



Founded 1966

IAC E-Newsletter

International Association for Counselling



December 2017

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President's Greeting



Dr Dione Mifsud, IAC President

Dear Members,

Welcome to the December IAC E-Newsletter and I hope you enjoy reading it. During 2017 we were delighted to welcome new members throughout the year and, in particular, to develop our major projects of '[World Mapping](#) of counselling activity, and '[Global Advocacy](#) for the Counselling profession'. In this issue you will read about the 2018 IAC annual conference which will take place in September, in Rome, Italy. We have a wonderful line up of speakers and hope that you will join us as an attendee, or presenter.

I would like to thank everyone who helped us this year - giving of their precious time to see counselling develop internationally. A highlight of the year was the excellent conference in Buenos Aires, Argentina, where we forged a close bond with our esteemed counselling colleagues at the Argentinian Association for Counsellors (AAC). Their hospitality and friendship was exemplary, and counselling is developing very strongly in the region as a result of their fine leadership. Finally, I wish you our members' happy holidays and a healthy and safe start to the New Year.

Yours Sincerely, Dr Dione Mifsud.

Contact Us

- [IAC Website](#)
- ceo@iac-irtac.org
- [IAC Facebook](#)
- [IAC Twitter](#)

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2018 IAC Conference – Rome ITALY



The global community of counselling will come together in beautiful Rome, Italy, from the **22nd - 23rd September 2018**. The 2018 conference programme will contain an exceptional line up of Keynote speakers, Presenters, Discussion Groups, Posters and Social Activity. Please see information on the 2018 IAC International Counselling Conference below:

Conference Theme: "Counselling Issues and Processes Across Ages and Cultures"

Conference Location: Pomezia, Rome, Italy

Conference Dates: 22-23rd September 2018

Conference Venue: [SHG HOTEL ANTONELLA](http://www.shghotelantonella.com), Pomezia (RM).

Hotel Website: <http://www.shghotelantonella.com>



Call for Papers and Paper Submission Process: Please see [Full Details HERE](#) **Please Note:** The IAC scientific committee will be accepting proposals until **March 1, 2018**. The scientific committee will endeavour to decide and inform those who have submitted papers, whether their paper has been accepted, **within five weeks of the date of submission**. The latest date that scientific committee decisions will reach participants by is **April 15, 2018** and the decision of the scientific committee is final. All conference presenters **MUST** register for at least the day of their presentation.

Conference Registration: All registration will be conducted through a separate conference website. The conference website will be open for bookings **by the end of December 2017**. There will be Early Bird rates on offer. The conference fees will be heavily discounted for [IAC Members](#).

Booking Accommodation: All participants are responsible for all aspects of their own travel arrangements and accommodation. The conference Hotel, [SHG HOTEL ANTONELLA](#), is offering a discount for conference attendees. Double room/single use: €65,00 (breakfast included)
Double room: €75,00 (breakfast included). City tax: €2 per day.
Please email: info@shghotelantonella.com highlighting that you will be attending the IAC conference 2018, 22-23 September.

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2018 IAC Conference – Rome ITALY

Further Conference Information

Conference Theme: "Counselling Issues and Processes Across Ages and Cultures"

Conference Sub-Themes:

- Multidisciplinary lenses in the counselling profession
- Evolution of inter-professional collaboration
- Counselling practice: issues and challenges in different cultural contexts
- Counselling research and services across the life span
- Counselling research and services for disadvantaged populations
- Gender equality and women's empowerment: counselling research and services



PARTICIPATION IS RELEVANT TO: Counsellors, Psychotherapists, Psychiatrists, Psychologists, General Practitioners, Social Workers, Coaches, Trainers, Educators, Students, Researchers, Mental Health and Educational Professionals

VISAS: Please note that participants are wholly responsible for securing their own visas where required. To facilitate the process, IAC will issue letters of invitation--where requested--once detailed information has been supplied to IAC by the applicant. For Italian visa information, please follow the link: <http://vistoperitalia.esteri.it/home/en>

CERTIFICATES: Certificates will be emailed to conference participants following the conference.

LANGUAGES: The Conference will be conducted in English with translation in Italian/English or English/Italian.

SOCIAL ACTIVITIES: All social events and Gala Dinner details coming soon.

WEATHER: In September, the temperature in Rome is generally mild and temperate. In general, the days are quite warm and reach 24-26 C. The nights are mild (15-16 C).

If you have any queries relating to the conference or conference sponsorship please contact us.



**Come and Join Us
We Look Forward to Seeing You
in Beautiful Rome!**

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Regulation of the Counselling Profession in Canada



by **Dr. Blythe Shepard**

University of Lethbridge,
Alberta, Canada



Regulation of the Counselling Profession in Canada

What is regulation and what is the role of regulatory colleges?

Government regulation occurs when the provincial government grants certain rights and responsibilities to a profession through legislation in exchange for the profession regulating its members in the public interest. Once a provincial government regulates a profession, the College for that profession becomes the regulatory body that oversees the following professional functions:

- setting entry-to-practice registration requirements that applicants must meet to become registrants;
- establishing ethical and practice standards to guide how registrants are to practice and conduct themselves;
- requiring that registrants hold appropriate professional liability insurance;
- providing fair and timely investigation and resolution of public complaints, which may proceed to more formal disciplinary hearings;
- requiring registrants to maintain minimum standards of professional development, such as continuing education; and
- enforcing the occupational title(s) granted to registrants that may be used by non-registrants so that the public can rely on those who use the designated title(s) as holding defined competencies and being accountable to their peers.

What is the purpose of regulation?

The goal of regulation is to reduce the risk of harm to the public while maximizing the well-being of the client. Provincial or territorial governments grant professional self-regulation to a profession as a privilege which requires the profession to act in the public interest. A key objective is for the profession to set standards of[READ on HERE](#)

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IAC at the World Health Organization

IAC was pleased to attend the 2017 [WHO mhGAP Forum](#). The two days of activity provided an excellent opportunity for a diverse group of mental health stakeholders to discuss a variety of issues, all related to the implementation of *WHO's Mental Health Action Plan 2013-2020*. The Forum's theme and focus – *Mental Health in the workplace* – was discussed and the WHO launched an *mhGAP app* (available on *ios* only for now) on World Mental Health Day (10th October). The Forum included time available for informal networking.

At the above [link](#) you will find several WHO resources that aim to help reduce the mental health treatment gap and to enhance response to the large burden of mental, neurological and substance use disorders worldwide.

IAC wishes to gratefully acknowledge the WHO for their invitation to participate at this outstanding event. We greatly look forward to enhancing our partnership and collaboration with WHO and its many initiatives.



IAC – A Global Voice for Counselling



Pictured at the mhGAP event are (L to R): Naoise Kelly, CEO of IAC , Ann Lindsey – Chair, Mental Health F4H, Geneva. IAC is very grateful to Ann for representing IAC at the WHO for 10 years, until 2010. Beside Ann is Dr Shekhar Saxena - Director of the Department of Mental Health and Substance Abuse at the WHO. On the far right is Dr Mark van Ommeren - Public Policy advisor at the WHO. More photos can be viewed on the [IAC Facebook page](#).

WHO Keynote at the IAC 2018 Conference

Dr Mark van Ommeren - Public Policy advisor at the WHO Department of Mental Health and Substance Abuse will deliver a Keynote Address at the [2018 IAC Conference](#) in Rome.



WHO Headquarters, Geneva



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Promoting Counselling in the Carribean

Why Governments Must Make Counselling Available to All

by Anna Maria Mora M. Ed., M. A.

IAC Representative-Caribbean Region



Anna Maria Mora

As a Counselling Psychologist, the IAC's vision is one in which I definitely believe. The vision: "A World where Counselling is Available to All," embraces the entire life-span: the past, present and future. Counselling changes lives for the better. We cannot just tell men, women, and children, families to change their behaviour and expect their behaviour to change. Behaviour Change is not magic. IAC's vision, is one which will definitely make an impact in countries across the Caribbean Region and the World. Governments must pay attention.

We are creatures of habit, and will do the same thing over and over again if some awareness is not brought to the reasons why we feel stuck, helpless, angry, lost, lonely, hurt, and so many other emotions which flood our psyche/mind/innermost being/spirit/soul, when we begin to lose control. Counselling prevents us from getting to that state of losing control.

We have to be taken through a process, which entails use of techniques that bring us to awareness, insight, knowledge and then behaviour change. How many times do we hear "I talked to her over and over," and the destructive behaviours continue. "I saw him this morning, and I should have spoken to him. He might not have murdered her." We must understand that behaviour change is serious business especially if we are born into a culture which does not encourage respect for each other, respect for life, respect for the "have nots", respect for property and respect for human rights.

"IAC is an International NGO with UN consultative status. Since 1966 IAC has worked to advance the development of counselling through practice, research and advocacy initiatives." IAC continues to advocate for the UN to encourage Governments to set up systems in which counselling is available to all its citizens. In my opinion, our Government in Trinidad and Tobago must take heed of this, We must not wait until people lose control. Governments must face their countries' mental health challenges, brought about by the crises of massive job losses, increasing crime statistics, poverty, and natural disasters, make changes for the better and move forward to positive growth. Embracing the importance of Counselling in true national development and investing in Mental Health is a positive beginning and will bring change for the better in our world.

The above article appeared (with some changes) in the TNT Mirror, a local newspaper in Trinidad and Tobago on Friday September 15, 2017, Pg. 12.

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The Art of Healthy Living

Many thanks to IAC Member Christopher Eriksson for the following articles on Healthy Living:

Advice and Practical Tips for Changing To A Healthier Lifestyle: ASKING QUESTIONS - Make sure you understand what your physician tells you. Whether it's about high blood pressure and how it makes the heart work harder, or whether it's about monitoring your blood sugar; or whether it's about the importance of checks on your total cholesterol, good cholesterol, and bad cholesterol, plus triglycerides. Partner with Your Family Physician and ask questions-especially if you notice read more [HERE](#)

Behaviour Does Affect Health – Risk Factors for One Illness Are Often Risk Factors for Others. Losing Excess Weight, Limiting Alcohol Intake, Stopping Smoking, Eating Fruit & Vegetables, Reducing Your Stress or Being Physically Active to Lower Your Blood Pressure Will Also Lower Your Chances of Developingread more [HERE](#)



2018 Counselling Events and Conferences

- January:** [Law and Ethics in Counseling Conference 2018](#) January 30 – February 2, 2018, University of Holy Cross, New Orleans, Louisiana, USA.
- April:** [American Counselling Association \(ACA\)](#) 2018 Conference & Expo, 26-29 April, 2018, Atlanta, Georgia, USA.
- May:** [Canadian Counselling and Psychotherapy Association \(CCPA\)](#) Annual Conference, 10th -13th May, 2018, Winnipeg, Manitoba, Canada.
- May:** [British Association for Counselling and Psychotherapy \(BACP\)](#) Annual Research Conference, 11 & 12 May, 2018, London, England.
- September:** [International Association for Counselling](#) Annual Conference, 21st - 23rd Sept, 2018, Rome, Italy.

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THERAPYONLINE

a world of caring people

Cybercounselling Online, Level 1

Jan. 12th – April 19th, 2018

This course is for experienced counselling practitioners who want to offer professional, ethical online counselling to their clients. We cover video, live text-chat and email-style communications methods. You will engage in hands-on text-based work with both asynchronous (e.g., secure email) and synchronous (e.g., chat) approaches.

Fits into your schedule*

three 4-week modules (12 weeks total)
completely online
most assignments are asynchronous

Certificates of completion are issued by
Work and Worldwide Therapy Online

*The course requires a time commitment of 5 to 7 hours per week. There are weekly homework deadlines.

Intensive learning

low student/instructor ratio
continual discussion with peers; a forum to practise online communication skills
includes personal clinical feedback from instructor

Topic sampler

compensate for lack of non-verbal cues
ethical issues in video counselling
text-based communication and counselling skills

"I was an admitted sceptic about the ability of online counselling to truly work with our clients but now feel it will be a great added resource to the services we provide."

"I will continue to practice my cybercounselling techniques. I did learn a strong foundation to begin to practice online therapy with clients."

"I enjoyed everything about this course."

Registration

Regular fees: \$1287 Canadian. IAC **members 10% discount:**

\$1158.30 plus taxes

Fees may be paid in full or in 3 installments of \$386.10.

Register online at:

<http://therapyonline.ca/cybercounselling/course-desc-L1.asp>

ALSO AVAILABLE!

LICENSE YOUR OWN CYBERCOUNSELLING WEBSITE

Questions? Contact Lawrence Murphy (519) 831-9141 or research@sympatico.ca.

Instructors:

Lawrence Murphy, MA



Mary MacDougall, MSW



Paul Parnass, MSW, RSW



Sue Allen, BSW, RSW





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- ✓ Connect with Counsellors Worldwide
- ✓ Access a vast International Audience
- ✓ Reach Counsellors, Educators and Students
- ✓ Low Cost



	One Time	Three Times
Full Page	\$400 (USD)	\$1000 (USD)
Half Page	\$200 (USD)	\$500 (USD)
Quarter Page	\$100 (USD)	\$250 (USD)



To Learn More please contact: ceo@iac-irtac.org

Get in Contact – Share your Counselling News

If you would like to share counselling stories from you country please email them to: CEO@iac-irtac.org



International Association for Counselling

EDUCATION

ADVOCACY

MEMBERSHIP

CERTIFICATION

PARTNERSHIP

UNITED NATIONS CONSULTATIVE STATUS

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