

THE OACCPP 33RD ANNUAL MENTAL HEALTH CONFERENCE & AGM

AN ASSOCIATION OF MENTAL HEALTH PROFESSIONALS

In a Time of Transition: Our Evolving Practice



S E P T E M B E R 2 2 N D - 2 4 T H , 2 0 1 1

T H E S U T T O N P L A C E H O T E L
9 5 5 B A Y S T R E E T , T O R O N T O

Featuring workshops
with...

- ▶ DR. CAROLE SINCLAIR
- ▶ DR. CHRISTINE PADESKY
- ▶ DR. JOHN WAGNER
- ▶ DR. LEWIS MEHL-MADRONA

Read about our other
distinguished speakers and
workshop details inside...



O A C C P P

Phone: 416.298.7333

Toll-Free: 1.888.622.2779

Fax: 416.298.9593

E-mail: oaccpp@oaccpp.ca

www.oaccpp.ca

Welcome from the OACCPP President



Dear Colleagues,

On behalf of the Board of Directors and as President of the Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists (OACCPP) I am pleased to invite you to the 2011 OACCPP Annual Conference and the AGM. The Board and the Professional Development Committee is confident that you will have a wonderful time in Toronto.

The Chair of the Professional Development Committee, Stephen Douglas, has given you an insight into the workshops and the professional expertise of the speakers, so I will not repeat those details. As you can see from the list of presenters and workshops, once again an outstanding group of speakers have agreed to present at this year's conference. Keeping in mind the current regulatory environment, the Professional Development Committee has invited Dr. Carole Sinclair, an authority on ethics in Canada, to speak on this topic and provide useful information for members who are interested in joining the College of Registered Psychotherapists and Registered Mental Health Therapists of Ontario. The presentations from our speakers will help you further develop your professional knowledge and skills.

I commend the Professional Development Committee for bringing in a diverse group of presenters to meet the varied needs of our members. The Committee continues to look for your input, suggestions and feedback, in order to bring further speakers and sessions in the future which will be of interest to our members. Please take a few moments and provide your recommendations so we can continue to improve.

Aside from the opportunities afforded by the conference's working sessions, there will be opportunities for participants in networking and socializing. Please join me and members of the OACCPP Board of Directors at the President's Reception on Friday evening. **Join in, share, learn and have fun!**

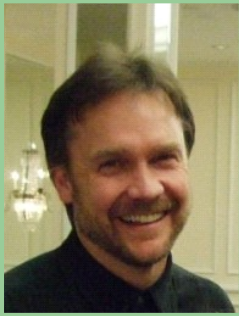
I would like to take this opportunity to thank Stephen and his committee for their hard work and commitment and certainly Judy Nikkel, our Administrative Director, for her organizational support and Lisa Randall, Membership Coordinator, who was not only supportive but is also responsible for the design of the brochure cover.

Finally and most importantly, a thanks to you, the delegates. I look forward to meeting as many of you as I can and I hope that you have an enjoyable, instructive and constructive time.

See you at the Conference.

**Naseema Siddiqui, M.A. (C) OACCPP
President**

Welcome from the Chair of Professional Development



Dear Colleagues,

I am pleased and excited to share with you the itinerary of our upcoming Annual Conference: *In a Time of Transition: Our Evolving Practice*. In organizing this year's Conference, the Professional Development Committee looked to provide you with the opportunity to connect with one another, share your vision, gain perspective, and learn and participate in dynamic workshops on topics that are both skill-based and practical.

We will open Thursday evening with a very special ceremony of aboriginal tradition led by Dr. Lewis Mehl-Madrona including storytelling that will help us weave our intention for what lies ahead. This will be followed by a performance of Playback Theatre, a remarkable form of improvisational theatre that reflects to us our own stories and experiences within our practice and profession, the challenges we are facing and our evolution in this time of transition.

We are greatly honoured that **Dr. Christine Padesky** will join us this year. Internationally recognized for her popular teaching on the skillful application of Cognitive Behavioral Therapy, Dr. Padesky will open our presentations with her keynote, *Stronger than We Think*, helping clients discover their hidden strengths, followed with her morning presentation on this same theme, incorporating strengths into case conceptualization and her afternoon presentation, common therapists' errors and solutions in the use of thought journaling.

Dr. John Wagner will present two workshops on Dialectical Behavioral Therapy, **Dr. Carole Sinclair** will help us explore major ethical issues that currently challenge us. **Jay Timms** and **Christine Kelsey** will provide a valuable interactive workshop on learning technology and hands-on skills that benefit the disabled. **Dr. Mehl-Madrona** will present workshops on the relational mind and the use of narrative therapy from an indigenous framework. We are delighted also to introduce our **Members Presentation Series** where one presentation per time slot will be offered by OACCPP members. This year **Heidi McBratney** will explore vicarious trauma we experience as professionals, while **Antoine Quenneville** and myself, **Stephen Douglas**, will offer a presentation on men's emotional integration and healing from sexual abuse.

At the President's Reception Friday evening, you will have a chance to meet with members of your Board as well as each other. This is an opportunity to ask questions and learn more about the work your Association is undertaking on your behalf.

Finally, on Saturday morning there will be a panel discussion including **Nuzhat Jafri**, Executive Director, Fairness Commission of Ontario, **Joyce Rowlands**, Transitional Registrar, who will provide most recent updates on the College and Transitional Council, as well as **Naseema Siddiqui** and **John Marai** from the Executive of the OACCPP.

Your Conference offers speakers and workshops on topics that concern you, networking opportunities, a chance to meet the Board, and information about changes in our profession that will impact us all. Your attendance and feedback is what helps our Association grow and support your needs. I sincerely look forward to meeting each of you in September.

Stephen Douglas, M.A. (C) OACCPP
Chair of Professional Development

Program at a Glance

Thursday Evening, Sept 22 nd , 2011—Pre-Conference Workshop	
6:30—7:00 p.m.	Registration
7:00—9:00 p.m.	Our Stories Come Together: An Evening Ceremony, Performance and Discussion ➤ Presenters: <ul style="list-style-type: none"> • Dr. Lewis Mehl-Madrona • David Jan Jurasek
9:00—11:00 p.m.	Reception (Refreshments & Hors D'Oeuvres)
Friday Sept 23 rd , 2011—Day One	
7:00—8:00 a.m.	Registration and Continental Breakfast
8:30—9:00 a.m.	Keynote Address: Stronger Than We Think ➤ Speaker: Christine A. Padesky, Ph.D.
9:30 a.m.—12:30 p.m.	Incorporate Strengths Into Case Conceptualization to Build Resilience ➤ Speaker: Christine A. Padesky, Ph.D.
9:30 a.m.—12:30 p.m.	The Role of Mindfulness in Dialectical Behaviour Therapy ➤ Speaker: John Wagner, Ph.D.
9:30 a.m.—12:30 p.m.	Narrative from an Indigenous Framework ➤ Speaker: Dr. Lewis Mehl-Madrona
9:30 a.m.—12:30 p.m.	Vicarious Trauma ➤ Speaker: Heidi McBratney (OACCP Member presentation)
9:30 a.m.—12:30 p.m.	Learning Technology: Faster, Easier, More Independent and Productive ➤ Speakers: <ul style="list-style-type: none"> • Christine Kelsey • Jay Timms
12:30—1:30 p.m.	Lunch Break (on your own)
1:30—4:30 p.m.	<i>Mind Over Mood: Common Therapist Errors and Solutions</i> ➤ Speaker: Christine A. Padesky, Ph.D.
1:30—4:30 p.m.	Dialectical Behaviour Therapy and Emotion Regulation ➤ Speaker: John Wagner, Ph.D.
1:30—4:30 p.m.	Relational Mind ➤ Speaker: Dr. Lewis Mehl-Madrona
1:30—4:30 p.m.	Professional Ethics: The Role of Ethical Principles, Values, and Competent Decision Making ➤ Speaker: Dr. Carole Sinclair

Program at a Glance

Friday Sept 23 rd , 2011—Day One (cont'd...)	
1:30—4:30 p.m.	Contemporary Issues in Men's Therapy: Emotional Integration and Healing from Sexual Abuse ➤ Speakers: <ul style="list-style-type: none"> • Stephen Douglas, MA (OACCPP Member presentation) • Antoine Quenneville, MA (OACCPP Member presentation)
7:00—9:00 p.m.	President's Reception
Saturday, Sept 24 th , 2011—Day Two	
7:30—8:30 a.m.	Registration and Continental Breakfast
9:00 a.m.—12:00 p.m.	Panel Discussion: Process of Regulation & Avenues and Implications for Members not Pursuing Regulation ➤ Speakers: <ul style="list-style-type: none"> • Nuzhat Jafri, Executive Director, Office of the Fairness Commissioner • John Marai, MA, Chair of Certification, OACCPP • Joyce Rowlands, Registrar, Transitional Council of CRPRMHTO • Naseema Siddiqui, MA, President, OACCPP
12:00—1:00 p.m.	Lunch
1:00—3:00 p.m.	OACCPP Annual General Meeting

Disclaimer: We apologize if your preferred workshop is no longer available when you register. Space is limited and will be allocated on a first come first served basis. If a seminar or workshop is cancelled due to speaker illness or injury, the OACCPP reserves the right to assign another seminar or workshop to replace the cancelled session.

EARLY BIRD SPECIAL:

***Register by August 12,
2011 and save!***

***Book your hotel room
through OACCPP to be
eligible to win the draw
of a \$100 gift certificate
at Accents Restaurant***

Workshop Descriptions

Our Stories Come Together: An Evening Ceremony, Performance and Discussion

- Dr. Lewis Mehl-Madrona
- David Jan Jurasek

We will open our Conference this year on Thursday evening with a very special ceremony of aboriginal tradition led by Dr. Lewis Mehl-Madrona including a cleansing, prayer, singing to invoke the spirits to help us set our intent, and the use of imagery and story which link us together as a community navigating many changes and opportunities before us. This will be followed by an audience-directed performance of Playback Theatre, a remarkable form of improvisational theatre that reflects to us our own stories and experiences within our practice and profession, the challenges we are facing and our evolution in this time of transition. Narrative, spiritual, inspiring, validating and visioning - this promises to be a magical evening not to be missed. And, of course, there will be the ever-valuable opportunity to network with your colleagues following the presentation, performance and discussion.

Keynote Address: Stronger Than We Think

- Christine A. Padesky, Ph.D.

Clients can arrive in therapy in such high distress that they see themselves as weak or damaged. It is easy for therapists to share this view. A search for "hidden" strengths can restore clients' hope and help create change pathways that otherwise might elude the therapist.

Incorporate Strengths Into Case Conceptualization to Build Resistance

- Christine A. Padesky, Ph.D.

A recent new approach to CBT case conceptualization (Kuyken, Padesky, & Dudley, 2009) offers a step-by-step model to guide therapists' treatment planning with complex cases, especially when no single treatment model applies. Their approach incorporates three guiding principles: (1) collaborative empiricism, (2) three levels of conceptualization that evolve over the course of therapy, and (3) incorporation of client strengths into each level of conceptualization so therapy is designed to both relieve distress and build resilience.

This workshop emphasizes incorporation of client strengths into case conceptualization. Participants practice identification of "hidden" strengths and methods to bring these into client awareness. Dr. Padesky models how to incorporate client culture, personal interests, imagery, and metaphors into constructive, strengths-based conceptual models. In addition to the opportunity to participate in structured exercises designed to develop relevant skills, participants explore the implications of explicitly adding a strengths and resilience focus to CBT conceptualization and treatment.

The Role of Mindfulness in Dialectical Behaviour Therapy

- John Wagner, Ph.D.

Mindfulness and acceptance based therapies have dramatically influenced the nature of psychological treatments over the course of the last twenty years. This special workshop will examine the role of mindfulness in Dialectical Behaviour Therapy (DBT), which is the most widely researched treatment for problems characteristic of Borderline Personality Disorder (BPD). More specifically, the workshop will examine strategies taught in DBT to help clients be more aware of internal experiences, more attuned to the present moment, and less judgmental of themselves and others. Teaching methods will include didactics and group exercises.

Narrative from an Indigenous Framework

- Dr. Lewis Mehl-Madrona

Many psychotherapists are somewhat familiar with the idea of narrative, having heard of Michael White, who popularized one version. Fewer know that the idea of narrative is the backbone of indigenous culture and practices where "everything that exists is story". This workshop presents the narrative philosophy and practices of indigenous people, showing how these ideas enrich and enliven any psychotherapy, from CBT to psychoanalysis. We will briefly review some relevant neuroscience showing the story is the default mode of the brain and that the narrative structure is the template for memory storage. The second half of our time together will be experiential with the use of guided imagery to find important personal stories that restrict or hinder us and to explore how we can change those stories. As Milton Erickson once said, psychotherapy is the art of substituting good stories for bad stories.

Workshop Descriptions

Vicarious Trauma

➤ Heidi McBratney (OACCPP Member Presentation)

As people in a helping profession, we have a deep love and openness to supporting and guiding others through the challenges that life can offer. The guidance and healing that we offer may be around family, marriage, children and individual growth in all areas of life. As we embark on a sacred journey of healing and growth with people, we will see areas that have caused a stop in growth, which needs to be unravelled and healed before new opportunity will arise.

As guides and witnesses to people's growth, we are sure to encounter through our clients' stories tragedy, suffering, pain, anguish and even horror in what can happen to another human being. We as the professionals can experience trauma from the deep wounds we hear others experience. This experience can be overwhelming and affect many areas of one's life, both personal and professional.

The workshop will provide professionals with a deep understanding of Vicarious Trauma, its symptoms, its impact but most important how to support one's self through this experience and use it to develop deep compassion and understanding. This can further support one's professional development and ability to work with clients in a manner that supports significant growth and healing.

Learning Technology: Faster, Easier, More Independent and Productive

➤ Christine Kelsey

➤ Jay Timms

Working with you is important to us, so important in fact that we are coming to see you at the busiest time in our calendar year. You provide an important service to our clients. We want you to know what Assistive Technology is available, who uses it and why they use it. We want you to know more about how technology is changing and what it means for all of us. This is your chance to find out how technology that people with disabilities use can work for everyone including you! We will cover what Assistive Technologists do, who we work with, some AT Basics and what we think is cool.

Find out about tools for reading, writing, note taking, planning, time management and more. We will look at software, gadgets and cool apps that can work for everyone.

Mind Over Mood: Common Therapist Errors and Solutions

➤ Christine A. Padesky, Ph.D.

Mind Over Mood (Greenberger & Padesky, 1995) is one of the most widely used CBT client workbooks with nearly a million copies in print in 22 languages (including French). This workshop identifies common errors therapists make in teaching clients to use thought records, a primary focus of this client manual. Whether you use *Mind Over Mood* in therapy or not, if you use thought records you will recognize the errors identified and appreciate learning simple solutions to these potential roadblocks to therapy progress. Therapists who are unfamiliar with thought records will learn the most effective times and ways to use them in therapy. Dr. Padesky also shows an illustrative video demonstration of how to work with clients when they cannot think of evidence that does not support their hot thought.

Participants who own *Mind Over Mood* are encouraged to bring this book to the workshop to reference during practice exercises and also because Dr. Padesky will sign books after the workshop.

Dialectical Behaviour Therapy and Emotion Regulation

➤ John Wagner, Ph.D.

Difficulties in emotion regulation are theorized to play a central role in many psychological problems including Borderline Personality Disorder (BPD). This workshop will examine some techniques commonly used in Dialectical Behaviour Therapy (DBT) to help clients better manage their emotions. In particular, it will provide clinicians with a method for differentiating adaptive from maladaptive emotions and teach strategies to help clients change their feelings. It will also briefly examine the role of acceptance in effectively dealing with certain emotions. Teaching methods will include didactics and group exercises.

Workshop Descriptions

Relational Mind

➤ Dr. Lewis Mehl-Madrona

Psychotherapy has often worked from the premise of an individual mind housed within an individual brain inside a visible skull. Theories abound for what happens within that mind ranging from the hydraulics of Freud to learning theories and interpersonal neurobiology. Within indigenous thought, the more common concept is that the mind exists between people as a story for how to manage that relationship, reflected back to the individual as a map of the other person and his beliefs and desires. More commonly, indigenous people see a multiple self in which all of our internal characters (or social maps) compete for "air time" and to be heard or to dominate. This view assumes that the mind is formed from the outside inward and that the structures within the mind mirror the structures of the outer world. Arguments in the outer world lead to arguments within the inner world. In this workshop we will explore how these concepts translate into psychotherapy through dialogue with internal characters or selves. The work is particularly applicable to people who hear voices for it automatically grants these voices validity in the negotiation. Non-indigenous people have called these concepts by terms such as "parts therapy" or "internal family systems therapy". The second half of the workshop will be experiential as we apply the concepts to our own lives.

Professional Ethics: The Role of Ethical Principles, Values, and Competent Decision Making

➤ Dr. Carole Sinclair

Using the *Canadian Code of Ethics for Psychologists* as an example, this workshop will outline the major ethical issues that members of the helping professions have faced over the years, and emphasize the importance of having a code of ethics that provides both a moral framework and an aid to ethical decision making. Participants will have the opportunity to work through hypothetical ethical dilemmas using the framework and aids presented.

Contemporary Issues in Men's Therapy: Emotional Integration and Healing from Sexual Abuse

- Stephen Douglas, MA (OACCPP Member Presentation)
- Antoine Quenneville, MA (OACCPP Member Presentation)

An introduction to the role of the therapist in helping male clients understand the role of emotions and the benefits of vulnerability, with implications for male depression and cognitive behavioral therapy. Issues of particular difficulty for male clients will be explored including issues of childhood and adult sexual victimization, impacts on sexual identity, intimacy and emotional regulation will be explored.

Special Information Session—Saturday September 24th

Process of Regulation: An Update on the College of Registered Psychotherapists and Registered Mental Health Therapists of Ontario and the Transitional Council

- Joyce Rowlands, Registrar, Transitional Council of CRPRMHTO
- Nuzhat Jafri, Executive Director, Office of the Fairness Commissioner of Ontario

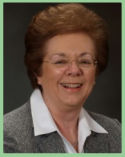
Joyce Rowlands will be providing an update on the work of the Transitional Council and will report on the draft regulations from the Registration Committee and Professional Practice Committee. She will also explain the process of registration to the College of Registered Psychotherapists and Registered Mental Health Therapists of Ontario. Nuzhat Jafri will briefly describe the role of the Fairness Commissioner and how it relates to different regulated colleges, and will answer participants' questions.

Implications and New Avenues for OACCPP Members Not Planning to Pursue Regulation

- Naseema Siddiqui, MA (C) OACCPP, President
- John Marai, M.A., (C) OACCPP, Treasurer, Chair of Certification

This interactive panel discussion will briefly touch on the implications to members who do not plan to pursue regulation and also provide information for certification for those members who will not be required to register in the new college. A question and answer period will follow.

Our Speakers



Dr. Carole Sinclair

Dr. Carole Sinclair is a clinical child psychologist who has worked in the children's mental health field for over thirty years. She currently is Director of Treatment Services and Quality Management at The Hincks-Dellcrest Treatment Centre in Toronto, Ontario, Canada. Dr. Sinclair is the current Chair of the Committee on Ethics of the Canadian Psychological Association and was a key contributor to the development of the *Canadian Code of Ethics for Psychologists*. She is co-author (with Jean Pettifor) of the *Companion Manual* to the *Canadian Code* and author of a Canadian Psychological Association online ethics course entitled "Being an Ethical Psychologist." Dr. Sinclair has presented on the topic of ethics at numerous national and international conferences, with a particular focus on ethical decision making and the history of ethics codes and ethical principles for professionals.



Christine Kesley, B.A., B.Ed.

Christine Kelsey has a B.A. in Economics and a B.Ed. from Nipissing University. She is qualified to teach at the Junior, Intermediate and Senior levels. Christine has also completed her Special Education Part II. She has a special qualification in Native Education and has experience teaching in remote Northern Ontario Schools. She has taught children from Kindergarten to Grade 12. Christine taught for several years for the Renfrew Country DSB, teaching high school math and spent a year working as a Special Education Resource teacher before coming to work for Algonquin College as an Assistive Technologist in the College's Centre for Students with Disabilities. At Algonquin College she evaluates the needs of students and helps them find technology that will help them use their strengths and help minimize the effects of functional limitations caused by their disabilities. She is also responsible for ensuring that students get textbooks in the formats that they need. Christine has completed a certificate in Accessible Information Technology from an organization called EASI in partnership with the University of Southern Maine.



Christine A. Padesky, Ph.D.

Christine A. Padesky, Ph.D., Co-Founder of the Center for Cognitive Therapy in Huntington Beach, California is a Distinguished Founding Fellow of the Academy of Cognitive Therapy and former President of the International Association for Cognitive Psychotherapy. She is considered one of the leading cognitive therapy workshop presenters in the world, appreciated for her depth of knowledge, compassion, and good-humoured warmth. Her clear, organized and compelling presentations integrate theory, empiricism, creativity, audience interaction and practical skills.

In 2002 British CBT therapists voted her the "Most Influential International CBT Therapist," the California Psychological Association recognized her "Distinguished Contribution to Psychology" in 2003, and the Academy of Cognitive Therapy awarded her its 2007 Aaron T. Beck Award for enduring contributions to the field. Dr. Padesky is a leading cognitive therapy innovator and develops audio CD & DVD therapist training materials (described at store.padesky.com). Her recent book, *Collaborative Case Conceptualization*, joins five previous books, translated into 23 languages. BABCP voted her best selling self-help book *Mind Over Mood* (www.mindovermood.com) the most influential cognitive therapy book of all time.



David Jan Jurasek

David Jan Jurasek (writer and conductor) is a Drama Therapist, a Mindfulness Martial Arts Instructor and a Child & Family Therapist at INTEGRA. He is passionate about co-creating real communities of powerful, authentic, and healthy human beings. He recognizes the unmet needs we all share and believes in the innate capacity within all of us to heal ourselves. David is the founder of Inspired and Free and The Inspired Playback Theatre Company.

Our Speakers (cont'd...)



Jay Timms

Jay Timms has more than 20 years of experience using Assistive Technology and over 10 years teaching it. After graduating with a diploma in Broadcasting from Algonquin College in 2000, he started working in the Centre for Students with Disabilities (CSD) as an Assistive Technologist (AT). He is certified as a Learning Disability Specialist (Cambrian College – Assistive Technologist stream) and has completed a certificate in Accessible Information Technology (EASI and the University of Southern Maine). He sits on the Algonquin College Accessibility for Ontarians with Disabilities Act Committee and the College technology Committee – Academic. Working with the CSD team as an AT, his role is to assess and train students in the technology that will help them maximize their strengths and minimize their functional limitations in an academic environment.



John R. Wagner, Ph.D.

John Wagner, Ph.D. is a psychologist registered in the province of British Columbia and licensed in the state of Washington. He is the Director of the DBT Centre of Vancouver, a Clinical Associate at Simon Fraser University, and an Adjunct Professor at the University of British Columbia. Dr. Wagner completed a two year post-doctoral fellowship at the University of Washington working with Dr. Marsha Linehan, who is the developer of Dialectical Behaviour Therapy (DBT). He regularly consults with mental health providers and gives workshops on DBT. In addition, Dr. Wagner provides DBT and other evidence-based psychological services to adolescent and adult clients.



Joyce Rowlands

Joyce Rowlands is the Registrar of the Transitional Council of the College of Registered Psychotherapists and Registered Mental Health Therapists of Ontario. She has worked in the area of professional regulation since the mid-1990s, most recently as a Consultant and Project Manager for government agencies and regulatory bodies. In 2005-2006, Joyce served as Project Manager with HPRAC (the Health Professions Regulatory Advisory Council), examining whether psychotherapists should become a regulated profession in Ontario. During the '90s, she was Sr. Project Manager with Professional Engineers Ontario, the regulatory body for Ontario's 65,000 licensed engineers. Prior to that, Joyce served in several roles with Ontario Ministry of Health, including Communications Manager, Policy Analyst and Legislative Assistant to the Minister of Health. Joyce is a graduate of Queen's University and Nightingale School of Nursing, and also did graduate studies in journalism.



Lewis Mehl-Madrona, MD

Lewis Mehl-Madrona, MD, graduated from Stanford University School of Medicine and trained in family medicine, psychiatry, and clinical psychology. He has been on the faculties of several medical schools, most recently as associate professor of family medicine at the University of Saskatchewan College of Medicine. Dr. Mehl-Madrona is working with aboriginal communities to develop uniquely aboriginal styles of healing and health care for use in those communities. He is also currently working to develop a program for people with schizophrenia that involves healing through community. The author of *Coyote Medicine*, *Coyote Healing*, and *Coyote Wisdom*, a trilogy of books on what Native culture has to offer the modern world, he is of Cherokee and Lakota heritage.



Nuzhat Jafri

Nuzhat Jafri became the first executive director of the Office of the Fairness Commissioner in September 2007. In the Ontario government, Ms. Jafri developed a cultural policy framework at the Ministry of Culture. She oversaw the passage of amendments to the Ontario Heritage Act and the development and implementation of key regulations. Earlier, she was a director at the former Employment Equity Commission. Previously, Ms. Jafri was the manager of Global Experience Ontario, the information and referral centre for internationally trained persons at the Ontario Ministry of Citizenship and Immigration.

Our Speakers (OACCPP Members)



Antoine Quenneville, MA, C.Psych. Assoc. (Supervised Practice)

Antoine is a clinical associate with The Men's Project in Ottawa, Ontario where he provides men and their families with individual, couple and group counselling around issues of depression, anger, sexual abuse and relationship satisfaction. He has facilitated groups for male survivors of childhood abuse and for men experiencing depression. He has over 20 years of counselling experience in a variety of settings: non-profit, EAP, federal government and public sector. He obtained his B.A. Hon. Psyc. from the University of Ottawa and his M.A. at the University of Regina. His approach is psychodynamic, experiential and solution focused. His goal is to provide a safe space for people to explore issues in a non-judgemental and supportive environment. For further information feel free to consult his profile at www.themensproject.ca.



Heidi McBratney, MA (C) OACCPP

Heidi McBratney has been working in the field of traumatology for over 25 years. She has worked in Private Practice, Regional Sexual Assault Centres, and been called in on Disaster Situations. She has been a consultant to The Attorney Generals Office, Metropolitan Toronto Police and their training facility, Bicks College and has taught graduate level academics.

Heidi has a passion for working with those who have experienced violence and disruptive life experiences. There is no greater experience than to support someone from a place of being trampled and believing that life has nothing to offer, to see one grow and blossom into a magnificent flower. She also has a passion to support and mentor those who work in the field, so they to feel a passion and never have to suffer with a sense of burnout or disenchantment.



John Marai, MA, (C) OACCPP

John Marai has a long history in the field of counselling and assessment mostly in the Employee Assistance field. He holds a Masters degree in both theology and psychology. He received additional training in Gestalt and Family Therapy. John has been a long standing member of OACCPP and has served on the Board in many capacities, such as President, Secretary and Treasurer. His recent portfolio is chairing the Certification and Finance Committees. John is a Certified Member of the OACCPP.



Naseema Siddiqui, MA, (C) OACCPP, President

Naseema Siddiqui has over 25 years of experience providing a wide range of psychological services to children and adults who are developmentally delayed and behaviourally challenged. She offers extensive assessment, counselling and treatment services and has provided consultation services to clients, parents, teachers, physicians, Public Health Nurses etc. Naseema consults with general practitioners and other medical specialists regarding psychological conditions including dual diagnosis and pharmacological concerns and questions and has conducted workshops on Change Management, including presenting at the Canadian Cancer Society (Ontario Division) Annual meetings workshops on Stress Management and Dealing with Change. Naseema is a Certified Member of the OACCPP and is currently serving as OACCPP President.

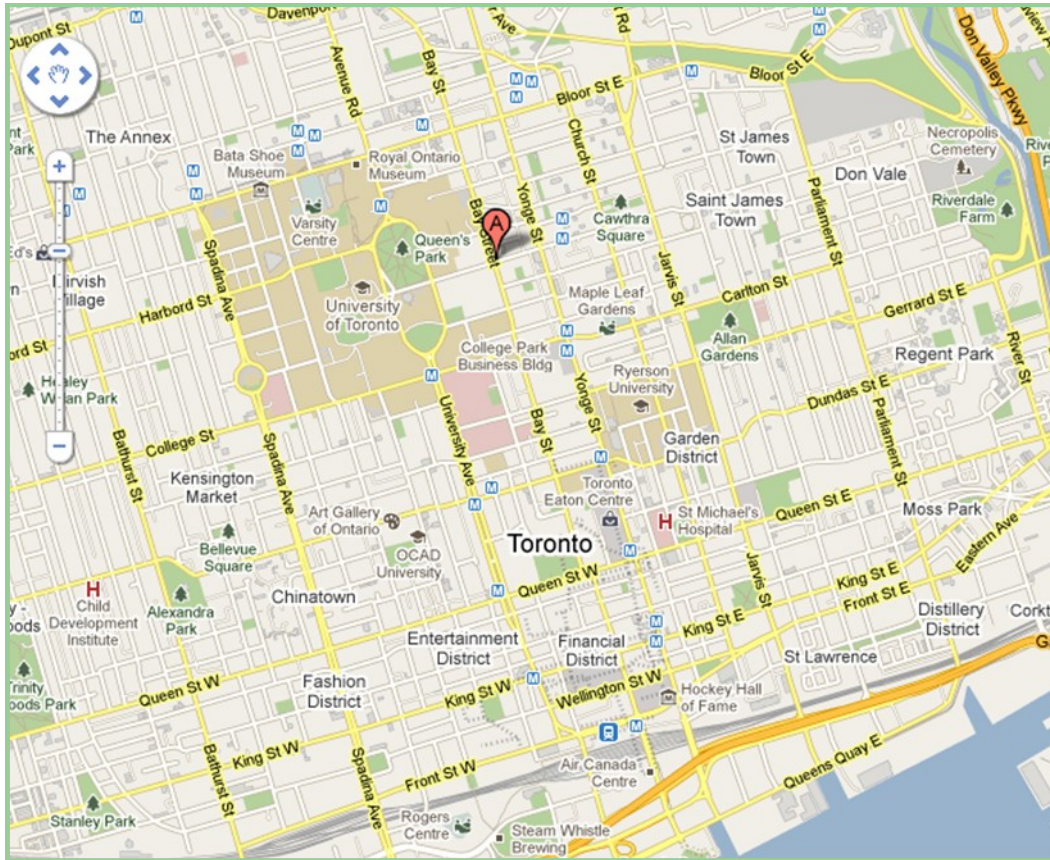


Stephen Douglas, MA, (C) OACCPP

Stephen completed his Master of Arts degree in Counselling Psychology at University of British Columbia, where he developed a narrative projective assessment for family violence. Stephen has also developed a specialization helping men identify and release their blocks to intimacy and vulnerability. Stephen has completed training in Gestalt Therapy, Satir Family Therapy, Cognitive Behavioral Therapy, Cognitive Desensitization for Anxiety and Post-Traumatic Stress, and shamanic perspectives on mental health within indigenous teachings. Stephen's integrated approach to psychotherapy incorporates key principles of each of these influences. Stephen is a Certified Member of OACCPP, a member of the Board since 2006 and is currently serving as Chair of Professional Development.

Conference Area Map

The Sutton Place Hotel 955 Bay Street, Toronto



Thank You

We would like to extend a special thank you to the following members of the Professional Development Committee and Conference Planning Team for the time and effort that they have donated over the past year. Their dedication and enthusiasm towards making this year's conference a success has been overwhelming.

- **Margaret Cook**
- **Stephen Douglas**
- **Carly Hackert**
- **Judy Nikkel**
- **Lisa Randall**
- **Naseema Siddiqui**
- **Michael Solby**
- **Pam Zuker**