



British Columbia Post Secondary
Counsellors' Association

**BC Post Secondary Counsellors Association
Executive Bulletin
Harrison Hot Springs 2010
“Creative Approaches in Counselling Practice”
Conference and AGM Report**

President's welcome:

I am sure that I echo all those who attended PSCA 2010 at Harrison Hot Springs in congratulating and thanking the “Kwantlen Krew” for their well organized, engaging and invigorating conference. Our great hosts – Robyn, Izgy, Laurie, Susan, Jennie, Wendy and Renu did a fabulous job organizing and rendering a most memorable experience.

Special thanks to Greg Beattie for the superb minstrel duties in facilitating one of our most robust and eloquent sing-a-longs in recent history. I hear that there is a record company in hot pursuit to cut the first PESCLITE CD! Also, Renu...I hope your marriage is still intact following the sleep disruption you endured till 1:45 AM. Thank you for picking the “short straw” to sleep in the hospitality room that night!

Welcome to the new executive members Erika and Michelle and the new MLAs as well. A special thank you to Cliff Robinson for his sterling guidance keeping us on track as Secretary for the past two years and of course to Tami for her vision, thoughtfulness and collaborative leadership.

I look forward to working along with all of you as we begin the first of our May to April cycle years. I am excited by the opportunity to serve as your President and looking forward to engaging in future conversations, shared learning experiences, networking and of course the regional and annual conferences and AGM.

I hope you enjoy this Executive Bulletin. Thanks to Erika for pulling it all together and to all you contributors for making this happen.

Regards and best wishes for an enjoyable spring and summer ...until our paths cross again!

Chris

Prepared by: Erika Horwitz, June 2010

**Post Secondary Counsellors Association
Annual General Meeting, May 3, 2010
Vice President's Report**

My primary involvement this year has been to facilitate the PSCA Task Group convened at the 2009 AGM to focus on: a) Membership category criteria, b) membership fees, c) develop guidelines and application for PSCA Regional workshops, d) issues of concern related to privacy and confidentiality, e) devise ways of recruiting students from graduate programs. I have also been involved, as a representative of Camosun College on the BC healthy minds/ healthy campuses project design team. Whereas this is not a VP responsibility per say, I have recognized the value, interrelatedness and mutual benefit afforded by co-planning PSCA activities in consort with BC Campus opportunities and involvement. As well, I chaired the newly created Regional Workshop Committee. I have lent support to the 2010 Harrison Conference planning group as needed, and initiated the plenary discussions for the 2011 conference in Nanaimo.

With regard to the Task Group objectives:

- a) The recommended changes to membership categories criteria have been put forward in a Special Resolution to amend our Bylaws to align with the recommendations, and will be voted upon shortly in this meeting. They will be explained by our Membership Director.
- b) The recommendation for fee changes in membership fee categories, along with the implementation timelines will be presented by the Membership Director in her report.
- c) The change of fiscal year recommendations will be presented by the Treasurer in her report.
- d) Guidelines and application forms for PSCA Regional workshops were created and applied to a request from the Caribou Region for a Fall 2 day workshop.
- e) The identification of issues of concern related to confidentiality and privacy re: sharing of client information with other college services, is not yet accomplished, and is an ongoing opportunity.
- f) Devise ways to recruit graduate students to PSCA while in training programs was initiated and is an on-going work in progress.

It is gratifying indeed to begin to see the fruition of the changes we have initiated within the organization. The staging of this well attended inaugural Spring conference, and the pending approval of structural and procedural adjustments required to complete the transition, should stand the organization in good stead to continue growing our membership base and staging excellent training events and resource networking opportunities.

I have enjoyed working with the many dedicated members of this organization this year. PSCA is a unique and versatile collection of truly talented, resourceful and creative counsellors. I look forward to another great year of learning and connection!

Respectfully submitted,
Chris Balmer, Vice President. May 3, 2010

NEW VICE-PRESIDENT'S REMARKS

I am delighted to be the newly elected Vice-President of PSCA. I am honoured to have the opportunity to work along side such great, kind, and enthusiastic colleagues.

In my first remarks, I thought I would say what PSCA has meant to me over the past few years that I have been a member and attending the yearly conferences.

Having been born in Mexico City, I have the need for community in my soul. PSCA is a place where I experience a sense of a loving and supportive community every time. I am always greeted with excitement and I love coming to a place where everyone knows my name! When I spend those 3 days with colleagues every year, I feel loved and cared for, and my inner little cup gets filled with a renewed love for humanity.

I have received invaluable contributions from many colleagues who are always happy to share what they are doing at their institutions; these contributions have made a difference to my professional development, to my team at SFU, and to the many students we serve.

Finally, the excellent presenters at each of the conferences have offered practical and useful tools that I have been able to bring back and apply in my clinical practice.

Given all these gifts that I have received from PSCA, I am happy to give back and be Vice-President. I look forward to doing what VPs do (I am sure I will find out as the months go by) and to contribute in whichever way I can.

Respectfully submitted by,
Erika Horwitz, June 8, 2010

April 30, 2010

PSCA Interim Treasurer Report for May 2010 AGM

Dear PSCA Colleagues,

I am calling this an interim report due to the transition of the AGM date and the Fiscal Year dates that are taking place over the 2010 to 2012 time period.

For this AGM, I will be reporting the Budget Activity thus far this fiscal year (September 1, 2009 to March 30, 2010) for the Sept 1, 2009 to August 31, 2010 budget which was approved at the October 2009 AGM.

In addition, I will be asking for approval for the next budget which will run September 1, 2010 to August 31, 2011.

At the May 2011 AGM, I will be proposing a BRIDGE BUDGET of seven months for approval, (September 1, 2011 to March 30, 2012).

As of May 1, 2012 our new fiscal year will be April 1 to March 30.

The rationale for this timeline is that according to:

The PSCA CONSTITUTION AND BYLAWS

ARTICLE VII: FINANCIAL MANAGEMENT

1. The fiscal year of the Association is from September 1 to August 31.

ARTICLE III: MEETINGS

6. Notice of a Special Resolution must be communicated to all members at least two weeks prior to the general meeting at which it will be discussed, except for notice of amendments to the Bylaws which requires one month's written notice to members.

***Because we are amending a by-law and we neglected to give proper notice we cannot vote on a fiscal year change at this AGM.*

Therefore, our fiscal year needs to stay from September to August until the May 2011 AGM, at which time we can vote to change it to April 1st to March 30th, starting April 1, 2012.

FISCAL YEAR TRANSITION TIMELINE

Sept. 1, 2009 to Aug. 31, 2010	Current Fiscal Year
Sept 1 st 2010 to Aug. 31, 2011	Budget To be approved at May 2010 AGM
Sept 1 st , 2011 to March 30, 2012	Bridge Budget and change in fiscal year to be approved at May 2011 AGM
April 1, 2012	Start of new fiscal year

Budget Activity 2009-2010

Thus far, in the 2009-2010 fiscal year we have enjoyed \$1450 more revenue in membership fees than budgeted for. Our membership director will report more details on this.

We had a GIC of \$11, 525.82 mature December 21, 2009. We re-invested \$10,000 of it in on January 26, 2010 in Mutual Funds.

Prepared by: Erika Horwitz, June 2010

**There was an oversight on my part with the amount invested. I didn't realize that we made a motion to invest \$11,500 at the 2009 AGM. We need to discuss how the board would like me to proceed at this point.

At the 2009 AGM, the 08-09 budget was passed with the amendment of adding a return of \$1200.00 from Selkirk regional. In returning home I realized the very first entry in the accounts book for the 2009-10 year was the revenue returned to PSCA for \$1231.00 dated Sept. 13, 2009.

Therefore, we need to alter the minutes of the 2009 AGM to reflect this change.

The expenses that are recorded for this year's budget thus far are not an accurate reflection of our spending over the year as many items have not yet been paid out and the Regionals will mostly take place in the Fall of 2010.

Under Statement of Assets you will notice a new line with the amount of \$10,037.27 in investments in Mutual funds. We have one GIC remaining for \$5252.62 which matures in 2012.

Note under the Proposed Budget for 2010-11 the large increase in the membership fees. This is based on the increase of regular and associate fee at \$100 and the student fee at \$50.00.

Note that despite the increase in membership dues we still have a short fall if we spent all the monies in the proposed budget. We have approved decisions in the past to take from our reserves. The membership increase will assure that we do not have to take as significant an amount from our reserves, thereby protecting our back up investments which we may need as costs continue to rise.

Respectfully Submitted,

Submitted by:

June Saracuse, M.Ed. RCC

University of Victoria

The British Columbia Post-Secondary Counsellors Association

Interim Treasurer's Report for 2009 – 2010

June Saracuse, University of Victoria

This report consists of the following:

1. General Statement of Income & Expenses - *Budget Activity*
2. Statement of Assets 2009-2010
3. Proposed_Budget for Sept. 1, 2010- Aug. 31, 2011

Sept. 1, 2009 to March 30, 2010

1. General Statement of Income and Expenses

Income	Budgeted	Actual
Membership Fees:	\$5,000.00	\$6,450.00
Interest from GIC's and Bank Account	\$500.00	\$37.27
2009 Conference (Regional)Return	\$0.00	\$1,231.00
Total	\$5,500.00	\$7,718.27
Expenses		
Newsletter Production	\$0.00	\$0.00
Teleconference Fees	\$1,200.00	\$669.09
Societies Act Registration	\$25.00	\$25.00
2010 Conference Grant*	\$1,300.00	
2010 Conference Subsidy*	\$2,000.00	
2009 Conference Executive Expenses	\$2,000.00	\$1,454.31
2010 Conference Executive Expenses	\$2,000.00	
2009 Travel Expenses	\$600.00	
2010 Travel Expenses	\$600.00	
Regional PSCA Workshops	\$8,000.00	
PSCA Strategic Initiatives (Logo Design)?	\$2,000.00	\$500.00
Website/Counsnet	\$75.00	
Honourarium web site	\$200.00	\$260.00
Miscellaneous	\$100.00	\$36.04
Total	\$20,100.00	\$2,944.44

**The British Columbia Post-Secondary Counsellors' Association
Interim Treasurer's Report for 2009-2010
June Saracuse, University of Victoria**

	31-Aug-04	31-Aug-05	31-Aug-06	31-Aug-07	31-Aug-08
Chequing Account	22,155.95	11,799.84	14,751.59	15,146.60	4,945.86
Mutual Funds					
GIC	27,050.82	30,361.00	20,694.84	21,131.19	21,500.00
Total	49,206.77	\$42,160.84	35,446.43	36,277.79	26,445.86

**3. Proposed Budget For
September 1, 2010 - Aug. 31,
2011**

Income

Membership Fees (97 R, 3 A, 10
St.):

\$10,500.00

GIC Interest

\$350.00

Total

\$10,850.00

Expenses

Teleconference Fees 1,200.00

Societies Act Registration 25.00

2011 Conference Grant 3,000.00

2011 Conference Subsidy 2,000.00

2011 Conference
Executive Expenses 2,000.00

2011 Travel Expenses 600.00

Regional PSCA Workshops 8,000.00

PSCA Strategic Initiatives 2,000.00

Website/Counsnet 75.00

Honorarium web site 130.00

Miscellaneous 100.00

Total 19,130.00

Prepared by: Erika Horwitz, June 2010

BC Post-Secondary Counsellor's Association Membership Director's Report

For the 2009/10 Membership year (Sept 1 – Aug 31), PSCA Membership totalled **132** Members. Membership consisted of the following (with comparison data from the three previous years):

Membership	2009/10	2008/09	2007/08	2006/07
Total	132	125	136	123
Regular	104	90	97	92
Associate	3	3	12	7
Student	10	7	13	9
Retired	0	0	0	0
Honorary	15	15	15	15

Membership totals for the three years previous to these were **131, 113, 83**.

This year's totals represent **24** colleges, university-colleges institutes, and universities throughout British Columbia. **15** institutions this past year paid for membership of their entire complement of counsellors with an institutional cheque. This is an increase from **13** institutional cheques from the previous year. This has helped support PSCA memberships, ensures all counsellors are members, comes from a budget other than the counsellors PD funds and simplifies bookkeeping for the Membership Director and Treasurer.

During the past year a concern was raised regarding the large number of non-current members on counsnet. After reviewing this issue, the board made the decision to remove any non-current members from counsnet after May 1st, 2010. A notice was sent out to all counsnet members to renew their membership status if they wanted to remain on the listserve. A number of past members were inspired to renew their membership.

At the Fall 2009 BC PSCA Board Meeting, key issues about our membership criteria and fees were identified as potential factors that may be limiting recruitment and the generation of adequate revenue for our association. Therefore, a task group was created to review our membership guidelines and fee structure. Members of the task group were: Michelle Daoust, Rita Knodel, June Saracuse, Laurie Read and Chris Balmer. This group conducted an extensive review of other associations' membership categories which included: BC Association of Clinical Counsellors; Canadian Association of Counselling & Psychotherapy; Ontario Association of Counsellors and Psychotherapists; Association of College and Admission Counselors; Child and Youth Care Association of Alberta; American Counseling Association; American Association of Marriage and Family Therapists. After completing their review, this group has made recommendations to create more inclusive, representative membership criteria specifically for students and associate members. The following is a list of their recommendations:

Prepared by: Erika Horwitz, June 2010

Current Membership descriptions	Recommended changes
Regular Member criteria: <u>Article 1.3</u> "A Regular Member of the Association may be any individual employed in the B.C. Post Secondary system as a Counsellor and confirmed by the position title of "Counsellor", and who has at least a Masters Degree in Counselling or related discipline. Membership continues to be open to all members who were active in at least one of the two years immediately prior to the 1993 AGM. Furthermore, a member may be any individual who, though not titled "counsellor", functions principally as a Counsellor in the BC Post Secondary system as adjudicated by the Board of Directors, and who has at least a Masters Degree in Counseling or related discipline."	"A Regular Member of the Association may be any individual with at least a Masters Degree in Counselling or related discipline who is employed in the B.C. Post Secondary system as a Counsellor or who is recognized by the Board of Directors as functioning principally as a Counsellor"
Student Membership criteria <u>Article 1.4</u> "A Student Member may be any individual who is a graduate student in a graduate counsellor training program approved by the Board of Directors."	"A Student Member may be any individual who is currently enrolled in a graduate level degree training program in counselling or related field as recognized by the Board of Directors"
Associate Membership criteria <u>Article 1.6</u> "An Associate Member may be any individual with at least a Master's Degree in Counselling or related discipline who does not qualify for Regular membership and wishes to support the goals of the Association."	"An Associate Member may be any individual with a graduate degree in counselling or related field or who is determined by the Board of Directors as having an equivalent combination of degree and experience, who does not qualify for regular membership and wishes to support the goals of the Association and the well-being of post-secondary students."

In addition this group reviewed the fee structures of various relevant provincial and federal counseling associations. Here are their recommendations for a membership fee increase and an implementation plan:

Fee changes in membership categories

- | | |
|---|---------------------|
| a) Increase Regular membership fee from | \$60.00 to \$100.00 |
| b) Increase Associate Member fee from | \$60.00 to \$100.00 |
| c) Increase Student Member fee from | \$30.00 to \$50.00. |

Implementation and timeline for fiscal year and fees changes:

- a. Membership year to shift from current September-August cycle to April to March cycle, effective April 2012.
- b. Effective September 1st 2010 there will be a 19 month "transitional membership year" (running from Sept1/10 to March 30/12).
- c. For this transitional year, the new membership fees will apply. [This actually amounts to pro-rating the current yearly membership fees over a 19 month time frame-so there is no "real" increase in cost to members].
- d. The new fees are then in place and apply to the new April 1-March 30, 2012 membership cycle.
- e. This plan will account for the need to balance main conference expenses against membership fee revenue as follows:
 - i. The May 2010 conference expenses will be covered by the September 2009 membership revenue. [We are covering two conferences in this year's budget- October '09 and May '10].
 - ii. The May 2011 conference expenses will be covered by the September 2010 (19 month span) membership revenue.
 - iii. The May 2012 conference expenses will be covered by the April 2012 (new 12 month cycle) membership revenue.

The strength and the growth of PSCA rely primarily with its members. Please continue to spread the word regarding our Association, of counsnet, the Website (www.bcpsca), the Annual conference, the Spring Regional workshops, etc. Include PSCA as a standing item on your counsellors' department meeting agendas and discuss the advantages of joining our provincial professional association with your new and lapsed-membership colleagues, practicum students and fellow Masters-level professionals working in related fields. Membership application forms, both individual and institutional, can be downloaded / printed from the PSCA website.

Submitted by: Sharon Munk;
Thompson Rivers University
PSCA Membership Director
May 3rd, 2010

Harrison Hot Springs 2010

“Creative Approaches in Counselling Practice”

Our annual conference this year was again a huge success! Thank you to the counsellors at Kwantlen Polytechnic University's counselling team for putting together such an amazing conference with great presenters and great fun! The conference took place at the beautiful Harrison Hot Springs Resort from May 3-5. This was the first spring conference and we were very impressed with the attendance, energy and enthusiasm! Next year's conference will be hosted by Vancouver Island University, Camosun College, University of Victoria and it will be in beautiful Nanaimo, BC.

Kwantlen's Team Report:

Kwantlen Polytechnic University 2010 PSCA Conference Report Creative Approaches in Counselling

Kwantlen counselors hosted the 2010 conference and AGM at Harrison Hot Springs from May 3rd – 5th. While a bit of a drive, participants indicated that they liked the location and the hot springs offered just the right antidote for the unseasonably cool and wet weather (including a hail storm!).

It was the first conference to be held in the spring and followed the previous one by just 7 months so there was a bit of uncertainty as to how many people we would be able to attract. Needless to say, we were delighted with 43 registrants, including a large number of graduate students. Hopefully this is a good indication that changing the date was a good move and that we will continue to have strong support from our members at future conferences.

So, as we look back on the event and on the planning that began a year ago, we feel pretty good. It was a fair bit of work but we enjoyed working together and bringing the conference to life. There were some early moments where we wondered if we would break even, but we are very pleased to report that we actually came in under budget. We did not need the \$2000 subsidy and we also didn't use the entire \$3000 grant!

Feedback about the conference was positive and our workshops on technology addictions and acceptance and commitment therapy in particular, drew great reviews. A couple of important reminders for future conferences – keep costs to under \$300, allow more free time or time for connecting, provide a list of attendees, and remember to allow for transitions!

Respectfully submitted on behalf of the Kwantlen Polytechnic University 2010 PSCA Conference Committee:

Prepared by: Erika Horwitz, June 2010

Izgy Gocer, Wendy Belter, Renu Seru, Jennie Campbell, Laurie Detwiler and Robyn Rushford.

Conference Summaries

Thank you to all of you who offered to write up the summaries of the various components of our Harrison Hot Spring's Conference. Here is what we enjoyed at this wonderful conference:

Keynote Speaker: Rick Bradshaw

Presentation: Increasing Severity of Psychopathology in Post-Secondary Counselling Centre Clients: Implications for Psychotherapy Training & Upgrading.

The PSCA Conference began with a lunch and a keynote address by Rick Bradshaw, PhD R. Psych. His talk was entitled "Increasing Severity of Psychopathology in Post-Secondary Counselling Centre Clients: Implications for Psychotherapy Training & Upgrading".

From his past experience as a post-secondary counsellor at SFU and recent literature, Rick recognizes that as post-secondary counsellors we are seeing student clients with more and more severe and complex presenting issues. He talked about his own initial training in EMDR that provided more effective and lasting treatment for students experiencing PTSD and/or dissociative disorders, and how he then began his exploration into other effective therapies. Rick gave a brief summary and review of: Observed and Experiential Integration (OEI), Neurotherapy/Neurofeedback, Ego State Therapy, Focusing-Oriented Art Therapy, Sensorimotor Psychotherapy, Structural Dissociation Treatment, and Emotion-Focused Therapy for Complex Trauma.

Rick distributed the paper on his talk which included an excellent and up-to-date reference list that I can strongly recommend. He made his information available to us and if you are interested in contacting him his email contact is <rickphyl@telus.net>

Submitted by:
Rita Knodel PhD RPsych
University of Victoria

Presentation: Magic and Psycholgoey

Presenter: Evan Lopes

Just as promoted, this workshop was a funny, entertaining and fast-paced discussion on various aspects of psychological phenomena from the perspective of how magicians have known and used knowledge of human perception from the beginning of magic. Dr. Lopes demonstrated how magicians rely on their knowledge of psychology, and specifically memory, perception and deception, in order to practice their art.

Prepared by: Erika Horwitz, June 2010

Dr. Lopes discussed how many of the techniques used by magicians, such as 'change blindness', 'psychological misdirection', and 'mental forcing', utilize basic phenomena in human perception. In visual perception, change blindness is the phenomenon that occurs when a person viewing a visual scene apparently fails to detect large changes in the scene. For change blindness to occur, the change in the scene typically has to coincide with some visual disruption such as a saccade(eye movement) or a brief obscuration of the observed scene or image. Psychological misdirection subtly offers us a 'false solution' to the problem that is presented to us; once we have a solution in mind, it is very difficult to consider alternatives. Mental forcing gives us the impression that we have a choice, and is often used in card tricks when you're asked to "pick a card, any card". All of the examples used in the discussion were both convincing and entertaining. Both magic and psychotherapy are aimed at producing change. Commonalities include:

1. Developing a therapeutic relationship
2. Generating positive expectations
3. Facilitating emotional arousal and catharsis
4. Facilitating cognitive and experiential learning
5. Engendering a sense of mastery
6. Learning new skills

To demonstrate this alliance, Dr. Lopes used clients with Aspergers as an example of how one might teach them simple tricks to enhance social skills and to improve eye contact and eye hand coordination.

Overall, this workshop exemplified how 'fun' and 'play' can be incorporated into a therapeutic practice. Two of the websites that he utilized in his workshop that may contain more interesting 'mind/science' information were www.quirkology.com and www.minscience.org . Dr. Lopes has a very interesting background and I appreciated his ability to share his knowledge and humour with us at our conference.

Report submitted by:
Laurie Read
Kwantlen Polytechnic University

**Workshop: Technology Addictions and the Developing Human:
Challenges and Opportunities for Growth, Healing and Change
Part 1 (morning)
Presenter: Dr. Ross Laird**

Ross has written books about mythology, teaches creative writing and has 24 years experience as a counselor.

Ross asked us at the beginning of the session to put all our cell phones/devices on a table at the front of the room. This caused a mixture of reactions from workshop participants from relief to anxiety/tension. The strong emotional response is an indication of technology addiction.

The world wide web has only existed for 13 years(1997)

Prepared by: Erika Horwitz, June 2010

. Most of us did not have a “device” 3 years ago (eg. Blackberry). There is a withdrawal that happens when you’re separated from your device. Look at www.digg.com to find topics of interest to youth culture. At www.rosslaird.com look at “addictions and the culture of technology” to find resources. In the next 3 to 5 years technology addiction will replace substance abuse in youth. This is because technology offers free and legal activities –games like World of Warcraft and Halo. Technology impacts the nervous system and has all the same appeals and challenges as substance use. Every culture has addiction –it’s part of human nature. The solution is to enter the culture and challenge it towards positive directions. There are neurological differences in kids born 1990 and later. The pre tech culture is before 1990 and you have to “graft” technology onto you. In today’s culture adulthood happens close to age 35 and neurological development is not complete until age 26. In the earliest years (3 and under) technology is bad for you. Every hour of TV or computer screen time watched per day is correlated with a 10% increase in ADD problems by highschool.

There is an order to which the nervous system is imprinted during our early development (First few years of life). Trauma at any of these 4 stages can result in 4 different habits of consciousness and action.

1. Flight response: If there is trauma at this earliest stage of nervous system development then the preferred response is dissociation. This ability to be in your body or out is correlated with technology addiction around escape. An example of this would be using avatars to create another world in Second Life.
2. Freeze response : This is related to trauma at the 2nd stage of nervous system development. This would be correlated to games like Solitaire on the computer where you can “zone out”.
3. Orienting response: Trauma at this 3rd stage of nervous system development can result in behaviours where people don’t complete things, need stimulation and are always moving on to something else. Games like World of Warcraft are extremely engaging but the quality of real live friendships deteriorates and grades at school tend to drop as addiction to the game increases.
4. Fight response: This relates to the 4th stage of nervous system development. Young people need to express the fight response through safe fighting (eg., sports contact). The problem with video games that involve fighting is that it’s not real fighting. The body is designed to move, not sit in a chair. The nervous system isn’t completing the response. Therefore kids get stuck in the “ramp up”.

Workshop participants got a chance to experience each of these four responses by dividing into 2 teams. One team threw soft plastic balls at the other team while the other team was instructed to respond each of the 4 responses. For example, in the flight response we were instructed to imagine ourselves in a safe and comforting place and close our eyes while the balls were thrown at us. This was an illustrative experience to see which of the 4 responses we tend to use most.

Although we are imprinted to one response due to early trauma, through self awareness, we can recognize our early response and bring it to consciousness. We can then have more choice in our responses and have a more balanced nervous system by using any of the 4 response when needed.

Ross described addiction as a healthy impulse to get relief from stress. When you become too dependent on it (substance or technology) and it takes over your life then it becomes unhealthy. It's on a continuum from healthy to dysfunctional.

Submitted by:
Janet Norris
Douglas College

**Workshop: Technology Addictions and the Developing Human:
Challenges and Opportunities for Growth, Healing and Change
Part 2 (afternoon)
Presenter: Ross Laird**

Having spent the morning defining and explaining technology addictions and the challenges they pose, in the afternoon, Ross moved on to the question of what we can do to meet these challenges. He suggested, above all, that we, as post-secondary counsellors and simply as caring adults, can act as mentors to young people. As he had done from the beginning of the workshop, Ross emphasized the centrality of early imprinting and suggested that, ideally, this mentorship should be provided when an individual is between the ages of 9 and 15. In other words, in our work with students typically in the age range of 18-30, we may often be striving, better late than never, to provide a reparative mentoring which was not available to them when younger.

Because "mentor" is a general term used in so many contexts, it is worth noting some of the central characteristics of Mentorship as defined by Ross Laird:

- While effective parenting remains crucial, a mentor provides what a parent cannot; while deeply empathetic and caring, the mentor is also neutral in a way that parents cannot be; the mentor is not from "within the circle" and in mythology both ancient and modern, the mentor does his/her job and leaves
- Traditional providers of mentorship – schools, churches, grandparents – no longer do so to a large extent; these days, counsellors and other helping professionals often provide mentorship
- To be authentic and effective, mentorship must be face-to-face; cultures of technology may seem to offer mentorship, but it is false, not the real thing
- Effective mentoring comes from an older, healthy adult; it is in the absence of such a figure that adolescents are likely to turn to a peer who seems to be the strongest or most gregarious in the group (for example, a gang leader)
- A mentor assists a younger person in the task of completing unfinished childhood themes; the specific focus and tasks involved in mentoring vary according to the typology of nervous system responses which Ross presented earlier in the workshop – Flight, Freeze, Orient and Fight

Ross challenged us as counsellors to meet the challenge of helping young clients with technology (and other) addictions by stretching beyond the usual parameters of our professional work. He stressed repeatedly the importance of sports and

physical activity, especially running, to counter addiction. He pointed out that we counsellors are “sitters” and suggested some practical ways to combat this limitation. He also issued the challenge that if we want to help clients who have been immersed in technology from infancy, we need to understand and use technology ourselves. We need to know and be part of the culture. Throughout the workshop, Ross practiced what he was preaching, whether getting us to run en masse down the corridor of the hotel and taking us outdoors for a refreshing, if clumsy, round of juggling. This was a very stimulating and worthwhile presentation.

Submitted by:
Daniel Frankel
Capilano University College

Dissolve

by: Megan Gardiner

This play is a powerful and riveting re-enactment of the evening prior to and the morning after the drug induced sexual assault of a young woman. The story is presented from multiple perspectives of the individuals that may have intervened to stop the sexual assault of the main character. Megan Gardiner, the playwright and performer, masterfully plays all characters from a burly club bouncer, an inquiring bartender, a overly zealous pharmacology professor, a sensitive, yet inexperienced doctor, to the young adult female victim.

This one-woman play is set primarily in the main character's bedroom as she gets ready for an evening at a popular “twenty something” dance club. The scenes occur at a machinegun pace, demanding the audience's undivided attention as each scene cuts through a narrow slice of the evening's events. The monologues from each character are well written and portrayed with biting realism. Meagan's transformation from a bartender at the club to a young doctor is seamlessly authentic. The message regarding the alarmingly high incident of drug induced rape that is occurring in late night clubs was clearly conveyed without being overly preachy or analytical. Through the use of comedy, zealot-like fanaticism, anger, confusion and sadness, Megan takes the audience on an intense emotional roller coaster reconstruction of the actions and/or inaction of the main characters over the course of a few hours.

Dissolve is well designed for a post secondary audience both in terms of its educational value and its poignant portrayal of the realities of drug induced sexual assault in our society. The inclusion of a Q and A after the performance with Megan is also incredibly valuable in helping to provide a deeper understanding of the multitude of factors that contribute to this type of sexual assault. This is not

only because of Megan's willingness to share the personal impact of her experience but it is due to image of her sitting alone on the stage without props or character, an instinctual need for compassion is evoked between the members of the audience and herself. Finally, the ensuing discussion encourages the audience to begin to explore meaningful actions they can take to reduce the likelihood of becoming a victim of or perpetrator of drug induced sexual assault.

Submitted by:
Sharon Munk
Thompson Rivers University

Conference Ambience

The ambience of this year's first [May](#) conference was wonderful. Long term PSCA members and new members got to enjoy each others company and get to know each other better. We learned together, laughed together, some of us sang together. For those of us who need quiet time too, the well crafted schedule and Harrison Hot springs provided ample opportunity for walks, swims and soaks. On the last night we had a delicious dinner followed by a very moving theatre piece. Then on the final day there was another excellent workshop. The conference ended with lunch and then a rousing (except for those who lip synch) rendition of the PSCA song with it's new verse for the year.

Thanks to the Kwantlen team for putting together and hosting a stimulating and delightful conference.

Submitted by:
Elli Tamarin
University of the Fraser Valley

Concluding Comments:

So that's it for now gang! Looking forward to another great year of sharing, planning, and working on being the best Post Secondary Counsellors' Association!