

International Association for Counselling's Counselling Practitioners' Round Table *"Sharing practice around the world"*



Counselling Practitioners' Round Table January 26, 2019 Meeting Notes

- Participant Check-ins (with introductions)
 - **Jayita Datta**: working with Kent State University in Ohio, USA; also working with many clients regarding mental illness
 - **Ilya Zakharov**: works as a psychotherapist in a clinic in Moscow, Russia; most clients are psychiatric patients with Bipolar disorder and other severe conditions; biggest local issue is that many psychiatric patients there also need work with their families; often there are psychiatric problems in the family as well that contribute
 - **Victoria Baah-binney**- working in Cincinnati, Ohio, USA area, but from Ghana Africa and involved with counselling advancements there; two of the biggest issues is with drugs; works in the school system from elementary and into high school
 - **Nate Perron**: teaching with Northwestern University for Master of Arts in Counselling degree out of Chicago; also lives and has a private practice in New Hampshire; biggest local issue included portability of the licensure laws between states
- Reviewed CPRT purpose and goals:
 - share matters of celebration and concern arising from counseling practice around the globe
 - experience mutual support and encouragement
 - address wider professional body (i.e. research, writing, etc.)
- Recapped from 2018 IAC Conference in Rome, Italy
 - Basic summary of the topics was provided, but none of the panellists were able to join the meeting and discuss further
- Discussed preparations for 2019 IAC/ CCPA Conference:
 - **May 13-16, 2019** in Moncton, New Brunswick, Canada
 - *New Update: The CPRT is partnering with the CCPA Counselor Educators and Supervisors chapter and the Private Practitioners' Chapter for a panel discussion
 - The CPRT portion are described as follows:
 - **Title**: Professional Isolation in Counseling Practice Internationally
 - **Description**: The Counselling Practitioners' Round Table (CPRT) of the International Association for Counselling (IAC) is excited to partner with the CCPA's Counselor Education and Supervision Chapter and Private Practitioners Chapter, to



explore professional Isolation in counseling practice internationally. Members of the CPRT will discuss their opportunities to function as a forum for practitioners to share and discuss matters arising from their practice for celebration or concern; create mutual support and encouragement across International and multi-cultural contexts around the world using video conference, social media, and e-mail to combat isolation; and to address the wider professional and research community with matters of interest or concern. Panelists will discuss similarities and differences that exist for the counseling profession within communities, cultures, and countries. With the CPRT motto of “sharing practice around the world,” this discussion will address mental health needs around the globe that can be adequately addressed by the professional counseling community, and facilitate professional collaboration.

- Discussed considerations for the panel at the upcoming 2019 IAC conference:
 - Collaborating among the professions was discussed, such as the Russian psychological society, the Russian Professional Psychotherapeutic league, or many other venues counsellors can join. There is also the European Psychotherapy Association (EPA), also in St. Petersburg, among others.
 - The group discussed that individual practitioners are isolating often, because there are many people who do not participate in the larger associations. Sometimes people are not as connected with associations and do not connect as a resource. Also people practicing are not often represented at conferences; supports do exist in agencies, but it would be great to have that support in bigger associations.
 - Some additional isolation may exist because Some counselor educators are more involved with supporting psychology students. A real concern is to make counseling more portable to different countries
 - Personal contacts are the main way in which people become involved, so it may be worth discovering a clear idea of how to join other counseling and psychotherapist associations locally.

We need more volunteer panellists for the CPRT panel in Moncton. If you have content that can contribute to the topic of professional isolation either locally or internationally, please contact Nate*

****Next CPRT meeting will be selected by a majority vote. Please respond to the Doodle poll you receive to choose times you might likely be able to attend.**



International Association
For Counselling

Open Forum

Round Table Discussions:

- Family support for severe mental illness:
 - The group discussed the importance of working with psychiatric patients, and exploring the differences of working with them compared to outside the hospital. How do you support working with them during and after hospitalization in a psychiatric clinic? The conversation led to exploring how to focus together on recovery, and how can families be supportive. We discussed making sure not to focus on what should be done but what shouldn't be done. Many mistakes are done in the beginning; school for parents is also something that would be helpful

- Cultural expectations:
 - The group collectively recognized It can be a challenge to support family because sometimes if they are adults they may not want help; she has been involved with supporting families in these circumstances; sometimes it can be helpful and other times it will not be; there were cultural factors because parents from a different culture expected the counselor would break confidentiality; it can be tricky; in India worked at an inpatient psychiatric facility and parents were brought in; in counseling center it becomes tricky
 - Observing mental health in Ghana reveals it can be more stigmatized. People in some cultures will see mental health needs as something that is not discussed; families are sometimes ashamed; educating the family of mental health issues and address stigma will be important in order for them to know how to support the needs

- Research:
 - The group discussed being very interested in conducting research; particularly counseling needs for international students, and exploring needs and best practices.
 - The group expressed similar interests in research, and feels like this would be helpful to understand different terminology when supporting people from Europe, Asia, Africa, etc.; If we are going to have effective advocacy and awareness we could understand what people know
 - The group also indicated with some places discussing the importance of advocacy, and considering how people can be taking care of their mental health. Discussion involved making sure to use the appropriate terminology for the setting in which people are. Some challenges among states is that some places people can be branded like a professional counselor if they are clergy, but others will know better if the term mental health is presented; helping develop awareness with mental health would be very helpful; in indigenous settings it can be helpful for using the right terms

