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# IAC E-Newsletter

International Association for Counselling



September 2018

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## Contact Us

-  [IAC Website](http://iac-irtac.org)
-  [ceo@iac-irtac.org](mailto:ceo@iac-irtac.org)
-  [IAC Facebook](https://www.facebook.com/iac.irtac)
-  [IAC Twitter](https://twitter.com/iac_irtac)

## President's Greeting



Dr Dione Mifsud, IAC President

Dear Members,

Welcome to the September 2018 IAC E-Newsletter and I hope you enjoy reading it. During 2018, we have been delighted to welcome new members and, in particular, to develop our major [World Mapping](#) of counselling project.

We are expecting record numbers of International and Italian participants at our 2018 IAC annual conference, which will take place in Rome, Italy on the 22<sup>nd</sup> and 23<sup>rd</sup> of September. We have a wonderful line-up of speakers and hope that you will be able to join us.

The highlights of this E-newsletter include: a Webinar link, an article on self-understanding, Rome conference information, and European guidelines on mental health. We also have notices about events and research that we hope you find useful.

Yours Sincerely,  
Dr Dione Mifsud.

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## NOTICE OF A GENERAL ASSEMBLY

Dear IAC Member,

Notice is given that you are invited to attend a General Assembly of IAC to be held on **Sunday 23<sup>rd</sup> September 2018 at 5:30pm** at the [SHG Hotel Antonella](#) following the 52nd annual IAC Conference. The Agenda and supporting documents will be sent out to you prior to the meeting.

Yours Faithfully,

Dr. John Prysor-Jones  
Secretary, IAC.



## Did You Attend the IAC WEBINAR?

On June 25<sup>th</sup> 2018 **Anna Maria Mora** and **Beatriz Brinckmann** presented a webinar entitled “**Multicultural Counselling: A Global Perspective**” as part of the IAC Webinar Series.



If you missed it, here is the link to the recording of the webinar:

<https://ccpaaccp.adobeconnect.com/pf1oqchrqhp/>

Many thanks to CCPA (Canada) for their hosting of the IAC webinar series.

## 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, Panel Discussions, 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:** 22-23 September 2018



All Registrations are completed through the conference website: [www.counselingevents.it](http://www.counselingevents.it)

**Conference Venue:** [SHG HOTEL ANTONELLA](#), Pomezia (RM).

**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. Quote - Booking Code: **IAC2018**. Also, accommodation is available at the [HOTEL SIMON](#) - to book, please email: [info@simonhotelpomezia.it](mailto:info@simonhotelpomezia.it)

- Double room/single use: €70 (breakfast included)
- Double room: €80 (breakfast included)
- City tax: €2 per day

Free Shuttles are offered from Pomezia Train Station to the Hotels. When booking, please indicate your arrival time at the Train Station. Please email: [info@shghotelantonella.com](mailto:info@shghotelantonella.com) highlighting that you will be attending the IAC conference 2018, 22-23 September. Please proceed with your booking as soon as possible.

## 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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## European Union Good Practices in Mental Health in Work and in Schools, and Prevention of Depression and Suicide

### Article of Interest

This European Union (EU)-produced booklet presents good practices on mental health and well-being identified across the European Union. While many research institutions, care centres, nongovernmental organizations, and governments within the EU conduct programmes and practices centred on mental health, it can be difficult to find information about them and ensure their use and expansion to other settings. Good practices are a valuable resource to share knowledge and experience between initiatives; they facilitate improvements in mental health by encouraging their adaptation and implementation by other settings. The EU Compass for Action on Mental Health and Well-being has been commissioned by the Consumers, Health, Agriculture and Food Executive Agency (Chafea) to collect, exchange, analyse, and disseminate information on policy and stakeholder activities in mental health. Further, the Compass assists on the monitoring of mental health policies and activities through identifying and disseminating European good practices in mental health. The EU Compass works to improve mental health and well-being through collecting, analysing, and sharing new information on findings in care, policy developments, and stakeholder activities.

Please see the full document [HERE](#)



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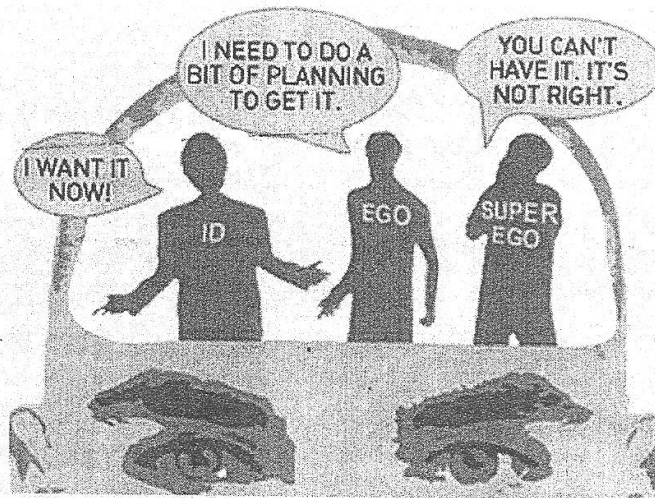
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## Self –Awareness: Who Am I?

Who am I? Why do I feel as if I am at war with myself some times?



By  
Anna Maria Mora



Freud's theory of the personality.

There are three parts of our personality that are at war with each other; each one trying hard to be in charge of our personality. What is going on within me?

We are in the 21<sup>st</sup> century. What we will learn here is not new. It has been around since the late 19<sup>th</sup> century and early 20<sup>th</sup> century.

Sigmund Freud who worked with people who lost control of their lives or “went mad” identified what was happening within us. He described:

- THE ID: We have a selfish “gimme, gimme aspect of our personality. That part of us that wants everything for ourselves. We will not share. If we get some money we want to spend it all without any thought. If we did not have to work we will not. This ID is ruled by PLEASURE. This part of us expressed our basic ANIMAL NATURE. This pleasure part of us is motivated to behave by our biological instincts of SEX and AGGRESSION.
- THE EGO: Then something happens to us and we go “OUCH! THAT HURT”- and REALITY hits us. We learn that we cannot just grab everything that we want and have sex without thinking and the EGO becomes activated. This



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part of us is ruled by REALITY and our HUMAN NATURE begins to develop. We now become aware of the fact that there is a community around us and society is organized in a way to encourage progress in relationships. This means that we must work together with reason, learn to solve problems, make decisions, make prudent judgements, and move away from the level of animal. As human beings we were created with the ability to think for ourselves (intelligence) and the power to choose our good (will). As our EGO (reality) grows stronger our ID (selfishness) gets weaker. It is not destroyed entirely, but it does not rule our personality.

- THE SUPEREGO: Then there is the SUPEREGO which is considered our DIVINE NATURE. We are born into a culture which tells us what we can do and what we cannot do. It is then we begin to develop a CONSCIENCE. Our CULTURE nurtures our CONSCIENCE. This part of us helps us to understand that each one of us must play a part in maintaining and perpetuating order in our homes, our communities and our society. There are rules which help us to be our best selves and which help others to be their best selves. Maintaining and perpetuating order demands that we must be “our brother’s keeper. This is as real as we can get. The SUPEREGO draws energy some energy from the ID or selfish part of us, and demands that it behaves itself. Our reality also draws some energy from the SUPEREGO and helps it not to become neurotic. People, who lose control of their lives, lose touch with reality.

Many times these three parts of us are at war with each other, with each one trying to win and take control of our personality. We must be aware of this.

A mentally-healthy person has a well-balanced personality and puts pleasure in perspective, has a well-developed sense of reality and understands that the potential for divinity through building communities with peace and love is the only way to progress. **In a mentally-healthy person a conscience is very present.**

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## Seeking International Counselling Research Participants

Dr. Nate Perron is inviting participation in his research study “**Enhancing cultural intentionality in counseling practice: A qualitative inquiry into counseling values as they are experienced among a variety of cultural contexts**” (Northwestern University study #STU00207061). The purpose of this qualitative study is to take a phenomenological approach to understanding how counseling professional values are experienced in different cultures by counseling professionals connected through international counseling associations.



**Dr. Nate Perron,**

The study will consist of one 60-minute interview through an online video platform. Details for logging into the system will be provided when interviews are scheduled. If you would like to learn more about participation, please contact Dr. Perron by e-mailing [nate.perron@northwestern.edu](mailto:nate.perron@northwestern.edu), or by calling +1 (847)733-4300 x646.

## 2018/19 Counselling Events and Conferences

### Upcoming Conferences:

**September:** [International Association for Counselling](#) Annual Conference, **22nd - 23rd Sept, 2018**, Rome, Italy.

**October:** [International Association for Educational and Vocational Guidance](#) (IAEVG) Conference, **2-4, October, 2018**, Gothenburg, Sweden.

**November:** [Caribbean Alliance of National Psychological Associations'](#) Conference, **12-16 November, 2018**, Kingston, Jamaica.

**November:** DGFB (German Association for Counselling), EAC, & University of Cologne. [Counselling Conference Cologne. Resource Orientation & Peer Support](#). **22th-24th November 2018**, University of Cologne, Germany

**2019 (Feb):** [Law and Ethics in Counseling Conference](#), **19-22 February, 2019**, UNHCO, New Orleans, USA.

**2019 (March):** [ACA 2019 CONFERENCE AND EXPO](#), New Orleans, Louisiana: **March 27 – 31, 2019**

**2019 (May):** [CCPA / IAC 2019 Conference](#), **May 13 – 16, 2019**, at the Delta Beauséjour Hotel in Moncton, NB, Canada.

**2019 (May):** [BACP Annual Research Conference 2019](#). 17 and 18 May 2019. Belfast, Northern Ireland.

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a world of caring people

**THERAPY**ONLINE

## Cybercounselling Online, Level 1

**September 14 - December 20, 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](mailto:research@sympatico.ca).

### Instructors:

Lawrence Murphy, MA



Mary MacDougall, MSW



Paul Parnass, MSW, RSW



Sue Allen, BSW, RSW



# INFACT

INTERNATIONAL SCHOOL FOR FOOD ADDICTION COUNSELING AND TREATMENT  
Reykjavik, Iceland



**Dear Counselors!**

**Are you ready to gain expertise in the  
area of Food Addiction Recovery?**

Our 7 experts in the field of counseling and treatment  
for sugar/food addiction step forward and teach  
the basics of Food Addiction Counseling and Treatment.



**WE OFFER A 4-MONTH SEMINAR FOR PROFESSIONALS IN  
THE FIELD OF EATING AND SUGAR/FOOD DEPENDENCY.**

THE TRAINING IS OPEN TO THOSE INTERESTED IN HAVING A DEEPER UNDERSTANDING  
AND KNOWLEDGE OF THE COMPLEX ISSUE OF SUGAR/FOOD ADDICTION.

**WE START ON SEPTEMBER 29th 2018**

**THE TRAINING IS TAUGHT ONLINE**

**WITH A STRONGLY RECOMMENDED PARTICIPATION IN A 5-DAY  
INTENSIVE COURSE HELD IN ICELAND OCTOBER 26-31. 2018.**

**WE ARE OPEN FOR ADMISSION!**

Please see the: [APPLICATION FORM HERE](#)

For Further Details: [CLICK HERE](#)

**To contact us: Please email: [esther@mfm.is](mailto:esther@mfm.is) or Phone: +354-699-2676**

**WE LOOK FORWARD TO HEARING FROM YOU!**

**[www.infact.is](http://www.infact.is)**



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- ✓ 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](mailto:ceo@iac-irtac.org)

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## International Association for Counselling

EDUCATION

ADVOCACY

MEMBERSHIP

CERTIFICATION

PARTNERSHIP

UNITED NATIONS CONSULTATIVE STATUS

Edited by: Naoise Kelly

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