



NLCPPA

Newfoundland and Labrador Counsellors' and Psychologists' Association
A Special Interest Council of the Newfoundland and Labrador Teachers' Association



Message from the President

It's hard to believe that it's the end of December and that the past four months have gone by so quickly. Writing this message forces me to slow down, take a moment to reflect and acknowledge all the good that's happened within our Association these past four months.

I'd like to begin with a few good-byes and a few welcomes. Leaving the provincial executive this fall are Angie Wilmott (Past-President) and Jill Kelly (School Psychologist Rep). Both are remarkable professionals who have been a joy to work with. They have contributed immensely to our Association and will be missed. However, when members move on to other things they create opportunities for others to step in to leadership roles. Thus, I would like to welcome and introduce the two new members to the provincial executive. Gary Hunter is our new Vice-President. Gary is a school counsellor at Cowan Heights Elementary School in St. John's. Stephanie Keezer is our new School Psychologist Representative and works in the Avalon East region. I am certain that Gary and Stephanie will have a wonderful professional experience and contribute greatly to the NLCPPA executive. Additionally, at our recent AGM we also elected a new President-Elect. I would like to congratulate Kelly Brenton on her new post. Kelly first joined the provincial executive last May as Vice President. She is a school counsellor at St. Edward's School in CBS. This current executive have only been together for two months but I can already tell that we make a wonderful team and the next couple of years together will be fantastic!

The conference in October was a resounding success. Feedback was exceptionally positive and we are very thankful to all those who contributed their time, talents and energy to pull off another high-quality professional learning experience for counsellors and psychologists. I would especially like to highlight the staff at the NLTA and the team at the Marine Institute. They, in no small way, were instrumental in providing such a wonderful experience for the conference attendees.

As you may have noticed, there have been some changes in the structure of the NLCPPA Branches. We have moved from eight branches to seven branches. Labrador is now a branch onto itself. The Cormack Trail Branch is now renamed South West Branch. The area that encompasses Deer Lake-Corner Brook-Green Bay-White Bay-Northern Peninsula is named the North West Branch. Nova Central, Avalon West and Avalon East will all remain the same. The last notable change is the combining of the Vista and Burin Branches, cleverly renamed, Burin-Vista Branch. These seven branches are now in line with the regional delineation of the English School District.

Please take a good look through the newsletter to see what's new with your NLCPPA. I would also encourage each of you to become more involved with your local branches. The benefits of being involved are numerous and immensely rewarding.

I hope that you have a wonderful break. Mark every moment with your family and friends as this is what sustains us in more difficult times.

All the best to you and yours this Christmas and holiday season.

Boyd Perry
President



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NL Counsellors'
and
Psychologists'

P.S. Save the Date for the 2018 Conference and AGM – October 24-26.

CCPA Greetings from Director Leah Lewis

Greetings NLCPA Colleagues

Welcome all, welcome fall!

As I move towards the end of my first quarter as provincial director, I find myself continually astonished at the sheer amount of dedication demonstrated by our profession in this province. I was delighted to attend your NLCPA conference earlier this fall where I had the privilege to meet (and re-meet some familiar faces), many of you at the conversation café. There is much to be proud of, and hope you are.

Since beginning my role in May of this year, I've had the opportunity to be involved with and support important and innovative initiatives for counsellors in our province. My primary areas of focus have been counsellor regulation and engaging students.

We at the CCPA, in collaboration with the NLCPA and your president Boyd Perry, are passionately working towards access to mental health services nationwide. This in part has been in response to our provincial task force on mental health's recommendations via its report entitled *The Way Forward*, calling for improved services throughout the province. The report calls for accessible, inclusive, early and preventive mental health care that considers all people everywhere in our province; a sizeable task, but an important one.

As the need for added and improved mental health care is a priority initiative country-wide, the CCPA have stepped up alongside our colleagues at the NLCPA. Of particular interest, we are striving towards greater counsellor visibility through regulatory initiatives in every province and territory. Additionally, we have lobbied at federal levels for third-party billing access for CCCs practicing in any province or territory. We are also actively responding to the TRC's calls to action regarding indigenous awareness in counselling practice, which aligns with our provincial report, highlighting the need for indigenous voice and involvement in program development and delivery.

As you may already be aware, a provincial committee (FACT-NL) has been formed towards the development of a provincial counsellors' regulatory college. With the support of CCPA national, and following the trend of other regulated provinces (Ontario, Quebec, Nova Scotia, and recently New Brunswick), this initiative has been one of the priorities of my tenure. The committee's membership represents a number of stakeholders from the counselling profession in both urban and rural practice in and around Newfoundland and Labrador, including creative arts therapists, school and post-secondary counsellors, pastoral counsellors, private practitioners and

others. The college seeks to establish regulatory standards for the practice of counselling and psychotherapy. Chaired by the indomitable community leader and past CCPA director, Tracy Duffy, our committee has made some significant headway and will complete our application early in the new year. Stay tuned for updates on this important work that will affect all practicing counsellors in our province!



CCPA membership continues to grow for Newfoundland and Labrador, including you colleagues in the NLCPA. Our national conference in May was a tremendous success, the best attended conference ever. Many students attended, volunteered and presented. We encourage student attendance and presentations at the annual conference, and hope to welcome you in Winnipeg this coming spring. CCPA members, student and professional, can access reduced registration fees. Register early for the best rates!

If you are not yet a CCPA member, or may be eligible to apply for your CCC status, please do not hesitate. The benefits of this credential are increasing steadily, so you are encouraged. All information regarding the application process can be found at www.ccpa-accp.ca/en/memberbenefits/certification/.

You are most welcome to contact me directly with any questions or queries. My board email is ccpanldirector@gmail.com.

I wish you the warmest of seasons.

In good health and in solidarity,

Leah Lewis, M.Ed (C. Psych), PhD, CCC, RP

NLCPA Award Winners

2017 NLCPA Honorary Lifetime Member Award: Peggy Hann

Peggy is presently a School Psychologist in the Avalon East Region of NLESD and a Registered Psychologist with the Newfoundland Board of Examiners in Psychology. Since joining the school system in 1999, Peggy has also worked as Consultant with the NL Department of Education, Behaviour Unit Teacher at District School, Itinerant School Counsellor in Gander Region and School Psychologist in Clarenville Region. She is a member of APNL (and Past Director), CCPA, NASP, COSS, LDANL and NLESD's Mental Wellness Committee (Eastern Region). Peggy has also published an article in the research journal, *Learning & Individual Differences* (Penney, Hann, & Power, 1999). On a personal side, Peggy has been supporting her Mom through her journey with Alzheimer's, has started writing about the topic and has become an advocate for improving "Quality of Life" for Seniors. She is also busy developing a resource on relaxation techniques.

Peggy has been a proud member of the NLCPA for approximately 20 years and served on the Executive as President for two terms. During the four years of her Presidency, Peggy was part of a very committed team that brought the membership the following professional development through our annual NLCPA Conferences:

- 2011: *Taking Care of You and Me* (Impact Therapy Techniques – Danie Beaulieu)
- 2012: *Everybody Has a Story* (Dr. Jeffrey Kottler)
- 2013: *Finding Simplicity and Balance During Complex Times ...* (Florence Strang; Dr. Jim Cullen; Sergeant Sean O'Reilly; Dr. Dorothy Vaandering; Nena Sandoval)
- 2014: *Mind What Matters: Reconnecting the Dots...* (Stephané Grenier and Dr. Gabor Maté).

The relationships and interactions with members of the Executive, Branch Presidents and NLCPA Members during her six years on the executive provide very positive and long-lasting memories for Peggy. She is very proud of the accomplishments made by the NLCPA Executive(s) from 2009-2014:

- Peggy and her team "beat the drum" and highlighted the unique skills sets of School Counsellors and School Psychologists throughout the two terms. Through letters and multiple meetings with various Ministers/Directors of Education, ESDNL (later NLESD), NLTA and various community agencies, everyone was made aware of the NLCPA "Ask" for adequate numbers of School Counsellors and School Psychologists. The consistent message: **"All students should have access to counselling and psychology services in the school system within a reasonable time frame."**
- Started the process of creating an additional Professional Develop-

ment Fund from School Counsellor and School Psychologist bonus money.

- Initiated the process of a formal Mentoring Program for new counsellors and psychologists.
- Was an active member of the initial Community Coalition for Mental Health Program - CC4MH Initiative.
- Assisted in changing the Department of Education new school construction manual to require sound proofing and privacy in counsellor office spaces; wrote several letters and held multiple meetings with the Department of Education around sound transmission concerns (doors, walls, and ceilings), location of suite, preferred adjacencies (not next to band or high noise/traffic areas), improved layout for functionality, limit or eliminate disruptions due to required access to mechanical/electrical equipment requirements through guidance areas, etc...
- Awarded the first Dr. Ron Martin Memorial/NLCPA Scholarship in 2013 (The initial idea came from Trent Langdon and the scholarship criteria and details were developed by 2012-2014 Executive).
- Highlighted the Role of the School Counsellor; Highly promoted the first ever School Counselling Week in February 2014 (Trent Langdon was the creator of the idea at the national level in his role as President of the School Counsellor's Chapter of CCPA).
- Initiated the development of posters highlighting the role of School Counsellors and School Psychologists.
- Initiated the process of changing the NLCPA logo; Angie Wilmott and her team developed the logo and created the final branding in 2015-2016.
- Initiated and advocated for additional training from the Department of Education after the release of DSM-5 in 2013.
- At the end of her second term, through discussions from Branch President's meetings, wrote the NLTA and asked for support in working together to recommend a review of the Counselling Program at MUN. It was suggested that a two-year program with a practicum component should be strongly considered.
- Co-presented with Trent Langdon at the National CCPA Conference in Calgary, AB (May 2012).
- Developed a new NLCPA website.
- Created a Twitter account and a Facebook page for NLCPA.



Award Winners

- Increased NLCPA membership numbers by 70 members in a four-year period.

Peggy believes relationships and teams are the essence of any movement and leadership. Throughout her career, she has embraced any opportunity to network, learn and share. She is especially proud of her time on the NLCPA executive and is very grateful to all executive members whom she had the honour of working with. Peggy was very humbled by the NLCPA Honorary Lifetime Member Award

presented at our 2017 NLCPA Conference and noted that a recognition by colleagues/peers is so very meaningful. Lifetime achievement awards are awarded by various organizations, to recognize contributions over the whole of a career, rather than, or in addition to, single contributions. Peggy has made so many contributions throughout her career thus far and we thank her wholeheartedly for her dedication, perseverance, and many contributions. Well done, Peggy, and we wish you the best in all future endeavors!!

School Counsellor of the Year 2017: Tamar Kelly

This year's NLCPA School Counsellor of the Year Award was awarded to Tamar Kelly. Tamar convocated from Memorial University in 1986 with a Bachelor of Education and went on to convocate with a Bachelor of Special Education in 1988. She began her teaching career in the Toronto Catholic District School Board from 1988-2000. After returning to Newfoundland, Tamar began her studies at Memorial University and convocated in 2004 with a Master of Education. From 2002-2008, Tamar was a Special Education teacher with the Avalon East School Board and later with the Eastern School District. Since that time, she has been a Guidance Counsellor at Leary's Brook Junior High, St. John Bosco, Janeway Hospital School, and Villanova Junior High, where she is at present. She has been involved with numerous programs and volunteer organizations in the community. This has included the CBS Soccer Association, 2016 NL Summer Games in CBS, and CBR Minor Hockey Association. She has led and organized programs such as Roots of Empathy, Tutoring for Tuition, Friendship Club, Social Justice Committee, Student Leadership, Breakfast Program, and Duke of Edinburgh. She has also organized the annual Riley Mercer Memorial Christmas Toy Drive. Her involvement in her schools and community has been diverse in nature. Professional development continues to be of utmost importance to Tamar. She has been involved in extensive professional development including Friends for Life, CPI, Lions Quest, Restorative Justice, Stephen Covey's 7 Habits, Suicide Alertness, Self-Mutilation, as well as all provincially directed training for school counsellors. Since 2009, Tamar has been a committed member of the NLCPA executive. In this role, she has worked tirelessly for our Association, through conference planning, fulfilling the duties of a treasurer, attending meetings, and always being a cheerleader for its members. Time and time again, Tamar has proven to be a wealth of knowledge and wisdom. She is always willing to help in any way possible!



Dr. Ron Martin Memorial/NLCPA Scholarship 2017-18: Carla Crocker

Carla Crocker, with years of experience in both the classroom and as an Instructional Resource Teacher, exemplifies what the Dr. Ron Martin Memorial/NLCPA Scholarship represents. While Carla has been in a variety of teaching positions since 2008, her desire to become a School Counsellor has been present since she was completing her Bachelor of Education degree at MUN. Carla is a well-rounded, grounded, and a vibrant individual who works with integrity and humility. She has an uncanny ability to build strong rapport and relationships with both peers and students, while working from a strength-based model.



Throughout her teaching career Carla has always worked closely with School Counsellors, sitting on many committees such as Safe and Caring Schools, Special Services Delivery Teams, Student Leadership, and Guidance Committee. Participation in such groups helped strengthen her knowledge and understanding of what makes an effective School Counsellor. During her internship, Carla was able demonstrate many competencies, especially as it relates to building relationships via empathy, positive regard, and the ability to build strong rapport and goal-oriented relationships. She hopes to apply all she has learned through the Counselling Psychology program at MUN, both to her current position as a Classroom Teacher/IRT and hopeful positions within Counselling.

Annual NLCPA Awards A Call for Nominees



As you are aware, we have created a new award to highlight the role of the school counsellor and honor the great work that is being done in our schools throughout the province. The award recognizes the individual's personal and professional commitment to the profession. Additionally, through the Lifetime Achievement Award, we continue to recognize the outstanding individual contribution and service to the NLCPA. The Dr. Ron Martin Memorial/NLCPA Scholarship is presented annually to an outstanding student enrolled in the Counselling

Psychology master's program at Memorial University. This is reserved for an individual 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). We call out to NLCPA members to reflect on possible candidates for these awards and communicate back to the NLCPA executive their choices.

Educational Psychologists – The Value of Staying with the NLESD

submitted by School Psychologists' Committee

In response to Recommendation #10 in the Premier's Task Force on Improving Educational Outcomes which states, "The Department of Education and Early Childhood Development and the Department of Health and Community Services, within one year of the release of this report, develop a provincial child health services model, situated within one government department, to ensure seamless service delivery to schools, continuity of care, and year round access for children and families, and to include: community nursing, speech/language pathology, psychology, occupational therapy and social work." The full report can be found at, http://www.ed.gov.nl.ca/edu/task_force/report.pdf

"...School psychologists are the most highly trained mental health experts in schools. In addition to knowledge about prevention, intervention, and evaluation for a number of childhood problems, school psychologists have unique expertise regarding issues of learning and schools. It is [school psychologists'] ethical responsibility to become involved in programs aimed at problems that are broader than assessing and diagnosing what is wrong with a child. As the most experienced school professionals in this area, school psychologists must become invested in addressing social and human ills ... Although [school psychologists] will not 'solve' these ills, [they] must have a role in ameliorating their impact on the lives of children." Sheridan, S. and Gutkin, T. (2000)

Educational Psychologists (referred to as "School Psychologists" in most of North America) in Newfoundland and Labrador are an integral part of collaborative teams in our school district. They provide an essential public service by offering universally accessible school-based mental health and learning support to all children and youth in our province. Educational Psychologists have training in assessment and diagnosis of a wide range of developmental, cognitive, learning and mental health difficulties. They collect and analyze data that can evaluate a student's strengths and needs and use that information to design effective, evidence-based interventions. They address the academic, social, emotional and behavioral needs of students and work with teachers, parents and other professionals in the school community to enhance the learning environment.

As most mental health problems arise during the school years, Educational Psychologists have a critical role in prevention, early identification, intervention and treatment. Early identification and intervention into learning and mental health challenges is essential to improving functioning and mitigating the risk of future difficulties. As members of the school and/or district based team, Educational Psychologists can regularly consult with staff and have a unique access to children and youth which gives student's a great advantage in accessing psychological services.

Here are some of the distinct advantages of having Educational Psychologists attached to the School District and Department of Education, Training and Skills Development, as opposed to the Healthcare system.

- Communication & Collaboration
- Financial Savings to Families
- Accessibility
- Seamless Service Delivery
- Continuity of Care
- Efficiency of Service Delivery
- Access to Student Information
- Support for School Staff
- Additional School Supports
- Liaison with Community Organizations
- Unique Skill Set

Having Educational Psychologists employed by the school district and imbedded in school teams is a tremendous advantage to the students, families and schools that they serve. We hope that every effort is made to maintain this service and that Educational Psychologists continue to be available as a direct, accessible and contributing service for the children and youth of Newfoundland and Labrador. The most effective and efficient way to support this is by continuing to have Educational Psychologists attached to Education and employed by the school district.

NLCPA Branch Updates

Adopt a Grandparent – Burgeo Academy

submitted by Ruby Penney

We have celebrated our third year (and are currently into our fourth year) of the Adopt a Grandparent Program! This program is an inter-generational program that teaches children about respect, empathy, anti-bullying, and acceptance. Students from Kindergarten to Grade 12 take part in the program. That's a total of 90 students and 12-16 seniors! Each month, a different class is responsible for designing an afternoon of entertainment, crafts, music, and lunch at the Seniors Complex right here in Burgeo. Our janitor, Mrs. Sandra Billard and our parent volunteer, Mrs. Angie Symes, help organize and carry out the monthly events. Our classroom teachers assisted in the event as well.



After each class completes their afternoon visit, a slide show presentation is placed on our local school channel, 62, for community viewing. A copy of the slide show is also printed off and displayed at the Seniors Complex for their viewing. The seniors really enjoy this program and so do the students. Some loving relationships and fond memories are created for sure! Students learn that seniors are lovable, caring people who deserve respect. In turn, our



seniors learn that students can be fun, entertaining and a vessel to which old traditions and stories can live on! Everyone learns that despite age, loving, caring, mutual relationships can be formed.

At the end of May we usually hold an appreciation afternoon for the seniors. We invite them to our gym for an afternoon of entertainment from the Kindergarten to Grade 12 group. There are songs, solos, skits, and accordion music for the Newfie dance! After the entertainment our Grades 7-9 students serve our seniors a lunch of soup and sandwiches, tea and coffee. Our K-6 group are served hot dogs and juice. At the end of the afternoon, we have a cake cutting ceremony with the oldest senior and youngest student. We also present our seniors with a gift.

This program was developed by the janitor and guidance counsellor at Burgeo Academy, by way of a simple discussion that saw the need for inter-generational respect and empathy.

See attached picture of the Grade 11 class at the senior's complex during the month of November. They made and decorated ginger bread as well as did some adult coloring!!

Carla Crocker and Her Study Buddy

submitted by Nancy Macdonald

At the October 2017 NLCPA Conference, Carla was the recipient of the Ron Martin Memorial Scholarship. Carla will complete her M.Ed. Counselling Program from MUN in December 2017. A mother of three, Carla's youngest, Lydia, attended classes frequently with her mother over the course of the year. Lydia was three days old when she attended her first graduate level class. She



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was six months old when she received her first Honorary Certificate upon completion of the Level C assessment course. She is now proficient in the administration of the WISC 5!!! Way to go Lydia – you're off to a great start. And congratulations again to Carla. We wish you many happy and productive years in the school counselling field.

St. Thomas Aquinas Anti-Stress Friends Crew

submitted by Nancy MacDonald

This year the Grade 5 students at St. Thomas Aquinas School in Port au Port participated in a stress reduction/management program. They learned about what stress is, how to manage effectively when we feel stressed, and the importance of having fun and engaging with others. The eight week session involved the making of calming jars and emotion stones, identifying our support groups and practicing relaxation strategies. Special guests Lori Deeley (currently enrolled in an Art Therapy program) and Brad Roach (School Counsellor) also added their skills and expertise to the program. Our final day involved decorating cupcakes. The students really enjoyed their time learning new skills and meeting new people.



Emotion stones with Lori.



Cupcake finale.



Calming jars.

SMS Girl Power

submitted by Nancy Macdonald

This fall several Stephenville Middle School Grade 6-7-8 girls participated in a Girl Power Program over the course of seven weeks. The goal of the Girl Power Program was to familiarize students with local community supports that are partners in supporting health



A visit from Brad.



Smoothies with our PHN.

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and wellness for all, exposing girls to non-traditional occupations and promoting self-esteem and empowerment. Sessions occurred both on and off school property with the girls visiting the BSG Women's Centre, the BSG YMCA, and the Western Health Youth Outreach Worker. Special guests at school included our PHN discussing nutrition and a healthy lifestyle, our Community Youth Network Worker hosting a Pamper Me Session and Lori Deeley who conducted an art therapy session with the girls. Much fun and learning was had by all!

Student Leadership Conference 2017

Submitted by Sherri Matthews

This year, John Burke High School teachers and administration in Grand Bank, along with a lot of help from the provincial committee, NLISSA, hosted a province-wide conference for high school student leaders, PSLC. The theme for the conference was "Find Your Fit", encouraging students to accept people for who they are and to work toward their dreams. The conference presented keynote speakers and small group sessions that encouraged kids on many different levels. The students and teachers also had a lot of time for fun with dances, physical activities and more.



A big focus of the weekend was helping students learn that everyone is different and everyone fits in different ways. It encouraged the students to think about how they would like to make their mark on the world and gave them tools to build self-concept and improve their self-esteem to do just that.

Presenters continued to emphasize self care as a vital part of becoming a great leader. They would encourage organization and hard work and end with ways to help focus on the student themselves, as leaders. They offered sessions about Self Care, Body Image, Empowerment, Mindfulness, Yoga, Mental Health Awareness, Self-confidence, Overcoming Obstacles, the Importance of Staying Positive, Sharing Care and so much more. Students left with a boosted sense of self and lots of tools to deal with daily stresses.

Strengthening Our Roots With a Full Branch Executive!

Submitted by Angie Wilmott

Upon stepping down from the Provincial Executive this past October, I accepted



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the nomination of Nova Central Branch President from Darryl Chippett. Darryl is set to retire at the end of this school year and wanted to ensure that the Branch remained viable (yet another example of Darryl's longstanding commitment to our Association). In joining the only other Branch executive member, Heather Caines-Hamlyn, to discuss our plans for moving forward, we knew greater representation for our vast geographical area was required to be effective.

At a recent district session for school counsellors and psychologists (November 15th), I was provided the opportunity to address the group for the purposes of highlighting the importance of our Association, reiterating our provincial goal of strengthening our branches and finally, seeking representation on the Branch Executive. Thankfully, with the highly successful October NLCPA conference fresh in the minds of many, this was not a difficult task.

I am so happy to report that four impressive colleagues stepped forward to join Heather and me in establishing a full executive for the Nova Central Branch! It gives me great pleasure to introduce Heather and the new executive members for the Nova Central Branch:

Janine Taylor-Cutting: Branch Vice President

- B.A. (hons), B.Ed., M.Ed. (Counselling Psychology)

- Canadian Certified Counsellor (C.C.C.)

Janine is a school counsellor at Exploits Valley Intermediate in Grand Falls-Windsor. While she has worked for a decade as a school counsellor, Janine began her career in education 17 years ago as a junior/senior high English teacher.

In her spare time, Janine enjoys reading and writing. Her greatest joys include family and friends, students, trail running, nature and books.

"I am excited to serve as VP of the Central Branch of the NLCPA executive, and view this as an opportunity to both support and learn from my colleagues".



Heather Caines-Hamlyn: Treasurer

- B.Ed. (Elem.) – Memorial, M.Ed. (Guidance and Counselling) – UNB

Heather's 25-year career in the field of counselling has been quite varied. She began as an Educational Therapist for two schools in the Grand Falls-Windsor area, and then spent a year at Botwood Collegiate and Point Leamington Academy, before concluding her time in the Central West area with a



two-year Psychological Assistant position at the hospital in Grand Falls-Windsor. Heather moved east where she completed three years with the former Vista District as an Itinerant Assessor and a School Counsellor in Bonavista and Catalina. She then spent three years in the former Carmanville School Complex before landing her current position at Gander's St. Paul's Intermediate where she has been a School Counsellor for the last 12 years.

Gander is now home for Heather, her husband Paul and two kids. When Heather isn't running around with her kids, she enjoys quiet evenings with family and friends.

Heather has always enjoyed the professional development and networking opportunities that being a member of the NLCPA (and former SCAN) has provided. *"I have seen a lot of changes in our role over the last 25 years and want to continue to be an advocate for the challenges and changes that face us in the years to come."*

Kayla Power: Branch Secretary

- B.Ed. (Prim/Elem), B.A., M.Ed. (Counselling Psychology) Memorial University

- Canadian Certified Counsellor (C.C.C.)

Kayla spent her first three years as a school counsellor shared between four rural schools in the Roddickton area. She recently moved from the Northern Peninsula with her husband and one-year-old daughter, and now calls beautiful Twillingate home. Kayla is currently school counsellor at Twillingate Island Elementary and J.M. Olds Collegiate, where she also has some teaching duties.

Kayla is looking forward to the professional development opportunities that will arise by being involved with the NLCPA branch executive.

As a fairly new counsellor, Kayla jumped on board the executive to take advantage of networking opportunities and to further explore the role of the counsellor in our schools. *"I'm hoping our branch will gain insight into the issues and concerns faced by fellow counsellors and psychologists and bring about opportunities for professional growth and development together!"*



Mark Warren: School Psychology Rep

- B.A. (Hons) Psych., M.Sc. (Experimental Psychology), M.Ed. (Counselling Psychology) – Memorial

- Registered Psychologist

Mark is currently in his eighth year in the education system as educational psychologist. Based in Lewisporte, he works with schools in Lewisporte and surrounding areas, including Botwood. Prior to pursuing work in education,



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Mark worked briefly as a Research Analyst on a national project (contract position). He also has previous experience with APNL Executive (Central Rep).

Mark is married. He has no kids, but says he has a dog who thinks he's family! He is a huge Star Trek and Star Wars fan and enjoys travelling and playing video games.

"As School Psych Rep on the Branch Executive, I hope to bring light to and help address issues currently facing school psychologists in our province."

Gail Jarvis: Member at Large

- B.Sc., B.Ed., M.Ed.(Counselling Psychology), Memorial University
- Currently in the process of getting CC certified

Gail is the school counsellor for five schools on the south coast (King Academy, St. Joseph's Elementary, John Watkins Academy, Victoria Academy, St. Peter's All Grade). She brings 17 years of experience in the education system (13 as school counsellor).

Gail is married with one child – her seven year old princess. Outside of her fast-paced life, she loves styling her girlfriends in gorgeous Stella and Dot jewellery (Stella and Dot Stylist).

Although Gail already has loads on her plate with family and career, she has always wondered about being an Executive member of the NLCPA, so when the opportunity became available she jumped at the chance to get involved. *"Above all, I am interested in the NLCPA Executive to become more familiar with opportunities that are available for school counsellors and learn of different challenges that counsellors face in the system. I truly believe that we all have a story and need to be heard."*



Thank you Janine, Kayla, Mark, Gail and of course, Heather, for putting yourselves forward to help strengthen our Branch, support our colleagues and advocate for our roles! As a new Branch Executive, we look forward to gathering information from our Branch members in the New Year with respect to what is working well, what is not working well, and areas of interest for future professional development opportunities. Understanding what is happening across our Branch will greatly assist us in best meeting the needs of our members and strengthening our Branch. Strengthening our Branches strengthens our provincial association and our profession! Together we can make things better!

All the best to you all for a wonderful Christmas holiday, one that is filled to the brim with rest and rejuvenation, love and laughter, family and friends!

Angie Wilmott
NLCPA Branch President (Nova Central)



**Eating Disorder Foundation of Newfoundland and Labrador
presents
"Body Project Canada"**

Are you interested and passionate about the *Prevention of Eating Disorders and Body Image Dissatisfaction* in young women ages 14 – 18?

If so, we invite you to join us at an upcoming **1 full day of FREE training;**

In St. John's

Thursday January 11, 2018

In Corner Brook

Wednesday February 14, 2018

OR

Thursday February 15, 2018.

The goal of Body Project Canada is to address the mental health concerns of young women ages 14 – 18 with a prevention program that will reduce body dissatisfaction and the risk of eating disorders.

Training is open to guidance counsellors and educators that work with young women ages 14 -18 years.

To register or for further information please contact
Tina Martin at tina@edfnl.ca or 709-722-0500

SPACE IS LIMITED - REGISTER TODAY

Are You in Balance?

More than ever before, Canadians play many different roles in their lives. They are workers, parents, spouses, friends, caregivers of elderly relatives and volunteers in their communities. They must also make room in their lives for taking care of their own physical and mental well-being. Not surprisingly, achieving balance among all these competing priorities can be difficult. This overload can be heightened by new technologies that were actually intended to make our work lives easier – through email, cell phones and other electronic devices, many workers are expected to be available 24/7, making the achievement of a balance between work and the rest of our lives even more difficult.

Achieving work/life balance means having equilibrium among all the priorities in your life – this state of balance is different for every person. But, as difficult as work/life balance is to define, most of us know when we're out of balance. To find out more about your own personal balance, take the Work/Life Balance Quiz at <https://cmha.ca/work-life-balance-quiz/#balance-quiz>

Mental Fitness Tips

Think about your emotional well-being. Assess your emotional health regularly. Consider the particular demands or stresses you are facing and how they are affecting you. Give yourself permission to take a break from your worries and concerns. Recognize that dedicating even a short time every day to your mental fitness will reap significant benefits in terms of feeling rejuvenated and more confident.

Here are some simple ways to practice mental fitness:

- **Daydream** – Close your eyes and imagine yourself in a dream location. Breathe slowly and deeply. Whether it's a beach, a mountaintop, a hushed forest or a favourite room from your past, let the comforting environment wrap you in a sensation of peace and tranquility.
- **“Collect” positive emotional moments** – Make it a point to recall times when you have experienced pleasure, comfort, tenderness, confidence, or other positive emotions.
- **Learn ways to cope with negative thoughts** – Negative thoughts can be insistent and loud. Learn to

interrupt them. Don't try to block them (that never works), but don't let them take over. Try distracting yourself or comforting yourself, if you can't solve the problem right away.

- **Do one thing at a time** – For example, when you are out for a walk or spending time with friends, turn off your cell phone and stop making that mental “to do” list. Take in all the sights, sounds and smells you encounter.
- **Exercise** – Regular physical activity improves psychological well-being and can reduce depression and anxiety. Joining an exercise group or a gym can also reduce loneliness, since it connects you with a new set of people sharing a common goal.
- **Enjoy hobbies** – Taking up a hobby brings balance to your life by allowing you to do something you enjoy because you want to do it, free of the pressure of everyday tasks. It also keeps your brain active.
- **Set personal goals** – Goals don't have to be ambitious. You might decide to finish that book you started three years ago; to take a walk around the block every day; to learn to knit or play bridge; to call your friends instead of waiting for the phone to ring. Whatever goal you set, reaching it will build confidence and a sense of satisfaction.
- **Keep a journal** – Expressing yourself after a stressful day can help you gain perspective, release tension and even boost your body's resistance to illness.
- **Share humour** – Life often gets too serious, so when you hear or see something that makes you smile or laugh, share it with someone you know. A little humour can go a long way to keeping us mentally fit!
- **Volunteer** – Volunteering is called the “win-win” activity because helping others makes us feel good about ourselves. At the same time, it widens our social network, provides us with new learning experiences and can bring balance to our lives.
- **Treat yourself well** – Cook yourself a good meal. Have a bubble bath. See a movie. Call a friend or relative you haven't talked to in ages. Sit on a park bench and breathe in the fragrance of flowers and grass. Whatever it is, do it just for you.

(www.cmha.ca)

NLCPA Executive – New Member Profiles

Kelly Brenton NLCPA Incoming President

Favourite counselling statements, questions, strategies

Currently I have been reading about various theories of personality, as well as strength-based therapy.

Educational/Employment History

I have a Bachelor of Science in Psychology, Bachelor of Education, and Master of Education (Educational Psychology). I am currently working on my Doctor of Psychology. I have been a classroom teacher, instructional resource teacher, and school counsellor.

Hobbies/Interests

I love spending time with my husband and four children. I love to make clothes for myself and others. In my spare time, I run a sewing studio (The Gathering Studio) where we teach sewing lessons, make custom garments for others, and blog about our experiences.

Favorite Quotes

He who has a why to live for can bear almost any how. – Nietzsche

Your life is an occasion, rise to it. – Mr. Magorium



Favourite Quotes

Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tiptoe if you must, but take a step. – Naem Callaway

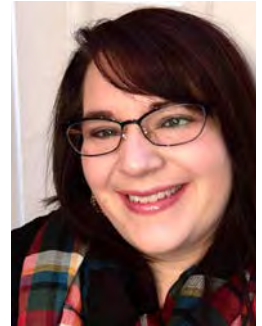
Favourite Resource

App: MindShift

Lesley Slade NLCPA Secretary

Favourite counselling statements, questions, strategies

As a fairly new counsellor (3 years in), I am continually developing and building upon my bank of knowledge and strategies. I have found that with many of the students I have worked with, the best strategy is simply to be a really good empathetic listener.



Educational/Employment History

I have a B.A. (hons), B.Ed., and M.Ed. (counselling psychology), all from Memorial University. I have worked as a classroom teacher, IRT, and school counsellor. I also have been approved for provisional registration with the psychology board.

Hobbies/Interests

I love reading a good book or watching a good movie, sewing (but really love learning how to do any crafting activity), and walking the beautiful trails in Conception Bay South, where I live. Most of all, I love to spend time with my family and do things that make my kids smile!

Favourite Quotes

Happiness can be found, even in the darkest of time, if one only remembers to turn on the light. – J.K. Rowling (Albus Dumbledore), *Harry Potter and the Prisoner of Azkaban*

Favourite Resource

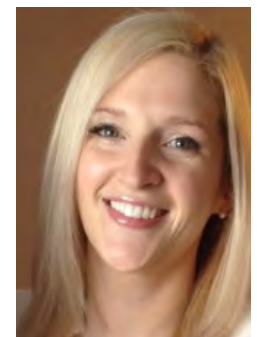
The Counselor's Toolbox podcast (<https://itunes.apple.com/ca/podcast/counselor-toolbox-addiction-counseling-mental-health/id1120947649?mt=2>)

Stephanie Keezer Educational Psychologist Rep.

Favourite counselling statements, questions, strategies

I definitely subscribe to an eclectic counseling framework to guide my work. While I gravitate very much to a person-centered approach, I love to draw on strategies and skills related to solution focused and CBT.

In the last year I have taken a real interest in trauma work. This



Gary Hunter NLCPA Vice President

Favourite counselling statements, questions, strategies

Relationships, relationships, relationships! Even as a classroom teacher I knew making these connections with students would make things easier later in the year. This belief has carried forward for me with counselling. Putting the time in early in the school year to build those relationships inevitably pays off when faced with more challenging situations.



Educational/Employment History

I have a Bachelor Arts (Math Major) from Mount Saint Vincent University, a Bachelor of Education from St. Francis Xavier University, and Masters of Education (Counselling Psychology) at Memorial University. I've been a classroom teacher in Alberta and Newfoundland Labrador, worked to re-engage youth with school (Thrive, Community Youth Network), and most recently a school counsellor.

Hobbies/Interests

I love being active, running, hiking, basketball, ultimate frisbee, anything to keep me moving. I enjoy listening to music, reading, watching Netflix, and cooking. Mostly though, I'm playing with my two kids!

NLCPA Executive – New Member Profiles

began with working with some Syrian refugee students, and has now expanded into learning everything I can about a trauma-focused approach to education and creation of trauma-informed classrooms.

Educational/Employment History

I completed my Masters Degree in Counselling Psychology at Memorial. Since beginning in the school system I have worked as a classroom teacher, IRT, guidance counsellor, student support services itinerant and school psychologist.

Hobbies/Interests

I enjoy coming up with new “family adventures” that my two-year-old son Jack would enjoy. Through his eyes we have come to appreciate our city on a new level. Signal Hill, the Fluvarium, The Rooms, the Johnson Geo Centre, train station, parks, playgrounds, festivals... you name it, and we’ve probably done it. I love to travel, although admittedly it’s more challenging with a toddler. For me there is nothing more exciting and special than being somewhere you’ve never been before. Of course, I also love anywhere where I can count on some sunshine!

Favourite Quotes

It’s not what you look at that matters...it’s what you see. ~ Henry Thoreau

Favourite Resource

So hard to pick a favourite. I’ve been using this one lots lately: www.theactgroup.com.au/documents/makingspaceforlearning-traumainschools.pdf

Profile-Amanda Dodd NLCPA Membership Coordinator



Favourite counselling statements, questions, strategies

Cognitive Behavioural Therapy is one of the more useful counselling techniques I use when working with students at the high school level. It can be very meaningful to show a young adult that they have the potential to have choice over their thoughts and that this can, in turn, affect how they move through the world for the rest of their lives.

Educational/Employment History

I have a B.Sc., B.Ed., B.Sp.Ed., and a M.Ed. (Counselling Psychology) all from Memorial University. I have worked as a classroom teacher, IRT and School Counsellor. I began my teaching career in Vancouver, B.C. and worked at a private school for students with identified exceptionalities. In 2002, I moved home and have worked with the NLESD at various schools. I have been working at St. Kevin’s High School for eight years and hope to continue for many more.

Hobbies/Interests

My hobbies and interests include reading (shout out to my Book Club 10 years and running!), swimming and spending time with my husband and two hooligans, Molly and Henry.

Favourite Quotes

No Dress Rehearsal, This Is Our Life... ~ The Tragically Hip

2017 NLCPA Conference Highlights

Our Headliner and Closing Guest Speaker



Headline Speaker Ann Marie Churchill



Closing Speaker Florence Strang

Guest Speakers and Participants



Guest Speaker Tony Stack



Guest Speaker Dean Ingram



Guest Speaker Dr. Rob Shea



Branch Presidents



Eager Learners



Amanda Dodd with TTYSC Poster

2017 NLCPA Conference Highlights

Conversation Café and Marine Institute Tours



Sanchita Chakraborty & Tilak Chawan



Boyd with MI's Angie Clark & Jennifer Howell



Finishing up with Conversation Cafe



Conversation Cafe participants



MI Food Science's Tour with Ed Durnford



MI Tour-Marine System's Design Tracey O'Keefe

Our Youth Speak



Elizabeth Glenn



Rachel Cousins

2017 NLCPA Conference Highlights

Social at the Marine Institute



The bus ride after the Social



Having fun at the social



Having fun at the social



Having fun at the social



Having fun at the social



Having fun at the social



Having fun at the social



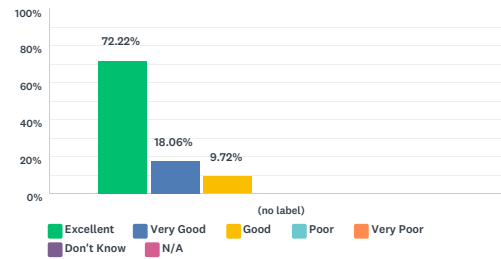
Having fun at the social

2017 NLCPA Conference Member's Survey Summary

NLCPA 2017

Please rate your experiences at the following events, sessions or activities. Registration

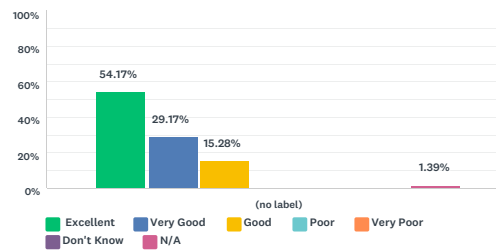
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NLCPA 2017

Conference Communication to Membership

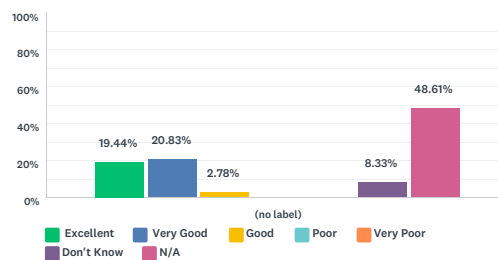
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NLCPA 2017

Conference Café

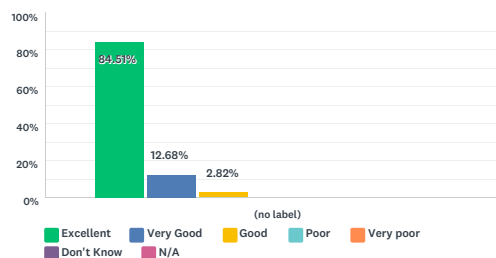
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NLCPA 2017

AnnMarie ChurchillA Strengths-Based Counselling Approach: Moving from Pathology to Resilience

Answered: 71 Skipped: 1

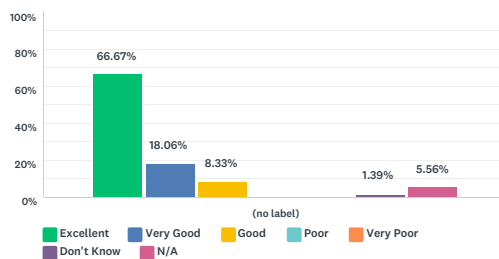


2017 NLCPA Conference Member's Survey Summary

NLCPA 2017

Florence StrangA Day in the Life of an Autism Mom

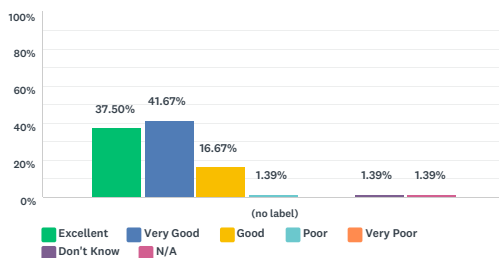
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NLCPA 2017

Elizabeth GlennFailing Joyously: An Improviser's Guide to Fear and Failure

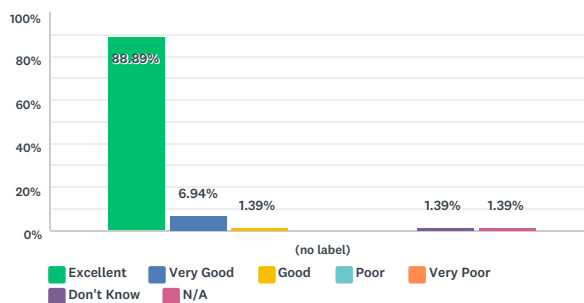
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NLCPA 2017

Rachel CousinsCoping Through Songwriting

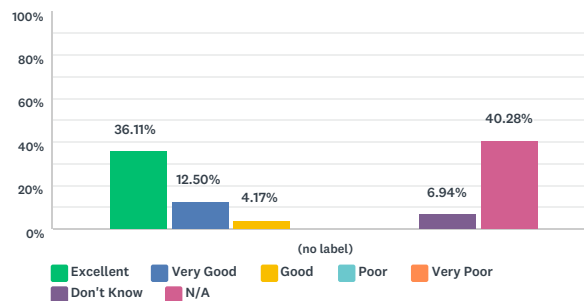
Answered: 72 Skipped: 0



NLCPA 2017

Marine Institute Tours

Answered: 72 Skipped: 0



NLCPA Executive



Boyd Perry, President
School Counsellor
Holy Heart High School
E-mail: boydperry@nlesd.ca



Tamar Kelly, Treasurer
School Counsellor
Villanova Junior High
E-mail: tamarkelly@nlesd.ca



Kelly Brenton, President Elect
School Counsellor
St. Edward's Elementary
E-mail: kellybrenton@nlesd.ca



Stephanie Keezer, School Psychologist Rep
Educational Psychologist
NLESD
E-mail: stephaniekeezer@nlesd.ca



Gary Hunter, Vice President
School Counsellor
Cowan Heights Elementary
E-mail: garyhunter@nlesd.ca



Amanda Dodd, Membership Coordinator
School Counsellor
St. Kevin's High School
E-mail: amandadodd@nlesd.ca



Lesley Slade, Secretary
School Counsellor
Substitute Teacher
E-mail: lesleyslade@nlesd.ca



Craig O'Keefe, Communications
Instructional Resource Teacher
St. Edward's Elementary
E-mail: craigokeefe@nlesd.ca

Branch Presidents



Labrador

Jeanette Russell
E-mail: jeanetterussell@nlesd.ca



Burin-Vista

Deborah Walsh
E-mail: deborahwalsh@nlesd.ca



North West

Denise King
E-mail: deniseking@nlesd.ca



Burin-Vista

Collette Oldford-Short
E-mail: coletteoldfordshort@nlesd.ca



South West

Nancy Macdonald
E-mail: nancymacdonald@nlesd.ca



Avalon West

Kerri Morgan
E-mail: kerrilynnmorgan@nlesd.ca



Nova Central

Angie Wilmott
E-mail: angiewilmott@nlesd.ca



Avalon East

Sharon Brenton
E-mail: sharonbrenton@nlesd.ca

*Merry Christmas
from the
NLCPA Executive*



October 2018

SAVE THE DATE	NLCPA Conference & AGM
	October 24-26, 2018 Capital Hotel, St. John's