

International Counseling Psychology

APA Society of Counseling Psychology (Division 17)-ICP



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Note from Editor

Heweon Seo, Ph.D., University at Buffalo

I am very excited to bring you this issue of the ICP newsletter. This newsletter starts with a warm greeting from our co-chairs, Drs. Bong Joo Hwang and Hana Suzuki, with a summary for ICP programs at APA 2019.

This newsletter features a report for ICP student needs assessment written by our student representatives, Yunkyoung Loh Garrison and Brien Keum. Additionally, there is an introduction of the Special Task Forces Team on International Counseling Psychology and Relations, chaired Dr. Jiyeon Lee.

Special thanks to Drs. Hung Chiao and Kaori Wada for their wonderful contributions to Counseling Worldwide in this issue. Dr. Chiao shares the empowering and inspiring story on the legalization of the same sex marriage in Taiwan. Dr. Wada writes about the achievements and outcomes of The 2018 Canadian Counselling Psychology held at the University of Calgary in October 2018.

If you have any suggestions for the content of future newsletters, please feel free to contact me. I hope this newsletter will help you stay connected to and involved in the ICP community I look forward to meeting many of you at APA!

GREETING FROM CO-CHAIRS

Bong Joo Hwang, Ph.D. California State University, Long Beach
Hana Suzuki, Ph.D., Ritsumeikan University

Once again APA Convention is around corner. It feels cliché to say, but it is amazing to realize how time flies. This year's APA will be in Chicago, which is known as "Windy City."

We are looking forward to the convention as the section co-chairs not only because we are excited to serve the international section programs and meeting but also we know that we will learn and grow through connecting with you all and engaging in meaningful dialogues.

Speaking of the section programs at this year's APA, we will have so many great programs as indicated in the following section of the newsletter. Among these programs, we would like to particularly highlight a few programs and encourage you all to take an advantage of being a member or affiliate by attending these programs.

First of all, if you have attended our section's APA programs you all agree that the most exciting program overall is our section's Welcome Breakfast, which is scheduled for Thursday, August 8, 2019, from 8 AM to 10 AM at the Division 17 Suite in Hilton Garden Inn Chicago McCormick Place. This welcome breakfast program was originally created to welcome and connect with particularly our section members and affiliates who travel from outside of the United States of American to attend the APA Convention and our section programs. We encourage all of our members and affiliates, whether US-based or Non US-based, to partake on this great occasion to connect, which often result into a lifetime colleagueship and friendship.

Another program we would like to highlight is the Network Meeting, which started a few years ago when Japanese Psychology Network, Korean Psychology Network, and Taiwanese Psychology Network decided to get together to meet and greet.

Since then, other international groups have created (e.g. Network of Black Psychologist) and the meeting has been used to find partners for professional collaboration. It is scheduled for Thursday, August 8, 2019, from 11 AM to 11:50 AM at the Division 17 Suite.

Finally, there will be two section roundtable programs, which are schooled from 12 PM to 12:50 PM at Room S105bc in the McCormick Place Convention Center. Our section's Faculty Committee will have a program to discuss the issues related to pursuing academic career as an international psychologist, and our Special Task Force will discuss their project on developing our section's connection with counseling psychology groups outside of the United States.

In addition to these 3 programs, you will find many more exciting programs that the International Section is hosting or helps hosting at this year's APA Convention. We would like to invite you to many of these programs, and encourage you to invite other international colleagues who have not been connected with us yet. Your participation and your invitation of other international colleagues will help us make our section more exciting and international friendly.

We look forward to seeing many of you at APA!

Sincerely,

Bong Joo Hwang & Hana Suzuki
Co-Chairs

APA PROGRAM

Chicago, 2019

GENERAL SECTION PROGRAMMING

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Program Title</u>
Thursday	08/08	10:00 AM - 10:50 AM	McCormick Place Room S105bc	Open House---Section and Special Interest Group Meet and Greet
Thursday	08/08	12:00 PM - 12:50 PM	McCormick Place Room S105bc	Section Roundtables---Critical Issues in Counseling Psychology

INTERNATIONAL SECTION PROGRAMMING

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Program Title</u>
Wednesday	08/07	11:30 am - 1:30pm	TBD	Pre-convention International Section Board Lunch meeting
Wednesday	08/07	3 pm - 4pm	TBD	Pre-convention International Section Board Meeting
Thursday	08/08	8 am - 10 am	Hilton Garden Inn Cord & Auburn	International Scholars Welcome Breakfast
Thursday	08/08	11 am - 12 pm	Hilton Garden Inn Cord & Auburn	International Network Meeting
Thursday	08/08	2 pm - 4 pm	Hilton Garden Inn Peerless	TPN (Twawanes Psychology Network)
Friday	08/09	8 am - 9 am	Hilton Garden Inn Peerless	CACHPPI (Chinese Psychology Network)
Friday	08/09	12 pm - 1pm	Hyatt Regency Skyline Suite	International Section LGBTQ+ Committee
Friday	08/09	1 pm - 2 pm	Hilton Garden Inn Cord & Auburn	IMOC (International Mentoring & Orientation Committee)
Friday	08/09	5 pm - 7 pm	Hilton Garden Inn Cord & Auburn	KPN (Korean Psychology Network)
Saturday	08/10	9 am - 10 am	Hilton Garden Inn Peerless	International Section Business Meeting
Saturday	08/10	11 am - 12 pm	Hyatt Regency Skyline Suite	IPPC (International Psychology Practitioners Committee)
Saturday	08/10	12 pm - 1 pm	Hyatt Regency Skyline Suite	International NAF (Network of African Psychology)

SUMMER 2019

INTERNATIONAL COUNSELING PSYCHOLOGY AND RELATIONS

SPECIAL TASK FORCES TEAM

CHAIR - JIYOON LEE, PH.D., PSYCHOLOGIST, THE CITY UNIVERSITY NEW YORK AT YORK COLLEGE

MEMBER – STEPHANIE CHONG, PH.D., PSYCHOLOGIST, UNIVERSITY AT BUFFALO

SUNNY HO, M.A., ED.M., UNIVERSITY OF IOWA

LU TIAN, PH.D., ASSISTANT PROFESSOR, UNIVERSITY OF NORTHERN COLORADO

KAORI WADA, PH.D., ASSISTANT PROFESSOR, UNIVERSITY OF CALGARY

LEI WANG, M.ED., M.S.ED., INDIANA UNIVERSITY AT BLOOMINGTON



As a part of ICP Co-Chairs' effort (Drs. Bong Joo Hwang and Hana Suzuki) for international collaboration and connections among counseling psychologists globally, **The Special Task Force (STF) on International Counseling Psychology and Relations** in Division 17 International Section of the American Psychological Association was formed with 6 members in November 2018. The STF aims at enhancing cross-cultural collaborations in research, clinical practice, and training/supervision between Division 17 International Section and Counseling Psychology Organizations in different countries. We intend to achieve our mission by engaging in the following tasks:

- Building a database and resource guide of Counseling Psychology Organizations in different countries.
- Providing networking opportunities to build and enhance connections with Counseling Psychology Organizations in different countries.
- Developing cross-national roundtable discussions and collaborations in Professional Psychological Conferences.
- Serving as a liaison among international counseling psychology networks.
- Reporting the STF's professional activities through the Division 17 International Section Newsletter.

The STF chair and members are passionate and dedicated to serve the ICP community to enhance any forms of collaboration and connections with professional counseling psychology organizations in different countries in the 2018-2020 term.

**WHO
WE
ARE**

JIYOON LEE, PH.D.

is the Chair of The Special Task Force in Division 17 International Section. She is a Student Psychological Counselor at The Counseling Center at the CUNY York College. Dr. Lee earned her Ph.D. in Counseling Psychology and Human Systems from Florida State University in Tallahassee, FL. She has extensive clinical experiences at the University Counseling Centers. She is professionally very active as a Board Member in Division 17 (Counseling Psychology) International Section at American Psychological Association (APA) and a Co-Chair of the International Psychology Practitioners Committee (IPPC). She is a Board member and a Co-Chair of Training and Mentoring Committee in Korean Psychology Network (KPN). Dr. Lee has done with collaborations with her colleagues nationally and extensive presentations in the area of counseling psychology, multiculturalism, supervision and training, mentoring, and outreach.

STEPHANIE CHONG, PH.D.

is a licensed staff psychologist and international student outreach specialist at SUNY University at Buffalo. She graduated from the Counseling Psychology program at Arizona State University and completed her pre-doctoral internship and postdoctoral fellowship at University of Delaware Center for Counseling and Student Development. She serves as a mentor in the International Mentoring and Orientation (Div. 17) program and is also involved in the International Psychology Practitioners Committee. Her professional interests include international student concerns, grief and loss, eating disorders, mindfulness and compassion, relationship and family issues, and supervision and training. She also has a strong interest in cross-cultural and multicultural research and helping underserved populations. She has engaged in cross-cultural research on the well-being of college students in Singapore, Taiwan, and the United States.

SUNNY HO, M.A., ED.M.

is a member of the Special Task Force in Division 17 International Section. He is a doctoral candidate of the Counseling Psychology Program at the University of Iowa. He is going to work at Rutgers University, Counseling, Alcohol and Other Drug Assistance Program & Psychiatric Services (CAPS) as a pre-doctoral intern starting in August 2019. He is currently working on his dissertation about Chinese indigenous healing methods by interviewing Chinese healers in USA on effective psychotherapy treatments for Chinese clients. He is greatly involved in International Mentoring and Orientation Committee (IMOC) of Division 17 (Counseling Psychology) as a mentoring sub-committee co-chair and Asian American Psychological Association (AAPA) as a convention planning book sales committee's co-chair and a newsletter co-chair. He is also a student representative for Association of Chinese Helping Professionals and Psychologists-International (ACHPPI). He has done research and presentations with peers and colleagues across the nation on multiculturalism, social justice issues, global mental health issues and training, and leadership and mentorship within the field of counseling

LU TIAN, PH.D

is an assistant professor in Counseling Psychology program at University of Northern Colorado and a licensed psychologist in Colorado. She obtained her Ph.D. at University of Missouri-Columbia and completed her pre-doctoral internship at University of Maryland Counseling Center. Her passion about international counseling psychology started when she pursued her Ph.D. in the U.S. She has done summer internship in Taiwan and served as program coordinator of International Students Career Services at University of Missouri for many years. She also conducted several studies and published several journal articles on international students' coping and psychological adjustments. She enjoys reading and traveling.

WHO WE ARE

SPECIAL TASK FORCES

KAORI WADA, PH.D.

is an assistant professor in Educational Studies in Counselling Psychology at the University of Calgary. She is an 'international scholar' in a two-folded way. Though she has been living in Canada since her early 20's, she was born and raised in Japan. She collaborates with her colleague in Japan on a research project, and she is researching how psychological concepts and practices travel globally (which, we know, is not bilateral, operate in particular power structures). As a member of the Canadian Psychological Association's Section of Counselling Psychology, she and her colleagues hosted a national Canadian Counselling Psychology Conference at University of Calgary in 2018.

LEI WANG, M.ED., M.S.ED.

is a Counseling Psychology doctoral candidate at Indiana University Bloomington. She is currently completing her pre-doctoral internship at The Ohio State University's Counseling and Consultation Service, providing bilingual services in English and Mandarin. She is the current Taiwan Psychology Network student representative. Beginning August 1st, she will work as an Assistant Professor in the APA-accredited Counseling Psychology Psy.D. program at Chatham University in Pittsburgh, PA. Her research interests are (1) Asian international and Asian American mental health and (2) counseling training and clinical work.

At 2019 APA Convention in Chicago, the STF on International Counseling Psychology and Relations will be hosting a roundtable on Thursday, August 8, 2019, at 12-12:50 pm (McCormick Place Room S105bc) and would like to invite representatives of Counseling Psychology Associations in different countries to discuss topics related to Acknowledging and Re-Establishing Connections to Professional Organizations Globally. If you are interested in being a panelist by representing your country's counseling psychology organization for this roundtable, please contact us at easy0929@gmail.com by July 15, 2019.

ICP STUDENT NEEDS ASSESSMENT REPORT



ICP STUDENT REPRESENTATIVES

YUNKYOUNG LOH GARRISON, M.A. UNIVERSITY OF IOWA
BRIAN KEUM, M.A. UNIVERSITY OF MARYLAND,



OVERVIEW

The Co-Student Representatives conducted student needs assessment in 2018 under the supervision of one of the ICP co-chairs, Dr. Bong Joo Hwang. The purpose of the needs assessment was to identify and share international psychology graduate students' voices on what support they may need to better navigate their clinical and academic training. Data were collected using paper-and-pencil survey during the ICP breakfast meeting at the 2018 APA convention and via an online survey distributed through the ICP member listserv.

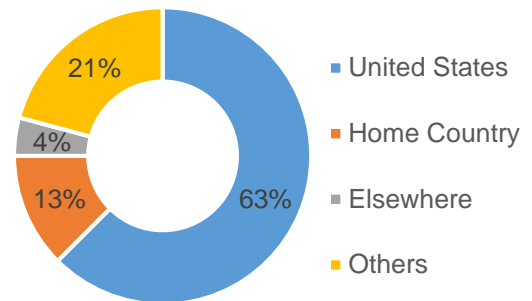
RESPONDENTS

In total, 22 international students in the field of psychology participated in the survey (Mean age = 29.29 years old; $SD = 3.33$). All of the respondents reported that they are pursuing a doctoral degree in psychology in the United States. Self-identified gender was as follows: "Female"/"Woman" (86%), "Male" (5%), and "Gender queer male (5%). One respondent did not report gender. Years in training were as follows: 1st year (10%), 2nd year (14%), 3rd year (18%), 4th year (23%), 5th year (18%), 6th year or above (14%), and Other (5%). Participants' countries of origin were mostly from East Asia: South Korea (41%), China (27%), Taiwan (14%), Hong Kong (9%), and Others (9%). "Others" were reported in an aggregated form to avoid respondents being identifiable based on their countries of origin. Participants were enrolled at graduate schools in the following regions: Midwest (59%), Northeast (23%), Southeast (9%), and Southwest (9%). Participants' years of clinical training ranged from 0 to 7 years with an average of 2.95 years of clinical practicum ($SD = 1.85$).

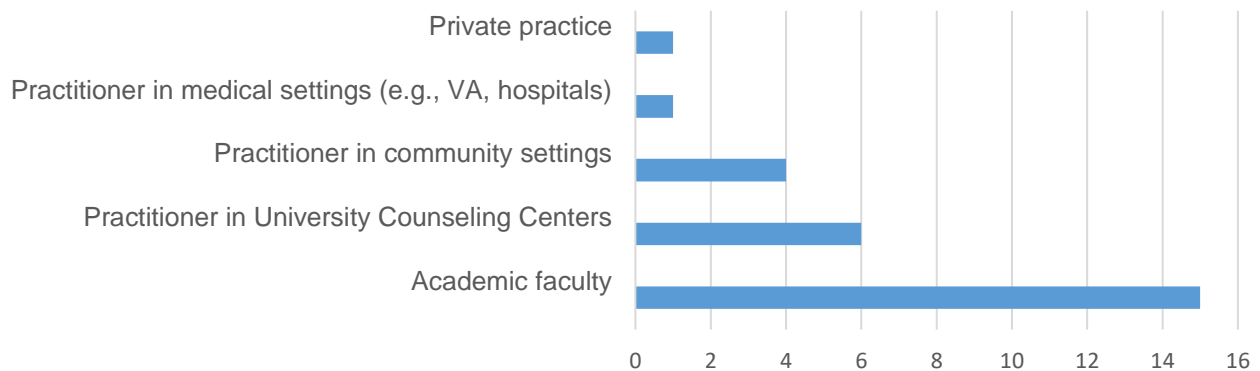
FINDINGS

1. Career Plans (Location)

In response to the question, “Where do you hope to work within 5 years after you graduate?” 63% respondents reported the United States, 21% reported multiple possibilities including the US and home countries, 13% reported home country, and 4% reported “elsewhere.”



2. Career Interests (Setting)



Participants were asked the following question regarding postgraduate career interests: “What are your career interests after you obtain your degree?” They were able to select multiple answers if they were considering various settings. Overall, 15 students reported academic faculty; 6 reported practitioner in University Counseling Centers; 4 reported practitioner in community settings; 1 reported practitioner in medical settings (e.g., VA or hospitals); and 1 reported private practice.

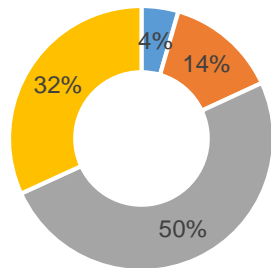
3. Training Needs

Regarding students’ training needs, participants were asked to indicate their level of need across various domains of support. Participants read 22 items involving different types of support and responded with the following options: “Not at all,” “A little,” “Somewhat,” and “To a great extent.” The following findings are presented according to the theme of the items: (1) General Support; (2) Support for Coping with Microaggressions in Training Environments; (3) Support for Clinical Practicum; (4) Support for Research Training; (5) Career Development; and (6) Mental/Social/Financial Well-Being. In addition, qualitative responses were included in this report.

FINDINGS

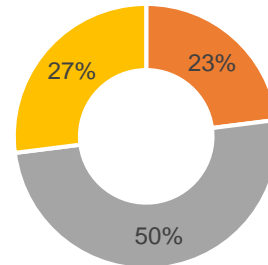
(1) Training Needs: General Support

Addressing personal challenges related to living abroad



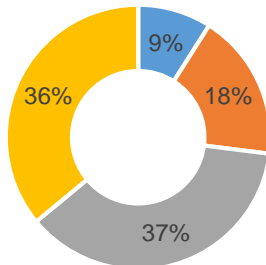
■ Not at all ■ A little ■ Somewhat ■ To a great extent

Nuances of cultural norms



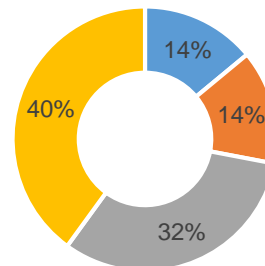
■ Not at all ■ A little ■ Somewhat ■ To a great extent

Maneuvering language differences and/or barriers



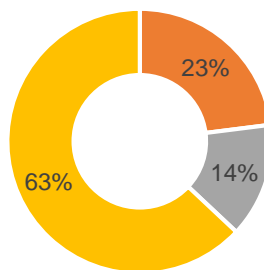
■ Not at all ■ A little ■ Somewhat ■ To a great extent

Maneuvering small-talk with staff/clients



■ Not at all ■ A little ■ Somewhat ■ To a great extent

Issues with my visa status (F-1, CPT, OPT, etc.)

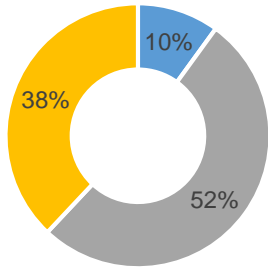


■ Not at all ■ A little ■ Somewhat ■ To a great extent

FINDINGS

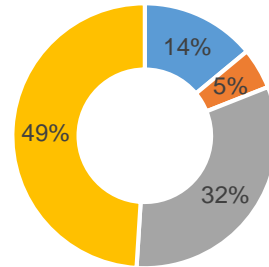
(2) Training Needs: Support for Coping with Microaggressions in Training Environments

Coping with *clients'* microaggressions related to my identity



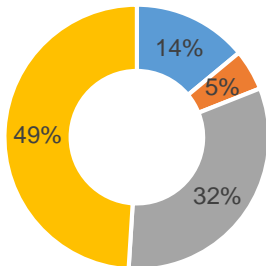
■ Not at all ■ A little ■ Somewhat ■ To a great extent

Coping with *supervisors'* microaggressions related to my identity



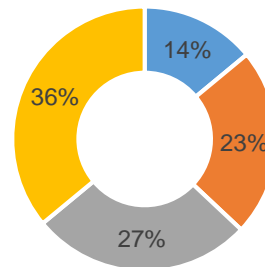
■ Not at all ■ A little ■ Somewhat ■ To a great extent

Coping with *supervisors'* microaggressions related to my identity



■ Not at all ■ A little ■ Somewhat ■ To a great extent

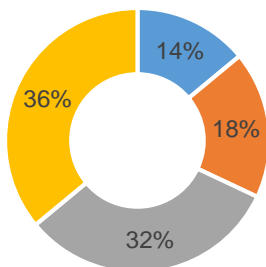
Coping with *faculty members'* microaggressions related to my identity



■ Not at all ■ A little ■ Somewhat ■ To a great extent

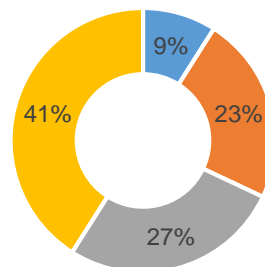
(3) Training Needs: Support for Clinical Practicum

Finding practicum opportunities



■ Not at all ■ A little ■ Somewhat ■ To a great extent

Clinical note/report writing

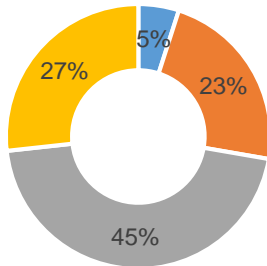


■ Not at all ■ A little ■ Somewhat ■ To a great extent

FINDINGS

(4) Training Needs: Support for Clinical Practicum – Continued.

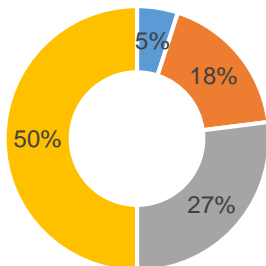
Navigating bureaucracy within practicum sites



■ Not at all ■ A little ■ Somewhat ■ To a great extent

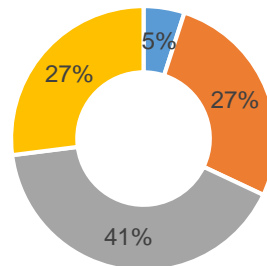
(3) Training Needs: Research Training

Academic writing



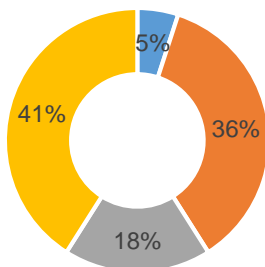
■ Not at all ■ A little ■ Somewhat ■ To a great extent

Academic presentation



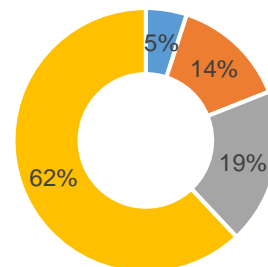
■ Not at all ■ A little ■ Somewhat ■ To a great extent

Learning research methods



■ Not at all ■ A little ■ Somewhat ■ To a great extent

Submitting my paper to journals and responding to editors/reviewers

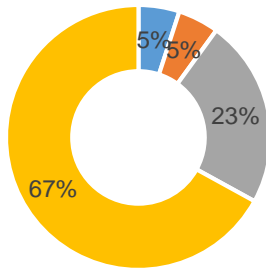


■ Not at all ■ A little ■ Somewhat ■ To a great extent

FINDINGS

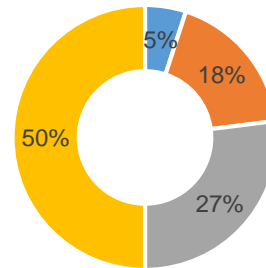
(5) Training Needs: Career Support

Guidance about internship applications



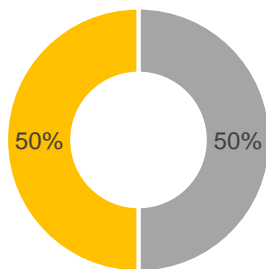
■ Not at all ■ A little ■ Somewhat ■ To a great extent

Obtaining teaching opportunities



■ Not at all ■ A little ■ Somewhat ■ To a great extent

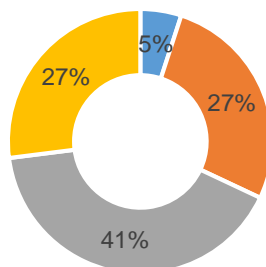
Exploring career opportunities



■ Not at all ■ A little ■ Somewhat ■ To a great extent

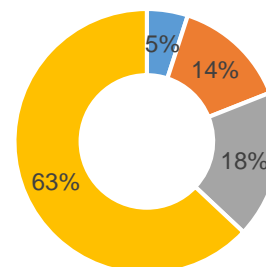
(6) Training Needs: Mental/Social/Financial Well-Being

Self-care



■ Not at all ■ A little ■ Somewhat ■ To a great extent

Finding funding

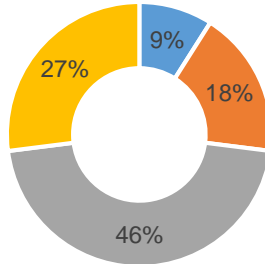


■ Not at all ■ A little ■ Somewhat ■ To a great extent

FINDINGS

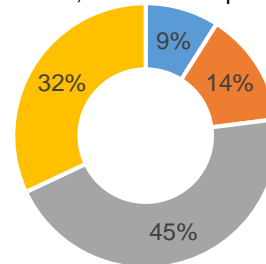
(7) Training Needs: Mental/Social/Financial Well-Being – Continued.

Finding/navigating social spaces on campus/in the community



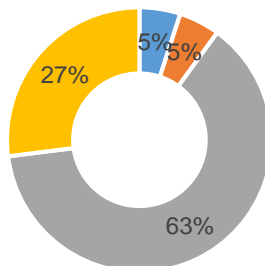
■ Not at all ■ A little ■ Somewhat ■ To a great extent

Receiving information about typical needs in my given community
(e.g., trusted doctors, auto sales/repair)



■ Not at all ■ A little ■ Somewhat ■ To a great extent

Informing me of my personal rights and policies to protect my well-being in the academic program



■ Not at all ■ A little ■ Somewhat ■ To a great extent

In addition to the items above, several participants provided additional opinions regarding what additional support they would need. Responses included:

- “How to navigate program bureaucracy, US cultural norms related to self-promotion, and seeking support especially in absence of a nurturing environment.”
- “Need for support from other international colleagues.”
- “Need for support from faculty/supervisors who have international student backgrounds.”
- “Support regarding career opportunities in home country.”
- “How to get involved in international research/practice.”

IMPLICATIONS

Based on the responses, the following areas were deduced as being the most salient training needs among international students. While these implications provide an important insight into their needs, please note that they cannot be generalized to the entire international student body in the field due to the limited sample size.

1. Majority (over 68%) of the students indicated that their postgraduate career interests are academic faculty jobs. Yet, majority of students voiced the need for training related to obtaining an academic career. For example, 50% and 62% of the students wanted more training in academic writing and publishing to a great extent, respectively. International students may experience unique challenges regarding academic productivity within the context of their adjustment experiences.
2. The above need for training in writing and publishing seems to intersect with what appears to be an overarching challenge international students face regarding English language barriers in the U.S. Besides academic writing and publication, English related training needs have been reported in other domains of support for clinical training, such as needing support for dealing with language differences/barriers, maneuvering small-talk with staff/clients, and clinical note/report writing. Furthermore, while not directly asked, it is likely that language issues may be a subject of the microaggressions that international students may face.
3. Unfortunately, majority of the students in our results reported experiencing microaggressions in various contexts, most frequently from the clients and supervisors they work with. It is likely that these microaggression encounters are stressful and confusing experiences and many international students may not have the space to receive support or express their difficulties.
4. Internship application process continues to be an area of significant training need for international students. This also seems to intersect with the need for more support regarding VISA issues as the two areas are interrelated. Currently, the section provides webinar and other resources for international students going through the internship application process. It may be helpful to assess the helpfulness of existing support and solicit additional ways that the section can be helpful.

COUNSELING WORLDWIDE

MARRIAGE EQUALITY PROGRESS IN ASIA: PRIDE LOVE IN TAIWAN

Hung Chiao, Ph.D.

iLGBTQ+ Committee, International Section, Div 17
Asia University, Taiwan



526 same-sex couples (including 341 female couples and 185 male couples) got married in Taiwan

(MINISTRY OF INTERIOR, 2019) ON THE 24TH OF MAY 2019

These are the numbers to remember in the history: 526 same-sex couples (including 341 female couples and 185 male couples) got married in Taiwan (Ministry of Interior, 2019) on the 24th of May 2019, which is a very good day for marriage, travel, ancestor worship, relocation, and opening your own business based on the lunar calendar, and the first day for legalized same-sex marriage in Taiwan. A total of 1173 same-sex couples got married (and 2 divorce!) within the first month (Ministry of Interior, 2019).

This not only reflects the needs and urges of Taiwanese LGBTQ people who seek for legal protection and national recognition of their romantic relationships, but also symbolizes a hope for all people in Asian countries for human right and equality.

The story started from 30 years ago, when Mr. Chia-wei Chi tried to register his same-sex marriage in Taipei District Court and got rejected. Then he started his long legal fight with Taiwan government. Finally in 2017, he and the Taipei City Department of Civil Affairs request the constitutional interpretation on whether the Constitution right on freedom to marriage applies to same-sex couples.



DR. CHIAO, AND HER FRIENDS AT THE JOINT WEDDING BANQUET

"WHILE WE CANNOT CHANGE ALL PEOPLE'S ATTITUDES, MANY ELDER, PARENTS, AND RELATIVES START TO OPENLY PROVIDE THEIR SUPPORT FOR THEIR LGBTQ FAMILY MEMBERS DUE TO THE SOCIAL STRUCTURAL CHANGE. "SINCE THE GOVERNMENT HAS ALREADY OPENLY SAID YES AND CREATED A NEW LAW FOR LGBTQ PEOPLE, THEN IT MUST BE OK," SAID BY ONE OF MY AUNTS WHO IS A CHRISTIAN."

Mr. Chi, his legal team, and millions of his supporters celebrated the final result on May 24, 2017, which the Constitutional Court ruled in Interpretation No. 748 that requires Taiwan government to "fix" the original legal regulations for marriage equality. Since then, there were serious and violent debates about LGBTQ related issues in Taiwanese society. LGBTQ communities even observed more aggression and fightbacks from conservative parties. One example is that in the 2018 Referendum, there were several proposals "against" LGBTQ rights, such as a ban on gay education from formal school training, exclusive use of Civil Law for same-sex marriage, and civil marriage only applied to couples of opposite sex, etc. In order to appropriately respond to more than 60% of voters who voted yes to these proposals, Taiwan government made a new law, Enforcement Act of Judicial Yuan Interpretations No.748, which contains "no key words such as LGBTQ or marriage" in the title, to protect LGBTQ civil rights in marriage equality. Well, I guess you can say it's an interesting and creative Taiwanese way of doing things. This Act is not perfect, of course. While it gives same-sex couples similar legal rights and obligations as opposite sex couples, it does not define in-law relationships. In the original Civil Law, your husband/wife's relatives are defined as the in-laws. However, the Act does not have such definition. The Act also gives same-sex couples limited rights to adopt children and international marriage.

My personal observation is that it does make big differences in real people's lives. Although not every LGBTQ wants to get married, many LGBTQ organizations soon embraced the opportunities and organized many workshops to educate community members their legal rights and obligations. I also heard quite a few successful coming out stories from my Facebook friends and students. While we cannot change all people's attitudes, many elders, parents, and relatives start to openly provide their support for their LGBTQ family members due to the social structural change. "Since the Government has already openly said yes and created a new law for LGBTQ people, then it must be ok," said by one of my aunts who is a Christian.

Of course, no movements can please everyone. One of my gay friends who doesn't want marriage now gets her mom's questions for when to get married with her girlfriend. Many other LGBTQ friends were asked if they want to and when to get married by relatives, friends, and their same-sex partners. Back in the old days, only heterosexual people used to get this kind of problems... Well, life is never perfect, but we work hard to promote social justice in order to make this world a little bit closer to that perfect one.

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ADVOCATING FOR OURSELVES, ADVOCATING FOR OUR COMMUNITIES: A REPORT ON THE 2018 CANADIAN COUNSELLING PSYCHOLOGY CONFERENCE

Kaori Wada, PhD,
University of Calgary



Author Note

Kaori Wada, PhD, is an Assistant Professor in Counselling Psychology at the University of Calgary, located within *the traditional territories of the people of the Treaty 7 region in Southern Alberta, Canada. The City of Calgary, in which University is located, is also home to Métis Nation of Alberta, Region III.* Originally from Japan, she came to Canada as an international student and obtained an MA and PhD from McGill University, Montreal. Her research interests include grief and bereavement, feminist theory/research, and social justice.

Abstract

The 2018 Canadian Counselling Psychology was held at the University of Calgary in October 2018. It was the second national counseling psychology conference in Canada. This brief report summarizes the achievements and outcomes of the conference.

North of the boarder, Canadian counselling psychologists made strides in charting its future at the 2018 Canadian Counselling Psychology Conference (hereafter the North of the boarder, Canadian counselling psychologists made strides in charting its future at the 2018 Canadian Counselling Psychology Conference (hereafter the 2018 CCPC), held at the University of Calgary from October 26th and 28th, 2018. Chaired by Drs. Anusha Kassan and José Domene (University of Calgary), the event attracted over 150 counselling psychologists, students, and stakeholders. I was fortunate to have been involved with the conference as a member of the executive organizational committee, consisting of the aforementioned co-chairs, Dr. Robinder P. Bedi

(University of British Columbia), Taylor Schembri (University of Calgary), and myself. Among others, the 2018 CCPC was sponsored by the Section on Counselling Psychology of the Canadian Psychological Association.

The conference followed in the footprints of the Inaugural Canadian Counselling Psychology Conference held in Montreal, in 2010, chaired by Dr. Ada L. Sinacore at McGill University. This initial conference focused on refining our professional identity and documenting unique contributions of counselling psychology in Canada, cumulating in the publication of the edited volume, *Canadian Counselling and Counselling Psychology in the 21st Century* (Sinacore & Ginsberg, 2015).



THE 2018 CANADIAN COUNSELLING PSYCHOLOGY CONFERENCE

THE MAIN GOALS OF THE CONFERENCE WERE TO:
(A) CONNECT MULTIPLE STAKEHOLDERS OF CANADIAN COUNSELLING PSYCHOLOGY; (B) ASSESS THE CURRENT STATE OF THE DISCIPLINE; (C) CREATE CONCRETE PLANS FOR THE FUTURE OF THE DISCIPLINE; (D) INCREASE THE PRESENCE AND INFLUENCE OF THE DISCIPLINE ON A NATIONAL AND INTERNATIONAL LEVEL; AND (E) CONTINUE TO ARCHIVE THE DEVELOPMENT OF OUR SPECIALIZATION WITHIN CANADA

Eight years since the inaugural conference, the time was ripe for the second one, to address the emerging needs of Canadians as delineated in key public documents. For example, the 2017 report by Mental Health Commission of Canada (2017) delineated the scope and disparity of mental health issues among Canadians, with their pervasive negative impacts on individuals and community. The report also made a case for publically investing in the mental health care system, including psychotherapy. Additionally, after eight years of concerted effort, the Truth and Reconciliation Commission of Canada (2015) released a landmark report that delineated specific calls to action to redress the colonial history of Canada's Indigenous peoples. In addition, with increased government regulation of related disciplines such as psychotherapy and counselling therapy, it was necessary to reexamine professional issues such as training, supervision, and accreditation, for the discipline to continue to have a strong voice in the field of psychology and mental health.

Given this context, social justice was at the forefront of the 2018 CCPC, most evidently expressed in the conference theme: *Advocating for ourselves, advocating for our communities: Canadian counselling psychology into the next decade and beyond*. This theme was carefully chosen with keen awareness that, for us to effectively and sustainably advocate for our clients and communities, the discipline itself must be firmly positioned within the evolving landscape of the mental health field. Thus, the main goals of the conference were to: (a) connect multiple stakeholders of Canadian counselling psychology; (b) assess the current state of the discipline; (c) create concrete plans for the future of the discipline; (d) increase the presence and influence of the discipline on a national and international level;

and (e) continue to archive the development of our specialization within Canada.

The 2018 CCPC officially kicked off with territorial acknowledgement and an indigenous ceremony, conducted by Dr. Karlee Fellner, a Cree/Métis counselling psychologist at the University of Calgary. This was followed by the keynote speech delivered by Dr. Ada L. Sinacore entitled, *Counselling Psychology at the Crossroads: Discipline or Social Movement*. Applying social movement, advocacy, and activist frameworks, her energizing speech addressed ways for counselling psychologists to continue to be innovators and forward thinkers in psychology.

In addition to approximately 50 posters and 75 paper presentations, the core component of the 2018 CCPC programming was devoted to working group discussions on topics of critical importance. These included:

1. Student advocacy in Canadian counselling psychology (Group facilitators: Jeff Landine and Jessica Van Vliet)
2. The future of counselling psychology education and training in Canada (Group facilitators: Dan Cox and Blythe Shepard)
3. Foregrounding clinical practice and clinical supervision within Canadian counselling psychology (Group facilitators: Jeff Chan and Lara Hiseler)
4. The responsibility of Canadian counselling psychology to reach systems, organizations, and policy makers (Group facilitators: Sharalyn Jordan and Shelly Russell-Mayhew)

5. The role of Canadian counselling psychology in advocating for the needs of underrepresented groups (Group facilitators: Janelle Kwee and Roy Moodley)
6. Responding to the TRC in Canadian counselling psychology (Group facilitators: Karlee Fellner and Jenny Rowett)
7. International advocacy: Canadian counselling psychology in an international context (Group facilitators: Ada L. Sinacore and Deepak Mathew)

In relation to each topic, the group facilitators led discussions around (a) general experiences of attendees, (b) major issues and concerns that attendees have about the topic, (c) social justice and indigenous perspectives, (d) priorities for counselling psychology, and (e) steps forward to achieve these priorities. By actively participating in one of these groups, conference participants contributed in shaping the future of Canadian counselling psychology.

On the last day, outcomes of the working group discussions were reported back to the conference as a whole, which was followed by the closing keynote speech by Dr. Richard A. Young, University of British Columbia and Division 17 Fellow. Drawing on his longstanding research and practice, Dr. Young discussed human action—intentional, goal-directed, and dynamic nature of human behaviors—as an unifying framework for the future of counselling psychology as a profession and for understanding and engaging with our clients’ and our own lives. The three-day long, vibrant conference was concluded with an indigenous ceremony once again offered by Dr. Karlee Fellner.

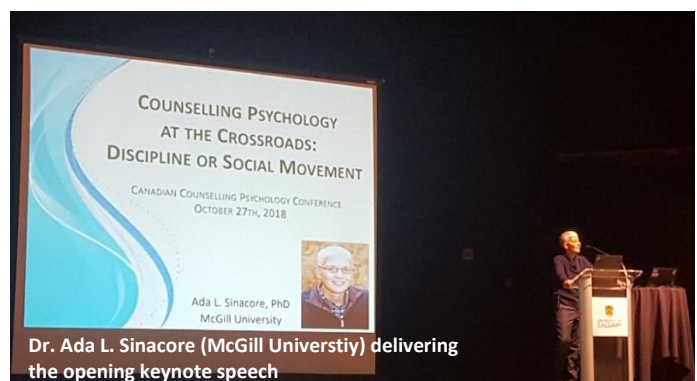
Since the successful completion of the conference, we have been continuing to produce concrete derivatives. First, summaries of the conference components were disseminated through an invited symposium hosted by the Section on Counselling Psychology at the Canadian Psychological Association’s Annual National Convention in Halifax in May 2019. Further, an editorial process is underway for the publication of conference proceedings, which include articles from keynote speakers and paper presenters.

The proceedings will be released as open-access publications this summer. Lastly, a special issue featuring the seven working groups will be published in the *Canadian Journal of Counselling and Psychotherapy* in 2020.

The 2018 CCPC created a much-needed space for counselling psychology stakeholders to come together and strategize how we integrate a focus on social justice into our education programs, professional practice, and research. While the conference created a great deal of momentum for future development, Counselling psychology in Canada remains to be relatively small in terms of the number of academic programs and training sites. We look forward to developing a strong alliance and collaboration with APA Div. 17 and other counseling psychology organizations around the world.

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Dr. Ada L. Sinacore (McGill University) delivering the opening keynote speech

BRIEF REPORTS: OFFICERS AND COMMITTEE CHAIR

ILGBTQ COMMITTEE

Come join us! The [iLGBTQ Committee](#) is looking for new membership.

This committee was established 2 years ago with the commitment to promote the well-being of LGBTQ individuals and enhance public awareness of LGBTQ issues across nations and cultural contexts through research, practice, and advocacy work.

At APA 2018, the committee collaborated with Section of LGBT Issues of Division 17 to offer a Roundtable on *International LGBTQ Advocacy: Ideas for Action*. You can read more about the event [here](#).

At APA 2019, the committee's proposal for a symposium on *Promoting the Well-being of LGBT Community in Different Countries: Think Globally and Act Locally* has been accepted by Division 52 (International Psychology). The symposium will be on Thursday, August 8 from 12-12:50 pm at McCormick Place Room W187b. We hope you can come!

We also plan to have a social/meeting during the Convention to offer networking opportunities. Date and Time are TBD, and we'll announce it on the ICP listserv and our [Facebook](#) page. Look forward to seeing you then!

We're committed to raising awareness about LGBT issues globally through conference presentations, research, and advocacy work. So, if you're interested in joining us, please send us an email at ilgbtq@outlook.com. If you'd like to connect online, please join our [Facebook](#) page.

See you in Chicago!

Hung and Shaznin

INTERNATIONAL MENTORING AND ORIENTATION COMMITTEE (IMOC)

Yi-Jiun Lin, Ph.D. IMOC Chair, University of Maryland-
College Park

Greetings! On behalf of the IMOC committee, I would like to share with you some exciting highlights of IMOC's initiatives and efforts this academic year. First of all, Dr. Hsiu-Hui Chen and Mr. Brian Keum, co-chairs of the professional development committee, interviewed a current psychology intern, a postdoctoral fellow, and a training director of a counseling center who gave valuable inputs and advice to international applicants seeking pre-doctoral internship. The interviews were edited and uploaded on our Facebook Page (<https://www.facebook.com/groups/div17imoc/>).

Secondly, Mr. Sunny Ho and Dr. Kayi Hui-Spears, the Mentoring program co-chairs had successfully matched 7 mentoring pairs during 2018-2019. They are also in the process of designing a mentor-mentee satisfaction survey and collaborating with the membership and publicity committees for future recruitment of mentors and mentees. At last but not least, Ms. Bo Hyun Lee, chair of Convention Planning committee, is working hard to solidify our IMOC Roundtable, IMOC's annual program in APA. This year, in addition to our typical topics (internship; academic and research paths; clinical career options; careers outside of the U.S.), we are adding a new theme focusing on conducting research in graduate school. If any of the topics seems of interest or help to you, we would love to have you join us.

BRIEF REPORTS: OFFICERS AND COMMITTEE CHAIR

INTERNATIONAL COUNSELING PSYCHOLOGY FACULTY COMMITTEE

The co-chairs' introduction

Drs. Meifen Wei and Hang-Shim Lee earned their Ph.D. from University of Missouri-Columbia and both completed the pre-doctoral internship at The Ohio State University Counseling and Consultation Service. Dr. Meifen Wei is a Professor in the Counseling Psychology program at Iowa State University and Dr. Hang-Shim Lee is currently an assistant professor in the counseling psychology program at Konkuk University in Seoul, Republic of Korea.

Greetings & Updates from Co-chairs:

Dear International counseling psychology members,
We are very delightful to invite you to our roundtable of Division 17 in this APA, titled

"What International Counseling Psychology Faculties Need to Know in Academia and Beyond Academia?"

We have four major themes of this roundtable presentation.

- Table 1: *Teaching issues & tips* lead by Dr. Chu-Chun Fu at Fayetteville State University
- Table 2: *Research issues & tips* lead by Dr. Hanna Suh University at Buffalo, The State University of New York
- Table 3: *Mentoring* lead by Dr. Pei-Chun Tsai at Radford University
- Table 4: *Beyond academia issues* (e.g., Important things you need to know related to retirement plans, self-care, work and family balance issues) lead by Dr. Meifen Wei at Iowa State University

If you are interested in any topic above, welcome to join our roundtable.

- Date & Time: Thu 8/8/2019 12:00 PM - 12:50 PM
- Location: McCormick Place Room S105bc

Our committee is opened to anyone who is interested in various issues of international counseling psychology faculty in both U.S. and other countries. If you have any questions, please email us at hangshim@konkuk.ac.kr or wei@iastate.edu.

We look forward to meeting you in person in Chicago~

INTERNATIONAL PSYCHOLOGY PRACTITIONERS COMMITTEE (IPPC)

Co-Chairs:

Jiyoon Lee, Ph.D.

The City University of New York (CUNY) at York College

Jingqing Liu, Ph.D.

University of Oregon

11-12 pm on Sat, August 10, 2019 in Hyatt Regency Skyline Suite

IPPC will hold its annual meeting on the issues of "Advocacy for International Psychology Practitioners."

IPPC will discuss related topics: given the power differential within our work environment (e.g., hierarchy of the agency) and lengthy legal immigration process, how can international practitioners advocate for ourselves and involve higher levels of Div. 17 and APA leadership to advocate/lobby on our behalf? Please join us!



Are you an **international student or scholar** identifying as **LGBTQ+** and/or **interested in LGBTQ+ issues?**



Come join us!

The International LGBTQ (iLGBTQ) Committee within the International Section of the Society of Counseling Psychology (ICP; APA Division 17) is looking to recruit new members.

This subcommittee aims to provide a supportive platform for professional development including mentoring from LGBTQ+ friendly faculty, psychologists, and students; submission of conference proposals; and discussion and raising

awareness of international LGBTQ+ issues within and beyond ICP. We look forward to your participation!

Website: <https://www.div17.org/sections/international/community/ilgbtq-committee/>

Facebook: <https://www.facebook.com/groups/d17iLGBTQ/>

Email: iLGBTQ@outlook.com

Scan the QR codes to access our website and Facebook group.

Website



Facebook





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