Inside this issue:

Facebook 1
Upcoming Campuses 2
Upcoming Campuses 3
Campus Seeds 4
Seed Ideas 5
Book Clubs 6
Self Care Club 6
Peer Consultation 6
How to Register 6
Members' Page 7

Click here to see our Facebook Page!

Our Facebook page has been up and running for a couple of months now. If you haven't already, please do check it out. So far it has provided up to date information on upcoming campuses, a link to the newsletter, and insight into book club selections. Our members have also shared job opportunities, training opportunities and resources.

Our first Self Care Meeting was a success. Five members met in the Mill Creek Ravine and went for a walk along the paths. After, we shared a meal and stories at Sweet Mango. At our next meeting, we are going bowling on Dec. 2nd. Click here if you want to join us!

Special points of interest:
- Facebook Page
- New Campus—Online!
- Campus offered in Calgary
- Give us your campus ideas!
Cooperative Campuses blend different approaches to learning. The gold box on each campus shows by the proportion of the letters the learning styles incorporated into that campus activity.

- C - a collaborative learning approach, sharing of experience and wisdom amongst equal participants through facilitated discussion
- D - a didactic approach in which expert knowledge and skills are provided to recipients.
- E - an experiential learning involving activities that create a subjective experience useful

Explaining the campus codes

Art Therapy — Calgary—Nov 27 / or TBA for Coop Campus

Michelle, Joanna’s practicum student, is completing a joint masters in counselling and art therapy. She will be putting on a workshop for their colleagues in Calgary on November 27th, and any Coop member who is interested and wants to travel to Calgary can contact her to be put on the list: mksdyer@gmail.com.

If enough coop members are interested, they will run a separate campus. It will incorporate collaborative, didactic and experiential learning - she will teach about art therapy, we can discuss/share, then she will run an experiential component which we will enjoy as participants and be able to integrate as interventions in our practice if we’d like.

We would run it in Calgary and there might be a small fee for art supplies.

Organizer — Joanna Card

KEEPING UP: Continuing Competency - Nov 5, 2016 (Edmonton)

Half Day Campus

Offered yearly—As part of our ethical code, psychologists have been required to engage in continuing education activities to enhance competence. In the past, this has been a less formal process. Within the context of the Health Professions Act, this requirement is expected to become much more formalized, requiring greater planning and tracking than in the past.

This half-day Campus will review the requirements for the Continuing Competency Plan proposed by the College of Alberta Psychologists. The remainder of the morning will focus on brainstorming creative ways for continuing education that meets the HPA criteria and creating our own continuing competency plans.

Organizer—Debbie Fillion

1 Online participant spot FILLED!
Clients often present with relationship complications. Adversarial divorces, intergenerational emotional cut-offs, decades-long turmoil of one sibling against another. Brought in hand to show us are toxic text messages and highly explosive emails. And then there are the FaceBook posts! We typically see only one side of the complicated relationship but by virtue of our ethics need to act with dignity and respect to all parties. Let’s spend some time talking together about handling the treachery when.... it all gets really complicated.

Organizers—Terry Wilton and Marlena Paca

All of us entered into this profession with a desire to meet the needs of those suffering and struggling. While our good intentions might have been naive we likely have carried them forward into our continuing career. But then comes the realities for those of us in private practice... we can get caught between the need to turn the money crank and the need to respond to the vulnerable members of our community. This campus will explore the difficult decisions the psychologist in business has to make. Organizers: Tammy Schamuhn and Joanne Koopmans .

Our ethical code and standards of practice charge us to keep accurate records while also protecting our clients. We consider the needs of society while also trying to promote our businesses. Over the years, we begin to devise tricks to make these balancing acts easier.

At this campus, we will share our various tips and tricks—how we keep our files, record keeping short cuts, report writing with confidentiality in mind, making our practices thrive—while still meeting ethics and standards.

This campus will be organized as a 2-hour online discussion. Sign up now !!!
Campus Seeds

Campus seeds are proposals for a campus with a brief description to gauge interest. Once we have about 8 members expressing interest, the planning process can start... two members to volunteer as organizers and who then set a date and plan the activities for the campus.

<table>
<thead>
<tr>
<th>Campus Seeds</th>
<th>EMDR with children</th>
<th>Group Process</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What I learned my first year as a psychologist: Early lessons</strong></td>
<td><strong>EMDR with children</strong></td>
<td><strong>Group Process</strong></td>
</tr>
<tr>
<td>This campus is a chance for newcomers to the profession and experienced psychologists to come together and share what lessons they learned (or are learning) within the first few years of being registered. Have you had to completely change lessons learned early on? Have some lessons endured for years already? Topics in the campus will be aimed at mixing together timeless aspects of the profession like &quot;the therapeutic relationship&quot; with a review of where the field seems to be heading and upcoming challenges.</td>
<td>Who would like to get together for a day or a series of afternoons and review the Tinker and Wilson “EMDR with Children” training DVD’s? You can look forward to comfy chairs, snacks and good conversation as we view the videos and bounce questions and ideas off each other.</td>
<td>Whether you have attended a party, a lecture, or been part of a sports team, you have been in a group and therefore you have experienced group dynamics. What are the stages of the group process? From power sharing, to providing constructive feedback to establishing rules and boundaries...these are just a few topics that we will cover in this campus. Please join us in exploring the challenges and strengths of this unique treatment format.</td>
</tr>
<tr>
<td>5/8 interested</td>
<td>3/8 interested</td>
<td>8/8 interested*</td>
</tr>
</tbody>
</table>

**When our openness to what our clients have to say hurts us**

As psychotherapists we want our therapy office to be welcoming and non-judgmental. While we are diligent to insure proper boundaries so we don’t harm our clients, our clients might not be so mindful of potential harm to us. One of the potential organizers for this campus, Terry, recently had two female psychologists consult with him regarding male clients who created a sense of violation of those female psychologists in the way they discussed sexual preferences and behaviours. This creates a conflict in the treating psychologist - strong internal feelings of disgust or fear, that must be balanced by helping a client to talk through the problems they are facing. Let’s think together and support each other in this tender matter.

4/8 interested
Some Campus Seeds have been suggested, but they do not have a formal description. If you have ideas for new seeds, click on this link... [New Seed Ideas](#). Others have been suggested, but have been slow to gain interest. If you are interested in signing up for any of these topics, click on this link... [Register for Campus Seed](#) Consider submitting a description for the newsletter to entice your fellow coop members to sign up as well!

### Ideas generated at other campuses...

- Specific clinical issues— (i.e. ADHD, Autism, Dissociative disorders, Personality disorders, etc)
- Self-help book Show-and-Tell (2/8)
- Therapeutic intuition.... (2/8)
- Unwrapping the Gift of Therapy (1/8)
- Professional Writing—principles that could help us communicate more clearly. (1/8)
- Being subpoenaed for court (2/8)

### ABOUT TO BE PUT BACK INTO THE VAULT...

- Eclectic treatments for PTSD for First Responders—Not just one approach
- Strength and Support for the Journey: For Provisionals Only
Book Club meetings are the fourth Tuesday of the month at 7pm. People can register by clicking this link for Terry Wilton. All meetings are online.

October - The Neuroscience of Psychotherapy: Healing for the Social brain by Cozolino.

November - Creatures of a Day: and other tales about psychotherapy by Irvin Yalom

Self Care Club

Different activities will be planned each month. Club members can sign up for the activities they are most interested in. We will sample a selection of self care activities, and meet after to discuss. People can register by clicking this link for Debbie.

October 16, 10:30 am—Hike in Millcreek Ravine, followed by lunch

December 2, 6 pm—10 pin bowling and supper (Fort Lanes Bowling Alley)

January (TBA) - Paint Nite
November 12 & 13—For the first time, Robin Shapiro is coming to Edmonton. Click Here to find out more.

**EDUCATIONAL OPPORTUNITY**

**An Introduction to Ego State Therapy**

In this workshop, you will learn how to use Ego State Interventions with Attachment Issues, Relationships, Sexual Issues, Shame, Trauma, Dissociative States and Personality Disorders. You will also learn researched interventions for increasing your client’s resourcing and helping them calm their immune system. Workshop includes some case consultation.

This workshop is for EVERYONE, even if you do not know EMDR. If you are familiar with EMDR, you will learn how to incorporate EMDR with Ego State Therapy, how to use safe parts, and when and with whom to skip EMDR processing.

- **12 CEU credits are available for MSW, MFT, Psychologists and Counselors.**
- **12 EMDRIA Credits are available for those who have completed EMDRIA-approved Basic EMDR training.**

Sponsored by:

**NETWORKING AND SELF PROMOTING OPPORTUNITY**

Consider adding a picture and brief description of your practice and areas of interest to our Website!