



Quebec Counselling Association (QCA) E-bulletin

Hello QCA Members and Happy Spring!

Spring has certainly been taking its time to get to us! As we watch the green shoots and leaves emerge, we are reminded of new life and new opportunity. We on the QCA Board of Directors are wrapping up our year together and reflecting on the last year, as well as on directions for the future. As always, we will continue to promote the interests of the Anglophone counselling community in Quebec. We have been encouraged by the participation and support of our members, and we hope to build an even stronger community in the coming year. We have several events coming up, including our Professional Development workshop, the CCPA conference and our Annual General Meeting in June. We hope to see you all there!

Read on, contact us, get involved - and stay connected!

Questions? Comments? We want to hear from you!
qca.counselling@gmail.com



President's Message

Dear QCA Members,

My first year as president has almost come to its end. It seems like yesterday...

I would like to thank QCA's Board of Directors who dedicate their precious time and energies towards our association so that we can all keep informed, up to date and connected. Thank you, each and every one, for volunteering and working so hard this year! And thank you members for taking the time to participate in our events, and read our e-bulletin.

It has been a productive year. The QCA has reached out to other community networks to strengthen our voice and offer our support to English-community services and mental health resources. QCA is now member of the Quebec Community Groups Network (visit their website: <http://www.qcgn.ca>) and will soon be linked with the Community Health And Social Services Network (CHSSN) (see their website at <http://chssn.org>). Together we are actively working to ensure the needs of those we serve are met and the communities we work in are preserved.

Many initiatives have come to fruition. We have updated our webpage, focused on members in our e-bulletin, organized a Professional Development event and begun to organize Peer Supervision. Visit our website and Facebook page here for more information: (<http://www.quebeccounselling.ca> and <https://www.facebook.com/quebeccounselling>).

I am hoping to take on the role of President for 2015-2016 and I encourage you to work with me towards another year of growth and involvement. I welcome your participation and comments in order to better meet your needs. Please come to our Annual General Meeting

In this issue

President's Message

QCA Events

Join the QCA!

Community News and Events

Community Contributions

External Contributions

Call for Submissions

QCA Online



Curious about your QCA executive? Are you looking for professional resources for yourself or your clients? Visit our [website!](#)

You will find: photos and biographies of board members, an e-bulletin archive, useful forms, links to counselling resources, and more!

An affiliate of the Canadian Counselling and Psychotherapy Association (CCPA).

**PLEASE NOTE: The opinions expressed herein are those of the authors and do not necessarily reflect the QCA or CCPA policy. The QCA e-bulletin chair (a QCA board member) holds the right to publish and edit submissions to the QCA CounselLinks.*

Wednesday June 17th at 6:30pm; an announcement will be coming your way soon. Let us know your needs and how we can better meet them. You can also reach me anytime at gca.counselling@gmail.com.

Sincerely,



Carrie Foster

MA, CCC, RDT

President, Board of Directors QCA



The 2014/2015 Executive Board

Executive Board

President - Carrie Foster

Vice President - Wayne Clifford

Treasurer - Lorne Flavelle

Secretary - Meghan Artherton

Past President - Kiraz Johannsen (CCPA Anglophone Director)

Board of Directors

Membership Chair - Carmen Pietracupa

E-bulletin Chair - Rena Klisouris (McGill CCPA Student Rep)

Website Chair - Rabeea Siddique (McGill CCPA Student Rep)

Facebook Chair - Meghan Artherton

Professional Development Chair - VACANT

Public Relations Chair - Franta Kastanek

Social Events Chair - Ida Diaz Posada (Concordia CCPA Student Rep)

Directors-at-Large

Mary Ann Lichacz-Karwatsky

You can read their bios and check out their snapshots [here!](#)

QCA Membership Focus on YOU!

The Quebec Counselling Association (QCA) would like to offer you the **opportunity to highlight your work and accomplishments**. We would love to interview you for our website and e-bulletin. If you are interested in participating please send us a short biography and link to your website (if applicable).

What is your background, your passion and your life's work? What are your upcoming projects or your interests? We would love to hear from you!

Please send your submission to gca.ebulletin@gmail.com

QCA Events

QCA Professional Development Event

Working with Emotion Dysregulation in Psychotherapy

What you will learn:

This 3-hour workshop will focus on the impact of deficits in emotion regulation capacities in childhood trauma survivors in the psychotherapy process.

Childhood trauma leads to significant challenges in emotion regulation and these challenges have a pervasive impact on all areas of the survivors' lives. In particular, childhood trauma survivors experience significant difficulties in interpersonal relationships and in overall mental health. Recent research and clinical practice suggests that many of these difficulties may be traced back to emotion dysregulation.

The first part of this 3-hour workshop will focus on examining the impact of childhood trauma on emotion regulation capacities. Participants will have the opportunity to be exposed to recent research examining the relationship between childhood trauma, emotion dysregulation and difficulties in adult functioning.

The second part of this 3-hour workshop will focus on the impact of emotion dysregulation on the psychotherapy process. Participants will be exposed to clinical research that outlines the different ways in which trauma survivors struggle with emotion regulation in the psychotherapy process and how these may slow down, impede and alter the psychotherapy process.

The third part of this 3-hour workshop will focus on specific approaches to psychotherapy for childhood trauma survivors with an emphasis on how to help survivors who are struggling with emotion dysregulation in sessions.

There will be a Question and Answer period after the presentation to address specifics as they apply to clinical settings.

Note: This workshop does not replace formal training necessary for psychotherapy practice permits.

About the presenter:



Dr. Heather MacIntosh is a Clinical Psychologist, currently teaching at McGill University in the Couple and Family Therapy Masters Program. She specializes in working clinically with individuals, couples and families in the context of trauma. Her area of expertise is the impact of childhood trauma on adulthood. Childhood abuse, combat exposure, and interpersonal violence are but some of the kinds of experiences that her clients have survived. Dr. MacIntosh has an extensive background in teaching, research, and private practice.

Dr. MacIntosh comes to this workshop with a wealth of credentials including: OPQ, CPA, APA, the International Society for the Study of Trauma and Dissociation (ISSTD), the International Association for Relational Psychotherapy (IARPP), and the International Association for the study of Psychoanalytic Self Psychology (IAPSP).

Details:

Friday May 1st, 2015 – 2:00-5:00
McGill University, Thompson House
3650 McTavish St., Rm.404

QCA Student Members: \$25/early bird \$15
Student Non-members: \$30/early bird \$20

QCA Members: \$35/early bird \$25
Non-members: \$45/early bird \$35

Members will receive 3 CEUs CCPA

RSVP by April 26th for the early bird discount:
cpetra16@hotmail.com



Annual General Meeting 2015

Once again this year we will be holding our annual Quebec Counselling Association Annual General Meeting (QCA AGM). The event is happening on Wednesday June 17, 2015, at 6:30 p.m. in the Brown Building, 3600 McTavish.

This year we are pleased to have Dr. Laurie Betito as our special guest speaker. Dr. Betito is a Licensed Clinical Psychologist with a specialty in Sex Therapy, and has been a practicing Psychotherapist for over 25 years. She is also the host of CJAD's radio talk show "Passion", and author of *The Sex Bible For People Over 50: The Complete Guide To Sexual Love For Mature Couples*. We hope you will join us to meet Dr. Betito and our fantastic board!



Kindly RSVP Carmen Pietracupa at qca.counselling@gmail.com to confirm your attendance.

Justine Harris Award

We will be awarding the Justine Harris Award to one of our members at the QCA AGM. If you or someone you know would be eligible for the award, please submit your/their name to our selection committee. The application form is available on our website at: <http://www.quebeccounselling.ca/forms/>.

Let those in our community who work so hard have their star shine!



Vacant Positions - 2015-2016 Board of Directors

If you would like to get involved with the QCA, now is your chance to make yourself heard and join our dynamic team. The following positions for the 2015-2016 QCA Board of Directors will be vacant.

- Membership Chair
- Professional Development Chair
- Website Chair
- Assistant Social Events Chair

Please email qca.counselling@gmail.com for more information.

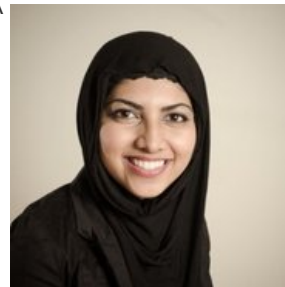


Thank you and best of luck to Rabeea and Ida



Rabeea Siddique

As Website Chair, Rabeea has revamped and updated our website and Facebook page, keeping QCA members up-to-date and informed. The Board of Directors congratulates Rabeea on completing her Masters of Counselling Psychology, and wishes her the best of luck in her career in Ontario!



Ida Diaz Posada

Ida was our Social Events Chair and was responsible for planning our fun Winter Social Event, where members got the chance to meet and network with each other and strengthen our ties as an association. The Board of Directors congratulates Ida on completing her Masters in Creative Arts Therapies, and wishes her the best of luck in her career in British Columbia!



Welcome back, Lorne!

The QCA Board welcomes back Lorne from an extended stay south of the border - we are so happy to have him (and his sense of humour) with us.



Join the QCA! Membership Benefits and CCC Certification

Not a QCA member yet? It is a worthwhile investment!

- Stay up to date with **changes in accreditation** (for those working as psychotherapists)
- Learn about **upcoming events, conferences and seminars** - important ways of keeping in touch, up to date and in the loop with other professionals in your field!
- Gain access to our **professional development fund**. (Members can apply for up to \$150 compensation towards conference or event fees)

Annual membership to the QCA is included in the CCPA membership (\$170 for professionals, \$85 for students and retired members, \$130 for guests). Click [here](#) to access a membership application form.

Already a CCPA member? Just tick the "QCA" box on your CCPA renewal form.

Community News and Events



CCPA Annual Conference

The CCPA will be celebrating its 50th anniversary at this conference, and this event should not be missed. The conference will be held in Niagara Falls, ON from May 19-22, 2015. Niagara Falls was the site of the very first CCPA conference held in 1965.

REGISTRATION IS NOW OPEN!

<http://www.ccpa-accp.ca/conference/registration.php>

Ride Sharing for the CCPA Conference

Are you going to the CCPA conference in Niagara Falls? Are you looking for a ride share or have a vehicle to help others get there? Please email qca.counselling@gmail.com with what you need or have to offer others.



QCA Professional Development Funding

In order to encourage and support the professional development of its members, the QCA offers funding to attend conferences or workshops. You can access the application form here:

<http://www.quebeccounselling.ca/forms/>



Community Contributions

Raising Awareness of Traumatic Brain Injury

Disabilities exist in various forms, some not as visible as others. Despite having acquired a traumatic brain injury (TBI), I'm fortunate to have survived my automobile accident in September 1994. Through effective medical and therapeutic interventions, I overcame many challenges through the support of my therapists in my journey of recovery. 2014 marked my 20 year anniversary of living with a TBI; I'm lucky in so many ways to have been given a second chance at life and to have been able to return to my studies, completing a B.F.A. (Art Education) in 1998, and an MA. (Creative Arts Therapies) in 2005.



When I was approached by l'Association Québécoise des Traumatisées Crâniens (AQTC) to be the spokesperson for car accident victims who had sustained a TBI, it seemed fitting to share my story. AQTC directed this Youtube production which was filmed in July 2014, later being launched in October 2014 for Quebec's Brain Injury Awareness Week. In this video, I discuss my journey towards healing: <https://www.youtube.com/watch?v=XH1pXyzIT4>

Here is a Youtube video that was produced during the American TBI Awareness Week in March. This video describes the symptoms of having a TBI: <https://www.youtube.com/watch?v=LnRpuEEPduc&feature=youtu.be>

Sonja Boodajee, MA, ATPQ

The Sex Bible: The Complete Guide To Sexual Love For Mature Couples by Dr. Laurie Beti

Members may have noticed that this year's AGM includes a guest speaker to kick off the evening. QCA's association with Dr. Betito stems from our collaborative efforts at the Quebec Provincial Association of Teachers Convention held annually in November at the Palais des congrès. The QCA jointly managed exhibits tables with the Sexual Health Network of Quebec (SHNQ), of which Laurie is President. The QCA is looking at a possible affiliation arrangement with SHNQ.



Google searches of the words "sex bible" bring up numerous publications in addition to this one aimed at those over fifty. Some are all-encompassing, others target women, positions, orgasm, etc. While Dr. Betito's book handles many of these topics, she addresses an age category that typically receives less attention.

While not all our counsellors work with this population, most of our clientele are linked inextricably with family systems and most of us eventually reach our fifties, as Dr. Laurie recently has. I was fortunate to attend her book launch in September and have subsequently attended a presentation on her book at the Pointe Claire library. I thought then that such a presentation might be of interest to our group. As she did then, she brings and autographs copies of her book.

Without stealing her thunder, let me tease you with a few snippets from the table of contents: "Sex Doesn't Have an Expiration Date", "Why Have Sex? It's Good for You!", "For the Sultry Woman of a Certain Age", "Alternatives to Intercourse", "Stretching your Boundaries", and "Great Sex Is Just the Beginning."

Beautifully illustrated, it is more than a decorative coffee table book; it is a useful guide to understanding the physical, emotional and psychological changes concomitant with advancing age.

Find out more here: <https://plus.google.com/108216493078481895846/posts/hNb3aZFjiZ>

Dr. Betito's show "Passion" airs weeknights on Radio Station CJAD.

Wayne Clifford V-P QCA (also a member of SHNQ's Board of Directors)

The Healing Power of the Drum: A Rhythm-Based Wellness Workshop

We live in a world where we are bombarded by technological beeps, blings and sounds, and this has perpetuated a disconnection to what is real and to what connects us: OUR RHYTHM. Presenter Robert Lawrence Friedman, MA, presented a full day theoretical and hands on workshop relating to the topic at the at the Royal Mental Health Care & Research in Ottawa on March 13th 2015.

MFriedman gave the 52 attendees from various areas of Eastern provinces pertinent information and statistics relating to the efficacy and well-being that rhythm-based exercises provide. MFriedman stated, "We are all drummers", which allows for an inherent connection to

happen due to natural rhythms that occurs within us; he describes these activities as one of developing 'self-soothing' exercises as a way to enhance our energy and promote relaxation after each workshop. The community generating connection allows for this primal exercise to be accessible to people of all cultures and abilities.

The key element that was brought up is the notion of *Awareness* of the rhythms that surrounds us and is registered, that the drummer outputs. Once this is established, the notion of being grounded is established which enables for attuning with others. A sense of responsibility is created as being an important key rhythm in a collective. The improvisational community score provides a witnessing for everyone in the group to work in harmony and support.

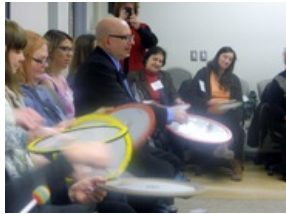
The power of using rhythm based exercises is irrefutable when being used with various groups which help promote self-acceptance and/or within a community. Due to its "process" based approach, its physiological internalization can provide healthier exteriorization of sublimation. The process of the drumming and engaging in rhythm sessions creates the phenomenon of entrainment of the brain to help restore the "Sacred Self". At a neurological level, entrainment offers the nervous system a super fertile atmosphere, triggering enormously positive transformations in your body and brain. Just as higher levels of exercise force your body to strengthen and develop, the higher levels of neuro-stimulation provided through audio rhythms to the nervous system inspire optimal performance.

After lunch we all engaged in rhythm-based exercises that ended the week and day on a high note of relaxation.

Sonja Boodajee, MA, ATPQ



Friedman, Robert Lawrence, (2011) *The Healing Power of the Drum, Book Two: A Journey of Rhythm and Stories Paperback*, Pathway Book Service.



CALL FOR SUBMISSIONS

Members of the QCA, we want to hear from you!

Do you have something to say? Want to share your research findings or counselling techniques? Did you attend an interesting conference or workshop? Our e-bulletin is published four times per year and is looking to include your ideas, thoughts and creative input!

Once submitted, all articles become the property of the e-bulletin and are subject to editorial board approval and formatting. As **you are credited for your article**, be sure to cite all references in APA style. **Please limit submissions to 500 words. Images and posters must be submitted as GIF or JPEG files.**

If we can't publish your submission for the next e-Bulletin, we will hold on to it for future publications.

Contact us at: qca.ebulletin@gmail.com

Do you have an event that might interest other members of the QCA?

We are always looking to hear about workshops, PD events, conferences and seminars. Why not advertise it in CounselLinks?

It is a great way to get the word out, and keep our network connected and in the know.

Submissions can be made to our CounselLinks editor via email at qca.ebulletin@gmail.com.

CounselLinks is issued quarterly. Submission guidelines and call-outs are advertised via our membership mailing list.



Email: qca.counselling@gmail.com

Website: www.quebeccounselling.ca

Facebook: www.facebook.com/quebeccounselling

[Read](#) the VerticalResponse marketing policy.