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IAC E-Newsletter



International Association for Counselling

January 2019

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President's Greeting



Dr Dione Mifsud, IAC President

Dear Members,

Happy New Year and welcome to the January 2019 IAC E-Newsletter. I hope you enjoy reading it. During 2019, we are looking forward to advancing the profession through our education, research, advocacy and policy initiatives. We will be seeking to increase our regional representation and will be working on progressing more regions within our major [World Mapping](#) of counselling project.

We are looking forward to meeting all of the Canadian and International participants at our 2019 CCPA/IAC conference, which will take place from the 13-16 of May, in Moncton, New Brunswick, Canada. There is a wonderful line-up of speakers and we hope that you will be able to join us.

Other highlights of this E-newsletter include: interesting articles from Russia, Trinidad, and Malta; updates on IAC representation at the United Nations; the IAC Association's Round-Table report; and upcoming events.

Yours Sincerely,
Dr Dione Mifsud.





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IAC at UNESCO

UNESCO is the United Nations Educational, Scientific and Cultural Organization. It seeks to build peace through international cooperation in Education, the Sciences and Culture. IAC, as an International NGO has consultative status at UNESCO.



In December 2019, IAC participated in the '*International Conference of NGOs*'. This event created an opportunity for NGOs in official partnership with UNESCO to discuss the new UNESCO Directives and to "review the state of cooperation with UNESCO and facilitate cooperation between organizations having common interests". The International Conference elects its Chairperson and an NGO-UNESCO Liaison Committee. Its main role is to represent the interests of all the NGO partners with regard to UNESCO between conferences and ensure the proper functioning and efficiency of the partnership between the community of NGO partners and UNESCO. More details can be seen at the related [website](#).

Each UNESCO biennium, IAC applies for the UNESCO *Participation Programme Grant*, enabling us to involve participants from 'least developed countries'. An application relating to the 2019 conference, has been submitted.

IAC Nominations and Election Committee

Volunteers Needed for the IAC Nominations and Election Committee

(NEC): We are currently seeking volunteers to serve on the IAC NEC. This committee conducts the nominations and elections to the IAC Executive Council. The next election will take place on the 15th of May 2019, at the General Assembly at the IAC Conference in Moncton, New Brunswick, Canada. The NEC will, on behalf of the IAC Executive Council, establish a list of candidates to be voted on at the 2019 General Assembly. If you are interested in serving on the NEC, please email your name, professional affiliation, statement of IAC membership, and email address to IAC CEO Naoise Kelly at: ceo@iac-irtac.org

In order to be considered for the NEC you must be:

- 1) An IAC member
- 2) Not considering running for an IAC office in 2019
- 3) Planning on attending the IAC Conference in Moncton, Canada, 13 – 16 May 2019

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2019 CCPA / IAC Conference



The global community of counselling will come together in beautiful Moncton, New Brunswick, Canada from May 13 – 16, 2019. The 2019 conference programme contains an exceptional line-up of Keynote speakers, Presenters, Panel Discussions, Posters and Social Activity. Please see information on the 2019 CCPA/IAC International Counselling Conference below:

The [CCPA / IAC 2019 Conference](#) will be held at the Delta Beauséjour Hotel in Moncton, New Brunswick, Canada. We are delighted to be partnering with our colleagues at the [Canadian Counselling and Psychotherapy Association](#) (CCPA).

The conference aims to:

- Develop the field of counselling in Canada and internationally
- Facilitate the professional development of people working in the field
- Promote the exchange of theories and research in counselling
- Encourage the exchange of ideas and information among delegates, as well as between delegates and the CCPA and IAC Leadership

All details of the conference can be seen [HERE](#). The latest conference programme can be seen [HERE](#)

*** [KEYNOTE SPEAKERS](#) *** The excellent Keynote speakers will be:

- **Stel Raven** on Queering and Decolonizing Trauma Work: A Path for Two-Spirit Wellness
- **Réginald Savard** on The Counselling and Psychotherapeutic Bond and Rupture
- **Dr. Andrea Burry** on Cannabis: Essentials for Practice?
- **Mark Henick** on The Mentally Healthy Campus
- **Nora Spinks** on Families in Canada: What, So What, Now What?

We look forward to seeing you there!



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Social Activities at the Moncton 2019 CCPA/IAC Conference

There will be plenty of fun and activity for conference delegates. Moncton will show you what the city has to offer – all at special rates! Join us on Monday, May 13, 2019 and Tuesday, May 14, 2019. Make your selection when registering for the conference! **Space is subject to availability.** (*Times attached to each activity include transportation to and from the hotel*)

Tours Include:

[Guided Hopewell Rocks & Bay of Fundy Costal Tour](#) ALL-DAY ACTIVITY! Monday, May 13, 2019, Duration: 9 hours

\$200 **The cost of lunch is **not** included in the price of the tour**

This is a one-of-a-kind bus tour! You'll see the very best of the Bay of Fundy's magnificent coastline and experience the world's highest tides while visiting the Hopewell Rocks (low and high tide), Fundy National Park, Cape Enrage, lighthouses, covered bridges, and much, much more! Transportation for the tour is included in the cost, as well as all entrance fees.

[Magnetic Hill Wharf Village & Restaurant](#) Tuesday, May 14, 2019, 6:15pm

\$30 (Includes transportation and a casual diner – menu to be determined)

From delicious food (restaurant, Café, ice cream, fudge and an Atlantic focused general store), shopping, local artisan talent (from the four Atlantic provinces and beyond) and our friendly East Coast people, our hope is that every visitor leaves the Wharf Village feeling good in their souls, full in their bellies, and happy with a keepsake to remember their visit to the Magnetic Hill Wharf Village.

[Magnetic Hill Winery Private Tour](#) -Tuesday, May 14, 2019, 6:15pm

860 Front Mountain Rd. Moncton, NB. \$25 (Transportation included)

A two-hour event includes presentation on the restoration of the 1867 historic property, interesting wine facts, and a tour of the winery. You will have samples of each wine and learn about the appropriate food pairings. There is also a social time as you sip and savour your selection of wine, local cheese and crackers.

[All About Moncton Walking Tour](#) -Tuesday, May 14, 2019, 6:00pm \$10

Get an insider's scoop on the City of Moncton during a guided walking tour. Highlights include the Petitcodiac River, Treitz House, Times Building, Aberdeen Cultural Centre, Notre-Dame-de-l'Assomption Cathedral and much more.

[See More HERE](#)



MY JOURNEY ON THE PATH TO COUNSELLING



By Carmen Galea

As an only child I constantly tried to break away from the chains of strict discipline and over-protection. I attended a nun's school with its rigid rules and no skills to deal with my exuberance and attention-deficit. Post-sec was a liberating year quickly replaced by two years of teacher-training as a boarder with another set of

mostly autocratic nuns! Luckily for me a political decision changed my third year into another liberating year, nunless and as a non-boarder – the evenings were mine to manage and no one would reprimand me for sitting on the bed when it wasn't night-time or have the door to my room open without warning to check on me (we could not lock our doors) or have my spring-cleaning checked with a white glove - literally! Having my character and personality suppressed, no wonder I became a rebel. Unknowingly at the time, this was the first impetus towards trying to help misunderstood students - I would really identify with them.

As a naive 18 year-old, I read the book Peyton Place. I thought I was misreading when 'Lucas' was doing what he shouldn't have been doing to his step daughter. I felt shocked, confused and physically ill! It was the first time I'd heard or read about incest. How could the person who should have been protecting his step daughter abuse her!!! I thought stepfathers were like fathers and all fathers were like mine – a rock, a beacon, a cornerstone; someone who would defend me with his life.

Then I thought that the author must have had a vivid but a distorted and perverted imagination. How little did I know! At the time I couldn't bring myself to be in the step-daughter's shoes – it was too horrendous! But somehow that story lingered in the recesses of my mind until eventually after about 30 years I worked in the area of child abuse and also lectured on the subject. If I could make people aware of the signs and symptoms of abuse and these children are referred, then they wouldn't have to suffer in silence but get help to get out of such a situation, then the therapy would start.

During the seven years I spent at the first school I taught, I came to realize that the children who were referred to by some of my colleagues as 'the school rubbish' were those whose life was a constant struggle because the home they came from was very different from the one I was brought up in. Slowly I came to understand what the students' reality was and I gradually left my cocoon and reached out to touch the pain of those so-called 'troublemakers'.

.....[Continue Reading HERE](#)

Carmen Galea is a School Counsellor, Past President of MACP and Past Membership Chair, IAC.

IAC Associations' Round-Table

The Associations' Round-Table (formerly known as the Presidents' Round-Table) provides opportunities for the leaders of [Member Associations](#) to meet during IAC conferences to discuss and advance counselling matters worldwide. The next Associations' Round-Table meeting will take place in Moncton, New Brunswick, Canada, on **Monday the 13th of May 2019** as part of the [IAC International Counselling Conference](#), (13-16 May, 2019). We particularly welcome participation by new Associations (National, Regional and Local).

The 2018 Round-Table in Rome was a highly productive and informative event with approximately thirty Associations in attendance. We conservatively estimated the combined represented memberships to be 185,000 counsellors. Click [HERE](#) for the minutes of the fifth Associations' Round Table meeting.

Round-Table Chairperson: IAC President Dr Dione Mifsud

Recording Secretary: Dr Ruth Falzon



Associations' Round-Table Meeting, Rome 2018

International Research Initiative

Are you interested in taking part in an international research project?

Prior to the CCPA/IAC 2019 Conference in Moncton New Brunswick, the IAC Research Round-Table is holding a series of online research meetings, and is reaching out to associations and colleagues. A first online meeting was held on December 13, 2018 to start generating topics and connections.

That meeting will be followed by a second online meeting (using the GoToMeeting platform) in February 2019 (all members are welcome to join -- details TBC – check the [IRRT page](#) for details). Research ideas already suggested include:

- **International Mapping and Advocacy of Career Counselling**
- **Displaced People and Trauma**
- **International Mapping and Advocacy of Clinical Supervision**

CASE STUDY AND COGNITIVE SCHEMA OF A SERENITY PRAYER

By I.]lya V. Zakharov



CASE STUDY AND COGNITIVE SCHEMA OF A SERENITY PRAYER: PERSONAL EXPERIENCE

I.]lya V. Zakharov, M.D., MBACP, Gannushkin Psychiatric Hospital,
Moscow, Russia.

*"God, grant me the serenity to accept the things I cannot change,
courage to change the things I can, and wisdom to know the
difference".*

The Serenity Prayer is widely known as a psychotherapeutic instrument. Besides the great role it plays in addiction recovery in 12 steps programs (1), many authors mark the effectiveness of usage of its main principles when dealing with different psychological and emotional problems and life situations. Alan Bodnar notes that "it is readily apparent to psychologists that the ideas expressed in the serenity prayer are consistent with a key tenet of cognitive behavior therapy" (2). Dr. John W Reich writes in his book "Mastering Your Self, Mastering Your World: Living by The Serenity Prayer" (3), that "the key employing a reconstituted Serenity Prayer is to examine (1) the nature of the client's personal control beliefs, and perceptions in the context of (2) examining the dynamics of the events in that person's life, optimizing the interactions of beliefs, and events' properties" (4). Art therapist Christine Matteson states that "the simple and uncomplicated Serenity Prayer is the substructure for many of the so called "third wave" psychological behavioral theories - ACT or Acceptance and Commitment Therapy is one of these, along with DBT (Dialectical Behavioral Therapy) and MBSR (Mindfulness based stress reduction" (5). ACT, to a large extent, is advanced and in-depth variant of usage of categories of serenity, acceptance, contemplation and readiness to changes, which are mentioned in or presumed by prayer. Lisa T. Perry mentions that "basic components of this well-known prayer can also be used as a means for Stress Management" (6). Andreas Dick-Niederhauser perceives such curative processes, that develop when using Prayer, as attainment of much valued goals. These include: letting go of old or harmful goals and values; making room for more authentic needs; generating more realistic interpretations; analysis of life plan relate to such therapeutic techniques as rational-emotive therapy; Adlerian therapy or behavior modification (7),

.....[Continue Reading HERE](#)



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Cologne Counselling Conference



**Did you know that there are over
25,000 Counsellors in Germany?**



The counselling profession is growing in Germany and the German Association for Counselling (DGfB) is an umbrella body representing associations with a combined total of over 25,000 counsellors.

In November 2018, both IAC President, Dione Mifsud, and IAC CEO Naoise Kelly, were invited to deliver keynote addresses to the Cologne Counselling Conference. The conference was organised by the University of Cologne, the German Association for Counselling (DGfB), and the European Association for Counselling. Please see a copy of the programme Here: <https://www.hf.uni-koeln.de/39914>

The event was a great success and IAC wishes to extend its sincere thanks to the DGfB and EAC for inviting IAC to participate. In particular, we congratulate Dr. Dirk Rohr (Academic Director of the Human Sciences Faculty of the University of Cologne) and his staff on putting together this wonderful event. As well as being an IAC member, Dirk also serves on the Boards of the DGfB and EAC.

IAC at the World Health Organization (WHO)

IAC was pleased to attend the 2018 WHO mhGAP Forum (11-12th October 2018). 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 was – **Accelerating Country Action on Mental Health** – reflecting the vision of WHO's 13th General Programme of Work.



The Forum was attended by participants from over 50 Member States and included participants from other UN organizations, from WHO Collaborating Centres, Ambassadors, and participants from more than 100 civil society organizations.



Pictured at the 2018 World Health Organization (WHO) Mental Health Forum: IAC President, Dr. Dione Mifsud, and IAC CEO, Naoise Kelly, were very pleased to meet Dr. Devorah Kestel, the new Director of the WHO Department of Mental Health and Substance Abuse (MSD).

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Redefining Family

By Anna Maria Mora

We are in the 21st Century, which some describe as the Age of Enlightenment, but after all these years we are still using the labels “female-headed household”, “single-parent family” and defining the “nuclear” family as the best family in which to raise children. Labels encourage stereotyping, prejudice, discrimination and divisiveness. The labelling and stereotyping that “single-parent,” female-headed” and “nuclear” encourages, begs for the redefinition of “Family.” We need to begin to think out of that box in which our present definition of “family” keeps us imprisoned. “Community as Family” is by no means a new concept. It is one in which all our citizens, no matter our history have been nurtured. “It takes a village.” Our ancestors knew the importance of that village community. I dare to say that “Mind your Own Business” was not a sentence our ancestors uttered. As early as 1997, I attempted a redefinition of ‘family’ because I saw alienation, sadness and felt the anger of young people who attended our schools. Many were abandoned and had to bring themselves up, depending on the neighbours and gangs for their survival. At the several schools in which I worked, I observed young people who were brought into this world merely because their parents had the biology and the opportunity. Here I met children who could not have a relationship with their fathers because he also had children with many other mothers and had to hide to even acknowledge his children. I met mothers who had to go to court, to force fathers to maintain their children, and we are still demanding from the pulpits and PTA meetings that we must get fathers back into the home. I ask the question: “Into which home do we want that man, with many children of many mothers, to go?” I agree with Archbishop Kenneth Richards, the recently appointed Archbishop of Kingston, Jamaica that “we need paradigm shift to transform society.”

My redefinition of Family says: “Family is a group of people working together, to build positive and self-confident individuals, who exhibit care for each other, and who contribute in their turn to the building of healthy relationships.” The environment of “the family” must be non-judgmental, empathic, and genuine with unconditional positive regard as an essential ingredient for successful family-life.” This is our “community as family.” It is my opinion that this is what we all want. We want the communities in which we live, to look after us, to treat us with dignity and respect, because we all walk this sacred space that is the earth, and continue to be nurtured by its fruitful soil and diversity.



Redefining Family (cont.)

Young people must be able to make informed choices about their future and their happiness. Are we as community taking care of our mothers who are raising their sons and daughters under very difficult circumstances? I want mothers to stop feeling that they are less than any other woman, who might have a husband, a house, two cars in the garage and a pit-bull to protect them. You are worthy. You can be successful as a mother and bring up your sons and daughters to be successful adults. You can give your children hope in your homes. You are women worthy of respect. You can walk with dignity and ensure that your children attend school and understand that an education will open many avenues for them to demand that respect, from any person they meet throughout life's journey. I know that it is extremely difficult financially because a good education is by no means "free." This is where our communities come in. This is where our history can help us to make a difference.

2019/20 Counselling Events and Conferences

Please see some 2019 conference dates below. IAC Members are asked to send any international or national counselling conference dates to the IAC CEO for publication in upcoming Newsletters.

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

2019 (Feb): [PACFA \(Australia\) Annual Conference](#), **22 - 24 February, 2019**, Sydney, Australia.

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.

2019 (October): ACA/BACP/IACP Joint Conference: [‘Let the Voices Be Heard!’](#), **10 - 12 October 2019**. Belfast, Northern Ireland.





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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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