

International Association for Counselling's Counselling Practitioners' Round Table

"Sharing practice around the world"



Counselling Practitioners' Round Table 4 December, 2021 Meeting Minutes

Agenda

- I. Introductions
- II. IAC updates
- III. Discussion on Counseling Practice
- IV. Plans for CPRT

I. Introductions & Updates

All are encouraged to provide brief introductions and updates:

- **Anita Engstrom-Jones**—Idaho (USA); licensed clinical counselor and Marriage and Family Therapist; very busy with EAP service work in her private practice; very involved with activities with her grandchildren
- **Ngozi Okose**, lives in Houston, TX; very busy with private practice work; still working and seeing clients through telehealth; recently inducted into the alumni week planning for mental health; Director of Cultural Diversity and Inclusion with her university; many people do not have mental health professionals with which they can connect; Harvard Alumni for Mental Health
- **John Pryor-Jones**—lives in Wales (west of UK); he is retired and being very cautious with the ongoing pandemic; he is just aware of how this lockdown period has been devastating about people's mental health; he has remained active with offering pastoral care in the local cathedral despite still being retired there as well
- **Ilya Zacharoff**—psychotherapist from Moscow, Russia; works currently with patients who have agoraphobia, which has been difficult with patients during this pandemic because it somewhat confirms their fears
- **Nate Perron**—now lives in Wisconsin, USA; works online with Northwestern University out of Chicago, IL; teaches courses, sees clients, and continues ongoing research; excited about having research completed for a new international study, and will begin writing on the topic now that all data is complete

Offered apologies (unable to attend):

- Sudha Nagarajan
- Roberta Borgen

II. IAC Updates

1. **Transcultural counseling certificate** (wonderful opportunity available on IAC website)
2. **Updates on Ethical Principles coming** (President Borgen sending out this next week)
3. **Voting coming next year** (discussions on improving organizational structure)
4. **Volunteer opportunities** (in light of organizational development, many new volunteer options)
5. **Updates on the 2022 conference** (no definitive response at this time; coming soon)

III. Discussion on Counseling Practice

Substance use problems:

- Discussed concerns with Substance use, and people are being prescribed meds that are addictive and become hard to stop taking
- In UK there is a growing problem with drugs as well, and it is causing a very serious problem; cars are often

Online fraud continues to increase:

- Young people in the UK have been caught up in taking jobs that involve laundering money without even knowing
- In the US there continue to be frequent fraudulent issues that target elderly
- UK also has seen spiking of drinks to take advantage of people and rob them

Increasing anxiety is an issue

- Anxiety has become much more prominent in light of the pandemic
- People are frequently under constant worry about the pandemic in general
- People are more receptive to counseling lately
- People in the past have not wanted insurance to be used so they can be seen using counseling, but many people do

IV. Plans for CPRT

- The CPRT agreed we can proceed with meeting quarterly at this time
- Nate will send out a Doodle poll to explore times around March that may work well for people