and entertainment with colleagues by colleagues. Note: food cost is subsidized by NLCPA)

<b>FRIDAY, OCTOBER 17</b>	
<b>8:45 – 10:00 AM</b>	<b>Dr. Gabor Maté When The Body Says No: Mind/Body Unity and the Stress-Disease Connection</b>
<b>10:00 – 10:30 AM</b>	<b><i>NUTRITION BREAK</i></b>
<b>10:30 – 12:00 PM</b>	<b>Dr. Gabor Maté (continued)</b>
<b>12 :00 – 1:15 PM</b>	<b><i>LUNCH (on your own)</i></b>
<b>1:15 - 1:20 PM</b>	<b>Prize Draws !</b>
<b>1:20 - 3:30 PM</b>	<b>Dr. Gabor Maté (continued)</b>
<b>3:30 – 3:45 PM</b>	<b>Closing</b>

**Don't forget to "like" our Facebook Page**



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

**Registration Fees**

***Fees for Thursday & Friday***

***Early Bird Rate (by September 30, 2014)***

NLCPA Member	\$210.00
Non-Member	\$235.00
Student Member	\$110.00
Student Non-member	\$145.00

***Rate (after September 30, 2014)***

NLCPA Member	\$225.00
Non-Members	\$260.00
Student Member	\$135.00
Student Non-member	\$170.00

***Note: Participants who register early are guaranteed to have their books during the conference.***

***Pre-Conference Cost***

<b><i>Early Bird Rate (by September 30, 2014)</i></b>	<b><i>\$30.00</i></b>
<b><i>Rate (after September 30, 2014)</i></b>	<b><i>\$40.00</i></b>

***Please Note: The NLCPA does not process purchase orders under \$1000.***

***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.***

**Membership Applications are available at:**

**[http://nlcpa.ca/index\\_html\\_files/NLCPAApplicationApr302014.pdf](http://nlcpa.ca/index_html_files/NLCPAApplicationApr302014.pdf)**

**Please direct questions RE: Membership to Michael Walsh ([walshmg@hotmail.com](mailto:walshmg@hotmail.com)).**

**Registration Form**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town / Province / Postal Code: \_\_\_\_\_

Work Telephone / E-mail: \_\_\_\_\_

Home Telephone or Cellular: \_\_\_\_\_

School Name (where appropriate): \_\_\_\_\_

Employer/Organization: \_\_\_\_\_

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

**Type of Registration:**

	<b>Before September 30<sup>th</sup></b>	<b>After September 30<sup>th</sup></b>	<b>Cost</b>
<b>Attending Pre-conference (Wednesday)</b>	<b>\$30</b>	<b>\$40</b>	
<b>Attending Thursday &amp; Friday (NLCPA Member)</b>	<b>\$210</b>	<b>\$225</b>	
<b>Attending Thursday &amp; Friday (Non-member)</b>	<b>\$235</b>	<b>\$260</b>	
<b>Attending Thursday &amp; Friday (Student Member)</b>	<b>\$110</b>	<b>\$135</b>	
<b>Attending Thursday &amp; Friday (Student Non-member)</b>	<b>\$145</b>	<b>\$170</b>	
<b>Attending Kitchen Party (Thursday evening)</b>	<b>\$30</b>		
<b>TOTAL PAYMENT</b>			

**Are you attending the Kitchen Party on Thursday evening?**

	<b>Check ✓ (ONE) in each row</b>
<b>Attending Kitchen Party on Thursday evening</b>	YES _____ OR NO _____
	<b>Bring your guitar, harmonica, etc...</b>

**Make Cheques Payable to:**

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

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

Peggy Hann  
NLCPA  
32 Autumn Drive  
St. John's, NL, A1A 4Z6

You may fax (757-4699) or e-mail ([peggyhann@nlesd.ca](mailto:peggyhann@nlesd.ca)) registration form and send cheque to the above address. Payment **MUST** be received by September 30<sup>th</sup> to qualify for early bird rate and early bird prize.

***Please Note: The NLCPA does not process purchase orders under \$1000.***

**For More Information Contact:** Peggy Hann (NLCPA President) – [peggyhann@nlesd.ca](mailto:peggyhann@nlesd.ca)

**Hotel Accommodations:**

Capital Hotel - St. John's, NL (Kenmount Road)

Phone: 1-800-503-1603 / (709) 738-4480 or fax (709) 738-4481

Room Rates: \$114.99 plus tax (2 Standard Beds or 1 Queen Bed) or \$124.00 plus tax (1 King Bed)

Be sure to identify yourself as a delegate to the NLCPA Conference and AGM 2014

(PLEASE CHECK FOR AVAILABILITY)

**NLCPA Executive****Peggy Hann, President**

School Psychologist

NL English School District (Avalon East Region)

E-mail: [peggyhann@nlesd.ca](mailto:peggyhann@nlesd.ca)

Fax: 709-757-4699

**Angie Wilmott, Vice President / President-Elect**

School Counsellor

Lewisporte Collegiate

E-mail: [angiewilmott@nlesd.ca](mailto:angiewilmott@nlesd.ca)

**Tamar Kelly, Treasurer**

School Counsellor

Villanova Junior High

E-mail: [tamarkellyduff@nlesd.ca](mailto:tamarkellyduff@nlesd.ca)

**Jill Cluney, Communications**

Teacher

Janeway Hospital School

E-mail: [jillcluney@nlesd.ca](mailto:jillcluney@nlesd.ca)

**Allison Kirkland, Secretary**

School Counsellor

Booth Memorial High

E-mail: [allisonkirkland@nlesd.ca](mailto:allisonkirkland@nlesd.ca)

**Michael Walsh, Membership Coordinator**

Safe and Caring Schools Consultant

Department of Education

E-mail: [walshmg@hotmail.com](mailto:walshmg@hotmail.com)

Fax: 709-729-2096

## Branch Presidents

### Labrador

Tina Alexander

E-mail: [tinaalexander@nlesd.ca](mailto:tinaalexander@nlesd.ca)

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

Jeanette Russell

E-mail: [jeanetterussell@nlesd.ca](mailto:jeanetterussell@nlesd.ca)

### Cormack Trail

Nancy Macdonald

E-mail: [nancyfmacdonald@hotmail.com](mailto:nancyfmacdonald@hotmail.com)

### Nova Central

Glenda Ball

E-mail: [glendaball@nlesd.ca](mailto:glendaball@nlesd.ca)

### Vista

Colette Oldford-Short

E-mail: [coletteoldfordshort@nlesd.ca](mailto:coletteoldfordshort@nlesd.ca)

### Burin

Florence Strang

E-mail: [florencestrang@nlesd.ca](mailto:florencestrang@nlesd.ca)

### Avalon West

Kerri Morgan

E-mail: [kerrilynnmorgan@nlesd.ca](mailto:kerrilynnmorgan@nlesd.ca)

### Avalon East

Boyd Perry

E-mail: [boydperry@nlesd.ca](mailto:boydperry@nlesd.ca)

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



## RON MARTIN MEMORIAL / NLCPA SCHOLARSHIP

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*Ron 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 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 NL Teacher's 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 7<sup>th</sup>, 2014**. The scholarships will be awarded during the NLCPA AGM on October 16<sup>th</sup>. The scholarship is administered by the NLCPA.

Submit all applications and reference letters to Tamar Kelly at [tamarkelly@nlesd.ca](mailto:tamarkelly@nlesd.ca).

