



NLCPA



Newfoundland and Labrador Counsellors' and Psychologists' Association

2011 Conference and Annual General Meeting

Impact Therapy Techniques

Taking Care of You & Me

October 26-28, 2011
Capital Hotel
St. John's, NL

Pre-Conference

Wednesday, October 26

(Pre-conference will start at 1:00 p.m.)



Gerry Dooley

Laughter and all the other C.R.A.P.P.

Gerry is a Registered Psychiatric Nurse with 32 years experience working in Mental Health as an educator/trainer/consultant. From 1995-2004, he coordinated/facilitated a Community Mental Health Outreach Program, serving not only Newfoundland and Labrador, but also Canada and the United States. He conducts 65-75 workshops per year in NL, Canada, United States, England, Scotland, Northern Ireland, and Ireland and coordinates the training efforts of more than 70 Living Works Suicide Intervention Trainers in Newfoundland and Labrador. Gerry is one of only 19 Team Leaders with Living Works in Calgary, Alberta certified to do Training for Trainers in

Suicide First Aid Intervention (ASIST) around the world.

Gerry does consultations and training for the RCMP, the Royal Newfoundland Constabulary, the Department of Justice, Corrections, Health and Community Services, hospitals, shelters, Victim Services, Workers Compensation, church groups, Ground Search and Rescue, Canadian Forces, Department of National Defense, Public Service Commission, School Counselors Association of NL, NL Housing, Memorial University of NL, College of the North Atlantic, Academy Canada, Skills Links Groups, First Nations (Inu, Inuit, Miawpukek First Nations, Metis, Cree, OjaCree; the U.S.: Cherokee, Chockta, Chickasaw and other First Nation groups).

Gerry was part of a joint effort, with the RCMP, that responded to the Oklahoma City Bombing in 1998 to conduct Suicide Intervention Training and Mental Health Support to the Firefighters, Police and Mental Health personnel who responded to that disaster. In 1991 Gerry won the Canadian Mental Health Award NL for Individual Achievement.

Gerry conducts workshops on: Suicide Intervention/prevention/postvention; Self Mutilation/Self Harm; Manipulative Behavior: The Trap; Stress workshops: The C.R.A.P.P Workshop, A 3 Minute Egg in a Hard Boiled World, and Chaos to Calm; Control Issues: Parents and Teens; The Laughter Workshop; Psychiatric Emergencies for Paramedics; Am I Waving or Drowning – Mental Health workshop; and Up Front –The First 5 Minutes.

Certificates for completion of Gerry's session will be provided.

Thursday, October 27



Amy House

Laughter... the Best Medicine for All!

Amy is one of Newfoundland and Labrador's most talented and prolific comedienne. The darling of the private-party circuit, her flamboyant and colourful characters often pay a visit to conventions, dinner parties, weddings, conferences, and any other gatherings of more than two people. Amy has written and co-written several plays including *To Be What You Want To BE*, *The Seven Faces of Amy*, *It's 'ard, ya know!*, *Scratch and Pull*, and *A Tidy Package*. Amy is presently the Artistic Animateur for the Resource Centre for the Arts Theatre Company at the LSPU Hall in St. John's.

(www.amyhouse.ca/)



Marguerite MacGillicuddy



Dr. Danie Beaulieu Impact Therapy Techniques

Danie Beaulieu, Ph.D., is the founder and president of Académie Impact, a training institute in Lac-Beauport, Quebec. A psychologist specializing in the innovative multisensory intervention and teaching methods, she is co-developer of Impact Therapy and Eye Movement Integration Therapy and is currently the only person authorized to teach these two approaches in Canada and in the French-speaking world. She has published 17 books and numerous booklets and articles on these and other creative techniques in French. Many of them are translated in different languages. Her most recent project is the Psyboutique, a collection of original multisensory tools and toys with “added psychological value” for therapy and personal growth.

In addition to giving numerous conferences and workshops to teachers, therapists, counsellors and general audiences in Canada each year, Dr. Beaulieu is a highly sought-after international trainer, presenting two- and three-day workshops throughout North America, Africa and Europe. She is regularly invited to present as keynote speaker to different annual meetings of numerous professional societies.

Recognized for her dynamism, humour and her extraordinary capacity for work, Danie Beaulieu is an unequalled communicator in both French and English, for both large and small audiences, for professionals and the general public alike.

(www.academieimpact.com/en/daniebeaulieu.php)

Impact Therapy Techniques

Impact therapy is a brief, creative, integrative and concrete approach that will add real Impact to your clinical repertoire. Learn the underlying concepts of this original and eclectic set of theories and techniques, while mastering the art of addressing your client’s entire neuronal network by engaging all the senses. Both therapists and clients become more active in the process of resolving a wide variety of clients’ difficulties – with quick and lasting results.

Integrate these new tools by trying them out during stimulating training sessions, presented with lots of energy, creativity and – an essential element of Impact Therapy – with a great deal of confidence in the clients’ own inner resources. In this session you will learn the main theories and their applications, permitting immediate integration of Impact Therapy into your practice. The Impact approach is useful in therapy with children, adolescents and adults, as well as for couples, family and group therapy.

Comments on Danie Beaulieu

Danie Beaulieu’s session on Impact Therapy emphasized visual and kinesthetic methods to engage an individual’s sensory systems to facilitate understanding and resolution of their difficulties. Danie presented many excellent counselling techniques and strategies to engage my students in the counselling process both in and out of their sessions. Her ideas are particularly useful to me as a counsellor in the junior high school setting in dealing with adolescents.

~ Paula George, School Counsellor, Leary’s Brook Junior High

I have been presenting nationally and internationally for over 25 years. I have been active in national organizations for over 30 years. During that time I’ve heard thousands of speakers and I would have to say that Dr. Danie Beaulieu is among the top 5 that I have ever heard. She is special. I’ve had the pleasure of hearing her speak a number of times and have known her for over 10 years. I know of no other speaker who gives even half as many talks as she does each year. Not only does Dr. Beaulieu know the subject very well, but also she has a presentation style that is very inviting. She is humorous, serious, well-prepared, and can think on her feet. Dr. Beaulieu has a keen sense of her audience and varies the formats of her talks to keep her audience very energized.

~ Jeffrey K. Zeig, Ph.D., Founder and Director, The Milton H. Erickson Foundation

All participants will be provided with a FREE copy of her book on Impact Techniques for Psychotherapists.

Friday, October 28



Dr. Barbara Maddigan Child & Adolescent Anxiety

- Impact on Performance and Quality of Life
- Communication Around Anxiety

Dr. Barbara Maddigan is a child psychiatrist with 15 years of clinical experience. She received her Bachelor of Science in Biochemistry and Medical degrees from Memorial University before completing a Psychiatry residency and Child and Adolescent Psychiatry sub-specialty.

Dr. Maddigan began her clinical career at the Janeway Children's Hospital in St. John's, Newfoundland in 1995. She worked as an Assistant Professor at Memorial University, as the Psychiatry Training Program's Curriculum Director, and as the Director of Training for the Psychiatry Training Program. She was promoted to Associate Professor at Memorial University in 2004, completing a six-year term as the Psychiatry Residency Training Program Director. Dr. Maddigan left her hospital-based practice in 2004 to establish a busy community-based practice in St. John's.

(www.inspiredparenting.ca/)

*All participants will receive a FREE copy of Dr. Maddigan's new book, **Inspired Parenting**.*



Dr. Danieul Beaulieu P.R.I.D.E. and the Proactive Force

Discover a whole new way of thinking about P.R.I.D.E. by learning of the connections between P.R.I.D.E. and the **Proactive** force, solid **Relationships**, the respect of your **Identity**, thriving for personal **Development** and a healthy **Equilibrium**. An exceptional conference, well acclaimed around the world, designed just for you, because you are your own greatest resource!

P as in **PROACTIVE**: What forces control you? Are you passive, reactive, proactive junior or proactive senior?

R as in **RELATIONSHIPS**: Do you take an interest in the people in your life?

I as in **IDENTITY**: Do you know who you really are? What makes you unique?

D as in **DEVELOPMENT**: Do you dare to leave your comfort zone? Do you set ambitious goals for yourself?

E as in **EQUILIBRIUM**: Do you feel that you have a good balance among the various aspects of your life?



Judy Beranger, M.A., Cert.CFM, Cert.EM How is Your Wellness Wheel Rolling?

Judy Beranger is an Employee Assistance and Wellness Coordinator for the Newfoundland and Labrador Teachers' Association. She is a nationally certified comprehensive mediator; internationally certified Elder Mediator; nationally certified Family Educator; best selling author; Psychotherapist and trainer.

Judy is a Past President of Family Service Canada, Family Mediation Canada and the Elder Mediation International Network. She is a member of the certification committee of Family Mediation Canada and Chair of its Professional Development Committee. Judy is the recipient of several national and international leadership awards and was team lead for a community-based research project in Atlantic Canada with the intent to inform the practice of mediation with age related issues.



Carl George Your Fun Gentle Way to Wellness

Carl is energetic and humorous and focuses on developing health through laughter. Let him lighten your load with his amusing and hilarious real-life stories, music and audience activities. He consistently leaves his audiences laughing while motivating and demonstrating how to shift perspectives on life, work and you. He inspires audiences to find meaning in what they do to live a healthy, active lifestyle, while maintaining a positive self-image. His messages are as welcome as his laughter.

In today's arena of increasing concerns regarding health care, it makes perfect sense to give your employees or group better knowledge of how to lead a life of prevention. It is always easier to prevent illness than it is to try to recover from it. Being proactive and arming yourself with the latest information about healthy eating, nutritional supplements, and stress reduction is the best way to stack the odds in your favor. Energize your group to and inspire them to take action and to take charge of their health.

Carl's training is comprised of a B.A., B.Ed., PTC, NWS, a Lifestyle Specialist and Founder of Healthy Living NL. His diverse background is as a certified fitness trainer, Nutritional and Wellness Specialist, Reiki practitioner, Sports Conditioning Specialist, First Aid, CPR, yoga and pilates instructor.

Speaking topics vary and include: Health Eating and Diet; Illness and Disease Prevention; Stress Reduction and Self Care; Healthy Exercise; and Improve Self-esteem.

(www.healthylivingnl.ca)

NLCPA Membership Promotion



Members of NLCPA who are also members of the Virtual Teacher Centre and part of the NLCPA group will have a chance to win an **iPad 2** at the conference in October.

A draw will take place on **Friday, October 28th**.

Your chances of winning are better than **1 in 300!**

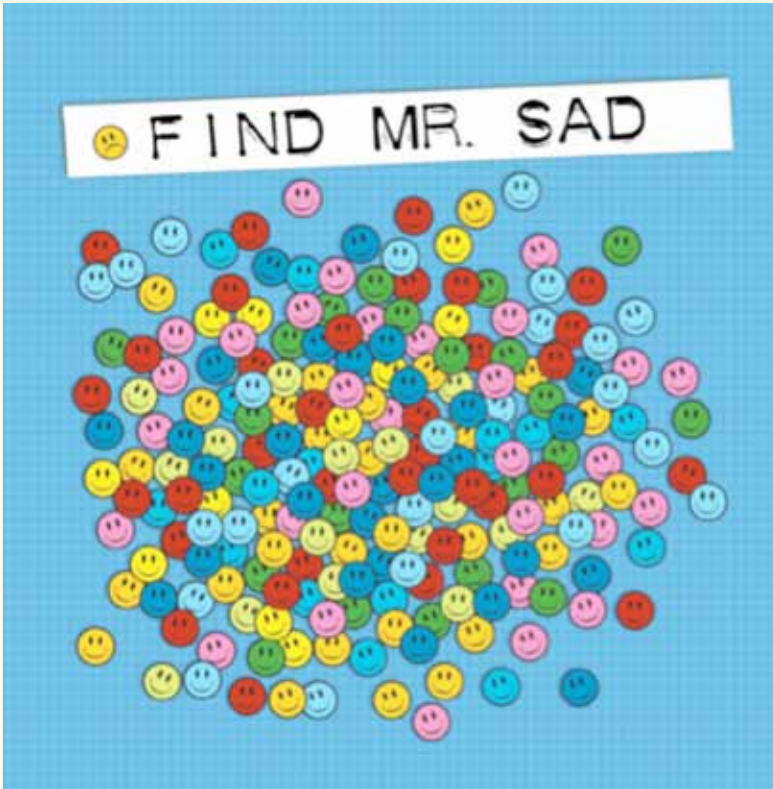
New and current members will have an opportunity to win.

You must be a part of the NLCPA group within the Virtual Teacher Centre.

Get your VTC account today!

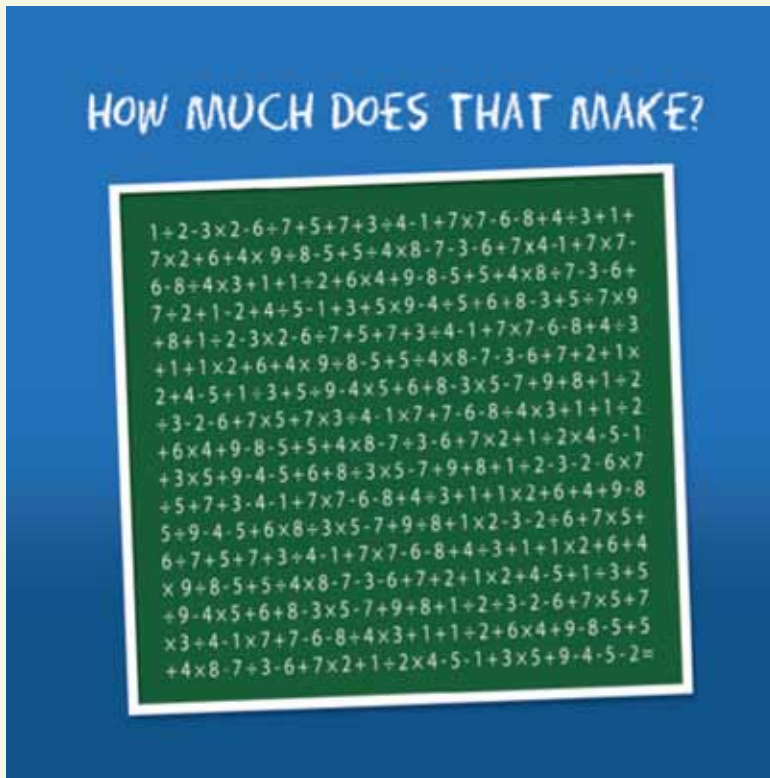
Find Mr. Sad

This square is intended as a warning to remind you that, when you are tired, stressed, sick or facing a difficult situation, your brain has a natural tendency to focus on Mr. Sad – that is, to look at everything that is going wrong. Today, be sure to look at the Mr. (or Ms.) Smileys around you and to recognize all the extraordinary things that life offers. And go ahead – crack a little grin yourself!



How Much Does That Make?

Our brain is a sort of accountant that is constantly – every second – adding up the total of all the information it receives from our senses and our thoughts. If you love your work, your school, your parents or your pet, it's because you have done more + and x and fewer – and ÷! Think of a part of your life that is a source of pleasure for you now. Why? Isn't it a part of your life where you do a lot of + and x? And what happens in those parts of your life that aren't satisfying? Your internal accountant doesn't change how he works: he just keeps summing up the total of what you give him. Monitor what you look at, what you taste, smell, touch, listen to and, above all, what you THINK. Choose only the best ingredients. Your "total" will change automatically. It isn't magic, it's neurologic!



For surprising readings, tools and workshops:
www.daniebeaulieu.com • 1.888.848.3747

NLCPA Membership FAQs

1. How do I become a member?

Simply complete an application and fax, e-mail, or mail to the Membership Coordinator, Connie Newhook. (Contact information is found on the application.)

2. Where do I find an application?

An application form can be found in the back of this conference brochure or you can e-mail the Membership Coordinator (connienewhook@esdnl.ca) and an application will be e-mailed to you.

3. What is the annual membership fee?

Annual NLCPA membership costs \$50.

4. Is there a student rate?

Yes, the annual fee is \$25 for students.

5. Do you have to be a counsellor or psychologist to become a member?

No, the NLCPA offers Associate Membership to those interested in the field of counselling and psychology, and supports the objectives of the Association.

6. How do I pay my membership fees?

There are two ways to pay fees. The first, available only to Department of Education employees, is through automatic payroll deduction. This is a one-time deduction made in December each year.

The second way to pay an annual fee is via cheque or money order in the fall of the year. In order to remain a member, this fee must be made each year, usually before the annual AGM and Conference. Fees are due by October 15th.

7. What if I am uncomfortable faxing my S.I.N.?

Your S.I.N. is required for payroll deduction. If you are uncomfortable faxing your S.I.N., you can e-mail, phone or send through Canada Post.

8. How do I know if I am a member?

If you are a member, you should be receiving our e-mails and newsletters, as this is how the executive normally communicates with its members. Check with the Membership Coordinator by e-mail if you would like to check your status or update your e-mail.

9. What if I want to stop automatic payroll deduction?

If a member decides to stop automatic payroll deduction, the NLCPA executive must be notified prior to October 15th.

10. When I retire, is my membership automatically cancelled?

No, it is not necessarily cancelled. If you are on automatic payroll deduction, and as a retiree, would like to cancel your membership, you must notify the Membership Coordinator. Many retirees remain members.

If you are not using automatic payroll deduction, and instead are paying annually, your membership will be cancelled unless you continue to pay.

NLCPA Executive

Peggy Hann, President

School Psychologist
Eastern School District (Avalon East Region)
E-mail: peggyhann@esdnl.ca

Paula George, Vice President

School Counsellor
Leary's Brook Junior High
E-mail: paulageorge@esdnl.ca

Jennifer Street-Abbott, Secretary

School Counsellor
St. Peter's Junior High
E-mail: jenniferabbott@esdnl.ca

Connie Newhook, Membership Coordinator

School Counsellor
Laval High School
E-mail: connienewhook@esdnl.ca

Tamar Kelly-Duff, Treasurer

School Counsellor
St. John Bosco
E-mail: tamarkellyduff@esdnl.ca

Michele Davis, Communications

School Psychologist
Eastern School District (Vista Region)
E-mail: michelledavis@esdnl.ca

Branch Presidents

Labrador

Tina Alexander
E-mail: talexander@lsb.ca

Deer Lake/Corner Brook/St. Barbe

Vanessa McAuley and Wenda Greeley (Co-presidents)
E-mail: vanessa.mcauley@wnlsd.ca
E-mail: wenda.greeley@wnlsd.ca

Cormack Trail

Nancy Macdonald
E-mail: nancyfmacdonald@hotmail.com

Nova Central (West)

John Hatt
E-mail: johnhatt@ncsd.ca

Nova Central (East)

Glenda Ball
E-mail: glendab@ncsd.ca

Vista

Colette Oldford-Short
E-mail: coletteoldfordshort@esdnl.ca

Burin

Beaton Walsh
E-mail: beatonwalsh@esdnl.ca

Avalon West

Kerri Morgan
E-mail: kerrilynnmorgan@esdnl.ca

Avalon East

Boyd Perry
E-mail: boydperry@esdnl.ca

Conference Registration Fees

Fees for Thursday & Friday

Early Bird Rate (by October 3, 2011)

NLCPA Members	\$175.00
Students	\$75.00
Non-Members	\$200.00

Rate (after October 3, 2011)

NLCPA Members	\$200.00
Students	\$100.00
Non-Members	\$225.00

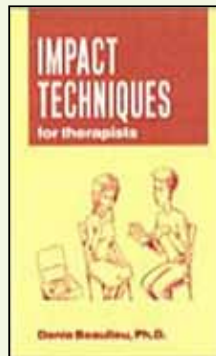
Note: Participants who register early are guaranteed to have their books during the conference.

Pre-Conference Cost

Early Bird Rate (by October 3, 2011)	\$25.00
Rate (after October 3, 2011)	\$35.00

Please Note: The NLCPA does not process purchase orders under \$1,000.

Registration for the two-day workshop includes the following texts at no additional cost:



**Earn Continuing Education Units from the
Canadian Counselling & Psychotherapy Association (CCPA)
by attending this event.**

Conference Registration Form

Name:.....

Address:.....

Town/Province/Postal Code:.....

Telephone/Email:.....

Employer/Organization:.....

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

Type of Registration (Check one box only):

- Attending Pre-conference Only (Wednesday)
- Attending Thursday & Friday
- Attending Pre-Conference, Thursday & Friday

Make Cheques Payable to:

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

Mail Completed Forms, WITH PAYMENT to:

Connie Newhook
NLCPA Membership Coordinator
P.O. Box 570
Dunville, NL A0B 1S0
connienewhook@esdnl.ca

Hotel Accommodations:

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

Tel: 1-800-503-1603 / (709) 738-4480

Fax: (709) 738-4481

Room Rates: \$106.00 plus tax

Be sure to identify yourself as a delegate to the NLCPA Conference and AGM 2011

(PLEASE CHECK FOR AVAILABILITY)

For More Information Contact:

Peggy Hann (NLCPA President)

peggyhann@esdnl.ca



NLCPA



Newfoundland and Labrador Counsellors' and Psychologists' Association

Membership Application

(Membership fees are due on October 15th)

PLEASE PRINT IN BLOCK LETTERS

Last Name:	Male <input type="checkbox"/> Female <input type="checkbox"/>
First Name:	Dr. : Yes <input type="checkbox"/> No <input type="checkbox"/>

EDUCATIONAL INFORMATION

Institution Name:	Highest Degree:
Year of Graduation/Expected Date:	Specialization:

CONTACT INFORMATION

Street Address:	Home Phone:
Town/City: Province:	Work Phone:
Postal Code:	Fax:
Email Address:	
Current Work Setting (where applicable):	
Current Title (where applicable):	

MEMBERSHIP TYPE

Please Select Type (see reverse for details)		
Category A (Full Membership – NLTA Members)	\$50	
Category B (Associate Membership)	\$50	
Category C (Student)	\$25	

OTHER INFORMATION

Please Check ALL that apply	
Member of NLTA	
Member of CCPA	
Certified Canadian Counsellor (CCC)	
Provisionally Registered Psychologist	
Fully Registered Psychologist	
Retired	
Private Practice	
Member of other associations (CASP, NASP, APA, CPA, etc):	

(see reverse)

PAYMENT OPTION 1 (NLTA MEMBERS ONLY)

(Complete the declaration below only if you are opting for the salary deduction option.)

I, _____, formally give my consent to have the amount
signature
of \$50.00 (fifty dollars) deducted from my pay on an annual basis for membership fees in NLCPA.

My Social Insurance Number is _____.

Witness

Date

Note: If a member decides to stop payroll deduction, the NLCPA executive must be notified prior to October 15th.

You may fax or e-mail your application to Connie Newhook.
Fax: 709-227-2155 E-mail: connienewhook@esdnl.ca

PAYMENT OPTION 2

Forward payment (payable to NLCPA) with the completed application to the address below:

Connie Newhook
NLCPA Membership Coordinator
P. O. Box 570
Dunville, NL, A0B 1S0

TYPES OF MEMBERSHIP

CATEGORY A Full Membership	Must have membership in the NLTA AND at least one of the following: (i) a Master's or equivalent degree in Professional Counselling or Psychology from a recognized university, OR (ii) possession of Certified Canadian Counsellor status with CCPA, OR (iii) registration with the Newfoundland Board of Examiners in Psychology.
CATEGORY B Associate Membership	An associate member is one who is interested in the field of counselling and psychology, supports the objectives of the Association, and is granted affiliation without meeting the requirements of full membership. An associate member shall have all privileges and responsibilities of a regular member with the exception of the right to hold office and voting privileges at the AGM.
CATEGORY C Student Membership	Student membership shall be for any person registered in a full-time program of studies leading to a degree in counselling and / or psychology.

FOR OFFICE USE ONLY

NLTA Payroll Deduction _____
Full Membership _____
E-mail Database _____