

Friday May 30, 2025 • Le vendredi 30 mai 2025

7 h 30 - 17 h	Registration • Inscription	Grand Foyer
7 h 30 – 17 h	Indigenous Gathering Space • Espace de rassemblement autochtone	
7 h 00 - 8 h 00	Rise & Shine with Your CES Chapter! The Counsellor Educators and Supervisors (CES) Chapter Executive welcomes all CES members to our chapter breakfast. Start the day off by meeting your executive and hearing chapter updates. You'll also learn about the recent CES doctoral award winners and their research. We look forward to seeing you there! <i>Exclusively for Chapter members.</i>	
8 h 30 - 10 h 00	Opening Ceremonies and CCPA Professional Champion Award Presentation Keynote Address: Building Mental Wellness Through the Teachings of Our Ancestors Dr. Brenda Restoule & Dr. Carol Hopkins First Peoples Wellness Circle According to the First Nation Mental Wellness Continuum Framework (Framework), mental wellness is supported by culture, language, Elders, families, and Creation and is necessary for healthy individual, community and family life. Despite the multiple health and social challenges experienced by First Nations, there are stories of resistance and resilience that reflect resurgence of First Nation languages, revitalization of culture, and self-determination of programs and services that mitigate these challenges. First Nation knowledge and evidence is embedded in the teachings that provide a roadmap to living well, giving a sense of Hope, Belonging, Meaning and Purpose for individual, families and communities. We will share stories from communities, programs and services that utilize First Nation knowledge and evidence to build wellness, demonstrating the Framework in action.	
10 h 00 - 10 h 30	AM Break • Pause du matin	
10 h 30 - 12 h 00	Concurrent Sessions • Séances simultanées	
	A Cultural Tapestry of Mental Health Care: Towards Better Access for Cultural Community Groups	

Ruby Alotaibi, Nkiru Azozie, Hussain Ali Sina, Ruby Alotaibi, Natalina Yoll
[Intermediate]

This session features three ethno-cultural community leaders sharing perspectives on mental health care, a service underutilized by their communities. Newcomer groups face the risk of adverse settlement outcomes if mental health issues are not addressed. The TAPESTRY project works with diverse cultural groups to promote emotional literacy and reduce stigma, aiming to build community capacity to respond to mental health crises. Through this project, a deeper need emerged for a more diverse mental health system that better serves these communities. Feedback gathered from each group identified barriers within the current system, which will be shared alongside key findings from an evaluation report. The session aims to offer insights for clinicians working across cultures and challenge existing mental health programming that excludes underserved populations.

Equine-Assisted Psychotherapy - Why it Works
Stephanie Lockhart
[Introductory]

The Intimate Witnessing approach to couples therapy helps partners:

1) appreciate the impact of their actions on their partner's sense of self; 2) take accountability for how their actions, both intentional and unintentional, may have shaped their partner's story negatively; and 3) engage in practices that nurture their partner's story in more loving ways. This ethics-centered approach features "Intimate Witnessing Practices," where partners step into their partner's perspective, reducing defensiveness and fostering acknowledgment and accountability. In this workshop, we will demonstrate how inviting couples to witness each other's experiences can lead to surprising improvements in communication and intimacy. Participants will explore session transcripts, therapy videos, and documents to learn how these practices transform couples' lives and relationships.

Intergenerational Resilience Method for Families Impacted by Intergenerational Trauma
Barbara Woods
[Intermediate]

This workshop explores intergenerational trauma and its lasting effects on families. Participants will learn about the neuroscience of trauma transmission, the impact of unresolved complex trauma in caregivers, and developmental trauma in children and teens. The session introduces the

Intergenerational Resilience Method, which enhances autonomic regulation, fosters secure attachment, and supports child development. Attendees will gain practical tools to address caregiver trauma, strengthen family connections, and promote healthy child development. Additionally, the workshop outlines the pathway to specialization in intergenerational trauma therapy, highlighting how advanced expertise can improve assessment, treatment, and therapist well-being. Ideal for mental health professionals seeking to expand their skills, this session provides valuable insights into breaking cycles of trauma and fostering resilience.

The School Counselling Profession: Examining Ways to Support the Identity of School Counsellors in Canada

[Dr. Janice Graham-Migel](#), [Lisa Cheyne-Zanyk, MC, CCC](#)
[Intermediate]

School counsellors play a crucial role in promoting student growth, mental health, and well-being, while upholding professional competence and ethical standards. In Canada, school counsellors have faced challenges in establishing a strong professional identity. The CCPA School Counsellors Chapter has been exploring ways to support this identity through leadership, collaboration, and advocacy. This session will provide school counsellors with a platform to discuss critical issues in the field. Using data from a Chapter membership survey, an environmental scan of the profession, and goals from the 2024 Chapter Strategic Planning Session, we will explore current challenges and solutions. The session will highlight the need for a national voice for school counsellors and conclude with an interactive discussion on how CCPA can support and amplify this voice across Canada.

Intergenerational Trauma: Building Resilience Michael Sorsdahl, Mich Partridge <i>[Introductory]</i> Working with trauma inevitably impacts mental health professionals, making wellness and self-care essential for ethical practice. This interactive workshop explores the challenges faced by counsellors and psychotherapists, including stress, vicarious trauma, compassion fatigue, and burnout. Participants will learn to recognize the signs of these impacts and develop reflective practices to maintain balance and effectiveness in their work. The session provides practical strategies for building personalized self-care plans and engaging workplaces in fostering institutional support. Through guided exercises, attendees will create individualized wellness plans to enhance resilience and sustain their capacity to support clients effectively.	
12 h - 13 h	Lunch on Own • Dîner non-inclus
13 h - 14 h 30	Concurrent Sessions • Séances simultanées
Trauma and Culture: Insights into Understanding Impact Sumra Anis <i>[Intermediate]</i> Trauma is deeply influenced by cultural identity, shaping how individuals perceive, process, and heal from distressing experiences. This session explores the intersection of trauma and culture, examining how values, norms, and belief systems affect trauma recognition and recovery. Drawing on research and clinical insights, participants will gain a deeper understanding of how cultural stigmas impact mental health access and how to tailor interventions to diverse backgrounds. The presentation highlights the importance of culturally adapted therapeutic approaches and strategies for building trust with clients from different cultural communities. Mental health professionals will leave with practical tools to enhance cultural sensitivity and improve trauma-informed care.	
Working Together to be a Strong Voice for Regulation in Alberta Laura Hahn, Nicole Imgrund, Nicholas Renaud <i>[Introductory]</i> Calling all Alberta members interested in learning more about what is happening with Regulation. Join ACTA's leadership for an update to CCPA members on regulation. The Association of Counselling Therapy of Alberta (ACTA)'s sole mandate is to be	

the voice of the counselling therapy profession in Alberta regarding regulation.

Best Practices in Online Group Counselling

[Teresa Maynes, Luis Ibarra-Alexanderson](#)

[Introductory]

This session explores best practices for conducting online group counselling, a service that became more prevalent during the COVID-19 pandemic. It addresses unique challenges, such as fostering engagement, ensuring privacy, and delivering interventions. Drawing on recent literature and real-world experiences, the session will highlight key issues like client suitability, developing group norms, and safety assessment. The facilitators will share insights from a randomized controlled trial of online group counselling for individuals with substance use disorders (SUDs) and provide practical strategies for building competence in delivering effective online group therapy.

Medicine Walk at the Eastern Door - developing a Mi'kmaq Adapted CBT model

[Charity Fleming, Ethan Gardner](#)

[Introductory]

Indigenous peoples across Turtle Island face significant disparities in health and mental health outcomes, a key focus of advocacy for First Nations, Inuit, and Métis communities. Closing these gaps is emphasized in the Truth and Reconciliation Commission's Calls to Action (2015). In Mi'kmaq territory, there is a shortage of culturally responsive psychotherapy. To address this gap, the Mi'kmaq Native Friendship Centre, Dalhousie's Centre for Psychological Health, and cultural consultant Anangkwe Charity Fleming are developing a Mi'kmaq-adapted Cognitive Behaviour Therapy (CBT) model. This session will share the process of creating this model, the Indigenous theories that inform it, and the structural changes made through storytelling and art to adapt CBT to Mi'kmaq cultural needs.

Ethical decision-making in a changing professional landscape: An interactive and collaborative workshop

[Michael Sorsdahl, Dr. Roberta Borgen, William Borgen](#)

[Introductory]

Ethics form the foundation of professional counselling and psychotherapy, yet applying ethical standards in real-world scenarios can be complex. This interactive workshop explores ethical decision-making, offering insights from a recent study on ethical violations leading to disciplinary action in Canada. Participants will engage in group discussions using case vignettes from *Ethics in a Canadian Counselling and Psychotherapy Context*, guided by the book's editors. The

session will help practitioners, whether new or experienced, navigate ethical dilemmas with greater confidence by applying ethical decision-making models. Attendees will leave with a deeper understanding of ethical challenges and practical strategies to uphold professional integrity in a rapidly evolving field.

13 h - 13 h 45
13 h 45 - 14 h 30

Concurrent Sessions Plus • Séances Simultanées Plus
45 minutes per presentation • 45 minutes par présentation

Mental Health and Spirituality

[Furkhan Dandia](#)
[Intermediate]

This immersive workshop examines the intersection of mental health and spirituality, exploring how beliefs, practices, and experiences can influence well-being. Through interactive discussions, experiential exercises, and reflective practices, participants will gain insight into spirituality's role in coping with stress, trauma, and anxiety, as well as the benefits of mindfulness and meditation. The session also addresses challenges that arise when navigating mental health within spiritual frameworks. Led by Furkhan Dandiam, who brings expertise in both mental health and spiritual practices, this workshop fosters a collaborative and inclusive space for reflection, personal growth, and holistic healing. Ideal for professionals and individuals alike, it offers practical tools for integrating spirituality into mental health care.

Healing the Whole Person: Spiritual Integration in Counselling

[Deepak Mathew](#)
[Intermediate]

This workshop offers counsellors and educators practical insights into integrating spirituality into therapeutic practice, enriching the counselling process. Participants will explore the vital role of spirituality in shaping clients' identities, especially for those whose faith and beliefs influence their resilience and coping mechanisms. The session will cover key frameworks for spiritual integration, focusing on ethically exploring clients' spiritual beliefs, respecting diverse backgrounds, and aligning spiritual practices with clients' values. Drawing from research at Trinity Western University on how immigrants to Canada integrate faith in career transitions, attendees will gain an understanding of spirituality's role in supporting major life changes. Through discussions and practical examples, the workshop will demonstrate how spirituality can strengthen the therapeutic alliance and support holistic well-being. Challenges, including managing personal biases and maintaining ethical boundaries, will also be addressed.

Building Resilience, Self-Efficacy and Internal Locus of Control in the Workplace

[Irene Taylor](#)

[Introductory]

Individuals spend one third of their lives at work. Workplace issues following covid have led to a dramatic escalation in stress, anxiety and isolation. This hands-on and interactive session explores therapeutic approaches and practical interventions for building individuals' resilience, self-efficacy and overall internal locus of control. It will include research that suggests higher levels of self-efficacy and internal locus of control lead to lower levels of depression and anxiety and higher levels of job satisfaction, success, and life happiness. This session will explore ways of achieving this.

Caring and Compassion at Work: A Primer for Counsellors

[K Jessica Van Vliet, José F. Domene](#)

[Introductory]

This workshop explores the role of caring and compassion in fostering positive relationships at work, an increasingly important focus in both counselling and career development. Facilitated by counselling psychologists specializing in compassion and career development, the session will begin with an overview of how caring and compassion manifest in the workplace and their impact on mental health and well-being. Through didactic instruction, discussions, and interactive activities, participants will gain practical strategies for addressing work-related compassion with clients. They will learn how to explore clients' experiences and attitudes towards giving and receiving care among co-workers and how to facilitate future narratives of compassion in their clients' careers. This workshop equips professionals with tools to integrate compassion into work-related counselling and support clients in building healthier workplace relationships.

14 h 30 – 15 h

PM Break • Pause de l'après-midi

15 h - 15 h 45

Concurrent Sessions Plus • Séances Simultanées Plus

15 h 45 - 16 h 30

45 minutes per presentation • 45 minutes par présentation

Bringing the Mystical into Therapy: Transpersonal Modalities to Support Depression-Management

[Saira Sabzaali](#)

[Intermediate]

As more clients seek to explore the spiritual and mystical aspects of their lives, therapists are often left without the tools or training to address these needs. This presentation, grounded in Transpersonal Psychology and client-based research, equips clinicians with the skills to navigate the spiritual realm in

therapy. Participants will learn how to assess their competence and comfort level, differentiate between spiritual emergence and mental health crises, and use inclusive language in spiritual exploration. The session will also cover practical tools like breathing techniques, somatic exercises, and therapeutic scripts, along with strategies for deepening personal spiritual practice. Clinicians will gain confidence in supporting clients through non-ordinary experiences, with a focus on group support and collective healing. Interactive components will help therapists recognize and work with altered states of consciousness in their practice.

Creative Approaches to Advocacy: Enhancing your role as a Mental Health Service Provider

[Chandra Ashton](#)

[Intermediate]

As mental health professionals, we often encounter barriers that clients face outside our offices, making it challenging for them to thrive and apply the skills learned in therapy. This session focuses on expanding our capacity for advocacy, addressing the complex systems that impact our clients' well-being. Through real-world examples and audience participation, we'll explore creative ways to support clients beyond the therapy room and strengthen our influence in their communities. Participants will share successes, brainstorm new strategies, and reflect on how to advocate for clients in the face of systemic challenges. This session offers an opportunity to stretch boundaries and gain fresh ideas on how we can better show up for our clients and make a lasting difference.

Navigating Social Justice in an Evidence-Based Field: Perspectives from First Year Graduate Students in a Social Justice-Oriented Counselling Program

[Jennifer Anh-Duong Phan](#), [Maria Osiowy](#), [Laura Doria-Falquez](#), [Matthew Koczkur](#), [Brianna Henry](#), [Mingshan Lu](#)

Navigating the intersection of social justice and evidence-based practice can be challenging, especially for emerging counsellors. Tensions often arise due to differing theoretical frameworks, epistemological perspectives, and therapeutic values. For students, particularly those trained in empirical traditions, these challenges can feel even more pronounced. This panel, created by twelve first-year students in the Master of Science in Counselling Psychology program at the University of Calgary, explores how students balance these tensions within their education and training. Five speakers will share their academic, professional, and lived experiences, offering insights into how they navigate social justice and evidence-based practice. Through community dialogue, the panel will discuss how students choose theoretical orientations, integrate diverse perspectives, and the role of training and supervision in supporting this journey. This session provides valuable

	perspectives on how to reconcile and blend these approaches in therapeutic practice.
15 h 00 - 16 h 30	Concurrent Sessions • Séances simultanées
	Beyond One Hour: Transforming Client's Relationships with Single Session Therapy Principles Rubina Rahiman <i>[Introductory]</i> This dynamic workshop challenges the misconception that single session therapy isn't suitable for complex relational issues. Through the "One Therapy at a Time" framework, participants will explore innovative ways to enhance their couple and family therapy practice. By blending single session principles with traditional therapeutic approaches, therapists can address long-standing relationship challenges while maximizing the effectiveness of each session. The workshop will feature practical strategies for integrating systemic and relational theories with single session methodology. Through role-play exercises, interactive demonstrations, and guided discussions, participants will develop concrete skills to enhance their practice. This approach offers a fresh perspective on managing complex relationship dynamics and increasing therapeutic flexibility. Ideal for couple and family therapists, this session will leave participants with new tools, renewed inspiration, and actionable strategies for optimizing their therapeutic impact in both brief and long-term contexts.
	Bridging Cultures: Addressing Mental Health Challenges in Migration and Career Transitions Blessing Nwangburuka <i>[Intermediate]</i> When traditional methods fail, how can therapists support clients exploring spirituality and non-ordinary realms? Mainstream psychology often omits the spiritual, but more clients are seeking this in therapy. This session, drawing on Transpersonal Psychology and hundreds of client scenarios, will provide clinicians with tools and language to address spiritual matters. Participants will learn to identify their competence and scope, differentiate spiritual emergence from mental health emergencies, and use specific client-facing tools like breathing techniques and somatic exercises. The session will also explore inclusive language, deepening spiritual practice, and the impact of group support in healing. Interactive components will help clinicians recognize altered states of consciousness.
	Building Knowledge and Capacity to Support Individuals Impacted by the Stress and Stigma of a Parents Substance Use

Agnes Chen
[Intermediate]

In Canada, 1 in 5 youth are impacted by parental substance use, putting them at a significantly higher risk for poor mental health, substance use issues, and suicide. This workshop equips professionals with the tools to support these youth, who often face stigma and fear of family separation when seeking help. Rooted in trauma-informed principles, the session explores the unique challenges these youth encounter, including systemic barriers such as high counselling fees, stigmatizing language, and concerns about child welfare involvement. Participants will learn strategies to reduce stigma, create safer spaces, and ensure equitable access to mental health support. Attendees will also receive a practical toolkit with resources to empower youth to seek care and build resilience. Through storytelling and evidence-based practices, the workshop offers actionable insights for creating inclusive, supportive environments that promote hope, healing, and health equity.

Drama therapy mask-making: a neurodivergent-affirming Intervention

Amanda Marra
[Introductory]

This workshop introduces drama therapy as a creative, neurodivergent-affirming approach to therapy, focusing on inclusivity and sensory adaptability. Integrating Sonny Jane's Neurodiversity Affirming Practices principles with drama therapy's core techniques—active witnessing, embodiment, distancing, and role exploration—participants will learn how to adapt these elements to meet the diverse needs of neurodivergent clients. The session includes a hands-on mask-making activity, offering a therapeutic tool for symbolic representation and narrative building. Participants will gain practical strategies for creating accessible therapeutic environments, including sensory accommodations and flexible participation options. Through case examples and research-supported methods, attendees will learn to use masks for emotional safety, reflection, and role exploration. The workshop also provides time for personal self-care or reflection, followed by a group discussion on integrating these practices into professional settings. This session is ideal for practitioners seeking innovative, inclusive approaches to drama therapy in neurodiverse contexts.

19 h - 21 h

Welcome Reception • Réception de bienvenue

Ticket required ~ Billet requis

Join us for refreshing treats and networking. it's all about having a good time and mingling with colleagues, friends, presenters, exhibitors and sponsors.

Meet new and old friends and set the tone for the next few days. Everyone welcome!

Joignez-vous à nous pour une soirée de plaisir et de rencontre et célébrez nos 60 ans! Venez vous amuser avec vos collègues, amis, présentateurs, commanditaires et exposants et réseautez! Bienvenue à tous!

Saturday May 31, 2025 • Le samedi 31 mai 2025

7 h 30 - 17 h	Registration • Inscription	Grand Foyer
7 h 30 - 17 h	Indigenous Gathering Space • Espace de rassemblement autochtone	
8 h 30 - 9 h 45	Plus proches : Se connaître, s'aimer les uns les autres Sophie Grégoire Trudeau, défenseure de la littératie émotionnelle, de l'égalité et de la santé mentale Sophie Grégoire Trudeau invite le public à un voyage profondément personnel vers la connaissance de soi, l'acceptation et l'émancipation. En alliant les perspectives des meilleurs psychologues, psychiatres, scientifiques et penseurs à son propre parcours personnel, Grégoire Trudeau explore les questions essentielles à notre croissance individuelle et collective. Elle s'est donnée pour mission d'aider chacun à réaliser son plein potentiel et à mener une vie plus épanouie et heureuse en développant leur intelligence émotionnelle et en apprenant à établir des relations plus saines avec eux-mêmes, les autres et le monde qui nous entoure. Closer Together: Knowing Ourselves, Loving Each Other Sophie Grégoire Trudeau, Emotional Literacy, Equality and Mental Health Advocate <i>Sophie Grégoire Trudeau invites audiences on a deeply personal journey toward self-knowledge, acceptance, and empowerment.</i> <i>Combining insight from top psychologists, psychiatrists, scientists, and thought leaders with her own personal journey, Grégoire Trudeau explores the questions that matter most for our individual and collective growth. She's on a mission to help people reach their true potential and live fuller and happier lives by enhancing their emotional literacy and learning how to build healthier relationships with themselves, others, and the world around us.</i>	
9 h 45 - 10 h 30	Plus proches : Se connaître, s'aimer les uns les autres Séance de dédicace À la suite de l'allocution de la conférencière d'honneur, joignez-vous à Sophie Grégoire Trudeau pour une séance de dédicace spéciale de Plus proches : Se connaître, s'aimer les uns les autres. Profitez de cette occasion pour approfondir son message et repartir avec un exemplaire signé de son livre inspirant. Ne	

manquez pas cette chance de poursuivre votre cheminement vers la découverte de soi et l'épanouissement! Closer Together: Knowing Ourselves, Loving Each Other Book Signing <i>Following the keynote, join Sophie Grégoire Trudeau for a special book signing of Closer Together: Knowing Ourselves, Loving Each Other. This is an opportunity to connect with her message on a deeper level and take home a signed copy of her inspiring book. Don't miss this chance to continue the journey toward self-discovery and empowerment!</i>	
10 h 00 - 10 h 30	AM Break • Pause du matin
10 h 30 - 12 h 00	Concurrent Sessions • Séances simultanées
60 Years Strong: Armchair Discussion with CCPA Past Presidents (Introductory) Join us for a special panel celebrating 60 years of supporting mental health professionals across Canada. In this engaging discussion, past presidents will reflect on the evolution of the field, examine current challenges and achievements, and explore the future of mental health in Canada. Don't miss this unique opportunity to gain insight from leaders who have shaped the profession over the decades.	
Effect of Early Exposure to I.T Teaching on Test Anxiety Level of High School Students Adebusavo Gabriel, Thomas Rifkat Rejoice (Intermediate) This study examined how early exposure to I.T. teaching affects test anxiety in high school students. Using a quasi-experimental 3X2X2 factorial design, it compared students introduced to I.T. in JSS1 (Group A), those introduced in SS1 (Group B), and a control group with no I.T. exposure (Group C). A total of 90 students were selected through proportional random sampling. Groups A and B received I.T. instruction, while Group C continued with non-I.T. classes. Pre- and post-tests measured anxiety levels using validated assessment tools. Analysis using ANCOVA revealed that early I.T. exposure significantly reduced test anxiety, while parental socio-economic background had no impact. Students in the control group showed heightened trait anxiety during tests. Findings highlight the benefits of integrating I.T. education early to support students' emotional well-being.	
Improving Mental Healthcare Access: Addressing Inequities for Newcomers to Canada	

Speaker Name
(Introductory)

With immigrants and refugees making up over one-fifth of Canada's population and projected to reach one-third in 15 years, addressing mental healthcare access for newcomers is crucial. Research shows that mental health declines the longer newcomers stay in Canada, impacting successful settlement and integration. This panel will examine systemic barriers to mental health services and explore solutions for more equitable access and engagement. Experts from key newcomer-serving agencies will share insights on shifting mental health landscapes to better support this population. The session will be interactive, inviting participants to share experiences, perspectives, and ask questions.

Insights & Innovations: Poster Showcase Part 1

A Picture of Polyamorous Clients in Canada

[Hailea Williams](#)
(Introductory)

Body image in gay undergraduate men

[Hale Aquino](#)
(Introductory)

Embracing the crown: Black women's hair and the impact on wellness

[Alana Ireland](#), [Cheryl Campbell-Scott](#),
[Aiofe Freeman-Cruz](#)
(Introductory)

Examining women's bisexuality in psychology: Implications for clinicians

[Jordan Keough](#)
(Introductory)

Navigating diversity recruitment across Canadian police forces

[Amanda Assi](#), [Jose Domene](#)
(Introductory)

Navigating Imposter Syndrome in Emerging Psychotherapists

[Simran Ghuman](#)
(Introductory)

Commonly Reported Traumatic Events Experienced by Refugees in Canada and the US: A Systematic Review

[Hawra Al-Khaz'Ally](#)
(Introductory)

Broadening Recovery Pathways: Addiction Service Providers' Insights on Residential and Structural Factors Impacting Client Recovery

[Gemma Reynolds](#)
(Intermediate)

Enhancing Counsellor Education for South Asian Canadian Mental Health Professionals

[Durr-e Sameen](#)
(Intermediate)

The Lived Experiences of Emerging Adults Who Are Grieving the Loss of a Friend to Suicide

[Gabrielle Grimes](#)
(Intermediate)

Neuropsychology of Trauma in BIPOC individuals

[Zahra Nafar](#)
(Advanced)

12 h 00 - 13 h 00

Lunch on Own • Dîner non-inclus

13 h 00 - 14 h 30

Concurrent Sessions • Séances simultanées

A relaxing, experiential self-care spa Session for Counsellors

[Siri Brown](#)

(Introductory)

Feeling drained or disconnected from your passion for the work you do? This workshop is designed to help you recharge through a series of experiential activities tailored to you. Explore self-compassion, gratitude, relaxation, and visualization techniques in a supportive environment. A brief overview of neuroscience and research will contextualize the activities to deepen your understanding. If you're looking to reignite your love for your profession and reconnect with your healing self-care practices, this workshop is for you.

Navigating the Mental Health Landscape: The Role of Private Practitioners

[Paul Yeung](#), [Corrine Hendricken-Eldershaw](#), [Linda Storm](#),
[Veronica Loffreda](#)

(Intermediate)

The Private Practitioners Chapter is focused on supporting those in or considering private practice. This session offers a space for members to learn best practices through a mental health lens and network with peers. As Linda Bovolotto (2012) notes, our ability to help others grows with our own professional development. Participants will explore key knowledge and skills related to the conference theme: the mental health field in Canada. They'll also discuss how the chapter can better support private practitioners. By the end, attendees will gain insights into best practices for working with diverse clients, embracing cultural sensitivity, and celebrating the unique journey of being a private practitioner.

Mental Health Care at the Intersection of Religious Trauma and Neurodivergence

[Kerry Shroeder](#), [Ryan Schroeder](#)

(Intermediate)

Religion and spirituality (R/S) have long been studied in counselling psychology as sources of support and well-being. However, the rise of religious deconstruction has highlighted the negative impact of high-control religions on mental health. Individuals leaving religious fundamentalism face challenges ranging from social to existential issues, which can be intensified by neurodivergence (e.g., autism, ADHD, dyslexia). This interactive session will explore the intersection of religious trauma and neurodivergence, offering practical insights for mental health providers. Topics include autism and religious ableism, ADHD and concepts of sin, neurodivergence, queer identities, religious gender ideologies, and moral OCD. Presenters will share research, perspectives from deconstruction and neurodiversity-affirming communities, and personal experiences as former fundamentalists in a neurodivergent family.

Mapping in relational research and counselling: Innovations and considerations

[Tanya Mudry, Vanessa Vegter, Jezzamyn Stone, Avery Sapoznikow, Daniel O'Brien](#)
(Intermediate)

Attending to the unique contexts and experiences of clients is essential for effective exploration and intervention. In our relational research, we focus on understanding the interpersonal complexities of everyday life. Mapping techniques are valuable tools for both research and counselling practice. This panel presentation will offer insights, tips, and considerations for using maps in these contexts. Drawing from five projects; rural mental health, family well-being during COVID-19, opioid users' perspectives on the epidemic, young people's experiences with involuntary stabilization, and creative mapping in counselling—we will share practical ways to incorporate mapping into your work.

Insights & Innovations: Poster Showcase Part 2

"What Does the Post-Secular Mean for Counseling Psychology? Emerging Themes in Rethinking Religion and Spirituality in Therapy"

[Matthew Koczkur](#)
(Introductory)

Beyond the Surface: Unveiling the Depths of Barriers to Cross-Cultural Friendship Formation

[Mohamed Osman-Abdallah](#)
(Introductory)

Emotional Healing Through Shamanistic Question-Asking in Taiwan

[Maggie Chang](#)
(Introductory)

Gender affirming care in Canadian media: Why counsellors should care

[Jordan Keough](#)
(Introductory)

How Close Others Make Meaning & Perceive Loved Ones Excessive Behaviour

[Maria Tourani, Tanya Mudry, Shelbi Snodgrass](#)
(Introductory)

Survivor Guilt as a Core Feature of Refugee Trauma: Implications for Counselling Refugee People

[Shaima Ahammed Thayyilayil](#)
(Introductory)

Thriving During the Covid-19 Pandemic: University Students and Social Emotional Assets

[Julia Therrien](#)
(Introductory)

A Postmodern Feminist Narrative Review of Teleworking Women's Work-life Wellness

[Rebecca Como](#)
(Intermediate)

Attending to the social and institutional organization of "culture" in Canadian counsellor education

[Lee Smith](#)
(Intermediate)

ENCOMPASS Your Grief: A holistic framework designed to support individuals through their grief journey

[Marida Etherington](#)
(Intermediate)

Healing While Black in Ontario: Equity, Diversity, and Inclusion in Addressing Racism and Mental Health Inequities Among Black Women

[Titilola Omosho](#)
(Intermediate)

13 h - 13 h 45
13 h 45 - 14 h 30

Concurrent Sessions Plus • Sessions Simultanées Plus
45 minutes each • 45 minutes chaque

Reconceptualizing Intimate Partner Violence: Going Beyond Individualistic Model of Care in Practice

[Ping Ying Choo](#)
(Intermediate)

Existing research on intimate partner violence (IPV) has primarily focused on trauma recovery, but survivors also experience significant losses, such as identity, trust, and social connections. Additionally, they often face judgment from the community for grieving these losses. This presentation will critically review the multifaceted aspects of IPV, including grief, loss, and the social inequalities shaped by systemic power dynamics. It will also examine evidence-based interventions for IPV survivors and facilitate a small group discussion on attendees' experiences working with this population. The goal is to highlight the social justice dimensions of IPV and explore intervention strategies beyond individualistic models of care.

A psychological framework for understanding the journey from domestic violence victim to corporate thriver/leader

[Zuraida Dada](#)
(Intermediate)

Domestic violence affects millions of women globally, often leading to significant personal and professional challenges. While much research has focused on the aftermath, less attention has been given to how survivors transition to professional success. This study developed a psychological framework to understand the journey from victim to corporate thriver. Interviews with five women in Alberta, Canada, who overcame domestic violence and achieved professional success revealed five key themes: reclaiming identity, navigating recovery challenges (e.g., financial strain, rebuilding relationships), and utilizing internal and external resources (e.g., personal strengths, community support). Participants also employed strategies like building workplace support, networking, and setting boundaries. This research offers a framework and practical recommendations for therapists, survivors, and organizations, guiding the transition from victimization to professional success.

The Stress Stories Project: Promoting Flourishing at School

[Meg Kapil](#)
(Intermediate)

This interactive workshop explores the connection between stress regulation, mental health, and learning in educational settings.

How students manage stress affects their learning outcomes, mental health, and overall well-being. The session will focus on: (1) the role of stress regulation in mental health and flourishing at school, (2) practices to enhance mental health and its impact on learning, and (3) strategies for balancing academic demands with stress management for student success. Based on the "Stress Stories Project" curriculum, the workshop will share research and practical applications to help students regulate stress and optimize learning. Participants will engage in activities and learn modifications for different age groups, from elementary to post-secondary. This session provides educators and counselors with tools to support students in thriving academically and emotionally, promoting a holistic and supportive approach within educational environments.

Exploring Identity: The Use of Creative Arts in Therapy

[Hildy Bennett](#)
(Intermediate)

In this interactive session, participants will be asked to reflect on and develop two creative works that represent their values, purpose, and priorities. A background on the value and purpose of using arts-based interventions will be provided. Participants will then utilize various drawing materials to develop an image and reflect on the image-making process. Their second creative arts endeavour is creating a personal statement or acronym based on the image and further demonstrating meaning and value to them. Participants will have the opportunity to discuss the process and final products within their small groups as well as with all attendees. To conclude, the presenters will highlight how counsellors may incorporate creative arts into their therapeutic work.

14 h 30 – 15 h

PM Break • Pause de l'après-midi

15 h – 16 h 30

Concurrent Sessions • Séances simultanées

Finding Light in the Dark: Working with Suicide in a Hopeful Way

[Chelsea Hobbs](#)
(Introductory)

Working with suicidal clients presents a significant challenge for mental health practitioners, often leading to burnout, fear of liability, and the loss of clients to suicide. Learning to effectively engage with individuals experiencing suicidal ideation is crucial for mental health professionals. Hope, defined as the ability to envision a desired future, plays a protective role against suicide. Research shows that fostering hope can reduce suicidal ideation and suicide risk. This interactive session will review current literature on suicide and the role of hope, offering evidence-based

interventions to increase hope in at-risk clients. Attendees will explore clinician concerns and practical, hope-focused strategies for working with suicidality.

Enhancing Mental Healthcare Access for Newcomers to Canada

Cindy Pettit
(Intermediate)

Cindy will guide you through the design and implementation of the PBF program, highlighting the unique role of clinical staff and the value they bring to schools and the education system. Her goal is to share ideas and inspire you to consider how they might be incorporated into your work. PBF addresses concerns related to youth vulnerability to exploitation or gang recruitment. We believe that building relationships is key to connecting with and influencing individuals and aim to understand each person's unique story. By working directly with youth, families, and communities, we develop trusting therapeutic relationships that extend through ongoing outreach support. We assess risk factors at the individual, family, and community levels to target areas for intervention and prevent exploitation. PBF's goal is to reconnect individuals to resources, reduce risk, increase protective factors, and foster engagement with support systems. The black feather symbolizes reflection, transition, and change, reminding us of the wisdom of others and our own ability to persevere.

School Counsellors as Leaders and Social Justice Agents

Ahlam Rahal, Dr. Janice Graham Migel
(Intermediate)

This interactive workshop empowers school counsellors and educators to become stronger leaders and social justice advocates. Using a culturally responsive, multi-tiered system of supports (MTSS), participants will explore strategies to address injustice and disrupt oppression. A plenary will introduce key frameworks, followed by breakout groups focused on practical interventions. Through reflection and discussion, attendees will enhance advocacy skills and develop inclusive practices. The session concludes with leadership strategies for promoting equity, equipping counsellors to foster transformative educational environments.

Navigating Complexity in Post-Secondary Mental Health: Challenges, Opportunities and Possibilities in the Canadian Context

Danni Lei
(Introductory)

Post-secondary mental health practitioners in Canada are facing an increasingly complex landscape with rising service demands and diverse student needs. This presentation will explore the key challenges facing university mental health services and share

evidence-informed strategies to navigate these complexities. Drawing on research and practice, attendees will learn culturally relevant, practical approaches to address the unique needs of diverse student populations, including international students and student athletes. Join registered psychologists Danni Lei and Dr. Jon Woodend for an engaging conversation on fostering hope, opportunity, and sustainability in post-secondary mental health services.	
Rewiring the Past, Restoring the Present: The Role of Lifespan Integration in Treating Trauma and Dissociation Kelly Adler (Introductory) This presentation will explore Lifespan Integration (LI), an evidence-based therapeutic approach that has proven effective for treating trauma and dissociative disorders. LI helps clients integrate fragmented memories and develop a cohesive sense of self, promoting emotional resilience and stable functioning. The presentation will highlight the benefits of LI's timeline methodology, which guides clients through past experiences to foster healing and continuity of self.	
CCPA and Counselling and Psychotherapy in Canada: A Discussion with CCPA's President George Maringapasi (Introductory) This interactive session with the President of CCPA begins with reflections on current and upcoming Association initiatives followed by an open invitation for participants to discuss pan-Canadian events affecting professional practice.	
Conversation Cafés: Engaging, Interactive, and Impactful	
1. Building a Just Community: An Introduction to Broad-Based Community Organizing and Becoming Comfortable with Power Katharine Heimbigner-Tenor (Introductory) 2. Counselling Victims of Narcissistic Abuse: A Path to Healing Rita Schnarr (Introductory) 3. From Betrayal to Trust and Forgiveness Beth Hedva (Introductory) 4. Harmony in healing: Culturally responsive & relational care for Peripartum Depression in	7. The Intersection of Social Identity and Counselling: First-Year Student Reflections on Navigating Social Justice in Counsellor Education Natalie McCallum, Javeria Atique, Noor Hadad, Zoe Kreutzer, Tina Nguyen, Mathew Vitale (Introductory) 8. Crisis Line Support for 2SLGBTQIA+ and Culturally Diverse Callers: Responders and Stakeholders Reflections on Callers Experiences and Needs Monica Sesma Vazquez, Tara Collins, Nasiha Fazal, Karen Lazaruk, Tristan McSwiney, Melissa Mostert (Intermediate)

Women of Color

[Reihaneh Mahdavi Shahri](#)

(Introductory)

5. Neuroscience and Satir in the Sand Tray (NSST): Using Figurines in the Sand Tray to Invite Clients/Students to Externalize Their Internal Worlds

[Shyann Vosper](#)

(Introductory)

6. The Impact of Infertility on Families

[Lenore Goldfarb](#)

(Introductory)

9. DMT and EDT-Based Tools for Observation of Clients' Nonverbal Materials and Interventions based DMT and EDT approaches

[Julia Zaides](#)

(Intermediate)

10. Empowering Rural Counsellors Using the SAGE Model of Counsellor Supervision and Support in Canada

[Rosina Mete, Tom Alexander](#)

(Intermediate)

11. Blowing the Whistle: The good the bad and the ugly!

[Susan Holmes, Dean Baxendale](#)

(Advanced)

15 h - 15 h 45
15 h 45 - 16 h 30

Concurrent Sessions Plus • Sessions Simultanées Plus

Bridging the Gap: Faith-Inclusive Mental Health Practices for Immigrant Communities

[Sandra Dixon](#)

(Intermediate)

In Canada's diverse society, faith is a key resilience factor for immigrant communities facing adversity. However, mental health practitioners often overlook the spiritual dimensions of immigrant clients' experiences, despite their significant impact on mental wellbeing. This qualitative study examines how practitioners integrate faith considerations into counseling, uncovering complexities in immigrant mental health. Through interviews with 10 immigrant clients in Alberta, nine key themes emerged, leading to the development of the Free-Flowing Model of Faith, which highlights the intersection of immigration, faith, and mental wellbeing. This research aims to improve cultural responsiveness and faith-inclusivity in mental health care. In this interactive session, the presenter and attendees will explore strategies for culturally responsive and faith-inclusive care, promoting equity and fostering a more inclusive and supportive mental health environment for diverse immigrant populations.

Guarding Happiness: Creative Arts for Self-care and Self-reflective Practices for Counsellors

[Jenne Newman](#)

(Introductory)

Unlock the power of art to nurture your well-being and prevent burnout in this experiential workshop. This workshop offers practical tools and simple, yet transformative, art-based practices that foster self-compassion and resilience. Through guided exercises, you'll explore creative arts practices that inspire self-reflection, connection, and playfulness, encouraging a renewed relationship with your own needs. Attendees will discover strategies that are easy to integrate into daily routines, allowing

	for moments of restoration and personal rejuvenation. Come reconnect with your creative curiosity and practice guarding your own happiness
17 h - 18 h	Cocktail Reception • Réception cocktail Public Event - A Ticket is Needed - Cash Bar
19 h – 21 h 30	Gala Awards & Dance Celebration • Gala des prix et soirée festive Public Event - A Ticket is Needed – Cash Bar <i>Join us for a great meal, to recognize the contributions of your fellow members, and to dance the night away!</i> <i>Joignez-vous à nous pour un excellent repas, pour reconnaître les contributions de vos collègues et pour danser toute la soirée !</i>

Sunday June 1, 2025 • Le dimanche 1^{er} juin 2025

7 h - 13 h 30	Registration • Inscription	Grand Foyer
7 h - 14 h 30	Indigenous Gathering Space • Espace de rassemblement autochtone	
8 h 30 - 9 h 15 9 h 15 - 10 h	Concurrent Sessions Plus • Séances Simultanées Plus	
	Navigating the Ethical Use of AI in Therapy: Balancing Innovation and Client Care Linda Storm (Introductory) As AI becomes increasingly integrated into therapy, mental health professionals must navigate its benefits and ethical challenges. This session explores AI's role in assessments, mental health chatbots, and clinical decision-making while addressing key ethical concerns such as data security, confidentiality, informed consent, and bias. Through case studies and interactive discussions, participants will evaluate real-world applications and develop strategies for ethically incorporating AI into practice. Attendees will leave with a clearer understanding of AI's potential, its limitations, and how to maintain a human-centered, client-focused approach while adapting to technological advancements. Mental Health Education in the Age of EdTech and AI: A Call for Action Olga Vasileva (Introductory) This session examines how artificial intelligence (AI) and educational technology (EdTech) are transforming counselor training. While mental health education has long relied on experiential learning, AI-driven performance-based training offers students immersive practice, structured feedback, and skill refinement in a safe, iterative environment. This presentation explores how AI can enhance counselor training while maintaining the human connection central to therapy. Topics include AI-generated feedback, ethical considerations in simulations, and balancing technology with traditional teaching. Attendees will engage in discussions on leveraging AI and EdTech while addressing challenges such as system limitations and policy development for ethical implementation.	

How to respond when suicide is a concern

[Martine Lopez](#)

(Session Knowledge Level)

Session description.

The "S" Word: Working with Suicidal or Self-Harming Teens

[Kim Leifso](#)

(Session Knowledge Level)

This interactive session equips participants with the skills to recognize and respond to suicidal thoughts and self-harm disclosures in various settings. Attendees will explore key facts, statistics, and common ways these concerns are communicated. The session covers best practices for responding in the moment, what to avoid, and ethical follow-up strategies. Designed for professionals working with children, teens, families, and parents, this session fosters open discussion and practical learning.

8 h 30 - 10 h

Concurrent Sessions • Séances simultanées

Connecting Guided Self-Assessment and Mental Health for Post-Secondary Students

[Dawn Schell](#), [Michael Huston](#)

(Introductory)

This session explores guided self-assessment as a powerful tool for career exploration, fostering purpose, meaning, and hope among post-secondary students. Participants will engage in a brief self-assessment process while learning facilitation strategies, evidence-based principles, and theoretical foundations. The session highlights the mental health benefits of guided career exploration and provides tools for assessing these outcomes. Attendees will leave with practical strategies to implement similar interventions in their own contexts.

Transitioning from Counsellor to Counsellor Educator: Key Strategies for Interview Success

[Rosina Mete](#), [Cindi Saj](#)

(Intermediate)

This session equips counsellors and psychotherapists with practical strategies to navigate the hiring process for counsellor educator positions. Presenters will share insights from their experience on a Canadian university hiring committee, offering guidance on tailoring applications, excelling in interviews (both in-person and online), and demonstrating the transition from practitioner to educator. Participants will learn how to showcase

	their expertise in a graduate-level counselling setting and effectively convey their ability to empower students.
	Vicarious Trauma: Strategies for Resilience Joddie Walker <i>(Intermediate)</i> This workshop explores the profound impact of trauma exposure on helpers, moving beyond burnout to examine vicarious trauma and vicarious growth. Led by the Clinical Director of CTRI, who has over 30 years of experience supporting vulnerable clients, this session will help participants recognize the personal toll of witnessing trauma and its effects on their sense of safety, competence, and purpose. Through self-reflection, attendees will identify signs of trauma exposure and discover strategies for resilience, reconnecting with their values and joy to create a sustainable self-care plan.
	Counsellor Education and Understanding Transgender Non-binary clients: An Identity Dimensions Exercise Gillian Smith, Mel Voulgaris <i>(Introductory)</i> Despite increasing efforts to include 2S/LGBTQIA+ topics in counsellor education, many practitioners struggle with how to support transgender and non-binary (TGNB) clients' identity development. Uncertainty around knowledge, skills, and personal discomfort can create barriers to effective, affirming care. This session introduces the Identity Dimensions (ID), a reflexive exercise designed to enhance awareness, sensitivity, and responsiveness in working with TGNB clients. Through discussion, practice-based evidence, and hands-on engagement with ID, participants will explore how this tool fosters a person-centered, holistic approach. Given the ongoing challenges TGNB individuals face, particularly in Canada's political climate, cultivating responsiveness is essential to empowering clients as active agents in their own lives
10 h - 10 h 15	AM Break • Pause Matin
10 h 15 - 12 h 00	Concurrent Sessions • Séances simultanées
	Return to Center: Simple Strategies to Navigate Distress, Depression and Disconnection Patricia Morgan <i>(Introductory)</i> This session demystifies the Polyvagal Theory, offering practical tools to foster emotional safety and connection. Participants will gain a foundational understanding of the autonomic nervous system, recognize signs of emotional discomfort and safety, and map their own nervous system

states—Charged, Give Up, and Centered. Through clear, accessible language, this session provides strategies to enhance calm, focus, and connection while guiding clients toward emotional regulation. Ideal for professionals supporting others in distress, Return to Center equips attendees with actionable insights to create stability and resilience in both personal and professional settings.

**Actioning Our Positionality in Meaningful Ways:
Addressing Systemic and Sociocultural Influences in
Counsellor Education, Research, and Practice**

[Emily Doyle](#), [Tanya Mudry](#), [Lee-Tasha Smith](#),
[Skyler Todd](#)

(Intermediate)

This session explores how positionality shapes counselling practice, particularly when working with minoritized and racialized communities. Drawing from their lived experiences, Lee and Skyler will discuss how vulnerability influences research and program development, while Emily and Tanya, as program chairs in counsellor education, will share their experiences addressing inequities in sociocultural and systemic gatekeeping processes. The panel will examine the balance between maintaining the "status quo" and challenging it, while considering what should inform counselling, supervision, and educational practices. Attendees will gain insight into the challenges and successes in navigating these complex issues within counselling and research.

**Ch, ch, ch, changes: What you need to know about
Certification Criteria**

[Madelaine Erazo](#)

(Introductory)

CCPA's Certification Committee makes changes, with the Board's approval, to the criteria for CCC each year. Counsellor Education programs across Canada play a pivotal role in preparing students for the Counselling profession and alignment between programs and Certification criteria results in a seamless transition from student into certified professional. We will spend some of the time in this presentation discussing recent changes that are proving to be barriers for recently graduated members who are applying for CCC. In addition, there will be ample time for discussion and questions related to Certification criteria. We strongly encourage anyone who is involved with Counsellor Education in Canada to attend.

**Navigating Your Career Path: Developing Confidence
and Competence as a New Counsellor**

[Lisa Cavey](#)

(Introductory)

This session is designed to empower new counsellors as they navigate the complexities of specialization and professional

	growth. Through interactive discussions, participants will explore the importance of continuing education in bridging the gap between generalist training and specialized practice. Key topics include integrating personal identity and values with theoretical orientation, identifying strengths, and selecting areas of specialization. The session will highlight the role of supervision, peer support, and collaboration in cultivating expertise, competence, and reflective practice. Strategies for building professional networks through mentorship and multidisciplinary collaboration will also be covered. The session concludes with an open Q&A, offering participants the chance to share experiences and ask questions, equipping them with the tools for career growth and success in counselling.
	Understanding the perspectives of Canadian counsellor educators: A survey of CCPA's role in supporting counsellor educators and counselling programs Kelly Brenton, Tanya Surette, Rosina Mete <i>(Advanced)</i> This presentation will provide an overview of key findings from the responses to the 2024 Canadian Counselling and Psychotherapy Association (CCPA) Counsellor Educators' survey. The survey explored the CCPA's role within counselling programs across Canada and the experiences of counsellor educators with the CCPA and its accreditation body, the Council on Accreditation of Counsellor Education Programs (CACEP). After reviewing the data, participants will engage in a conversation café to further discuss the findings and offer valuable suggestions on how the CCPA can better support counsellor educators and counselling programs across the country.
11 h 45 - 13 h 00	Lunch on Own • Dîner non-inclus
13 h – 14 h 30	PLENARY SESSION – Closing
14 h 30 – 16 h 30	Conference Close • <i>Fin du congrès</i>